



THE PARRA-NATTA

PARRAMATTA TOASTMASTERS CLUB

March 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.

Area 13 Contest

By Wendy Lipski

What a great afternoon!!! Area 13 International and Evaluation Contest proved to be a very fruitful for Parramatta Toastmasters! Vicki Sheehan won the International Speech Contest, and the Evaluation Contest was won by Alicia Leise - representing Western Gourmet Toastmasters. Ron Marriott placed a very strong 2nd in the Evaluation contest.

The full results were:-

International Speech

First - Vicki Sheehan
(Parramatta TM)

Second - Matt Gardiner
(Winners Circle)

Third - Karl Zhao (Justice)

Evaluation Contest

First - Alicia Leise (Western
Gourmet)

Second - Ron Marriott
(Parramatta TM)

Third - Sarah Morrissey
(Winners Circle)



We had thirteen members there this afternoon, not only to cheer our representatives on, but also helping out with the contest: Ian Lipski - International Contest Toastmaster

Karl Pareira - Evaluation Contest Toastmaster

Wendy Lipski - Toast

Michael Said - Chief Judge

Mandy Chiu - Laughmaster

Sean Leise - Counter

And of course a club judge, who should remain anonymous!! A big thank you to our very competent Area 13 Director Sally Lai for a well run contest! A great event! Thanks to all who came along and enjoyed the extremely high standard of speeches, evaluations, and the camaraderie of Area 13!!



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Upcoming Meeting Dates and Themes

Mar 5 - Theme: Autumn Leaves

Mar 19 - Theme: Practice makes perfect

Apr 2 - Theme: King of our Hearts

Apr 16 - Theme: Let's We Forget
- Nominations presented for Executive Elections

Meeting 1421: Spring into Speechcraft

We celebrated all things speechcraft in Meeting 1421. Vivek opened up and talked about his journey two and half years ago—he stated that it gave him courage in his life. Omar Ikhrais did a get to know you session with Barbara Mifsud. Wendy Lipski presented a travel tale from the United States which included Polar bears and melons. John Taylor presented his point of view on watching movies and encouraged us to watch the early sessions in the morning—9:30 or 10:00 session

Vicki deviated from theme—speech starters

1. The thing I love most about work is...
2. The last time I laughed out loud was...
3. The mantra I live by is...
4. The best advice I was ever given is...
5. The one thing I never told my parents...
6. The happiest moment of my life was....
7. The worst part about travelling overseas is..
8. The thing I look forward to everyday is...
9. The best thing about being over 50 is
10. The best thing about being under 50 is...



Congratulations goes out to Monique Tonna who took out Best Speech of the night, Ron Marriott won Best Evaluator, Wendy Lipski had the best Table Topic, Marko received his Icebreaker ribbon and Monique Tonna took out the Stirrer's Spoon. We also inducted our newest James Nieradka to our club! James completed our Speechcraft course last year. We wish him all the best on his Toastmasters Journey.



Meeting 1422: You are What you think

On the 20th of February we had a variety of speeches that definitely made us think! Vivek Singhal presented his speech "The Project", Andrew Emerson presented "What you see is not what it seems", Sam Fenton presented his travels with "Travelling Sam", Anu Vijayan presented a work presentation "Decision support for Bush Management" and Alicia Leise presented "Focus on the journey, not the destination". Alicia's speech won the best speech of the night and Vicki Sheehan took out the best table topic and evaluation!



ALL ABOUT MICROPHONES

If you have been to a recent meeting at Parramatta Toastmasters you would have seen that microphones are now in use! These are optional but a great way to practice good microphone techniques! Have a read of Gary Wilson's Tips and Tricks taken from: <https://www.parramattatm.org.au/Site/pdfs/Microphones.PDF>

Microphones are simply a tool to help you speak to large groups of people. Used effectively, they make you look better, sound better and feel better. Microphones make it easy to speak. They enable you to be heard without straining your voice, making your voice sound better and more natural.

Things to check first :

- *Is the microphone omni-directional (picks up sound from all around) or uni-directional (picks up sound only from in front)? Uni-directional microphones are the most common type provided for speakers and singers. These require you to speak directly into them.*
- *Does the microphone have a switch, usually a slide switch on the shaft? If so, use it to keep the microphone turned off except when you are speaking.*
- *Is there a microphone stand? If so, adjust it so that the microphone is just below your mouth and pointing up to it at an angle. A microphone can also be held in your hand and this is actually the best way to use it. However, you need to practice holding it so that you keep it correctly positioned.*
- *Test the sound system before use, asking someone to help by listening to you. • Is the volume setting right so that you can be heard comfortably throughout the room? • Where is the best place for you to stand to use the microphone without feedback (a squealing noise) occurring? • What is the optimum distance between the microphone and your mouth. This is normally between 10 and 20 cms. but varies with microphones.*
- *If the sound system needs adjusting have it done, but ideally by the local expert.*
- *Assess the microphones's pop resistance. This is the explosive puff of air we make when we say words starting with consonants like p, f and b.*
- *Say "Can I have feedback on whether there is a problem with my p's exploding". If so, you will need to ensure the microphone is positioned or held so that you speak over it and not into it. Do this by pointing it at your mouth from below.*

Tips on usage:

- *Do not try to be a radio announcer. Speak in your normal voice at an even pace. Don't shout but speak slowly and clearly. Lower the tone of your voice if possible.*
- *Try not to speak in a monotone manner. Rather try to inject vitality and life into your speech.*
- *Do not look at the microphone. Look at your audience.*
- *Do not move abruptly or move back and forth. Keep the microphone in a line between you and the audience as you turn to look from side to side. If you are holding the microphone, move the microphone as you move your head to maintain the straight line to your audience.*
- *Avoid holding paper between your mouth and the microphone. Reading from notes is a communication barrier. If you do have some notes, keep them to one side and ensure that you keep the microphone in line between you and the notes when you look at them.*
- *Never tap, blow into or thump a microphone. It is a delicate instrument and should be treated with care. So don't drop it!*
- *If the microphone is on a stand, don't touch either the microphone or the stand.*
- *If you need or prefer to hold the microphone in your hand, don't fiddle with the cord or rub the side of the microphone as this will generate noise.*
- *Watch for extraneous noise generated by rustling paper or clinking jewellery.*
- *If "acoustic feedback" occurs (a howling or squealing noise from the speakers), move! This happens because the microphone is too close to a speaker or the volume level is too high. If the feedback only occurs when you talk, you are probably talking too loudly.*
- *At all times try to hear yourself speak. Moderate your tone from what you hear.*

In summary:

- *The microphone is your friend. Used with confidence and style, it helps to get your message across.*
- *But remember, • As with a computer, Garbage in Garbage out • If you mumble, the microphone will. • If you um or ah, yes it will too, but louder. • If you whisper an aside, it will pick it up. • If you mispronounce or do not articulate, then, you guessed it, the microphone will do the same, word for word!*
- *However, if you speak clearly and distinctly the microphone will make your voice loud enough to be heard in comfort and exciting to listen to!*

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 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

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 on 6/10!

Goals
Goals Met 6
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) award	1	1	✓
6	More CL, ALB, ALS, or DTM award	1	3	✓
P1	Level 1 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	4	4	✓
P2	Level 2 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	2	2	✓
P3	More Level 2 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	2	1	1 Level 2 needed
P4	Level 3 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	2	1	1 Level 3 needed
P5	Level 4 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	1	0	1 Level 4 needed
P6	Level 5 awards <i>All Pathways education awards must be submitted in both Base Camp and Club Central.</i>	1	0	1 Level 5 needed
Membership				
7	New members	4	3	1 New Member needed
8	More new members	4	0	4 New Members needed
Training				
9	Club officers trained June-August	4	7	✓
	Club officers trained November-February	4	4	
Administration				
10	Membership-renewal dues on time	Y	1	✓
	Club officer list on time	Y	1	

Speechcraft:

Our first speechcraft course of 2020 is well underway! Barbara Mifud is co-ordinating the course and has been doing a wonderful job! All fourteen participants have shown so much growth over the four weeks. If you are interested in helping out please get in touch with Barbara: barbara_mifsud@hotmail.com. If you are interested in participating in our next course please watch this space for registration details!

Important Dates:

- **Blacktown City Toastmasters 50th Anniversary Meeting:**
Saturday 7th March 2020
- **District 90 Annual Conference:**
28th May 2020—30th May 2020
- **Western Division Contest**
14th March 2020
Briefing 10:20am
10:50am start
Location: The Australian Hotel and Brewery

Did you know?

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



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.