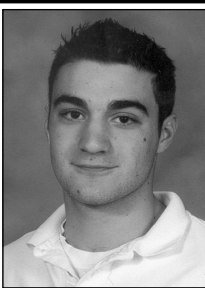




Jean-Philippe (J.P.) Villeneuve turns 18 on March 5, 2010.

Bonne 18^e fête, Coco!

Je t'adore,
Maman.



Expert to give tips to overcome shyness to maximize success in the corporate world

The community is invited to hear strategies on how to be seen, heard and remembered at the next meeting of the Halton Hills Toastmasters, 7:30 p.m. at St. Alban's Parish Hall, 537 Main St. in Glen Williams.

The Toastmasters will host guest speaker, Carole Cameron, a speaker and corporate trainer, who will share with the audience some of the common challenges faced by introverts in the workplace, as well as tools and strategies to overcome them. Cameron is president of Creative Performance Solutions and is also the author of *Splash - an introvert's guide to being seen, heard and remembered*. Her main message is that introverts can gain more of what they want out of life while remaining true to who they really are.

Unlike extroverts, whose strengths and talents are more naturally showcased outwardly, introverts have a natural preference to direct energy and attention inward. By adopting a few simple new habits, they can maximize their personal and professional effec-

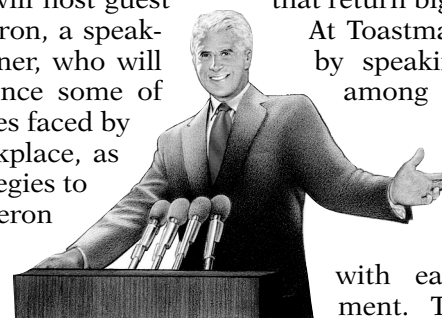
tiveness and successes.

Cameron has helped thousands of introverts improve their lives through easy to learn techniques. For instance, by becoming aware of body language, introverts can make small adjustments that return big rewards.

At Toastmasters, members learn by speaking at club meetings among fellow members in a supportive environment. The self-paced program allows members to build competence with each speaking assignment. The weekly meetings give everyone an opportunity to practice different speaking and leadership roles.

Halton Hills Toastmasters occasionally hosts guest speaker sessions designed to help members achieve their goals. The group welcomes community members to attend Toastmasters any week it is convenient for them.

Info: Jennifer Larson, Vice President, Public Relations, Halton Hills Toastmasters, 905-702-5895, hhtm.membership@gmail.com or visit www.haltonhillstm.org



Happy 29th Birthday...
for the 21st time
Love: Tara, Brian, Kev & Meka

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