



The Speaker

Monthly Newsletter for Metro Speakers

April 6, 2022

Welcome to The Speaker!

The Speaker is a newsletter for all Metro Speakers. It will be sent out on monthly basis, with updates/announcements, member spotlights, quote of the month, important tips and tricks to improve public speaking and additional exciting content to help us stay connected!



Reminders and Announcements:

- **In-Person Meeting on April 7, 2022:**
 - On Thursday, April 7 from **7:15pm - 9:15pm**, we will be conducting our first ever hybrid meeting (both online and in-person attendees).
 - Location: The Collingwood Neighborhood House in Joyce [Collingwood \(5288 Joyce St, Vancouver, BC V5R 6C9\)](#). A 2-minute walk away from the Joyce-Collingwood Skytrain station.
 - We've assembled some helpful articles that detail how to get to the building, parking and where to find the meeting room within.
 - <https://metrospeakers.org/meeting-location-collingwood-house/>
 - <https://metrospeakers.org/where-to-find-the-meeting-room-collingwood-house/>
- **Want to stay a Metro Speakers member? Pay your fees.**
 - Club dues must be submitted by the end of March.
 - Please send an e-transfer of \$95 to paymetrospeakers@gmail.com that covers the term between 01 April 2022 to 30 September 2022.
- **Voting for the New Executive Team:**
 - The elections will be held on June 9, 2022.
 - Candidates will have to give a 1 - 2 minute speech for why they think they're the best candidate for a role.
 - Nominations will happen in the meeting.

Member Spotlight ✨ ✨



Jesse Sangha

We're starting our Member Spotlight series by introducing Jesse! He answered some of the following questions to help us get to know him better.

Tell us a little bit about yourself?

I love to learn about anything that can continue to help me grow in my sales profession.

What inspired you to join toastmasters?

To help me improve my communication skills in order be understood better.

What is your favorite thing about toastmasters and the meetings at Metro Speakers?

Connecting with everyone. Practice communicating and receiving feedback.

What is a very memorable moment from one of our meetings?

The backwards theme held by the chairperson.

What is something you find challenging at toastmasters (maybe a particular role)?

I find preparing for speeches and presenting them to be challenging.

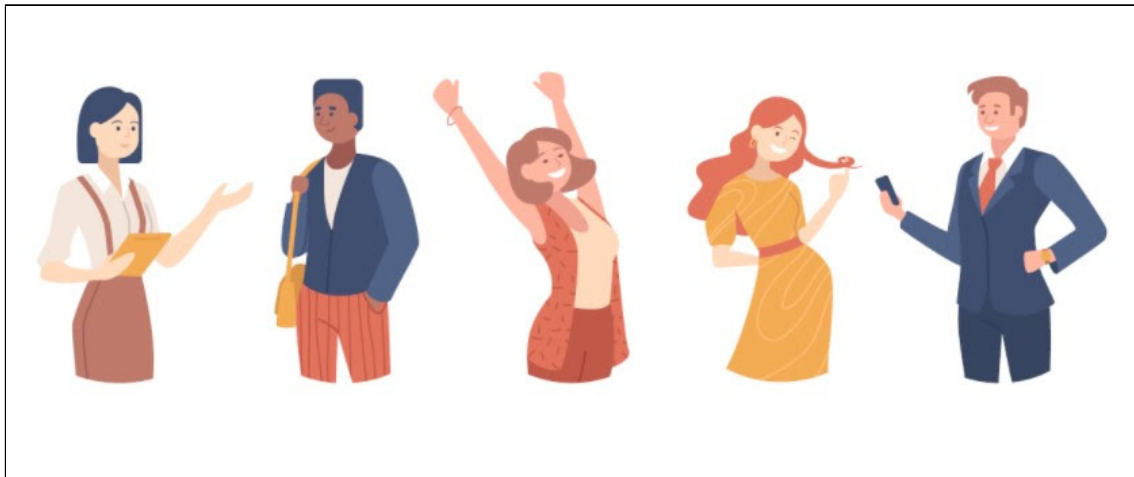
What is the best piece of advice you could give somebody?

To ask yourself what is your reason for doing what you do.

Outside of toastmasters, tell us about another a favorite hobby you enjoy.

I enjoy listening to audiobooks and podcasts and music while going for long walks.

Tip of the Month:



Gestures and Body Language

Speakers generate a great amount of emotion and interest through the use of non-verbal communication, often called gestures or body language. A speaker's body can be an effective tool for emphasizing and clarifying the words they use, while reinforcing their sincerity and enthusiasm. Here are a few tips on how to use gestures effectively: [Learn More..](#)

"Asking is the beginning of receiving. Make sure you don't go to the ocean with a teaspoon."

-
Jim Rohn



This Month's Chairs:

April 7 ***Michael Powroznik***

April 14 ***Layane Moura***

April 21 ***Jesse Sangha***

April 28 ***Melanie Eng***

Stay Connected...

Want to share a tip, a quote or add something to our newsletter? Send us an email at metrospeakerstm@gmail.com

To stay up to date, follow us on [facebook](#), [instagram](#) and make sure you are a part of Metro Speakers whatsapp groupchat! For more information vist [our site](#)

Hope to see you on Thursday at 7 pm PST :)

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