

The Value of Nursery Rhymes

Meeting No : 1304
November 19 2015

Every Toastmaster meeting has a theme and it is great fun when everyone tries to link their assignments to those themes. The last meeting had a fun theme and everyone had planned to join the fun. President Monique opened the meeting with an intro about how nursery rhymes first started in the 15th & 16th century by men at the pub telling

adult scary stories which later became nursery rhymes
Chairman 1 Rob Tibbertsma told a nursery rhyme about a Gruffalo - he brought the toy Gruffalo that he and wife purchased in New York for their grandson. this is his favourite toy. Robyn Peck gave a toast authors of nursery rhymes, she talked about the nursery rhymes of her childhood and about the value of reading them to young children. If you are writing a speech consider using the rhythm and the effect of verse contained in nursery rhymes.

Table Topics from Pam were all relating to Nursery rhymes including the animals in Old MacDonald had a farm. The questions were challenging and resulted in some great stories from the participants. She wanted us to get the message that we should enjoy our "inner child" Michael Said gave the best table topics answer.

Highlight of the meeting was probably the business session which could best be described as organised mayhem. The frivolous motion made by Tom Woods in the business session caused some lively interactions with Wendy Lipski receiving the

stirrer's spoon.

Once again we had an exceptional array of speakers. Toastmaster Ron Marriott covered the objectives of each speech and made smooth transitions introducing the speakers warmly and professionally.

Sam Ekinici Gave a speech from the advanced manual about 'The psychology of buying and selling'

Second speaker was Karen McMahon who gave a very informative speech on Yoga and started with a very catchy line "you are only as young as your spine" and finished with 'Yoga-everyone should give it a go.'

Tristan Beresford gave the 6th speech from CC manual "Balance" and spoke about his experience in seeking work life balance..

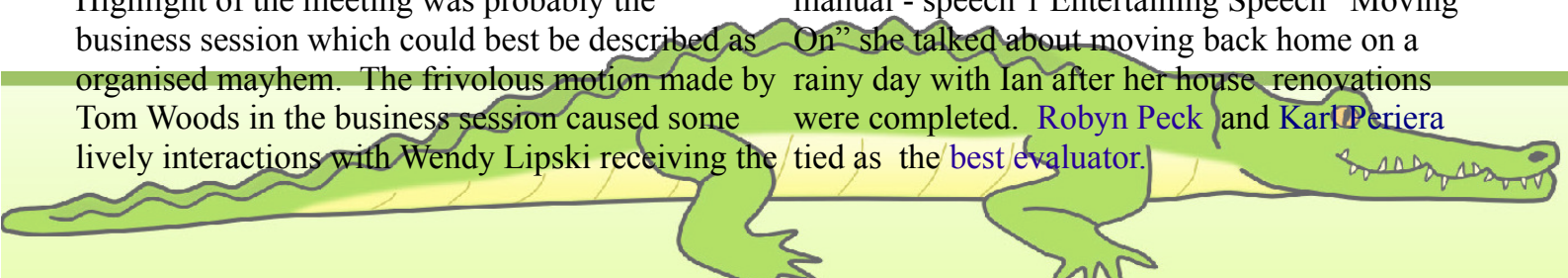
Monique Tonna won the best Speaker with her speech titled "Pick a Tree" told us about her travel touring in South Africa where there were no toilets on the road and she had to pick a tree. As she was looking for a tree she worried about

whether the people behind her in the bus could see and didn't look ahead to see where she was, beautifully tying up the story to the message "Look ahead and not at what's behind you".

Speaker 4 Wendy Lipski spoke from an advanced manual - speech 1 Entertaining Speech "Moving On" she talked about moving back home on a rainy day with Ian after her house renovations were completed. Robyn Peck and Karl Periera tied as the best evaluator.



Rob Tibbertsma with the Gruffalo



Member Experience - Speechcraft Coordinator

Michael Fong is one of our newer members of the Club and also the winner of the President's encouragement award for the most improved Toastmaster of the year 2014-15. He co-ordinated not one but two of the speechcraft courses that too soon after joining the club. Michael Fong shares his experiences below.



A Learning Experience

- Michael Fong

I believe there are few opportunities in life that you to really help people, and I believe that assisting someone overcome their greatest fears yields incredibly rewarding experiences both for them and you. Shortly after graduating Speechcraft, I was so inspired at the confidence and leadership in the Toastmasters Volunteering and Coordinator, Wendy Neilson that I found myself in the drivers' seat of an upcoming Speechcraft Course.

To say the experience taught me valuable lessons in leadership would be an understatement. I saw students develop from 'nervous nellies' into confident Speechcrafters. No one that finished the course regretted being there. Each speaker achieved their goals and got more out of the sessions than expected. It is no coincidence that there is always a high attrition of Speechcraft Graduates to Toastmaster Members.

For me, coordinating Speechcraft was my way of giving back to the Toastmaster community and my way of demonstrating the skills that I have learned in my own public speaking journey. It was about taking my speaking to the next level, about throwing myself into uncomfortable and confronting situations. Too often we are caught up in the humdrum of life that we forget to challenge ourselves, to find higher mountains to climb and conquer.

My motivation behind coordinating two Speechcraft Programs came from my desire to lead and inspire others that were seeking inspiration. Those others were hesitant to answer a simple table topic in the beginning but were giving such articulate and thought provoking speeches by the end of the program. I felt responsible for ensuring that they conquer their fears of public speaking or at least take the first steps to scaling their own mountain.

For my fellow Toastmaster, apprehensive, but curious about coordinating a Speechcraft Course, I would recommend helping out the Coordinator during the next session. Ask the Coordinator to assign you an Educational or Workshops to sharpen up your presentation skills. Never be afraid to speak up and make yourself heard, we are at Toastmasters after all. You'll know when you're ready to wear the hat, to be given the responsibility, and the keys to the school.

For my fellow Toastmaster seeking higher mountains and bigger challenges, I challenge you to become a leader; a leader that inspires others to take chances and conquer their fears instead of being overcome by them. It is a most rewarding experience and an incredible journey to embark on and one that I encourage every new Toastmaster to begin.

5 Presentation Tips From The World Champion Of Public Speaking

Dananjaya Hettiarachchi, crowned the World Champion of Public Speaking by **Toastmasters Internationa in 2014** survived seven rounds of a competition that lasted six months and included 33,000 competitors from around the world. Below, he shares his best advice for novice public speakers:

1. Always start with a message.

Hettiarachchi says that a common mistake beginners make when crafting their speeches is by starting with a topic. Instead, he says you should begin with a message, and it should be as concise as possible. This message is whatever you want your audience to be thinking about when your presentation concludes.

For example, the message of the speech that brought him through the semifinals, “Deadly Samba,” was: “If you don’t burn for your dream, your dream will burn away.”

He says that there are two approaches to developing a speech. In the first, you write your speech as an essay and practice it until it becomes memorized and conversational. The second, which he prefers, is starting with a speech off the top of your head and then refining it until you are happy with writing it down.

With a recorder in hand, Hettiarachi will focus on a message and then begin speaking spontaneously. He’ll listen back to his speech, making note of what needs improvement and then begin again.

2. Be confident enough to be yourself.

“You need to sell yourself before you sell your message,” Hettiarachi says. And the way to do that is by being genuine, which Hettiarachi admits is easier said than done. “It took me 10 years to learn to be myself on stage,” he says, laughing.

Hettiarachi entered the Toastmasters contest every year for the past 10 years, reaching the semifinals four times, but didn’t make the finals, he explains, until he stopped behaving as if he were an actor on stage. A speech should be conversational, not theatrical, he says.

Sure, he understands the value of using a prop like a flower to add drama to his words, as he did in the finals, but he did so in a way that engaged the audience rather than focusing the attention on himself.

3. See yourself through your audience’s eyes. Novice speakers tend to become wrapped up in themselves, which may just be because they’re afraid to acknowledge a room full of listeners. But if you’re going to speak, you need to realise that you’re doing it for the benefit of others, not yourself.

Hettiarachi’s championship speech “I See Something” began its life as a **20-minute TEDxYouth talk**. It was a talk that he gave about 90 times, he says, and each minute of the personal story he told about going from a wayward child to an adult who wishes to inspire others seemed important to him. But then he went back and tried to imagine what information was essential to communicate his message and was able to cut it down to 10 minutes.

To make Toastmasters’ regulation time of seven minutes and 30 seconds, he imagined being an audience member who knew nothing about his life and cut away whatever they did not need to



hear.

He uses this mindset to keep his audience guessing. He has a rule where he will not communicate a lesson for longer than 30 seconds, since the focus should be on storytelling.

In “I See Something,” Hettiarachchi tells the story of his mother picking him up from jail when he was a teenager. Within the span of 20 seconds, which you can see in the video excerpt below, he gets the audience to answer a question, makes them laugh, and then suddenly brings them into somber territory.

4. Have a forum to practice.

Eighty per cent of the path to becoming a great speaker is trial and error, Hettiarachchi explains, and the only way to learn is by speaking in front of an audience that will give honest feedback.

It’s why he says he has enjoyed giving speeches at schools, since children often react honestly, unrestrained by etiquette.

For Hettiarachchi, his Toastmasters group provided a place to grow as a speaker, but he says any kind of similar forum is suitable, because like any skill, you must practice public speaking to become and then stay great at it.

5. Find the right coach or mentor.

And finally, Hettiarachchi says, you should find someone willing to help you grow as a public speaker. Interestingly, this does not need to be someone who can teach you advanced speaking techniques; they just need to be someone who “gives you permission to explore possibilities, who gives you permission to fail,” he says. Hettiarachchi has had several mentors in his life, including Arunasalam Balraj, whom he met through Toastmasters. He considers him like a second father, and was privileged to win the speaking championship on the day Balraj was elected second vice president of Toastmasters International. The path to becoming a great public speaker is the path to becoming comfortable with sharing who you are with other people, and a coach or mentor who understands you.

Quirky Quotes

Karl: *What is this missing duck doing... queesh, queesh, queesh.*

Tom : *I am a seasoned Toastmaster, I have callouses on my hands from clapping.*

Michael : *Weren't you a brick-layer?*

“Can we clap him?” Peter about Tom Woods who was moving a motion to reduce clapping.

Monique : *I want to be clapped when I go to the front. I don't care if it gives members callouses.*

John : *The Sergeant at Arms should eject trouble-makers as soon as they play up.*

Wendy : *Has anyone else ever done that. Just organised and paid for meat (removalists)?*

Monique : *Unfortunately the tree I picked as a toilet was on the track used by the local cyclists..*

Distinguished Club Program Update

Parramatta Toastmasters has participated in the Toastmasters International DCP for many years. Once again the club is on track to achieve all goals needed to become a President's Distinguished Club. There are 10 goals in total and 9 are needed for this award.

Achieving goals is a sign of a healthy club. It means members are coming to meetings, improving skills, and completing awards. It means new members are joining, bringing new ideas and enthusiasm. It means the Executive is leading so that members want to come to meetings and events.

The following table summarises our progress so far:

Goal	Progress	Status
EDUCATION: Goals 1 through 6		
1. Two CC awards	Complete	1
2. Two more CC awards	Complete	1
3. One ACB, ACS or ACG award	Complete	1
4. One more ACB, ACS or ACG award	On track	
5. One CL, ALB, ALS or DTM award	Complete	1
6. One more CL, ALB, ALS or DTM award	On track	
MEMBERSHIP: Goals 7 and 8		
7. Four new members	1 new member needed	
8. Four more new members	4 new members needed	
TRAINING: Goal 9		
9. A minimum of four club officers trained during each of the two training periods	First Training Period Achieved Second Training Period Needed	0.5
ADMINISTRATION: Goal 10		
10. On-time payment of membership dues accompanied by the names of eight members (at least three of whom must be renewing members) for one period and on-time submission of one club officer list	Complete	1

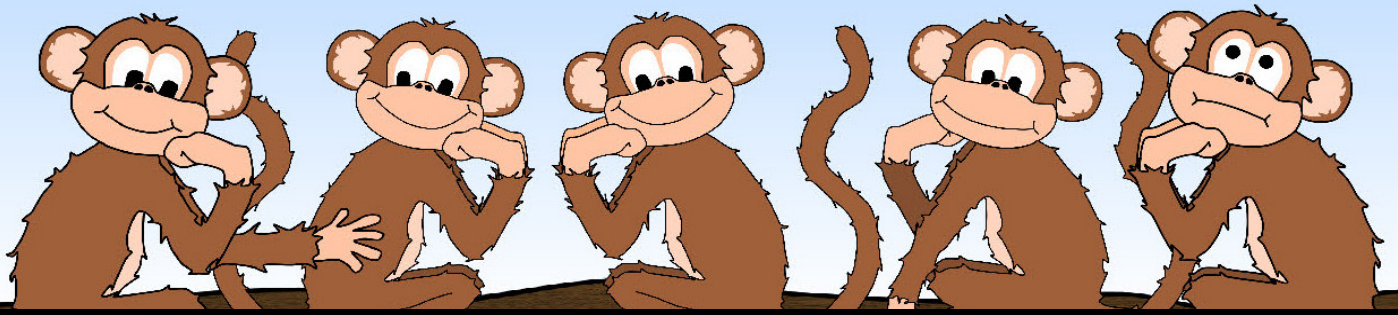
Your Exec meets every month or so to review and plan, of course you are welcome to come along to any meeting to see what happens. This is an excellent idea if you are thinking of joining the Exec, there's plenty to learn if you do and any Exec member will be happy to explain their role to you.

The next 6 months are shaping up to be as busy and interesting as the last 6 months, with many and varied meetings planned. If you're interested in following the club's DCP progress, you can do so by going to the following link, it goes directly to the report for our club:

<http://dashboards.toastmasters.org/ClubReport.aspx?id=00002274>

John New

Vice President Education



ARAPROSDOKIANS

ARAPROSDOKIANS are figures of speech where the latter half is unexpected. Last meeting Larfmaster Cheryl Piper Gave us examples of these and had the club in fits. Winston Churchill was a huge fan of them. Here are a few. Enjoy...

1. *A friend in need is a pest*
2. *Do not judge a book by the movie.*
3. *Since light travels faster than sound, some people appear bright until you hear*
4. *A bird in the hand will probably peck off your thumb*
5. *War does not determine who is right - only who is left.*
6. *Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.*
7. *Change is inevitable, except from a wending machine.*
8. *I am not arguing with you, I am explaining why you are wrong.*
9. *A clear conscience is a sign of a bad memory.*
10. *I didn't say it was your fault, I said I was blaming you.*



Mark your Calanders

- December 3 2015-** **International Speech contest @ Parramatta RSL Club**
- December 5 2015 –** **Christmas Social @ Tom and Elaine's Place.**
- December 17 2015 -** **Christmas meeting themed 'The meaning of Christmas'**
- November 25-27** - **District 90 Semi Annual Conference . @ West Tamworth League club, Tamworth.**

