



Meetings: Tuesday 12 Noon

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**SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH**

**Happy Birthday**

**Happy Anniversary**

**Upcoming Speakers:**

Sep 10:	Sep 17:	Sep 24: Keisha Rosario Trip to British Honduras Islands
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**LAST WEEK'S MEETING**

President **Laurie Anderson** presided.

Program: Denise Wozniak - How AI Can Enhance Your Storytelling

About **Denise Wozniak**:



A Canadian-UK citizen, Denise Wozniak is a TEDx speaker, Certified World Class Speaking Coach, and is trained in Positive Psychology, Mental Wellbeing and Resilience by the University of Pennsylvania. Denise previously worked in Human Resources at the international accounting firm of Ernst & Young, served on non-profit boards and

was a conference planner of events and retreats. Denise Wozniak has both lived and learned experiences. She weaves her personal, traumatic story into a guide relevant to all audiences, helping them understand how they too can control their own destiny and become catalysts for change. As a Speaking Coach specializing in storytelling, Denise Wozniak knows how to engage listeners through stories, research, and humour. She tailors each speech to address the needs of her audience. L'Oreal Women of Worth; Royal Photographic Society "100 Heroines", and is the recipient of the Queen Elizabeth II Gold and Diamond Jubilee Medals.

Denise's Presentation

The above-noted bio about our speaker states that "she weaves her personal, traumatic story into a guide relevant to all audiences, helping them understand how they too can control their own destiny and become catalysts for change." Denise did just that when starting off her presentation by talking to us about

the traumatic events in her own life some 30 years ago, and how that became her motivation to help others. She related how she was unaware that she was living with HIV until she gave birth to a baby girl, Katie, who was six months old when diagnosed with the virus and died two months later. The double diagnosis of herself and her child, and the subsequent death of Katie, came as a great shock to Denise and she dedicated herself to educating others in schools, colleges and hospitals. In 1996, HIV medication was developed that suppresses the virus to undetectable levels so that it could not be transmitted to other persons. In addition, women were eventually tested for HIV during pregnancy. If infected, they were given medication which resulted in them not passing on the virus to her unborn baby. Since the late 1990s there have been no reported cases in Vancouver of pregnant mothers, who are adherent to their medication, transmitting HIV to their unborn baby. Denise went on to be the founder of the Hummingbird Kids Society for children living with HIV, which connected families of HIV-positive children, and fought against the stigma of AIDS.

Early in her career, Denise worked for Ernst & Young. Her job at Ernst & Young involved her into speaking at or for the company, and she said "I was petrified at speaking publicly". After founding the Hummingbird Kids, she was asked to speak publicly many times. She phoned and talked to Peter Legge who told her she should go to Toastmasters to help get over her fear, so she did. [Peter Legge is co-founder, chair and chief executive officer of Canada Wide Media Limited, the largest privately-owned magazine publishing company in Western Canada, who has received numerous awards for motivational presentations, including the award as the Top Speaker in North America from Toastmasters International].

Denise learned to type on a manual typewriter. At Ernst & Young she learned how to operate a Macintosh computer, and then along came email - and she was the only one in the office allowed

to have email. Then along came cell phones. Remember the flip phone?

Some people with flip phones wanted to keep them and not move to the more modern cell phone because of the difficulty of operating the newfangled invention. Such is the curve of the latest technology, and if you don't learn the new technology, you will be behind the curve, and not only will you lose out on its advantages but also you will find it to be harder to keep up. This is also the case with Artificial Intelligence, said Denise. Some people think AI is going to be a terrible thing, with many risks and dangers. Denise's message is that we should learn to use it (including Chat GPT) because it can enhance our own writing and storytelling (but not replace it, and so that we can keep up with the latest technology.

[Chat GPT is a chatbot and virtual assistant developed by OpenAI and launched on November 30, 2022. Based on large language models, it enables users to refine and steer a conversation towards a desired length, format, style, level of detail, and language.] [At the most basic level, a chatbot is a computer program that simulates and processes human conversation (either written or spoken), allowing humans to interact with digital devices as if they were communicating with a real person.]

Denise also spoke to us about the difference between dialogue and narration, and that if we use dialogue (rather than narration) when describing conversations when telling stories (in a talk or in written form) it makes it more interesting, and keeps the listener or reader curious about what you are saying. For dialogue to occur, two or more characters must talk with one another to further a story. Dialogue are the words that were actually spoken, whereas narration is what you tell someone else they said, without using the actual words. It makes the story more powerful if you relate what somebody else actually said about something. (An example of dialogue is: "I was talking to the doctor, and he said, "You have to come into the hospital". When I arrived, he told me "I'm sorry, you have AIDS"; that's when I asked what I could do about it". Identify the characters (the doctor, the mother and the child), then create and escalate the conflict in the story (the baby getting HIV and dying), then talk about the cure (new type of medication), what changes are needed to be made and how you carried out the change (founded the Hummingbird Kids Society). Lastly, "call back" (or repeat) what you said at the beginning about what started the process.

Special Announcements



The **Frisbee Golf** social event at Dave and Sharon Rempel's place (that was scheduled for September 15<sup>th</sup>) **HAS BEEN CANCELLED FOR THIS YEAR.**



"Let's call it Frisbee..."

this September

Happy and Sad dollars included:

**Brenda Jenkins** noted that  it's a small world after all , because not only did our speaker Denise Wozniak work for Ernst & Young, but Walter Volpatti and Matt DeBruyn of our club also used to work for that company.

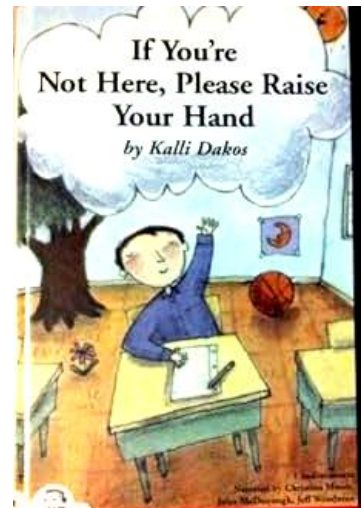


She also noted that many kids these days are so attached to social media and their cell phones that they have never read an actual book before.

**Lynda Lawrence** and a number of other of our members were happy to have had the privilege of listening to our speaker Denise Wozniak, and hoped to invite her back again at some time in the future.

Fine Master

Here is an interesting way to raise money. Today's Fine Master fined Adrienne, Sharon and a few other of our members for not being at today's meeting (but no arrest warrants were issued).



Leslie's Quips for the Day,

posted on a sign outside of a church:



Submitted by Laurie Anderson