



Simi Valley Toastmasters #3533

President's Distinguished

Give Voice to your potential

September 1, 2016



Theme: **Evaluation & Humorous Contests**

Mission Statement

Simi Valley Toastmasters provides a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

The contest this Thursday was a fantastic event with three really good speeches and evaluators, for our guest speaker, Steve Leslie, who did a fabulous job and two of the evaluators, stated that he should consider using the speech for the International Contest.

The contestants and their titles were:
Linda Mann - "**Accidental Cowgirl**"
Joy Gaylord - "**Ignorants Abroad**"
Brent De Ruyter - "**Lofty Expectations**"

Congratulations to Joy Gaylord, ATMS, CL for winning the Evaluation Contest.

The Humorous Contest also had three great speeches!

Congratulations again to Joy Gaylord, ATMS, CL for also winning the Humorous Contest!

Joy Gaylord will represent our club in the Area J1 - J2 Evaluation & Humorous Contests

Learn Listening, Leadership & good Communication right here at
Simi Valley Toastmasters!

To view photos of club winners, go to:
<http://www.picturetrail.com/joy9>

If you want to view roles for our meeting go to our website; Login and then go to:
http://simivalleytoastmasters.toastmastersclubs.org/Meeting_Roles__Descriptions__ah_counter_grammarians_radar_person__Toastmaster.html
or the Toastmaster website: <https://www.toastmasters.org/Membership/Club-Meeting-Roles>

Do you read the Toastmasters Magazine when you receive it? If not, then you are missing some incredible stories and very helpful stories. Check out this story either in your January 2016 edition if you still have it, or online today...

Make Your Hours More Meaningful in 2016

How to make time for practice, meetings and everything else that's important in life.

A life is lived in hours, so living a better life means figuring out how to use those hours wisely. What makes this tricky is that time keeps passing, whether or not you think about how to spend it. Fortunately, a few strategies can help anyone be more mindful of time. Try these tips for managing the 8,784 hours of 2016, and you'll spend more time on what matters and less on what doesn't.

Track Your Time

If you want to lose weight, nutritionists will tell you to keep a food journal. That's because tracking what you eat makes you more aware and leads to weight loss. Likewise, if you want to use your time better, you need to figure out how you use it now. You can track your time, and how you spend it, in a simple spreadsheet or journal, or use a time-tracking app such as Toggl. The exact tool doesn't matter, as long as you use it.

Try keeping track of your time for one week (168 hours). Record what you're doing as often as you remember and in as much detail as you think will be helpful. Then add it up. How much time do you spend working? Sleeping? Doing

Meeting date:
Every Thursday

7:15PM



Simi Valley Moose Lodge 1902
4860 Alamo Street
Simi Valley, CA 93063

Remember our club website is: <http://simivalleytoastmasters.toastmastersclubs.org/>

housework? Watching TV? Interacting with your family? The point is not to see how much time you're wasting (everyone wastes time to some degree), it's to see if any of your time is spent on activities that are neither meaningful nor enjoyable. That time can be redeployed to other things.

Make a 'List of 100 Dreams'

We'd all like to figure out how to spend fewer of our precious minutes on annoying tasks. But it's even more productive to ask ourselves what we want to spend more time doing. Several years ago, a career coach named Caroline Ceniza-Levine shared an exercise with me called the "List of 100 Dreams." This is a completely unedited list of the things you want to do or have more of in your life. Do you want to give a TED Talk? Write a book? Run a 5k race? Tour wineries in France? It's hard to get all the way to 100, but you'll learn a lot about yourself and what you might like by trying.

The rest of the story can be found at:
<https://www.toastmasters.org/Magazine/Articles/Hours-More-Meaningful>

Just log in!

Check out the contest video slideshow on our club website at:
<http://simivalleytoastmasters.toastmastersclubs.org/>

Photos are on next page! Thank you to everyone who participated in either as a competitor or volunteer judge, timer, ballot counter, or Sgt. At Arms!

We could not have done it without the assistance of everyone!!

Thank you.... Thank you.... Thank you!!!!



Next week's Theme: **September 8, 2016 "Once Upon A Time"**

Login and sign up for a role today please.
It helps the club as well as the Toastmaster!

Thank you again Simi Valley Toastmaster members for coming and helping us all run an exceptional meeting!

Remember to visit our website, sign in and volunteer for a role for ANY upcoming meetings on our website...

Now, you can sign up on Google at: <https://docs.google.com/spreadsheets/d/1B15mRWS4c64HRDkqGWk9IsdPK4xRhPbWwt91o7jIVk8/edit#gid=0>

Do you want to speak? Sign up online to make sure you get your slot.

If you have a Twitter account, please follow us!

@AreaJ1SVTO

If you have a Facebook page, you can also follow us on our Facebook page at:
<https://www.facebook.com/SimiValleyToastmasters/>



Tell your friends and neighbors about how much FUN we have and invite them to our meeting!

Fantastic job to everyone!!

Remember our club website is: <http://simivalleytoastmasters.toastmastersclubs.org/>







District 33 Area J1 & J2

WHERE LEADERS ARE MADE

Theme: *"Toastmasters Under The Big Top"*

www.toastmasters.org

District Mission

We build new clubs and support all clubs in achieving excellence.

2016 Fall Evaluation & Humorous Contests

Saturday, September 24, 2016

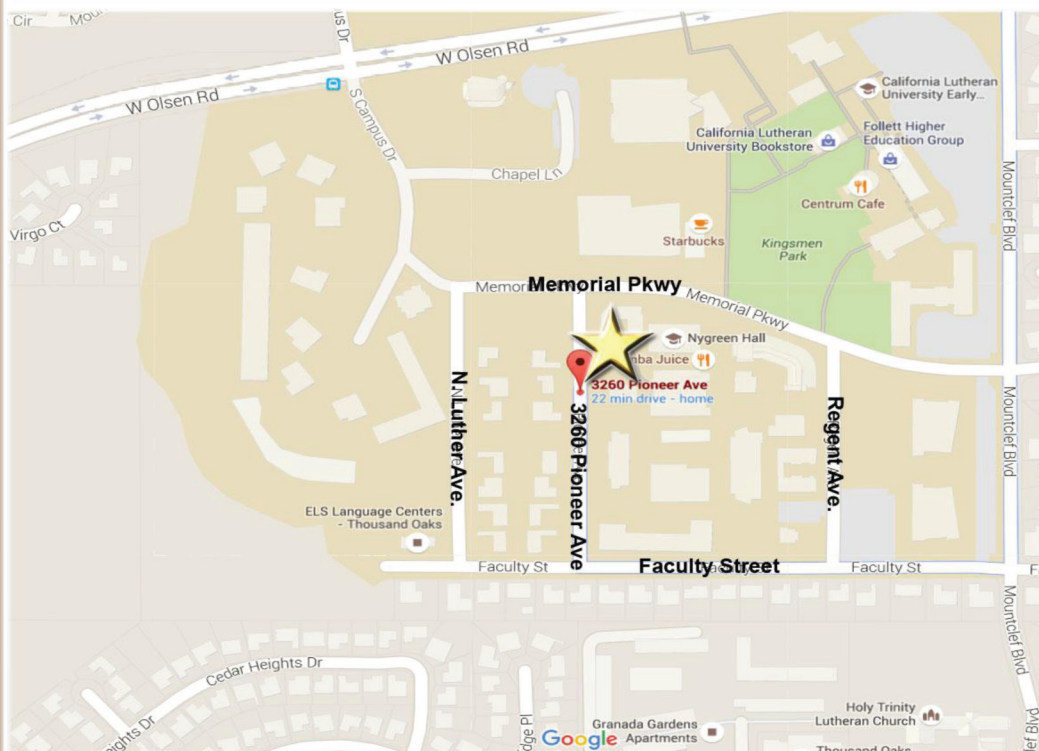


AREA J1 CLUBS

- * Simi Valley Toastmasters
- * Power Speakers
- * Madera Toastmasters
- * Becoming Awesome Communicators

AREA J2 CLUBS

- * ACE Toastmasters
- * Moorpark Toastmasters
- * Simi Risers
- * ToastMac'ers
- * Speak and Eat Toastmasters



Where: California Lutheran University

Richter Hall, 3260 Pioneer Ave.
Thousand Oaks

Time: Registration begins at 8:30am

Contests: 9:00am to noon

Admission: \$8.00

Food: Light continental breakfast



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