



CHATTER ON A PLATTER

AUGUST - SEPTEMBER 2013

Northern Beaches Toastmasters Club

Moving forward, getting ahead



THOUGHT OF THE MONTH

A common misconception is that to believe in yourself you must be 100 percent confident of success and, if you feel fear, you must have doubts. Reject this kind of thinking – we all feel fear. It doesn't mean we don't believe in ourselves. Believing in yourself is about knowing you can handle your discomfort, especially when it tries to influence you to run from a challenge.

Courage is believing in yourself – *Neville Kennard*

2013 INTERNATIONAL CONVENTION

In August, sixteen District 70 Toastmasters travelled to Cincinnati for 4 full days of learning, networking, establishing new friends and personal enrichment. Highlights included –

- Opening Ceremony – watching our District Governor participate in the flag ceremony and listening to Robert Love speak on Tonality
- Hall of Fame – applauding districts that achieved distinguished status or better and applauding Presidential Citation Recipient Sue Haynes DTM.
- International Speech Contest Semi-Finals – our District 70 finalist was placed second in her heat.
- Candidates Showcase – learning about the candidates for international office.
- Golden Gavel Dinner – listening to Susan Cain (Golden Gavel recipient) speak on Introverts.
- World Championship of Public Speaking – being entertained by 10 champions who delivered perfect speeches – the speech by Presiyan Vasilev (Changed by a Tire) was more perfect than the other 9 😊
- Annual Business Meeting – voting for Mike Storkey from District 69 (Queensland) who was elected as 2nd Vice-President in the first ballot.
- The Gala Dinner – having fun.

The convention provided a great opportunity to catch up with Toastmasters from around the world. The next convention will be held in Kuala Lumpur Malaysia, the first time outside North America. Start saving your money so you can experience a magical time at the 2014 International Convention.



SEPTEMBER BIRTHDAY CELEBRATIONS

3rd September – Kathy Stewart

20th September Reg Stewart



WELCOME TO OUR GUEST AT THE AUGUST MEETING

Andrew Mills

Dear Members,

I have recently returned from my trip to the United States – the main purpose of the trip was to attend the International Convention. This was the fourth convention I have attended, and certainly not the last. Over the last few years I have made many friends from around the world and realize how big and truly international Toastmasters is. One of the most beautiful things about the International Convention is watching people from all around the world – all the different colors, races and creeds – united together under the one banner, in friendship. Many of the delegates wear their national costume – the Mexicans, Polish, Arabs, Japanese and many more make the convention a colorful event.



In addition to the convention, Laurel and I also spent 4 days in New York visiting tourist sites, including Central Park, Empire State Building, 911 Memorial and Statue of Liberty. New York is vibrant and lively and with wall-to-wall people in the streets 24 hours a day, it is hard to imagine that anyone could ever be lonely in this city. I also took time to visit New Orleans, a much smaller city, but equally as lively as New York, with jazz playing in the streets, along with singing and dancing. I visited museums and plantations and learnt much about the history of slavery and the geography of the country.

Best wishes

Jan



Your dues are due...

Semi Annual Dues are now payable. To continue your membership for another 6 months, please pay \$48 into the club bank account

BSB 633 000 Account 1281 1885 8

You are a valued member of our club – without you, the club would not exist.

4 ENTERTAINING SPEECHES AT OUR LAST MEETING

Sue Loucks – Roast Nuts
 George Lenon – Meeting Margaret
 Beverley Barber – There Was a Man, Sergeant John Middleton
 Deanna Morpurgo – Travel Does Not Always Go As Planned

Congratulations George, on your Ice-Breaker Speech

TOASTMASTERS HELPS YOU TO LEARN HOW TO...

Think on your feet
 Organize your presentations for maximum impact
 Accept feedback graciously
 Speak persuasively
 Tactfully offer suggestions for improvement
 Manage time efficiently
 Apply leadership skills
 Stay cool under pressure
 Touch people's lives through words and actions
 Empathically listen to others
 Respond cogently in impromptu situations
 Share ideas and information confidently

Listening is an important leadership skill that enables you to acquire information, identify and clarify issues, make decisions and resolve conflict. Listening skills also play a major role in team building.

How to Listen –
 Keep an open mind – Maintain eye contact – Watch your body language –
 Listen for key ideas and full understanding – Rephrase what the speaker is saying – Ask questions – Evaluate.

Project 1 – Competent Communication Manual

To plant a tree is to believe in tomorrow





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 4th Tuesday of each month – 6.30pm for 7.00pm

FORWARD PLANNER – 6 MONTHS

- 11th September – Area 8 Humorous Speech and Table Topics Contests
- 15th September – Speakers Forum and Sunday Seminar “Change – But It Ain’t Broke” – Bankstown Sports Clubs – 9.00am
- 24th September –club meeting - Dizzy Motion – Ajmers at Frenchs’ Forest**
- 12th October – Hawkesbury Division Humorous Speech and Table Topics Contests
- 22nd October – club meeting - Area 8 Governor Visit
- 8th to 10th November – District 70 Semi-Annual Conference – Ettalong
- 24th November – Speakers Forum and Sunday Seminar - Bankstown
- 26th November – club meeting - 10 Year Anniversary
- 17th December ?? – club meeting – Christmas
- 18th January – club leadership training – Hawkesbury Division
- 28th January – club meeting - International Speech and Evaluation Contests
- 25th February – club meeting

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

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

