



ISLAND SPIRIT

Mallorca Wordsmiths
Toastmasters Club

President's Corner

by Sheila MacMillan

Isn't it so nice to see the sun shining? Lifts up all our spirits, things seem to come to life after a long, wet winter, which this year was supposedly the worst for 25 years.

It seemed like spring would never come, but here we are – sprucing up the garden, repairing the sun beds, checking out the barbecue, getting the pool cleaned – in effect, getting ready for summer.

That's what we should be doing too at Toastmasters – it's not long now until the end of the TM year – time to take a reality check

of where we are in relation to the goals we set ourselves at the beginning of the year.

Did you make your 10th speech? If not, there's just time to cram one (or more!) speeches before the end of June; have you completed all the tasks in your Leadership Manual?; have you stretched and tested yourself as much as you could?

It's time to tie up all these loose ends and unfinished business – then you can relax and really enjoy the summer, knowing that you have given the best of yourself – to yourself and to your club.

At another level—the Board of Directors of Toastmasters International have put forward a far reaching change in how TMI will be run world wide, and recommended that every club vote “Yes” to Proposal A – Global Representation and Support.

After much discussion, our club voted against the proposal. The world-wide vote will be taken at the Annual convention held in the States in August.

Our last meeting for the summer is 15th July—and we reconvene again on 9th September— have a great summer.

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Edited by Norma Robertson

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HOPE TO SEE YOU AT OUR SUMMER FIESTA



As you know, we always break for the summer and have ourselves a fiesta before saying adios till the Autumn. This year we are making it a late afternoon barbecue at Norma's finca, outside Lluchmajor. This is being held on Saturday, 18th July, at 5 o'clock. Cost is 10€per head, plus BYOB (bring your own bottle!), swimsuits (optional), brains essential, as there will be prize winning word games, quizzes and table topics. Prizes also for the best jokes. Family and friends welcome, but you must email or phone Norma with numbers, no later than the week before, ie 11th July, and she will email directions.

Mob: 699 583204 or normaanne2907@hotmail.com

WELCOME TO TWO NEW MEMBERS

Considering our club is located on a tiny Mediterranean island, we are becoming very cosmopolitan and are delighted to welcome a new member from Russia and another one from Norway.



**Arkadi F. Prokopov
(Ark Prokop)**

Ark was born and educated in Moscow. After graduating from the First Setchenov Medical School in Moscow he practiced medicine and worked for ten years in biomedical research with divers and astronauts. Since 1994 he has lived and practiced holistic and integrative medicine in Heidelberg, Germany. He worked for four years in New York as medical consultant to elite and Olympic athletes, as well as for anti-aging and wellness clients all over the United States. Ark has several patents in the field of the application of hypoxic training, publishes articles in scientific journals and conducts workshops and seminars on both sides of the Atlantic. Currently he does consulting and educating in Germany and in Mallorca.

Ed. Ark is a wonderful speaker, entertaining and interesting and we are delighted to welcome him to Mallorca Wordsmiths.



Anne Nordberg

Anne is Norwegian and is married with three children. She has lived all over the world as first her father and then her husband worked for International organisations. Her father's company sent him to Mallorca in the sixties and because Anne was at school in Norway she could only visit Mallorca in the holidays but she fell in love with the island. After living for many years in Hong Kong she and her husband started searching for a holiday home in the sun and finally found their ideal home in Santa Ponsa, first using it for holidays and now living here.

Ed. Home in the sun! - have you done a winter here yet Anne?

We are waiting with bated breathe for Anne's ice-breaker speech as we want to hear more about her travels. Welcome to Mallorca Wordsmiths.

The background is the view that we enjoy every Wednesday at our meetings.

Open Night

We decided to let the rest of Mallorca find out what we did at Mallorca Wordsmiths and held an open night at The Horizonte Hotel in March. Thanks to our Vice President of Publicity, Rosemary Grainge, the event was well publicised in the media and on radio and we had a packed house.

Guests were served delicious tapas and wines and as well as finding out all about us they heard John Little's speech on Satellite communications. We did not have time for lots of speeches and John's was chosen because it had fascinated us all when he gave it at a Wordsmiths meeting two weeks earlier. The Open Night was a great success and we are planning another one soon.

Someone complimented me on my parking the other day. They left a note on the window saying 'Parking Fine!' (Tommy Cooper)

TWO NEW SUCCESSFUL CC'S



Gillian Howell and Norma Roberston smiling with relief having completed their first ten speeches! Well done!

We have two new Competent Communicators. Gillian Howell and Norma Robertson completed their tenth speech in May. The topic for the tenth speech is 'Inspire your Audience' and they were both successful in leaving us with food for thought.

Norma inspired us to be kinder and more considerate people by remembering that we are living on a beautiful island where we have no war, famine, drought or terrorism, where the sun shines and we have the advantage of seaside and countryside. So why do we complain at silly things like post office queues and Mallorquins who tailgate us on the roads. Not worth getting stressed and stressing others about. Far better to smile.

Gillian's subject was Decisions and she gave examples of the milestones in our lives that we should forget and others that we should remember. She likened life to a book where we finish one chapter, move onto the next and eventually close the book. We should take out only the bits that had a beneficial impact and use those when making future decisions.

Ark's Icebreaker

Ark gave us his ice-breaker and told us about the bowhead whale (balena mysticetus) which can live for over two hundred years without the cancer and other illnesses that affect marine life. I wish we knew their secret.



So what do Norma and Gillian do now?

The Toastmasters program is full of challenges after our tenth speech. There are three levels of advanced speaking. Like the Olympics, they are categorized by an award level of bronze, silver and gold. These levels not only require ten speeches at each level, but it calls for those achievers to get involved with District activities such as Area or Division leadership positions.

The speeches that are needed to achieve these educational levels are a product of what you want out of Toastmasters. There are some fifteen subjects grouped in manuals of five speeches a piece on specific topics such as interpretive speaking, humorous speaking, professional speaking and the like. Two of these manuals need to be completed at each educational award level.

In conjunction with the Communications track, there is a Leadership track in Toastmasters. This helps Members who want to become leaders to be more effective. Beginning with mundane tasks and leading to more complicated issues, this track works hand in hand with your advanced award levels. This will also help you, if you so elect to, with applying for a District position.

So, you say, how long will all of that take? Like everything in Toastmasters, you move at your own pace; whatever is comfortable for you. Completing these projects will eventually lead to the Toastmaster's top award of being a Distinguished Toastmaster.

By Ralph Arroyo, DTM



**Toastmasters
International**
www.toastmasters.org

Mallorca Wordsmiths
Toastmasters Club

Amic Horizonte Hotel
Vista Alegre 1
La Bonanova
07015 Palma

mallorcawordsmiths@hotmail.com
www.mallorca-toastmasters.com
Newsletter info: 699 583 204
General info: 639 603 509

THE MISSION OF THE CLUB

The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self confidence and personal growth.

SOMETHING TO MAKE YOU SMILE (by Tommy Cooper)

A man walked into the doctor's and said Doctor, I have hurt my arm in several places. Well don't go there again, the doc replied.

Two blondes walked into a building. You would think one of them would have seen it.

A guy walks into a psychiatrist wearing only cling film for shorts .The shrink says, 'Well, I can see you're nuts'.

Phone answering machine - If you want marijuana, press hash!

STOP PRESS

It's just been announced that the District 59 Fall Conference will be held in HAMBURG on 20-22 November, 09.



Ark receiving his Toastmasters Pin, from VP of Education Sue Stride, in recognition of giving his Ice-Breaker, which he did within 2 weeks of joining!.

SERGEANT-AT-ARMS WHO'S HE?

When we arrive at Toastmasters on Wednesday evening, we immediately head down stairs for our first drink of the night. Quietly, our Sergeant-at-Arms is busy at work setting up our room for the evening. He then proceeds downstairs and, because the Club does not have a cow bell, he personally calls the Members to please come forward so we can begin the evening's festivities. He then proceeds to call the meeting to order and introduces our President or a substitute for the opening remarks.

Everybody knows who he is because he gavel in the proceedings for the night and reminds us to turn off our mobile telephones or put them on silent. At the end of the evening, he gavel us home and packs all of the equipment back into the TV room in the hotel.

He is elected by the Members and therefore sits on the Executive Committee which oversees all Club activities. In that capacity, he is responsible for all of the Club's equipment and, along with the VP of Education, the mini-library of manuals, handouts and videos that are Club Property. It is an important job, as without him we wouldn't be properly equipped to conduct our meetings.

So thank you, Sergeant at Arms.

That's all for this issue. Have a brilliant summer and look forward to seeing you again on Sep 9th.

Norma Robertson, Editor