



# MENAI TOASTMASTERS Club # 6320 Chartered 1986

Bi-monthly newsletter - 2<sup>nd</sup> Edition

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## International Speech / Evaluation Contest

The Area 42 contest was held on Wednesday 3rd March at Helensburgh Workers Sports & Social Club. Mark Kyte represented Menai at both the International speech and evaluation contests.

### Results – Area 42 - Evaluation Contest

1<sup>st</sup> Place – Curtis Penning (Miranda)

2<sup>nd</sup> Place – Phil Preston (Helensburg)

### Speech Contest

1<sup>st</sup> Place – Greg Kennedy (Miranda)

2<sup>nd</sup> Place – James Baker (Helensburg)

The Southern Division Contest was held on Saturday the 13th of March 2010 at Illawarra Leagues Club

### Results – Southern Division

#### Evaluation Contest

1<sup>st</sup> Place – Elvan Suehrer (Nowra)

#### Speech Contest

1<sup>st</sup> Place – Greg Kennedy (Miranda)

## Keeping an eye on yourself to improve your speaking skills

*“If you want something done properly, then do it yourself.”*

We have all heard the saying, but in Toastmasters it is not exactly correct. The bulk of our commendations and recommendations are derived from others providing us with both formal and informal evaluations. This is what Toastmaster Clubs are built on and the reason why they are so successful, BUT if you could also view yourself performing a speech or task, and evaluate yourself,

*On video, TM Rick Haynes, displaying ‘Courage under Fire’*



you can really start to see first hand what the things are that everyone is pointing out to you. This is why having your task recorded to video is such a great resource and at our Menai TM Club, that option is available.

Is my voice too low? Is my stance firm? Do I flap my arms about? Do I show signs of nervousness, do I make eye contact or do I speak too quickly? Do I mumble? Where exactly are my Ums and Ahs and repeated words?



*TM Philip Edwards, getting the video treatment whilst delivering his 2<sup>nd</sup> speech from the CC manual*

Apart from the above, you can also analyse the content of the speech. Did a certain line create the effect you desired? Was the conclusion strong? Could I have paused to emphasise this point?

Guide yourself by using the verbal and written evaluations you received on the night and remember also to commend, commend and not just get stuck on recommending.

Record a speech now and one in the future and see the difference for yourself.

This option is limited to a few speeches and tasks per night, so book yourself in early by emailing [saa@menai-toastmasters.org](mailto:saa@menai-toastmasters.org). Bring with you a USB memory stick on the night so we can transfer the files to you.

## Word of the Day

We have now experienced a couple of words of the day and should *endeavour* to keep improving our vocabulary, which is the important or essential part, essence, heart or *pith*; of having the word of the day and this point is NOT up for debate, or it is NOT a *moot* point. *(cont. on Pg 2)*

The Club now has access to a whiteboard which makes it easier to assign words for the evening. If you have any suggestions please send the words, together with definitions and their use in a sentence, to the newsletter editor @: [saa@menai-toastmasters.org](mailto:saa@menai-toastmasters.org)

### **Menai's in house Speechcraft course**

The Menai speech craft course has now commenced. We have 2 Speechcrafters taking part in the course; Ian Bollom & John Butler. Alongside of performing a speech each fortnight, Ian & John will be performing certain roles each meeting such as leading Toasts, verbal evaluations, table topics and introducing speakers. We encourage Speech-crafters to get as much feedback from different club members as they can and perhaps consider a video recording.

### **Get Away**

Our Toastmaster meetings may not be on TV but they are almost always a great way to discover great Australian holidays. The latest travel advice was from our Speech-crafter, John Butler with the Burrinjuck Dam, Lake and State Park. For more information you can visit [www.stateparks.nsw.gov.au/burrinjuck\\_waters](http://www.stateparks.nsw.gov.au/burrinjuck_waters)

### **Special Congratulations**

Special Congratulations to Mark and Diana Kyte for the birth of their son Ethan, who was born at 9:30am on March 6 weighing 3.2kg.

### **Rick's Tips**

*Extracted without permission from TM Rick Haynes Educational on "Introducing a speaker")*

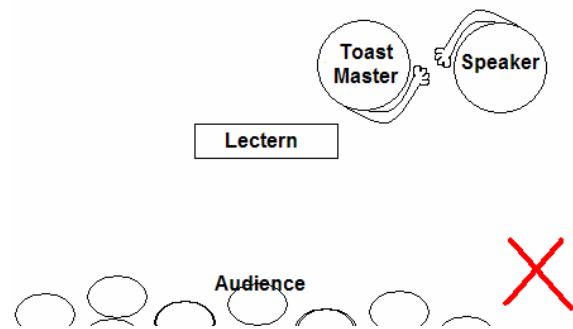
Things to remember when you are introducing a speaker

- Do not advance towards the speaker but let the speaker come to you
- You are offering the speaker the speaking area, so step diagonally back and away from the lectern (or speaking area) so that when you shake hands with the speaker they are standing in the speaking area.
- When leaving the speaking area, always walk behind the speaker and NEVER

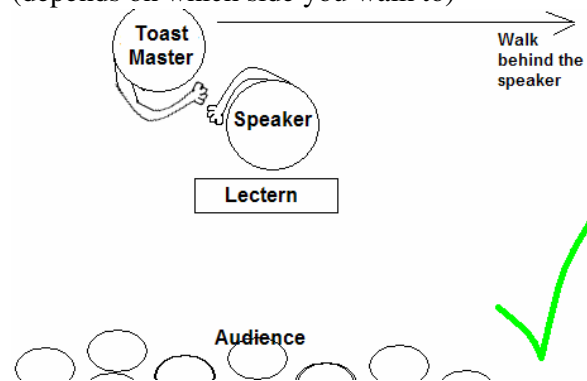
cross between the speaker and the audience.

- You are simply introducing the speaker not giving a speech yourself.
- Be ready to resume the speaking area once the speaker has concluded.

Incorrect: Advancing towards the speaker and due to shaking hands with the right hand, placing yourself in a natural position to walk between speaker and audience.



Correct: Offer the speaking area to the speaker and walk behind the speaker (depends on which side you walk to)



### **Menai TM Membership Profile**

By far the most popular part of the newsletter is the membership profile.

**Name:** Somebody  
**Time in Toastmasters:** 7 years

#### **When and why did you join toastmasters?**

*Well back in the early days, Menai TM had very few members and if it was to succeed, "Somebody" had to put their hand up, so I did. "Everybody" at my work, had very poor public speaking skills and I heard of Toastmasters one day, through work.*

*I knew that "Everybody" needed to sign up the most, but he was a bit scared. "Anybody" could have*

signed up, but she didn't and I knew in the end only "Nobody" would sign up. So I knew it was up to good old "Somebody" to step up to the challenge.

### What aspects of Toastmasters do you like best?

The members of Menai are very willing to get involved and it is great to always see "Somebody" having a go. I like watching people, who started thinking they were all like "Nobody", but now having the confidence to know that they are really "Somebody", like me.

Hopefully next time another "Somebody" will give this profile a go and if you are interested in displaying your profile, please contact the newsletter editor via [editor@menai-toastmasters.org](mailto:editor@menai-toastmasters.org)

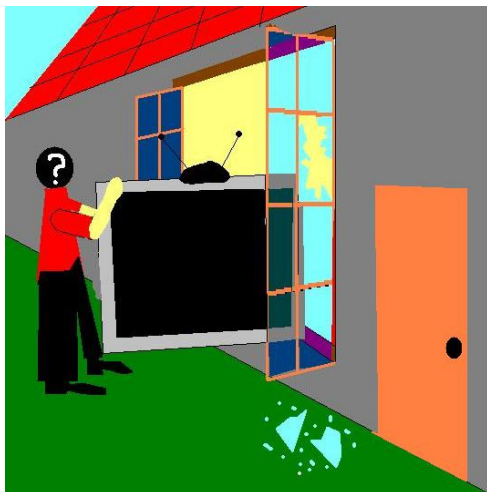
### Take Home Table Topics

Let the whole family experience the fun and skills development of "table topics." Nominate one of your family or friends and after figuring out how to; read one of the questions shown below and give them 60 seconds to respond to the question or statement. We have 3 table topics for you.

1) - It is like an online you feel off one  
layer at times and sometimes you are

2) - The trouble with the net is that even  
if you are you are still a chat

- 3) You have been caught by a policeman in what seems to be a compromising position. Guilty or not Guilty. Explain yourself for 60 seconds. See pic below(5 seconds to view the picture)



### Christmas Party 2009 – Photos

An extremely wide range of photos from our Christmas Party are shown below

