



Westside News

Volume 1

Number 1

February, 2003

Meet Miryan Nogueira

(Continued)

WHO'S NEW?

A warm welcome to our newest members:

Pamela Hartman

Nicole Lavalley

Cortney Murray

Heather Picken

Yanmei Wei



During this time she often visited The Coffee Bean in Beverly Hills for her afternoon espressos, where the manager offered her a part-time position. Miryan soon became the manager of another location and was then offered a partnership in the business. The company grew from 14 to 38 stores. Six years later, in December of 2000, she earned an MBA, and was on the Dean's list.

At about this time, The Coffee Bean was sold and she took a new job with her current company, wholesalers of women's shoes. She started by managing all the legal matters, and was then promoted to an executive position, participating in strategic planning.

Miryan prides herself in being a good cook. She is caring and affectionate and has strong principles of morals and work ethics. Her joy for life matches her gratefulness, and she is generous to a fault. She is single, but seriously looking for the "one and only". Her plans include marriage, a child, early retirement and charity work.

She enjoys Toastmasters enormously and will soon become a CTM. Every speech has delivered her a step closer to self-confidence and she is sure her abilities in public speaking will help her to achieve her future goal of becoming a professor...

WHAT'S NEW?

Congratulations to club Sergeant-At-Arms **Cynthia Mojica** who recently became engaged!

WHO'S WHO?

**Meet our Vice President of Education,
Miryan Nogueira:**

Miryan was born and raised in Brazil and began working when she was very young. Receiving much encouragement from her bosses, she put herself through school and earned a law degree while working in financial and legal departments. She also took computer courses in programming and systems analysis and then became a manager, supervising 14 people from various departments. The company's Director of International Sales and Marketing then invited her to be part of their operations in the USA, where she worked until the business was sold two years later. (Continued next column)

TIME FOR SEMI-ANNUAL DUES

It is **NOW** time to pay our semi-annual dues for the six month period of April 1 to October 31, 2003. Please make your checks payable to Westside Toastmasters in the amount of \$30 and give to club Treasurer Bonnie Thomas by March 15th. Thank you.

WESTSIDE TOASTMASTERS

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CONTEST NEWS

Congratulations to our club contest winners:

International Speech: **Terisa Green**

Table Topics: **J.P. Lavallee**

Upcoming Contest Dates:

Area B1 Contest March 7

Division B Contest April 12

District Conference May 3

When you are the SPEAKER

Here are some helpful guidelines taken from the Toastmasters International publication, "A Toastmaster Wears Many Hats."

Preparation is essential to success when you are the speaker.

Prior to the meeting, check the schedule to find out when you will be speaking and prepare a speech based on a manual project. Present speeches in numerical order because each speech builds on the skills learned in previous projects. Before the meeting, find out who your evaluator is (from the general evaluator) and discuss your speech goals with your evaluator. Emphasize your concerns and where you think your speech ability needs strengthening. **Remember to bring your manual to the meeting** for the evaluator to use as a guideline, and give your manual to your evaluator before the meeting begins.

If you don't write your own speech introduction, **make sure the Toastmaster of the meeting has prepared a good introduction for your speech.**

As you begin your speech, acknowledge the Toastmaster and the audience (Toastmasters and guests). When finishing your speech, never thank your audience--simply return control of the meeting to the Toastmaster of the meeting. **Always wait for the Toastmaster to return to the lectern**, then return to your seat.

(Continued next column)

When you are the SPEAKER (Continued)

During the evaluation of your speech, listen intently for helpful hints that will assist in building better future speeches. Pay attention to suggestions from other members.

After the meeting, remember to get your manual from your evaluator. At this time, discuss any questions you may have concerning your evaluation to clarify any misinterpretations. Then, have the Vice President of Education initial the Project Completion Record in the back of your manual.

**If we all did the things
we are really capable of doing,
we would literally astound ourselves!**
-- Thomas Alva Edison

WINNER'S CIRCLE

February 5

Best Speaker	no vote
Best Evaluator	no vote
Best Table Topics	Rich Machrone

February 12 (club contest)

International Speech	Terisa Green
Table Topics (contest)	J.P. Lavallee
Best Evaluator	no vote
Best Table Topics	J.P. Lavallee

February 19

Best Speaker	no vote
Best Evaluator	no vote
Best Table Topics	Yanmei Wei

February 26

Best Speaker	Cynthia Mojica
Best Evaluator	J.P. Lavallee and Miryan Nogueira