



January 2015

LECTERN NOTES

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

Wednesday 28 January

First club meeting for 2015

Shake off the rust, catch up on the news, and meet your Toastmaster friends for an interesting '**ROLES FROM A HAT**' meeting.

Come ready to take on any role on the night. You need to have a word prepared in case you pull grammarian from the hat, a toast in case you get that role, a set of table topic questions etc. Get your mind into gear – and build up remember to keep all your great ideas for a future meeting – you never know when you will be called on to do an impromptu role.

WORKSHOP ON SPEECH WRITING

Lynne has volunteered to run her great workshop on how to plan and write a speech in 5 minutes, so do make sure you are there to enjoy this fun and valuable session.

We also have a **speech session** of course, so let Anne know you are ready to make a presentation.

YOU ARE WANTED!

To compete in the Western Lectern
INTERNATIONAL SPEECH CONTEST

Wednesday 4 February

What you need:

- ✓ Have completed a minimum of 6 manual speeches
 - ✓ A new 5-7 minute speech
- ✓ Content which is of value and interest
- ✓ A message relevant to the audience
- ✓ Well developed and meaningful presentation
- ✓ Enthusiasm and a desire to improve through new experiences

What you don't need:

- ✗ Your passport just yet – only when you progress from the club through to win at Area, Division and District, and then go to the World Championship in the USA

Every contestant is a winner!

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Congratulations to our club members who have completed a Toastmasters award since the 1 July 2014:

Bala Subramaniam:	CC
Brad Fossey:	ALB
Tim Jeffree:	CC
Lynne Harris:	CC

And congratulations to all of us for achieving five of the ten goals in the Distinguished Club Program.

We are on-track to complete at least nine and possibly all ten goals by the end of our Toastmasters year on the 30 Jun 2015.

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

Car parking is available on the bowling club grounds

The information in this newsletter is for the sole use of Toastmasters members, for Toastmasters business only. It is not to be used for solicitation and distribution of non-Toastmasters materials or information

New Member Profile



Kathy Stenning

Kathy Stenning, a teacher who lives at Beecroft, joined our club in November and has already impressed with her enthusiasm and joie de vivre. Kathy gave her Icebreaker Speech on 3 December and took out the best speech award to boot. She also participated in the Christmas debate – no holding this lady back!

She lists her favourite things as: heartsease and crafternoons - and her favourite song 'Happy'

off the GIRL album by Pharrell Williams.

Kathy's pet hate is the way some people, teachers and vegans in particular, appear to have a superiority complex.

She has huge respect for her Mum, and all those mothers who maintain households, marriages and relationships with children, withstanding personal tribulations to do so with minimal compensation.

She is also inspired by Taylor Swift and most feminists/activists who relentlessly pursue their cause and make ripples without becoming defiant or obnoxious.

Finally there is Chase/Lawrence who Kathy met in Korea and who showed her how to use her exuberance for others' benefit and how to respond to arguments in a way that makes people feel listened to and therefore more willing to listen.

Kathy joined Toastmasters because she wanted a hobby that could develop a skill in a reasonably cheap way and that involved interactions with a niche group of other, similarly minded people. She said 'Western Lectern was incredibly inviting - I felt immediately comfortable and welcomed, and motivated to develop'.

Welcome Emma!

Western Lectern member Veronica Stanislaus and her husband Claude welcomed their beautiful baby daughter Emma Rose into our world on 21 November. Emma weighted in at 2.74 kilos and was 50 cm at birth.



She is a real delight to her happy parents who at last report were enjoying adjusting to parenthood.

Congratulations Veronica, Claude and Emma.

Journalist Report 1 October

Celebrating TM International's 90th Anniversary

Reported by Dilshara Suriyarachchi, CC

Veronica performed the Chairman role for the first time, with much confidence and professionalism. Tim as our newfound sergeant-at-arms did a fantastic job of opening the meeting with lots of energy as always. Aran challenged us with the word 'contiguous' as the grammarian, meaning 'touching,' or 'in contact'.

Chiara, one of our newer members, blew us away with her read or recite. It was from 'The Art of Happiness' (Dalai Lama). Chiara commanded our attention as she inspired us to be happy. Her piece had strong and meaningful messages; through fantastic expression and voice modulation.

We congratulated Brad Fossey, who placed third in the Area 52 Humorous Speech Contest where he represented Western Lectern, along with Lynne in the Table Topics Contest. Hayden Stephenson, who won the Area 52 Table Topics Contest representing ResMed club, joined us at this Western Lectern meeting. He was given a contest-style Table Topics question, that 'failure doesn't stunt growth', to help him prepare for the Western Division Contest at the next level. Hayden also presented his 6th Competent Communicator speech later in the evening.

It was a pleasure to hear Bernard's Icebreaker Speech tonight, delivered with the confidence of a very experienced speaker! Lynne presented a speech about the Competent Leader program and manual, encouraging members to utilise these projects to aid in developing their leadership skills.

And we couldn't forget the history of Toastmasters and how it all began, as Lynne provided us with some historical information and quotes from Dr Ralph Smedley, who got it all going.



A few quotes from Dr Smedley:

- *The unprepared speaker has a right to be scared.*
- *Real communication is impossible without listening.*
- *For effective speaking, try to talk with your audience.*
- *A speech without a specific purpose is like a journey without a destination.*
- *All talking is selling and all selling involves talking.*



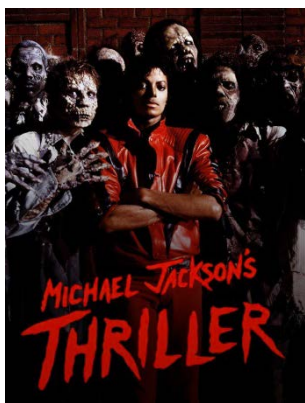
It was a night of high achievement on October 15 when Nirav (far left) and Nick gave their Icebreaker Speeches and Bala (2nd from right) completed his Competent Communicator award. They were congratulated by President Lynne Harris.

Journalist Report 29 October

Halloween and Tall Tales Contest

Reported by Anne Rorke, ACB, ALB

This was a bonus extra meeting in the month which enabled us to 'ham it up' with both the Halloween theme and an in-club Tall Tales Contest. Many members dressed to kill on the night – or the killed as I dressed as a skeleton myself – and appropriate decorations were strewn around.



Tim welcomed us all with mask and scythe which made some people rather nervous. Luckily our visitors survived; Greg Harris being a Kiwi is hard to scare, and Kathy Stenning thought it was all a hoot. Bala was in a gorilla mask, which made his read or recite assignment, the lyrics from Michael Jackson's 'Thriller', somewhat muffled it must be said. President Lynne

was somewhat scary in unfamiliar eye shadow and liner (she was such a nice little girl once!).

The best dressed prize would have to go, however, to the pregnant Veronica whose tee-shirt carried the ominous words stretched across her belly 'I eat young children' – we almost believed her.

Leanne was at the helm, and did a great job as a virgin meeting Chairman. After Chiara's topical toast to Halloween and tall tale tellers, we went straight into the contest. The speakers' aim was to tell us a tale in such a way that they almost had us believing them - until the final twist, the sting in the end of the story.

Lynne led off with 'Saving the Serial Axe-Murderers', exhorting us to be kind to gnomes. Bernard (in his rather loud shirt) told us of his experience with a stage hypnotist in 'My Trigger Word' – but he never did tell us what it was (spoil sport).

Dilshara, bedecked in hats and toting a realistic ghost, presented a project from the Storytelling Advanced Manual – the moral of the story. She wove a spell over her audience with the tale of 'two wrongs don't make a right' or why a skeleton should not kill a witch.

Finally Leanne slipped from behind the head table to beguile us with her speech 'There Ain't No Tall Tales Being Told Here' (pity about the grammar) AKA The Origin of Ping Pong.

The end result of voting saw first prize to Bernard, with Lynne runner-up. All the contestants were great sports and contributed to an excellent night's fun.

After a nerve-boosting chocolate fix at supper, kindly supplied by Tim, Veronica led a ghoulish Table Topics session, with Tim taking out the prize for best response, and Bernard clocking up best evaluator.

Indicative of her spirit, and resplendent in her onesie, our Listening Post session was conducted by soon-to-be-member Kathy.

Overall a spookily fun night. A big thanks to all who dressed the part or brought decorations to make our theme come to life – or the afterlife.

Great Value From The District 70 Semi-Annual Conference



Club Members Audrey Loch (above left) and Lynne Harris both attended the District 70 Semi-Annual Conference held at the Liverpool Catholic Club in early November. As this was a first experience for Audrey (not of course for Lynne our TM junkie), we asked her what she thought of it.

She said that the opportunity of seeing the Humorous Speech and Table Topics Contests at this high level was what first attracted her to attend.

I went in with an open mind; I really just wanted to go along for the experience, to see what it was all about. I walked away extremely happy that I had gone.

I really enjoyed the educational sessions. Rebecca Poulson spoke on 'Creating Your Future' and I enjoyed Gavin

Blakey's sessions on 'Power of Presence' and 'Value of Leadership'. I was disappointed I missed the education session by Don Duncan on 'Voice of the Members'. I came in on this session five minutes before it ended. I think it would have been very good.

I took away ideas that I could use in my life straight away - not only relating to Toastmasters but to my personal life as well.

The Humorous Speech competitors were good, but I must admit I did prefer the humorous speeches and speakers in our Area Contest a lot better.

The Table Topics speakers were fantastic. The topic was 'What is Your Definition of Success?'. It was great hearing the different speakers' responses - I find listening to other people's perspectives on things very interesting.

I did go to the Business Meeting - though I used this time to switch off as it was a bit hard to follow, having only been in Toastmasters a short while. Lynne was at the meeting which was great, as I knew if there was anything that I needed to know Lynne would definitely share it with us during our club meeting. All good - I could rest my mind for a bit ha! ha!

I thought the social events were very good.

The Friday night was a buffet dinner. I was sitting at the table with District Governor David Fisher, Margrit Fisher and keynote speaker Don Duncan. That just happened by chance; I entered the room, was welcomed by Margrit Fisher and then somehow I ended up at their table.

The recognitions and awards lunch was nice; it is great to see members' achievements being acknowledged. I also really enjoyed the Gala Dinner. The food was very nice (better than I expected) and I enjoyed getting to know members from other clubs.

I would definitely recommend going to a Toastmasters conference to other Western Lectern members. I am sure that they would really enjoy it and everyone would definitely benefit from it in some way.

Journalist Report 5 November

Gone To The Races - Melbourne Cup Night

Reported by Nick Raic

In this meeting we had the great honour of being in the presence of the esteemed Chairman Mao. Bernard played the Chairman role wearing an army green hat with a red communist star. Thankfully all this new found power did not overwhelm Bernard; he was quite the benevolent dictator running the meeting efficiently and with humour. The word of the week was provided by Audrey and it was used left, right and centre. It seemed that everyone at the meeting had an 'Aha moment' because almost every speaker that night managed to slip an 'Aha moment' into their speech.

For her read and recite assignment, Lynne presented an entertaining satire piece 'The AGM of the Ayers' Rock



Marbles Club' actually found in the 'bible' of business meetings, 'Renton's guide to meetings and organisations'. The meeting's theme was 'gone to the races' and Nirav gave a heartfelt toast to the horses.

Lynne conducted a quick and painless business session that would make Ayers' Rock club members cringe. This was followed by a topical Table Topics session ably conducted by David Leotta.

We had two speeches on the night. Lynne kicked off with a speech in her 6th Competent Communicator manual, on 'Evaluation in the Contest Arena'. This was a great lead-in on how to be a contestant in the club's Speech Evaluation Contest being held next meeting.

Po then completed his 4th Competent Communicator project with a speech about his military service titled 'Two Year Nightmare'. Po's speech gave us a glimpse into the world of compulsory military service in Taiwan and the realities of war.

The rest of the meeting ran smoothly and finished on time.

Journalist Report 19 November

Club Speech Evaluation Contest

Reported by Lynne Harris, ACG, ALB

This meeting was chock full of features: the induction of Kathy Stenning (our eighth new member for the year), an Evaluation Contest in which all four evaluation contestants were competing as an evaluator for the first time, an Icebreaker Speech from Rajeev, and a final speech from Tim to complete his Competent Communicator award.

We also enjoyed the contest test speech from Hope Dilworth-Kidd, who is a member of my other club, Cumberland Forest. Hope joined Forest in March this year, has given six speeches and now turned a corner that troubles many Toastmasters - speaking at a different club. We all joined Toastmasters as newbies to conquer our fears and break out of our comfy-cosy zone. Over time though, the pieces of our comfy-cosy zone glue themselves back together again. The longer we let the glue set, the harder it is for us to break free again.

Hope's speech was about breaking free of her personal cosy zone and actively pursuing her dream of marketing Jamaican products. She has now broken free of her accidental Toastmasters cosy zone too by speaking outside her club. The pieces of Hope's cosy zone have learned their lesson - Hope is in charge. She is no longer an accidental prisoner of her self-imposed comfy zone. Instead she has the new wings of a full Toastmaster.

Our contest competitors, John Hagerty, Nirav Bhatt, Leanne Hagerty and Kathy Stenning all gave Hope some excellent feedback that will help her to continue her TM journey. Hope and the competitors were interviewed by Brad Fossey who did a great job as Contest Toastmaster. Later Anne, who was Contest Chairman, announced that John had won the contest, with Leanne as runner up (a real family affair), and our Area Governor Tamara Perry made the award presentations.

In the second half of the meeting, Audrey made her debut as Toastmaster for the speech session, and carried out her assignment very well, demonstrating excellent preparation.

Rajeev gave his Icebreaker Speech on 'You are the Creator of Your Own Destiny' followed by Chiara with her second manual speech 'Know Thyself: How Self-Aware Are You?' Then John Hagerty used the flipchart to give his 8th speech entitled 'How to Get What You Want and Want What You Get'.

It was great to witness Tim Jeffree finally complete his Competent Communicator award with his speech, aptly entitled 'Nice Guys Finish Last'. Tim will wear his new badge with pride I am sure, and we look forward to hearing his advanced speeches.

A point to remember with speech titles: keep them short.

If the words of a table topic are many, what happens? Many of us struggle to understand and are forced to ask for the question to be repeated. The same thing applies to speech titles. A good speech title should be no more than five or six words. The title shouldn't tell you everything about the speech, it should entice and interest. It should point to the message of the speech and that means it needs to be remembered easily.

Think of the six word story principle. Here are some examples:

For sale – baby shoes – never worn. In six words I've told you that the speech you will hear is one of grief and loss.

Didn't you hear? I said 'Listen!' – a speech discussing the difference between hearing and listening.

It's now or never: it's now - a speech about overcoming procrastination.

It's been said that if you cannot crystallise the message of your speech into six words that will fit on the back of a business card, then you need to rethink your message and the text of your speech!

A review of the titles of speeches that won the World Championship of Speeches showed that almost all were six words or less. This year's winning speech was 'I See Something' – notice how it entices? There was even one winning speech with a one word title: 'Ouch!'

Our Area Governor was extremely impressed with our performance at this meeting, and so were three visitors, all from the same family. Although they have visited several other clubs, they asked us for membership application forms. What a meeting! Well done to everyone who contributed.

My Film Career Takes Off?

Anne Rorke

I walked into the room, expecting to see one or two pieces of equipment and an operator, and was confronted by a whole bank of cameras, glaring lights, furry microphones and black boxes with flashing lights!



What had I let myself in for? They say pride goes before a fall – would I prove them right?

When I was asked if I would be a subject for one of a series of film interviews of 'Women in Welding' I thought 'why not? I have been in the industry for over twenty years, I must have something worth saying!'.

The project, being run by one of the major gas supply companies and linking with International Women's Day in March, was to promote a whole range of career options for women in welding and engineering. In the interviews, to be launched on the company website, women working in areas as diverse as hands-on welder, researcher, and in my case, publisher and administrator, were being asked to talk about their career paths. The idea was to encourage young women to put aside the stereotype of 'dirty and dangerous' and seriously consider entering the welding industry.

I did know the questions that were going to be asked as I had contributed to formulating them, so I was well prepared in that sense. One thing I didn't realise was that, although the PR fellow was there across the table asking the questions (in a very dull way I thought at the time), the final video would only have me and my voice in it. So my lead-in to the answer needed to reflect what the question was. I wasn't prepared for that! Thank heavens for Toastmasters and Table Topics 'think on your feet'.

Luckily the technical fellows, who were all very supportive of a novice like me, were able to stop recording to remind me of this when I forgot – or messed up in any way, which happily I did not do too often. I even managed to get in an anecdote about climbing up a steel ladder in man-sized overalls with the crotch around my knees – I called this my penguin imitation which got a laugh.

After the interview, we then filmed a whole range of 'location' shots, without sound – yours truly walking and talking with someone; having a coffee; and finally being seated at a desk typing at breakneck speed. This was fun as I could 'ham it up a bit'. The last pose was a bit challenging though as there was nothing on the screen (and no computer actually) so I hope no one realises I was just typing 'the quick brown fox ...' over and over. That won't look too professional!

Overall, it was a great experience and I am looking forward to seeing the edited end product. If it's any good, I might even send you the link...

Journalist Report 17 December

Christmas Cheer

Reported by Lynne Harris, ACG, ALB

Santa and his elves descended on Western Lectern for this last meeting for 2014.

Our Elf-Lord (or Chairman) David Leotta got to wear a crown but the old saying 'Uneasy lies the head that wears the crown' proved true. There was a bit of a coup and during the second half of our meeting, Aran (his brother-in-law) was wearing the crown instead.

Strangeness seemed to be part of most of the night's happenings. On the other hand, Sonia's toast (to the spirit

of Christmas) was absolutely perfect – so there were some normal Toastmasters things happening too.

Kathy's singing of 'Santa Baby' was fantastic. At least now I know there's a real reason for 18 being the minimum age to join a Toastmasters club. More clubs should make this delightful discovery.

Bernard as Laughing Elf coped manfully with Christmas cracker jokes. Cracker humour has a number of amazing qualities: 1) must be inoffensive (i.e. lame) 2) side-splittingly hilarious following the application of alcohol and 3) have a punch-line even the unconscious can understand. Ah wonderful stuff – Christmas just isn't the same without pointless plastic thingies, paper hats that make us cringe and that one-of-a-kind cracker humour! Bernard was on a real winner for his second outing as the Laughing Elf with some lovely bush poetry!

Our speech session was held in the first half of the meeting, just to be different, and Nick made his debut as Toastmaster. The speeches were thoughtful and even for this very old President, challenging.

Gloriana presented the 'Bringing History to Life' project from the Storytelling Advanced Manual, speaking about Dr Martin Luther King's speech: 'I Have a Dream'.

Chiara gave her third manual speech on 'Volunteering: What's in it for me?' while, strange as it may seem, I gave an Icebreaker Speech 'Leaping in' to complete my 6th Competent Communicator award. A very big thank you to Anne for the lovely bunch of flowers to celebrate. They were a great choice – I've had no hay fever problems!

Of course the major event, after a sumptuous Christmas supper provided by Claudia, was the Great Christmas Debate. Everyone did extremely well – great to see some good preparation had been done on the topic 'That Santa Claus be retired'.



The team that saved Santa from retirement and the children of the world from major depression, Bernard (left), Kathy and Alan

Leanne (who stepped in for John at the last minute), Po and Adam Cairns made up the affirmative team, while Bernard, Kathy and Alan Hart were the opposing team members. It was great to see Adam once again - his humour is undiminished by excessive work commitments - and also Alan who we look forward to having back with us next year.



Runners up, Adam (left), Po and Leanne

In the end, Santa – even though very old – will not be required to retire. Parents the world over will just have to keep lying to their kids and to themselves in January when the credit card statement arrives. That's life: we respect and value honesty and integrity but we understand and encourage dishonesty and lack of integrity when it's things like Santa Claus, the Easter Bunny and the Tooth Fairy. The whole point is knowing why there's a difference!

Anne's Read or Recite, from the website Joke Archives – with some amendments. See if you recognise it:

'Twas the Day After Christmas

'Twas the day after Christmas, and all through the house,
Every creature was comatose, even the mouse.

The toys were all broken, their batteries dead;



Santa passed out, with some ice on his head.

Wrapping and ribbons just covered the floor, while

Upstairs the family continued to snore.

And I in my T-shirt, new flip flops and jeans,
Went into the kitchen and started to clean.

When out on the lawn there arose such a clatter,
I sprang from the sink to see what was the matter.

Away to the window I flew like a flash,

Tore open the curtains, and threw up the sash.

When what to my wondering eyes should appear,
But a little red truck, branded with Ps.

The driver was smiling, so lively and grand;

The patch on his jacket said 'Australia Post man'.

With a handful of bills, he grinned like a fox

Then quickly he stuffed them in our mailbox.

Bill after bill, after bill, they still came.

Whistling and shouting he called them by name:

'Now Myers, now Dick Smith, now Angus and Coote.

Here's Apple and Dymocks and Katies to boot.

To the limit of your credit, every store, every mall,

Now charge away--charge away--charge away all!

He whooped and he whistled as he finished his work.

He filled up the box, and then turned with a jerk.

He sprang to his truck and he drove down the road,

- Driving much faster with just half a load.

Then I heard him exclaim with great holiday cheer,

'Enjoy what you got. . . . you'll be paying all year!'

ANNOUNCEMENTS AND ANNIVERSARIES

Announcements & 2015 Dates for your Diary

- 21 January: Western Lectern Executive Meeting (all welcome)
- 28 January: Western Lectern meetings recommence
- 29 January: Area 52 Council meeting
- 4 February: Club International Speech Contest
- 8 & 14 February: Club Leadership Training (all welcome)
- 20 February: Area 52 International Speech and Evaluation Contests
- 4 March: District Governor David Fisher visiting Western Lectern
- 14 March: Western Division International Speech and Evaluation Contests

- 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/>

CLUB EXECUTIVE 2014-15

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