



Nationale Public Relational

January 16, 2026

Bulletin

Greeting Nationale Officers, Chairmen, Departementaux Officers, Chairmen, Petit Officers and Chairman and Partners.

Hope all are recovering from the Holidays with it mad rush. Bulletins slowly come in, but there are some Departementaux that has not sent in any not sent me anything.

PARNTERSHIP:

Nationale stand up and take a bow; we have **NO ZERO** **DEPARTEMENTAUX!** Our Nationale goal is 1928 as of 12/30/25 report from Nationale time of this report we have 1194. We need 734 more partners to reach this goal. You have until May 20th to get the rest of your partnership in.

Nurses and Respiratory Therapy Scholarship:

There are 11 Departementaux that have not reported anything to Nationale for this year. Currently, we have \$5,582.90 in the fund. Come on we made over goal last year we can do so again.

CWF:

We have 17 Departementaux that have not reported anything to Nationale so far. Chairmen please cheek and see what it is going on in your area. Currently we have \$916.00 in the fund.

National Jewish Health:

There are 12 Departementaux that have not reported to Nationale. Please remember the year end reports and funds are approaching fast. This fund is made up

of all Partners, Peds, Rec, Shower of checks and Ditty bags. Currently, we have \$2701.00 turned in.

Have you ever sat through a speech where the speaker loses their train of thought and keep saying “and um,” “you know what I am talking about” and “ and ,and “ Nothing lose your attention faster than a speech like that. No, I don’t know what you are talking about, that is way I am sitting here to find out. “And um” come on, say it aloud or look at your paper notes. Another problem is that when speaking into a microphone they either swallow it and blast everyone out of the room or your words are blurred together, some speak so low that you can’t hear a word being said even after being informed from the floor to speak up.

Speak up and project your voice towards your audience, look at them and make eye contact with them. Watch to see if they are understanding what the point is you are making. If they are bored or not interested in what you are talking about, make your speech interesting and upbeat. Greet your audience at the beginning of your speech and thank them for listening to your speech. I know it is hard for some to stand there and give a speech. You are sick to your stomach, shaking in your shoes, and wanting to floor to open and swallow you. A good trick is before you start take a couple of deep breaths, sing your favorite song in your head.

Another good tip is don’t use the word “I” remember you had a team helping you and it wasn’t all of you’re doing. There is no “I” in team.

So, now it is time to pick up the race after the Holidays and get things ready to cross the finish line. You can go to the Nationale web page and print out the Departementale and Petit Salon Public Relations forms, that way you have your report to fill out. Get your Public Relations Book sent in to be judged.

Yours in Fun and Fellowship
Kimberly A. Estes Public Relation
Nationale Chairman 2025-2026