



July - September 2015

LECTERN NOTES

WESTERN LECTERN TOASTMASTERS CLUB 5069
DISTRICT 90, MAQUARIE DIVISION, AREA 2

Young Achievers Speak Up For The Environment



'Speaking for the planet' – Kirstin and Abdallah (centre) with Toastmasters and supporters of the contest sponsored by the Hills Shire Council

In June this year a public speaking and drama competition was held for Hills District high school students called 'Speaking 4 the Planet'.

The focus for the talks and performances was the UN's World Environment Day theme, which for this year was 'Seven billion dreams. One Planet. Consume with Care'.

The contest was held at the Hills Shire Council Chamber and there were two winners, Abdallah Harun and Kirstin Struwer. Both winners were invited to present their speeches at the Western Lectern Toastmasters Club on 15th July 2015.

We were honoured to have Abdallah and Kirstin share their amazing achievements with our club, and to give them the opportunity to watch our members give speeches from the Toastmasters Competent Communicator Speech Manual.

Abdallah and Kirstin both thoroughly enjoyed the challenging experience and felt that they had learnt a lot from the encouraging evaluations of their speeches given by experienced Toastmasters.

Those who attended the evening included:

- Louise Freeland (Western Lectern TM Club President)
- Kathy Woods and Sarah Callus (Hills Shire Council)
- Stacey Passey (Keep Australia Beautiful)
- Phil Smith (Speaking For The Planet event organiser)
- Les Saville (TM District 90 Director)
- Ken Jones (Baulkham Hills Bowling Club President)
- Brian Jones (TM Area M2 Director)

Western Lectern and Toastmasters (TM) are dedicated to giving members the opportunity to:

- Grow in confidence from gaining feedback in a positive and supportive environment
- Improve communication and leadership skills
- Learn and achieve their personal and professional goals

Western Lectern has extended the invitation to have the winning speakers and VIPs visit the club in 2016.

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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

Western Lectern Distinguished Club Program – Club Status To Date

As you can see, we have already achieved 5 of the 10 goals and have reached Distinguished Club Level – well done everyone!

During August/September we had 5 members join our club which gave us an extra special award called the 'Smedley Award'.

To have all 10 goals and reach President's Distinguished Club all we need to do is have 2 more members join, 2 more CC and 2 more AC manuals completed by our members and the executive team attend their Club Leadership Training in December and February.

So come on team – let's get our Competent Communicator and Leadership manuals completed and keep Western Lectern on top where we belong!

Goals to Achieve		Goal	To Date	Status
1	Competent Communicator (CC) awards	2	2	✓
2	More Competent Communicator (CC) awards	2	0	2 CCs needed
3	Advanced Communicator (ACB, ACS, ACG) awards	1	0	1 AC needed
4	More Advanced Communicator (ACB, ACS, ACG) awards	1	0	1 AC needed
5	Leadership Awards (CL, ALB, ALS) or Distinguished Toastmaster (DTM) award	1	1	✓
6	More CL, ALB, ALS, or DTM award	1	1	✓
7	New members	4	4	✓
8	More new members	4	2	2 New Members needed
9	Club officers trained June-August	4	6	First Training Period Achieved
	Club officers trained December-February	4	0	Second Training Period 4 needed
10	Membership-renewal dues on time	Y	1	✓
	Club officer list on time	Y	1	

New Member Profiles



Amanda Tuckerman

Suburb you live in and your occupation

Thermomix consultant / Dance school receptionist

3 of your favourite things

Nutrition, Going away, My Thermomix

1 thing you'd really like to see changed because it really annoys you

Overconsumption and the impact that all of the useless 'stuff' is having on the environment

3 people who inspire you

Wayne Dyer, Rebecca Dettman, Jane Donovan

Why you have decided to join Toastmasters?

To improve and refine my public speaking abilities

Stephen Currey

Suburb you live in and your occupation

I live in Baulkham Hills, Currently full-time in hospitality.

3 of your favourite things
I enjoy Music, Gaming (PC) and having a laugh.

1 thing you'd really like to see changed because it really annoys you

Gender Roles, equality, while there have been VAST improvements in the last 50 years in these areas there's more work that needs to be done on the subtle level for both men AND woman, people often forget that men are affected by inequality as well, with the way they deal with their emotions and trauma

3 people who inspire you
Picking 3 is so hard! Anybody who was told they couldn't do something but they bent the rules and did something new and succeeded, examples Arnold Schwarzenegger, Lindsey Stirling

Why have you decided to join Toastmasters?
I decided to join toastmasters for a number of reasons, firstly growing up I've always found social situations in larger groups a little confronting, so standing in-front of and speaking to a room full of people I hardly know is the apex of social situations, but like a mountain I intend to ascend to that apex.

Journalist Report 1st July - Executive Change Over

Reported by Dilshara Suriyarachchi and Anne Rorke,

Lynne inducted the 'zealous' incoming 2015-16 executive team. Tonight was executive changeover time for Western Lectern – the first meeting of the coming Toastmasters year. The old executive did their roles for the last time, and the new commenced theirs.

Claudia's grammarian word for the night was 'zealous', a word that originated from the 16th century and epitomised our enthusiasm on the night. Kathy was our 'zealous' chairman and she fulfilled her role with lots of energy! Anne carried out the program changes for the night, one last time! Anne has done a wonderful job of being VPE over the last Toastmasters year, motivating members and organising the agenda, and actually making it look easy! Thank you, Anne! A big thank you also goes to Lynne who led the club so proficiently through the last year as President.

We had a special item tonight which was the 'executive changeover commentary' by Lynne who, as outgoing President, presented Performance Improvement and Management Program (PIMP) trophies to our high performing members in the past year. She thanked and released the previous executive team members, who were also included in the toast by Prahal. Lynne then conducted the formal induction of the incoming executive team and, to round out the changeover, Claudia jumped in with a special presentation and thanks to Lynne.

Our new President, Louise Freeland, then gave an inspirational speech about the upcoming year, motivating us all to greater speaking and leadership heights. She also welcomed Santhi Chigurupati as our first new member for the year.

The table topics segment tonight was run by Nirav, whose topics revolved around the idea of change. Gloriana certainly woke us up with her response which indicated we must 'change quickly or die' – and also took out the award for the night. Devinder was quite philosophical in his answer about the importance of change. Ali and Nallan gave excellent answers, and Anne discussed how Australia is changing, detailing how life as a child is different to how it was years ago, considering freedom and the opportunities available.

Table topics evaluators Dale and David gave excellent feedback to the speakers, while Neil gave a considered and professional general evaluation of the first half of the evening.

After the break (and some ribbing of Tim by the new Sergeant at Arms Bernard), Bala introduced three excellent speakers, Mark, Dale and Leanne. Mark spoke on the joys of SCUBA diving while Dale expanded on the very topical issue of online privacy and password choice. Leanne delivered her 8th project on the way to her Competent Communicator award, speaking about 'Foodies, food lovers and other descriptive words'.

After a resounding win for the 'present' team (versus the 'past') in Listening Post ably conducted by Nallan, our new President Louise closed the meeting with presentations of ribbons to Gloriana, Mark for best speech, Tim as best evaluator, and Devinder for his interesting reading on 'Can the Bacteria in your gut explain your mood'. That was definitely food for thought!

Journalist Report 5th August - Humorous Speech Contest

Reported by Dale Pursehouse

- Lynne the fill in chair had us laughing early in preparation for the humorous speech contest. This was because she had control of the meeting and ordered us to.
- Louise was thrilled about the club voting in our newest member, a new data projector procured for the small sum of \$100 off the back of a truck.
- Neil as the stand in Sergeant at Arms got the roll call off to a great start.
- In the roll call Alan gave us interesting tale about a trip to the lifestyle expo and a massaging device.
- Kathy in replying to a table topic question "what song would you sing on the show the Voice?" broke into song which impressed Brad as it was one of his faves.
- Dilshara adapted a curly Table Topic to explain that the stress of a Masterchef challenge would likely give her pains in her feet.
- Amanda who is a returning visitor bravely took on a table topic question and answered like an old pro.
- Marina expressed her view that men are from sheds and women are from shops to win the humorous speech contest.
- Prahal capped off the meeting in listening post asking what does Neil watch late at night on SBS?

Journalist Report 2nd September - White Wedding

Reported by Chantelle Hamilton

The theme of the evening was White Wedding as Dale Pursehouse is getting married in late September! You could imagine that you are in real wedding as some members wore the white clothes, Louise brought a wedding decorating sign and I brought a 2 tiers wedding cake for the supper. Also we had the bride, Dale's fiancée, as our special guest.

For roll call item of the night, Bernard was so creative and asked us to explain a highlight about wedding. We heard really funny stories from the members and guests that gave us a warm atmosphere.

We have upcoming area contest on 6th October and our president, Louise, in president welcome item, reminded us that Western Lactern will have 2 representatives; Lynne and Marina and encouraged us to come and support them.

Our Grammarian of the meeting was Nallan and he chose a relevant word of "Single" for the night, however he was not very happy about the number of using the word at the end of the night!

Then we had a wonderful toast by Kathy of "Stare down disasters", her toast gave very positive energy to all of us. In our Special item, Louise had a wonderful short speech in adoring Lynne and awarded her the DTM. Mark Jackson was table topic master and he had fantastic wedding related questions for us. Dale and his fiancée cut the wedding cake that was brought by me for the supper and took some beautiful photos.

In speech item of the night we had a wonderful "Icebreaker" speech by Amanda, the "wedding" speech from Dale and "weight loss" by Mark. The best evaluator of the night was Kathy, the best speaker was Amanda and the best other assignment was Mark.

Journalist Report 16th September - Spring has Sprung

Reported by Mark Jackson

The theme for this meeting was 'Spring has Sprung'. At roll call, Mark Jackson reminded everyone that Spring does not really start until the Vernal Equinox – which occurs 21st/22nd September each year in the Southern Hemisphere (just to be pedantic according to Bernard Jones.....).

Louise Freeland (club president) reminded the club about the upcoming area contest which is being held at our venue and encouraged others to attend on the 6th October. This is the Area Humorous Speech and table Topics contest. Even though there were 10 member apologies due to illnesses and work commitments, it was still a busy night.

Kathy Stenning-Hall was the assigned Grammarian for the night and she picked an unusual word – Betrouser. Members needed to use this word where possible in their various speech tasks during the night – which was quite difficult!

Chantelle Hamilton was the Table Topics Master, and employed an innovative way to do this task. She used wrapped gifts as props for the 6 questions. The selected speaker had to pick a wrapped gift, open it and say in one minute why they liked the gift.

One of our new members, Amanda Tuckerman, did the Read/Recite role. Toast of the evening was done by Tim Jeffree. Tonight is the last we will see of Tim for a while, as he will be working on Wednesday evenings from now to the end of January. Aran Nagendra provided valuable feedback as the General Evaluator at the end of the first half of the meeting.

There were 4 prepared speeches given on this night. These were done by:

- Amanda Tuckerman (Competent Communicator #2 speech)
- Kathy Stenning-Hall (Competent Communicator # 7 speech)
- Lynne Harris (Advanced Communicator Bronze #3 speech)
- Marina Hart (Competent Communicator #10 speech)

Marina Hart earned her Competent Communicator (CC) Award as she has just completed 10 prepared speeches in her manual. Well done Marina! Apart from marina earning a badge and certificate from Toastmasters International – the club also earns valuable points in its financial year.

Nirav Bhatt did the Listening Post role and added some fun to the end of the evening. Nirav asked 6 questions to test the audience's listening skills during the night. Other valuable support roles were done by Santhi Chigurupati (Um/Ah Counter) and by our new member Stephen Currey (Timer role).

Performance Improvement Program *The names in blue are Continuing Apologies (Caps)*

Mark Jackson	62	Gloriana Amarasingham	22	Stephen Currey	10
Kathy Stenning-Hall	50	Aran Nagendra	21	John Hagerty	8
Marina Hart	50	Po-Hsin Chen	21	Leanne Hagerty	6
Dale Pursehouse	36	Andrew Savage	20	Santhi Chigurupati	3
Anne Rorke	33	Prahal Venkat	17	Sumathi Pichai	3
Nallan Reddy	29	Dilshara Suriyarachchi	15	Adam Cairns	0
Neil Perrau	27	Alan Hart	14	Bill Stuth	0
Amanda Tuckerman	25	Bala Subramaniam	13	Brent Thompson	0
Bernard Jones	25	Ali Naeimi	12	Bryce Watson	0
Chantelle Hamilton	24	David Leotta	11		
Tim Jeffree	24	Nirav Bhatt	11		

ANNOUNCEMENTS AND ANNIVERSARIES

- 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 the following website:
<http://www.d70toastmasters.org.au/district-70/events/>

WESTERN LECTERN CLUB EXECUTIVE 2015 - 2016

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