



CHATTER ON A PLATTER

Northern Beaches Toastmasters Club

Moving forward, getting ahead

THOUGHT OF THE MONTH

All our dreams can come true if we have the courage to pursue them

Johnny Lewis

June - July 2014



Tonic time

The Greats Don't Need Hair Cuts

A young boy had just gotten his driving permit. He asked his father, who was a minister, if they could discuss the use of the car. His father took him to his study and said to him, "I'll make a deal with you. You bring your grades up, study your Bible a little and get your hair cut and we'll talk about it." After about a month the boy came back and again asked his father if they could discuss use of the car. They again went to the father's study where his father said, "Son, I've been real proud of you. You have brought your grades up, you've studied your Bible diligently, but you didn't get your hair cut!"

The young man waited a moment and replied, "You know Dad, I've been thinking about that. You know, Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair...." To which his father replied, "Yes, and they walked everywhere they went!"



Winner of the Excellence Award, Francis Elmes

This was a big night for Francis. He was the winner of the Excellence award, it was his last meeting at NBTC before his move to Cootamundra and it was the night he completed yet another Competent Communicator Manual. Congratulations Francis, we wish you well for the future and your new adventure. Keep in touch xxx

Dear Members

As the new VPPR, I've also taken over the responsibility for writing the newsletter and updating the website. This is a new experience for me so I am happy to take feedback and constructive criticism. I will also be establishing a social media presence in the near future so please let me know if you have any objections to your photos appearing on the web. I will not use your surnames on social media, and no one will be identified by name in gallery photographs on the website. Please email me on sharon_austin@hotmail.com with any comments.

If anyone has any suggestions regarding regular articles they would like to see, please let me know.

Warm regards

Sharon





Using colour on visual aids

Dark blue – colour of authority – use for headings and solid data

Red – makes the word stand out, makes a bold statement

Black – factual, strong and absolute. Outlines and base drawing colour

Pink – vibrant and light. Use as a filler to break up colours



Green – creative, organic, expansive – represents growth, movement, not good for key points

Brown – grounded, earthed. Use as a filler colour to break up other colours

Purple – depth. Used like dark blue to mark out key points.

I subscribe to a great magazine called **How to Present**, by Michelle Bowden, an expert in persuasive presentation skills in business. Michelle is one of only 35 Australian females who is a *Certified Speaking Professional* – the highest designation for speakers in the world. I will be sharing extracts from this magazine, in our newsletter.

Creating Messages that Stick

When conveying information to an audience, how do you do it in a way that meets the needs of all audience members, no matter what their learning style is?

The 4 Mat method designed by Bernice McCarty, is based on the ideas the people perceive and process presentations and information in 4 different preferred ways. An effective presentation needs to have a mix of these styles.

Type 1: Reflectors or Innovative Learners - who ask “Why?” This type of person needs to have reasons for learning – reasons that connect new information with personal experience, to establish how useful the information is to them in daily life. It is important for you to win their attention and engage their interest.

Type 2: Theorists or Analytical Learners who ask “What?” Primarily interested in acquiring facts in order to deepen their understanding of concepts and processes. These people like learning from lectures, enjoy independent research, analysis of data and hearing what “the experts” have to say. Provide them with lots of information and data and help them build their own knowledge.

Type 3: Activists or Common Sense Learners who ask “How?” Primarily interested in how things work; they want to get in and try it. Concrete, experiential learning activities work best for them, using hands on tasks and kinesthetic experiences.

Type 4: Pragmatists or Dynamic Learners who ask “What if/what else?” They are interested in self-directed discovery. They rely heavily on their own intuition, and seek to teach both themselves and others. They enjoy independent study, simulations, role play and game.

It is important to note that even though an audience member may have a preferred learning style, this does not mean that they cannot function effectively in other styles. In fact, a person who has the flexibility to move easily from one style to another to fit the circumstances has a distinct advantage over those who limit themselves to only one style of thinking and learning.

HAPPY BIRTHDAY

David Tomlinson
5 July 2014



The 8 things the happiest people do every day

University of California professor [Sonja Lyubomirsky](#) details the things research shows the happiest people have in common.

Via [The How of Happiness](#)

- They devote a great amount of time to their family and friends, nurturing and enjoying those relationships.
- They are comfortable expressing gratitude for all they have.
- They are often the first to offer helping hands to coworkers and passersby.
- They practice optimism when imagining their futures.
- They savor life's pleasures and try to live in the present moment.
- They make physical exercise a weekly and even daily habit.
- They are deeply committed to lifelong goals and ambitions (e.g., fighting fraud, building cabinets, or teaching their children their deeply held values).
- Last but not least, the happiest people do have their share of stresses, crises, and even tragedies. They may become just as distressed and emotional in such circumstances as you or I, but their secret weapon is the poise and strength they show in coping in the face of challenge.

July meeting took place at Thup Tip Siam Restaurant, Manly

Welcome to all members and guests, Lucille, Rosemary, Claire, Lisa, Tracey and Chris.



Get well soon to Muriel who is in hospital recovering from a knee operation.



Congratulations to Sue Loucks who was presented with the Mick Renvoize award for commitment to toastmasters during 2013/2014

Congratulations!





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.



THE CHALLENGE OF LEADERSHIP IS TO BE STRONG, BUT NOT RUDE; BE KIND, BUT NOT WEAK; BE BOLD, BUT NOT BULLY; BE THOUGHTFUL, BUT NOT LAZY; BE HUMBLE, BUT NOT TIMID; BE PROUD, BUT NOT ARROGANT; HAVE HUMOUR, BUT WITHOUT FOLLY.

JIM ROHN

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

How to be a better leader – Servant leadership

- Get to know people, show them you care, and listen more
- Work out how you can build their confidence, how you can help them grow
- Understand what motivates them and try to give them more
- Lead by example. How can you improve, and in turn influence others by your performance
- Be aware of your legacy. What will people say about your leadership when you are gone

Forward Planner – to 31 December 2014

26th August – club meeting, Noorpuri Indian Restaurant, Dee Why

23rd September – club meeting

27th September – Area 8 Humorous Speech and Table Topics Contests

19th October – Hawkesbury Division Humorous Speech and Table Topics Contests

28th October – club meeting

7th-9th November – District 70 Semi Annual Conference

(Liverpool Catholic Club)

25th November – club meeting

23rd December – club meeting - Christmas

Club Executive Committee Members

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

