



PARRA NATTA

Newsletter of Parramatta Toastmasters Club No 2274, Area 13, Western Division, Dist.70

Meeting no 1257

6 Mar 2014

THEME

'HEROES'

AWARDS

◆ Best Speech

Kim Gosper

◆ Best Table Topic

Elizabeth Wilson

◆ Best Evaluator

Gary Wilson

WELCOME VISITORS

Alan Thomson

Mahdi

Wan Lam

Victoria Kilby

Nitin Kundaya

Nicole Ghammon

Karl Periera

Francais Sayegh

Onah

The Mission

of a Toastmasters club is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Contact

To share any exciting news or to submit an article for Parra Natta, contact:

Malkit Banwait

Vice President for
Public Relations at:

vppr@parramattatm.org.au

Rookie Tom Cummins Wins Area 13 International Speech Contest!



Tom Cummins (1st Place representing Parramatta) and
Wendy Nielsen (3rd Place representing Parramatta Pioneers)

2005 World Champion of Public Speaking Lance Miller, said that he competed and lost for 13 years at the International Speech Contests, before winning the World Championship in 2005.

In our Club we have another Lance Miller in the making. However, judging by his recent performance, our rookie Tom Cummins may not have to wait that long before he is crowned a world champion. Having joined the club only last April, he has already won the Area contest, held at Parramatta RSL club on Sat 1 March.

In his first ever attempt at a Club International Speech Competition, he was runner

up to David Griffiths, a past District70 champion. And that's no mean feat!

But when David could not make it to the Area comp due to work commitment, Tom stepped up to take his place. When asked how he felt Tom said 'I didn't really expect to come second in the club contest (especially with such a strong club like ours) let alone be competing in the Area Comp'.

'But I enjoyed it immensely just taking part. Writing the speech as well as delivering it. Winning of course is the icing on the cake. I will now give it my best shot at (cont.)

Area 13 Contest

(cont) . . . at the next level, the Western Division contest, as I represent our Club and Area. Pictured above with Tom is another one of our members one of our club members Wendy Nielsen. Congratulations and Well Done Tom & Wendy and good luck Tom at the next round.

In the Area 13 Speech Evaluation Contest the winner, runners up 1 & 2 were all members of our club. How good is that? Congratulations and Well Done Wendy, Ron and Michael. And good luck Wendy at the next round. There will be lots of familiar faces in the audience to encourage you as you battle it out.



Wendy Nielsen (1st for Parramatta Pioneers), Ron Marriott (2nd for Western Gourmet) and Michael Said (3rd for Parramatta)

HEROES

by Ian Lipski

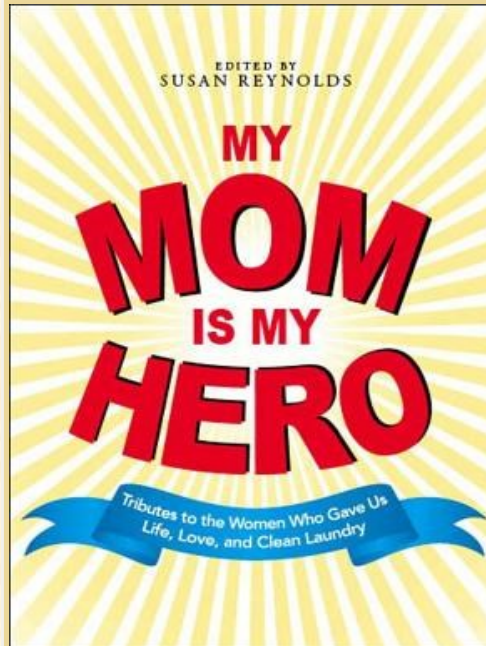
The meeting theme Heroes was evident throughout the meeting.

The presenters spoke about speakers had all types of Heroes including family role models, famous public figures and people who are important to them.

The Google definition of a Hero is “a person, typically a man, who is admired for their courage, outstanding achievements, or noble qualities.” Ignoring the Google definition’s statement that a Hero is typically a man opens up the field of potential heroes to be men, women, heroes from mythology, comic book characters and the list goes on.

For my own Hero I have no further to

look than my own mother. Arriving in Australia in 1960 from Poland to start a new life in Australia with a family of four – Dad, Mum and my younger brother. My Mum eventually had her hands very full with the arrival of a third brother



followed later by a set of twin boys.

My Mum is my hero because she has been there through the highs and the lows to provide support when necessary and to have the difficult conversations

when required. I admire her courage, her tenacity, her love for life and for her values. Today at 80+ years of age my Mum lives a full life looking after her home, doing the gardening and looking after her pet dog.

She also attends classes at the University of the 3rd Age (U3A) with her senior citizen friends to learn Italian, play Mah-jong, do Tai-Chi and computer class (although she’s given up the computer class because it’s too boring – she is already adept at using the computer). In addition to cooking, knitting, reading and entertaining she doesn’t have much time for much else. Mum is supposed to be retired (at least from work but not from living life), it’s often the case that one has to make a booking to get onto the calendar to visit her.

There are many extraordinary individuals in this world that we can consider to be a Hero. **My Mum is one of them.**

'The Biggest Winner'

By Desiree Eddigehausen

I would like to compare our Toastmasters journey with that of "The Biggest Loser" TV program. The contestants have to muster a lot of courage to enter the competition. They set themselves goals to lose as much weight as they possibly can. There is a lot of blood, sweat and tears that goes into their efforts.

The journey can sometimes be arduous and challenging, and they often want to give up along the way as they "crush" under the pressure. When they haven't lost enough weight on weekly weigh-ins, they become despondent and maybe wonder whether their efforts are worth it, and whether it is all in vain.



Putting ourselves in their shoes, it must be extremely embarrassing having to reveal their bodies, as well as their weight on national TV, yet they courageously put themselves out there. Once the contestants have reached their goal weight it is so rewarding for them, and



their efforts are paid off in more ways than one.

The achievement gives them greater confidence and they do their loved so proud. At the end of their journey they feel fit and healthy and ready to take on the world. So it is on our journey with Toastmasters. We have to pluck up a lot of courage to go on stage and speak in front of an audience.

For some of us it is the very first time and can be daunting, as well as a real challenge. We can be our worst enemy, not giving ourselves enough praise on what others perceive to be a great achievement. Others might say "well done" after we have given our speech. In the back of our minds we are thinking "I bet they just said it to make me feel better".

We might continue putting negative thoughts in our minds that we are

not good enough, and are not worthy of being part of the Parramatta Toastmasters group. Sometimes we wish the floor beneath us could swallow us up when we deliver a speech or table topic that goes wrong. We only see ourselves going backwards and feel so despondent that we want to give up. We are continuously comparing ourselves to our experienced fellow Toastmasters and can't see ourselves ever reaching their level.



We might often forget that they were where we are now. Rome was not built in a day and we have to take one baby step at a time. As we change our attitude to one of positivity, so will our speeches improve, and our confidence will soar as we continue to grow on our Toastmasters journey.

We will reach heights we never thought we could achieve. All it takes is a belief in oneself, a positive outlook and some effort, and the sky will be our limit.

What Happened at Our Last Meeting?



Tom Woods Welcoming Our Visitors.

What a great meeting we had on 6th March. The meeting theme was **Heroes** and all evening we were treated to heroes. Who was important to whom, and why they were an inspiration.

Heroes are abound in our lives, both fictional and real, inspiring and motivating through the ages. Our Chairman **Linda Said's** Hero is her Auntie Charlie – who at 80 years of age still plays tennis!

The men who walked on the moon were an inspiration to **John New**. We were asked “well – who is supporting them?” A question well asked, and to be pondered - who supports the heroes?



Gary Wilson Winner of Best Evaluator Giving Positive Feedback to Ron M.

Our Table Topics session was run by **Michael Said**. And in true toastmaster fashion, all his questions were around the meeting theme. John New was asked about sporting heroes. He thinks they are viewed as heroes for their natural talent and self-discipline.

Judith Durham is certainly a hero for **Melanie** Wilson. She feels even though Judith is such a music success, she is inspirational due to her humble approach to her success, and that particular “X” factor that she has.

Comparing heroes – firefighters to sporting heroes, **Ian Lipski** was asked to comment. Ian's response was they were both inspirational – humble leaders in the community and both working in a team environment where the success of the group was a greater concern than the individual contribution.



Our newest member **Kumi** was asked a curly question – Why is Donald Trump a hero? Kumi responded that he loves money, but that she really didn't like his hair! Michael Said responded at the conclusion of Kumi's response that “Greed Is Good!” What motivates some people!!!

I loved **Alicia's** question regarding a childhood hero. Alicia told the story of a fictional book character Heidi – a little girl who lived in the Swiss Alps raised by her Grandfather. Her drive and determination was a motivator to the young Alicia.

Princess Alice was the heroine for **Elizabeth** Wilson. She was the Queens mother-in-law, who had pizzazz and style, personal courage and determination.

Who is the hero of the turf? **Gary Wilson** admitted that he was not really interested in horseracing – and that no heroes existed in horse racing. **Desiree** con-

fessed to thinking of her father as the hero in her family. He was a positive influence in her life. He fought in two World Wars – and survived to go on to raise three daughters. **Andrew** was asked about the Victoria Cross recipients. His opinion is that sometimes there is a fine line between bravery and stupidity!

The table topics session was concluded by a very humble **Michael Said** asking his wife **Linda** – You're MY hero – do you know why? Linda was very moved, and could only respond that she thought that she was a hero in Michael's eyes because she was the “social calendar administrator”.

As always the highlight of the 2nd half is the manual speeches program. Once again we heard a variety of projects from the CC and Advanced Manuals. In just one night, the audience were inspired, entertained, motivated and informed!.



Kim Gosper Winner of Best Speech

- ◆ Kim Gosper & 'The Gym Microcosm'
- ◆ John New & 'The Perkins Braille'
- ◆ Peter Steinhour with 'Shrinking Violet Shrinking Grey'
- ◆ Ron Marriott with 'The Internet's Most Profound Question'
- ◆ Tom Cummins with 'Are You Attracted to Competition?'

The evening was filled with fun and laughter, lots of inspiration and personal anecdotes. **Just another wonderful evening with Parramatta Toastmasters!**

(Summary by Wendy Nielsen)

Western Division Contest



Ian Chick at Area 52 Evaluation Contest with Winner Dianne Sammut & David Fisher (D70 Lt. Governor Education & Training)

For one of our club members this is the busiest time in the TM calendar. **Ian Chick** in his role as the **Western Division Governor** says he is 'fully booked out' until end of April. Why? He is coordinating and presiding as the Chief Judge of his 8 Area Contests, culminating in him organizing and hosting his own Western Division contest. But that is not all because he is also a judge at other Division Contests. And then of course there are duties at the Annual Dist70 Conference in May. So lets all thank & appreciate Ian's efforts by turning out in force to our Western Division Contest on 6 April. **See flyer on last page of newsletter.**

In case you're looking for more reasons to attend, they are:

1. You'll be supporting your Club.
2. You'll be supporting your club fellow members and contestants Tom and Wendy.

3. You'll be supporting your Area and Division.
4. You'll be improving your communication & leadership skills whilst being entertained.
5. If you take along a guest, you will be doing them a favour also. For they may discover the gift of toastmasters that changes lives.
6. Finally 'The Brewery' is a great venue for a Sunday afternoon of entertainment with family and friends.

In all we have 10 Divisions (and therefore 10 contests) in our Dist70 for NSW and ACT. Do take advantage of watching and learning from skilled speakers at these contests which take place from 22 March to 27 Apr. More details found at:

www.d70toastmasters.org.au/wp-content/uploads/2014/03/D70_NEWS_FEB_MAR_2014_final.pdf

District 70 News

Toastmasters International has formally approved District 70's proposal to reform. As has been reported extensively over the last year or so through the planning stages, this means that the current single Toastmasters District will reform into two Districts in NSW from July 1, 2015. From that date, the District south of the Parramatta River will be known as DISTRICT 70 and the District north of the Parramatta River will be known as DISTRICT 90.

The southern district retains the original number as it will be the District with the oldest surviving club (Australia's first Toastmasters club - Wollongong, chartered on August 1, 1957). Leading up to the reformation, most clubs in District 69 that are located in NSW will become part of District 70 from July 1 THIS YEAR.

What reformation means for club members is that it provides even more opportunity for members to take up leadership roles in the new districts, since clearly 2 districts from one will require more leaders and district officers. For more details see Dist70 Newsletter at:

www.d70toastmasters.org.au/wp-content/uploads/2014/03/D70_NEWS_FEB_MAR_2014_final.pdf

ELECTION TIME

Elections will be held in the coming months for Club Officers, Area & Division Governors as well as various District Officers.

Toastmasters is basically an educational and personal development program summarised precisely in the club mission statement. However there comes a time in our TM journey, when we feel like contributing or giving something back to TM. This could be in early stages for club officer roles or later for district positions.

Whatever role, do give it consideration and put your hand up. After all Toastmasters is **'Where Leaders are Made!'**

And Don't Miss Our Next Meeting!



wanted to know about cats and dogs. Wonder what questions our TT Master Ron has in store for us?

Also our VPE Ian has programed 5 great speakers for us, including past District champion David Griffiths, our newly crowned Area champion Tom Cummins and past club champion Sam Ekinci. Plus we have our Area Governor Christine Pizzuti delivering a speech.

Should be another educational fun meeting. Come along and bring a guest so they can also see and experience TM.

With Theme '**Cats vs. Dogs**' Cat Lovers and Dog Lovers unite because Thursday 20th March is the meeting to discover all of the things you ever

Did You Know That?

Our Newer members may have heard VPE Ian and President Alicia talk about our club's DCP. **What exactly is the DCP?** The Distinguished Club Program (DCP) is a recognition program administered by Toastmasters International (TI). It is similar to the KPIs in the corporate world.

TI tracks the progress of clubs in meeting educational and membership goals and recognizes clubs based on the number of goals achieved during the period July 1 through June 30. Clubs can achieve 10 possible goals. Take a look at the DCP template at the end of newsletter. The goal are divided into four sections for Education, Membership, Training and Administration. Next newsletter we will discuss our club's progress to date.

For Your Diary

There is so much happening at the moment in the TM calendar; at club, area, division or district level. Something for everyone! Pick and choose from below.

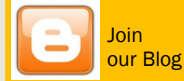
- ◆ **Western Division International Speech & Evaluation Contest: Sun 6 Apr.** Why should you attend? To support Tom Cummins our Parramatta Toastmaster winner, as he battles it out against the Champions from other 7 Areas in our Division. A high quality afternoon of International Speeches and Evaluations followed by high quality beer at the Australian Brewery is guaranteed.
- ◆ A **BRAZILIAN Special Theme** meeting with BRAZIL social mixer coming up -> watch this space for more info.
- ◆ **Sunday Seminar & Speakers Forum:** Next one on **22 Jun 1-4pm** at Bankstown Sports Club, Greenfield Parade, Bankstown. Another great event to learn more and to deliver a speech to a brand new audience to be evaluated by from outside our Club.

- ◆ **2014 District 70 Annual Conference.** Same but different: The value of communication at Bankstown Sports Club, Greenfield Parade, Bankstown from 16th - 18th May 2014. For more details see: <http://annual2014.d70toastmasters.org.au/>
- ◆ **Speechcraft Update:** The last course was coordinated by **Robyn** from Wed 5th Feb to 12 Mar. Next course starts on 6 May and future courses on 22 July and 14 Oct. We conduct four Speechcraft programs each year, basically coinciding with the four school terms. The programs run 1 night per week for 6 consecutive weeks and are conducted **at Rowland Hassal School, cnr of Harris and Hassal Streets, Parramatta** during the evening at 6.15pm for a 6.30pm start, finishing about 9.30pm. The cost is \$350 and places must be pre-booked. Please contact Liaison Officer **Tom Woods** if you'd like to help out or coordinate in future courses.

Club Executive Officers for 2013/2014

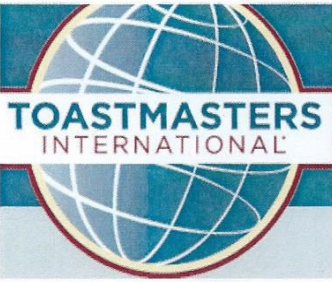
President: Alicia Denis **VPE:** Ian Lipski **VPM:** Monique Tonna **VPPR:** Malkit Banwait **Treasurer:** Tom Cummins
Secretary: Mrinal Sarkar **Sergeant-At-Arms:** Desiree Eddigehausen **Webmaster:** Gary Wilson
Speechcraft Liaison Officer: Tom Woods **Executive Support Officers:** Melanie Wilson,

Join us for our Next Club Meeting with theme '**Cats v Dogs**' on **20 Mar 2014**



PARRAMATTA TOASTMASTERS CLUB

WHERE LEADERS ARE MADE



District 70 Toastmasters Western Division

International Speech & Evaluation Contest

Sunday 6th April

Contest Starts: 1.00 pm

Registration Opens: 12.00 pm

Briefings: 12.10 pm

The Brewery,

350 Annangrove Road,

Rouse Hill

Cost: \$25.00

Pre-Payment required and
confirms your Registration

Contests, Socialising, Fun
& Afternoon Tea



Enquiries to: Western Division Governor
Ian Chick DTM Tel: 0417 209 399
Email: ianchick70@gmail.com

Register now... email your Name,

Phone Number & Email Address to:

Tony Yetton T: 0432 721 164

Email: tyetton9@optusnet.com.au

Contest Hosted By: **Quakers Hill Toastmaster Club**

Bank: Westpac ; BSB: 032 382 ; A/C: 154721 ; Cost: \$25.00 Ref: your name
please email confirmation to: tyetton9@optusnet.com.au

Pre-payment required.

DISTINGUISHED CLUB PROGRAM AT A GLANCE

Toastmasters Year: _____

QUALIFYING REQUIREMENT

To be considered for recognition, your club must either have 20 members or a **net growth** of at least five new members as of June 30.

GOALS TO ACHIEVE

Following are the goals your club should strive to achieve during the year:

Education

- 1. Two Competent Communicator (CC) awards
- 2. Two more CC awards
- 3. One Advanced Communicator Bronze (ACB), Advanced Communicator Silver (ACS), or Advanced Communicator Gold (ACG) award
- 4. One more ACB, ACS, or ACG award
- 5. One Competent Leader (CL), Advanced Leader Bronze (ALB), Advanced Leader Silver (ALS), or Distinguished Toastmaster (DTM) award
- 6. One more CL, ALB, ALS, or DTM award

Membership

- 7. Four new members
- 8. Four more new members

Training

- 9. A minimum of four club officers trained during each of the two training periods

Administration

- 10. On-time payment of membership-renewal dues accompanied by the names of renewing members for one period and on-time submission of one club officer list

RECOGNITION

When your club meets the **qualifying requirement** and also does the following, it is eligible for Distinguished Club recognition at year-end:

Achievement	Recognition Earned
Achieve five of 10 goals	Distinguished Club
Achieve seven of 10 goals	Select Distinguished Club
Achieve nine of 10 goals	President's Distinguished Club

Check your progress at www.toastmasters.org/distinguishedperformancereports.