



Toastmasters, District 45, Area 16

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FOR IMMEDIATE RELEASE

Toastmasters International Area 16 to Hold Speech Contest

The Toastmasters International District 45, Area 16 clubs will be holding its Spring Contest at 5:30 PM on Saturday, May 1, 2004 at Madden's Restaurant, 39 Crystal Ave., and Derry, NH.

The Spring Contests consists of two competitions: International Speech and Table Topics.

Toastmasters District 45, Area 16 consists of four clubs: three in Manchester and one in Windham. Winners from the club contests compete at the Area 16 Spring Contest.

Competitors in the International Speech Contest give five- to seven- minute inspirational speeches. Contestants are judged on criteria such as structure, achievement of purpose, logic, appearance, volume, assurance, directness, grammar and word selection.

The Table Topics Contest contestants have two minutes to answer a question that they hear for the first time just before answering it. Table Topics contestants are judged on such criteria as organization, audience response, body language, volume and grammar.

Winners of these two contests move on to compete at the District 45 International and Table Topics contests. The District contests will be in Concord, NH May 21-23, 2004. For more information on the District Conference and Contests, see:
http://www.toastmasters45.com/Spring%20Conference/Spring%20Con_cover.htm.

Guests are always welcome at Toastmasters meetings and contests. Guests can always attend regular Toastmasters meetings for free. Member dues vary by club, but are usually around \$48 per year. The Area 16 Contest will be held at dinner time and will include a complete dinner. The cost for this one event is \$25. Guests interested in attending this should fill out the menu request, available at



<http://www.ToastmastersNH.org/area16/SpringContest2004Menu.pdf>, or call Caroline Bogart at (603) 429-1842.

For more information, see: <http://www.ToastmastersNH.org>.

About Toastmasters clubs: The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth. See <http://www.toastmastersnh.org> for more information.

About Toastmasters International: Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality.

Through its member Clubs, Toastmasters International helps men and women learn the arts of speaking, listening and thinking -- vital skills that promote self-actualization, enhance leadership, foster human understanding, and contribute to the betterment of mankind. See <http://www.Toastmasters.org> for more information.