



# CHATTER ON A PLATTER

July – August 2014



## Northern Beaches Toastmasters Club

*Moving forward, getting ahead*

### Thought of the month

*"Never give up"*

*Winston Churchill (and Reg Stewart)*

### Winner of the Excellence Award, Deanna Morpurgo

The theme of the August meeting was Crazy Hats. Deanna embraced this with enthusiasm and had made a variety of exotic hats for lucky members to wear. Her surprise quiz kept us guessing, and I'm sure we all learnt a lot.



Q1. If you knew a woman who was pregnant, who had 8 children already, three who were deaf, two who were blind, one disabled, and she had syphilis; would you recommend that she terminate the pregnancy?

Read the next question before checking the answer on Page 4.

Q2: It is time to elect the world leader, and your vote counts. Here are the facts about the three leading candidates:

#### Candidate A

Associates with crooked politicians, and consults with astrologists. He's had two mistresses. He also chain smokes and drinks quite a few martinis a day.

#### Candidate B

He was kicked out of office twice, sleeps until noon, used opium in college and drinks a great deal of whisky every evening.

#### Candidate C

He is a decorated war hero. He's a vegetarian, doesn't smoke, drinks an occasional beer and hasn't had any extramarital affairs.

Which of these candidates would be your choice? Decide first. A, B, or C?

Then, go to Page 4 to verify your answer.

The meeting was held at Noorpuri Indian Restaurant, Dee Why. The food was spicy, the venue was cosy, and the evening was a lot of fun. Just the place to spend a wet, windy August night. The lighting made taking photos a little tricky so please excuse the quality of the photos below.



Warm regards

Sharon



### Persuasive Presentation Tip

Make sure that you look your audience right in the eye when you are speaking. Direct, connected eye contact will help with nervousness, engagement and credibility. Remember "in any given moment (even if there are 1000 people there) it's just me and one other." So don't present to the 'group'; present to one person at a time and reap the benefits.



## How should you stand when presenting

Most presenters are at their most 'nervous' at the start and finish of their presentation, and in the body of their presentation if situations of conflict or discomfort arise. It's during these times that it is helpful to adopt the Natural Stance.

It's called the Natural Stance because it's how we learnt to stand when we were little – it was the natural way for us to stand when we were learning to hold up our own body before learning to walk.

### Why is the natural stance effective?

Standing symmetrically assists in diaphragmatic breathing rather than chest breath. The Natural Stance will also help you feel solid and more confident.

### How do I do the Natural Stance?

It's a really simple stance to master.

- Place your feet under the bones of your hips
- Ensure your weight is fully over both of your feet
- Slightly relax your knees
- Brace your core – your deep down tummy muscles
- Relax your shoulders (this is very important so you don't look or feel stiff)

### Can I stand in other ways too?

The Natural Stance is for the times when you need to look and feel strong and unflustered. At other times in your presentation you will choose to stand in the plethora of other body postures that reinforce your message. For example, sometimes you will choose to lean because you want to come across as more casual and approachable. Do what's necessary to maximize the chances of connecting with your audience.

### What stance should I not use?

The Fig Leaf or Crotch Clutch, used often by men, makes everyone look at the one part of your body you'd probably rather they didn't. I'll say no more.



Adapted from **How to Present**, by Michelle Bowden

# HAPPY AUGUST BIRTHDAY

Beverly Barber 22nd  
and  
Keren Snell 27th



August meeting took place at Noorpuri Indian Restaurant, Dee Why

A warm welcome to all who attended



Welcome back Muriel after your operation. It is lovely to see you looking so well.

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Congratulations to Errol Byrnes who won the best speech of the meeting award.

Congratulations to Sue Loucks who won the President's Pick Award. Sue had a very busy evening as Chairman, Speaker and Secretary. Great work!

*Congratulations!*



## How can you assist our club to be Distinguished?

The table below shows our current status towards being a Distinguished Club this year. Can you help us get there?

Can you introduce a new member to our club or achieve an education award? Your individual achievements make a difference to the whole club.

Goal 1 – achieved	2 Competent Communicator Awards	Francis Elmes/Jan Vecchio
Goal 2	2 more Competent Communicator Awards	
Goal 3	1 Advanced Communicator Award	
Goal 4	1 more Advanced Communicator Award	
Goal 5 – achieved	1 Leadership Award	Francis Elmes
Goal 6	1 more Leadership Award	
Goal 7	4 new members	
Goal 8	4 more new members	
Goal 9	A minimum of 4 club officers trained in both rounds of training	4 Officers trained in Round 1
Goal 10	Club dues submitted on time for one dues renewal period and Club Officer List submitted on time	Club Officer List submitted on time



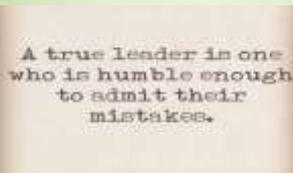
WE ARE ALL LOOKING FORWARD TO HEARING THE TOMLINSON'S TALES OF THEIR TRAVELS IN MALAYSIA



Answers – Page 1

Candidate A is Franklin D. Roosevelt  
 Candidate B is Winston Churchill  
 Candidate C is Adolph Hitler

By the way, the answer to the abortion question—if you said yes, you just killed Beethoven.



**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

**Five most important leadership traits – do you agree?**

- Honest
- Forward Looking
- Competent
- Inspiring
- Intelligent

These 5 leadership qualities come from Kouzes and Posner's research into leadership that was done for the book *The Leadership Challenge*

**Forward Planner – to 31 December 2014**

**23<sup>rd</sup> September – club meeting**

27<sup>th</sup> September – Area 8 Humorous Speech and Table Topics Contests

19<sup>th</sup> October – Hawkesbury Division Humorous Speech and Table Topics Contests

**28<sup>th</sup> October – club meeting**

7<sup>th</sup>-9<sup>th</sup> November – District 70 Semi Annual Conference  
 (Liverpool Catholic Club)

**25<sup>th</sup> November – club meeting**

**23<sup>rd</sup> December – club meeting - Christmas**

**Club Executive Committee Members**

- President: Jan Vecchio DTM  
 VPE: Jan Vecchio DTM  
 VPPR: Sharon Austin ACB  
 VPM: Errol Byrnes  
 Secretary: Sue Loucks ACS, ALB  
 Treasurer: Kevin Huang  
 SAA: Steve Barber ACS



"Leadership experience? I have 13 people following me on Twitter!"