



# CHATTER ON A PLATTER

OCTOBER - NOVEMBER 2013

## Northern Beaches Toastmasters Club

*Moving forward, getting ahead*



### THOUGHT OF THE MONTH

Other people will often be quick to crush your ideas, telling you they won't work. To agree and succumb to others' negativity is giving them permission to control your dreams. Remember, no one can take ownership of your dreams unless you allow it. Who is in control of yours?

*People too weak to follow their own dreams will always find a way to discourage yours. Anonymous*

Gestures are like words – to be used only when they mean something.

### DISTINGUISHED CLUB PROGRAM

Goal 1 - 2 Competent Communicator Awards – Reg Stewart & Jan Vecchio  
Goal 3 – 1 Advanced Communicator Bronze Award – Deanna Morpurgo  
Goal 10 – On-time payment of October dues renewals and on-time submission of club officer list.

Our goals are to achieve 2 more Competent Communicator Awards, 1 more Advanced Communicator Award, 2 Leadership Awards, 4 New Members, 4 more New Members and a minimum of 4 club officers trained in Round 2 Club Officer Training.

Northern Beaches Toastmasters Club has a history of Being Distinguished. Let's make it happen in 2013-2014.

**Congratulations to our achievers!**



*Remember to put a big smile on a great outfit.*

*It's true – when you look good, you feel good. And when you feel good, you can do anything!*

### NOVEMBER BIRTHDAY CELEBRATIONS

6<sup>th</sup> November – Graham Blandy

8<sup>th</sup> November – Muriel Jones



**Get Well  
Wishes  
to our  
members who  
have had  
recent surgery  
and are now  
recovering –  
Muriel  
And  
Francis**

Welcome to our  
guest at the  
October meeting -  
Area 8 Governor  
Charmaine Burke



Congratulations  
Kathy – on  
completion of  
your High  
Performance  
Leadership  
project. You're a  
star



**3 FABULOUS SPEECHES AT OUR LAST MEETING**

Errol Byrnes – My Return To Toastmasters  
Laurel Holterman – And The Winner Is....  
Denise Tomlinson – The Queen of Crime

**Congratulations Laurel - Best Speech of the Night**

**Giving feedback - Project 3 Competent leader Manual**

Team members need to know what they are doing well, what they are not doing well, and how they can improve. Giving performance feedback is a necessary leadership function. When done properly, feedback can relieve stress, improve interpersonal relationships and promote trust and respect for leaders and team members.

How to give feedback:

- Describe the specific behavior that needs correction.
- Explain the behavior's effect.
- Listen.
- Ask for a change in behavior.
- Reaffirm the person's ability to make the change.
- End on a positive note.
- Follow up.

Recognize good performance:

- Be specific.
- Express your appreciation.
- Encourage more of the same.

*Recognize  
good  
performance*



Dear Members,

I was speaking with a friend last week about the power of speech. He reminded me that we have the power to create or destroy simply by the choice of our words and the emotion we put behind the words. Toastmasters is about developing people, building them up and making them feel good about themselves. Be conscious of the tone of your voice and your word selection. Make your goal creation.



Congratulations to Reg and Deanna for achieving education awards. To achieve all 10 goals in the Distinguished Club Program, requires a team effort – David submitting the dues, Denise processing the new members, Guy promoting our club, Reg ensuring that we have quality meetings, Steve ensuring that our meetings start and finish on time, Kathy recording events and you the members participating in the program with enthusiasm. Thank you for being members of Northern Beaches Toastmasters Club.

*Jax*

## HAWKESBURY DIVISION HUMOROUS SPEECH AND TABLE TOPICS

CONTEST SATURDAY 12<sup>TH</sup> OCTOBER 2013

## LETTER OF APPRECIATION FROM KATHY STEWART

Dear Team members,

I write this letter to express my sincere appreciation for the contribution you made to the Hawkesbury Division Humorous Speech and Table Topics Contest.

From the feedback we have received our contest set a standard of excellence and we should all be very proud of this achievement.

This achievement belongs to all of us collectively as a team, and as individuals as we took responsibility for specific tasks.

So let us now look at the tasks involved in bringing this vision into reality!

Thanks to my Guidance Committee Hawkesbury Division Governor Pauline Gilchrist and Sue Loucks for their *guidance*. Thank you both for giving me the opportunity to organize this event. I loved every minute of it. The learning outcomes for me are enormous – planning is the key; clear communication of vision is vital, attention to detail is paramount and having the best people on your team really helps!

Thanks to Jan Vecchio for leading and organizing the welcome team – Laurel Holterman and Errol Byrnes - at the contest. Everybody was greeted in a warm and friendly manner and this set the tone for the contest! Thanks go to Jan and Craig from St.Kierans Manly Vale Toastmasters Club for the music video of Make 'em Laugh - people knew they were in for a great night!

Thanks to Steve Barber and Denise Tomlinson for organizing and running the raffle on the night! Great prizes, great fun, and an efficiently run part of the evening.

Thanks to our Treasurer David Tomlinson for his outstanding accounting support.

Thanks to Steve Rafferty from St.Kierans Manly Vale Toastmasters Club for his support, organizing members from his club to run the supper, the hall set-up and clear up, rubbish removal, including the return and stacking of chairs to the storage hall – not easy work with over 130 chairs!

To my darling husband Reg who ordered, collated and printed all certificates, trophies, judge's folders, coordinated and recorded bookings, and transported the supper to the venue on Saturday 12<sup>th</sup>. Everyone has remarked on the fantastic supper - delicious. Reg is the best role model in my world and I know how blessed I am.

In conclusion, The High Performance Leadership Program has taught me many things – the most important is that a vision cannot be realized without the team working together cohesively and effectively. For this to happen a vision needs to be clearly communicated and each team member needs to know exactly how they fit into the vision.

At its heart – the success of the Hawkesbury Division Contest depended upon the planning, organizing and execution of the details that we each took responsibility for, so that the big picture could shine.

I thank each one of you sincerely for your outstanding efforts to make the Hawkesbury Division Humorous Speech and Table Topics Contest a proud achievement for all of us at Northern Beaches Toastmasters Club.

Sincerely

*Kathy Stewart*

Contest Organizer

Congratulations  
Sue – Excellence  
Award for an  
outstanding  
evaluation of  
Errol's Ice-Breaker  
Speech.

#### THE HIGH PERFORMANCE LEADERSHIP

program is a step by step experiential way to develop leadership skills and is a requisite for the Advanced Leader Silver Award. It requires recruiting a guidance committee, studying the learning materials and applying them to your own situation, selecting a worthwhile project which you complete by working with other people in a leadership capacity, working with your team to accomplish your goal and making a presentation to you club on completion of the project.





**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.*



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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**

- 24<sup>th</sup> November – Speakers Forum and Sunday Seminar - Bankstown
- 26<sup>th</sup> November – club meeting - 10 Year Anniversary at Club Totem, Balgowlah**
- 17<sup>th</sup> December – club meeting – Christmas – at the Tomlinson residence**
- 18<sup>th</sup> January – club leadership training – Hawkesbury Division
- 28<sup>th</sup> January – club meeting - International Speech and Evaluation Contests**
- 25<sup>th</sup> February – club meeting**
- 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**

**10 Year Anniversary Dinner Tuesday 26<sup>th</sup> November 2013 at Club Totem, Condamine Street Balgowlah**

**Guest speaker Colin Emerson  
 2012 District 70 International Speech contest winner**

**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

