



Parra Natta

Theme

Rocky Horror Picture Show

Welcome

We are pleased to welcome our guests

- Tom Cummings
- Alysa McDonald
- Wendy White
- Gus Kewan
- Claire Walker
- Jessica Laxton
- Shivaun Shakya
- Helen Kennedy
- Nitin Kundap

We look forward to your next visit.

Would you like to speak to a member about Parramatta Toastmasters?

Michael Said, the club's Vice-President of Membership is more than happy to take your calls or emails about attending a club meeting or general enquiries about the club

Mobile:
04 19 522 949

Email

VPM@parramattatm.org.au

or Michael Said Email

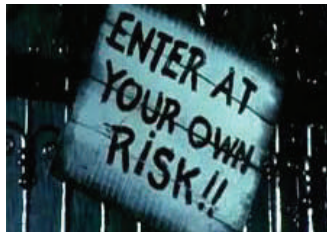
Contact

Do you have goals that you would like to achieve? Contact Kirisha, VPE to discuss your targets at VPE@parramattatm.org.au

Meeting No: 1219

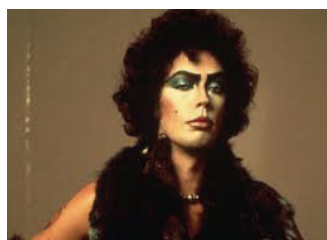
Parramatta Toastmasters Club 2274

A fun night was had by all who attended! We dressed up, debated, danced and laughed! The movie review - For those that are still yet to watch the movie...



A [criminologist](#) narrates the tale of Brad Majors and Janet Weiss, a newly-engaged couple who find themselves lost and with a flat tire on a cold and rainy late November evening. Seeking a phone, Brad and Janet walk to a nearby castle, where they discover a group of strange and outlandish people who are holding an Annual Transylvanian Convention. Brad and Janet watch as the Transylvanians, servants and a tap-dancing [groupie](#) dance the film's signature song, "[Time Warp](#)".

They are soon swept into the world of Dr. Frank-N-Furter, a self-proclaimed "Sweet [Transvestite](#) from Transsexual, Transylva-



nia". The ensemble of convention attendees also includes servants

Riff Raff, his sister Magenta, and a groupie named Columbia.

Frank claims to have discovered the "secret to life itself". His creation, Rocky Horror, is brought to life. The ensuing celebration is soon interrupted by Eddie, an ex-delivery boy, partial brain donor to Rocky, and Columbia's lover, who rides out of a deep freeze on a motorcycle. In a jealous rage, Frank corners him and kills him with an [ice axe](#). He then departs with Rocky to a



bridal suite off of the laboratory.

After discovering that his creation is missing, Frank, Brad and Riff Raff return to the lab, where Frank learns that an intruder has entered the building. Dr. Everett Scott, Brad and Janet's old high school science teacher, has come looking for his nephew, Eddie, but Frank suspects that Dr. Scott investigates [UFOs](#) for the government. Upon learning of Brad and Janet's

connection to Scott, Frank suspects them of working for him. Frank, Dr. Scott, Brad, and Riff Raff then discover Janet and Rocky together under the sheets in Rocky's birth tank, upsetting Frank and Brad.



Rocky and the guests are served dinner, which they soon realise has been prepared from Eddie's mutilated body. Janet runs screaming into Rocky's arms and is slapped and chased through the halls of the castle by a jealous Frank. Janet, Brad, Dr. Scott, Rocky and Columbia all meet in Frank's lab, where Frank captures them with the [Medusa](#) Transducer, transforming them into statues. They are then forced to perform a live cabaret floor show.

More chaos ensues and the narrator finally concludes that the human race is equivalent to insects crawling on the planet's surface.



A night to remember—Rocky Horror Picture Show Picture Album



Memorable Comments

1. Transvestites are people with deep emotional problems.
2. Hot Patooti bless my soul.
3. Transvestites have access to 100% of clothing.
4. When your ugly and interesting no-one cares where your going.
5. Normal is boring.
6. Coming from the Grammarian – “grammar and I don’t get along!”

Award Winners

Best Table Topics

Wendy White and
Christine Pizzuti

Best Speech

Tom Woods

Best Evaluator

Alicia Denis

Find us on



Contact

To share any exciting news or to submit an article for Parra Natta, contact Jeeven Jayanathan VPPR vppr@parramattatm.org.au



Riff Raff's Tid Bits (table topics)

Riff Raff had us debating two questions tonight:

1. Do Transvestites have more fun?

On the affirmative were Steven Cox and Christine Pizzuti, arguing against were John Bright and Michelle Hunt.

Final call – NO they don't.

Setting goals and why it can fail!

2. Is it better to be ugly and interesting, or beautiful and dull?

Arguing ugly and interesting is best was Wendy White and Mrinal Sarkar, and arguing for those who are beautiful and dull were Ron Marriott and John.

Final call – Even Stevens.

- Recollection by Monique Tonma

For those of you that weren't at the semi-annual conference on the weekend, below are notes taken at the educational presented by Dale Reese-Bevan on Sunday morning.

The direction of the goal

Approach goals vs. avoidance goal.

The greater the number of avoidance goals the more susceptible to lower self-esteem and depression.

For example, when dieting, the avoidance goals is focusing on what you cannot eat.

The type of goal

Outcome goals refer to an achievement out of your control.

Performance goals are achievements within your control.

Process goals are the smaller steps that you help you achieve a performance goal, all within your control.

For example, a performance goal is losing 5 kg's in a month, and the process goals within that could be exercising 3 times a week and not drinking alcohol.

Too much at once

Taking on a big change = STRESS.

We live in our comfort zones and setting new goals will generally be outside this zone.

The # 1 reason why New Year's resolutions fail is because people try setting too many goals. It's better to set one goal and achieve, then to set 20 and not.

Examine the base line you are currently

at and then as you achieve goals, re-examine that base line and re-set it.

For example, do you normally go to the gym? If the answer is no, then you probably won't start going 5 times a week continually. Instead, set yourself up for success. Begin going once a week for a week, then increase to twice a week and etc, until it becomes part of normal weekly timetable.

Lack of monitoring

Monitoring is one of the keys to successful goal achievement because it creates and increased focus in what you are doing.

For example, if you want to start eating healthier, write down everything you eat so you can monitor how often you cheat and what your 'comfort' food is. You may not be cheating as often as you think!

Implementation intentions

Set your goal intentions and write it down. Commit to writing it or tell someone else your goal – you'll be more likely to stick to it.

So as you all consider your New Year's resolutions remember.....write them down, tell somebody and BE REALSITC!

Plan them out each step at a time and acknowledge the smaller wins – they don't need to be achieved by the 2nd January!



Join Us For Our Next Meeting

15 November 2012—Lest We Forget