



FOOTHILLS TOASTMASTERS CLUB

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MEETING INFORMATION

Thursdays, September to mid-June
6:00 to 8:15 p.m.
Calgary Elks Lodge & Golf Club
2502 - 6th St. NE
Calgary, Alberta
T2E 3Z3
www.calgaryelks.com



CLUB PROFILE

Foothills Toastmasters is one of the largest and most established clubs in the Calgary area, having received its charter on February 13, 1960.

Since its inception, Foothills has had the reputation of being one of the strongest clubs in District 42 (Alberta and Saskatchewan).

Foothills members have competed in and won national and international speech competitions. Many Foothills Toastmasters have enjoyed great success in business and politics as a result of the communication and leadership skills they acquired at our weekly meetings.

Member Facts:

20% of our members first joined the club over 20 years ago.

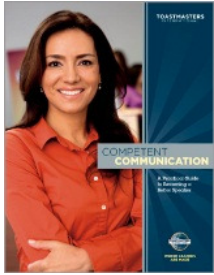
Members come from all quadrants of the city and surrounding areas.

Members come from a diverse background, including professional speaking, charitable organizations, health care, engineering, administrative, IT, management, sales & marketing, real estate and more.

Some past members include:

- Former Alderman Gael McLeod, Ward 4 Calgary.
- Former Senator Ron Ghitter.
- Brian Lee, former MLA and professional speaker.
- Doon Wilkins, professional speaker.
- Kris Matthews, "Calgary Woman of the Year" inaugural winner.

EDUCATION



At Foothills new members receive the benefit of years of experience from fellow Toastmasters who have become accomplished speakers.

Toastmasters International provide a manual of speech projects designed to enhance one or more aspects of speech delivery such as gestures, vocal variety, vocabulary, and structure.

You will see members evaluated by other members of the club. This positive and constructive feedback immediately after a presentation is a cornerstone of the learning and speech development at Foothills Toastmasters.

Leadership experience is obtained and developed by serving in any of the club's elected offices, and in volunteering for any of a number of committees, such as our Christmas Dinner, Anniversaries, and speech contests.

MEETING AGENDA

The agenda for a Foothills meeting shows how speaking practice falls into three main areas:

- | | |
|--------------------------|--|
| Business Session | Members learn and practice the skills of debate and parliamentary procedure. |
| Table Topics | Members speak unrehearsed on an assigned topic for 2 minutes. |
| Prepared Speeches | Members deliver a rehearsed speech to the club. |

Members are scheduled to participate in the weekly meetings at the rate at which you feel comfortable.

MENTORING PROGRAM



Having a mentor makes learning any new skill set and getting to know a new group of people more effective, efficient, and fun! At Foothills Toastmasters, when you join the club you will be offered a mentor who can guide you through your first twelve weeks in the program. Of course, you are welcome to ask any member for help, but most people find that it's more confidence building to have your own personal coach.

With a mentor a new member:

- Learns the program. Mentors help new members become familiar with the Competent Communicator and Competent Leadership manuals, club meeting roles, and opportunities available through membership.
- Learns club standards, customs and activities.
- Develops confidence.
- Participates more.
- Quickly learns speaking skills.

With a mentor's guidance more experienced members:

- Further refine skills. A mentor can provide helpful feedback to encourage the member to build upon and perhaps revitalize the skills they already possess.
- Learn new skills. Existing members can always learn new skills.

MESSAGE FROM OUR PRESIDENT: ARIEL NARON



When I was searching for a Toastmasters club 5 yrs ago, I joined as a guest in a meeting at Foothills Toastmasters. And after that first meeting, I immediately knew I wanted to be a part of this great club. And I did, I joined and have been a member since.

Foothills offers a great experience at every meeting. We would usually start with our Parliamentary session, which would give everyone a good practice of Robert's Rules of Orders. Then, we have our Table Topics, the Prepared

Speeches and then the Speaker's Evaluations. Of course at every part of the meeting, there are evaluations including a general evaluation of the meeting and is one of the activities I continue to enjoy about the club as everyone gives very good evaluations. As with any other learning activity, evaluations give you the feedback to grow and further learn. And amongst all this, we continue to have fun and enjoy our meetings while we learn and improve our speaking and leadership skills.

Five years later, I am now serving as President. My vision for the club this year is to further increase member base and help members achieve their goals and attain the Toastmasters level they are aiming for. With a great executive team, I believe I have a good starting point to bring creativity in the club making it exciting, to encourage growth in ways that help our club and most importantly our members flourish, and not only to new but all member.

CLUB ACTIVITIES



At Foothills Toastmasters, we strive to add some sizzle and pizzaz in our meetings by having themed meetings at different times during the year. Through this variety, we are able to further enhance our speaking and leadership skills.

Themed meetings are usually planned during Halloween and Christmas. At the Halloween meeting, everyone is asked to come in a costume and act

out the character they portray through their role at the meeting or their speech they have prepared for the evening. The Christmas Party on the other hand, takes a different format altogether and focuses more on the season.

On both occasions, the focus on improving one's speaking and leadership skills is not diminished but strengthened.

Of course, we are not all about hard work but we're also about spending quality time with each other through play. And there is no better time to do this than our annual Golf Tournament and BBQ.



During this time we spend the day playing a round of golf and enjoying a good meal and camaraderie with one another. This in turn strengthens our relationship with one another, which allows us to support each other better.

CONTACT INFORMATION

Email:

Foothills Toastmasters: info@foothillstoastmasters.com

Websites:

Foothills Toastmasters: <http://www.FoothillsToastmasters.com>

Toastmasters International: <http://www.toastmasters.org>

2016 – 2017 EXECUTIVE

President	Ariel Naron
Past President	Agnieszka Evenson
VP Education	Henley Konschuh
VP Public Relations	Vincent Hang
VP Membership	Nolasco Rivera
Sergeant at Arms	Iryna Torrance
Treasurer	Charlene Dickenson
Secretary	Alice Belyea

DINNER CLUB



Foothills Toastmasters is a dinner club, which allows busy people to attend our meetings right after work. Dining is optional and a vegetarian plate is available on request. The fixed menu consists of a first course, entrée, dessert, and coffee or tea.

	Weekly Attendance	
	Member	Guest
Dining	\$22	\$22
Not Dining	\$15	Free

MEMBERSHIP DUES

Foothills collect dues on an annual basis. The annual dues cover dues payable to the Toastmasters International Organization, and the costs of providing club services.

Manuals are mailed to you from Toastmasters International. Foothills also keep manuals in our library and provide your first manual the evening you join our Club. In addition, Toastmasters International's monthly "Toastmasters Magazine" is mailed to you.

Membership dues are tax-deductible as an educational expense.

Annual Fees

Join in:	Dues:
September	\$195
October	\$195
November	\$180
December	\$165
January	\$150
February	\$135
March	\$120
April	\$105
May	\$90
June	\$75
May/June Early-bird special	\$175 (includes next year dues)

COME AND JOIN US

A speech is poetry: cadence, rhythm, imagery, and sweep! A speech reminds us that words, like children, have the power to make dance the dullest beanbag of a heart. ~ Peggy Noonan

