



WHERE LEADERS ARE MADE

SPEAK UP

September 2017

A funny thing happened ...

Mike Smith responded to that statement to win the Table Topics competition at the District 70 Southern Division Humorous Speech and Table Topics contest.

One hundred mistakes a day gave Mike first place in the Humorous Speech contest.

The contest, hosted by Menai District Toastmasters, took place at the Woronora RSL on Saturday, 16 September.

There were six contestants for each contest, representing Toastmasters Clubs from Area 25 (St George to Area 30 (South Coast). Mike represented Area 23 (western Sutherland Shire).

Mike will now represent District 70 Southern Division at the District 70 Toastmasters Semi-Annual Conference 2017.



District 70 Toastmasters Semi Annual Conference 2017
Friday 10th & Saturday 11th November 2017
Mittagong RSL Club
Register: www.d70toastmasters.org.au/semi-annual-conference/

“If you’re offered a seat on a rocket ship, don’t ask what seat! Just get on.”

... Sheryl Sandberg

Member Achievements during 2017-2018

Congratulations to Sue, Aurelien, Marian and Mike for already achieving awards this year.

We look forward to celebrating the achievements of even more members in the coming months.

#	Award	Achieved	Member
1	CC	11 July 2017	Sue Haynes
2	CC	11 July 2017	Aurelien Schibli
3	CL	13 July 2017	Marian Foulcher
4	ACG	24 July 2017	Mike Smith

See page 2 for details on Toastmasters educational awards and how to earn them

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Toastmasters Reognition

Toastmasters educational awards and how to earn them

Education is an important part of Toastmasters. The Toastmasters education program helps members work through projects and assignments that help build leadership and communication skills.

Toastmasters work their way through a variety of manuals in order to attain awards. Here are the awards and how can you achieve them.

Note: The new Toastmasters Pathways program will eventually supercede the current education program in coming years..

TOASTMASTERS RECOGNITION

Following are the awards you can earn in each track and a brief explanation of its requirements. For complete details about requirements, see the actual award applications.

COMMUNICATION TRACK

COMPETENT COMMUNICATOR (CC)

Requirements:

- ▶ Completed the *Competent Communication* manual
See the CC award application (Item 1225) for details.

ADVANCED COMMUNICATOR BRONZE (ACB)

Requirements:

- ▶ Achieved Competent Communicator award (or achieved Competent Toastmaster award)
- ▶ Completed two manuals from the *Advanced Communication Series*

See the AC awards application (Item 1226) for details.

ADVANCED COMMUNICATOR SILVER (ACS)

Requirements:

- ▶ Achieved Advanced Communicator Bronze award (or achieved Able Toastmaster award or Advanced Toastmaster Bronze award)
- ▶ Completed two additional manuals from the *Advanced Communication Series*
- ▶ Conducted any two presentations from *The Better Speaker Series* and/or *The Successful Club Series*

See the AC awards application (Item 1226) for details.

ADVANCED COMMUNICATOR GOLD (ACG)

Requirements:

- ▶ Achieved Advanced Communicator Silver award (or achieved Able Toastmaster Bronze award or Advanced Toastmaster Silver award)
- ▶ Completed two additional manuals from the *Advanced Communication Series*
- ▶ Conducted a presentation from the *Success/Leadership Series*, *Success/Communication Series*, or *Youth Leadership*
- ▶ Coached a new member with the first three speech projects

See the AC awards application (Item 1226) for details.

LEADERSHIP TRACK

COMPETENT LEADER (CL)

Requirements:

- ▶ Completed the *Competent Leadership* manual
See the CL award application (Item 1227) for details.

ADVANCED LEADER BRONZE (ALB)

Requirements:

- ▶ Achieved Competent Leader award (completion of *Competent Leadership* manual)
- ▶ Achieved Competent Communicator award (or achieved Competent Toastmaster award)
- ▶ Served at least six months as a club officer (president, vice president education, vice president membership, vice president public relations, secretary, treasurer, sergeant at arms) and participated in the preparation of a Club Success Plan while serving in this office
- ▶ While serving in the above office, participated in a district-sponsored club officer training
- ▶ Conducted any two presentations from *The Successful Club Series* and/or *The Leadership Excellence Series*

See the Leadership/Distinguished Toastmaster Awards application (Item 1228) for details.

ADVANCED LEADER SILVER (ALS)

Requirements:

- ▶ Achieved Advanced Leader Bronze award (or former Competent Leader award)
- ▶ Served a complete term as a district officer (district director, program quality director, club growth director, public relations officer, administration manager, finance manager, division director, area director)
- ▶ Completed the *High Performance Leadership* program
- ▶ Served successfully as a club sponsor, mentor, or coach

See the Leadership/Distinguished Toastmaster Awards application (Item 1228) for details.

DISTINGUISHED TOASTMASTER (DTM)

Requirements:

- ▶ Achieved Advanced Communicator Gold award (or achieved Advanced Toastmaster Gold award)
- ▶ Achieved Advanced Leader Silver award (or achieved Advanced Leader award)

Distinguished Toastmaster is the highest recognition a member may receive. When requirements are fulfilled, have your club vice president education submit the DTM application online, or send the completed and signed DTM application to World Headquarters.

**TOASTMASTERS
INTERNATIONAL**

P.O. Box 9052 • Mission Viejo, CA 92690
949-858-8255 • Fax 949-858-1207
www.toastmasters.org/members

Meet the Members

Vice President Membership: Jennifer Del Medico



Q. Describe your new role at Miranda Toastmasters Club

As Vice President of Membership, I am responsible for ensuring our current members are being supported to ensure they achieve their goals for Public Speaking.

I arrange mentors/mentees for our club members so we can all contribute and nurture each other's journey. I am also responsible for reaching our DCP goals of at least eight new club members each year.

Q. How do you think you can add value to the role and the Club?

In my current employment, I am a Project Manager and I also deliver Training & Development to our employees. I can use these transferable skills to Toastmasters to ensure we meet our goals for our club and to help our members reach and realise their ambitions.

Q. How long have you been a Toastmaster?

I joined 1st May 2014 and have enjoyed every minute of it!

4. Why did you join Toastmasters?

I found myself in a very embarrassing situation amongst my work colleagues and peers. I had only recently joined my company and was at a work conference of approx. 150 people. We did break-out group exercises and I was volunteered (unwittingly) to present a 5 minute impromptu wrap-up of the workshop.

I had to stand up in front of the whole room and deliver (and make sense) of all the notes and actions we had decided as a group. I remember talking fast, I could not catch my breath and the words on the pages were just swirling around so it was difficult to keep control of my thoughts.

The group had said I had done a great job, but I felt flustered and embarrassed. I felt like I did not represent myself as I would like to and vowed I would never find myself in that situation again!

That night I jumped on line and googled "Toastmasters" & "Public Speaking" and found Miranda Toastmasters. Even though I now live in the city, I am an active member and happy to travel to our club for our meetings.

Q. What are your personal goals for the next 12 months?

To compete and win a contest and see how far I can go with it and to also keep within time on speeches (I talk a lot!)

"... I realised no matter how scared I was, I really enjoyed sharing my story and feeling in control of my environment"

Q. How has Toastmasters changed your life?

It not only has improved my confidence whether I am speaking one on one or to a group in any situation, but it has also given me skills and disciplines that have helped me professionally with writing, communication, and analytical skills within my workplace.

I have also found the evaluation process an invaluable skill to learn as it has helped me in the workplace with having critical conversations which can always be challenging.

Q. Do you remember your ice-breaker speech? If you wrote it now, what would be different?

Yes, my icebreaker which was my hardest speech to do of course. It was called "Double Trouble" about being an identical twin. It certainly paved the way in which I saw myself with speaking as I realised I am motivated towards humorous and entertaining speeches.

It was also a cathartic moment when I realised no matter how scared I was, I really enjoyed sharing my story and feeling in control of my environment and mind/body (albeit in a small nervous way a first) and getting a few laughs long the way. The feedback and positive encouragement I received from my fellow Toastmasters on that night made it a great experience for me to try and push myself even more.

To be honest, I have not thought about the speech since, and I would definitely write it differently, but I would keep the core message. Maybe I should revisit and challenge myself to see how it has evolved given my knowledge and skills I have learnt since my 1st Speech! Watch this space ...

Meet the Members

Club Treasurer: Claudia Blumer



Q. Describe your new role at Miranda Toastmasters Club

I am the treasurer and look after the income and expenses of the club.

2. How do you think you can add value to the role and the Club?

It is important that someone looks after the finances so the club can function. The finances need to be overviewed and organised.

3. How long have you been a Toastmaster?

A friend recommended Toastmasters to me and so went as a visitor a year ago. Then Mike Smith introduced me to the Speechcraft course, which I completed November 2016.

That has been a most effective learning investment I had done in many years.

“Good work will carry its fruit. The effort you put in you will harvest later and be proud of.”

4. Why did you join Toastmasters?

There are lots of good things about Toastmasters and it seems to have a great reputation for a positive learning environment.

5. What do you hope to achieve through Toastmasters?

I would like to learn more and become more confident in public speaking so I would be able to hold presentation later for my work.

6. What are your personal goals for the next 12 months?

I want to complete the first communication manual at the end of this year and the leadership manual next year.

16. How has Toastmasters changed your life?

After starting with Toastmasters I gained the courage to write my first book. I am hoping members at Toastmasters will have a chance to hear about it first.

18. What is the best feedback you have ever received at Toastmasters?

The best feedback I received was that I had just done an such enthusiastic and inspiring speech.

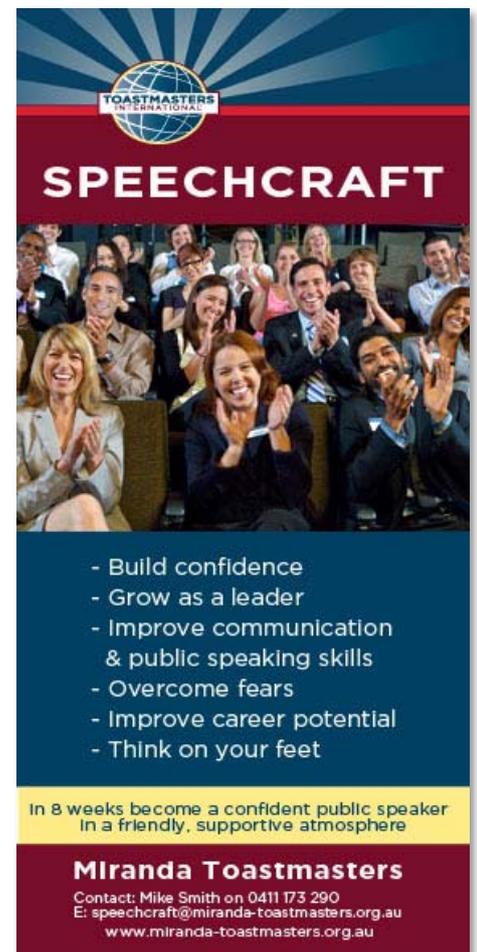
I'd like to continue my learning path with Toast masters as this feedback keeps me motivated and possibly achieve my long wished goal of being comfortable in public speaking about my passion.

19. What tips do you have for new Toastmasters members?

Good work will carry its fruit. The effort you put in you will harvest later and be proud of.

Keep researching, writing and preparing speeches.

“After starting with Toastmasters I gained the courage to write my first book.”



SPEECHCRAFT

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Miranda Toastmasters
Contact: Mike Smith on 0411 173 290
E: speechcraft@miranda-toastmasters.org.au
www.miranda-toastmasters.org.au

Meet the Members

Richard Mason



Q. How long have you been a Toastmaster?

I joined in 1985.

Q. Why did you join Toastmasters?

I had completed a speech therapy program at RPA Hospital. The program tried to retrain your air flow when talking. They set up groups (I felt it was a bit like an AA meeting) and we would all sit around using the smooth speech technique. The name of the group was called Speak Easy. They then set up a Toastmasters Club called Speak Easy. I decided I was not going to sit around with a bunch of stutterers and talk so I contacted Miranda Toastmasters Club.

Q. What's your favourite meeting assignment?

Giving a speech. I like the research involved and then the delivery. I have had some success over the years with humorous speeches.

Q. What tips to overcome the fear of public speaking can you give to newcomers?

The audience either controls you or you control the audience. That is why it is easier to deliver the speech without notes. Once you can connect with your audience it becomes much more powerful and relaxing, all at the same time. Give the speech structure and that allows the audience to relax and not be uptight about the flow of ideas.

Q. When you are preparing the speech, what is the most difficult part for you?

My brain takes a while to organise a speech. I can write it, re write it and practice giving it 10 times, then rewrite it and practice another 10 times.

Q. Has Toastmasters changed your life? If so, how?

When I became P&C President at my children's school it was a time when the infants and primary schools were looking at amalgamating. We had meeting with quite volatile discussions from parents and local residents. My experience as a chairman was invaluable. The greatest skill it gave me was to make sure those who were timid and wanted to speak spoke and those that wanted to control the meeting were constrained to a level where they were only given equal say.

As a Toastmaster that has held all roles in the Miranda Toastmasters Club (including the now defunct Administration VP) I found it easier to move into Rotary and take up Board positions. I'm currently serving as President of Caringbah Rotary Club, my second term.

"The audience either controls you or you control the audience. That is why it is easier to deliver the speech without notes."

Q. Do you remember your ice-breaker speech? If you wrote it now, what would be different?

I sort of do, it was a long time ago ... over 30 years. I know it had a twist, which is typical of my speeches. I would not change a thing. An Ice breaker is prepared on your life at that time how you have seen it so far. Each one will be different.

Q. How long does it take you to write a speech? Where do you find the ideas for them?

I can spend years with a seed of an idea for a speech. I sometimes jot things down. I have given speeches on my father, grandson, environment, cats, garbage bins, anything that I find interesting. I have never given a speech at short notice or without enormous preparation. My brain is not connected in the same way as most people. It is like a disability, you just work with it. Being dyslexic and a stutterer can be fun sometimes... hmmm... I'm sure it must be fun sometimes.

Q. What inspires you? How do you like to spend your free time?

I get swept up working with people that spend a lot of time helping others. I have just retired from earning an income. I spend 10 to 20 hours a week on Rotary and affiliated activities. I have got back into golf and play tennis once or twice a week. I'm at the gym 3 to 4 times a week. We are currently doing major renovations. I'm so busy we cannot plan any major trip until late next year.

Meetings

5 September 2017

Meeting #1245

Two new members were inducted into the club this week: Welcome Rosi Christi and Glecya Baesa. Both Rosi and Glecya were thrown into the deep end and given roles, in which they excelled.



LtoR: Jill, Rosi, Joe, Claudia, Anna

Speakers

1. Claudia Blumer
Title: Through Challenge to Team Spirit
Evaluator: Aurelien Schibli
2. Kathy Tasker
Title: If I Knew Then
Evaluator: Richard Mason
3. Jill Brookfield
Title: Incredible Eyebrows
Evaluator: Anna Rubalsky
4. Brian Havilah
Title: Open for Business
Evaluator: John Paterson

The winners



LtoR: Jill, Rosi, Joe, Claudia, Anna

- Best Speaker – Jill Brookfield
- Best Evaluator – Anna Rubalsky
- Best Assignment – Joe Duffey
- Best Supporting Assignment – Rosi Christi
- Best Table Topics – Claudia Blumer

19 September 2017

Meeting #1246

Two more new members were inducted into the club at this meeting. We welcomed Merae Kayrouz and Greig Allen. Merae won the Best Speech award with her first Toastmasters speech and Greig got the meeting underway with the toast.

Did you know ...

Miranda Toastmasters has signed five new members between 1 August and 30 September, meaning we have achieved the Smedley award, named in honour of Ralph Smedley, Toastmasters' founder.

The next membership contests are Talk Up Toastmasters! that runs from 1 February to 31 March and then Beat the Clock! that runs from 1 May to 30 June.

Speakers

1. Merae Kayrouz
Title: The Seed Within Us
Evaluator: Jill Brookfield
2. Rose Christi
Title: My Journey
Evaluator: Derek Steller
3. Aurelien Schibli
Title: No way in Norway
Evaluator: Shehan De Silva
4. John Paterson
Title: My Journey - Also
Evaluator: Sue Haynes

The winners



LtoR: Leanne, Joe, Merae, Derek, Brian

- Best Speaker Award – Merae Kayrouz
- Best Evaluator Award – Derek Steller
- Best Assignment – Joe Duffey
- Best Supporting Assignment – Brian Havilah
- Best Table Topics – Leanne Brownscombe

Educational: Moments of Truth

George Eynon provided an educational session on the Toastmasters 'Moments of Truth' that outlines the recommended standards that each Toastmasters Club should strive for and display. George invited everyone at the meeting to complete the survey form in order to gauge if we, as a Club, think we are meeting those standards in those six critical areas.

1. First Impressions

First impressions are important to club success because guests' positive experiences and observations determine whether they will return and become members.

- Greet each guest at the door. Introduce the guest to officers and members.
- Give each guest a name tag. Ask the guest to sign the guest book.
- Set up a professional-looking meeting room.
- Ensure the meeting location is conveniently located, accessible, and the meeting room is clearly marked.
- Encourage guests to participate in the meeting and to comment on their experience at the end.
- Invite guests to join the club on the day they visit.

2. Membership Orientation

In order to offer members the greatest benefit from the Toastmasters experience, the club must acquaint new members with the Toastmasters education and recognition programs and make members aware of the club's responsibility to them and their responsibility to the club.

- Induct new members formally and provide a membership pin and manuals.
- Assign a mentor for one-on-one assistance.
- Discuss how the educational program helps develop speaking and leadership skills.
- Survey all new members' learning needs.
- Assign a speaking role for the new member as soon as possible.

- Continue to make new members feel welcome and encourage their participation in meetings.

3. Fellowship, Variety, and Communication

The club retains members by providing a fun, friendly, and supportive environment that encourages enjoyable learning.

- Members greet guests and make them feel welcome.
- The vice president education (VPE) regularly plans enjoyable, dynamic educational programs with exciting, thought-provoking themes.
- The club enjoys regularly scheduled social events.
 - Encourage club members to participate in area, district, and international events.
 - Promote and encourage inter-club events.
 - Issue a club newsletter regularly and maintain a website.

4. Program Planning and Meeting Organisation

When club meetings are carefully planned, with well-prepared speakers and useful evaluations, members are able to meet their education goals.

- Publicise the program and agenda in advance.
- Ensure all members know their responsibilities for each meeting and are prepared to carry out all assignments.
- All speaking and leadership projects are manual projects.
- Begin and end meetings on time.
- Feature creative Table Topics™ and exciting theme meetings.
- Base positive, helpful evaluations upon project

objectives and speakers' learning goals.

5. Membership Strength

When the club has enough members to provide leadership and fill meeting and committee assignments, this creates a lively, active club that benefits existing members and draws new members in.

- Maintain a minimum of 20 or more members.
- Work to retain members.
- Actively promote your club in the community or within the sponsoring organization.
- Continually plan varied and exciting club meetings.
- Recognize Toastmasters who sponsor new members.
- Participate regularly in membership-building programs.

6. Achievement Recognition

The club motivates members to stay active by monitoring members' progress toward goals, submitting completed award applications immediately, and consistently recognizing member achievement.

- Send award applications to World Headquarters or apply for awards online immediately when
- members complete educational requirements.
- Maintain and post member progress charts at every meeting.
- Formally recognise member achievements.
- Recognise club, district, and international leaders.
- Publicise member and club achievements.
- Use the Distinguished Club Program (DCP) for planning and recognition.



What's on

October

- 3 October Hartoonian Spring Award
- 6 October Celebration of Life of Rick Haynes
- 17 October Meeting at Sutherland
- 31 October Meeting at Sutherland

November

- 10-11 November District 70 Toastmasters Semi Annual Conference 2017
- 14 November Tall Tales Meeting & Master of the Toast Contests at Sutherland
- 30 November Meeting at Sutherland

Visit: www.miranda-toastmasters.org.au/whats-on/

Next Speechcraft Course

Next 8 week public speaking course starts Wednesday, 4 October.

To register contact:

Contact Mike Smith

M: 0411 173 290

E: <mailto:speechcraft@miranda-toastmasters.org.au>

To register: [Download Rego form](#)

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.



Hartoonian Spring Award

Tuesday 3 October 2017
6.45pm for 7.00pm start

What is the Hartoonian Spring Award?
The Hartoonian Autumn Award is named in honour of former long standing Miranda Toastmasters' member, Garo Hartoonian.
Garo was a member of our club for 20 years. He was a very generous and friendly person who was a stickler for procedure. He also thought it was important for members to give speeches from the TM Manuals to assist their progression through the Communication Pathway. Sadly, the club lost Garo to cancer in 2005.
Garo's great contribution to our club is remembered through the annual Hartoonian Autumn Award and Hartoonian Spring Award. These events are a 10 speech night, giving members an opportunity to deliver a manual speech. Be sure to nominate for a speaking spot to progress through your manual.

To register as one of the 10 speakers - contact John Paterson
E: patcon4@me.com

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SPEAK UP