

  
**KAREN'S FLOWER SHOP**  
 487 Laurier Ave.  
 878-2881

# COMMUNITY *Page*

## Toastmasters takes fear out of public speaking

*Milton group helps people harness their confidence when addressing a crowd*

By **FANNIE SUNSHINE**  
*The Champion*

**S**ue Stomphorst got over her fear of public speaking by doing just that.

Last September, she attended her first Toastmasters meeting in hopes of becoming more comfortable in front of an audience.

"At that time in my life it seemed I was in the position of doing a lot of events that involved public speaking and I needed help," she recalled. "I phoned and spoke to (former club president) Ross London, who guaranteed the club would help me."

Mr. London told Ms Stomphorst she would be able to practice speaking at the meetings in front of a warm, receptive audience, who then in turn would provide feedback of her speech.

"We would even practice television interviewing with a camera. This really helped improve my public speaking skills. I'm over my fear of speaking now."

At her very first meeting, she stood up and gave her name and told the group why she had come to Toastmasters.

"The club was very supportive. The meetings are designed to improve communication and leadership skills, along with writing skills, leadership and networking."

Those toying with the idea of joining Toastmasters better be prepared to present a speech, she continued.

"Everyone has a role at the meeting. Sometimes you'll be the one to give a special thought or tip or sometimes you have to talk about a word and its meaning. You just can't sit and listen — you have to participate."

The group also picks 'table topics', in which someone must speak spur of the moment on a particular subject.

For \$30, a public speaking package can be purchased, which teaches you how to prepare a speech, how to change your tone, various expressions, body language and hand gestures.

Each newcomer is assigned a mentor when they first join, Ms Stomphorst said, adding now she plays that ever-important role.

"I'll stand off to the side and give a thumbs up during a speech. Everyone claps when you go up to the podium and when you finish."

Overall, she credits the Toastmasters for increasing her confidence and improving her self-esteem.

And she also discovered a secret talent for writing.

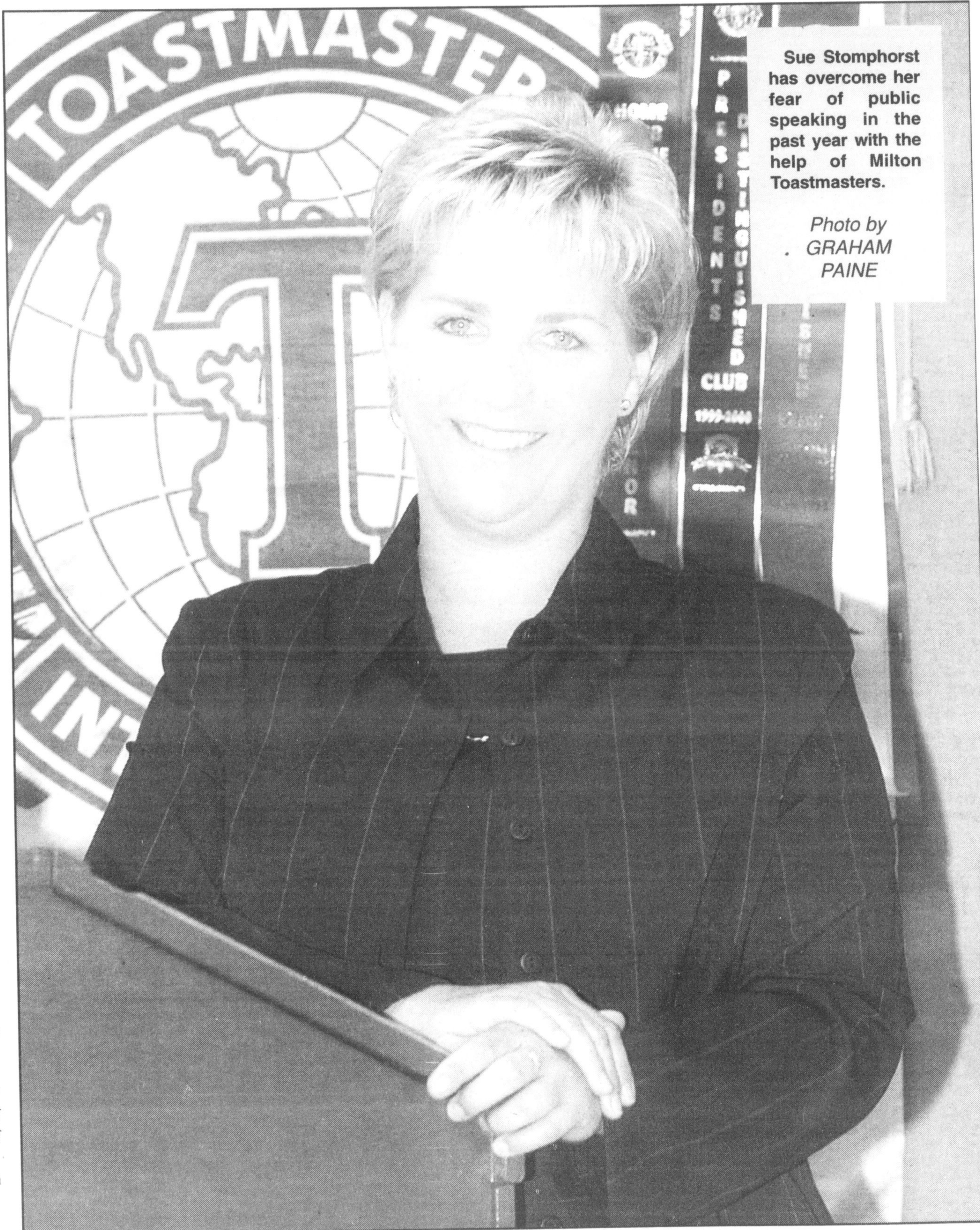
She's in the process of having her first children's book, *Rockey's Trip to the Dentist*, published.

The book will be the first in a series titled *Rockey's Journey*.

"Toastmasters is the most supportive audience I've ever seen," Ms Stomphorst said, who now bears the title of vice-president of membership. "We are always there for each other, even outside of the meetings."

The Toastmasters group meets every Tuesday starting in September at the Royal Canadian Legion at 7:30 p.m.

For more information, call (905) 876-2563.



Sue Stomphorst has overcome her fear of public speaking in the past year with the help of Milton Toastmasters.

Photo by  
 GRAHAM PAINE

### COGECO 14 Programming Schedule — August 26th - September 2nd, 2002.



Keeping North Halton turned

www.cogeco.ca

NORTH HALTON STUDIO

Laurier Plaza  
 500 Laurier Avenue  
 Milton, ON L9T 4R3  
 905-878-9306

*Proudly serving the communities of Halton Hills, Milton & Redwood for 33 years*

Monday, August 26th	Tuesday, August 27th	Wednesday, August 28th	Thursday, August 29th	Monday, September 2nd
9am, 10am, 11am&12:30 pm Plugged In! - Late Week Edition	9am, 10am, 11am&12:30 pm Plugged In! - Early Week Edition	9am, 10am, 11am&12:30 pm Plugged In! - Early Week Edition	9am, 10am, 11am&12:30 pm Plugged In! - Early Week Edition	Labour Day - No Programming
5pm, 6pm & 7:30pm Plugged In! - Early Week Edition	11:00am Monday Replay	11:00am Tuesday Replay	11:00am Wednesday Replay	
6:30 pm Faces - Coulter Sladek 2	5pm & 6pm Plugged In! - Early Week Edition	5pm, 6pm & 7:30pm Plugged In! - Early Week Edition	5pm, 6pm & 7:30pm Plugged In! - Late Week Edition	
7:00 pm With Good Taste	6:30pm The War Amps Present...	6:30pm Kid Connection	6:30pm Money Week	
8:00 pm Founder's Cup - Gold Medal Final (Replay)	7:30pm Fergus Highland Games Tattoo	7:00pm Cable in the Classroom	7:00pm The issue is...	
		8:00pm Milton Council, August 26	8:00pm Ontario Renaissance Festival Highlights	