



# PARRA NAJJA

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

**Meeting number:**  
**1300**

**Theme**

*Steps to a healthier you*

**October 1, 2015**

### **Guest List**

*Jennifer Kanthan,  
Sam Fenton,  
Sonia Singh,  
Allan Kent,  
Andrew Emerson*

### **Best Table Topics**

*Alicia Dennis*

### **Best Speaker**

*Andrew Iverson*

### **Best Evaluator**

*Vicki sheeshan*

### **Contact**

*To submit articles and  
updates about the club  
contact*

*VPPR: Anu Vijayan*

## **Welcome to the NewBees**

We inducted two new member to the Parramatta toastmasters family last meeting and both of them gave their icebreaker speech on the day of their induction. Sean Leise and Karen McMahon certainly raised the bars for future members by not only giving ice breaker speeches on their first day but also giving stellar performances and not using notes.

***Sean Leise, Karen Mc Mahon with Sargent at arms Tristan Beresford***



Last meeting was filled with interesting tips on how to improve your life and health especially a perky table topics session where member dished out their personal views and ideas on how to stay healthy and eat right. **Alicia Dennis** walked away with the best table topics award for giving the best idea that its all about your attitude. Having a positive attitude towards life is what makes all the difference and we



all certainly agreed with her. Another highlight of the night was the winning speech by **Andrew Iverson** 'Lone Pine'. He spoke about the landing at Gallipoli on 25<sup>th</sup> April 1915 and the soldiers who were merely boys. It was the speech which he had the honour of delivering on memorial day leaving the crowd with moist eyes.

***Tristan Beresford with Andrew Iverson***

### **Quirky Quotes**

*What do I think of  
chocolate in diet?!!  
Chocolate is my diet.*  
-Anna Liu

*Forget the song, we  
have plenty of musicians  
we could have a band.-*  
Wendy Lipski

*And I am not wearing a  
white shirt today  
because I ran out of  
white shirts. [Finally]*  
- Ian Lipski

*Support me at the Area  
contests and if you have  
any support left over  
support Wendy and  
Michelle.*  
- Monique Tonna

## *Train the trainer work shop*

Parramatta toastmasters along with winners circle and Parramatta pioneers conducted a train the trainer workshop at Rowland Hassall school on 29<sup>th</sup> September.

Work shop was conducted by **Robyn Peck and Monique Tonna**. It was attended by members from all the 3 clubs and many possible workshops were discussed through the evening. The main focus was for members to build skills in delivering workshops . Many skill building activities like social networking, elevator pitch, better listening skills, selling a product/idea etc were discussed..



Some of the points highlighted were

- Principles to enable course planning, and techniques to deliver effective training sessions.
- The courses should be practical, as participants acquire new training techniques and then practice them.
- As trainers its important to walk around as they practice and lead them in the right direction if they go off track while practice.
- Cut down on the trainer's talk to ensure there is sufficient time for everyone to practice the learnt techniques.
- Keep scenarios and role cards ready to save time and also to ensure suitable examples for practice.

## *Club founder to visit on the 50<sup>th</sup> Anniversary*

Parramatta Toastmasters will be celebrating our 50<sup>th</sup> Anniversary next year. We have the rare privilege of having the Club founder himself as the guest of honer at our golden jubilee. **Russ Walkington**. then president of Toastmasters of Australia and a prominent radio personality founded the club on September 15 1966.

We will also have the honour of playing host to the the current International president elect **Mike Storkey** DTM at our anniversary meeting.

## *Social – Cards of /against Humanity*



Parramatta Toastmasters is organising a Social, *on 14<sup>th</sup> Nov 2015*. It is a party game in which players complete fill-in-the-blank statements on a black card using **mature-content** phrases printed on white playing cards . The player to provide the white card with the funniest/most offensive/wackiest answer gets one awesome point. It's easy to play and the rules are flexible, but its definitely not for everyone. ***If you are offended easily you might want to give it a miss..***

## 10 Ways Toastmasters can propel your career

- 1. Chance to improve the skill most in demand by employers.** Hiring decision-makers consistently list communication as the No. 1 skill they seek in new hires. The candidates who get jobs and get promoted are confident and are the best communicators. Toastmasters members have endless opportunities to polish this skill that is so crucial for career advancement. Members frequently credit Toastmasters with their new jobs and promotions. Others say they've developed the confidence to take on projects they would not have felt they could handle before Toastmasters.
- 2. Opportunity to polish leadership skills.** Communication skills are a huge part of how Toastmasters helps professionals, but they go hand-in-hand with leadership skills. Since 2011, Toastmasters has emphasized leadership and developed the tagline, "Where leaders are made." Toastmasters is known for its well-organized and engaging meetings. They get that way through strong leadership. Members sharpen and practice leadership skills by running engaging meetings and special events.
- 3. Practice in thinking on your feet.** The comedian George Jessel once said: "The human brain starts working the moment you are born and never stops until you stand up to speak in public." Most of us have had the terrifying experience of freezing up when asked to speak unexpectedly. In addition to delivering prepared speeches, Toastmasters members attain experience in impromptu speaking during a regular meeting component called "Table Topics," in which they speak for 1-2 minutes on a subject for which they've had no advance preparation. In the workplace, the rewards of learning to speak on your feet are tremendous. You may be called upon to speak to your boss, the media, customers, and other audiences with little previous notice. Developing your ability to speak eloquently off the cuff means you're ready to talk about anything and respond quickly to questions instead of having your mind go blank.
- 4. Experience in running time-efficient meetings.** You have probably been in meetings that dragged on and on and went way over their allotted time. That doesn't happen in Toastmasters. Toastmasters clubs meet for a set amount of time -- often an hour -- and are committed to staying within that timeframe. "Toastmasters has shown me how to keep a meeting on task," says Colville Toastmasters founder Troy Anderson, "so that everyone comes away without feeling frustrated from spending a lot of time and yet not making any headway." Linda Evans, also of the Colville club, says, "I like that the meetings are so organized and only an hour long."
- 5. Even more skills and resume items.** Beyond communication and leadership skills, the Toastmasters program specifically targets listening, critical thinking, giving feedback, time management, planning and implementation, organization and delegation, facilitation, mentoring, motivation, and team-building. Toastmasters members can choose to undertake projects such as mounting publicity and membership campaigns, planning training programs, organizing special events, and serving as a top officer in a district comprising thousands of members.
- 6. Attention from employers who recognize the value of Toastmasters and sometimes favor Toastmasters members in hiring.** "There are several types of experience that always make me take notice of a candidate," says webinar specialist Susan Black (Niven). "One is Toastmasters. Why Toastmasters? Because the communication, teamwork, leadership, and feedback skills that every member in every club learns are all-important in virtually any job. But probably the most important thing, for me, is the self-confidence that Toastmasters build along the way, and which affects every

aspect of their lives," says Niven, who has served in volunteer leadership positions from the club level through to the Board of Directors of Toastmasters International. As evidence of employers that recognise Toastmasters' value, more than 3,000 organizations, including the Walt Disney Company, The Coca-Cola Company, and Apple Computer, sponsor in-house Toastmasters clubs as communication training for employees.

**7. A way to legitimately characterize employment gaps constructively.** We've always advised job-seekers to try to account productively for time between jobs. Sometimes, however, candidates aren't very convincing in describing vague "consulting" or "project" work. Active Toastmasters members don't have that problem. "I had been unemployed for a year and a half at the height of the economic downturn," recalls Linda Eenigenburg, a metrics analyst at Aon Hewitt, Chicago. During an interview, both hiring managers, Eenigenburg says, were concerned about this gap and asked her what she had been doing during that time. Without hesitation, she described her extensive activities in Toastmasters International the past few years. "I was hired within 24 hours," she says.

**8. An inexpensive training and professional-development program.** In most organizations, budgets for training and professional development were among the first line items slashed in the economic downturn. .

In Toastmasters, members have the opportunity to work toward educational goals, following a communication track and a leadership track. The ultimate education award is Distinguished Toastmaster, which brings together both tracks. The self-paced Toastmasters program proceeds in a logical sequence that helps members build skills with every speech they give or leadership role they perform.

**9. Excellent networking opportunity.** Toastmasters provides a fun yet constructive way to network with others who may become your career contacts. Heather O'Neill describes a Toastmasters networking experience "beyond all expectations" in an article in *Toastmaster* magazine.

**10. Regular reinforcement of learning.** As the Toastmasters brochure, Clear Communication points out, "When employees attend seminars, they quickly forget what they learned; when they regularly attend Toastmasters meetings, they learn skills that stay with them for a lifetime." Toastmasters clubs meet at least monthly, with many meeting weekly or twice a month, so members continue to practice and develop skills.

## Mark your Calanders

**10 October** - Area 13 Table Topic and Humorous Speech Contest . Support Monique as she represents our club in both the contests . Also Wendy Lipski for western Gourmet and Michelle Hunt representing Parramatta pioneers.

**13 October** – New speechcraft Starts. Coordinated by Tristan Beresford at Rowland Hassel school.

**15 October** - Next meeting themed skills vs Chance