



Bridge Builders Newsletter

January 2024

Bridge Builders
Toastmasters Club
(#1944)

**NOW IS THE
TIME!**

Got a New Year's resolution about public speaking? Or self-confidence? Or perhaps leadership? Now is the time to let Toastmasters help turn your resolution into reality!

WELCOME!

Our Bridge Builders Toastmasters Club (BBTM) is generously sponsored by **McDermott/CB&I Storage Solutions** (Plainfield). Our membership is open to **both** CB&I employees and the general community. **Guests are always welcome.**

We meet on the 1st, 3rd, and 5th Tuesdays of each month from **12:00 NOON to 12:59 PM** central time (online **only**).

For more information, visit [our club website](#).

Toastmasters International
www.toastmasters.org

New Year's Day 2 Party

Bridge Builders welcomed six guests to our New Year's Day Two Party: **Jessica, Yvette, Anne, Bill, Mirza,** and Area 41 Director **Dale**. Taking turns, these guests and club members teamed together to see how many **different** items they could quickly name within a specific category (within two minutes). One of the categories was ANIMALS; another was MUSICAL INSTRUMENTS. Give it a quick try. How many different ones can you quickly name in each of those categories as the clock ticks down?

After the category activity, the party-comers each shared a few words about their goals, wishes, or resolutions for 2024. While goals varied (improved punctuality, better speaking for work or author's book tour, finding a forever home for a foster dog, etc.), we also discovered many commonalities across our attendees. This fun and low stress lunch hour was a great way of getting to know one another.



Did you hear that?



When you first moved into your home, you would hear the freight train whistle multiple times a day – even though the tracks were several blocks away. It was annoyingly bothersome for weeks.

Then one day you were no longer noticing train whistles. Did the railway freight lines abandon that nearby route? Not likely. Instead, something else came to your auditory rescue. See the next page to learn more.

New Member Rich L.

At our January 16 meeting, Club President Mark B. led an induction ceremony by which Bridge Builders formally welcomed Rich L. as our newest member. Even though Rich resides in Minnesota, our virtual format allows him to participate from that far distance.



WELCOME, RICH!



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Toastmasters Leadership Institute

OPEN TO ALL

Members and non-members are invited to attend educational and training sessions offered by the Toastmasters Leadership Institute (TLI). Our District 54 is offering in-person TLI options **January 20** (Bloomington) and **February 10** (New Lenox). Online options will be available across two evenings (**January 29 and 30**).

Club officers are strongly encouraged to attend. High performing clubs have at least 4 officers attend training every 6 months.

In 9 of the last 11 years, BBTM has achieved Toastmasters International's highest designation (**President's Distinguished Club**). That success is based in part upon the information gained by officers and members through TLI attendance.

RSVP your attendance now!

TOASTMASTERS INTERNATIONAL

WHERE LEADERS ARE MADE

What came to your rescue?

Habituation did! Habituation is a decrease in response to a stimulus after repeated exposures to that stimulus. Even though the trains were still using the tracks the same as previously, your repeated exposures to the whistles allowed your mind and body to decrease your awareness and your annoyance (*as continued from previous page*).



Put habituation to work for you. **Make a habit of participating in Bridge Builders'** positive and supportive meetings to **reduce your nervous** response to public speaking



Speech Contests



Toastmasters International sponsors annual speech contests. Every year there is a contest for the "international" category that will result in awarding the title of **World Champion of Public Speaking** in August. A second category of competition changes each year (varying among Tall Tales, Humorous, Table Topics, and Evaluations) with its climax as winning at the district level. This year that second category is Table Topics (impromptu speaking for 1-2 minutes).

Any Toastmasters member who is interested in competing in either category should notify us at BridgeBuildersTM@gmail.com by **Tuesday, January 23**.

To report errors or request info, please email us at BridgeBuildersTM@gmail.com.