



Welcome to Meeting 1207

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 your home.

District 70

Parramatta Toastmasters

Tonight's Theme: "Talented Table Topics"



John Taylor was our stand in Sergeant at Arms for **Christine Pizzuti**. John is a talented Toastmaster and filled this role very professionally tonight; making sure everyone was ready for tonight's meeting. Great job John!!

Our President, **Sam Ekinci**, conducted the Opening. Tonight Sam told us about his day. He went from Parramatta to the City, Campbelltown to Parramatta he did nothing but rush about. Eventually he stopped and took it easy. He then discussed the District Annual Conference at some length and told us about the connection and commitment he found went into such an event. Sam presented **Gary Wilson** with a Certificate of Appreciation for Information and Technology in honour of the work he put in to win the best website award for Parramatta Toastmasters. Gary told us to do something we love and believe in then success will just come to you. Congratulation Gary, you obviously practice what you preach, well done!



Our Vice President of Education, **Linda Snalam**, guided us through the program changes this evening. A superb job was done by Linda, as usual!



Program Changes for tonight given by Linda

Special thank you this week goes to Gary and Elizabeth Wilson for an easy to follow, educational Table Topic Skill Builder and Table Topics Session. "Thank you!"



Welcome to our guests for Meeting No. 1207
24 May 2012

Natalie Greenfield – First time visitor and member of Speechcraft

Ben Fernandez – First time visitor



*Why don't you come along and enjoy a night at
Parramatta Toastmasters. Where you can have a meal,
relax and be entertained
You may even learn something along the way!*

"Talented Table Topics"



Come and join us here at Parramatta Toastmasters Club.



We welcome all new Toastmasters to our group and extend our warmest and best wishes to all newcomers –

Pictures and images in this edition of the Parra Natta were provided via Google by Barbara Beveridge, VPPR.

If you have any news or an article for the Parra Natta please email Barbara Beveridge, VPPR – vppr@parramattatm.org.au

"Talented Table Topics"

Don't forget to bring your **Competent Leader's Manual** with you to all meetings; you may have a role that can be signed off on.

Remember to advise us if you can't attend a meeting, call or email the VPE, **Linda Snalam** - vpe@parramattatm.org.au .

Please read our Club's Minutes go to – <http://www.parramattatm.org.au/introducingclub.htm>.

If you are interested in the Speechcraft Course run by Parramatta Toastmasters Club please go to – <http://www.parramattatm.org.au/speechcraft.htm>

Are you afraid to speak before a group of people?

TOASTMASTERS CAN HELP!



- ✓ Develop better speaking and presenting skills
- ✓ Build Strong Leadership & Mentoring Skills
- ✓ Learn to Think Quickly & Clearly on Your Feet
- ✓ Open Doors in Your Personal & Professional Life

Fearful?

Come along to a Speechcraft Course and learn from Toastmasters!

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



"Talented Table Topics"

Chairman 1 – John Nichols. A very confident John Nichols did a great job as Chairman 1. He told us about driving to the City from Parramatta and how driving 50 klms to work can take up to 2 hours. Sydney's traffic is getting worse. That's for sure John!

John told us a quote: The last of human freedoms - the ability to choose one's attitude in a given set of circumstances. [Viktor E. Frankl.](#)

John also said that Table Topics is the greatest of all public speaking skills.



Sydney's traffic!

Giving the **Welcome** tonight was **Stephen Cox.** Stephen gave a fantastic welcome to our two guests tonight, Natalie Greenfield and Ben Fernandez. He told Ben we would help to pull him out of his shell. Well done Stephen for the encouragement to you our visitors!



Toastmasters will help get you out of your shell!

The Toast was proudly given by **Monique Tonna.** Monique gave the toast to the Cancer Foundation for a fighting spirit. Lovely toast Monique, thank you.





"Talented Table Topics"

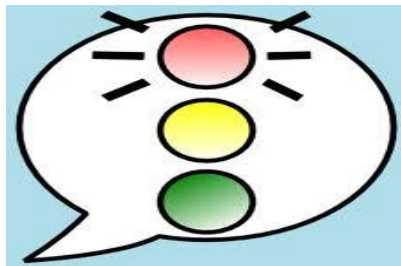
Table Topic Skill Builder & Table Topics

Hosted by Elizabeth and Gary Wilson.

Elizabeth gave us some truly helpful advice about Table Topics and covered the skill builder presentation with enthusiasm. She gave encouragement to all Toastmasters to enter the up and coming Table Topic Contest.

She told us:

The Table Topic contest requires contestants to present a topic for 2 minutes. Minimum time is 1 minute and maximum is 2 minutes 30 seconds. Outside those limits a contestant will be disqualified. A green light is shown at 1 minute, an orange at 1.30 minutes and a red at 2 minutes. No further timing is given.



Watch the lights for your time!

Contestants and contest personnel are requested to attend a briefing prior to the contest. At the briefing contestants draw for speaking positions.

When the contest is due to start the Sergeant at Arms will escort all the contestants from the room, one at a time, and given the topic both verbally and in writing, left on the lectern. All contestants are given the same topic which can be a word or a phrase.

When it is your turn to speak, your name is announced as you walk up to the speaking position. The Toastmaster then announces the topic twice then repeats your name before leading the applause.

Club members who are in the contest are the judges. They all use the T1 Table Topic Judges Guide and Ballot.

All participants receive a Certificate of Appreciation for joining in. 1st, 2nd and 3rd place winners are announced and given certificates as well as trophies.

The criterion for judging is in five sections:

Speech Development: 30%

This includes opening body and conclusion and whether the answer is supported by relevant anecdotes, facts and/or information and presented smoothly.

Effectiveness: 25%

Is the purpose clearly identified and logically presented? Also speaker enthusiasm and audience response is noted here.

Physical: 15%

The speakers' appearance should reinforce the response. Body language should support points through gestures and body positioning, movement.

Voice: 15%

The voice should be of a flexible volume with a variety of tone which can be heard clearly.

Language: 15%

Proper use of grammar and correct pronunciation. Word selection should promote a clear understanding of the thoughts presented and should fit the occasion precisely.

Elizabeth asked if there were any questions.

Yes there were, several, including **Tom Wood's** question of whether his good looks would get him more marks?

Elizabeth also told us to dress the part, looking smart and tidy is worth the effort for a contest.

There are three parts to your answer:

Opening: Pause to collect your thoughts
Don't open with "thank you"
Don't repeat the question
Use a quotation
Or a Rhetorical Question
Or one startling word or phrase

She asked if anyone could think of any others and got answers of:

Be different
Be quirky

Body: Give a reason (why?)
Relevant story
Examples (to give support)
Anecdote
Thoughts
Reason
Development of your point of view

Put more '**meat**' in the middle!

Conclusion: Give a strong conclusion

Echo the opening
Summarise what you said
Re-emphasise the main idea
Motivational response
Rhetorical question
Quotation

Take the opposite point of view.
Use the past, present and future to deliver your story.
Give the before and after picture.
Use who, what, when, where, why and how in your delivery.
Use the PREP method, give your point of view, the reason and examples then summarise your point of view.
Give the problem and solution.
Use Road Safety – don't waffle about and grab onto a point of view.

Gary Wilson then took over and gave the following:

Hints and Tips on how to develop your table topic skills:

Practise vocal skills – download “Your Speaking Voice” in PDF from Toastmasters International Website.

Memorise some quotations.
Borrow some stories from movies, magazines, newspapers or the internet.
Buy time to think by pausing.
Grab attention and establish rapport

Delivery:

What counts, finally, is often not so much what you say as how you say it.
Pause before returning to your seat, accept applause graciously.
Smile and enjoy yourself.
Look confident.
Maintain good eye contact with your audience.

Gary conducted a Table Topic Practice session and asked an array of questions.

Alicia Denis - evaluator for the **odd number speakers**. Alicia gave a very polished evaluation of all her speakers. She promoted confidence to those she evaluated tonight and offered some terrific advice for improvement. Well done Alicia!

Krishna Thanapalasantheram was tonight's evaluator for the **even number speakers**. Krisha is becoming a powerful evaluator and provided great encouragement to her speakers tonight. Thank you Krisha for a great evaluation!

"Talented Table Topics"



Toastmasters, in order to join in our meeting you should become a member of the Parramatta RSL Club. You will need to show your membership card for entry to meetings. Remember this helps our club too and is not just for Toastmasters but for guests too.

Yearly membership is only \$5.50 for one year or \$16.50 for three years.

The Club supports us by waiving room hire though CDSE. Members can also enjoy discount on purchases throughout the club and can use their card to attend Castle Hill RSL Club as well! Now that's value for your money!

We send best wishes to Toastmasters who are sick



and think of fellow Toastmasters who have seriously ill family and friends or who have lost a dear one!



Love to everyone who's hurting out there, we really do care and are thinking of you!

"Talented Table Topics"



Chairman 2 - John Taylor. John told us about his first Table Topic speech and that he just waffled on. He may have waffled on then but he's certainly talented with his table topic answers now. It's all about experience and John has gained lots of that from Toastmasters. Thank you to John for being a 'smooth' Chairman 2 tonight!



John Taylor is Mr Smooth!

A mini **Business Session** then began with our Sergeant at Arms, **Christine Pizzuti**, who told us we had a quorum, 21 members were present this evening. Apologies were then given for members by **Linda Snalam**, Vice President Education for members not attending tonight. **Peter Steinhour**, Secretary, asked for minutes of previous Meetings 1205 and 1206 to be taken as read. There was no correspondence in, only junk mail in the Post Box and there was 1 piece of correspondence out.

Linda Snalam, VPE, told us that a Humour Workshop will be held in our June 7th meeting. The theme is titled "Nothing is impossible"; don't miss this meeting it will be a fun filled and informative night!

Sam Ekinci gave the President's report. The incoming executive committee was being briefed and our final meeting in June will be RSVP only, our VPE, **Linda Snalam** will be in contact with members about that meeting shortly.

Tom Woods said that a Speechcraft Co-ordinator was required for the July Speechcraft Program.

Sam Ekinci thanked John Taylor for standing in a Sergeant at Arms in our first half and that he did well making sure we started on time. He said a great standard was set. Sam also mentioned that **Linda Snalam** did a good job of handling the program changes ensuring everyone was doing their job and looking at delegates when members were away. He said there was no juggling she gave a clear direction of all program changes.

Linda Snalam also thanked **Barbara Beveridge** and **Wendy Nielsen** for stepping in for the Vice President of Membership tonight by welcoming visitors. She also thanked **John Taylor** for being the stand in Sergeant at Arms in the first half of our meeting.



"Talented Table Topics"



Our **General Evaluator – Sam Ekinci** said that **John Nichols**, Chairman 1, has a particular style about him. Sam told us that John has made a subtle change in his presentation and doesn't use a booming voice any longer. **Stephen Cox** did the Welcome tonight; he brought in his own humour and put laughter into his role. **Monique Tonna** gave the Toast and linked a current event into her role, she had style and authority. Sam said that the Table Topic Skill Builder and Table Topic Session was informal and interactive, he got so much out of it. **Gary and Elizabeth Wilson** utilized people into the session that were already present. It was educational, constructive and humorous. Great work everyone in your roles this evening!



Great work everyone!

Parliamentarian was **Ian Lipski**. Ian said that **John Taylor**, as Chairman 1, gave great comments about Table Topics, he gave us a smooth transition was organized and prepared. He told us that John was very succinct and ran the first half of the meeting really well. Ian gave a great evaluation, well done Ian!



Tom Woods - Blog Evaluator. Tom said that Mark Pankhurst's blog had a hint of sarcasm! He believed Mark achieved something by the different roles he has played at Toastmasters by stepping outside of his comfort zone. It was a very inspirational blog. Terrific evaluation given by Tom!



Great blog, Mark!

"Talented Table Topics"



We then had a well deserved break



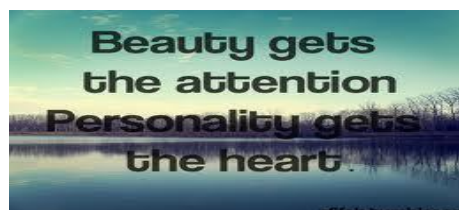
Barbara Beveridge was our **Larfmaster**. Barbara was a tad late back from the break, a result of which led to a lot of banter between Barbara and **Christine Pizzuti** our Sergeant at Arms. A lot of fun was had and a joke told about a Scottish woman who kept moving her car for the snow ploughs to get through, when in fact she didn't need to move it at all because she normally kept it in the garage anyway! Barbara had fun in her role tonight.



Move over, make room for the snow plough!

Time for the speeches ...

Wendy Nielsen - Toastmaster. Wendy is a great Toastmaster and handles this role so wonderfully. She adds her own personality to the role and gives warmth and encouragement to each speaker. Wendy is such a lovely lady!

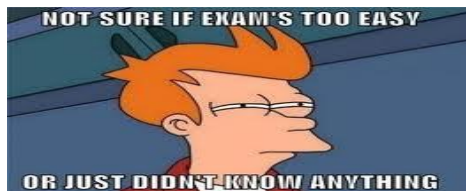


"Talented Table Topics"

First Speaker tonight was Tom Woods – with his speech **"The Memory Aid"**. Tom practiced a speech for work on us tonight. He told us about Memory Aids to help staff in the Corrective Services Department of NSW. There were files and binders full of information to help staff deal with difficult situations. There are steps in place to help provide professionalism in emergency situations. These steps are at their fingertips to help promote faster Nationwide procedures in emergencies. Very well presented speech by Tom, well done!



Second Speaker – Suzanne Berkeley – with her 10th speech titled **"Factors Influencing Tertiary Interest Performance"**. Suzanne told us lots of informative factors tonight. She said if students want to know how they will score in the HSC to look at their performance in Year 9! The mental growth for girls during year 9 – 12 is greater than that of boys. Fantastic information provided by Suzanne, what a great speech!



Third Speaker – Malkit Banwait – with his speech **"A World free from Disease"**. Malkit asked us to imagine if we could live to 100 years of age, free of disease? He told us that pain and suffering need not be, we can help reduce disease and illness by eating right. We need to get more oxygen and obtain antioxidants' from fresh fruit and vegetables. He said we should stop living like patients and to start living like people, take responsibility for our own health. 'Let thy food by thy medicine and thy medicine by thy food'. Now that's food for thought Malkit! Another great speech given tonight by Malkit.



Eat wisely for good health!

"Talented Table Topics"



Wendy Nielsen - Toastmaster. Said that speeches are like a box of chocolates you don't know what you'll get!

General Evaluator – Sam Ekinci. Sam provided an informative evaluation of roles played by Toastmasters this evening. He said that the Larfmaster, **Barbara Beveridge**, showed she had fun and gave us a twist at the end of her joke. Toastmaster, **Wendy Nielsen**, was always original. She is pleasant and personable and did a great job in her role tonight. Thank you to Sam for being General Evaluator tonight.



Thank you Sam for your evaluations!

Our 1st Evaluator –Monique Tonna for Tom Woods. Monique was giving her first evaluation tonight. She told us that Tom's speech was well done; he provided us with visual aids and gave us a clear message. Great first evaluation from Monique!



Visual aids used by Tom

Our 2nd Evaluator – Ron Marriott for Suzanne Berkeley. Ron is an experienced evaluator and didn't disappoint us tonight. He said Suzanne gave an excellent speech and was progressing forward. He said to give us the what, why and how of her speech. Thank you Ron for giving Suzanne great advice to achieve her goal!



Suzanne's speech was excellent!

"Talented Table Topics"



Our 3rd Evaluator was Linda Snalam for Malkit Banwait. Linda told us that Malkit's opening pulled us in. He gave a great persuasive speech. Linda reminded Malkit to remind us of the point of his speech at the end as well as up front. Terrific evaluation from Linda!



Remind us of your point up front and at the end too!

Our CL Evaluator was Stephen Cox. Stephen asked everyone to ensure they had a manual to be marked for their roles during the evening. He told us he only had 1 to grade. Come on Toastmasters see what your doing can be ticked off for the night. Thanks Stephen for grading your 1 CL Manual tonight!



Hand your CL Manuals in to get your role ticked off!

Our Timer was Michelle Hunt. Michelle told us that although we went overtime tonight we managed to run on time! Thank you Michelle, for watching the time tonight.



Michelle watched the time for us tonight

"Talented Table Topics"



Congratulations to tonight's Winners:

Pam McDonald for Best Table Topic Speaker

Malkit Banwait for Best Speaker

Ron Marriott for Best Evaluator

Linda Snalam - Stirrers Spoon



Well done winners!

Club Twit for this meeting is Stephen Cox. Watch out for Steve's tweet, it is sure to be a beauty!

Did you know: Larry Bird, a former star at Indiana State, has three NBA titles with the Boston Celtics, is enshrined in the Hall of Fame and, more recently, has had success as a coach and executive with the Indiana Pacers.

Add another honour to Larry Legend's count. The blue bird that doubles as Twitter's famous logo is named Larry the Bird after the former basketball superstar.

"Talented Table Topics"



Sam Ekinci, our President asked our guest, **Natalie Greenfield** how she had enjoyed her evening. She said that she loved everyone making her feel really welcome.

Sam thought the energy was high tonight and it was a great meeting with a fantastic Skill Builder given by Gary and Elizabeth Wilson.

Sam then invited everyone to stay for a chat and a drink and declared the meeting closed.



Stay for a drink and a chat

For those of you who couldn't attend tonight-

You were very much missed, join us next time!



See you soon!



WHAT'S HAPPENING

COMING EVENTS

7 June 2012, is our next meeting date, the theme is "Nothing is Impossible", any member not attending please email Linda Snalam, VPE at vpe@parramattatm.org.au as soon as possible.

Our Speech Craft Course has commenced, if you can lend a hand and come along please contact Christine Pizzuti at saa@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