



Mediterranean Spirit

Toastmasters District 59 - Area H1 bi-monthly newsletter

Year 1, n° 4

May 2012
Issue edited by Anne Delgado - Prestigious Speakers
Marion Chevalier - Barcelona Toastmasters
Sebastián Lora - Mallorca Wordsmiths

Editorial

By Diane Oatley, Vice President Education, Mallorca Wordsmiths



Stand Up and let your voice be heard!

But what if we do and no one listens? That is what happens before you are a Toastmaster but, when you take up the challenge to become a better communicator, then everything changes. Toastmasters Clubs all over the world offer you the opportunity to become a good listener, a better speaker, a team worker, a competent leader and teach you time

management. They also teach you how to handle competitiveness and this is an emotion that needs careful management. All these skills are vital in the fast, competitive world of today. These skills are not just needed in the workplace; they are needed in every walk of your life.

People often think of 'public speaking' when they hear 'Toastmasters' but public speaking is only a part of what the Toastmasters programme is all about. Life will offer you many opportunities and you may well have the

confidence to seize the opportunity but, if you don't have the communication skills, if you don't know how to work with a team and manage time, if you can't handle competition, then you will get stuck and frustrated that you are not able to move on and achieve your goals. Word has it that we get wiser as we get older – now imagine being wise when you are young! You play a large part in creating your own reality being skilful at doing it – is indeed very wise... Toastmasters will show you how.

Division H Spring Conference - What was it like?

By Sebastián Lora, Vice President Public Relations, Mallorca Wordsmiths



Speak up to achieve was the motto of this year's Division H Spring Conference celebrated

in Marbella on April 28th. And as area H1, indeed did we achieve! We were represented in all contests by very enthusiastic Toastmasters willing to prove to the Division that Area H1 rocks! Riccardo Agostini made us cry once more with his Spanish Speech; Ana Villar showed us how to confidently give a Spanish Speech Evaluation; Pau Soler taught us that words are Silver, but silence is Gold with his English

Speech Evaluation; I delivered a revamped speech thanks to a few tips from Olivia Schofield and Peter McKenzie.

Competing at this level is truly nerve-wrecking because of various reasons: 1) the usual stress associated to public-speaking; 2) the fear of losing which goes hand in hand with the desire to win; and 3) the skill of the opponents at this level is very high in most cases. Taking all this in consideration, you get a Molotov Cocktail in your stomach comparable to labor contractions. As time passes, the adrenaline's effect becomes stronger burst-in as you are called upon

the stage by the Contest Chair. But as Seneca said (and Florian Mück was kind to remind me of) "Luck is what happens when preparation meets opportunity". And we got "lucky" considering that there are only two things a contestant cannot control: the opponents' skills and the judges' judgment. The result: Riccardo kicked some rear and got first place, Ana got third and I got second. To Pau I must say competition was very tough, but to us you were truly golden.

All in all, we did a great job, we had a blast and proved that Area H1 is one of the best in the Division.

Content:

LEARNING FROM ADVERTISING	2
WHY DID YOU JOIN TOASTMASTERS?	2
HIGH PERFORMANCE LEADERSHIP	3
WINE-TASTING TOASTMASTERS	3
INTERVIEW WITH JESÚS SALILLAS	4
CLUB PROMOTION THROUGH SOCIAL MEDIA	4
SEE YOU IN POZNAN!	5
AREA & DIVISION REALIGNMENT	5
MY TEDx TALK	6
NEW MEMBERS IN AREA H1	6
INTERVIEW WITH OUR DIVISION GOVERNOR	7
CONFESSIONS FROM A TOASTMASTER	7
VIII JOAN ORÓ PRIZE	8
ABOUT SAGRADA FAMILIA TOASTMASTERS	8

Mediterranean Spirit



Dermot Greene is a professional public speaker, blogger and member of Cogito Toastmasters in Dublin, Ireland

“THE MOST EFFECTIVE WAY TO CONNECT WITH YOUR AUDIENCE IS TO MAKE IT RELEVANT TO THEM” DERMOT GREENE



Angeline van der Heijden is Executive Team Leader at ACN and member of Mallorca Wordsmiths



Julia Taran Member of Prestigious Speakers Barcelona

Presenting is selling - Learning from advertising

By Dermot Greene

Presenting is about making your message memorable, it's about making your product or service desirable, it's about selling your ideas to your audience. One of the most successful and respected advertising executives was David Ogilvy, he has been called “The Father of Advertising” and he gives the following advice:

ONE BIG IDEA

“It takes a big idea to attract the attention of consumers and get them to buy your product. Unless your advertising contains a big idea, it will pass like a ship in the night.” Every great speech should have one big idea, one core idea that the audience can grasp and understand.

BELIEVE

“Good copy can't be written just for a living, you've got to believe in the product.” Being visibly passionate about your topic is essential to get your

audience to accept your message. Your audience needs to see that you believe in your message. If you believe then they will believe.

SPEAK THEIR LANGUAGE

“If you're trying to persuade people to do something, or buy something, you should use their language, the language they use every day, the language in which they think.”

The most effective way to connect with your audience is to make it relevant to them. Use their language, use ideas and experiences that are familiar to them, bring your message into their world.

MAKE IT CONCRETE

“The more informative your advertising, the more persuasive it will be.” Make your message real for your audience, give them more information, make it concrete. The more details you give, the more tangible your idea. If they can imagine it and

“feel” it then they will believe in it and thus want it.

OPEN WITH THE FIRE

“You have only 30 seconds in a TV commercial. If you grab attention in the first frame with a visual surprise, you stand a better chance of holding the viewer. When you advertise fire-extinguishers, open with the fire.”

Start with the problem, a problem that everyone understands, one that they all want to solve. Now everyone is thinking the same thing, how to solve the problem. This is perfect time to introduce your product, the solution to the problem.

Next time you give a presentation, don't just stand up and speak, instead think like an advertiser and sell your message.

More about Dermot at <http://speak.geeksspeaktraining.com/>

Why did you join Toastmaster?

Angeline van der Heijden

I was looking for an opportunity to improve my communication skills. In the internet I read about a group named Toastmasters. It is like a “learning-by-doing workshop”. I can improve my skills in communication and leadership in a comfortable, friendly atmosphere. And in the meantime, I improve my English. For me being member of Toastmasters is priceless. Here I learn to express my ideas so that they are heard, understood and acted upon. I now realize that is one of the primary qualities of leadership. Communication skills are evident. With Toastmasters I will learn to be a better communicator.

Julia Taran

I came to Toastmasters to practise English and fell in love. At the beginning it was just an affair. I enjoyed those sporadic dates, but didn't want anything serious. I was afraid of responsibility, and of not being up to snuff. Speeches, evaluations, table-topics... Me? Doing all this? And in English? No, I much preferred to remain an eternal guest. But love works wonders, and little by little I became committed, because there's no true love without commitment, and no true commitment without love. So I submitted the application form, and now I don't regret a single instant I've spent with my new love, my Prestigious Speakers Club!

José Luis Latorre

To improve my speaking skills and the complicated art of oratory, at work and in life. Public speaking is something I have appreciated extremely since young. I compare them to great songs or movies. I once said to myself “I want to perform like that” (*referring to a great speaker*). Was it worth it? Like hell it was! One of the best investments I've made. Joining the leading martial-arts school of communication and leadership is a must to shape oneself personally and professionally.

“Those who know but don't know how to communicate are the same as those who don't know” – Heraclites.

HPL - The High Performance Leadership Programme

By **Tulia Lopes**, Immediate Past President, Prestigious Speakers

The High Performance Leadership Program (HPL) is a key project on the Leadership path to become a DTM – a Distinguished Toastmaster. But it can also be your key activity to become an even better leader! Toastmasters International defines the HPL as follows: *“It is a five-project program which offers instruction and practice in vital leadership skills and activities as developing a mission and a vision, goal-setting and planning, identifying and building a team.”*

Although it being such an important task in the leadership educational path, the HPL is often forgotten to be mentioned by the club’s VPEs or and mentors, when you become a Toastmaster member and are planning your educational development. From my own experience, and from what I have observed in various Toastmasters clubs throughout Europe, club members more or less accidentally find out about the HPL program when more experienced members prepare or even present their HPL project.

How does it work?

1. *Learning about leadership:*

Vision and Values; Direction; Persuasion; Support; Development and Appreciation

2. *Choosing your objective:* Vision, Mission and Core Values
3. *Winning commitment to your objective:* How to enroll others in your vision
4. *Working the plan:* Helping your team accomplish its mission
5. *Analyzing and presenting your results:* Reviewing the results and presenting them to your club

The good news about the HPL project is that it can be done at any time throughout your *Toastmasters* career. You can start and finish it whenever convenient to you. However, I would recommend that you start thinking of your HPL project as early as possible, on your way to achievement. It will take time, because you will need to find a good topic to work on; something that excites and challenges you. And you will have to build a team to work through the whole project. So, the sooner you start, the better your outcome.

My own HPL experience

I am about to finish my HPL project. By then, I will have worked on it for more than a year. During the next term I will present the outcome to my club, Prestigious Speakers. Now I can say that each step is a great experience and learning process. I dare to say that I would do it again, but with a different topic! Your experience of working on your HPL will take you to a higher level in your leadership path, not only within Toastmasters environment, but in the real world. Remember, in “toastmastering” you are presenting in a friendly atmosphere where you can *take chances*. Your challenge will be your team’s challenge, too. They will have to coach you through meetings, brainstorming sessions and various tools to plan. They will track and monitor your project’s progress and your leadership development. It is an amazing experience for all parties involved, where your own growth projects into your team’s personal development, too.

My experience confirms the Toastmasters International motto – *“Where leaders are made”!*

club is much more than being shaped as a public speaker or a leader. For social animals like me, the club can offer amazing opportunities to meet incredible people to share friendship and passions as well as to enjoy life. As a wine lover the Toastmasters wine tasting event was much more than an experience, it was a real pleasure. So, do not miss the next one.

Dear Masters of the Toast, raise your glasses....Cheers!



Tulia Lopes, CC ALB is Prestigious Speakers’ current Immediate Past President and is undergoing her HPL Programme



José Luis Latorre is member and Webmaster of Barcelona Toastmasters

“BEING PART OF A TOASTMASTERS CLUB IS MUCH MORE THAN BEING SHAPED AS A PUBLIC SPEAKER OR AS A LEADER.”
ANA VILLAR

Wine-Tasting Pleasure

By **Ana Villar**, Barcelona Toastmasters

On the night of January 13th 2012, I was in a bar enjoying a gin & tonic. It was at the end of an incredible party: the Barcelona Toastmasters Club celebration for Welcoming 2012. Suddenly, at 3:00am, the owner of the bar kindly asked us to leave. Together with Carmen Pazos and Jesús Salillas the solution appeared clearly in our minds: let’s start much earlier next time! This is how, the wine tasting event idea began.

On April 14th at 11 am, by the hand of an enologist, we experienced the different tasting stages of 3 Spanish wines such as appearance, the aroma (or bouquet), the in-mouth sensation and the aftertaste. Members of different TM clubs in Barcelona participated in the event, which also included 3 speeches performed for the occasion by Florian Mück, Alvaro Saumell and I.

Being part of a Toastmasters



Barcelona Toastmasters Wine-Tasting Event

Mediterranean Spirit



Jesús Salillas, member of Barcelona Toastmasters and Prestigious Speakers

“ANOTHER CHALLENGE I FACED WAS TO ATTRACT PEOPLE WHO DIDN'T HAVE ANY CONNECTION WITH TOASTMASTERS”
- ANGEL TORIBIO



Angel Toribio, CC, is Vice President Public Relations of BCN Pride Toastmasters

Interview with Jesús Salillas

By Anne Delgado, Vice President Membership & Treasurer, Prestigious Speakers

Jesús Salillas loves nature photography. He is currently writing a book about his passion. Last autumn, Jesús joined two Toastmasters clubs in Barcelona: Barcelona Toastmasters and Prestigious Speakers.

AD: Why did you join two clubs at the same time?

Jesús Salillas: I started attending both clubs as a guest. When the membership admission period opened, I was enjoying myself so much at both that I could not give up on any of the clubs! So I decided I would do my CC in Spanish in one club and in English at the other one.

AD: You were the chairman of our Spring Area Contest, tell us about this experience.

JS: A unique educational experience in coordination and delegation. There was a team of almost 30 people

involved, whom I thank for their great work and willingness to help. Take away lesson: 99% of success is preparation!

AD: You are also the Sergeant at Arms of Barcelona TM club since January. What are your main motivations?

JS: I was learning so much at the club that it seemed only fair to contribute something back. I definitely recommend all Toastmasters to serve as Club Officers. It is an eye opener in terms of the amount of work it takes to run a club. It is also very interesting to compare the team dynamics between a corporate and volunteer organisation.

AD: May we know what your objectives for 2012 are?

JS: In Toastmasters, I want to complete my CC and CL at least in one language. On a personal level, I am very

excited about finishing my first book on nature photography, which will come out in 2013. Toastmasters has proven instrumental for my book too, since I have tested some of the stories as speeches and received invaluable feedback.

AD: Finally, if a non-member asked you why he/she should join TM, what would you say?

JS: The obvious answer is to improve your communication and leadership skills. But I would add: what other activity do you do where you come out of a meeting with more positive energy than when you came in? In the midst of the current crisis, simply reading the news brings your morale down. Toastmasters provides a personal growth space and a boost in positive thoughts and energy.

Promoting Toastmasters clubs through social media

By Angel Toribio, Vice President Public Relations, BCN Pride Toastmasters

One of the Toastmasters International mission is to grow its worldwide network of member clubs to offer a larger amount of people the opportunity to benefit from its programs. Most new members are very happy to tell everyone how fun and useful is to attend to their club. Soon, some of them give up when their friends tell them they look like if they have joined a cult or a pyramidal business. Unfortunately, some of the ones who have been interested by the message are usually too busy and keep postponing their visit to the club until they completely forget.

Last summer, when I was elected to serve as VP PR of

BCN Pride Toastmasters, I thought it would be a good idea to promote our club by using social media. One of the ideas was to promote the club amongst the club members' network by encouraging them to actively participate in events and post photos or articles related to the club, creating an Internet buzz noticeable to their mates. The goal was to have our Facebook friends ask what this was all about.

Another challenge I faced was to attract people who didn't have any connection with Toastmasters. A good place to reach them was through a Meetup group and a Foursquare place, making them specially visible to peo-

ple who were new in town, interested in personal development or in improving their communications skills. Including positive comments from current members or guests encouraged hesitant people to visit us.

From the beginning of this social media project, we have been able to promote our club quite successfully. Since the club began in January 2011, thirty-five people have joined us and another fifty-something have visited us as guests.

I invite you all to visit our club on the Internet and to try to promote your clubs by using social media as well.

Upcoming Spring District Conference - See you all in Poznan!

By Justyna Holubowicz, Contest & Workshops Coordinator

Toastmasters Spring Conference in Poznan – the biggest district event of the year is right around the corner! On the 25th of May we will meet in Poznan to communicate, lead and motivate better. Word-class authorities on each of these fields will help you, among them Mark Hunter, 2009 World Champion of Public Speaking.

Communication – Leadership – Motivation

It's the perfect triad for becoming a powerful speaker and leader. You will develop these three skills during workshops led by qualified executive managers, coaches and trainers. You will get to know: how to use meditation to listen better and to become a better leader. What does it mean to be a surgeon on stage and how to use the stage for large and small audiences? How to use holo-

grams and timelines on stage? How can you build a good relationship with your audience to become a Top-Notch moderator? How distinguishing between presenting and representing can help you to be a king on and off stage?

Who is going to come there for you?

Best trainers and speakers from Europe will come to the Spring Conference. The keynote is being given by Mark Hunter – 2009 World Champion of Public Speaking. Mark cannot wait to meet other Toastmasters from Europe and encourages you to come and meet with him at the conference.

Workshops will be given by Olivia Schofield, who competed in World Champion of Public Speaking Contest in 2011 and placed as the top speaker among women and

was the first District 59er ever to reach the finals. "It took me 25 years to find my voice and another 25 to realize I had something to say!" – mentions Olivia and she will have something to say to you during the Conference.

Poznan: eastern energy – western style

Here in Poznan we want you to feel our hospitality. We will greet you in one of the most modern trade centers in Europe. At Poznan International Fair we have booked newly renovated conference rooms in which you will test comfortable chairs and enjoy great acoustics.

You can get the latest news on our website, www.tmpoznan2012.org as well as by regularly checking our Facebook fan page and Twitter. Lots of backstage material and hot news being shared there!



Poznan, Poland, host of this year's District 59 Spring Conference



Marion Chevalier, Vice President Membership Barcelona Toastmasters and member of the editing team of Mediterranean Spirit

Area H1 & H2 Realignment

By Angela Dunbar, Area H1 Governor

Area H1 started with Mallorca Wordsmiths Toastmasters Club on November 14th, 2002. This means that this year Area H1 celebrates, with Mallorca its 10th year anniversary!

During each of these 10 years, the Area has been growing steadily and this year, above all others, has been a year of growth in our Area thanks to the very active enthusiasm of many Toastmasters. And we have reached a tipping point! What does this tipping point mean? It means that we have now exceeded the 6 chartered club mark, which is the maximum number of clubs allowed in a single area. Our Area now has 7 chartered

clubs and this means that Area H2 will be born!

After much discussion by the Area Council (Area Governor, Presidents & VPEs) the following realignment was selected:

- Area H1: Mallorca Wordsmiths, Prestigious Speakers, EADA Toastmasters, COTY Toastmasters (prospective).
- Area H2: Barcelona Toastmasters, HP Toastmasters Barcelona, BCN Pride Toastmasters, Sagrada Familia Toastmasters, Agora Almeda Toastmasters (prospective).

This configuration has been submitted to District 59 Council and will be voted on at the District Spring Conference

(May 25-27, Poznan). If approved it should be effective from 1st July, 2012.

Moreover, the Area endorsed two candidates to serve as Area Governors: Jeff Singer (Area H1) and Cormac Walsh (Area H2). Nominees will be considered for office during the District Spring Conference.

Finally, our Division H (Spain & Portugal) has also grown lot over the past few years. As a consequence, the realignment proposal includes the creation of a new Division L for Portugal. This proposal has also been submitted and could be effective from 1st July, 2013.

"OUR AREA NOW HAS 7 CHARTERED CLUBS AND THIS MEANS THAT AREA H2 WILL BE BORN!" - ANGELA DUNBAR, CC/CL



Angela Dunbar, CC/CL Area H1 Governor

Mediterranean Spirit



Ricardo Tellez, CC,
Vice President Membership of Prestigious Speakers

“OF COURSE,
YOU MUST
ENJOY THE
PROCESS. WHAT
ELSE ARE YOU
THERE FOR?” -
RICARDO TELLEZ

Lessons I learned from my TEDx Talk

By Ricardo Tellez, Prestigious Speakers

I really enjoyed the experience of speaking at TEDx. It was a lot of work, a lot of stress and a lot of fun. I had to prepare, rehearse, analyze feedback, and repeat the process again and again. Of course, I made some mistakes. But this is the last time I will make those mistakes. Here is the list of things I learned from that experience:

Always use high resolution pictures

Even if the pictures you selected for your slides look good on your computer screen, even if they look good on the projector you tested, you don't know how big the screen at your talk will be. So, if the pictures do not have enough resolution they may look blurry on a big screen. Do not take the chance. Go for the big resolution. And, as my friend

Florian Mück says, if you have to pay for the pictures, then pay for the pictures.

Use a no-hands mic

For a speaker, hands are not meant for having a mic. Hands have to be used to express yourself, especially if you are Spanish!. You cannot express yourself having to keep a mic close to your mouth. So please, ask for a maxilar mic or a tie mic. The technical guys will try to convince you that a hand mic is the best, but it is not. It is best for them (because it is easier to maintain a good sound quality) but not for you because it doesn't allow you to use hand gestures.

Have somebody record you

You need to be recorded at least for two reasons: (1) you will want to post the video online; (2) you need to watch yourself and see where you

can improve. The organizers of the event may be recording you, but they are extremely busy, during your speech and after the event. So it may take forever to have a copy of your speech from them. Bring your own camera and ask somebody to record you.

Always use the speakers' checklist

Before going to the venue, use a checklist and verify that you have got it all covered. That is the best way to avoid forgetting anything.

Enjoy!

Of course, you must enjoy the process. What else are you there for? I forgot this particular point on this talk, but it won't happen next time.

Announcement of new members within the Area

By Anne Delgado, Vice President Membership & Treasurer, Prestigious Speakers

Our clubs are growing, even splitting, thus leading to the creation of new clubs within our area. Every week new members are registered within Toastmasters International. Here are the names of the people who joined us from January to April.

Mallorca Wordsmiths: Angelina Van Der Heijden · **Barcelona Toastmasters:** Andrea Burón, Daniel Ramírez, Maria Marjevscaia, Paolo Ponte, Teresa Rubinat, Ruben Martinez, Hans Pubanz, Christian Clottu · **Prestigious Speakers:** Monika Wasserfuhr, Elinor Thompson, Emilia Fos-sati, Liliana Lucero, Evgueni

Talal, Lina Abu Rous, Rosy Williams - **HP Toastmasters Barcelona:** Maria Jose Chiner Dasi, José Cueva, Delia Garcia Cespedes · **Barcelona Pride Toastmasters:** Patricia Riera, Michael Chacal, Ángel Daro, Ethel Bermejo Perramon, Héctor Latorre, Roger Aguiló · **EADA Toastmasters:** Jose Miguel Arroyo, David Brown, Vincent Damman, Anabel Benito, luolian Stoichkov, Francesc Galan · **COTY Toastmasters:** Fátima Nossairi, David Fargas, Jose E. Ballester, Jose Rodriguez, Miguel Gámez, Miguel Paniagua, Mariana Arao, Bernabé O'Kington, Sandra

Martínez, Albert Maldonado, Juan M. Fernández, Alberto Barrero, Estíbaliz Vicente, Mayte Aragón, Gustavo Fernández, Gemma Sobrepere, Aitor Gamen · **Sagrada Familia Toastmasters:** Marta Ramos, Jana Stumke.

It means 50 additional readers for this newsletter. We wish them to enjoy as much as they will learn with Toastmasters educational program!



Anne Delgado, Co-editor of Mediterranean Spirit, Treasurer & 2nd Vice President Membership, Prestigious Speakers Barcelona

Interview with Joel Dupont, Outgoing Division Governor By Sebastián Lora, Vice President Public Relations, Mallorca Wordsmiths

Can you define to new members what the role of Division Governor is?

We members belong to clubs. Areas are formed out of 3 to 5 clubs and areas are grouped into a division like Division H with areas from Spain and Portugal. The role of the Division Governor is to ensure the goals of the District are achieved in the Division by helping the Area Governors to support the Clubs. The Division Governor also selects the hosts for our Fall and Spring Division Conferences.

What are the main challenges you've had to manage so far?

One Area did not have a full time Area Governor but only one acting with limited time and availability and it meant clubs received less support and flow of information was not as fluid as it should have been. Maybe we should advertise and explain more about these roles outside of the clubs and invite people to volunteer for them. It could be a topic for an educational speech. It is also a means to progress in the leadership track. Similarly, some clubs have vacant club officer posi-

tions and we should explain better the duties and the benefits of taking these leadership positions to try and get more people involved.

Which advice would you give to the future Division Governor?

Have a skype conference or similar at the beginning of the term with the Area Governors to create a team spirit, clarify issues, answer questions, define some actions to take for clubs in difficulties in the previous term. Some Area Governors may be new and unsure of what is expected of them and may not be able to attend training for officers provided by the District so it is important they get briefed at the beginning of the term.

Which do you consider to be your main achievements throughout the year?

The main achievements are not mine. I would say the most striking has been the growth with so many new clubs and the evolution from 2 Areas in Portugal and 3 Areas in Spain, to 2 Divisions of 4 Areas each. The credit goes to the guys who have been involved in creating

new clubs and, in particular, the very proactive approach in Portugal to form new clubs taken by Rui Henriques and Joao Antunes as Area Governors helped by Luis Caetano for club growth and support by District Governor of Marketing Joao De Mendonza. They actively pursued every opportunity to create new clubs rather than waiting to be asked for their support. Also, outstanding has been the Barcelona LGBT Club created by Dale Blagrove and with Angela Dubar as Area Governor, reaching 10 points out of 10 in its first year and already a spin off with a new Club.

What would you have liked to do differently?

Get on top of the figures early by generating reports like the Distinguished Club Programme per Club and Area to spot, for example, clubs losing many members and be able to help taking actions early to improve the situation. Also, keep in mind key dates like club officers training or club dues to ensure it gets reminded well in advance to clubs to ensure we do not miss these deadlines.



Joel Dupont, CC/CL,
Division H Governor

“THE MAIN ACHIEVEMENTS ARE NOT MINE. I WOULD SAY THE MOST STRIKING HAS BEEN THE GROWTH (OF THE DIVISION) WITH SO MANY NEW CLUBS.” - JOEL DUPONT

Confessions of a Toastmaster

By Joan Fabregat, President, Sagrada Familia Toastmasters

One Sunday, four years ago, I wrote on Google the words “hablar en público Barcelona” and I found the Barcelona Toastmasters Club web page. I needed to be able to speak in public without being nervous and without having a shaky voice. In fact, it was more a desire than a necessity. I did not feel any “external” threat but I

wanted to eliminate this “internal” and personal weakness. Why did I choose to work on my public speaking and prioritize this weakness and not any of the many others? Because I needed to be able to communicate my message. Because I wanted to be a leader. But most importantly, because I wanted to remove this fear. Over-

coming one’s fears is one of the keys to happiness and fulfillment.



Joan Fabregat, President of newly-chartered Sagrada Familia Toastmasters Club



Mediterranean Spirit

Toastmasters - Where leaders are made

Upcoming events:

- May 25-27, 2012: District 59 Spring Conference (Poznan, Poland). More info at <http://www.tmpoznan2012.org/>.

Find out about other Toastmasters District 59 events, as well as reviews of past District conferences at <http://www.district59.org/events/calendar/>

VIII Joan Oró Prize for Public Outreach of Research

By Anne Delgado, Vice President Membership & Treasurer, Prestigious Speakers

We are proud to announce that Ignasi Buch, member of Prestigious Speakers Club, won the VIII Joan Oró Prize in the multimedia category.

Ignasi, Researcher in Bio-medicine & Computational Biophysics at Universitat Pompeu Fabra, received his Prize on February 17th from the Catalan Association of Scientific Communication (ACCC).

The animation video he cre-

ated with Inés Navarro (for graphics) is titled "Proteines Protagonistes" and explains how proteins perform their function through dynamics at a nanometric scale.

You can find the video at the following link: <http://vimeo.com/37020905>

We would like to congratulate Ignasi for such a great accomplishment. A Toast to him!



Ignasi Buch, member and Webmaster of Prestigious Speakers



Want your picture here? Got interesting news worthy of being published?

Ask your VPPR how you can contribute with Mediterranean Spirit.

Toastmasters Clubs in District 59 - Area H1

Mallorca Wordsmiths

2nd & 4th Wednesdays, 20:30-22:00
Hotel Amic Horizonte, Palma de Mallorca
www.mallorcawordsmiths.org
mallorcatm@gmail.com

Barcelona Toastmasters

Every Wednesday, 20:00-21:30
EAE Business School, Barcelona
www.bcn-toastmasters.com
info@bcn-toastmasters.com

Prestigious Speakers Barcelona

1st, 3rd & 4th Tuesdays, 19:30-21:30
Casa Orlandai, Barcelona
www.prestigiouspeakers.com
info@prestigiouspeakers.com

HP Toastmasters Barcelona

2nd & 4th Thursdays, 13:00-14:00
Hewlett Packard Sant Cugat del Vallès
hp-toastmasters-bcn.blogspot.com
benjamin.vogensen@hp.com

BCN Pride Toastmasters

Every Thursday, 19:30-21:00
Caixa Catalunya Obra Social, Barcelona
www.bcnpridetoastmasters.com
info@bcnpridetoastmasters.com

EADA Toastmasters

2nd & 4th Mondays, 19:00-21:00
EADA Business School, Barcelona
<http://www.eada.edu/es/comunidad/alumni/>
pbosworth@eada.edu

Agora Almeda Toastmasters

Every Thursday, 13:00-14:00
WTC Almeda Park 2, Cornellà de Llobregat
<http://almeda.toastmastersclubs.org/>
kai.steinbach@gmail.com

COTY Toastmasters Club

2nd & 4th Tuesdays, 15:00
COTY, Granollers
<http://district59.eu/portal.php?page=1&c=646>
tamara_valenzuela@cotyinc.com

Sagrada Familia Toastmasters

1st & 3rd Mondays, 19:30
Centro ASET, Barcelona
www.sagradafamilia-toastmasters.com
president@sagradafamilia-toastmasters.com

About Sagrada Familia Club

By Joan Fabregat, President, Sagrada Familia

Sagrada Familia Toastmasters Club is the first club in the northern-side of Barcelona city, close to the well-known Sagrada Familia Church. We meet every other Monday, so you can start the week full of energy and positivism.

The founding committee is formed by Cristine Twarog, Riccardo Agostini, Tanja Bach, José Luis Latorre, Javier Macías, Stefan Dissmer and Joan Fabregat.

We thank our Area Governor, BCN Pride and Agora Almeda Toastmasters Clubs for their great support in the process of creation.

For more info visit:
www.toastmasters.org