



April 2014

# LECTERN NOTES

WESTERN LECTERN TOASTMASTERS CLUB  
REGION XII, DISTRICT 70, WESTERN DIVISION,  
AREA 52, CLUB 5069

## Talking up Toastmasters



If you thought Western LECTERN had a healthy crop of new members this year you were right – so much so that we won an award! – the TM International 'Talk up Toastmasters Awards'. This is for clubs which add five new, dual or reinstated members between 1 February and 31 March.

So a big thanks to the new members who helped us achieve this award: Po Chen, Leanne and John Hagerty and Anna Lindsay, and to Sue Sudiro our VP Membership, Gloriana Amarasingham who encouraged us so well, the executive team – and to you the members of Western LECTERN who warmly greeted our visitors and encouraged them to join our ranks to commence their TM journey.

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## Lynne's 'Trippple crrown'

In March this year our excellent VPE Lynne Harris, after much hard work and many presentations at Western LECTERN and other clubs where she is a member, achieved a triple crown – Competent Communicator, Competent Leader and Advance Leader Bronze awards – all in one year.



A number of districts have awarded the Triple Crown to members who achieve three education awards in a single program year, and now it has been put into practice by our District 70 in recognition of its members' achievements.

Not resting on her laurels, Lynne is now aiming to complete her High Performance Leadership (HPL) program and Advanced Leader Silver (ALS) award leading to the crowning glory of Distinguished Toastmaster (DTM). Go Lynne!

Western LECTERN Toastmasters Club meets at: The Hills District Bowling Club, Jenner Street Baulkham Hills NSW 2153 on 1st & 3rd Wednesday of each month @ 7:15pm for a 7:30pm start

Further information on Western LECTERN Toastmasters can be found on our website: <http://westernlectern.toastmastersclubs.org/> or

Phone: Lynne Harris on 9639 5509 Email: [westernlectern@gmail.com](mailto:westernlectern@gmail.com)

Car parking is available on the bowling club grounds

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## New Member Profiles



*Michelle Davies would seem to be a keen golfer, but her real love is Hamilton Island where golf carts are the best way to get around*

### Michelle Davies

Michelle lives in Beaumont Hills, and if you are not sure where that is - think Kellyville. She works for the NSW Government and her favourite place is Hamilton Island, when she can get away from work. The photo shows you why; not that she doesn't like to walk, but the novelty of travelling around in a golf cart really tickles her fancy!

Like a few other members, chocolate is her favourite food (so does that mean Easter is her favourite time of the year?).

Shopping with her teenage son and daughter is her favourite pastime – just not at the same time though.

We asked her what she would change if she could, and it would be those pesky ink cartridges that run out the night before the assignment is due, when the shops are closed and the spares are hiding in a safe place. Now where was that?

She finds the men and women of our defence forces inspirational as well as Helen Keller for overcoming her disabilities and the Dalai Lama for his insights into true happiness.

She said 'I am joining Toastmasters because I have been recently promoted, dragging me out from the comfort zone of my computer into the world of lecturing'. Well Michelle, we should be able to help you with that, and look forward to learning more about you through your speeches.



### Leanne Hagerty

Leanne, of Kellyville loves eating, cooking, and finding good food and produce. 'Good food inspires me, comforts me and grounds me', she said. She went on to tell us:

Although politics really bores the pants off me, I do hate it when politicians makes decisions that aren't really in the majority's best interest and justify their position with some line of political spin. There's my rant for today!

My top 2 favourite role models of all time are Jamie Oliver and Anita Roddick (CEO The Body Shop, deceased). They both stood for important social causes and were able to use their business and commercial ventures as a channel for effectively communicating their message to the masses. They are change makers and pioneers and have keep true to what they believe in.

So why have I joined WL and Toastmasters? I know I have some innate speaking abilities that I want to develop further so I can use them professionally in my role as a management consultant and change agent. I do need help with crafting and structuring my messages and overcoming those nerves!



### John Hagerty

John, also of Kellyville would you believe, loves making lists, answering questions and slamming his fingers into door jams (really?).

When we asked him what really annoys him he said: 'I'd really like people to stop making me think about what annoys me....because that annoys me! Just kidding (sort of), I would love to change our extremely annoying electoral system which ensures that only political extremists get elected office. I'm just not sure how popular a benign dictatorship would be though....or how long it would remain benign.

Barnaby Joyce inspires me to research my subject matter so that when I speak or answer questions I don't leave people in wonderment that anyone could have ever voted for me.

The weeds in my garden inspire me to never give up. No matter how often someone tries to cut you down just keep coming back for more until they quit or you die.

My fellow Toastmasters inspire me every time you bravely stand up and speak.

And why have I joined WL and Toastmasters? I've come to the realisation that when people start snoring and drooling when I speak it's not because they're stupid.'

We can help you with that John - probably!

## District 70

Annual Conference

16-18 May

Bankstown Sports Club

District 70 finals –  
International Speech and  
evaluation Contests,  
educational sessions,



networking, comraderie.

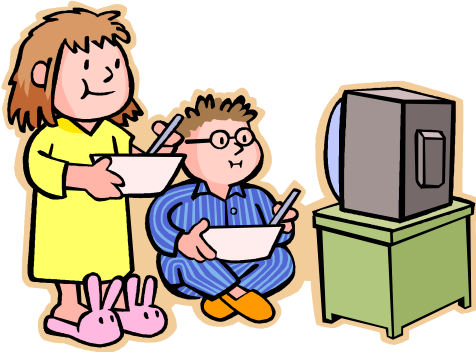
Register for 2 days or individual events.

<http://annual2014.d7otoastmasters.org.au/>

# Journalist Report 5 March

## Serious entertainment

Reported by Neil Perrau



Having reviewed the agenda for this meeting I descended the stairs of Baulkham Hills Bowling Club anticipating another entertaining night and was not to be disappointed. With some seasoned professional speakers on the menu and the unpredictable mix of table topics thrown in we were treated to another fun night.

Sue Litt welcomed members and guests to the meeting in her usual professional approach and handed the meeting over to the Chairman Adam Cairns. As only Adam can, everyone was made to feel welcome and a relaxed atmosphere instantly enveloped the meeting, if not a little too relaxed given Adam's first joke of the evening referred to 'the clap', even before his introduction.

Adam introduced timer Anne Rorke, minute taker Joe Macri, Um/Ah counter Po Chen and handed the meeting over to acting President for the evening, Lynne Harris. Lynne delivered new certificates to Dilshara Suriyarachchi and Bill Stuth and welcomed new member Po Chen and handed the meeting back with a cheeky slip of the tongue to 'madam' chairman Adam Cairns. Sue Litt was then called upon to explain the grammarian role and introduced the word 'extravaganza' for us all to contemplate and try and amalgamate into our vocabulary for the evening.

Sue Litt introduced roll call which is an opportunity for members and guests to introduce themselves and reflect on life's challenges and highlights of the past weeks. Sue Sudiro explained that her recent parachute jump from a plane was not the reason for the obvious broken ankle that she was sporting.

Sue Sudiro was then called upon to welcome and induct our newest member Po Chen and Po assured us he was not an 'axe murderer or politician' and diligently read the members code of conduct to which the members 'chanted' their support of Po in his journey through Toastmasters. Upon conclusion our chairman Adam Cairns thanked Po, Sue and her 'moonboot' for their participation.

Dilshara was called upon to provide the toast for the evening and asked us to remember 'it's the little things in life' which often go unnoticed and unappreciated. Dilshara asked us to appreciate and smile at the 'little things in life' and I found her delivery to be quite warm, sincere and not just a little bit magical.

Sonia Morell was our Table Topics Master and in line with the night's theme introduced topical statements such as: 'Humour is the spice of life', 'Sarcasm is the lowest form of wit', 'Popular entertainment is superficial', and 'Some jokes should not be told'. Her great topics earned her the 'best other assignment award' for the night.

Adam Cairns responded took the first topic with a very witty comparison and personal example of exhibit 'A' and exhibit 'B'. In responding to the second statement Anne Rorke explained that any form of laughter that relieves tension and keeps you young is healthy and is acceptable as it isn't nasty or derogatory.

Joe Macri, in the best Table Topic for the night, informed us that popular entertainment can indeed waste a lot of energy and time and cheekily included a reference to Adam Cairns opening meeting remarks regarding missing 'My Kitchen Rules' to be present tonight. Anna Lindsay turned the fourth topic around by cleverly telling a joke herself.

Evaluators of the Table Topics Glenn and Sharath aptly concluded some good observations including good eye contact and vocal variety by Joe, 'good presence' by Anna and vey 'engaging' by Anne.

Sue Sudiro performed the general evaluator role for Part 1 of the meeting in her usual engaging self and, following supper supplied by Glenn Townsend and his entrepreneurial daughter (business cards and all), we were well into the 'meat and potatoes' events of the evening as described by our sergeant at arms Sue Litt.

Veronica Stanislaus delivered a most informative and entertaining 'Travel for Less' presentation in which she gave us some valuable hints including travelling Europe in off season, renting apartments rather than hotels (including excellent website material such as Airbnb) and 'apps' for assistance with translations. An engaging presentation which included recent photos on the projector and a delightful comment regarding French women not going out when it's raining as 'french women don't wear frizz'.

Joe Macri also provided a thought provoking presentation surrounding 'How to find more time'. Joe highlighted the areas in which we probably waste a great deal of our time and we can become desensitised by computers, mobile phones and TV. Joe suggested we diarise how we spend our waking hours and assured us we could find 5 to 10 hours a week and use them in a more purposeful and useful way. I loved Joe's reflection of his mother in laws tears at her 70<sup>th</sup> birthday and the reason given of only having 10 more years remaining.

I was looking forward to Bill Stuth's presentation of his upcoming contest speech and Bill did not disappoint, and in fact took out the 'best speech' award. 'The Other Woman' was a clever and entertaining insight into the guiding inner women in Bill's subconscious or his 'anima'. Bill's anima imagined his perfect partner in life and guided him to 'the real woman which was far better than he could ever have imagined', his wife. Lines such as 'the three of us together, my anima guiding me to the third woman'.....'I was falling in love with myself' created a vibrant and rich text which was beautifully crafted.



Speech evaluations from Dilshara and Sharath, who won the award for the night, allowed some genuine and well deserved praise to be bestowed on Veronica and Joe whilst Bill received good feedback for his upcoming contest preparation including being able to present a complicated theme easily and fluently.

Gloriana conducted the listening post admirably, Po Chen on his first assignment did well with the Um/Ah count report and got a ribbon at the end of the night to mark his enthusiasm, Anne Rorke accurately and succinctly presented the timers report and Lynne's general evaluator report on Part 2 of the meeting reminded us all of the professional approach to being positive and constructive at Toastmasters with some helpful tips on introducing a speaker including facing the audience and introduce the speaker/speech and then face the speaker and introduce the speaker/speech.

Another enjoyable evening was had by all - and not a TV in sight children.

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## Journalist Report 19 March

### St Patrick's Day

Reported by Lynne Harris, ACG, ALB



Some may say that our Chairman for this meeting, Sue Sudiro, was a little like St Patrick above, trying valiantly to tame the hissing snakes while keeping her halo straight. We had a lot of apologies to deal with that night and a lot of visitors, with four visitors joining and one other intending to join – not to mention a business

session conducted by President Brad Fossey as well. Everyone was busy.

John Marsh kicked off the Irish theme by exhorting us to utilise the word green – not a big ask really. Then Po Chen successfully delivered his first assignment when he proposed the toast to a man who showed great perseverance throughout his life – none other than our St Pat.

Bill Stuth conducted the Table Topics session on theme, with speakers including Greg Harris (visiting for the umpteenth time, but always very welcome), John, Adam, Anna Lindsay and Dilshara. The first half of the meeting was wrapped up by Adam with his usual dry humour, and topped off by a luscious supper from Sue Sudiro.

The second half of the meeting reconvened with a great line-up of speeches in terms of experience and type of speech – probably why we had four visitors join! It would be good if we could organise the same spread of speakers for every meeting.

Some may say I'm a glutton for punishment, but I thoroughly enjoyed presenting my 4<sup>th</sup> Icebreaker speech – though my first at WL. Just to challenge myself a bit more, I took on the dreaded technology of the data projector – and won I think. I had to be able to show off my baby photos, and let everyone meet Lambchop, my pet sheep when I was a girl – long, long ago in that other emerald isle, New Zealand.

Gloriana also started a second Competent Communicator manual that night, tackling the very emotional subject of her mother's death. Quite a challenge for speaker and audience, but carried off well. Neil Perrau talked about Dr Bose (the man who founded the Bose company) in his second manual speech that included him playing some music through an impressive portable Bose speaker.

Rounding out the range of speeches, Aran Nagendra gave his 'real' first Icebreaker, introducing us all to 'The Life of Nagzy'. Excellent speech evaluations were delivered, though the award that night went to Veronica for her feedback to Aran – and he of course earned his Icebreaker ribbon.

Other awards went to John Marsh as best Table Topics speaker, Gloriana for best speech, and Bill Stuth, the Table Topics Master, as best other assignment. Bill also collected his newly engraved trophy commemorating his winning of the club International Speech Contest.

Overall a great second half as noted by the general evaluator Dilshara, and Glenn Townsend, with a bit of flashing and buzzing, ensured that we ran reasonably to time.

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## Journalist Report 2 April

### Toastmasters in Blunderland: Meeting in esreveR

Reported by Leanne Hagerty



*VP Membership Sue Sudiro (left) inducting new members Michelle Davies, John Hagerty, Leanne Hagerty and Anna Lindsay*

It was my second ever WL experience and it was a meeting in reverse. All hell broke loose and I said 'we're not in Kansas anymore Toto'. Suddenly I realised I was talking to an imaginary dog, the insanity had already set in.

As a newbie I wondered if I was experiencing some crazy WL initiation and more than once I had second thoughts on the wisdom of so readily coughing up my membership fees. But there was no way out now – sealed by our formal

induction conducted by Sue Sudiro. Fortunately Lynne, our fabulous VPE had a cunning plan to 'learn us proper' via 'cognitive dissonance' (here's one for the Grammarian!). Our visiting Area Governor, Frank O'Sullivan, did look a little bemused though.

If there was ever a meeting to not dose off or lose concentration, this was it.

As the mass confusion unfolded, ably guided by Joe Macri as Chairman, the faces of attendees progressively moved between expressing joy, terror, relief and consternation. For those accustomed to order, the chaos that descended was both refreshing and uncomfortable. Which I admit is a strange way to describe ones feelings about what was essentially a well orchestrated train wreck.

Just to add to the confusion a 'meeting in reverse' only reverses the first half of the meeting. Table Topics became an episode of 'Whose Line Is It Anyway?' and all the evaluations were works of fiction where those evaluated in advance, like puppets on strings, had to act out the fantasy as portrayed by the evil witch... I mean their pre-evaluators.

The meeting was called to order at the end of the 1st half. We all sat there thinking 'What the hell just happened?' and then suddenly, Lynne clicked her red shoes and we were transported back into the normal meeting agenda structure.

We enjoyed four great speeches, including Po Chen's Icebreaker speech 'My father's direction, my destination' which explained his interesting career journey while introducing him to the members. Tim Jefree gave his 8<sup>th</sup> Competent Communicator Manual speech while Adam and Sharath both gave Advanced Manual speeches, showing us a great of speech making experiences. It was quite amusing watching Sharath trying to sell Brad a frying pan as part of his 'persuasive speaking' assignment. Brad seemed more interested in the price than the quality of Sharath's (clearly used) frypan.

What a ride! You can never get too comfortable at Toastmasters WL.

## Journalist Report 16 April

### Opportunity Knocks

**Reported by Sharath Maheshwar, CC**

While much of Sydney travelled out of the city in search of fun and excitement over the Easter/ANZAC break, a small group returned to Toastmasters for another session of fun and frolic. A small group no doubt, but they made up amply but equaling if not surpassing the laughter of the full strength of the club. There were two guests who had joined us on this occasion – Gina (a repeat guest) and David the brother-in-law of Aran.

While there were a few roles open, they were soon taken up by the willing members. Claudia welcomed the guests and the members and handed the meeting to the chairman – Sharath Maheshwar. Various roles organised



meticulously by Lynne needed little revisiting and soon the club started on to the fun portion of the evening.

Michelle – the grammarian for the evening - introduced the audience to the word ubiquitous, that means *present, appearing, or found everywhere*. Her challenge to use the word was accepted during the roll call where the members came up with very interesting sentences incorporating the word.

Adam using his ubiquitous iPad read off sentences for unsuspecting members to deliver impromptu minute-long Table Topics. These were followed by evaluations by Claudia and Joe.

The business session was kept to the essential items, with Lynne reminded us all of the need for members to volunteer to run the club by joining the executive. Being an executive is a great way to practice leadership and to learn the ropes of the various roles that run any sort of organisation or club.

The general evaluator was Gloriana and soon we broke for supper that was organised by Adam. Right at the end of the fifteen-minute interval we were ushered back to our seats by the watchful timekeeper Aran.

Joe Marci was our speech toastmaster for the evening and we soon had the pleasure of hearing two wonderful ice-breakers by John Hagerty and Anna Lindsay. John's icebreaker was about the rules he lives his life by and Anna described her visits to Africa. Alan Hart soon followed with his speech during which he presented us with chocolates. Lastly it was Gloriana's turn to inform us of the April fools prank that was played on her and how she reversed roles on the other person. Following the speeches were evaluation each delivered with the view to better the speaker's speaking skills.

The listening post was handled by Leanne Hagerty whose sharp listening skills tested the responsiveness of the two teams. Informing us of the Um's and ahs was Anna who had diligently kept track of then during the evening. Adam who filled in for Michelle during the second half delivered the grammarians report while Aran delivered the timers report. Lynne performed forward planning and the awards went out to Anna for Table Topics, John for the speech and Lynne and Sharath shared the award for evaluations.

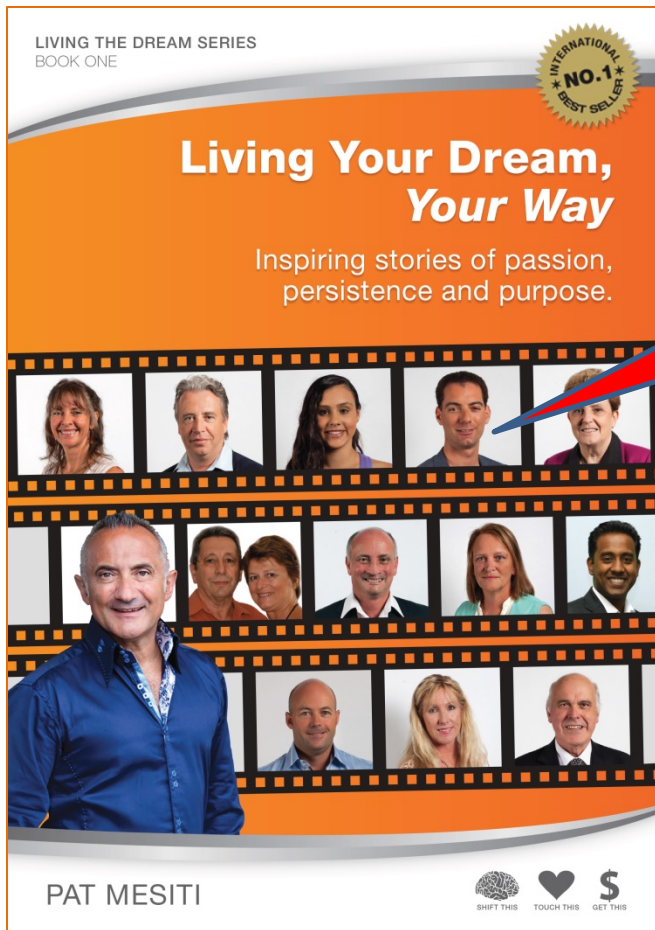
This drew to close fun evening with a lot of banter – a trademark of the Western Lectern Toasties.

### Extracts from 'Look up' by Gary Turk

...I took a step back and opened my eyes,  
I looked around and realised,  
That this media we call social is anything but  
When we open our computers and it's our doors we  
shut...

So don't give into a life where you follow the hype  
Give people your love, don't give them your 'like'  
Disconnect from the need to be heard and defined  
Go out into the world, leave distractions behind.

You will find the video and text of the full piece on the web if you are interested.



Who said TM could only talk – I am an author too! Thanks to all those who have inspired me, including you, WL Toasties!

Well done Joe, we're proud of you!



# ANNOUNCEMENTS AND ANNIVERSARIES

## Announcements & 2014 Dates for your Diary

- 7 May: Western Lectern Executive 2013-14 election
- 16-18 May: District 70 Annual Conference, <http://annual2014.d70toastmasters.org.au/>
- Toastmasters Magazine is now available on an increasing number of mobile devices. Check them out at <http://www.toastmasters.org/magazine>

For more information on District 70 events visit <http://www.d70toastmasters.org.au/district-70/events/>

## April Anniversaries

- Joe Macri 1 Year

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## CLUB EXECUTIVE 2013-14

President	Brad Fossey
VP Education	Lynne Harris
VP Membership	Sue Sudiro
VP Public Relations	Brad Fossey
Secretary	Joe Macri
Treasurer	Veronica Stanislaus
Sergeant at Arms	Sue Litt
Immediate Past President	Lynne Harris
Newsletter Editor	Anne Rorke

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