



MARKHAM AQUATIC CLUB COMPETITIVE and PRE-COMPETITIVE SWIMMING FALL TRY-OUTS

FOR BOYS AND GIRLS AGES 8-12

Aquaquest 8 and up

MILLIKEN MILLS POOL

Tues. Sept. 21, 4:00 P.M. Start OR Thurs. Sept. 23, 4:30 P.M. Start

OR

Sat. Sept. 25, 7:00 A.M. Start

(Only for those unable to attend on the 21 or 23)

REGISTRATION AND EQUIPMENT SALE

FOR NEW SWIMMERS ONLY

(must have attended try-outs)

Milliken Mills Hallway

Sat. Sept. 25, 8:00-10:00 A.M.

For more info, call MAC office

905-475-8161

Unionville Theatre Company

AUDITIONS FOR "ANYTHING GOES"

The Unionville Theatre Company is pleased to announce auditions for their upcoming musical play, "Anything Goes". This is a \$35,000 production which will be held at the Markham Theatre for Performing Arts for 6 (six) performances beginning February 23, 2005. We are looking for 40 to 50 actors who are between the ages of 13 to 30; preference is given to York Region residents. A public information session will be held at the upper level of the Markham Community Centre (Hwy 48 & Hwy 7) on Sunday September 12, 2004 at 2:00 PM. Further details can be obtained by calling our hotline at (416) 860-6198 or by logging on to our website at www.unionvilletheatre.com.



The UTC is supported by a grant from the Ontario Trillium Foundation

Public speakers fear they'll look foolish

From page 1

needles and shots, mice and flying.

In the third review, public speaking came in sixth behind calamities such as being buried alive, being bound or tied up and drowning, but before fear of hell, cancer and tornadoes and hurricanes.

So, most people would rather go to hell, contract a fatal disease, incur the wrath of Mother Nature or go bankrupt than chat in front of a crowd?

Members of Toastmasters International, a non-profit communication and leadership program, are well aware of the panic that wells up in people who have to address a crowd.

Darren Gahan, president of Simcoe Shores Toastmasters in Georgina, and Alana Papeo, a former president of the Richmond Hill club, say the terror of public speaking may seem out of proportion when compared to experiences that risk life and limb.

But that doesn't make the fear any less real.

"I see it (in club members), and according to the Book of Lists, it's 2:1 that people have a fear of speaking over dying," Mr. Gahan said.

"I can relate to it completely. I was in a course for a week. At the end of the course, I wanted to do a little poem. When I went up to do it, my knees were shaking. I was so nervous it wasn't even funny."

Ms. Papeo has never experienced a paralyzing fear of speaking in public herself.

"For me, personally, when I started going to Toastmasters, it wasn't because I was afraid of public speaking. I just wanted to be better at it," she said.

"My fears are more if I've prepared a

presentation, I'm going to forget halfway through, lose my train of thought. I have a fear I'll just be left standing there."

But she has seen terror in others.

"I've met a lot of people who are really afraid. One man had to say grace at a family wedding and he was in a panic," she said.

"He was red in the face, he was nervous. He thought, 'I never want to go through that again.' I just remember him telling me it was a paralyzing fear. What was he afraid of? That's the big question."

I was perspiring.

I was shaking. A little breeze could have knocked me over.

Fear of making a public presentation comes from anxiety about looking foolish, Ms. Papeo believes.

"Some people get very panicky. It's just everybody's personal desire to do well. To do less than perfect is not acceptable. They fear being judged," she said.

"What would be the worst thing that would happen? I don't know. One man said, 'I think the fear comes from making a fool of yourself in public. Everyone's eyes are on you.' One girl who is really petrified said, 'You might make a mistake. It's not logical. It's just the way it is.'"

Ms. Papeo recalls a group of friends who approached her about delivering a eulogy for a woman who had died, even though they knew the deceased much better.

"For them to do that tribute for her

would have been wonderful, but they couldn't get past the fear."

Toastmasters helps people overcome their fear by encouraging them to speak publicly in a supportive setting.

"Toastmasters helps calm those fears through practise. Through practise, those fears die down," Mr. Gahan said.

"Through practise, those butterflies fly out the window."

In her book *Preventing Death by Lecture*, writer Sharon Bowman gives suggestions how people can avoid mind-numbing speeches by injecting energy and interest into any lecture.

Her approach is to "teach it quick and make it stick," so speakers create interactive and unforgettable presentations.

Tips include:

- Dividing your audience into expert groups and allowing each member to share one fact about the issue being discussed;

- Handing each participant a length of ribbon and suggesting they tie a knot every time they learn an important point;

- Taking frequent breaks so people can discuss your ideas;

- Encouraging audience members to draw cartoons depicting an important message in your speech.

When Mr. Gahan thinks back to the poem he delivered, he realizes everybody can overcome their fear of public speaking if they practise enough.

"I was perspiring. I was shaking. A little breeze could have knocked me over," he said.

"I don't have a problem getting up in front of people now. I think everyone can get over the fear. You just have to work at it."



TOWN CENTRE MONTESSORI PRIVATE SCHOOLS®

Established Since 1986

"Best Montessori School in Markham"

Markham Economist & Sun, Reader's Choice Awards 1999, 2000, 2001 & 2003



Are You Satisfied With Your Child's Education? Make The Right Choice Now...For Your Child's Future!

Montessori Pre-School

- Half or Full Day
- Low Student-Teacher Ratio
- Reading, Writing and Math Emphasized
- Daily French Classes
- Indoor Gym
- Enrollment year round

Elementary & Secondary Private School

- High Academic Standards
- Low Student-Teacher Ratio
- Math & Science Competitions
- Clubs & Competitive Sports Teams
- University Preparation

"A Montessori School and More..."®

- Piano & Theory
- Choir & Band
- Art & Cartooning
- Tutorial & Study Hall
- Computer & Chess Clubs
- Ballet, Jazz & Hip Hop
- Outdoor Sports Fields
- State of the Art Facilities
- Bright, Spacious Classroom
- Library
- Science & Computer Labs
- Gymnasiums & Auditorium
- Art, Music & Ballet Studios

Enriched Academic Programs

from Age 2 to Grade 12

No Cost for Extended Care Hours! 7:00 am - 6:30 pm.

Bus Service Available



(905) 470-1200 Grades 1 - 12

(905) 474-3434 Pre-School

WWW.TCMPS.COM