



THE PARRA-NATTA

PARRAMATTA TOASTMASTERS CLUB

February Edition

Parramatta Toastmasters Club

Club Number: 00002274, District 90, Area W13

Charter Date: June 1, 1966

Parramatta Club has always been a very large and successful one and has had a major influence on the Toastmasters movement in Australia, where there are now over 750 Clubs. Through the achievements of our Club and of the Clubs we have formed, we have provided communication and leadership training directly and indirectly to over 10,000 people. Our aim is to satisfy each member's need for friendship, recognition and respect, in a community organisation, as well as his/her need to learn and to make a creative contribution. A strong spirit of camaraderie has always existed in the Club. This helps us enjoy ourselves even while we are learning, since Toastmasters recognises that people learn best in moments of enjoyment.

Speechcraft!

Congratulations to our last group of Speechcraft graduates! Our speechcraft course runs for 6 weeks and sees participants presenting impromptu speeches, prepared speeches and both written and verbal evaluations. Barbara Mifsud took on the leadership role and co-ordinated the six week course at Parramatta! Here is her reflection on the experience:

Nervous and daunting: two words to describe how I felt when I put up my hand up to take on the Speechcraft Coordinator role. Nervous, because as someone who had only completed Speechcraft a year ago themselves, I questioned my ability to assist others while I was still learning. Daunting, because there was so much to learn about: overall format of the program, organising educationals, recruiting other Parramatta Toastmasters to help out each week, putting together the weekly program, logistics, weekly correspondence with Speechcrafters, developing rapport and problem solving.

However, my first time as Speechcraft coordinator turned out to be an amazing experience. Sure there were moments through the six weeks when I asked myself 'what did I sign up for?' but there were a number of things that got me through:

Firstly, the help and support of the Parramatta Toastmasters, namely Sabesh as Speechcraft Liaison Officer and President Wendy, who gave up much time to explain the process, share their knowledge and provide emotional support. Also, the help from other Parramatta Toastmasters who put up their hands to deliver educationals or undertake roles every week. Without you volunteering your time and expertise, we could never have run the course and the Speechcrafters would not have gotten so much out of it. Secondly, the Speechcrafters. It was wonderful to watch each one grow and develop, to hear their stories and see them support and encourage each other.

Undertaking the role has helped me further develop my leadership and public speaking skills and has taught me lots about 'helping people to help themselves'. So much so, I'll be coordinating the next course!

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Upcoming Meeting Dates and Themes

Feb 6- Theme: Spring into Speechcraft

Feb 20- Theme: You are What you Think

Mar 5 - Theme: Autumn Leaves

Mar 19 - Theme: Practice makes perfect



Our first meeting for the year Meeting #1419

We had a great start to the year at our first meeting themed "2020". We had impromptu speeches and an educational on evaluations by Matt Tonkiss. In our prepared speech section Omar Ikharis presented his speech "Let's argue gently", Barbara Mifsud spoke about "3 Threats, Wendy Lipski reflected in her speech titled "Best of times and the worst of times and Vic-ki Sheehan presented her search with "In search of my family castle". Congratulations to our ribbon winners on the night: Sam Fenton took Best Table Topics, Best Speech went to Vic-ki Sheehan, Best Evaluator was Matt Tonkiss and Stirrer's Spoon was awarded to Suben Subenthiran.



Evaluation Contest Meeting #1420

We had ten visitors that came from near and far...one visitor even came all the way from Orange to join us for meeting 1420 "At if Effective Evaluation. Mike Kano-McCallum start off the night with a toast to Parramatta:

Toastmasters brings us together, to support each other.

We are diverse cultures, languages, LGBTI, and ages.

Diverse footy and rugby affiliations,

Lectern lovers and lectern avoiders, together.

In 17 years in Toastmaster I've made friends with people of different views and different stories, from different walks of life, and I am enriched through this.

Embodying this I thank our past President and past VPE – Michael and Sam – for welcoming me, and putting me to work on arrival. So proud of my first mentee, Barbara now running speechcraft and competing.

I thank our current President – Wendy for her caring for all of us, and building community. Especially for calling me, after I survived a street assault, to ensure bruised me would soon be back.

True community leaders bring diverse people together, and we live this here. The result, is Parramatta ranks as one of the highest performing clubs in the Region.

Mother Teresa said – I can do things you cannot, you can do things I cannot, together we can do great things.

So, I'd like you all to be upstanding, and toast to

"Parramatta – Diversity and Community"

Thank you to our guest speaker John Lomu who was evaluated by ten of our members! The winner of the contest was Ron Marriott, Anu Vijayan took second and Sabesh Sitabesan took third place. Ron will be representing Parramatta on the 29th of February at the Area 13 contest. Make sure you come along and show your support! Thank you to all that came, to our judges and everyone who worked to put the contest together! We also inducted our newest member Marko!





Tips for Speech Evaluation

by Matt Tonkiss

Phrasing of points

- Refer to the speaker in the 3rd person, don't talk directly to them. For example, let's say the speaker's name is Tom. You wouldn't look directly at Tom and say: "You gave a fantastic speech. I would have like to see you do more eye contact". Instead, you would say: "Tom gave a fantastic speech. I would have like to see him do more eye contact". This is because: 1) The person might find it a bit intimidating or embarrassing being spoken to directly. 2) The Evaluation is for everybody to learn from, not just the speaker.
- For points of praise, don't just say what you liked. Give a short example from the speech, and say why it was good. For example: "I liked Tom's hand gestures (the point of praise), like when he was describing the mess in his house (an example from the speech). I really felt like I was there and could really imagine how big the mess was (why that element of the delivery was effective)."
- For point of improvement, again, don't just list them. Give the speaker an idea of how to improve. For example: "I felt like Tom only looked at one side of the room, which made me felt a bit excluded on the other side (the point of improvement). I would suggest Tom remember to look around all parts of the room to make sure everyone feels connected (the how)."

Avoid judgement phrases.

Avoid language like:

- "Good speakers don't..."
- "That was the wrong thing to say"
- "If the speaker wants to do it right, they must..."

Instead, use language like:

- "I was impressed with..."
- "I was confused about..."
- "I think the speech's purpose would have been clearer if..."

Did you know?

We are now on Linked in!
If you are on Linked in make sure you follow us on: **Toastmasters District Parramatta** for regular updates!

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 every fortnightly on Thursday evenings between 6:30pm and 9:30pm at Rydges Parramatta.

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 Christine Huynh VPPR—vppr@parramattatm.org.au

Awards

In January we had one Education Award!

Congratulations goes out to:

Monique Tonna, DTM

Level 4 Strategic Relationships

DCP Points:

DCP Points are recognition of the club's achievements. Distinguished Club Program (DCP) includes 10 goals that your club should strive to achieve each year. The club is currently half way to achieving our goal of 10/10.

Goals
Goals Met 5
Distinguished 5
Select Distinguished 7
President's Distinguished 9

Goals to Achieve	Goal	To Date	Status
Education (A maximum of 6 will count toward DCP credit.)			
1 Competent Communicator (CC) awards	2	0	2 CCs needed
2 More Competent Communicator (CC) awards	2	0	2 CCs needed
3 Advanced Communicator (ACB, ACS, ACG) awards	1	0	1 AC needed
4 More Advanced Communicator (ACB, ACS, ACG) awards	1	0	1 AC needed
5 Leadership Awards (CL, ALB, ALS) or Distinguished Toastmaster (DTM) awards	1	1	✓
6 More CL, ALB, ALS, or DTM awards	1	3	✓
P1 Level 1 awards	4	4	✓
P2 Level 2 awards	2	2	✓
P3 More Level 2 awards	2	1	1 Level 2 needed
P4 Level 3 awards	2	1	1 Level 3 needed
P5 Level 4 awards	1	0	1 Level 4 needed
P6 Level 5 awards	1	0	1 Level 5 needed
Membership			
7 New members	4	1	3 New Members needed
8 More new members	4	0	4 New Members needed
Training			
9 Club officers trained June-August	4	7	First Training Period Achieved
Club officers trained December-February	4	0	Second Training Period 4 needed
Administration			
10 Membership-renewal dues on time	Y	1	✓
Club officer list on time	Y	1	

Club Leadership Training:

Round Two of Club Leadership has commenced and our executive have started to complete the training. 5 of our executive members attended training on the 29th of January. We discussed plans for our club including club executive nominations for our upcoming 2020-2021 year! Have you thought about being on the executive team? It is open to all members - even our new members! For more information about each role look at our club website for more information: <https://www.parramattatm.org.au/exec.htm>



Important Dates:

- Blacktown City Toastmasters 50th Anniversary Meeting:** Saturday 7th March 2020
- Area 13 International Speech and Evaluation Contest:** Saturday February 29th 2020.
- District 90 Annual Conference:** 28th May 2020—30th May 2020.
- Speechcraft:** Speechcraft is re-suming on the **11th February 2020**. Barbara Mifsud took on the leadership opportunity and co-ordinated the last course and will be continuing the co-ordination this quarter.

BLACKTOWN CITY TOASTMASTERS

CHARTER DATE: MARCH 1, 1970



CELEBRATING THE LIFE-CHANGING JOURNEY OF PERSONAL GROWTH THROUGH DEVELOPMENT OF COMMUNICATION AND LEADERSHIP

DATE: Saturday, 7 March 2020

TIME: 6:00pm for a 6:30pm start

VENUE: Ballroom, Blacktown Workers Club
55 Campbell Street, Blacktown NSW 2148

COST: \$50 per person. Two course meal, cake and entertainment included. Please register via Bank Deposit as per below.

DRESS CODE: Semi-formal attire

RSVP: Email Registrations@BlacktownCityToastmasters.org.au
Registrations close Wednesday, 26 February 2020.