

THE PARRANATTA



PARRAMATTA TOASTMASTERS CLUB

"Helping people, help themselves, develop the skills, to help other people"

AUGUST EDITION | 2022

MEETING 1488

Theme: That's What Friends Are For

Tall Tales to Get to Know our Members

By Barbara Mifsud (Current Treasurer)

When we join Toastmasters, we not only develop our communication and leadership skills, but we develop relationships with like-minded people, often over the span of many years. Each meeting we are privileged to hear members' stories ranging from the professional to the very personal.

But how well do we really know our members? That was the aim of the table topics session at our meeting themed 'That's what friends are for' on 4 August.

Each of our Table Topics participants was given a statement that they had to speak about for one minute. They had to convince us that it was true, regardless of whether or not it was. As an audience, we had to guess if they were telling the truth or lying. This way we could see how well we knew each of our members (or not)! It was a whole lot of fun as it developed each speaker's ability to persuade the audience and at the same time it kept us an audience guessing about our fellow members.

Take the quiz below to see how well you think you know our ten members. How many did you get right?? Answers are given at the bottom:

Member	Statement	Your Guess
Deborah	Enjoys camping	Y/N
Tony	Once got arrested	Y/N
Rebecca	Has a tattoo	Y/N
Tom	Has lived overseas	Y/N
Rob	Has three children	Y/N
Usman	Loves rollercoasters	Y/N
Gary	Went to a fancy dress party at Elvis's house	Y/N
Elvis	Has won the lotto	Y/N
Brian	Has a background in nursing	Y/N
Michael	Once played the organ in a church	Y/N

Award Recipients of the Night

- **Best Speaker Award** - Tony Gattari
- **Best Evaluator Award** - Vicki Sheehan
- **Best Table Topics Award** - Tony Gattari
- **Tommy Award (Spirit of Friendship)** - Barbara Mifsud
- **Wooden Stirrer Spoon Award** - NOT AWARDED

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UPCOMING MEETINGS

- **September 15th** - Our Heritage (56th Anniversary Meeting)
- **September 29th** - Take the Road Less Travelled
- **October 6th** - A Whale of a Tale



Answers: (1) N, (2) Y, (3) N, (4) N, (5) Y, (6) N, (7) N, (8) N, (9) Y - trick question, not technically but he takes care of a lot of people in his working life, (10) N

MEETING 1487

Theme: Food Glorious Food

What a fantastic meeting this was talking about food! We learnt to appreciate food and talk about the good and bad about foods! We had an inspirational about home cooked food by Rob Tibbertsma, a life hack about getting caught on the roads by speed cameras by Michael Said and a purposeful rant on a perspective of a fat girl eating food by Pooja Singh! To top it all off we had a sincere toast in good faith of our beloved farmers who provide us with the sources of food to keep ourselves out of hunger. This was delivered by Usman Ali.

Our Table Topics Sessions ran amazingly with Vicki Sheehan making a twist where we either had to pick a picture or a word and talk about it. Some examples of word statements were: least favourite food, a glass of wine, the worst meal you ever had. Some examples of pictures were: Pizza, Coffee and Spices!

Taking the meeting to another level we had four amazing speakers deliver Pathways speeches that count towards their educational goals. In Deb's provocatively titled speech 'Is Chocolate Better Than Sex', she educated us on the origins of chocolate, how it is made and how to evaluate it using our five senses." Anu Vijayan talked about developments of what's going to be in our future such as robots! Rebecca Gattari talked about children's imagination as a gift and Matthew Jay discussed about Scientific Outcomes and how they impacted our lives!

Award Recipients of the Night

- **Best Speaker Award** - Deborah Phillips
- **Best Evaluator Award** - Vicki Sheehan
- **Best Table Topics Award** - Matt Tonkiss
- **Tommy Award (Spirit of Friendship)** - Matt Tonkiss
- **Wooden Stirrer Spoon Award** - Michael Said

FOOD!!!



Pictures From Meeting 1488 and Meeting 1489



MEETING 1488

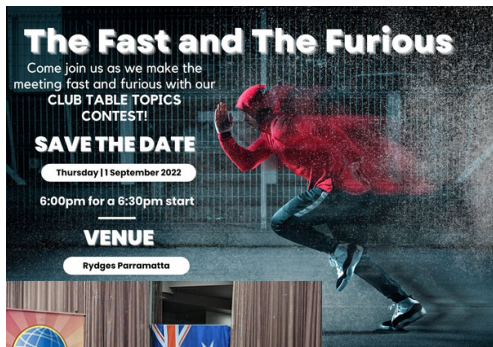
Theme: *The Fast and The Furious*

TABLE TOPICS CONTEST NIGHT

WE HAD OUR CLUB TABLE TOPICS CONTEST! A total of 9 contestants completed for 1st prize in a fiery round of TABLE TOPICS!

Topic: **Does time fly when you are having fun?**

Well done to all contestants! A certificate of participation was awarded to all contestants!



1ST PLACE - ANU VIJAYAN
2ND PLACE - TONY GATTARI
3RD PLACE - REBECCA GATTARI



THE TOMMY AWARD EXPLAINED...

By Rob Tibbertsma (Current President)

One thing that has always set Parramatta apart from other clubs is its camaraderie – its **“Spirit of Friendship”**.

The Spirit of Friendship is not something you see, but something you feel. It is about being welcoming, supportive, encouraging and showing goodwill towards others.

To reward and recognise members who actively contribute to the “spirit of friendship” at our regular meetings, a new award was introduced in 2022 and named after a person who I believe personified the spirit of friendship at our club. That member was **Tom Woods**.

Recipients of **The Tommy Award** to date are:

- **Mathura Jeyandrabalan** – for getting members and guests to hold hands during her speech at our changeover meeting.
- **Wendy Lipski** – for her positivity throughout the meeting, but especially during the business session.
- **Tony Gattari** – for filling a vacant speaker’s role at the last minute and for his innovative approach to his evaluation of Vicki’s speech (interview style).
- **Barbara Mifsud** – for hosting a Table Topics session that was friendly, fun and interactive. As a result, we all got to know each other a little better.
- **Matt Tonkiss** - For a well-rounded and up-beat General Evaluation... explaining the importance of the minor roles and providing constructive feedback. A positive tone had already been set, but Matt's assignment really helped to bring it all together.
- **Peter Steinhour** – for his impromptu speech about “How Toastmasters Helped Me” and for speaking candidly about the camaraderie and friendships he found through our club.



2022 - 2023 EXECUTIVE TEAM

President

Rob Tibbertsma

VP Education

Vicki Sheehan

VP Membership

Matthew Jay

VP Public Relations

Mathura Jeyandrabalan

Secretary

Deborah Phillips

Treasurer

Barbara Misfud

Sergeant At Arms

Brian Hemsworth

Immediate Past President

Monique Tonna

**We meet on the 1st, 3rd and/or 5th
Thursday evenings of the month
between 6:30pm to 9:30pm at Rydges
Parramatta.**

Register via the website below
www.parramattatm.org.au/

Club Mission

"We 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"

Contribute to the Natta!

Would you like to contribute to the Natta? Do you have a speech? Do you have an upcoming event?

Please email Mathura Jeyandrabalan
VPPR - vppr@parramattatm.org.au

MEET THE EXECUTIVE!

Vice President of Education: Vicki Sheehan



Hi Vicki,

How long have you been in Toastmasters and what brought you to join?

I joined Parramatta Toastmasters in August 2015 after doing the 6 week Speechcraft course in February 2015. My principal had given us the opportunity to have our public speaking analysed and I took up the offer in 2014. I sent a video in and then had someone spend half an hour with me, and he suggested I do a Speechcraft course run by Toastmasters, and the only Speechcraft course worth doing was the one run by Parramatta. So I did it and have been in Toastmasters ever since.

What are your goals as Vice President of Education (VPE) for 2022-23?

I would like all members to have a goal of what they want to achieve in pathways in the next 12 months. Everyone should be able to progress at least 1 level in their respective pathway.

What's your 'Life Philosophy'?

I have lots of philosophies. Be grateful, take every opportunity you can, do everything to the best of your ability, and be kind to people!

Some quirky facts about yourself!

I used to be an aerobics instructor in the 1980's. I worked in bars when at uni. Travelled overseas for 2 years and grew up on the central coast 50 metres from the beach.

What would you say to a prospective member thinking about joining a Toastmasters Club?

Well the obvious answer is just do it. I think public speaking is a valuable skill that gets better with practice, so you just have to keep practicing. Think of it like fitness, the more you do it the better you get!

IMPORTANT DATES

- **District 90 Council Meeting - Sunday 18th September 2022 ONLINE**
- **Parramatta Toastmasters 56th Anniversary Meeting - Thursday 15th September 2022 @ Rydges Parramatta**

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