



We're having a heatwave,  
a **Cardinal's Heatwave!**

www.londoncardinals.com



02.06.08

## Our last meeting

President	<b>Tory Craddock</b>
Toastmaster	<b>Paul Walsh</b>
Timekeeper	<b>Elena Sage</b>
Grammarian	<b>Alison O'Mahoney</b>
Table Topics Master	<b>David Sellman</b>
Table Topics Evaluator	<b>Alexander Lowry</b>
Sergeant at Arms	<b>Miriam Knibbe</b>
Icebreaker Speech	<b>Nick Larsen</b>
No.2 Speech	<b>Felicity Okolo</b>
No.2 Speech	<b>Ed Smee</b>
No.10 Speech	<b>James Marshall</b>
Nick's Evaluator	<b>Gary Cooke</b>
Felicity's Evaluator	<b>Minna Sellman</b>
Ed's Evaluator	<b>James Gilpin</b>
James' Evaluator	<b>Gilly Cutts</b>
General Evaluator	<b>Simon Holliday</b>



Is that James Marshall  
or Tony Robbins?

# An inspired evening.

### Our last meeting

Monday evening was yet another reason why NOT to miss a Cardinals evening. It was great to welcome **Paul Walsh** back as a masterful Toastmaster – our programmes are in safe hands next year as he returns to his role as VPE. **Elena Sage** compared herself to one of Santa's elves with the lights and noise of her time-keeping role. Grammarians **Alison O'Mahoney's** word of the day, heat, proved popular and she picked out great use of language such as chasing shadows across the world and tied up BY the apron strings of responsibility. Topics master **Dave Sellman** stuck to the evening's inspirational theme, challenging speakers on topics such as inspirational places, people (**Tracy**), sportsmen (**Maggie**), music (**Deborah**), politicians (new member **Kristie**), London (new member **Martin**) and gurus (**Chris**), inspiring teenagers to lose an attitude (**Jo**), an inspirational use for Facebook (**Simon**) and inspiration versus perspiration (**Nigel**).

### Prepared Speeches

**Nick Larsen** shared his globe-trotting

search for commitment in a very relaxed and humorous ice-breaker. **Felicity Okolo** introduced us to her role models and challenged us to follow our dreams. **Ed Smee** gave a great insight into the finer points of dating a typical London house, in the hope that we may never have the wool pulled over our eyes again. **James Marshall** stole the show with his truly inspirational number 10, sharing his personal story, the challenges of growing up and moving on and forgiveness.

### Evaluations

Evaluators praised use of humour and storytelling, identified common body-language challenges (hands in pockets, hand-wringing, catwalk hips, looking down) and particularly recommended using the audience for inspiration, hooking the audience in early, projecting the voice, and the gestures, to reach the whole audience. **Simon Holliday** stepped into the breach as last-minute GE and gave useful and humorous comments and recommendations for all remaining roles.

**Tory Craddock.** President

## Cardinals Calendar



**June 16** London Cardinals

**June 29** Division B Table Topics & Picnic at Speakers Corner, 1pm - 2.30pm

**June 30** Cardinals 2, the last meeting of the TM year.

**July 7** Cardinals New Year

## Who won what?

**Best Table Topic: Deborah Henley** for her dodgy pun and Michael Jackson-esque moon-walk.

**Best Evaluator: Gilly Cutts** for her sensitive evaluation of James' speech.

**Best Speech: James Marshall** with his mind-blowing no. 10.

## Our next meeting

16.06.08

## A special mention to...

...our Cardinals design guru and future VP of PR & Marketing, **Gary Cooke**, for his new programme design that actually makes sense!



LONDON CARDINALS CLUB NO.674907

is a public speaking club affiliated to **Toastmasters International** District 71 Great Britain and All Ireland. A world wide organization of approximately 10,000 clubs, dedicated to helping members develop and improve their communication and leadership skills