



WHERE LEADERS
ARE MADE

Newsletter of Miranda Toastmasters - Club 3554

SPEAK UP

www.miranda-toastmasters.org.au

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New Year's resolutions

By Elena Shulyak

All of us have reasons to be a Toastmaster and if we have reasons that means we have goals to achieve.

Beginning of the New Year is the best time to make a list of your Toastmaster's New Year's resolutions.

If you have not done so yet I am happy to help you out.

I love to be organised and have everything planned but I also quite frequently upset if I have not achieved planned goals. So I learned that it is better to set up reasonable goals based on the

available resources and also pick a few more optional goals in case there will be a good opportunity to achieve them.

Go ahead and pick your goals from the next page!

VPE, your mentor, other members of executive teams and fellow toastmasters will be happy to help you to achieve your goals.

Good luck! ☺





Pathways

- I will enrol to Pathways
- I will choose my Path (educational program)

Speech

- I will deliver my Ice Breaker speech
- I will deliver 3 speeches this year
- I will deliver 3 more speeches this year

Attendance

- I will come to all the meetings
- I will come to the majority of the meetings as my work/family allows
- I will come at least once a month

Meeting roles

- I will confirm my attendance in EasySpeak and will be prepared for my assignment
- I will volunteer for a role during the meeting
- I will pro-actively work with VPE to complete all required meeting roles in my Pathways

Contests

- I will participate in _____ contest
- I will participate in _____ contest
- I will participate in as many contests as I can

Leadership

- I will continue doing my executive role till July
- I will take an executive role next year
- I want to be a chairman/toastmaster of the evening/master evaluator, _____

Educational

- I will complete Pathways L1
- I will complete Pathways L2
- I will complete Pathways L3, L4 and L5

Speechcraft

- I will be a speechcraft coordinator
- I will be an active helper at our Speechcraft course

Mentorship

- I will mentor Toastmaster(s)
- I will regularly meet with my mentor

Beyond the club

- I will take a role in the Area/Division
- I will volunteer for a TM role within District70

My special goals

- I will
- I will
- I will

Picnic at Kurnell



Miranda Toastmasters' picnic in January!

To continue our long-
standing tradition
let's have a picnic!

When: **18 January
2020**

10:00 am—3:00 pm



Where: **Cronulla
Kurnell**



Who: **Members,
friends and families**

What: **Bring food to
share**

**You are all invited to a Picnic at Kurnell Friends and Family are
welcome to attend!**

Meeting point: On the open grass field opposite corner of Prince
Charles Parade and Polo Street, Kurnell—our usual place.

Parking: Free parking is available along Prince Charles Parade and
Polo street. The visitor centre nearby has plenty of parking as well
(small fee applies).

What to bring: Picnic blankets or chairs, hats, sunscreen, games to
play, picnic food and drinks to share and great mood!

RSVP: to Elena via Elenaashulyak@gmail.com by 14 January 2020

Grow your leadership skills through Toastmasters

By John Paterson edited by Jill Brookfield

We each join Toastmasters because we want to improve our Communication Skills, but as we progress on this journey, we learn that the Toastmasters also provides many opportunities to develop our Leadership skills.

At Miranda Toastmasters there are seven main executive positions:

- President
- Vice President - Education
- Vice President - Membership
- Vice President - Public Relations
- Secretary
- Treasurer
- Sergeant at Arms

We also have special roles such as Speechcraft Coordinator and Mentoring Coordinator. And of course, there is the special role of Immediate Past President, who helps provide guidance and advice to the committee members.

What are the main roles at a Toastmasters Club?

President

The President presides at meetings of the Club, has general supervision of the operations of the Club. The President serves as one of the Club's representatives on Area and District Councils.

Vice President Education

The Vice President Education (VPE) is the second ranking officer of Club. The VPE plans and directs Club programs which meet the educational needs of the Club members. The VPE plans and publishes regular schedules of meeting assignments. The VPE keeps track of members' progress towards goals. The VPE serves as one of the Club's representatives on Area and District Councils.

Vice President Membership

The Vice President Membership (VPM) is the third ranking officer. The VPM plans and directs programs to retain and increase Club membership. The VPM serves as one of the Club's representatives on Area and District Councils.

Vice President Public Relations

The Vice President Public Relations (VPPR) is the fourth ranking officer. The VPPR develops and directs programs that inform individual members and the general public about Toastmasters International and about Club activities.

Secretary

The Secretary is responsible for Club records and correspondence. The Secretary maintains the Club roster (aka membership list). The

Secretary has custody of the Club's charter, Constitution, Bylaws, and all other records and documents of the Club. The Secretary keeps an accurate record of the meetings and activities of the Club.

Treasurer

The Treasurer is responsible for Club financial policies, procedures and controls. The Treasurer collects member fees and pays fees to Toastmasters International and maintains financial records. The Treasurer provides financial reports to the Club at each meeting.

Sergeant at Arms

The Sergeant at Arms prepares the meeting room for each meeting and greets visitors. The Sergeant at Arms maintains Club property, including banner, nametags and supplies.

Immediate Past President

The Immediate Past President supports the club Executive. The primary responsibilities of this role involve serving as a resource for new officers and ensuring continuity with past terms.

Our Club has a tradition of asking members to join the Executive Committee and progress through the different positions, working their way to important role of President, to lead the club for a year. Voting for the Executive





Committee take place in May each year.

Beyond the Club

Beyond the Club environment there are Area, Division and District level leadership roles. Here is a short description.

Area Director

Serves as the direct liaison between the district and the clubs. Area directors conduct club visits twice a year within their respective areas to understand and support club needs. In turn, these visits help district leaders understand how to support and meet the needs of each club.

Division Director

Leads and supports the division through the supervision and support of the area directors.

District Director

Responsible for directly overseeing and managing the district's day-to-day operations, finances, and human resources. They are supported by the Program Quality Director and Club Growth Director. The District Director of District 70 is responsible for almost 200 clubs in the geographical region that covers the southern half of Sydney, the lower third of NSW and includes the ACT.

Program Quality Director

Responsible for all aspects of education and training within the district. This includes supporting quality club programming efforts, promoting the Distinguished Club Program, and planning and executing the district conference.

Club Growth Director

Responsible for all aspects of marketing, club-building, and

member-retention and club-retention efforts within the district.

There are other District-level roles such as Public Relations Manager, Administration Manager and Finance Manager and many more roles that help the District run smoothly and provide support for members.

As you can see, there is plenty of opportunity for Toastmasters to develop leadership skills.

John Paterson's leadership journey

John Paterson is the Miranda Toastmasters' Immediate Past President and this is his leadership story.

We all join Toastmasters because we want to improve our Communication Skills but as we progress on this journey we learn that the Toastmaster program also provides many opportunities to develop your Leadership skills.

In Miranda Toastmasters we have 7 executive positions and over the many years that I have been in the club I have done all roles except Treasurer.

We have a tradition of asking members to join the Executive and progress from SAA, Vice President Membership, Vice President Education (which is the most difficult job ensuring we have meeting agendas, members are achieving their speaking goals and they receive recognition for completion of speaking and

leadership assignments) and then ask them to fill the most important role of President to lead the club for a year.

I joined Miranda Toastmasters in 1979 and I wanted to be President of the club for a record 3rd time in 2019. I achieved this goal and was pleased to hand over to our current President Jill to continue with the growth of our club and she is doing a terrific job.

I had not given much thought to progressing beyond the ACB and ALB awards that I had achieved over this long period but at the last District 70 awards night Kay Wood and Alicia Curtis pointed out that there was a once only opportunity that TMI was offering. This offer was that was any Club Coach who took on a club in trouble would qualify for Distinguished Toastmasters Award DTM status without having to serve as an Area Director if they achieved Distinguished Club status before 30 June 2020.

A Toastmasters Club that falls below 12 members is in trouble and is entitled to have 2 club coaches to help them rebuild the club membership since if the club falls below 8 members it loses its Charter with TMI.

St George TM has been chartered for 53 years it seemed to me that it would be a pity to lose a club with this long history so I accepted the role as Club Coach I have Aaron Ross as my assistant coach.

We have conducted the first Speechcraft course for St George following the proven course materials developed by Miranda TM it would not have been possible to run this course with 9 Speechcrafters without the support of many Miranda Toastmasters especially Mike

all the steps required to achieve DTM status including the High Performance Leadership project which is an important requirement.

Because of this one off opportunity D70 has found it difficult to fill the Area Directors

this.

The role involves visits to each of the 6 Clubs in Area 23 in each half of the TM year and conducting 2 Area 23 Speech Contests. With half the year completed we will have our first Area 23 Executive meeting with the Southern Division Director Lynda Byrnes at Club on East on 18th Jan 2020 and Engadine TM will host the Area 23 International & Evaluation contests on Mon 17 Feb.

I will then get to each of the 6 clubs in turn to help them each achieve their goals in the DCP.

The opportunity to visit other clubs, meet their members and see how each club does things a little differently is a wonderful experience which I recommend to all Toastmasters who can find the time and ambition to develop their Leadership abilities.

The more you challenge yourself to more you grow and the Pathways program provides a structure to follow and receive recognition for the effort you make to achieve your goals.

John Paterson ACG ALB
Immediate Past President
Miranda 3554
Vice President Membership St
George 2982
Area 23 Director



Smith and Gina Cai.

St George TM now have completed 4/10 in their DCP in the club management area of the DCP plan and now needs to work on achieving as many of the 6 Education Goals as possible by 30 June. I have no doubt we will be at least 5/10 and achieve Distinguished Club status but we are still aiming for 10/10 Presidents Distinguished like Miranda.

I will write another article later on

Role they were not able to fill the role in our Area 23 so each of the clubs in the Area was taking on visits to other clubs.

With my commitment to St George TM I realised I would have the time to commit to taking on the role of Area 23 Director until 30th June 2020 and agreed to accept the role to assist Kay Wood who has a huge job as Club Growth Director for D 70. I agreed to accept this role as well as club coach even though I will fulfil the requirements for DTM without

Meet the member



Svetlana Zhizhina

Q. How long have you been with Toastmasters?

It's about a year ago when I came for the first Toastmasters meeting as a guest. I still remember that I was enjoying every minute of that experience, laughing so much that my cheek muscles were sore. I came back to the club a few more times as it was captivating to listen to people's personal stories and seeing actual progress in their speaking. That's why I became a member of Miranda Toastmasters club in Feb 2019.

Q. Why did you join Toastmasters?

There're a few reasons for joining the club. Firstly, I wanted to challenge myself putting away from my comfort zone presenting a topic for a larger group of people. Secondly, I found out that I

needed a constructive feedback on my performance such as keeping eye contact for 2-3 seconds instead of 1. Finally, my goal was and is to learn how I can help others observing their performance and coming with positive and helpful message back.

Q. Why are you staying with Toastmasters?

Sometimes it's a bit difficult to get into the club after a long day of work and meetings, however, I have never regretted my time spent at toastmasters evenings.

Every time I learn at least one new thing/idea/lesson in leadership or public speaking as well as a personal life, work, travel experiences. It's almost like somebody reading you an interesting book with carefully selected and tailored story. You feel special this way 😊

Q. What personal goals did you achieve during the last 12 months?

As you might know, there's an online training collateral prepared for toastmasters. It has a well organised program of theoretical and practical projects called Toastmasters Pathways. Following the program description, I have presented a couple of

speeches earlier this year. Additionally, I tend to play a role in every meeting I attend, such as Listening Critic or Welcoming guests.

Q. What are your goals as a toastmaster for the next 12 months?

I'd like to attend more than 80% of meetings next year, being actively involved in every single one. Also, moving on the next level on Pathways and even trying the role of the chairman.

Q. What was the most challenging thing for you at Toastmasters and how did you overcome it?

Here's my epiphany... I haven't yet overcome my biggest challenge... It's actually the role of chairman. However, committing to it publicly now, I'll have to overcome it soon 😊

Q. How do you find ideas for your speech?

On the one hand, it's easy to talk about yourself... It's the kind of experience you have already got as an adult on job interview or even meeting people in a library or a pub. On the other hand, it gets a bit more complicated when you need to pick up a random



topic. If I think too much about a topic I won't finish it ever as I'm a bad perfectionist. My trick is to take quick notes on any ideas coming to my mind for no more than a couple of days... then timebox my research and speech preps or it'll take forever!

Q. How do you write the speech?

I prefer to start my speeches handwritten. I like the feel of paper and a good sharp pen. I might make some drawing doing a speech as it helps me to visualise and relax as well. Then, I follow the structure provided in my Pathways project and it's done in a couple of days.

Q. What are your tips for successful speech?

I'd say a speech with a good joke and balanced pace is what you need. Also, your speech will be more memorable if there's interesting information giving a lesson or some food for thought.

Q. What can club do better?

It's hard to say... I'm relatively new member... I can definitely say what the club should continue doing. It's been positive and supporting, never blaming or criticising anyone if the person made a mistake not sticking to exact meeting procedures. It actually gives

the feeling of safety and support.

Q. What are your tips for the recently joined Toastmasters?

I'd say it's getting easier when you don't overcriticise your speech and try again taking any feedback as a lesson and an opportunity to improve. It does get much better with experience. Don't be afraid, just try and try again.

Q. What are your hobbies?

My hobbies change from time to time and the one which returns more often is drawing people and painting nature with aquarelle and acrylic paints. This hobby helps me to relax and feel myself in a different dimension where colours and shapes are connected in a magical harmony.



Meetings

12 November 2019

Meeting #1294

We are happy to welcome two new members to our club: Brian and Nick!

Congratulations to the winners of the meeting:

Best Speaker: Derek

Best Evaluation: Marian

Best Assignment: Trina

Best Supporting Assignment: Roan

Best TableTopics: Anna





26 November 2019

Meeting #1295

Miranda Toastmasters hold the International Speech and Evaluation contests!👍

Congratulations to the winners and participants:

Evaluation contest winners😊:

1st place - Alex C

2nd place - Derek S

3rd place - Joseph D

Derek will represent our club at the Area level due to Alex unavailability.

International Speech contest winners👍:

1st place - Elena S

2nd place - Marc S

Special thank you to Loyal for being a speaker for the Evaluation contest!



Countdown to a New Education Era

(Source: Toastmaster magazine January 2020)

If you haven't already transitioned to Pathways, get ready to do so! **July 1, 2020** will mark the official changeover from Toastmasters' traditional education program to the Pathways learning experience.

When Pathways launched in 2018, existing members were given a two-year transition period. During this time, you could - and can up to June 30 - work in the traditional program, in Pathways, or in both. (All new members are required to work in Pathways.) Starting on July 1, the first day of the 2020-2021 program year, Pathways will be the only education program available to members.

You're encouraged, however, not to wait until then to enroll in Pathways. The earlier you plunge in, the more comfortable and confident you'll be in navigating the program.



It's worth remembering that although change is challenging, it also leads to growth and personal and professional goals. You can develop a wide variety of competencies, from blogging and networking to leading meetings effectively and communicating better in relationships. Several updates have been made in recent months:

- All 11 paths in Pathways have been "unlocked," meaning that as soon as you get your chosen path, you can access any project in any of the path's five levels. Being able to view what's available in the higher levels may help you plan your projects and chart your learning.
- It is now easier to access Pathways projects. You can get to Base Camp - Pathways' online learning management system - through your Toastmasters Profile once you log in.
- The changes in Base Camp access include a new onboarding experience for selecting paths and getting into Base Camp. Watch a demonstration of the new access process.

All Pathways educational content has been translated into eight languages: Arabic, French, German, Japanese, Portuguese, Simplified Chinese, Spanish, and Traditional Chinese. Content is also being translated into Tamil and Korean, and two paths will be available in those two languages in early 2020.

An important reminder: To earn any final education awards in the traditional program, you must submit your award applications to World Headquarters by June 30. And it's highly recommended you not wait to the last minute to send them in. **The deadline will not be extended.** If you have questions, please email educationprogram@toastmasters.org.

Get ready to head down the homestretch toward a new era in Toastmasters education.

[Choose your Path](#)

Club Awards and Winners

Congratulations to these members who have completed manuals and Pathways projects to achieve an award.

By completing these projects, these members have directly contributed to the Club meeting the Distinguished Club Program Award (DCP) awarded to Clubs for meeting a prescribed number of goals.

Pathways

Paths and Projects



Toastmaster of the Year 2019/2020

As calculated in Oct-19



Name	Points
Marc S	68
Kathy T	63
John P	58



President's Distinguished club goals (2019/20)

TOASTMASTERS INTERNATIONAL

Club Status
2019-2020Month of December
As of 01/03/2020**00003554 Miranda Toastmasters Club**

Club Alignment	Membership		Goals
Region 12	Base 32	To Date 35	Goals Met 8
District 70	Required 20		Distinguished 5
Division S	20 members or a net growth of 5 new members		Select Distinguished 7
Area 23	Chartered 12/01/1962		President's Distinguished 9

	Goals to Achieve	Goal	To Date	Status
Education (A maximum of 6 will count toward DCP credit.)				
1	Competent Communicator (CC) awards	2	0	2 CCs needed
2	More Competent Communicator (CC) awards	2	0	2 CCs needed
3	Advanced Communicator (ACB, ACS, ACG) awards	1	1	✓
4	More Advanced Communicator (ACB, ACS, ACG) awards	1	0	1 AC needed
5	Leadership Awards (CL, ALB, ALS) or Distinguished Toastmaster (DTM) awards	1	1	✓
6	More CL, ALB, ALS, or DTM awards	1	1	✓
P1	Level 1 awards	4	1	3 Level 1s needed
P2	Level 2 awards	2	0	2 Level 2s needed
P3	More Level 2 awards	2	0	2 Level 2s needed
P4	Level 3 awards	2	2	✓
P5	Level 4 awards	1	1	✓
P6	Level 5 awards	1	0	1 Level 5 needed
Membership				
7	New members	4	4	✓
8	More new members	4	4	✓
Training				
9	Club officers trained June-August	4	5	First Training Period Achieved
	Club officers trained December-February	4	2	Second Training Period 2 needed
Administration				
10	Membership-renewal dues on time	Y	1	✓
	Club officer list on time	Y	1	



Quiz

Toastmaster's resolutions Wordsearch

I C E B R E A K E R M G Y N E
C H A I R M A N G K O N E O X
G N I T E E M I R A N D A I E
H C E E P S H E L P E R R T C
S Y A W H T A P W N N W F U U
N W R O T A N I D R O O C L T
R E T S A M T S A O T Q H O I
R N S P E E C H C R A F T S V
R O T A U L A V E B U L C E E
V O L U N T E E R I X R G R L

Words:

CHAIRMAN	CLUB	COORDINATOR
EVALUATOR	EXECUTIVE	GOAL
HELPER	ICEBREAKER	MEETING
MIRANDA	NEW	PATHWAYS
RESOLUTION	SPEECH	SPEECHCRAFT
TOASTMASTER	VOLUNTEER	YEAR

Further Reading

"Are you wondering how to give your toastmasters icebreaker speech?"

by Ramakrishna Reddy

[\(https://publicspeaking.com/how-to-come-up-with-your-icebreaker/\)](https://publicspeaking.com/how-to-come-up-with-your-icebreaker/)

Not sure how to start your ice breaker speech. Ramakrishna talks about his personal experience of preparing an Ice Breaker speech.

Icebreaker does not have to be a perfect speech!

"Pathways. Preparing your IceBreaker"

<https://karenstorey.com/PATHWAYS/01-Icebreaker-HowTo.htm>

An excellent resource created by a Toastmaster to help newly joined members to prepare their first IceBreaker. It has a lot of ideas of what to write about!

"How To Ace Your Toastmasters Speech 1 The Ice Breaker"

By Samith Pich

https://www.youtube.com/watch?v=En_MyZnNMGE

Well-explained approach to create your IceBreaker speech.

The videos of best Toastmasters' speakers:

Ed Tate, CSP | 2000 World Champion of Public Speaking | Million Dollar Roundtable Keynote Address

By Ed Tate

https://www.youtube.com/watch?v=IJ_KswfUHMQ

Speech from the World Champion of public speaking

"Aaron Beverly, 2nd place winner of 2016 World Championship of Public Speaking"

<https://www.youtube.com/watch?v=7bVSOJL57F8>

Very unusual approach with the selection of the name of the speech!



The latest issue is available online:

<https://www.toastmasters.org/magazine>

Other news

Exciting News: Rotary/Toastmasters – let make it happen

Please join **Rotary/Toastmasters** in support of our alliance!

You can do so by:



Welcoming a Rotarian to visit a
Toastmasters club



Inviting a Rotarian to be a guest speaker
at a Toastmasters club



Considering opportunities to hold a joint
Toastmasters/Rotary club meeting



Learning more about Rotary and visiting
a local Rotary club

Learn how your club can support the new alliance at
www.toastmasters.org/Rotary.



TOASTMASTERS
INTERNATIONAL



District 70 coming workshop

Contest Judging & How to run a Contest Workshop

Saturday 1 February 2020

Presented by District 70 Trainers

Contest Judging

Contest Judging 9.00am-12.00noon

Do you want to be a Contest Judge, chair a Speech Contest, compete in Speech Contests or simply grow your leadership as a Chief Judge, then this is the Workshop for you? District 70 is hosting a half day practical Judges' Training Workshop with an experienced facilitation team.

How to run a Contest

How to Run a Contest 1.00pm-4.00pm

Whether you are a Club Officer in your club, an Area Director or Division Director the basics are the same. Come and learn tips and tools on how to organise a successful contest at Club, Area and Division level. This half day Workshop will cover all you need to know.

Where: Bankstown Sports Club
8 Greenfield Parade, Bankstown, NSW 2200

Cost: Free

Please visit the District 70 website and Click on What's On. Go to Events to register.

**Program Quality Director
Lorinda Logaraj DTM**



What's on

January

18 January Picnic at Kurnell

February

4 February Club meeting

18 February Club meeting

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

Next Speechcraft Course

Next 8-week public speaking course starts on 5th February 2020

To register contact:


Contact Mike Smith

M: 0411 173 290

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

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.



SPEECHCRAFT

- Build confidence
- Grow as a leader
- Improve communication & public speaking skills
- Overcome fears
- Improve career potential
- Think on your feet

In 8 weeks become a confident public speaker in a friendly, supportive atmosphere

Find us

Web: www.miranda-toastmasters.org.au/

Facebook: Search for Miranda Toastmasters Club
www.facebook.com/Miranda-Toastmasters-Club-113871933658

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

LinkedIn:
<https://www.linkedin.com/groups/13771488/>

Newsletter contact: Elena Shulyak
vprr@miranda-toastmasters.org.au

SPEAK UP

MIRANDA TOASTMASTERS
Club 3554 – Area 23 – District 70 – Region 12
Our meetings are held every second Tuesday
– refer to calendar for meeting dates
7:00 pm – 9:30 pm
at Club on East, 7 East Parade, Sutherland

Newsletter of MIRANDA TOASTMASTERS
Contact: Jill Brookfield, President
(president@miranda-toastmasters.org.au)
Contact: Elena Shulyak
(vprr@miranda-toastmasters.org.au)
Website: www.Miranda-toastmasters.org.au