

NORTHERN BEACHES TOASTMASTERS CLUB MINUTES

Club No: 609136 Area 8 Hawkesbury Division District 70

Meeting No: 188 **On:** 23 May 2017 **At:** Oceanviews Vietnamese Restaurant, 120 Narrabeen Park Pde, Warriewood

Theme: **Challenges**

Meeting Opened: **7.00pm**

Sergeant At Arms: Brian Paull opened the meeting on time

Present: Sharon Austin, Steve Barber, Errol Byrnes, Luke Donabaeur, Gail Goff, Muriel Jones, Sue Loucks, June McKimmie, Deanna Morpurgo, Brian Paull, Laura Rogers, Talal Rossi, Kathy Stewart, Reg Stewart, David Tomlinson, Denise Tomlinson, Giselle V, Nicola Power, (18)

Apologies: Graham Blandy, Keren Snell, Jan Vecchio, Graham & Tanuja West, Dominic Harriman, Kerrie Schwartz (guest) (6+1)

Quorum: yes

Guests: Beverley Barber & Guy Loucks (2)

President's Opening Sharon welcomed all and presented Brian his trophy for winning our International Speech Contest - and Brian gave an overview of the experience of competing at Area level. Nicola and Giselle were presented with her Name Badges. Kathy Stewart was awarded her Distinguished ToastMaster (DTM) badge - and presented with gift - DTM is the highest award in TM. Sharon advised the club was now President's Distinguished.

Chairman: June welcomed us all to the restaurant and the meeting - she gave an introduction on the theme "Challenge" - her challenge was finding a restaurant that was closer to the far end of the peninsula and meet our club meeting needs. June spoke about large and small challenges - overcoming obstacles and remaining positive.

Word of the Day: Mindfulness - "state of active open attention - without judgement" Nicola introduced the word and explained how to use it as well as giving the background to the word.

Toast: David - Toast to Embracing Challenges

Speaker	Title	Manual	Evaluator
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Comment [1]:

1 Sue Loucks	Women's rights are human rights (13.32)	# 5 Interpretative reading manual	Kathy (3.04)
2 Gail Goff	Volunteering in Retirement	# 2 CC (5.39)	Sharon (1.00)
3 Giselle	How to Save Money	#6 CC (4.18).	Talal (1.40)

Table Topics Master Steve Barber based the questions on the theme of challenges - noting that we are so lucky living on the Northern Beaches so our challenges may not be of the financial kind. Evaluators Laura & Reg

- 1) What are the challenges of learning a new language or musical instrument. Brian 1.13
- 2) Challenges of the City to Surf marathon. Luke 41
- 3) Financial or emotional challenges. Nicola 54
- 4) Rules of the Road. June 1.10
- 5) Challenge of being a toastmaster committee member. Deanna 1.26
- 6) Challenges of becoming a parent or grandparent. Denise 1.25
- 7) The challenges of being an olympian or para-olympian - Guy 1.07
- 8) Challenges of relationships. Errol.

Voting Sue as Immediate Past President conducted the elections and gave a description of each role.

President	Denise Tomlinson
VPE	David Tomlinson
VPPR	Luke Donabaur
VPM	Deanna Morporgo with back up from Talal Rossi
Treasurer	Errol Byrnes
Secretary	TBA
SAA	Brian Paull

Grammarian Report Giselle won with 3 uses of mindfulness. Brian twice, Guy, Gail and Luke all once. Look at challenges as opportunities.

Ums & Ahs & Listening Post: Be aware of our nerves rather than counting Ums and Ahs as they usually come out when nervous - overcome them by breathing, standing still, being aware of our surroundings (mindful). Favourite listener was Laura as she listened, really listened, in table topics, especially to Guy's response.

GE report: Errol summed up the meeting with personable and friendly. Commented on all roles, and on the excellent restaurant. Referred to Pause, Pace, Pitch and Power in Kathy's evaluation; Sharon & Talal both gave praise and points of improvement. Steve's TT questions

followed the theme and questions gave respondents a wide range to respond. Laura's TT evaluations were excellent, very personable and encouraging. Errol commented on every role, giving a very comprehensive report, and concluding that it was a great meeting with 20 people.

Awards Gail - Best Speech. Steve - Excellence Award for table topics

Guests comments: Guy

Chairmans Closing: **Thanked all - especially for the Restaurant.**

Presidents Closing Thanks June for wonderful restaurant - noted it was wonderful that the incoming executive were elected bar secretary and urged all members to consider taking on that role. Sharon also presented Laura with her membership badge.

Meeting Closed: 9.30

Secretary: *Sue Loucks*

President: *Sharon Austin*

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