



THE FLYING TOASTER

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CHATSWOOD COMMUNICATORS TOASTMASTERS CLUB

Hawkesbury Division Contests

By Terri Nixon, VPM



Sunday afternoon (27th September) at the Roseville Memorial Club was indeed an afternoon to remember. Most memorable on approaching the Club was the fierce wind that blew us in – was this to be a sign of things to come?

Hosted by Engineers Sydney Toastmasters Club and chaired by Debbie Tibbles (Hawkesbury Division Governor) the programme got off to a flying start. We were so wonderfully entertained by the Humorous Speech Contest with seven participants whose speeches took us on a journey.

We discovered that a more humane GPS system could

have us laughing, maybe all the way to the Blood Bank where behaviours can have a donor blackballed; from the adventures of Indiana Jones the fearsome neighbourhood cat to the worlds of parenting and shopping with children, to the linguistic idiosyncracies encountered by immigrants, the grey excitement of a day in the life of an accountant, and the sorrows of the Single but Searching woman. Great speeches and I am sure that the judges found it difficult to make their choice.

Congratulations to the winner Dale Rees-Bevan of Magnificent Mosman, Area 10 and the runner-up Jan Vecchio of Balgowlah RSL, Area 22.

The second half of the afternoon, after tea and muffins, was taken up with the Table Topics Contest with the topic "Feelings are Chosen".

Congratulations to Alison Dubos of Chandos Challengers, Area 47 who won the Contest. Terri Nixon of our own Chatswood

Communicators was placed second. As Megan Ash says : "There's only one place to be and that's first". So, sadly, we're not in the District Contest in November.

A great and well-organised contest with grateful thanks to all involved.



Picture (top left): Terri Nixon receiving her 2nd Place award with Debbie Tibbles, HDiv Gov and Philip Bendeich, LGET
Picture (above): Terri Nixon, in action!

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Upcoming Events

- **SpeechCraft—Tuesdays, each week from 13 Oct to Nov 17**
Your assistance is required!
- **Club Meetings—14th & 28th October**
- **District 70 Semi Annual Conference**
13th to 15th November 2009
Download registration at www.d70toastmasters.org/whats_on.htm#DistrictConf
- **District 70 Sunday Seminar**
11th October 2009 1pm—4pm FREE
Email: seminars@d70toastmasters.org

6 Questions.

We asked member David Williams 6 questions. Here's what he had to say.

What are you reading right now? Give us a 30 sec synopsis.

Beyondblue's National survey of adolescent mental health. Beyondblue is the national depression initiative. Beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia. I will shortly be giving a mini workshop

and lecture to GPs on anxiety and depression in adolescents.

What are you working on right now?

Working on completing my book which is currently in second draft. I hope to finish it today. It's called "My Success with Less Stress" and is all about active acceptance. I am also finishing my new website called "Growth Whisperers" which will tie in with the book and will launch a famous career for me!

" I respect and admire what he stood for in terms of giving disadvantaged people a voice and having more opportunity in their lives. "

When did you last leave Sydney and where did you go?

Left Sydney two weekends ago. We went off to Avoca, where we rent a holiday home with another family. We've been doing it for the last 4 or 5 years now every October school holidays. I'm still on holidays with the family!

Who is your greatest influence and why?

Martin Luther King is one of many people who have influenced my life. He is the first person that comes to mind. For me, he symbolises making a difference in the world. I respect and admire what he stood for in terms of giving disadvantaged people a voice and having more opportunity in their lives. I understand and appreciate his visions for the world.

Why did you join Toastmasters and what keeps you coming back?

I intentionally sought out a cost effective place where I can practice parts of my workshops that I can sell from the stage. Joining was part of a vision for myself going forward for 2010. I needed an environment in which I could learn and improve. I keep coming back for the opportunity to practice.

What was your last Toastmasters assignment and what did you learn?

I presented an evaluation. I learnt that I need to improve in my ability to keep a coherent structure whilst giving a less prepared presentation, to make it clear enough for an audience to capture what I'm trying to say.

Committee Meeting Update

At our last executive committee meeting held in September, we discussed the following issues...

Chatswood Communicators to provide a small financial contribution to support to Koori Toastmasters, ensuring this club continues into the future.

Chatswood Communicators subsidises members to attend Hawkesbury division contests.

Video recording of speeches—members to decide whether they want their speech recorded or not. The Toastmaster on the evening will let the camera operator know and allow for time of disk changeover.

Club Library—members to vote in next business meeting on whether library is to be disbanded and if not, vote on each member being allocated a meeting in the year in which to operate the Library.

Christmas Meeting—held on 2nd December 2009. Venue TBC.

Club Website—all members encouraged to visit and view the site. Members to vote on whether they want more resources available on the website.

Club Laptop—due to some concerns with operational efficiency, consideration currently being given to replacing the computer and issues are being investigated.



Awards Board



Meeting #584 September 9th

Best Speaker: Meaghan Blackwell

Best Evaluator: Graham Stoney

Best Table Topics: Toni Eatts

Best Assignment: Robyn Greaves

Meeting # 585 September 23rd

Best Speaker: Jo Buckman

Best Evaluator: Toni Eatts

Best Table Topics: Megan Ash

Best Assignment: Robyn Greaves

Mastering the Laugh

The club humorous speech contest is over for another year. Whilst we had quite a few entrants, what was stopping you from entering? Fear? Think you're not funny?

Even if you feel that you don't have a funny bone in your body, there is hope. Start small. Add a funny line or two to memos and work your way up to sharing short stories over the cubicle wall. Once people begin to see that you do have a humorous side, you can expand your repertoire until you're adding funny quotes to your presentations. Look for opportunities to exercise spontaneous wit and show off your light hearted talents. You may find that taking a class in improvisational theatre will help arm you for such opportunities. Keep this up and before you know it, you'll be adding humour to your speaking arsenal and you'll become one of the outstanding presenters in your business.

Humour has many benefits. It can:

- Help establish a bond with the audience
- Win over a hostile audience
- Keep the audience interested

- Emphasize or illustrate a point
 - Help people remember you
- Here are some tips:

Be yourself. Think about what types of humor you appreciate, then create a library of such items. Don't like jokes? Try a humorous anecdote or a witty observation from your own life.

It's OK to be mildly amusing, rather than eye-dabblingly funny.

Use humour sparingly, like a spice. At first, try using a humorous opener to your speech. A quote or offhand observation can be a good icebreaker.

Keep it relevant to your speech topic.

Avoid retelling jokes found on the Internet. Chances are good others have already heard or seen them.

Keep it clean! Humour is supposed to make people feel good – not embarrassed, insulted or offended.

Make it readily identifiable as humour. But in case no one laughs, prepare a comment in advance or just move on.

Keep it appropriate to the audience and the situation.

Self-effacing humour is safe – a little of it goes a long way. The audience would rather hear about the time you fell on your face than when you won the race.

Work on your delivery. Practice using vocal variety and gestures.

Timing is everything! Pause before the punch line.

“ Even if you feel that you don't have a funny bone in your body, there is hope. ”

This information was compiled from articles at www.toastmasters.org

**We're on the web:
www.chatswoodtm.org.au**

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Meeting Venue: Club Willoughby, 26 Crabbes Avenue,
Willoughby NSW 2068

Meeting Dates: 7PM, 2nd & 4th Wednesday of the Month

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which each member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

Published by: Graham Stoney, President
Edited by: Naomi Rosenthal, Vice President Public Relations

Member News: what we did outside the Club this month.



Raising money for MS Society

Held: 27th Sept

Naomi Rosenthal completed the Sydney Spring Cycle, riding 50km from North Sydney Oval to Sydney Olympic Park. She raised \$1,160 for the MS Society.

Festival of Dangerous Ideas— Soapbox

Held: 3rd Oct

The festival kicked off with a soapbox-style speaking competition on the steps of the Opera House, designed to hurl contentious topics into the public arena. The judges and helpers for the event were provided by our District 70 and a number of members participated in the day. There are many opportunities to participate and learn from activities outside the club environment. This type of event also raises the public profile of Toastmasters and shows our support for community activities.



Donna Pace, ACS D70 Public Relations Officer on the soapbox.

How to contribute to your newsletter.

1. Think of a story or article you'd like to let people know about.
2. Write about 150—200 words on your chosen topic.
3. Email your finished article to: vppr@chatswoodtm.org.au before the end of the month.
4. See your article in print for all members to enjoy and learn.

FREE MOVIE NIGHT

Wednesday 4th November 2009

Greater Union George St Sydney

Michael Moore's

CAPITALISM: A LOVE STORY

Download the flyer and details from our website:

www.chatswoodtm.org.au/newsletter

Register by email:

PRO@D70toastmasters.org