

## OVERCOME THAT FEAR OF SPEAKING IN PUBLIC!

Just imagine if you are asked to "say a few words" at a wedding, a retirement dinner, a presentation at a society or group that you belong to, or to have to say something at your Club or Association meetings. How would you feel? What would you do? Exactly. Speaking in public is recognised as one of big fears many people have. Even talking to small groups is often seen as really frightening and to be avoided at all costs

So, just how do you get over that fear of speaking in Public?

One sure way is to come - as our guest - to an Alicante's Speakers Club meeting (part of Toastmasters International, with over 250,000 members in 106 countries). "Why a Speakers

Club? What happens? What will it do for me?" Just by watching and listening you will see how to overcome this fear about speaking in public and be able to "say a few words". You see how the Club works and what we do that can be useful for you. You won't be asked to take part or do anything at all unless you want to. You will be in an environment of safety and support. Members have the benefit of helpful and constructive feedback on any talk or speech they give to be able to learn and gain confidence, speak with clarity, persuasiveness and enthusiasm

We meet, with the kind permission of: EL CORTE INGLES in the Espacio Cutural del Corte Ingles, (5th Floor), A. Federico Soto 1-3, Alicante, on the first and third Tuesday of the month at

7.30pm. This is a comfortable, modern and convenient well known venue in the City with on-site-multi storey car parking, with ample shopping opportunities too!

Alicante Speakers Club has also just held it's very first Area Conference and Speech contest, welcoming clubs from Marbella, Valencia, and Mil Palmeras. Over 40 English, Spanish, German, Irish and Dutch delegates attended the two day conference, contest and celebratory dinner and prize giving at the AC Hotel in Alicante.

Over eighty percent of our Club members are Spanish, and they want to practice their English speaking skills. So you will also have a great opportunity to meet new friends and integrate into the local culture and society too. We urgently need 'native' English speaking members to be able to help all our members to improve their English skills.

Being able to express yourself clearly means you can get your ideas across to others, be more understood and gain more confidence to speak out, and influence or change, those things that really matter to you, your family and your life. Come and visit our website at: <http://www.alicante-toastmasters.org> to learn more about the opportunities that Alicante Speakers Club can offer you. You can also call me, John Chocqueel-Mangan, Vice President of Education, direct on 966 196 634 or 664 824 479.



Contest winner Melanie Kiener. Marbella (L) John Mangan, Alicante (R) Eamon O'Gara Area Governor

## THE GARDEN CLUB of VEGA BAJA...APRIL



Rafael, holding mike, explains the procedure

### April has been a busy month for the Garden Club of Vega Baja.

On Monday April 5th, club member RON HARRIS gave a very informative talk about roses. He started by helping his Dad when he was about five years old and by the time he was sitting his eleven plus exams, he was so keen that his Father paid for him to become a member of the ROSE SOCIETY. Over the years he has grown between 500-600 different varieties out of the 5,000 or more that are on sale. Roses can grow anything from 9ins to 50 ft tall, so there is always a variety to suit every type of garden. Bare-rooted plants are slightly cheaper and are planted from mid December to the end of February. Container grown can be planted from November through to April. Bright colours eg red and yellow love the sun, but paler shades like white and pink may need some shade. In Spain it is NOT a good idea to plant a rose near to oleanders as these take all the goodness from the ground and the rose will struggle. A little well rotted manure in the hole when planting gives a rose a good start, and a banana skin will provide potassium. A handful of nitrogen/phosphate fertilizer and you are ready to plant. Keep the rose moist at all times and dead-head regularly. A feed of rose fertilizer 2 or 3 times

a year, a pruning in Jan/Feb and your rose should live for 15-20 years.

On Monday April 19th, a coach load of garden club members visited the vegetable growing area of Murcia near Torre Pacheco, where Maria-Jose, a rep for the Green Route joined them. They started the visit with a tour of a very up-to-date packing factory AGROMED. This was started in 1997 by the three CONESA brothers and has grown

to a workforce of over 1,000 workers and 50 delivery trucks. Their turnover for 2009 was in excess of 60,000,000 (yes, seven 0's) After a brief talk in the lecture theatre, Rafael, the factory guide, handed out overalls and hats for everyone before showing how the factory operates; from a high tec laboratory to the regulated cooling rooms where the wrapped vegetables are cooled to three degrees before being loaded onto the trucks and sent off all over Europe. Back on the coach for a quick visit to the Horticultural/ Agricultural school where students come from all over Spain to learn the modern growing methods, then a menu del dia before boarding the coach for home...An interesting day's outing!

Next month the speaker will be club member Margot Gay talking about HERBS, their folklore, origins, and uses. The meeting will be today, Mon MAY 3rd at CASA LIMON (new name for the Venue) on the Lemon Tree Road from 2-4 pm. May is also the month for the ROSE COMPETITION. There are three categories...a single rose, a floribunda rose, or a scented rose each one to be displayed in a vase.

All enquiries to chairman VAL on 966 716 527.