

Welcome to the Greater New York Councils'

Leader/Parent/Youth

# Training Extravaganza

at Brooklyn Technical High School

TrEx @ B'Tech

Saturday, January 27, 2024

8:00-8:30 arrival

8:30-9:00 opening and details

9:10 – period one	12:30 – period five
10:00 – period two	1:20 – period six
10:50 – period three	2:10 – period seven
11:40 – period four	3:00 – period eight
	3:50 – finish

Brooklyn Technical High School's main street address

29 Fort Greene Place, Brooklyn, NY 11217

you will NOT be able to get in this way - walking from the front door, you would walk two right angles to the corner of Dekalb Ave/South Elliott Pl entrance.

**BY CAR**, in years past, people who have arrived around 7-7:30 have been able to find nearby street parking. There are also nearby parking garages.

**By Subway:**

B, D, N, Q, R trains to Dekalb Avenue

2, 3, 4, 5 trains to Nevins Street

G train to Fulton Street

Use B'Tech Entrance at Corner of:

Dekalb Ave & South Elliott Place

Walk-in Registration – Central Lobby Outside of Auditorium

Opening – Auditorium

Lunch – Enjoy Off-Site or bring your own or buy/bring and eat in West side of 7<sup>th</sup> floor Cafeteria

**This TrEx will offer 50 training options in the Cub Scout, Scouts BSA, Venturing, SeaScouts, and OA Programs, as well as courses that apply to many areas of Scouting for Scouters and Scouts. Additionally, TrEx will offer Merit Badge Classes, along with Cub Activities for volunteers/ parents attending TrEx:**

There will be eight 45-minute periods with five minutes travel time in between periods.

There is no designated lunch period! Each participant should select a period to eat lunch. Please only eat/drink in the cafeteria (7<sup>th</sup> floor). B'Tech does not want us eating in the classrooms, hallways.

**Please note that Brooklyn Tech H.S. will NOT provide any food on site. You must bring your own lunch AND eat in the WEST side of cafeteria or go-off-site for lunch. If you choose to eat off-site, consider taking a double lunch period.**

### **Childcare:**

In order to better support volunteers/parents attending TrEx, childcare is available for registered Scouts. To prevent the spread of the cold and flu, we are asking only healthy children be registered.

Please be advised, no food will be provided. The parent/guardian must provide their own lunch, snacks, and drinks. We do not have the ability to heat food.

**IMPORTANT: Each child must be registered individually for childcare and will only be released to the named parent/guardian on the registration.**

### **Merit Badge Classes:**

This year we're thrilled to offer Merit Badge Classes for Scouts BSA Youth attending TrEx. Please see Course Catalog for badges being offered.

Please be advised, no food will be provided. The parent/guardian must provide their own lunch, snacks and drinks. We do not have the ability to heat food. Youth under 18 years of age will not be permitted to leave the facility during TrEx.

**IMPORTANT: Each child must be registered individually, specifying pickup preferences indicating pickup or if the youth is allowed to leave the building on their own. For safety, Scouts BSA and Venturing youth will only be released to the named parent/guardian on the registration.**

Please review the course schedule and descriptions. Some courses are offered twice to accommodate participation, unfortunately, some of your selections may conflict with each other.

ALL SESSIONS ARE FOR ADULTS – SESSIONS THAT HAVE YOUTH ORIENTED CONTENT ARE TAGGED WITH **YOUTH**

*Suggestions:*

*Take a course in a different program area and apply what you learn in your own current program area.*

*Look for something you already know and be part of the discussion, offering how you met challenges to your fellow Scouters.*

*Help a friend expand their horizons by going to a topic they might need encouragement to attend.*

*Catch up with Scouters who may have a free period, too. Have lunch together.*

**GNYC TrEx is:**

*Five boroughs, Eight districts – Learning together from each other  
Volunteers helping Volunteers become better Leaders  
So that Youth can become better Adults*

**General Interest Sessions:**

- **An Introduction to the My.Scouting Website Toolkit**
- **Honor Guard and Scout Speaker Training **YOUTH****
- **On course with Popcorn! **YOUTH****
- **Running a Good and Safe Program**
- **STEM: NOVA, SuperNova **YOUTH****
- **How to Plan a Scouting Event **YOUTH****
- **Scout Leader Life Balance**
- **Inclusive Scouting **YOUTH****
- **Religious Awards **YOUTH****

### Special Needs Sessions:

- Special Needs Advancement
- Inclusive Scouting
- Group discussion on working with youth with disabilities in Scouting

### Leadership Sessions:

- Calling All Critters
- NYLT – National Youth Leadership Training - Benefits the Troop and Youth  
– What is NYLT and why do I care? YOUTH
- Wood Badge: What is it and What's in it for Me?
- ILST – Introduction to Leadership Skills for Troops YOUTH
- A How-To Guide to doing Introduction to Leadership Skills for Troops  
YOUTH

### Camping Sessions:

- Getting Ready for Summer Camp at TMR YOUTH
- Cub World 2024 YOUTH
- Leave No Trace YOUTH
- BSA Short Term Camping Events Explained
- Knots 101 YOUTH
- Be Prepared.....For Medical Emergencies

### OA Sessions:

- Scouting's National Honor Society – What's New? YOUTH
- High Adventure through the Order of the Arrow YOUTH
- Leadership Opportunities in Scouting's National Honor Society YOUTH

### Sea Scouting Session:

- Introduction to Sea Scouts: BSA's Original Older Youth High Adventure Program YOUTH
- Introduction to Leadership Skills Sea Scouts YOUTH

### Venturing Sessions:

- What is Venturing? Venturing Jeopardy YOUTH
- What is Venturing? Venturing Q/A YOUTH

### Cub Scout Sessions:

- Cub Leader Specific Training
- Cub Den Leader Specific Training
- Cub Committee Chair and Committee Member Training
- Closing the Deal: Welcoming New Cub Scouts YOUTH
- Cub Scout Sample Games and Activities
- Planning an Engaging Cub Scout Program
- Webelos to Scout Transition: Find the right Troop! YOUTH
- Dynamic Recruiting for Cub Scouts YOUTH
- Cub Scout Open House Activities

### ScoutsBSA Sessions:

- Troop Talk YOUTH
- Female Units Roundtable YOUTH
- Patrol Method YOUTH
- Den Chief Training for Scouts YOUTH
- Troop/Unit Boards of Review
- Giving Wings to your Eagle: EAGLE PROJECTS
- Trail to Eagle (Star, Life, Eagle) – different instructor YOUTH
- Trail to Eagle (Star, Life, Eagle) – different instructor YOUTH
- All things Eagle YOUTH
- Planning the Eagle Court of Honor (ECOH) YOUTH

### Merit Badge Classes: YOUTH

- Citizenship in the Nation \*Eagle Required
- Communication \*Eagle Required
- First Aid \*Eagle Required
- Public Speaking

ALL SESSIONS ARE FOR ADULTS, WITH THE EXCEPTION OF MERIT BADGE CLASSES – SESSIONS THAT HAVE YOUTH ORIENTED CONTENT ARE TAGGED WITH YOUTH

## **GENERAL INTEREST SESSIONS** (9)

### **An Introduction to the My.Scouting Website Toolkit**

[one period, once] Caleb Caldwell

Tailored for Unit Key 3 members or delegates with application, invitation, and organization manager access. Join us in the computer lab for a hands-on training. Registrants must come prepared with their username and password in ensure a seamless and productive experience.

### **Honor Guard and Scout Speaker Training**

[two periods, once] Joe Schiltz **YOUTH**

Youth will learn practical public speaking techniques, tips on speechwriting, proper etiquette, and how to perform in the BSA Honor Guard for special events. Scouts who attend the training may be invited to speak at a GNYC special event later in the year. However, all Scouts will have an opportunity to participate in the BSA Honor Guard if they would like. Each Scout that participates in the BSA Honor Guard will receive a patch and will fulfill Community Service & Rank Requirements!

### **On course with Popcorn!**

[one period, twice] Melvin Antigua **YOUTH**

Starting with popcorn basic budgeting and how the Popcorn Fundraiser can offset unit program expenses.

### **Running a Good and Safe Program: Scouts BSA and Cubs Leaders**

[two periods, twice] Dorothy Young, Don Ghee, Tom Bain, Pat Bain  
Encouraging all units to run both a good program and a safe unit at the same time providing a streamlined safety process for units to achieve as safe a unit as possible recognizing units that implement the streamlined safe unit program.

**STEM: NOVA, SuperNova** [three periods, once] Shawn Spencer, Barbara Spencer **YOUTH**

This class will provide all the basic training for an adult to become a NOVA Counselor and SuperNova mentor. Paperwork will be available for attendees to join the Council STEM Team. We will review the BSA STEM program and its awards, how to be a Counselor and Mentor, how to help the Scouts through the program, implementing the program in your unit, developing a STEM coord (youth and/or adult) and do some experiments/activities.

**How to plan a Scouting Event** [two periods, once] Alex Agostini **YOUTH**  
Planning and running an event, like a Camporee or other events bigger than a Troop camping weekend.

**Religious Awards** [one period, twice] Sokratis Galitsis, John Harling **YOUTH**

Religious Awards that can be achieved by Scouts and Scouters of all ages. Religious Awards go across all levels: Cub, Scouts BSA, Venturing and Scouters. Depending on the faith, there are anywhere from 4 to 6 awards available from Tiger Cub through to Adult Scouter.

**Inclusive Scouting "Documenting Violations for Protected Classes and Facilitating Conflict Resolutions"** [two periods, once] Antonio del Rosario **YOUTH**

Join GNYC Board Member and Diversity Chair, Antonio del Rosario (DEIB Certified Cornell University), for a step-by-step seminar designed to empower youth and adult leaders with the knowledge and tools necessary to document and address violations related to protected classes: gender, race, religion, sexual orientation, disability, age, and nationality. This seminar ensures safety for all our Scouts and Scouters.

### **Scout Leader Life Balance** [one period, once] Alex Agostini

Showing Scout leaders that they don't have to agree to everything that they may be asked to do, remind them that they do have a life outside Scouts. I use my own Scouter's life for examples. Very interested in hearing from session attendees for additional examples of how they manage the life and their Scouting Life.

## **SPECIAL NEEDS SESSIONS** (3)

### **Special Needs Advancement** [one period, once] Barbara Hartnett, Patricia

Having physical, emotional, behavioral, or developmental challenges does not have to prevent a Scout from advancing in the Scouting program. BSA allows for additional time in a Pack or Troop for special needs scouts in the form of Registration Beyond the Age of Eligibility. Scouts can also substitute Eagle Required merit badges or even alter requirements on the trail to First Class in certain situations. Come to this course to learn the options available and how to complete the administrative process to ensure that all your Scouts have the opportunity to advance. Bring questions, come, and discuss your needs, options, and solutions.

### **Inclusive Scouting**

[one period, twice] Barbara Harnett, Patricia

Scouting is an active program diversified and hands-on skills training which gives all youth the competence and confidence so essential to their well-being. Scouts who find difficulty in school can excel in many of the skills taught in Scouting. Scouting can also help the family see that their child is more like other youth than he/she is different. How as leaders and parents can we provide the BSA program so that all youth can be successful? Join us in a discussion on strategies to make the program fit all learning styles and personalities.



## Working with youth with disabilities in Scouting [one period, once]

Leah Scott

Group discussion toward the understanding of invisible disabilities. For adult leadership and Life/Eagle Scouts.

## **LEADERSHIP SESSIONS** (5)

### **Calling All Critters** [one period, once] Tim Thom

How has Wood Badge helped? When should someone take Wood Badge? Favorite Wood Badge moments. Executing tickets goals and changing them. Recommending Wood Badge. Who else should take Wood Badge. Why would you if you do - want to staff Wood Badge.

### **NYLT - Benefits the Troop and Youth What is NYLT and why**

**do I care?** [one period, once] Efrain Alvarado, Leah Scott, Anthony Lopez **YOUTH**

National Youth Leadership Training is a vital, week-long youth-led training course to help develop leadership skills for Scouts to use in their home Troop or Crew by completely immersing them in the patrol method. Come to this session to hear directly from experienced adult and youth NYLT leadership on the benefits the course will have on the Scouts that complete the course and its lasting effect on their home unit and the Scouts' lives.

### **Wood Badge: What is it, and What's In it for Me?**

[one period, once] Efrain Alvarado

You've seen the neckerchiefs, the woggles, and the beads. You've probably heard the song. But what exactly is Wood Badge? Stop by to learn what this amazing training course is all about. Speak directly with those that have taken it to hear first-hand how it can improve your Scouting program, but and help you professionally and personally. AND meet the GNYC/GHVC 2024 Course Director: Efrain Alvarado.

### **ILST: Introduction to Leadership Skills for Troops**

[three periods, once] Leah Scott **YOUTH**

A fun course designed to assist Scouts in understanding the responsibilities of the leadership roles within their units and provide them with the knowledge and organizational skills to be successful in those roles. ILST is the pre-requisite for attending NYLT.

### **A How-To Guide to doing Introduction to Leadership Skills for Troops**

[two periods, once] Antonio del Rosario **YOUTH**

Wondering how to help your Scouts run their program? ILST is the best place to start! You'll learn when, why, and how to facilitate ILST for your troop. This class includes lots of resources for facilitating your first or next ILST, IT IS THE way to train the SPL and Patrol Leaders' Council to Effectively Govern your Troop. NOTE: this is not ILST training – but a how to do ILST.

## **CAMPING SESSIONS (6)**

### **Getting Ready for Summer Camp at TMR**

[one period, once] Zachary Swierat **YOUTH**

Be Prepared for summer camp. Learn about new programs, traditions, what you need to know to get ready for camp. Learn about the Black Pug registration system, the parent portal, and selecting merit badge sessions.

**Cub World 2024** [one period, twice] Michael Morrell **YOUTH**

Come learn about everything Cub World has to offer. Cub World at Alpine Scout Camp, creating memories for each Cub Scout in your Pack (and their parents).

**Leave No Trace Awareness**

[3 periods, once] Shawn Spencer **YOUTH**

This Class will be an Outdoor Ethics/Leave No Trace Orientation Course. Base level OE training for Unit Leaders and Troop OE guides. It will be taught by the GNYC Outdoor Ethics Advocate and will include information on the LNT and Tread Lightly principles/ Awards/ use of the program in their units, and a couple hands on activities

**BSA Short Term Camping Events Explained**

[one period, once] Matt Gaor

As a part of the BSA's Short Term Camping Policy, all district and council events with an overnight component must meet NCAP (National Camp Accreditation Program) standards. This course helps define and explain the policy and GNYC application process.

**Knots 101** [one period, twice] Ed Chan **YOUTH**

From Cub's Wolf scout to BSA First class there are 6 essential knots, 3 ways to keep the rope from unraveling and 3 types of lashings. Class will show Scouts how to tie knots, explain purpose of knots. For adult leaders, show different approaches to teach scouts how to accomplish the knots.

## **Be Prepared...For Medical Emergencies** [one period, twice]

Anthony Byrnes-Alvarado

This course will provide leaders with knowledge and confidence to deal with medical issues that arise at camp or at meetings by discussing some possible stumbling blocks to ensuring the best care and decisions. The course is not designed to teach actual first-aid but rather to familiarize leaders with their responsibilities, common medical conditions, and devices and how to interact with medical personnel. Material will be drawn from real world scenarios from both the Scouting and medical fields.

## **ORDER OF THE ARROW (OA) SESSIONS** (3)

### **Scouting's National Honor Society - What's New?**

[one period, twice] Mike O'Brien, Jake Harmon **YOUTH**

The Order of the Arrow is Scouting's National Honor Society and welcomes Scouts BSA, Venturers, Sea Scouts, and adult leaders chosen to become members.

While the Order is now over 100 years old, we continue to evolve with the Scouting program both nationally and here in NYC.

Join us to learn more about the mission of the Order of the Arrow today, who our leaders are, what we do for Scouting in NYC, and how your unit can get involved.

### **High Adventure through the Order of the Arrow**

[one period, once] Mike O'Brien, Jake Harmon **YOUTH**

Did you know that members of the Order of the Arrow are eligible to participate in exclusive High Adventure opportunities?

Each national High Adventure Base (Philmont, Northern Tier, Sea Base, and Summit) has an OA-specific program which

combines service and adventure at a steep discount vs the standard program fee.

Join us to learn about these unique opportunities to broaden your Scouting experience without breaking the bank!

### **Leadership Opportunities in Scouting's National Honor**

**Society** [1 period, once] Mike O'Brien, Jake Harmon **YOUTH**

Members of the Order of the Arrow have several unique leadership opportunities that are not available anywhere else in the Scouting program.

These include leadership roles which qualify for rank advancement, positions at the Chapter / District level, and positions at the Lodge / Council level along with some of Scouting's greatest leadership training.

Join us to learn more about the leadership opportunities available through the Order and how it will help your Scouts become more effective leaders within your unit!

### **VENTURING SESSIONS (2)**

**What is Venturing? Venturing Jeopardy** [one period, once]

Finnegan Keegan **YOUTH**

Find out what you know and don't know about Venturing by participating in a Jeopardy Game.

**What is Venturing? Venturing Q/A** [one period, twice]

Finnegan Keegan **YOUTH**

Q/A Venturing panel with VOA President, Vice President, and other Venturers from Across the city to find out more about the people who wear green shirts.

## **SEA SCOUTING SESSIONS (2)**

### **Introduction to Sea Scouts: BSA's Original Older Youth High Adventure Program!** [2 periods, once] Uche Akwuba II **YOUTH**

Come learn about BSA's second oldest program! How much do you know about the BSA's Sea Scouting program? In this course you will learn about its history/origins and how ships work - their structure, basic program aspects and how Sea Scouting builds character. And how you can get involved while retaining involvement in ScoutsBSA.

### **ILSS – Introduction to Leadership Skills for Ships**

[all day, once] Gene Hart **YOUTH**

Specific to Sea Scouts and shares a common lexicon with ScoutsBSA ILST. The goals of ILSS are to give youth a clearer picture of how their position fits in the ship, help youth understand how they make a difference, and give youth additional tools and ideas for their role as leaders.

## **CUB SCOUT SESSIONS (9)**

### **Cub Master specific training**

[one period, once] Barbara Spencer

What does the Cub Master do? This is that training you've been looking for and need as a Cub Leader.

### **Cub Den Leader specific training**

[one period, once] Barbara Spencer

So, you're a Den Leader. What does a Den Leader do? A necessary training to get your program moving forward.

### **Cub Committee Chair and Committee Member training**

[one period, once] Barbara Spencer

So, you're a Cub Pack Committee Chair and on the Pack Committee - what does that mean? For all of you unsung heroes making the pack-go!

### **Closing the deal: Welcoming New Cub Scouts**

[one period, twice] Kim Salvo

Hurrah! You've gotten the word out and now you have new families showing up at your door! Now what? In this engaging class we'll talk about what new families are looking for, what makes them hesitant to join, and how to create a welcoming environment that makes new families say, "Sign me up!"

### **Webelos to Scout Transition: Find the right Troop!**

[one period, once] Kim Salvo **YOUTH**

As a Cub Scout transitions from "do your best" with the Pack to "be prepared" with the Troop - learn how both Troops and Packs need to prepare Webelos to successfully crossover. This course will give you the tools to ease up on the reins with your Arrow of Light Scouts and make them take on the responsibilities of leadership, the patrol method, their introduction to a Troop and a positive Scouts BSA experience as they continue their Scouting journey.

### Dynamic Recruiting for Cub Scouts

[one period, twice] Kim Salvo **YOUTH**

It can be a challenge to "focus" on recruitment for your Pack, while also managing all the other necessary day-to-day tasks that are essential to a quality unit. Instead of looking at recruitment as another seasonal task, this course will help you approach membership as a year-round philosophy by giving helpful tips to incorporate recruiting new youth and parents into your existing program....and host an Open House that makes everyone want to return!

### Cub Scout Open House activities *In the cafeteria on 7<sup>th</sup> floor*

[one period, twice] Ingrid Keag, Ed Chan **YOUTH** limited space

Cub Grub: Edible Crafts

Edible campfire

Winter bird feeders

S'mores trail mix

Edible campsite

### Planning an Engaging Cub Scout Program

[one period, once] Damion Sammarco

The key to a healthy Cub Scout Pack is an amazing, fun, and engaging annual.

program! Camping, hiking, bike rides, cooking, games, sports, and so much more!

How can you create the most amazing program plan for your Pack? Come to learn from the experts! Bring your questions your challenges, and your success stories!

### Cub Scout Sample Games and Activities

[one period, once] Kevin Maddox, Sonja Mains

Cub crafts that keep the kids engaged and are fun for scouts and scouters. Hands on activities with instructions sheets.



## **SCOUTS BSA SESSIONS** (10)

### **Troop Talk** YOUTH

[two periods, once] Anthony Bracciante, Tom Kramer

A space for all to discuss good Troop practices and to develop solutions to problems they may encounter. An open forum where Scout Leaders can network and discuss issues and challenges they face.

### **Den Chief Training for Scouts**

[three periods, once] Kevin Karlson YOUTH

It is full of fun, excitement, and information to help Den Chiefs do a good job. Den Chiefs are an older, experienced Scout or Venture-aged youth who assists with den leaders and pack leaders as required.

Prerequisite to be a Den Chief: Must be a scout for a minimum of one year, Scouts must have earned Second Class rank or above, and Scouts must have Scoutmaster or Crew Advisor approval.

### **Female Units Roundtable**

[one period, once] Paul Romain YOUTH

- overall health of these units
- current general issues & concerns
- collaborating on promotion to packs so they know where to send their Webelos
- collaborating on a council level camping event.

### **Patrol Method**

[one period, once] Anthony Bracciante YOUTH

Rationale for utilizing the patrol structure in Scouting. Emphasis on the functioning of the patrol as a team of peers of similar age that work together as a sub-unit of the Troop that learns by doing.

### **Giving Wings To your Eagle: EAGLE PROJECTS**

[one period, twice] Anthony Byrnes-Alvarado

This course will seek to enable troop leadership and/or Eagle mentors to guide potential Eagles through creating and presenting a successful project. Taught from the perspective of a District Eagle Committee member, it will not focus on filling out the Eagle packet but rather delving into common project pitfalls and stumbling blocks and how to avoid them, or if necessary, address them.

### **ALL THINGS EAGLE**

[two periods, once] John P. Walsh YOUTH

Group discussion forum where participants can discuss the various aspects relating to the Eagle Scout award. Actively seek class participation from Adults and Youth.

### **Trail to Eagle (Star, Life, Eagle)**

[two periods, once] Alicia Clementi YOUTH

Star, Life and then Eagle - the emphasis changes from "skills" to service, merit badges and leadership. Gain an understanding of the requirements and timelines that are critical to achieve these ranks.

### **Trail to Eagle (Star, Life, Eagle)**

[one period, once] Kevin Karlson YOUTH

Eagle scout workshop, a workshop to go over and explain the paperwork, project ideas, networking for merit badge counselors for youth looking to get help and advice (youth encouraged to bring their active eagle scout workbook) and adults looking to either give or receive advice on guiding one of their Scouts.

## Troop/Unit Boards of Review

[one period, twice] Tom Kramer, Anthony Bracciante  
Every rank in Scouts BSA requires a Board of Review for the Scout to progress. Come learn the who, what, when, where and why of Boards of Review and how they evolve as the Scout moves up the ranks. In this class you will learn the key resources and core principles to guide you to correctly and effectively run a board of review. We will review and discuss as a class commonly arising scenarios and learn what to do - and what not to do - to handle each of them. And we will show how Boards of Review support Scouts' progress in the program rather than stand as a barrier to be overcome along the way to earning ranks.

## Planning the Eagle Court of Honor (ECO)

[one period, once] Tim Thom **YOUTH**

Why do and what is the purpose of the Eagle Court of Hone? How do you prepare for an ECOH? What is the right way to conduct an ECOH? How is the ECOH different from other Courts of Honor and who should attend? Let's talk Eagle. You don't have to be an Eagle; you just need to have Eagle Candidates in the wings - and don't we all?

## Merit Badge Classes (4) **YOUTH**



### Citizenship in the Nation \*Eagle Required

As Scouts fulfill the requirements for this merit badge, they will learn how to become active citizens aware of and grateful for their liberties and rights, to participate in their governments and protect their freedom, helping to defend their country and standing up for individual rights on behalf of all its citizens.



### **First Aid** \*Eagle Required

First aid—caring for injured or ill persons until they can receive professional medical care—is an important skill for every Scout. With some knowledge of first aid, a Scout can provide immediate care and help to someone who is hurt or who becomes ill. First aid can help prevent infection and serious loss of blood. It could even save a limb or a life.



### **Communication** \*Eagle Required

This clear and concise definition comes from the U.S. Department of Education: “Communication focuses on how people use messages to generate meanings within and across various contexts, cultures, channels, and media. The field of communication promotes the effective and ethical practice of human communication.”



### **Public Speaking**

A lot happens during the course of every person’s life and your ability to communicate your feelings and ideas is the best way to connect to the larger world. Even if you haven’t stood at a podium on the stage and find the whole idea scary, sooner or later, someone is going to ask you to get up and say a few words. If you are prepared, it won’t be scary. It can even be fun.