



BRIDGETOWN TOASTMASTERS NEWSLETTER

Club News and Events

Club # 2660 Bridgetown Toastmasters Club

Area 17 Division C District 81

Location: Tower 1 Warrens
Office Complex, Warrens,
St. Michael, Barbados

September 2019

OFFICERS

President Patricia Cadogan

VPE Justin Burke

VPM Selwyn Greenidge

VPPR Demetrius Leach

Secretary Herma Johnson

Treasurer Lionel Walcott

Sergeant-At-Arms David Lucas

IPP Sophia Skeete

AD Jacqueline Austin

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LEAD ACHIEVE EXCEED



**President Patricia Cadogan
2019 - 2020**

Inspiration

Motto - For better listening, for better thinking, for better speaking.

Club Mission

We provide a supportive and positive learning environment affording the experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

"If we can see further than Ralph Smedley and DeCaires, it is because we stand on the shoulders of giants!" Adapted from Albert Einstein

I would like to express my joy and gratitude to the members of the BTMC for the confidence they have reposed in me to stand at the helm of this venerable society. I am humbled, hopeful and inspired as we lead achieve and exceed expectations.

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Continue from page 1 - **Look How Far We Have Come**

The Bridgetown Toastmasters' Club (BTMC), the mother of all Toastmasters clubs in Barbados, celebrated 54 years of sterling achievement on the 6th July 2019. This milestone was made possible by the foresight and unstinting determination of our founding fathers who from the start laid a strong foundation of integrity, respect, service and excellence. Adherence to such core values has kept us firmly on course.

The BTMC came into being on the cusp of this island transitioning from a colony to being an independent nation. Today as a people, we have entered adulthood on the wave of dynamic, aggressive and varied changes in the environment and culture in which we operate. This process has fashioned the challenges we face and our major objective is therefore to ensure the club is positioned to assist our nation to **“Lead Achieve Exceed.”**

Among our immediate objectives is to establish the Toastmasters brand as a household name in our land. A key component is the acquisition of a permanent home for our club. In addition a bigger membership will allow us to offer the diverse range of services that will be required. This will be attained through - attracting new members while increasing the retention rate of existing members. We have an intangible commodity, a priceless brand the world needs now. The world needs to know it and the world needs to know where to find it.

Embracing social media will be an important component of our strategy to expand the reach and impact of the BTMC. This will include launching our website as our hub and enhanced use of facebook, youtube, twitter and instagram as satellites. Through our public relations arm we intend to build an alliance with the corporate and educational sectors.

Our membership arm will address the challenge of increasing retention rates through innovative ways of enhancing the membership satisfaction experience.

This will be achieved by building unity and cohesion through meeting member expectations, making our activities fun filled and entertaining, creating a friendly and supportive environment. Under the education portfolio, we wish to maintain a robust curriculum to cater to the real world needs of our members. This we intend to realize through creative meeting formats and relevant content. This while our secretarial, social arms and treasury keep the cogs well oiled and running smoothly.

Objectives

The setting of well-defined goals, formulation of effective strategies and execution of practical action plans are the vehicles which guide the Club to its ultimate destination and destiny.

1. Achieve president’s distinguished status by April 2020
2. Modernize our online presence through a state of the art website with social media platforms such as facebook, youtube, twitter and instagram as satellites
3. Raise the bar with respect to evaluation but creating the opportunity for members to evaluate themselves through video recording of speeches.
4. Chronicle the first 20-30-40-50 years of the Clubs existence
5. Acquire electronic equipment for recording speeches and project by March 2020
- 6 .Increase Club membership to 40 strong by June 30, 2020

The changing demographics and expectations of our times demand that we adapt and change or go into extinction.

These goals may seem ambitious and they are but I believe wholeheartedly that if we approach it with an attitude of tenaciousness it can be reached.



**Bridgetown Toastmasters
Club Executive 2019-2020**

From left is TM David Lucas, DTM Lionel Walcott, TM Herma Johnson, TM Demetrius Leach, TM Selwyn Greenidge, TM Justin Burke, President Patricia Cadogan.

Reflections – End of Year Banquet & Awards Ceremony 2018-2019



TM Justin Burke – Visionary Communicator Proficiency Pin for completion of that Path. He was also awarded the Toastmasters of the Year Award.



DTM PMP David Parris – Presentation Mastery Proficiency Pin for completion of that Path. He was also awarded The Spirit of Toastmasters and mentorship award. He was the first runner up for the Toastmaster of the Year 2018-2019.



EC3 Demetrius Leach – Received his triple crown award for attaining Effective Coaching levels 1-3 in a TM Year. He received the Rising Star award and was first runner up for the Spirit of Toastmasters.



CC CL Timothy Nichols received the award on behalf of The Bridgetown Toastmasters for being President's Distinguish Club for 2017-2018



ACS ALB Sophia Skeete – Receiving her triple crown pin for attaining her ACS and Dynamic Leadership levels 1&2 in a Toastmasters Year.



TM David Lucas – First runner up for the Rising Star Award.



ACB ALB Marcia Tulle-King – First runner up for the Mentorship Award.



ACS ALB Jacqueline Austin received the Leadership Award for her outstanding service as Vice President of Education for 2018-2019.

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Speech Craft – President Patricia Cadogan



I remembered it like it was yesterday. It was the 12th July 2019. A hot sizzling summer morning I made my way from the carpark to the COB in Bridgetown. There was the sound of honking horns filling the air, as cars converged in gridlock at the junction.

The putrid smell of car exhaust filled my nostrils. I moped my brow and continued walking.

Finally, as I reached my destination, I felt relieved because I was out of the heat and in an air-conditioned room. My glasses fogged because of the rapid change from intense heat to the refreshing coolness of the room inside.

We started with our introduction session. The interns were paired off and for one minute introduced themselves to each other. This was a good opportunity for getting acquainted and sharing. We were off to a fine start to what proved to be robust sessions each Friday between the hours of 10:00am -12:00pm.

It was absolutely wonderful to have the involvement of fellow Toastmasters, who gave presentations on prose, along with other areas such as speaking with power, passion and purpose. There was also general speech, purpose and speech evaluation done for the benefit of these young people.

There were also electrifying Table Topics session, which is also referred to as impromptu speaking. This opportunity was granted in order to equip them with the tools to improve their listening, thinking and speaking skills.

It was pure joy for me to see and observe the interns applying the knowledge and skills we imparted to them each week. Our goal was to impress upon our charges the very essence of who they are and their latent ability, **The Power of their Voice!**

ACG TM Sophia Harper Waithe gave a riveting presentation on How to say it with words.

During one of our sessions we had a surprise visitor, Cocoa the Bear, who made an appearance, and his body bore stark reminders of all of the keys that the interns should implement in their speech presentations. He was well received.

Each week the speeches were informative and impactful as the youth shared on topics that affected them, from Cyber bullying to depression and teen suicide.

I got the opportunity to see the gleam in their eyes, feel their passion and witness the flame that has been kindled in all their hearts and I am honored to have played a small part in fanning those flames into life.

Finally, the closing ceremony was hot on our heels. "Lights, camera, action". The big day with our theme "**Believe and You Can achieve!**" etched in the mind of each intern, in the presence of their employer, coworkers, family and friends, they delivered stellar speeches and table Topics to delightful and thunderous applause.



Continue from page 3 – **Reflections – End of Year Banquet & Awards Ceremony 2018-2019**

The 2018-2019 Toastmaster's year came to a captivating climax on Tuesday, the 25th day of June 2019 with an Awards and Installation Ceremony held at Bagatelle Great House in Saint Thomas.

Those gathered to celebrate the auspicious occasion were in awe as the then President Toastmaster Sophia Skeete highlighted seven of the Club's major achievements. Toastmaster Skeete reiterated that membership was the lifeblood of the Club and she attributed the installation of several new Members to the dedication and commitment of the Vice President Membership, Toastmaster Samantha Sparrock as well as to the Club's stewardship, quality meetings, good speeches, meaningful mentorship and consistent camaraderie among its Members.

Bridgetown Toastmasters Club achieved several unprecedented accomplishments during the year having risen to #9 in the rankings on District 81. The Club also captured all 10 of the points on the Distinguished Club Programme in the first half of the year.

Ultimately, Several Toastmasters were rewarded for their outstanding performance and exemplary service to the club. Toastmaster Justin Burke was voted Toastmaster of the Year, while Toastmaster Demetrius Leach, who had joined the Club a few months back, copped the Prestigious President Award. Other award recipients were Distinguished Toastmaster David Parris, TM David Lucas, TM Marcia Tulle-King, TM Jacqueline Austin and TM Sophia Skeete.

The feature address was delivered by 20-year-old Dia Parris who inspired the Members and admonished them to continue on the path to greatness as he reflected on the theme "Leading the Way in the Pursuit of Excellence".

To bring the curtain down on the evening's proceedings, Madame President Sophia Skeete passed the baton of leadership to the new President, Toastmaster Patricia Cadogan and her executive. She impressed upon them the need to continue blazing the trail while upholding the fantastic legacy of this august body.

Toastmaster Skeete thanked everyone for the role that they played in making the year a successful and productive one and for helping to make her presidency a rewarding and fulfilling and satisfying one. God bless Bridgetown Toastmasters Club.



**ACS ALS Marcia Tulle-King
Immediate Past Area
Director 17**

My Area Director's Journey

Where do I begin to tell my story? I guess the beginning would be the better place to start.

It was early 2018 when two of my toastmasters' friends encouraged me to serve as Area Director and I am sure glad I did; the rest is now history.

July 1, 2018 began my tenure as Area 17 Director in Division C of District 81. At first it was overwhelming with the various tasks to be achieved by particular times.

How did I conquered?

By researching, reading and engaging some resourceful toastmasters on how to go about the business. I next set up a time-table of the tasks and their timelines.

My motto was 'Leading by serving others' therefore I had to be an example for the four clubs in the Area. While leading, I also developed a plan for myself and I was successful in achieving my triple crown. Area 17 gained seven Triple Crowns and was Select Distinguished. I pause here to offer thanks to all the members of the Area Council 2018/19 and indeed the members of the four clubs – Bridgetown, The Police Alliance, Solidarity and Sage Toastmasters Clubs for their assistance...it is because of the tremendous support that I was successful. Thanks team.

Yes, there were a few challenges along the way, and it has taught me not to give up, but rather to have more than one action plan for any such eventuality. The Toastmasters core values: Integrity, respect, service and excellence were the hallmark of my service; whereby achievements were appreciated and recognized through the toastmasters' year.

The Impact:

Serving as Area Director for the term July 2018 to June 2019 has had a tremendous impact on me personally, it has help me to hone my leadership and communication skills. The relationships that I have fostered with and among the clubs are priceless.

I feel more encouraged now to empower others in their personal development; and would encourage toastmasters to seize opportunities when they arise to lead.



DTM David Paris

The Power of Public Speaking

Do you love public speaking or think it is important? Whatever your perspective, the reality is that public speaking is an extremely powerful tool and skill to possess. Why? Read on...

If you agree with the quotation that “the road to hell is paved with people who had good intentions,” then we can accept that the road to failure in love, life, relationships, business etc. is littered with people who had good ideas that remain un-expressed or were poorly expressed.

In this the 21st Century, the ability to communicate effectively is critical. The communications revolution has transformed the world into a global village and it is not only important that we be heard but it is also necessary that we be understood. As one writer notes, **communication is the glue that holds things together.**

Herein lies the power of public speaking. It provides us with a platform to effectively communicate with others and share our thoughts and views.

What is public speaking?

Public speaking may be defined as:

“The process of expressing your thoughts, convictions and ideas in an orderly manner to an audience, so as to interest and convince them about a particular subject”.

Aristotle the famous philosopher and public speaker, defined public speaking as **“the Art of Persuasion”**. Emerson strengthens this view when he noted that **“Speech is power, speech is to persuade, to convert, to appeal”**.

Thus talks aimed solely at giving information or instructions cannot be called public speaking e.g. giving someone directions. If however there is a persuasive purpose to the instructions then the talk can be classified as public speaking.

The Importance of Public Speaking

The Greeks were of the view that oratory was the single most important factor in a healthy democracy. They felt that all ideas should be debated and then the right decisions would be made. Indeed, it has been noted that great speakers generally develop and acquire their passion for whatever cause they represent from listening to and being involved in debates and discussions e.g. Dr. Martin Luther King, JFK, Marcus Garvey, Mandela, Barrow, Manley etc.

Most of us are leaders or aspire to be leaders. All of us hope to have long, happy and successful lives. The power of Public speaking therefore is that it provides a platform for us to tangibly transform our hopes, dreams and aspirations into reality. It enables us to bring concreteness to the abstract concept; it allows us to touch emotions. It has the ability to move one from drowning in the valley of despair, frustration and hopelessness, to climbing the mountains of accomplishment, success and fulfillment.

The power of Public speaking rests in the fact that:

- It provides a platform from which to express ourselves.
- It gives self-confidence.
- Help you to logically organize your thoughts and express them with confidence and clarity.
- Provides you with an opportunity to influence public opinion.
- Gives you the opportunity to be recognized as a person with something to say.
- It gives you the skills to tell others of your products and services and to persuade them to be customers.

The development of the skill of public speaking is therefore too important to your future success to be left to chance and I am encouraging you to take definite steps to acquire and master this skill.

This is where Toastmasters International (TI) comes in. This is an organization that is dedicated to developing communication and leadership skills in men and women in a friendly and non-threatening environment.

The reality of life is that we either shape history or we are shaped by it. Public speaking gives you the tools and a chance to shape history. Join us any Tuesday evening from 6:15 p.m. and become the master of your own fate.

Author: David H. Parris DTM

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TRIBUTE TO A TITAN by TM Demetrius Leach & TM Selwyn Greenidge

When you hear the word “Toastmasters”, most people either draw a complete blank or imagine men with lots of free time on their hands dressed elegantly in tuxedos raising toasts in long stemmed champagne glasses. But who exactly are the toastmasters? A toastmaster certainly should be the epitome of integrity, respect, service and excellence....and yes elegance. But the toastmaster is so much more.

Toastmasters International is an international, non-profit, educational organization which was established in 1929 by the late Dr Ralph Smedley. We teach public speaking and leadership skills to all classes without regards to race, class, gender or educational background through a worldwide network of clubs. At Toastmasters we believe, as our motto asserts, that leaders are made. In the club we create the environment where that transformation happens.

The Bridgetown Toastmasters Club was chartered in July 1965. It is the oldest of all the 14 toastmasters clubs in the island and this month celebrates the 54th anniversary of its existence. The Bridgetown Toastmasters Club was birthed through the efforts of Mr. Alfred Defreitas, a Guyanese businessman, who operated a keyshop in Roebuck St in the 1960s. It was originally aimed at businessmen who were often unable to effectively “represent themselves” in public discourse.

But this year marks yet another notable milestone in the history of our club. That is the elevation of one of our own, Toastmaster Louis King, to the status of honorary

toastmaster in recognition of his many years of yeoman service to the organization. Whether it is his flawless elocution or his decisive wielding of the gavel, his slight physical build and mild-mannered demeanor belie the fact that Toastmaster Louis is a leading exponent of the toastmasters’ craft. Toastmaster Louis was born on the 14th of August 1935 and was inducted into the Bridgetown Toastmasters Club in 1973.

Today the Toastmasters is largely a community for the personal development of individuals from all walks of life. Whether old or young, male or female, rich or poor, schooled or unschooled, all are welcomed into our golden circle of excellence. Who knows your imagination may be so stirred and appetite so whetted that you may never desire to leave.

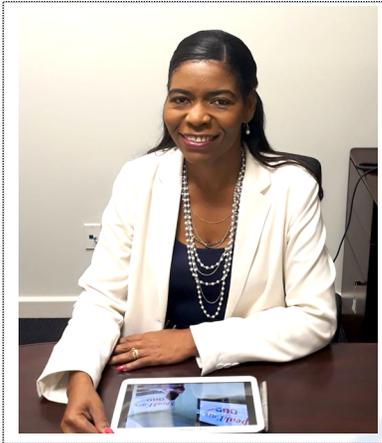
Current Club Status & Members Accomplishments



Bridgetown Toastmasters Club #2660, as of 24th September 2019, is #1 in terms of having the highest education awards per club.

The members have risen to the challenge of flexing their speech presentation muscles. Each week visitors to the club are treating to enthralling speeches delivered by speakers. Evaluations are delivered to a similar caliber to match the exceptional quality of the speeches. The educational goals are being achieved at an accelerated rate as a result of members attending varying clubs to boost morale and also to encourage inter-club harmony. Clubs such as: The Police Alliance, S.A.G.E., Sunjet and Solidarity are but a few that the members of Bridgetown visit and aid in their own development.

Following are but few of the educational awards achieved in record time at the club within the first quarter. Marcia Tulle-King achieved the designation of Advanced Communicator Silver, Advanced Leadership Silver. Pamela Forte Advanced Communicator Silver. Jacqueline Austin Advanced Leadership Silver. David Parris received the triple crown award for completing levels 1 to 4 of the Dynamic Leadership path and certification as a Pathways Mentor in the Mentorship Programme. Simone Pasmore has successfully completed Level 1 in Pathways. Marsha Trotman has successfully completed Level 1 in Pathways EC1. Patricia Cadogan has successfully completed Level 1 in Pathways. Finally, Justin Burke received a triple crown award for completing levels 1 to 3 in the Dynamic Leadership path.



ACS ALB Sophia Skeete

Public Speaking is Easier than You Think

Public speaking is a great skill. Who can deny its power to inspire, to empower and to influence? Notwithstanding, there is a level of fear and trepidation that rises to the fore at the thought of presenting a speech before an audience.

However, from my personal experience I guarantee that if you follow the following 5Ps you will conquer your fears and deliver your message with passion power and purpose.

The 5 Ps

- Pray
- Plan
- Prepare
- Practice
- Present

“It is better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared.” – Whitney M Young

PRAY

Before starting any presentation, you are entitled to ask God:

1. What He wants you to share and for guidance and direction
2. To replace your fears with faith and favour
3. To help you to connect and engage your audience
4. To help you to speak with clarity and conviction
5. To help you inspire your audience

PLAN

Planning is paramount. “If You Fail to Plan, You Plan to Fail.” Benjamin Franklin. During this stage you must research your topic thoroughly so that you can appear like an expert on the subject matter.

PREPARE

“It is better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared.” – Whitney M Young

During this juncture you can select your topic and decide the purpose and objective of your proposed presentation. Consideration should be given to your opening. Remember that this must capture the attention of your audience. In addition, you should be cognisant of the time allotted for your presentation and the demographics of the audience. Decide on the anecdotes, quotes, personal stories and visual aids that you wish to share. The more thoroughly you are prepared, the more self-confident you will feel.

PRACTICE

Practice is the key. Even the best of speakers practice. Just do it and see the difference.

Practice helps you to become comfortable with your speech. Practice takes time, so you must be willing to find creative ways to ensure that it is accomplished. If you think that your presentation was good without practice, I believe that with practice it could have been awesome. Your speech should be broken down in parts and you can practice each portion:

1. while driving or doing other activities
2. when you are in the shower
3. walking the dog
4. ironing

If you are going to share a joke during your presentation, I suggest that you practice the punch line. Practice helps you to remember the flow of your speech and it also minimizes any anxiety that you will experience. Practicing your speech actually boosts your self-confidence and facilitates a smoother delivery.

PRESENT

Decide ahead what you will wear. Dress for success. Your dress should send a message of respect to the audience. When you are introduced, walk confidently and with purpose towards the lectern and deliver your speech. Your objective as the Speaker is to captivate the audience’s attention and to connect in a meaningful way to ensure that your clearly articulate message is received as intended. The next time that you are asked to give a Presentation follow the 5 Ps, you have nothing to lose and everything to gain.



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