



We are always very pleased to welcome our guests and encourage them to come back and see us again and for some to join our Speechcraft Course (for details see our website at www.parramattatm.org.au – Short Courses) and others to join our Toastmasters Club or one nearer to their home.

District 70

Parramatta Toastmasters

Special thank you goes to Linda Snalam, VPE, who works very hard ensuring our Speechcraft Program is run efficiently. Linda answers enquiries for the course promptly and efficiently. Well done Linda you are very much appreciated and valued by Parramatta Toastmasters Club.

“Work Life Balance”

Meeting No. 1190

The lovely, **Christine Pizzuti**, Sergeant at Arms, called the meeting to order by organising Toastmasters and visitors into a well balanced group.

The Opening was presented by **Sam Ekinci**, President. Sam said his son wants more money and time for himself in relation to a work life balance; however, his son is unemployed!

Program changes were provided by **Linda Snalam**, Vice President of Education, there was only 1 change to the program that of Daniel Tucker taking on the role of the CL Evaluator, thank you Daniel.

Chairman 1, was attractive Toastmaster, **Kirisha Thanapalasantheram**. Kirisha handled the role with wit and her usual confident charm. She also advised us that 1 in 3 Australian's have flexible work hours with their employer. (I happen to be one of the other two!).

The welcome was given by **Michelle Hunt**. Michelle enthusiastically introduced our visitors and made them all feel very much at ease.

Point of View given by **Melanie Wilson**, told us she got some information from googling news about Work Life Balance. Melanie said that 10 hours of sitting per day increases our chance of death! Does this mean when we are speaking at toastmasters we should move around the stage a lot?

John Taylor provided us with a fantastic Inspirational about people supporting others. He told us that he saw a young man talking to an elderly homeless man. This young man was not preaching to him but listening and supporting him. He gave thanks to volunteers helping others.

Toast was given by **Mark Pankhurst**. Mark's toast was to volunteers in our society and how hard and difficult it was to find the time to volunteer.

Work Life Balance - a juggling act!

Sam Ekinici, President, conducted the Member Induction to two (2) new members this evening. Welcome to new members, David Pasipanodya and David King. They were sponsored by Ian Chick. We look forward to hearing Ice Breaker speeches from both David's soon.

Table Topic Master, **David Griffiths** gave a well balanced performance providing table topics with a difference. David divided each topic into 2 by having 2 speakers – the first speaker was the emotional speaker and the second was the structured speaker. It lead to some very interesting speeches from our speakers.

Topic 1 – Cats or Dogs?

'Of course its dogs' said dog lover **Wendy Nielsen**, first speaker.

Robyn Peck, second speaker, told us that anyone wanting to own a living thing, i.e. dog, cat or partner, should apply for a licence and be screened. She believes people need to be in the right mind and knowledgeable to own a living thing.

Topic 2 – Sweet or Savoury?

Christine Pizzuti – first speaker, told us she doesn't really like sweets but loves to watch people eating them!

'I like Tiramisu, sweets are tantalizing to the taste' said second speaker, **Sam Ekinici**.

Many thanks to **Suben Subenthiran** whose photographs are used in this issue of the Parra Natta.



Sam Ekinici, welcoming new Toastmasters – David King and David Pasipanodya

SPECIAL INFORMATION:

- If you require the use of a projector Parramatta Toastmasters have 1 on call – please give 48 hours notice and contact our Sergeant at Arms – Christine Pizzuti – email: saa@parramattatm.org.au
- There are resources available from the Club Library, - books and cassettes - please check out our club website to view what's available to help you
- Please be sure to read the minutes of our club meeting which can be found at <http://www.parramattatm.org.au/introducing club.htm>.

REMEMBER TO BRING ALONG YOUR CL MANUAL TO EVERY MEETING

PLEASE EMAIL OR RING IF YOU CAN'T ATTEND A MEETING!

Work Life Balance - a bit like Eat, Pray, Love

Table Topics continued ...

Topic 3 – Music or Lyrics?

First speaker, **Suzanne Berkeley** said she goes with the beat, listens to the music doesn't worry about the lyrics.

Jeevan Jayanathan, second speaker told us that in his opinion music and lyrics go together. Choose both to be intellectually and emotionally inspired.

Topic 4 – Butter or Margarine?

Mark Pankhurst, first speaker definitely went for the butter. Mark told us to leave the margarine in the chemical factory!

'Go for the butter' said second speaker, **David Pasipanodya** our new Toastmaster this evening. He then explained that vegetarians should go for the margarine – preferably olive oil marg and meat eaters should go for the butter as it's from an animal. Thank you David for that wonderful insight!

Topic 5 – Beauty, brains or brawn?

First speaker, new Toastmaster, **David King** said it has to be beauty. He said when you're young it's beauty, when you get older it's the brains but in all honesty he believes we should go for the beauty.

Elizabeth Wilson, second speaker said that 'beauty was in the eye of the beholder'. Brains can achieve so much, brawn climbs up ladders and changes light bulbs. Elizabeth told us to be ourselves. Very enlightening Elizabeth thanks for the tips!



Brawn - climbs ladders & changes light bulbs!

Special Welcome to visitors for Meeting No. 1190 - 6 October 2011

Daniel Tucker – Toastmaster Happy Hunters Hill

Sam Beydoun – first time visitor

Mehra Jafari – first time visitor

Hassan Alzahab – first time visitor

Lex Ducker – first time visitor

David Pasipanodya – Regular visitor and being inducted as a new Toastmaster Member tonight

David King – Ex Speechcrafter and being inducted as a new Toastmaster Member tonight

WE LOVE GUESTS – INVITE YOUR FRIENDS AND FAMILY

Come along and enjoy a night at Toastmasters. Where you can have a meal and relax. You may even learn something along the way.

Table Topics continued ...

Table Topic Evaluators were:

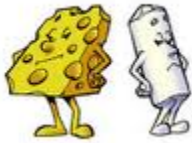
Gary Wilson evaluating the first speakers (emotional speakers)

Gary gave a very funny and thorough evaluation of each speaker using his own very special and polished flair!

Some fun was had between **Gary Wilson and David Griffiths** as Gary mentioned he was 'a boring old fart' whilst trying to provide us with insight into how not to open a speech. Gary told David that he was a brainless airline pilot to which David responded that Gary was a boring old fart!

Ian Chick evaluating the second speakers (structured speakers)

Ian was not to be messed with and provided each speaker with a well balanced evaluation. Luckily there was no mention of chillies throughout his evaluation; Ian only mentioned that he saw chalk and cheese here tonight!



Chairman 2 – Ron Marriott. Ron handling his role with confidence and ease and effortlessly managed to take us through all aspects of this part of the program.

Peter Steinhour, General Evaluator for the evening. Peter praised all the Toastmasters for doing such an excellent job in their roles. He also said that Gary Wilson was not old!

Parliamentarian – **Suzanne Berkeley** gave an in-depth appraisal of Chairman 2 and the motion.

Jeeven Jayanathan, Larfmaster for the evening told us some jokes and got some laughs and giggles.



Need a nickname

We now have several David's in Parramatta Toastmasters Club as a result of two new David's joining us tonight.

David Griffiths said he is using "Big D" – sorry guy's Big D's taken!

Perhaps we could use:

Big D
Middle D and
Little D?

Or
Dave
Davy and
David?

Or David 1
David 2 and
David 3?
To identify each David?

Any suggestions from other Toastmasters?



And now for the speeches ...

Wendy Nielsen, Toastmaster told us that this was her favourite part of the evening. Wendy introduced each speaker with her own enthusiastic heart warming style.

Speaker 1 – Steven Cox - “WLBT”. Steven told us about the time was pulled over by the police. He was asked to do the ‘WLBT’ – work life balance test. He didn’t pass but decided it was time he needed to get his life back into order. Good choice Steven.

Speaker 2 – Barbara Beveridge – “Dogs Rule”. Barbara mentioned that throughout her life dog’s ruled. She told some jokes and stories about dogs in general and sang “Who let the dogs out?”

Speaker 3 – Suben Subenthiran – “Left Brain or Right Brain”. Suben made no bones about telling us which side of the brain we use most. Right Brain people are logical and usually non-verbal types whilst left brain people are usually intuitive and verbal ones. Suben was very informative and provided us all with food for thought.

Speaker 4 – Lyndal Eager – “Faster Responses to Medical Emergencies in the Workplace”. Lyndal got us all involved with flyer she handed out, the questions she asked in her discussion about stroke. She even managed to get everyone to poke their tongues out for the sake of our health! Thanks Lyndal for providing us with valuable information on how to identify a stroke victim and what we can do to save a person’s life.

Speaker 5 – Linda Clark – “Passion”. Linda spoke about how she is involved in standardising hospital equipment. She is helping with the biggest contract taken to standardise 12,000 pumps in NSW Public Hospitals. Linda was passionate about her involvement in the changes being made. Another very informative speech, thank you Linda.

Peter Steinhour, General Evaluator. It was another excellent evaluation from Peter who can make us laugh with his straight faced humour!

Sensational evaluations were given by:

Elizabeth Wilson for Steven Cox. Elizabeth told Steven he did a great job, he used no notes, has talent and used creativity throughout his speech.

Ian Chick for Barbara Beveridge. Ian gave good advice to Barbara telling her to give 2 serious points then a twist and to use a stronger ending.

Sam Ekinici for Suben Subenthiran. Sam delivered his evaluation using the left brain approach; he told Suben he used a logical and confidence approach to his speech.

Cheryl Piper for Lyndal Eager. Cheryl told Lyndal she grabbed everyone’s attention, got us all involved and used good visual aids with lots of gestures.

Robyn Peck for Linda Clark. Robyn gave good suggestions to Linda to use a power point presentation or chart to illustrate all the different hospitals she had visited.

Top 3 causes of death worldwide are:

1. Heart Disease
2. Stroke
3. Cancer

Stroke is a big killer.

Remember – FASTER to help recognise a stroke victim:

Face - can the person smile? Has their mouth drooped?

Arms and hand grip - can the person raise both arms?

Speech slurred - can the person speak clearly and understand what you say?

Time – to call 000.

Tongue (get them to poke out their tongue if it goes to the side they have had a stroke)

Eyes – has the person's eye drooped?

Rescue – need to get the person to hospital quickly.

You can prevent a stroke from happening by:

Stopping Smoking and drinking

You are twice as likely to have a stroke if you smoke.

Smoking causes your arteries to fur up and makes a blood clot more likely. So stopping smoking is one of the most important things you can do to reduce your risk of stroke.

Drinking too much alcohol can also increase your blood pressure.

Binge drinking (more than six units of alcohol within six hours) in particular can cause your blood pressure to increase rapidly which greatly increases the risk of a stroke.

Don't drink every day or exceed the recommended limits.

- Women should not drink more than two to three units of alcohol a day (if you are pregnant, you should not drink at all).
- Men should have no more than three to four units a day.
- A unit of alcohol is a small glass of wine, a single measure of spirits or half a pint of weak beer or lager.

The Winners were ...

Christine Pizzuti presented the **awards** to:



Best Table Topic Speaker – **Elizabeth Wilson**

Best Speaker – **Lyndal Eager**

Best Evaluator – **Sam Ekinci.**

The Stirrers Spoon went to **Melanie Wilson.**



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The meeting was then closed by **Sam Ekinci**, who invited members and guests to stay for a drink and a chat.



WHAT'S HAPPENING

COMING EVENTS

11 October 2011, Speechcraft Course commences. All Toastmasters wanting to assist please contact Ron Marriott or email speechcraft@parramattatm.org.au as soon as possible for a role.

20 October 2011, Meeting No. 1191, Lessons of Life. Come along and join in the fun – any member not attending please email Linda Snalam, VPE at vpe@parramattatm.org.au as soon as possible.

1 December 2011, International Speech Contest.
At Parramatta RSL Club. This will be a terrific evening, not one to be missed. If you are interested please email Linda Snalam, VPE at vpe@parramattatm.org.au.

19 January 2012, Evaluation Contest – again a major event. Don't miss this meeting!
any member not attending please email Linda Snalam, VPE at vpe@parramattatm.org.au as soon as possible.

PARRAMATTA TOASTMASTERS

Meet fortnightly on the 1st and 3rd

Thursdays of each month, in the Linden
Room of the Parramatta RSL, O'Connell St,
Parramatta.

6pm for a 6.30 pm start. Dinner is available
during the meeting. Guests and visits are
always welcome.

Come along and enjoy a great night of
learning and entertainment.

Enquiries/Correspondence:

Send to:
PO Box 632, PARRAMATTA NSW 2124
AUSTRALIA
Email: info@parramatta.org.au