

# EXPRESSIONS



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## President's Message

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Greetings and welcome to another exciting season at Seven Oaks Toastmasters! As usual, summer is over way too quickly and I sincerely hope that everyone managed to have fun with family and friends at the cottage or back yard! However, a few of us did manage to get our Toastmaster fix through the Sunshine Club meetings. Many thanks to Karen Kepler for allowing Toastmasters the use of her office and to the members who organized the four meetings. Each of us attending had a terrific time and in the process we were able to hone more speaking skills.

New theme: Believe and achieve! Sincerely wanting your CTM, ATM, or whatever goal you desire, will happen when you believe in yourself with every fibre of your being. "The secret of making something work in your lives is, first of all, the deep desire to make it work:

then the faith and belief that it can work: then to hold that clear definite vision in your consciousness and see it working out step by step, without one thought of doubt or disbelief." Eileen Caddy (American writer). So believe, believe, believe and we will achieve, achieve, achieve!

Congratulations to everyone for helping achieve President's Distinction. We did it!! We were awarded the ribbon and it is now proudly displayed on our banner. Look for it next time you are counting all our awards. We can do it again. We will *believe and achieve!* Thank you to Karen and the members of the last executive for their encouragement and support to evoke a team spirit and a 'can do' attitude. Because of this, four

goals have already been completed for the coming year.

On the horizon – The Talk of The Town - The District 64, 2002 Fall Conference, November 8 & 9. I sincerely urge all Seven Oaks Toastmasters to attend. It is

a great opportunity to meet new people and have fun.

Membership fees are now due. If you are renewing,

you have the option of paying for the year – \$100.00, or in two parts: \$50.00 in September and \$50.00 in March. Dues for new members are \$125.00 for a full year.

Contestants are needed for: The Humorous Speech Contest on September 30. Speech contests are a great way to build your confidence and your skills as a

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**Believe  
And  
Achieve**

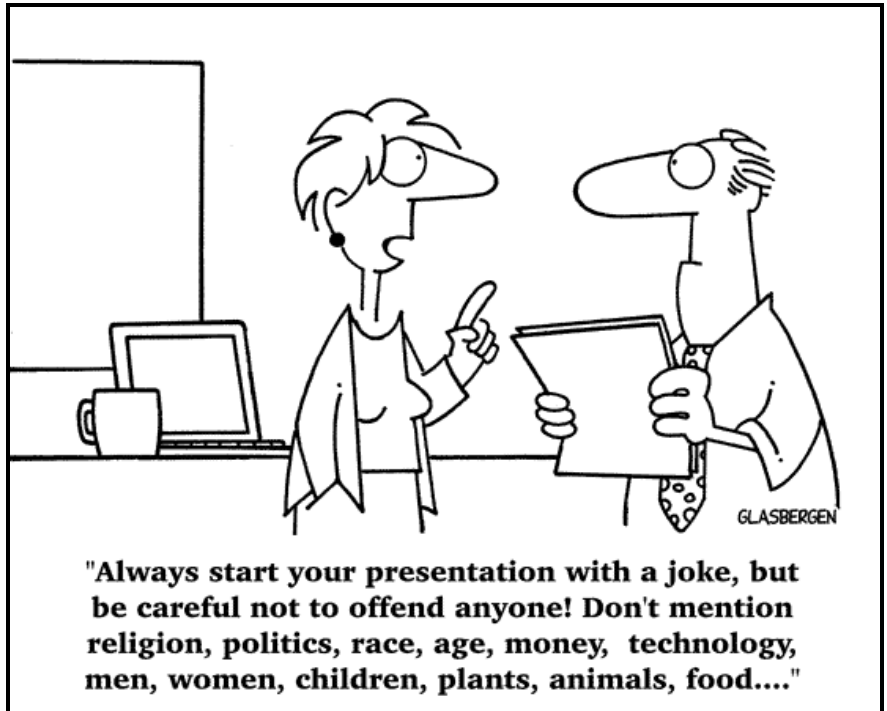
Toastmaster. So do not be shy, do not be tardy – enter soon. Hmm, I wonder if David needs an umbrella?

*Terri Scott*



## Schedule of Events

- **Sept 16 — Seven Oaks Toastmasters (Bonny Hill)**
- **Sept 23** — Seven Oaks Toastmasters (Dixie Brady)
- **Sept 30th** — Seven Oaks Toastmasters humorous speech contest (Mark McLellan)
- **Oct 7th** — Seven Oaks Toastmasters (Annick Young)
- **Oct 21st** - Seven Oaks Toastmasters (Colleen Renton)
- **Oct 28th** — Seven Oaks Toastmasters (Zev Kraut)



## Seven Oaks Leadership

### President

Terri Scott—633-6669

### Vice President Education

Tania Drepko—339-9476

### Vice President Membership

David Alder—661-1577

### Vice President Public Relations

Bruce Benson—642-4635

### Treasurer

Susan Prohaska—338-5205

### Secretary

Bonny Hill—452-9692

### Sergeant-at-arms

Chris Nanowski—633-3372

### Past President

Karen Keppler

*“Leadership is the only ship that doesn’t pull into a safe port in a storm”*

*Anonymous*

# Creating Dynamic Presentations

## By SMART Technologies, Inc.

Unless you've been caught in a time warp the last few years, you'll have realized that presentation tools are an integral part of delivering an effective presentation. Your presentation may have informative content and professional delivery, but if you really want to connect with your audience, you'll want to consider the use of interactive tools.

### Dynamic Delivery

Short attention spans are the bane of every presenter's existence. If you feel that your audience is using your presentation as an opportunity to grab a quick nap, it might be time to start thinking about a more dynamic delivery style. A great way to add some pizzazz to your presentation is to use a variety of multimedia tools to get your point across. For example, present your message using a PowerPoint presentation and then back it up with a video. Or present a competitive analysis and refer to Web pages intermittently. That way, you're reinforcing your point (which helps combat those short attention spans) and your presentation is more persuasive because several types of information are supporting your initial claim.

### AV Overload

Anyone who's presented with a variety of multimedia equipment will be aware of the technical frustrations involved in trying to seamlessly integrate computers, videos, and audio effects (to name a few). A handy solution is a mobile multimedia cabinet. A good cabinet will come pre-configured with all of the necessary cables and wires, so that your equipment can be set up by a

professional before your presentation begins. You just wheel the cabinet into the meeting room, plug it in, and you're ready to go. No more wrestling with cables and connections in the middle of your presentation. Instead, you can focus on your message rather than your equipment.

### Creative Collaborations

A great way to shift your presentation from mundane to mesmerizing is to include a brainstorming session. Involving the audience will make your presentation more interesting for everyone. Plus, people are more likely to pay attention if there is a chance they might be called on to participate. Interactive whiteboards are an ideal way to incorporate a brainstorming session into a presentation. An interactive whiteboard provides all the advantages of a computer, combined with a traditional whiteboard. Using an interactive whiteboard allows you to switch back and forth between computer-based information and a whiteboard surface. Plus, you can save all of your notes to a computer file once your presentation is over.

### Use Your Intuition

If the thought of delivering a presentation makes you break out in a cold sweat, intuitive tools should be your best friend! Presenters often avoid integrating technology into their presentations because they don't want to deal with the extra headache of learning how to operate new tools. One way to minimize those fears is to use intuitive tools. Touch-sensitive computer screens,

for example, are a great way to make your delivery more natural when you're delivering a computer-based presentation. Using a remote mouse feels unnatural and can break your train of thought. Turning around to fiddle with a computer will break your connection with the audience. A touch-sensitive screen lets you use your finger as a mouse, so you don't even need to think about using unfamiliar technology during your presentation. Interactive whiteboards are an excellent way to utilize this technology as they provide touch sensitivity in conjunction with annotation capabilities and have a screen that's large enough for presentations. Check out interactive whiteboard.

Presentations have evolved to the point where a flipchart and pointer are no longer enough to engage your audience's attention. Busy schedules and increasingly creative multimedia tools mean that you need to engage your audience's senses as well as attention. So next time you're planning a presentation, make sure you look at integrating interactivity into your delivery. Play a video, add sound effects, or create some great visual aids – your audience will thank you!



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*Communication and Leadership*

## THE TOP 10 WAYS TO HAVE YOUR BEST YEAR EVER

We often think of New Year's as the time to start fresh and make those famous resolutions. But any-time is the right time to take control of our lives, to choose how we will live. Real success in life is about balance, about choosing priorities, and then following a plan to focus on the things that are most important to us. The following suggestions can help.

1. Take time to decide what you really want this year. What would make it a great year, a fantastic year for you? Dream and scheme, and then dream bigger! And write it down, just for the fun of it.
2. Mark one day each month, just for you. Use ink, not pencil, and schedule an appointment with yourself for one full day each month. Have fun and re-new yourself, just for the joy of it.
3. Take more vacation than you had planned. Look at the calendar and write in a couple extra weeks off! Do things you enjoy, but mostly relax. Go camp-ing, rent a cabin at the beach, visit old friends.
4. Commit to a project you've dreamed of but haven't done. This is not a "should" or a "have to", this is one of those, "I've always wanted to but never did" projects. Learn to ski, write a book, visit Niagara Falls, start a business, or run for mayor. This is your year!
5. Buy four books you've always wanted to read, and schedule time for them. Put it in your appointment calendar as "continuing education" or "research", and enjoy!
6. Start a special savings account to prepare for something huge!
7. Renew relationships with family and friends.

Every week, send a note or make a call, and re-connect with the people who have helped you along the way.

8. Every day, tell someone you appreciate them, that you are grateful for their help. Practice the attitude of gratitude!

9. Raise your sites and increase your goals. What-ever you hope to accomplish in the next year, double it, then commit to making it happen! Push yourself for greatness and settle for nothing less.

10. Be kind to yourself and those around you. Be gentle, practice patience, expect the best and settle for nothing less.

