

The International Speech and Table Topics contest was held at the Seaway Toastmasters Club of Cornwall on February 23, 2010. The meeting was well attended and the contest was a great success. There were two participants in the International Speech contest; each with great life lesson speeches. Harry Kingston, DTM who took first place with his speech *The Kitchen of Life*, gave insight into how we can better our relationships with each other. Another great life lesson was given by Teri Kingston, DTM who showed us how we can use *Music as Medicine*.

The Table Topics contest followed with five contestants taking part. Table Topics offers participants the chance to practice their quick thinking skills through impromptu speaking. Each contestant was asked to complete the sentence: If I were Prime Minister of Canada, I would. . . Taking first place was Teri Kingston, DTM followed by Harry Kingston, DTM.

First and second place winners for both contests will move on to the Area competition.

About The Seaway Toastmasters Club of Cornwall: The Seaway Toastmasters Club of Cornwall has been named a distinguished club many times within the Toastmasters International organization. Seaway Toastmasters delivers a top notch educational programme that will help anyone who wants to improve their chances for success on both personal and professional levels. For more information about the Seaway Toastmasters Club, visit our website [www.seawaytoastmasters.com](http://www.seawaytoastmasters.com)



Contest participants from left to right: Contest Chair Earle DePass, Participants: Harry Kingston DTM, Teri Kingston DTM, John Anderson, Kimberley Thompson, & Chris Semchuk