



THE PARRA-NATTA

PARRAMATTA TOASTMASTERS CLUB

Parramatta Toastmasters
Club
August Edition

Welcome to the second edition of the Parra-Natta of the new Executive Year! This is where we revisit the highlights and club achievements that have occurred. We have had an exciting set of events over the last month! One of the major events being our Table Topics Competition.

TABLE TOPICS COMPETITION

Our Table Topics contest held on the 18th of July saw eighteen competitors! We had two heats—the first question was **“When do you feel pressure?”**. The competitors include Rosina Tombs, Rob Tibbertsma, Vikvek Singhal, Mandy Chiu, John New, Alicia Leise, Sean Leise, Anu Vijayan and Christine Wearne. The winners of this heat 1 were Alicia Leise, Anu Vijayan and Edim Hudjur. The second round saw Omar Ikhras, John Boctor, Ron Marriott, Edim Hujdur, Sabesh Sitsabesan, Vicki Sheehan, Karl Periera, Barbara Mifsud answering **“The more you give, the more you get?”**.

The final round then saw the top three from each round speak it out in the final heat. The finalists included Alicia Leise, Anu Vijayan, Ron Marriot, Karl Pereria, Vicki Sheehan, John New and Edim Hudjur answer **“Is effort its own reward?”**.

Congratulations to all our contestants! Our winners were Vicki Sheehan (1st), Anu Vijayan (2nd) and Edim Hudjur (3rd). Thank you to our judges for the night and to our timers Mike Kano-McCallum and Elizabeth Wilson.

Inside this issue

Page 2: Photos from the Table Topics Contest

Page 3: Meeting 1407 with Special Guest

Page 4: Speechcraft and events to put in your calendar!

Upcoming Meeting Dates and Themes

- August 15: Laugh ‘til you cry
- August 22: Foster the spirit
- September 5: Spring has sprung
- September 19: Creativity 53rd Anniversary Meeting



TABLE TOPICS CONTEST



Meeting 1407

On the 1st of August we had a special meeting! Greg Van Borssum was our guest speaker and he shared his journey and encouraged us to look out for idiosyncrasies and ensure that we are communicating with the ones around us! He gave us an inspiring speech and together we stood and proclaimed "Are you okay". We wish him the best of luck in becoming Australia's first accredited speaker.



We had a number of speeches on the night including John Boctor's Icebreaker Removing a Fear. John Boctor spoke about coming from Toronto, he enjoys basketball and watching movies, is the youngest of five. He completed Speechcraft last year in November and joined to conquer his fear of public speaking. Something that will be important in 3 months time as he will have to give a speech on his big day!

Alicia Leise spoke about the three biggest lessons she has learnt from her dear Lola in Uruguay. The include:

1. Have a growth mindset
2. The gift of giving time
3. To spoil is not to love—to discipline is not a lack of love—you cannot hurt your kids with too much love but if you don't set boundaries

Rob Tibbertsma reminded us of why it is important to say yes! And convinced us why giving us three examples of where he has said yes and achieved so much!

1. Rob and his family said yes to Dry July and raised over \$1000 for a cancer.
2. When he agreed to go first at a sport and rec camp and learnt humility.
3. When he said yes to taking photos for a "small, backyard wedding" which ended up being no ordinary backyard wedding with a "string quartet, a beautiful marquee".

From these examples he pushed his message of "YOU DON'T KOW WHAT YOU ARE CAPABALE OF UNTIL YOU GIVE IT A GO!"

Congratulations to Omar Ikaris who presented his speech Two Love which was about the two that he is now expecting. He took us on a journey about his family and how they found out about his twins! Karl Pereira continued the night with his speech on family entitled 18 seasons where he informed us of how his relationship with his father grew and how his relationship with his daughter is growing. He reminded us of the importance of not letting seasons pass us by.

Ribbons went to John Boctor for his Icebreaker, Best Table Topic Ian Lipski, Best Speaker Rob Tibbertsma, Best Evaluator Christine Huynh and the Stirrs Spoon went to John Taylor.



2019-2020 Executive Team

President

Wendy Lipski

VP Education

Sabesh Sitsabesan

VP Membership

Rob Tibberstma

VP Public Relations

Christine Huynh

Secretary

Anu Vijayan

Treasurer

Edim Hujdur

Sergeant-At-Arms

Omar Ikhras

Immediate Past President

Michael Fong

We meet on the 1st and 3rd Thursday of the month between 6:30pm and 9:30pm at Parramatta RSL

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.

CLUB LEADERSHIP TRAINING

The first round of Club Leadership Training occurs from June through to August. Thank you and congratulations to all of our executive team as they have all completed their first round of training! GO TEAM!



AWARDS—DISTINGUISHED TOASTMASTER

The Distinguished Toastmaster (DTM) award represents the highest level of educational achievement in Toastmasters. **Congratulations to David Griffith who was awarded a DTM!**

SPEECHCRAFT

Speechcraft programs are short courses in public speaking that are offered by Toastmasters for people not wishing to make the full commitment to join a Club. In a Speechcraft course you will;

- Improve your communication skills so that you are less afraid to talk in front of people.
- Prepare a number of speeches in quick succession.
- Find that your improved presentation skills will win you the respect and admiration of your colleagues.
- Benefit because participation in Speechcraft will increase your management potential.

Our course for this term is full with a waiting list. The course starts on the 6th August and runs for six weeks. Sabesh Sitsabesan will be co-ordinating his fourth course in a row—an amazing effort! If you can come along to assist our speechcrafters please let him know.

IMPORTANT DATES

22nd August—EXTRA MEETING THIS MONTH! - Remember that every time there are 5 Thursdays in the month we have an extra meeting. The meeting is on the 22nd August and we will be “Fostering the spirit” by having 10 prepared speeches and 10 evaluations!

19th September— ANNIVERSARY MEETING—SEPTEMBER 2019

17th October—A meeting that celebrates our different cultures! Come dressed in your cultural dress!

Dundas Club's Mindfulness workshop is coming up soon: Saturday 7th September. You'd like to come? Now's the time to book

What IS Mindfulness?

1. It directs our attention to what we are experiencing AS IT IS HAPPENING.
2. It enables us to RESPOND SKILFULLY to whatever is happening; good or bad.
3. It IMPROVES our thinking, feelings, reactions.
4. Helps us perform BETTER, feel calmer and less depressed
5. It brings INCREASING JOY into our lives.

See WHAT'S UP on the D90 site for further details.