



# CHATTER ON A PLATTER

NOVEMBER – DECEMBER 2013

## Northern Beaches Toastmasters Club

*Moving forward, getting ahead*

### THOUGHT OF THE MONTH

The average person talks to themselves at more than 500 words per minute, of which 70% is negative. For the next five minutes keep a track of what you are telling yourself. Note how these thoughts are making you feel.

*Mind is everything; what we think we become. Buddha*



### SPEECHCRAFT COURSE

Commencing  
Wednesday 12<sup>th</sup>  
February 2014  
for 6 weeks  
at Club Totem  
Condamine Street  
Balgowlah  
Cost = \$330

If you can assist in the successful conduct of our 2014 Speechcraft Course, please contact  
Reg Stewart  
(Vice-President Education)

### MERRY CHRISTMAS AND HAPPY NEW YEAR TO OUR MEMBERS AND YOUR FAMILIES



*Glory to God in the highest  
And on earth peace good will toward men*

### ROUND 2 - CLUB LEADERSHIP TRAINING

Do you want to be able to inspire, motivate and lead a team whether it is in Toastmasters, your community or professional life? All club officers and interested members are invited to attend Round 2 Club Leadership Training.

Local training is scheduled for –

- ✓ Saturday 18<sup>th</sup> January at St Josephs Church Hall, 21 Lagoon Street, Narrabeen
- ✓ Thursday 20<sup>th</sup> February at Harbord Diggers Club, Evans Road, Freshwater

Please check our district website for additional sessions.

[www.d70toastmasters.org.au](http://www.d70toastmasters.org.au)



*Never look down on anyone unless you're helping them up*

**Get Well  
Wishes  
to  
George Lenon  
and  
John Inglis**

**Nice to see  
Muriel and  
Francis back  
at our  
meetings (after  
major surgery)**

Welcome to our  
newest member –  
District Governor  
Joan Rinaldi DTM



**Congratulations  
Sue Loucks!!  
You were a  
splendid MC at  
our 10 Year  
Anniversary  
Dinner**

### *Time Management - Project 4 Competent Leader Manual*

Time management helps leaders make the most of the time available to them. You can budget your time and accomplish projects and tasks efficiently by identifying long and short term goals, making a daily to-do list, prioritizing the list, making a schedule and delegating when possible, leaving time for unexpected tasks, and managing interruptions.



How to manage time –

- Understand what you can realistically achieve with your time.
- Make the best use of the time available.
- Plan enough time for things you absolutely must do.
- Minimize stress by avoiding over-commitment to yourself and to others.

Dear Members,

Thank you so much for attending our 10 Year Anniversary Dinner on 26<sup>th</sup> November. I have received a lot of positive feedback from many people, including our guests, who thought the evening was fabulous. Our MC, Sue Loucks moved from one agenda item to another with energy and zest and our guest speaker, Colin Emerson, wowed the audience with his speech The Butterfly Effect.



I received many apologies from past members and club friends. Brian Hanscombe has been ill for the last few weeks and sends his regards to all. David Moore sent his best wishes for a wonderful evening. Alison Lavick sent her congratulations to the Club and wished she could be there but is still recuperating following a knee replacement. Donald Millar sent his best wishes to all our members.

It was wonderful to see Faye Smith (our first member following the chartering of the club), who had travelled from Port Macquarie; Rhonda Hamilton who was a member for many years; our District Officers – District Governor Joan Rinaldi, Lt Governor Marketing Wendy White, Public Relations Officer Rick Haynes, Hawkesbury Division Governor Pauline Gilchrist, Area 8 Governor Charmaine Burke; and many other current and past district officers, club presidents from nearby clubs and toastmaster friends.

The strength of our club lies with our members. We have one District Governor and three Past District Governors. Six of our members have been Division Governors and eight have been Area Governors. Six of our members are Distinguished Toastmasters. NBTC has a wealth of knowledge and experience which makes it an ideal club for new toastmasters. The strength of our club also lies with your commitment to self-improvement and to help fellow members achieve. The Toastmasters education program is worth nothing without your support. At all times, we need to be mindful of the club mission and the Toastmasters Promise to which you agreed when joining and which can be found in the front of the Competent Communication Manual.

Best wishes for Christmas *Jar*

## ODE TO NORTHERN BEACHES TOASTMASTERS CLUB

It's hard to believe it was ten years ago  
 When they thought a club that eats - would grow  
 We all should celebrate and yell - three cheers  
 We've survived, being distinguished each one of those years  
 At first the Rupee Room was the chosen venue  
 For us to gather and study the menu.  
 We gathered in fun and with one common thread  
 To provide a club 'Where leaders are fed'.  
 They came from afar - to give us a start  
 'Twas the DG's wise words that seemed so smart  
 "Be Proud, Stand Tall, and Dare to Dream"  
 And Twenty One members made up the team.  
 Northern Beaches Toastmasters came to fruition  
 An outstanding Hawkesbury and District 70 Addition!  
 The Sponsoring clubs Balgowlah and Dee Why  
 Gave the support while we were on a high.  
 And then for the sponsors Bob Wright and Sue Terry  
 It could have been Christmas, we were all so merry.  
 But it was only November when the charter went in  
 And sponsors Graham and Jan could do nothing but grin.  
 Then the charter dinner at Limani's for manna  
 The gala event where they handed us the banner.  
 Since then, restaurants up and down the coast  
 Have hosted our speeches and sometimes a roast.  
 It could be Manly, Frenchs Forest where we can be seen  
 Dee Why, Warriewood, why, we've even been to Narrabeen  
 Sometimes at restaurants, it's quite hard to hear  
 It doesn't matter, who gives a damn, just down a beer.  
 And if wine is your favourite then you'd no doubt say  
 I'd prefer a chilled glass of my favourite chardonnay.  
 But it's our members / our leaders that we remember  
 Nine charter members still members this November  
 Frank, Muriel, Denise and Kathy are still having a go  
 And of course John, Keren and someone called Antonio?  
 Sadly, two members have passed away  
 And we remember them on this special day.  
 Mick and Richard you will recall  
 Entertained and inspired us all  
 Evaluations, to watch - Pause, Pace, Pitch and Power  
 While we quietly enjoy our Sweet and Sour.  
 Could be Italian or Thai – some with spice  
 My favourite – hot vindaloo with fried rice  
 At the Tomlinson's we share Christmas cheer  
 Now a tradition at this time of year.  
 King David and of course his Queen lovely Denise  
 And every great thought that rhymes with Denise  
 Ah! -The past ten years have gone too quickly, lots a fun  
 The memories, the experiences, and we're not yet done  
*Moving forward, getting ahead – that's our motto*  
 Congratulations members, we must have won lotto.

Thank you to Reg  
 and Kathy Stewart  
 who wrote the  
 Ode To Northern  
 Beaches

Presented by Reg  
 at the 10 Year  
 Anniversary

### *Cautions for Speakers*

*Be honest with your audience.  
 Remember that cold figures are quickly forgotten, while illustrations are remembered.  
 Tell the truth.  
 Don't argue in a circle.  
 Give proofs when needed.  
 Be concise.  
 Be natural.  
 Avoid bad habits.  
 Don't grunt, hesitate, sway or twist about, button or unbutton your coat or rearrange your clothing.*

Pointers on Speech  
 Making - Toastmasters  
 International





**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.*



**Northern Beaches Toastmasters Club** *moving forward, getting ahead*

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Meetings are held at various restaurants on the northern beaches of Sydney on the 4<sup>th</sup> Tuesday of each month – 6.30pm for 7.00pm

**FORWARD PLANNER – 6 MONTHS**

- 17<sup>th</sup> December – club meeting – Christmas – at the Tomlinson residence**
- 18<sup>th</sup> January – club leadership training – St Josephs Church Hall, Narrabeen (afternoon)
- 28<sup>th</sup> January – club meeting - International Speech and Evaluation Contests**
- 2<sup>nd</sup> February – Evaluation Workshop - St Josephs Church Hall, Narrabeen
- 12<sup>th</sup> February – commencement of 6 week Speechcraft Course – Club Totem
- 20<sup>th</sup> February – club leadership training – Harbord Digger Club (evening)
- 25<sup>th</sup> February – club meeting**
- 8<sup>th</sup> March - Area 8 International Speech and Evaluation Contests
- 16<sup>th</sup> March – Speakers Forum and Sunday Seminar – Bankstown
- 25<sup>th</sup> March – club meeting**
- 30<sup>th</sup> March – Hawkesbury Division International Speech and Evaluation Contests
- 24<sup>th</sup> April – club meeting – announcement of nominations for elections in May**
- 16<sup>th</sup> – 18<sup>th</sup> May – District 70 Annual Conference (including finals of the International and Evaluation Speech Contests) – Bankstown
- 24<sup>th</sup> May – Train the Trainer (for Club Leadership Trainers)
- 27<sup>th</sup> May – club meeting – Club Officer Elections**
- 22<sup>nd</sup> June – Speakers Forum and Sunday Seminar
- 24<sup>th</sup> June – club meeting – Changeover Dinner**

*Change your thoughts and you change your world*  
 –Norman Vincent Peale

**CLUB EXECUTIVE COMMITTEE MEMBERS**

- President: Jan Vecchio DTM
- VPE: Reg Stewart DTM
- VPPR: Guy Loucks
- VPM: Denise Tomlinson DTM
- Secretary: Kathy Stewart ACG, ALB
- Treasurer: David Tomlinson ACS
- SAA: Steve Barber ACS

