



## Northern Beaches Toastmasters Club

*Moving Forward and Getting Ahead*

Our Grateful Thanks to our present Committee Members for all the work they are doing on our behalf for the Northern Beaches Toastmasters Club.

President: David Tomlinson  
V/P Education: Stephen Trindall  
V/P Membership: Denise Tomlinson  
V/P P/Relations: Keren Snell  
Treasurer: Deanna Morpurgo  
Sergeant of Arms: Sharon Austin  
Secretary: Hugh Barber  
Immediate P.President  
Webmaster: Greg Holterman

*Focusing on Fun!!!*

**Northern Beaches Toastmasters  
Meet 6.45pm on  
4<sup>th</sup> Tuesday of the Month.**

Choosing a different Restaurant each month. Also meeting when there is a 5<sup>th</sup> Sunday of the month, encouraging all to take the opportunity & notch up another Speech.



**TUESDAY 19<sup>TH</sup> APRIL, 2011**

**THIS MONTHS MEETING  
BILLOWS AT THE BEACH  
1093 PITTWATER ROAD  
COLLAROY**

**THEME OF THE MONTH  
"SUPERHEROES"**

**Date for your Diary**

**District 70 Annual  
Conference Living in the 70s,  
13 to 15 May 2011**

Bankstown Sports Club  
Greenfield Pde,  
Bankstown,

Celebrating 40 years of  
District 70,  
our members and our clubs.

## PRESIDENTS MONTHLY AWARD

Presented to Jan Vecchio for her outstanding contribution to Toastmasters for without her as a founding member we would not be here tonight.

### PLATTERS KITCHEN

#### Thai style PRAWN SALAD : -

Serves 4 / Prep time 20 minutes

100g Vermicelli Noodles  
1kg cooked medium Prawns, peeled & deveined ( 450g peeled )  
1 cup loosely packed fresh mint leaves  
1 cup loosely packed fresh coriander leaves  
2 x ( 260g ) lebanese cucumbers, sliced thinly  
250g cherry tomatoes, halved  
200g purple shallots or red onion, sliced finely  
200g snow peas, trimmed & sliced on an angle  
1/2 medium ( 500g ) red papaya, sliced lengthways ( or substitute Mango )  
80g dry roasted peanuts ( or substitute macadamias )

#### DRESSING : -

1/4 cup ( 60ml ) lime juice  
1 x tablespoon olive oil ( or almond oil )  
1 x tablespoon Fish sauce  
2 x small red chillies, deseeded and chopped finely

1. Dressing - Combine all ingredients in a screwtop jar
2. Place the noodles in a large heatproof bowl; cover with boiling water. Soak the noodles until just tender; drain. Rinse vermicelli under cold water, drain.
3. Combine Prawns, herbs, cucumber, tomato, shallots and snow peas in a large bowl and gently combine with the Dressing.
4. Divide noodles among serving plates; top with papaya, then Prawn mixture. Just before serving, sprinkle with peanuts.

NOT SUITABLE TO FREEZE

*Chef of the month Steve Trindall*

**BIRTHDAY CELEBRATIONS**

**3<sup>RD</sup> MARCH**  
**20<sup>th</sup> March**

*Frank Elmes*  
*Deanna Morpurgo*

**SPEAKERS OF THE MARCH MEETING**

Speaker No 1 Greg Holterman    Evaluated by Kathy Stewart

Title: 'Be Prepared.'

QuickTime™ and a  
decompressor  
are needed to see this picture.

Humorously Speaking Manual Project # 3

Speaker No 2.

Deanna Morpurgo

Evaluated by Hugh Barber

Title: 'Jayne'

Storytelling Manual Project #4

QuickTime™ and a  
decompressor  
are needed to see this picture.

Speaker No 3.

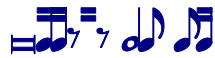
Denise Tomlinson

Evaluated by Laurel Holterman

Title: 'Mitchell's Story

Storytelling Manual Project # 3

QuickTime™ and a  
decompressor  
are needed to see this picture.



Our special guests of the evening were:

John Stevenson     *Balgowlah Toastmasters*

Nathan Wright     *Harbord Toastmasters*



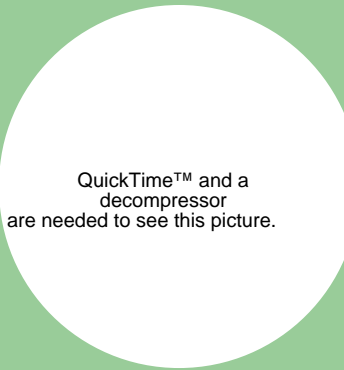
*“I cannot change yesterday, I can make the most of today,  
and look with hope toward tomorrow.”*

With thanks to Stephen Trindall and Hugh Barber for  
the information in this newsletter as Steve and I  
were on Holidays.

What's On in District 70

District 70 Annual Conference Living in the 70s,

**13 to 15 May 2011** Bankstown Sports Club Greenfield  
Parade, Bankstown, Celebrating 40 years of District 70, our  
members and our clubs.



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*MOVING  
FORWARD,*

WE'RE ON THE WEB!

*SEE US AT.*

**WWW.NBTC.ORG.AU**