



Mediterranean Spirit

Toastmasters District 59 - Areas H1/H2 bi-monthly newsletter

Year 2, nº 1

September 2012

Issue edited by Anne Delgado - Prestigious Speakers
Arthur Waters - Prestigious Speakers
Marion Chevalier - Barcelona Toastmasters
Jesús Salillas - Barcelona Toastmasters
Sebastián Lora - Mallorca Wordsmiths

Editorial

By Sebastián Lora, President, Mallorca Wordsmiths



WE WON!
At the past District Conference in Poznan, it was announced that Mediterranean Spirit

won the Golden Quill Award as the best District Newsletter, only 7 months and 4 issues after its birth.

According to Erwin Pfuhler, past District PR, judging criteria included promotion for the Clubs/Area, member recognition, calendar/coverage of events, presentation, distribution and a few other things. Although the actual score was not disclosed, I can confidently say that we met most of these criteria.

As chief editor of the newsletter, I must say the journey has

been fantastic and, even though I am sure there is yet a lot to discover, I admit we have learned many things so far. Here are just a few:

Team work does work: From the first issue onwards, the editing team has grown five-fold. The improvement has been significant and I am confident we can keep on delivering great issues as long as we stick together and more members hop in.

Most people are willing to volunteer for a good cause: Volunteer work is what makes Toastmasters such a great institution. This project started slowly, but as soon as it really took off and people got to understand its potential, many have shown their interest in collaborating.

Names and pictures are fundamental: In their book "Made to stick", Chip &

Dan Heath say local focus is key to the success of small newspapers. MedSpirit is made by Areas H1/H2 for Areas H1/H2. Seeing names and pictures of people we know catches everyone's attention. We are, thus, committed to carry on showing you familiar and familiar-to-be faces.

Content is king:
TED's motto is "ideas worth spreading". In the same way TED talks spread great ideas, a great newsletter is about great content that invites people to read and leaves them fulfilled but wanting more. We at MedSpirit know that, as long as we deliver great content, readers will be satisfied.

But as I said before, there is still a long way to go. Are you willing to be part of this award-winning project?

Mallorca Wordsmiths' 10th Year Anniversary

By Sebastián Lora, President, Mallorca Wordsmiths

Did you know that Mallorca Wordsmiths was the first club to be chartered in Area H (now Areas H1/H2)?

It all started nearly 10 years ago, when Debbie Cameron, a successful business woman in the fields of sales and marketing living in Mallorca, found out about Toastmasters and decided to startup a club.

The idea was born in April 2002, and only six months later, on October 2nd, the first Toastmasters meeting in Mallorca was held, and club 1200 was born under the

name of Mallorca Toastmasters.

It was all possible thanks to the help of Sean Smith DTM, from the US Navy Rota in mainland Spain, and Sue Clark, a very close friend of Debbie's, who respectively helped out in creating the structure of the meetings and in generating awareness about Toastmasters. Over a 100 people were invited to the launch party in Santa Ponsa Country Club, which saw the amazing figure of 25 guests, 14 of which enrolled the week after, enabling the

chartering of the club in November of that year. The Executive Committee was created the day after its first meeting and the rest is history.

Ever since its beginning, Mallorca Wordsmiths has moved to different venues, changed names, and seen a lot of people come and go, but what's important is that, after many ups and downs, it still holds its essence, the Toastmasters' essence, that which made it possible for our Area to evolve and become what it is today.

Happy anniversary, Mallorca Wordsmiths!

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Mediterranean Spirit



John Zimmer, CC CL is a professional public speaker, blogger and member of International Geneva Toastmasters club in Switzerland

“YOU ONLY GET ONE OPPORTUNITY TO MAKE A GOOD FIRST IMPRESSION”
JOHN ZIMMER



Cormac Walsh, ACS ALB is Area H2 Governor and Immediate Past President of BCN Pride Toastmasters



Marie-Pierre Coutart CC CL is a member of Barcelona HP Toastmasters

The first seven seconds (excerpt from original article)

By John Zimmer

[Roger Ailes](#) (among others) is author of the best-selling [You Are the Message](#). The first chapter of that book, entitled “The First Seven Seconds”, focuses on the importance of first impressions.

Ailes wrote: *You’ve got just seven seconds to make the right first impression. As soon as you make your entrance, you broadcast verbal and non-verbal signals that determine how others see you. In the first seven seconds, you shower your audience with subtle “cues.” And whether people realize it or not, they respond immediately to your facial expressions, gestures, stance and energy. They react to your voice—the tone and pitch.*

I don’t know whether there is any magic in seven seconds (as opposed to 10 seconds or 30 seconds or one minute). But there is no disputing Ailes’ conviction about the impor-

tance of first impressions. And you don’t have much time.

As speakers, what can we do to ensure that we make our first impression on our audience the right one? Here are some tips:

- Dress appropriately.** Dress as well as, or slightly better than, your audience.
- Set up the venue.** Check the speaking area to ensure it is free from obstruction. Check the lighting to make sure you can be seen. Check the sound system to make sure that you can be heard.
- Prepare your introduction.** If someone is going to introduce you, make their job easy and craft a succinct but compelling introduction for yourself.
- If you need to use notes, place them on the lectern beforehand.** Walking on stage with papers in your hand does not convey the

same message as walking on stage with both hands free.

- Walk confidently when called to the stage.** Confidence is contagious. Keep your head up, your shoulders back, and walk with purpose to shake the hand of the person who has just introduced you.
- Have a solid opening.** Plan your opening carefully and be able to deliver it without notes. Speak in a loud and clear voice.
- Smile.** When you smile at your audience, you let the people know that you are happy to be there and fully engaged. Try it and you will notice the smiles that you get in return.

Remember the old saying: “You only get one opportunity to make a good first impression.”

Read the full article on Manner of Speaking: <http://tinyurl.com/d5s2s94>

How has Toastmasters improved your life?

Cormac Walsh

Toastmasters has improved a lot of things in my life, chief among them the circle of friendships I have formed since I joined, but possibly the most important is the sense of possibility that TM opens up to me. It seems to the outside looking in that we prepare speeches, invent Table Topics and then go for beers afterwards. But these things are only the tip of a huge iceberg of wonderful learning experiences that TM has given me.

Motivating myself and others, teaching and learning at the same time and having fun even if it’s a Saturday morning and it’s cold and wet outside and you are waking up early to go to a Pride Speak Out!

Marie-Pierre Coutart

Having successfully completed my CC and CL programs and taken several executive roles such as President and VP Education has helped me develop certain skills which I could not have acquired through any other type of training. I understand that having good communication skills is vital to becoming efficient at the workplace and in everyday life.

Three years ago I helped create the very first corporate club in BCN at Hewlett-Packard. The Demo meeting was a success and generated a great buzz among HP employees. Since then, BCN HP TM keeps on attracting new talents. We are now sending our best candidates to compete at Division contests.

Rosemary Grainge

Where outside of the USA can you carry the title of “President”? Within Toastmasters, of course. I have thoroughly enjoyed the experiences gained throughout the past year in my Presidential role representing Mallorca Wordsmiths. I have always had an outgoing personality, but Toastmasters has given me the skills and confidence to communicate successfully with much larger audiences and to tackle roles I may previously have shied away from. I also really enjoy taking an active role, as a visiting Club member, on the occasions I have been in the UK. Indeed upon one occasion I proudly displayed “Best Evaluator” ribbon gained at Manchester Orators club.

The Roadside Rhetorician - "Devices to make your own"

By Arthur Waters, Secretary, Prestigious Speakers

The Roadside Rhetorician presents a series of articles discussing some of the more common rhetorical devices.

I begin with two of the simplest but most effective rhetorical devices.

Alliteration is repetition of the same consonant sound, usually at the beginning of a word. "Time and tide wait for no man." It plays upon the pulse so effectively that once it was the skeletal structure for English poetic lines, predating poetic feet and rhyme; *Beowulf* is written in alliterative

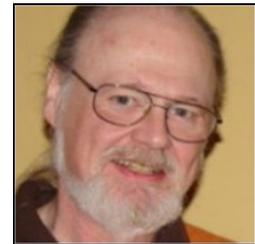
verse. Sound and repetition devices are also mnemonic; they help the memories of both speaker and audience by highlighting the more important points. "Waste not, want not." But overdoing it is simply funny: "To sit in solemn silence in a dull, dark dock, In a pestilential prison, with a life-long lock, Awaiting the sensation of a short, sharp shock, From a cheap and chippy chopper on a big black block!"

Anaphora is similar: repetition of a word or phrase at the beginning of

successive phrases, clauses, or sentences. "Cannon to right of them, Cannon to left of them, Cannon in front of them..." "This blessed plot, this earth, this realm, this England." Sometimes it provides parallelism for subordinate points: "He talked about his life: how he went to school, how he went into the army, how he went into business..." This emphatic device is also mnemonic, and helps make for a memorable speech.



Rosemary Grainge
CC Is Immediate Past President of Mallorca Wordsmiths



Arthur Waters Is Secretary of Prestigious Speakers and member of MedSpirit' editing team

Executive Committee Members 2012-2013

By Marion Chevalier, President, Barcelona Toastmasters

September is the month when everything comes back to normal. Like all college students, our fellow Toastmasters are returning to their clubs. Happiness is flying. Stories are being shared. Everything seems possible... Either for 6 months or a year, the following members are deeply committed to make your Toastmasters experience a wonderful journey. And here they are:

BCN Pride Toastmasters (6 months)

President: Pilar De Obeso
VPE: Robert Ferrer
VPM: Oscar Pellús
VPPR: Angel Toribio
Treasurer: Tamara Valenzuela
Secretary: Michael Chackal
SAA: Ethel Bermejo

Barcelona Toastmasters

President: Marion Chevalier
VPE: Marisol Cifuentes
VPM: Carmen Pazos & Lucie Arnaudies
VPPR: Judit Permanyer
Treasurer: Rubén Martínez & Jesús Salillas

Secretary: Sonia Rosales
SAA: Teresa Rubinat & Thomas Ronholt

HP Toastmasters

President: Pau Soler
VP Education: Benjamin Vogensen
VPM: Filip Dabovic
VPPR: Aris Mari
Treasurer: José Andrés Cueva
Secretary: Marie Pierre Couart
SAA: Marcos Izquierdo

Sagrada Familia TM

President: Joan Fabregat
VPE: Stefan Dissmer
VPM: Javier Macías
VPPR: Riccardo Agostini
Treasurer: Tanja Bach
Secretary: Joan Fabregat
SAA: Cristine Twarog

COTY Toastmasters

President: Tamara Valenzuela
VPE: Aitor Gamen
VPM: Mariana Arao
VPPR: Lluç Mercade
Treasurer: Tamara Valenzuela
Secretary: Fátima Nosairi

SAA - Fátima Nosairi

Mallorca Wordsmiths

President: Sebastián Lora
VPE: Ania Bazyluk
VPM: Diane Oatley
VPPR: Andreu Llabres
Treasurer: Sheila MacMillan
Secretary: Jordina Gorrocaelles
SAA: Angeline Van Der Heijden

Prestigious Speakers

President: Dimitri Uralov
VPE: Alvaro Saumell & Julia Taran
VPM: Bettina Grunschel & Emilia Fossati
VPPR: Philip Strange & Jesús Salillas
Treasurer: Girish Pramani
Secretary: Arthur Waters
SAA: Juan Navarro

Agora Almeda TM

President: Kai Steinbach
VPE: David Gabriel
VPM: Evgueni Talal
VPPR: Valentina Tomescu
Treasurer: Aurora Gaimon/
Mikel Osinalde
Secretary: Mikel Osinalde
SAA: Nika Hadzhikidi

"TOASTMASTERS HAS IMPROVED A LOT OF THINGS IN MY LIFE, CHIEF AMONG THEM THE CIRCLE OF FRIENDSHIPS I HAVE FORMED SINCE I JOINED."
CORMAC WALSH



Marion Chevalier, is President of Barcelona Toastmasters and member of the editing team of Med Spirit

Mediterranean Spirit



Participants and Coordinators of the Speechcraft Program held at Jose Carreras Foundation.

“IT IS COMMON KNOWLEDGE THAT TOASTMASTERS GOES FAR BEYOND IMPROVING COMMUNICATION AND LEADERSHIP SKILLS.” - ANNE DELGADO

Combating Leukaemia - Our contribution!

By Anne Delgado, Prestigious Speakers

It is common knowledge that Toastmasters goes far beyond improving communication and leadership skills. Here's where teamwork extends beyond professional frameworks, where we strive for human connection and where we bond with personal stories. On one occasion my speech focussed on how I was born with a severe blood deficiency that was eventually totally cured and led me to become a regular blood donor. I meant to inspire the audience and demonstrate how we could all save lives in various ways. I explained how we could either donate money, time or that little 'bit of ourselves'.

My message that evening drew the attention of someone in particular. She approached me after the meeting and shared a strong personal experience; her sister had fought for a long while against leukaemia but had succumbed to it a few years ago. She explained that though she hadn't been able to save her sister, she had promised herself that "one day she'd donate something, towards the

cause...". Her name is Edith Finkbeiner.

So, we decided "to do something" together. Our plans started with selecting the right beneficiary and appropriately targetted Barcelona-based Jose Carreras Leukemia Foundation; our personal contribution would be "our free time". We knocked at the Foundation's door with ideas and resources and were told that "sourcing more bone marrow donors" was the main area where the Foundation needed support. However we then realized that the Foundation's marketing staff had a basic need we could fulfill, namely improving their public speaking skills. This led us to initiate a "Speechcraft Programme" addressed to employees' communication needs.

Speechcraft Programmes are meant to introduce basic public speaking skills to non-Toastmasters as a preliminary to their becoming members. Edith and I led these sessions and to add variety to the programme, we roped in two other Toastmaster buddies, Jesús Salillas and Cormac

Walsh. Thank you both for each delivering an inspiring speech and an educational training.

At the receiving end were FIVE enthusiastic candidates: Belén Roldán, Cristina Bueno, Núria Giménez, Núria Marieges and Tina Grau. They were very happy with their progress whilst we were delighted at the way each assignment was thoroughly prepared. The final score was that we had all drawn something from this experience and.... we did recommend they join a club to enhance their acquired skills.

Toastmasters goes further than a network of people out to gain self-confidence through an educational programme. By applying the network concept it allowed us, in turn, to "give back to the community", as Edith frequently states. The message is clear...

Similar projects could become the objective of YOUR Toastmasters' High Performance Leadership Programme, to benefit both the donor and the receiver.

www.fcarreras.org

Summer Photo Contest Winner

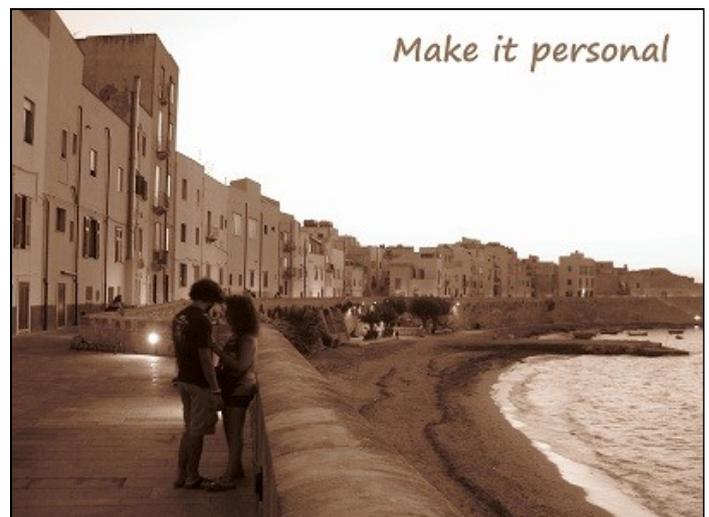
By Jesús Salillas, Second Treasurer, Barcelona Toastmasters

Summer is over and TM photographers have been very active: 38 excellent pictures entered the Contest! Our 3 professional judges (Amos Nachoum, Charles Dexter and Jennifer Wu) had a very tough job to select the 8 finalists and the winner by a narrow margin. Congratulations to Dimitri Uralov, from Prestigious Speakers!!

Dimitri and the 3 finalists will receive a large sized matted and framed nature photograph as a prize. Finalist images can be seen online at: <http://tinyurl.com/bw2bxgh>. What a display of talent and imagination!



Jesús Salillas, member of Barcelona Toastmasters and Prestigious Speakers as well as of MedSpirit's editing team



Interview with Djanira Cortesao - IPP Barcelona Toastmasters

By Marion Chevalier, President, Barcelona Toastmasters

MedSpirit: Why did you join the committee as President?

Djanira Cortesao: Joining the committee was one of the best things I have ever done. I met many interesting people who inspired me. I had always admired the committee, they were all my mentors. So I thought "if you want to be like your mentors, you have to do what they do". Plus I wanted to improve myself and also to give something back to the club.

MS: What was the most difficult challenge you had to overcome as President?

DC: I think it was when we had a few personality issues within the committee. I guess I wasn't used to having to deal with that and I wasn't really sure how to handle it at first. I think it was a fantastic learning experience. At the end, we solved it as a team. Everyone in the committee was very positive. We all

tried to make it work even without the person leaving.

MS: What successes have you achieved within the club?

DC: I'm very proud of the atmosphere we have. I feel like all the sessions are good fun and very supportive. People are incredibly enthusiastic, always volunteering for organizing extra activities. We started with the karaoke, then wine tasting, a photography workshop, celebrating people's birthdays and the list goes on! I love that we all want to hang out with each other, even when it's not Toastmasters!

MS: What have you learned from this experience?

DC: I've learned how much you can achieve with a small group when everyone works together to a common goal. I've been inspired by the creative solutions we've found such as seeking exter-

nal sponsorship rather than raising membership fees to cover all the extra activities we're running. I also learned how to delegate. I am used to working for myself where I am responsible for everything. As President, you have to step back to allow your team do their job knowing that they're capable, they'll figure it out and, if they need help, they'll ask for it.

MS: What would you recommend to any future President?

DC: To keep an eye on the big picture. Members of the committee have specific roles and they have to be focused on small details. As President, you can be tempted to be involved in the details too, but your role is actually to step back and look at where you want the whole club to go. Stay focused on what you want to achieve in addition to the DCP. And, most of all, have fun!



Djanira Cortesao CC, Immediate Past President of Barcelona Toastmasters

"EVERYONE CAN IMPROVE THEIR PUBLIC SPEAKING SKILLS. TOASTMASTERS IS THE PLACE TO DO IT." - ROGER AGUILÓ

Interview with Roger Aguiló

By Anne Delgado, Prestigious Speakers

Roger Aguiló joined BCN Pride Toastmasters last February, when he was 18 years old. He is thus the youngest member of Areas H1 & H2. Roger is a successful student: in September, he will start a degree in International Business Economics.

Anne Delgado: Why did you join Toastmasters? What were your main motivations?

Roger Aguiló: At school I used to be a good student, getting good marks, not getting into trouble. However, when I heard the words "Oral + Presentation", I started trembling. Therefore, I decided to read a book about public speaking. That gave me a good basis to start with.

However, you can read all the books you want; however, unless you practice, you just won't improve much. So I typed on my keyboard "Club + Oratoria + Barcelona", and what turned up? Toastmasters International.

AD: You have already organised several club meetings. Tell us about these experiences?

RA: It's incredible how many emails you have to send in order to organise a single meeting. Sometimes it can be a tough job. But at the end, when the session is successfully concluded, you receive your rewards.

AD: Apart from the educational program aimed at

developing our communication & leadership skills, what have you learned about Toastmasters International so far?

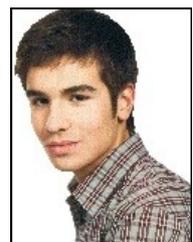
RA: That it's also a great global network of people. If you have to travel a lot, it's a way to have acquaintances in every country. For example, in BCN Pride Toastmasters, there are members from Italy, France, Germany, Ireland, Mexico, Venezuela...

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

RA: Everyone can improve their public speaking skills. Toastmasters is the place to do it.



Anne Delgado, former member of Prestigious Speakers Barcelona and member of MedSpirit's editing committee



Roger Aguiló is a member of BCN Pride Toastmasters and the youngest in Areas H1/H2

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Rubén Martínez-Fanals
Treasurer of Barcelona
Toastmasters

“NOW, WHEN I
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—
RUBÉN MARTÍNEZ-
FANALS



Carol Ann Baughman (L)
and Julia Taran (R),
organizers of Prestigious
Speakers Spring Retreat
2012

Barcelona Summer Party 2012

By Rubén Martínez-Fanals, Treasurer, Barcelona Toastmasters

I was not really aware of what I was getting into when I volunteered for the organization of the Summer Party 2012. What a challenge it turned out to be, and what a fantastic outcome on the evening of July 21st at the Barceloneta beach! Without any doubt, it was worth the effort.

It all started one month and a half before the date, when I was asked to take on the lead of the organizing team. For a rookie member as I am, being the leader proved to be a good taste of what Toastmasters is like. Now, when I read the motto “Where leaders are made”, I can fully understand what hides behind the word “Leadership”.

Building a team from scratch, composed of members of different Toastmasters clubs from Barcelona who barely

knew each other, with over-booked agendas granting little time for our late meetings. Overcoming unexpected difficulties with flexibility and imagination. Keeping motivation up and driving the team towards the objective. And what a team! I cannot thank enough Rebeca, Lluís, Liliana, Cormac and Marisol for their great involvement and enthusiasm in this endeavor.

And what were the fruits of our endeavors? Over forty guests had the opportu-

nity to enjoy the Summer Party. Five high-quality impromptu speeches to present the competing teams. Eight wonderful games that led us on a trip to our childhoods. Loads of stamina among the athletes to bring their teams to the highest. A medal ceremony in which champagne was generously shed. A picnic dinner full of home-made delicacies. Live guitar music accompanied by some singing and finally salsa dancing to put an end to a wonderful evening.



The Masters of Toastmasters

By Arthur Waters, Secretary, Prestigious Speakers

Prestigious Speakers Club’s weekend retreat in Puig de la Balma had participants earning masters degrees in effective communication — getting their “Masters at Toastmasters.” Organizers Carol Ann Baughman and Julia Taran designed a curriculum covering speaking, leading, teamwork, and language itself.

Keynote speaker Peter Zinn, 2009 winner of the District 59 international speech contest, highlighted the weekend. He shared inspiring insights about the art of storytelling, then guided Jesús Salillas through refining his story about the shaman and the wild wolves, which gave us chills, and bodes well for his prospects in the next speech contest.

Saturday morning, three masters from our own club gave educational presentations. Florian Mueck presented common mistakes speakers make (the first in an

ongoing series), followed by an evaluation demonstration that mined the mountains of raw material provided by Arthur Waters, whose target speech (#6, vocal variety) was about the rhetoric of rhythm. Tobias Rodrigues spoke about conflict management, gave us valuable, helpful techniques to use both at work and at home, and led us through a dynamic role-playing exercise. Peter McKenzie, who has represented our club at more than one international humorous speech contest, discussed the serious art of not only constructing a funny speech for a contest, but of using humor generally, in any context; he then gave some practical advice to Francisco Mahfuz about improving his funny and romantic tale. We also were treated to a masterful demonstration of performance art, a delightful musical interlude; Mayumi Morimoto played for us, J.S. Bach’s Solo Sonata for violin, No. 1 in G minor.

The participatory competencies began the first night; we worked in teams, first with rhetorical formation, then with non-verbal communication, a hilarious cross between ‘telephone’ and ‘charades.’ Saturday afternoon, an outdoor gymkhana through the beautiful valley of Puig de la Balma included team exercises in word transformation, creativity, and group problem-solving. These finished the master’s course.

Besides the education, there were plenty of fun times, extracurricular activities. Karaoke, which has become a club tradition, resounded through the villa until the wee hours of Saturday morning. Girish Pramani’s laughing yoga kept our energy up when it was most needed. Florian’s farewell was about family, and Tulia Lopes’s dinner talk, her tenth advanced-manual speech, was a touching reminder of the importance, and rewards, of friendship.

Interview with Jorge Crespo - District 59 Champion!

By Marion Chevalier, President, Barcelona Toastmasters

For most of our fellow Toastmasters, September is not only a synonym of coming back to class, it's also the contest season. Since we are starting the Humorous speech and Table Topics contests soon, let's all receive advice from our European Champion of Public Speaking, Jorge Crespo about participating on competitions.

MedSpirit: What was preparation like for the WCPS semifinals?

Jorge Crespo: Preparation started with the first draft of the speech, back in March. From that moment on, it was a work in progress, where I was never "too" happy with the result, and always trying to identify ways to improve. But since the semifinals and finals were only 2 days apart, I had to also prepare a second speech, because the one for

the finals should be completely original. It was a rewarding process. I was already very happy with the way "The Shot" was being received by audiences all over Europe, so I was very curious to see if, and how, it would work as well in America. And it did!

MS: How did you feel / what were you thinking of while you were on stage?

JC: The greatest skill you'll get with experience is the ability to appreciate the reactions of your audience to what you are saying, while you're on stage. If you are too focused on your own words, you're speaking to yourself. It never works. It's supposed to be a dialogue, not a monologue. In the semifinals, I could feel the audience enjoying my story, understanding my message, having fun. And that was one of the

awards I've brought home.

MS: What would you recommend to all Toastmasters who want to participate in a contest?

JC: To those who want to participate? Just do it. It's a risk-free experience. I don't know anyone who became less confident, or a worse speaker, after competing. But lately I could identify some common points between speakers who get good results. The champions are humble enough to know there is ALWAYS room for improvement, even if your speech is already "great", but confident enough to think for themselves. If you can't accept an opinion, you can't improve. But if you take them all, the good and the bad, it won't work either. You have to know yourself, and what works best for you.



Jorge Crespo is a member of Young Entrepreneurs Toastmasters (Lisbon) and the current European Champion of Public Speaking. He competed at the World Championship of Public Speaking in Orlando, USA last August and won 2nd place.

HP Toastmasters Barcelona Club - Make it matter!

By Pau Soler, President, HP Toastmasters Barcelona

Ready, set, go! A new season has started and at HP Toastmasters Barcelona Club we are eager to give our best in this new journey. The Mediterranean breeze has recharged our batteries, and we are going for the gold medal!

Fellow Toastmasters, Mediterranean Spirit readers, we would like to share our excitement and tell you about the upcoming initiatives and activities in our club. Why? We want to grow, to jump from a starter to a consolidated club, to get that magic into the meeting room. And to get there we need your support, your help. And especially we would appreciate your presence in our club, your guest speeches. We are in St. Cugat, but we will celebrate your presence with champagne and fireworks!

Are you ready?

Delia needs to make an important business presentation, José

has a job interview for a management position and Gemma wants to make her inner leader shine. If our members succeed, we succeed. With that in mind, we have defined a season full of engaging experiences to make us grow. Indeed, we believe in empowerment, so recently we passed a clear message – "you are the president"- and queried on a number of relevant topics: What should be the tone of the year? Should we get more educational sessions? When should we meet? All together we defined the training plan for the exciting coming season.

Are you set?

"Sessions need to be inspiring" – mamma Malta wisely said. And we totally agree. That's why we have planned a thrilling season with lots of quality add-ons that will make sessions inspiring even for those who don't have a role: educational sessions, guest speakers, sur-

prise guests, debates, table topics, MVP award, a LinkedIn group, a Youtube channel, a club slogan ("make it matter!"), and of course, prepared speeches – an explosive cocktail that will thrill the audience meeting after meeting!

Let's go! What's coming in the following weeks is exciting: in September we are retaking the sessions with an educational on impromptu speaking, and the humorous speech and table topics club contests. In October we will participate in the HP career fair, informing the approximately 3000 people on the St. Cugat HP campus of the benefits of Toastmasters benefits, and enable a speaker's corner to deliver speeches. And we'll be happy to advertise your club here too!

Not bronze, not silver; gold. Ready, set, go! *Make it matter!*

"SESSIONS NEED

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- MAMMA

MALTA SAID.

AND WE

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SOLER



HP Toastmasters Barcelona members

Mediterranean Spirit



Toastmasters - Where leaders are made

Upcoming events:

- October 6th, 2012: Areas H1/H2 Fall Contest - Caixa Forum, Barcelona.
- October 27th, 2012: Division H Fall Conference - Alicante. More information: <http://tinyurl.com/buwldgu/>
- November 16-18th, 2012: District 59 Fall Conference - Bonn, Germany. More information: <http://www.tmbonn2012.org/>

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

Upcoming Areas H1/H2 - Fall Speech/Table Topics Contest

By Jeff Singer, Area H1 Governor

On 1st July 2012 the Barcelona and Mallorca clubs were split into two Areas, H1 and H2. At Division level Spain and Portugal were also split. The other two Areas in the new Division H comprise 6 clubs in Madrid (Area H3) and 1 club in each of Valencia, Alicante, Murcia, Seville, Malaga and Marbella (together Area H4). Half of the Areas in Division H are our very own Mediterranean Spirit-conquering H1 and H2!

These two changes have given us not only a simpler administrative structure but also significantly more

opportunities. Two Areas in a smaller Division means two contests, double the leadership roles and four times as many competition places! Why four? Because each Area in our down-sized Division can send two winners to each Division contest! An unprecedented level of opportunity to represent our clubs at higher levels of competition!

Areas H1 and H2 will be co-hosting both English and Spanish Humorous Speech and Table Topics Contests in Barcelona on **SATURDAY 6TH OCTOBER**, at the prestigious venue of **CAIXA FORUM** near

Plaza España.

Area Contest Chairs are **Gabriella Opaz** (BCN Pride, H2) and **Ricardo Tellez** (Prestigious Speakers, H1). They will soon be providing further details of the timings, formats and surprises.

Get involved! Compete at your Club Contest or directly at the Area Contests if your club will not be holding a contest. Let's see if we can send 16 winners to the Division Contest in Alicante on Saturday 27th October! (<http://tinyurl.com/buwldgu/>)

Toastmasters Clubs in District 59 - Areas H1/H2



Want to help us improve MedSpirit?

Please take the survey:

<http://tinyurl.com/d544my8>

Mallorca Wordsmiths

Every Wednesday, 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.prestigiousspeakers.com
info@prestigiousspeakers.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, 19:30-20:30
Caixa Catalunya Obra Social, Barcelona
www.bcnpridetoastmasters.net
info@bcnpridetoastmasters.net

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 Agora Almeda Club

By Kai Steinbach, President, Agora Almeda

Agora Almeda Toastmasters Club has chartered! Almeda started in July 2011 with weekly lunch-time meetings, first on Fridays and then on Thursdays due to popular request. In June 2012 we became an officially chartered club at TMI, with 18 new official members joining our TM community in Barcelona (+1 dual / +1 transfer), who will all get credit for completing their manuals (CC/CL), receive the monthly magazines and compete in contests, if they dare. Despite meeting at a corporate location, Almeda is not a corporate club and membership is open to everyone. Guest participant members from other clubs are also very welcome at any time - looking forward to seeing you!

For more info visit:

www.toastmasters.org