



The Speaker

Monthly Newsletter for Metro Speakers

May 16, 2022

Congratulations to Our Following Members:

Congratulations to Mike for presenting his "X2: X-Men United" speech at the District 96 Humorous Contest on April 22!

Congratulations to Ping for presenting her Pecha kuccha at Shadbolt Centre in Burnaby! The next event is in October. Here is a link to get free ticket and watch the recorded video online if you are interested:

<https://tickets.shadboltcentre.com/TheatreManager/1/online?event=0>

You can also search for more info here:

<https://www.pechakucha.com/cities/burnaby>



Reminders and Announcements:

- **In-Person Meetings on a bi-weekly basis:**
 - Here is a meeting schedule you can follow for the months ahead: <https://metrospeakers.org/hybrid-meeting-schedule/>.
 - Location: Kingsway Church across from Central Park (4061 Kingsway, Burnaby, BC V5H 1Z).
 - For reference on how to get there and find the room, take a look at the following articles:
 - <https://metrospeakers.org/meeting-location-kingsway-church/>
 - <https://metrospeakers.org/where-to-find-the-meeting-room-kingsway-church/>
- **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* ✨



Sheree Gable

Tell us a little bit about yourself?

I was actually born in Vancouver (and have the birth certificate to prove it) and I grew up in South Burnaby. I have a younger sister Rochelle who is the complete opposite of me in many ways, but always I say we have the same nose!

I met my husband Gord on a blind date, and we've been married for 23 years this summer. We live in Port Coquitlam with our cat Peni, who really runs the house! I work in marketing, specifically managing the radio and TV ad campaigns for my employer Trail Appliances. I enjoy cycling, hiking and I am a big 007 fan.

What inspired you to join toastmasters?

I was completing my marketing studies at BCIT in 2002 and one of the courses I had to take was public speaking. I was terrified but after each class, I felt less scared about speaking in front of a group. Once the semester had finished I was terrified once again! I asked my professor how I could keep practicing my public speaking. He told me to visit a Toastmaster club in my area. In December 2002 I walked into Metro Speakers and in January 2003 I joined the club, one of the rare New Years' resolutions I've ever kept.

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

One of my favourite things about Toastmasters is you meet people that perhaps you would never get a chance to interact with otherwise. The common bond is we all want to improve our communication and leadership skills. I have so enjoyed the meetings at Metro Speakers over the years, it has built up my confidence and certainly helped me in my career. For example, I now enjoy giving presentations at work and I credit my time at Toastmasters for giving me the "stage" time to practice my public speaking.

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

A very memorable moment at Metro Speakers was in 2004 when our club was the FIRST in BC to get President's Distinguished Club status. Our District Governor, Anne Kramer was based in North Vancouver, and I invited her to Metro Speakers to help us celebrate that very fine achievement. We had a PACKED meeting that night, including members I hadn't seen in ages. Anne spoke very passionately about Toastmasters and encouraged our members to keep up the excellent work!

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

For myself, I always find it challenging to remember the "word of the day" much less use it in a speech or table topic.

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

The best piece of advice I could give somebody would be: Don't wait for

somebody to do something, YOU are somebody.

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

One of my favourite hobbies is learning and playing my acoustic guitar, much to my cat's annoyance. I guess she's not a fan of my music.

Tip of the Month:



6 Steps to Lead a Powerful Hybrid Meeting

As the world adapts to a new normal, many companies, organizations, and, of course, Toastmasters clubs, are welcoming members back to in-person meeting spaces while other members continue to attend remotely. Simply put, hybrid meetings are becoming [learn more..](#)

"Wherever you go, no matter what the weather, always bring your own sunshine."

—
Anthony J. Angelo



This Month's Chairs:

May 05 ***Tiffany Mark*** 🏠

May 11 ***Leon Ling*** 🏠 🏠

May 19 ***Chayanika Awasthi*** 🏠

May 26 ***Eric Osmond*** 🏠 🏠

🏠: in-person 🏠: virtual

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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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