



WHERE LEADERS
ARE MADE

Newsletter of Miranda Toastmasters - Club 3554

SPEAK UP

www.miranda-toastmasters.org.au

February – March 2020



Contents

Overcommitment.....	1
Renewal	2
Being a club executive	3
Meet the member.....	6
Meetings	7
Pathways	10
Club Awards and Winners	11
President's Distinguished club goals	12
Further Reading.....	13
Other news.....	14
What's on.....	16

Overcommitment

By Elena Shulyak

Have you ever found yourself in a situation when you finished one thing and still unhappy with yourself because you have not even started doing 5 other things you planned to do?

With the good intention in our mind sometimes we commit to too many things or have an endless to-do list.

I am an experienced overcommitter but I found it is not healthy neither for me nor for my family when I am in an overcommitted state.

I am a curious person who loves challenges and hates being bored. Therefore, I am constantly in search for things which can challenge my body or my mind. But when there are too many things happening at the same time, it is overcommitment! I have recently learned how to recognise this state and get out of it.

I started from putting my priority in the right order: firstly I, then

my family, work and Toastmaster club. That made things a little bit easier when I need to choose between two activities: I simply follow my priority list.

Secondly, I created a smart to-do list, which is not simply a list of things-to-do. Each item on my list is linked to the ongoing project, so I can see the progress and how close I am to complete the project. I started to use this smart to-do list last November and it helped me to recognise the projects which were unrealistic to complete. I saved so much time by not even starting these projects and I avoided disappointment from not completing them.

Thirdly, I started meditation and yoga to clear my mind and reduce stress.

I am not immune to overcommitment but I am aware of it and keep an eye on it.

continued on page 2

continued from page 1

You may ask how it relates to the Toastmasters.

Recognition of overcommitment state and exiting it helped me to find time and resources to stay an active member of the toastmasters club. I found a lot of benefits from club membership in

professional and personal areas. Not being in overcommitment state helps me to concentrate on the achievable goals like completing a Pathways manual within 18 months, take an executive club role or to do one speech a month.



Renewal

Dear Toastmasters,

As you may be aware our membership renewal is due now. Our membership fee continues to be \$72 every 6 months.

This will cover your membership from Apr 1st 2020 to Sep 30th 2020.

I would kindly ask that you make payment **before 20th of March 2020** to ensure we have enough time to reconcile & process the payment to Toastmasters International.

Please make payment by EFT to the following bank account:

Account name: Miranda Toastmasters Club

BSB Number: 062 150

Account Number: 0090 4549

Reference: [your name] - renewal 2020

Please let me know if you have any questions. Your prompt payment is much appreciated.

Kind Regards

Aurelien (Auri) Schibli

Treasurer

Miranda Toastmasters Club



Being a club executive

Soon we will elect the club executive committee for 2020/2021. If you are interested please talk to one of the executive members. Any member can apply for a role, being in the executive committee is part of the Toastmasters journey for many of us. To help you understand a little bit better what it is being an executive, I have asked the existing committee to give some feedback about their roles.

Gina (Secretary)

1. Why have I decided to do this role?

I have decided to do this role because I like to contribute to the club and also I took it as a kind recognition when John Paterson asked me to take on the secretary role.

2. What challenges have I overcome in this role?

The biggest one is my pregnancy, as it has created some obstacles for me to go to meetings as often as I used to. But other executives have been really supportive and understanding. Elena Shulyak and Jill Brookfield have taken on the minutes-taking role when I was absent.

3. What did I achieve in this role?

I guess my sense of fulfilment comes mostly from being involved in a prestigious

Toastmasters club and getting to know each one of the members. This sense of belonging is so far my most meaningful achievement.

4. How much time do you spend to do this role?

I spent around 2-3 hours every two weeks when I did my secretary role on a regular basis. There has been a long Christmas and New Year break, and I will continue with this routine until my physical or mental conditions suggest otherwise.

5. Please give your tips to the new secretary.

Attend every meeting

Be a good listener

Find a regular time to work on the tasks such as meeting minutes, Toastmaster of the year point keeping, etc.

6. Which area did you improve the most doing this role?

As a secretary, I need to present myself for the secretary's report during a business session. I improved my professional presentation skill by doing this.

Anna (Vice President Membership):

1. Why have I decided to do this role?

To do something useful for Miranda Toastmasters, to be more

involved and get a better understanding of how the club works.

2. What challenges have I overcome in this role?

Because of the support of the club settling into the role was not much of a challenge. Everyone was so helpful. I especially appreciate the help of John Patterson, he always gives the best advice and often welcomes the visitors.

3. What did I achieve in this role?

I am reluctant to use the word "achievement" in describing what I have done. We have 8 new members in this financial year, all of them have mentors, we have various printed stuff to give new members and visitors.

4. What am I still going to achieve before July?

I am going to collect more detailed information on how the visitors find us. Majority mention Internet would be good to know more.

5. How much time do you spend to do this role?

It took some time to prepare and print the hand-outs and order bags, several hours. Also, it takes about 30 min after each meeting to add information about new visitors to the system.



6. What are your criteria for success in this role?

The steady flow of new members is the main objective.

7. Please give your tips to the new VPM.

It is a good idea to send a quick follow up email to a new visitor.

8. How did my life change since I started to do this role?

It did not change much, but I am happy to be doing it.

Elena (Vice President of Public Relationship):

1. Why have I decided to do this role?

It was curious and a little bit scared to take this role, curiosity is a strong motivator for me to take a challenge; in this case, I raise a hand to be a VPPR. I unofficially started around April 2019.

2. What challenges have I overcome in this role?

I felt intimidated publishing materials on the Facebook page and the club website. I looked at the previous posts and started to monitor Facebook pages of other clubs and District 70. Many clubs have quite a weak website and I am glad that Miranda Website is one of the best Toastmasters websites thanks to Mike S., Jill B. and other members who were involved.

The other challenge was to send out my first newsletter, but it went well.

3. What did I achieve in this role?

I do my best to keep the club Facebook page and the club website up-to-date. A number of followers of the Facebook page grow and I am getting some reactions and comments which I see as a good sign that I do the right thing.

I created a LinkedIn account for the club which was particularly useful as Toastmasters are going to run a marketing campaign in LinkedIn shortly.

4. What am I still going to achieve before July?

I am going to publish another couple of issues of SpeakUp.

I am eager to participate in the International Toastmasters campaign which may start soon. Not sure what it will be but I am planning to participate and engage club members to complete the challenge.

5. How much time do you spend to do this role?

Normally it does not take me more than an hour a week to keep online resources up to date. The SpeakUp newsletter is a different story, I compile it within a few weeks and spend a few hours to put things together.

6. What are your criteria for success in this role?

Ensure all online resources up-to-date and we have visitors coming

to our club after they saw our online resources. One of my goals is to provide useful information for new and experienced members.

7. Please give your tips to the new VPPR.

You don't have to be a tech-savvy to do this role. It is about being creative. I am thankful to Jill who gave me a lot of help when I started the role.

8. How did my life change since I started to do this role?

I became more confident in communication with a group of people.

Jill (Club President):

1. Why have I decided to do this role?

I first nominated for the committee in because I wanted to contribute to the club and volunteer my time to give back to the members who had helped me when I undertook the Speechcraft course and to pass on what I had learned to future Speechcraft students.

My first role was Vice President Public Relations and I've progressed through various roles, learning many new skills and learning new things about myself, to then become President this year.

2. What challenges have I overcome in this role?

My greatest challenge is to let go and let others do their roles. We're all volunteers with busy



lives outside of Toastmasters and we apply our time when and where we can. We all work differently and at different times, so patience is a skill I've had to work on.

3. What did I achieve in this role?

I'm not sure what I've achieved as president, that may be a question for the members to answer. I hope my contribution has been positive. The pressure was on to achieve 10 out of 10 goals in the DCP, which we have now done, making it 10 out of 10 goals for nine years.

4. What am I still going to achieve before July?

My aims for the remainder of this year are to continue to grow membership in addition to nurturing and inspiring current members to build their public speaking muscles and leadership skills.

5. How much time do you spend to do this role?

There is a commitment to spend a few hours each week on the role and some weeks require more time than others. But it's not a chore. I enjoy spending time on this role because I know what I do can have a really positive impact.

6. What are your criteria for success in this role?

You do need to be organised and you have to play nicely with others. In addition to being a leadership role, the President is a networking role and it's important to maintain relationships with Toastmasters in other clubs and with the Area, Division and District directors and committee members. It's also a mentoring role and you need to be available if the committee members need assistance or guidance.

7. Please give your tips to the new President

Keep communicating. Ask for help if you need it. Maintain a strong relationship with the Immediate Past President and ask lots of questions.

8. How did my life change since I started to do this role?

Life is busier since joining the committee. Joining Toastmasters and then taking on a committee leadership role has impacted my working life in a positive way. I am more confident; I can speak up in meetings and present at industry events and can make tough decisions when required. The confidence I've developed through Toastmasters and the committee means that my work profile has also developed. I wish I'd found Toastmasters years earlier.

9. What are your main learnings from the role?

You need to lead by example. And leave your ego at the door because we're in this together and we must rely on each other to succeed.

10. Which area did you improve the most doing this role?

I think this is a question for members to answer.



Meet the member



Nick Costelloe

Q. How long have you been with Toastmasters?

I've been with Toastmasters for less than 3 months.

Q. Why did you join Toastmasters?

I had been running a business solo for 3 years and as it started to grow I realised that my confidence speaking was not where I thought it was.

Q. Why are you staying with Toastmasters?

I've still got a long way to go with my confidence when public speaking.

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

Doubled business revenue and hired two staff.

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

Complete the Speechcraft course.

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

Nervousness when speaking which I'm hopefully overcoming by attending as much as I can.

Q. How do you find ideas for your speech?

I steal them from the internet. I haven't had to write one yet so we will see how that goes.

Q. How do you write the speech?

Last minute.

Q. What are your tips for successful speech?

Let me complete the speechcraft course first and ask me again.

Q. What can club do better?

I haven't been coming for long enough to have any constructive criticism yet.

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

Try to come consistently.

Q. What are your hobbies?

Poker, kayak fishing and taking my family to the beach.

Meetings

4 February 2020

Meeting #1297

It was great to see a lot of members back after the New Year break! And a lot of guests! Hopefully, each of us prepared a New Year's resolutions and full of energy to achieve them! Good luck everyone!

The winners for the meetings are
 Best speech: Mike
 Best evaluation: Joseph
 Best assignment: Aurelien
 Best SA: Derek
 Best TT: James
 Bowl me over: Elena
 Congratulations to everyone!



18 February 2020

Meeting #1298

Who is Master of the Toast in our Toastmasters club? 😊
 Many members brought their best toast to win 'Master of the Toast' contest.
 Congratulation to the participants and winners:
 1st Brian H.
 2nd George E.
 3rd Anna R.





3 March 2020

Meeting #1299

Now we know a little bit more about each other. ☺ Thank you, Joe for organising such an unusual Table Topics session! Elaine and Darren gave their first speech at the club meeting! Congratulation! Well Done! 👍



The winners of the meeting:

Best speech: Elaine

Best evaluator: Brian

Best assignment: Kathy and Joe

Best SA: Elaine

Best TT: Melissa

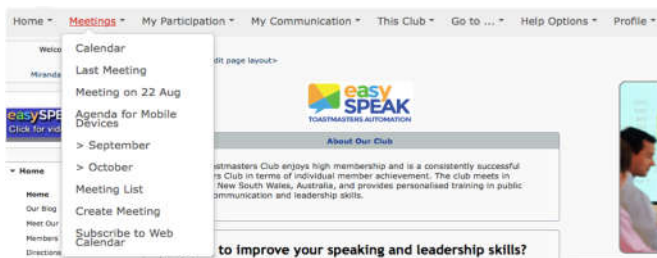


Easy guide to EasySpeak

Miranda Toastmasters uses the online program EasySpeak to plan its Club meetings

Easy Speak (ES) helps the Vice President Education (VPE) allocate roles, plan Club meetings and create agendas.

EasySpeak can also be used to track a member's progress through the Pathways.



Log-on the EasySpeak

Log-on at the Home Page www.easy-speak.org



On the first log-on you will see

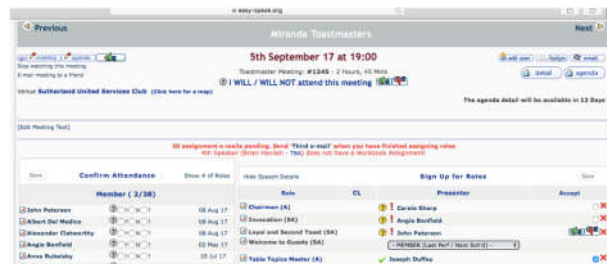
Your User Name: This is Case Sensitive and is a simple 6-7 letter abbreviation of your name - please do not change this. Contact the VPE if you don't know your Username.

Password: There is a reset button if you forget your password.

RSVP for a Club meeting

To let the VPE know if you will or will not be attending a meeting, go to the Meetings drop-down.

Select the meeting and click on the radio button beside your name to confirm your attendance or apology. If you cannot attend a meeting you will be asked why you cannot attend, eg, you will be absent for work, holidays, etc.



Accept a meeting role

On the right-hand side of the screen is where to Sign Up for Roles. Look for your name and if you are happy to accept the suggested role, click on the **green Thumbs Up**. If you can't accept a role and would prefer a different role, click on the **red Thumbs Down**. This lets the VPE know which roles are filled, and which roles need filling.

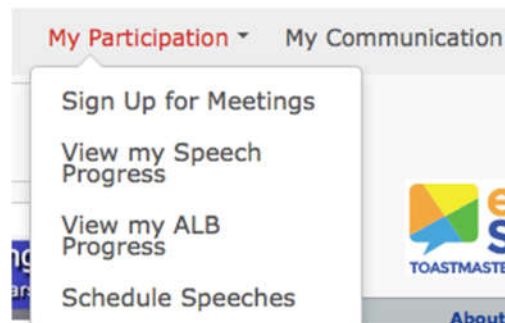
The VPE will finalise the roles by the Friday before the meeting and send an email to all members.

Previous meetings

You can see the results and information from previous meetings from the Meetings drop-down menu.

My participation

You can check your meeting attendance and participation through the My Participation drop-down. Here you can see the dates of the meetings you attend and the roles you have completed.



Pathways

The guidance below may help you to choose the right pathway for you. The other 5 paths will be included in the next issue.



[Dynamic Leadership](#)

This path helps you build your skills as a strategic leader. The projects on this path focus on understanding leadership and communication styles, the effect of conflict on a group and the skills needed to defuse and direct conflict. These projects also emphasize the development of strategies to facilitate change in an organization or group, interpersonal communication and public speaking. This path culminates in a project focused on applying your leadership skills.



[Effective Coaching](#)

This path helps you build your skills as a positive communicator and leader. The projects on this path focus on understanding and building consensus, contributing to the development of others by coaching and establishing strong public speaking skills. Each project emphasizes the importance of effective interpersonal communication. This path culminates in a "High Performance Leadership" project of your design.



[Engaging Humor](#)

This path is designed to help you build your skills as a humorous and engaging public speaker. The projects on this path focus on understanding your sense of humor and how that sense of humor translates to engaging audience members. The projects contribute to developing an understanding of how to effectively use humor in a speech, including challenging situations and impromptu speeches. This path culminates in an extended humorous speech that will allow you to apply what you learned.



[Innovative Planning](#)

This path helps you build your skills as a public speaker and leader. The projects on this path focus on developing a strong connection with audience members when you present, speech writing and speech delivery. The projects contribute to building an understanding of the steps to manage a project, as well as creating innovative solutions. This path culminates in a "High Performance Leadership" project of your design.



[Leadership Development](#)

This path helps you build your skills as an effective communicator and leader. The projects on this path focus on learning how to manage time, as well as how to develop and implement a plan. Public speaking and leading a team are emphasized in all projects. This path culminates in the planning and execution of an event that will allow you to apply everything you learned.



[Motivational Strategies](#)

This path helps you build your skills as a powerful and effective communicator. The projects focus on learning strategies for building connections with the people around you, understanding motivation and successfully leading small groups to accomplish tasks. This path culminates in a comprehensive team-building project that brings all of your skills together—including public speaking.

Paths and Projects



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.

Toastmaster of the Year 2019/2020 (As calculated in Mar-20)

NAME	POINTS
MARC S	119
MIKE S	106
JOHN P	99
KATHY T	92
ELENA S	92
GINA C	91
GEORGE E	82
JILL B	82
AURELIEN S	69
ANNA R	59
DEREK S	57



President's Distinguished club goals

We did it! 9 years in row 10 out of 10!

TOASTMASTERS INTERNATIONAL

Club Status
2019-2020

Month of March
As of 03/08/2020

00003554 Miranda Toastmasters Club

Club Alignment	Membership	Goals
Region 12	Base 32	Goals Met 10
District 70	To Date 36	Distinguished 5
Division S	Required 20	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	1	✓
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	1	1 Level 2 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	✓
	Club officers trained November-February	4	4	
Administration				
10	Membership-renewal dues on time	Y	1	✓
	Club officer list on time	Y	1	

Further Reading

When I was preparing for the Area speech contest, I watched a lot of winning speeches of toastmasters competing in various contests. Here a few of them. It is fun to watch but you can learn a lot from them as well.

"1st Place Winner DTAC 2016, Humorous Speech Competition "SHAKE IT UP" Dr. Katrak"

https://www.youtube.com/watch?v=19q_UApwKtM

"Eric Feinendegen - 2018 World Championship of Public Speaking"

<https://www.youtube.com/watch?v=xQkA36Pp6ww>

"2018 Toastmasters World Champion of Public Speaking, Ramona J. Smith"

<https://www.youtube.com/watch?v=7Tev43VNRIc>

"Toastmasters Funniest Humorous Speech, Darren LaCroix"

By Darren LaCroix

<https://www.youtube.com/watch?v=qovsP1aaEQY>

If you have not watched it before, watch it! I like 'And the next thing I know is I was driving three hours to give a free speech.'

"How to write a speech: speech opening technique"

By Darren LaCroix

<https://www.youtube.com/watch?v=QyE3LOLWkQ>

This is from Darren LaCroix: great advice on how to start your speech to grab attention from the audience straight away.

Some ideas worth exploring:

7 ways to be a better communicator — by tweaking your body language

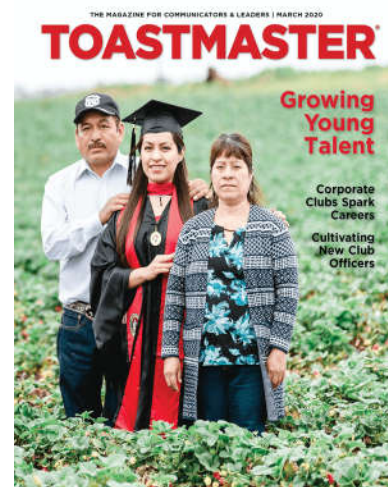
By Abhimanyu Das

https://ideas.ted.com/7-ways-to-be-a-better-communicator-by-tweaking-your-body-language/?utm_source=Public+Words+Subscriber&utm_campaign=066e3ef827-EMAIL_CAMPAIGN_2020_02_26_07_33&utm_medium=email&utm_term=0_b33234868a-066e3ef827-74191177

Don't Just Memorize Your Next Presentation — Know It Cold

By Sabina Nawaz

https://hbr.org/2020/02/dont-just-memorize-your-next-presentation-know-it-cold?utm_medium=email&utm_source=newsletter_weekly&utm_campaign=weeklyhotlist_not_activeubs&referral=00202&deliveryName=DM69188



The latest issue is available online:

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

Other news

District 70 contests



DISTRICT 70 ANNUAL CONFERENCE

ROARING TWENTIES

22 - 24 May 2020

Bankstown Sports Club
8 Greenfield Parade,
Bankstown, NSW 2205



Bankstown Sports

Special VIP
Richard E Peck DTM
International President Elect

Four fabulous guest presenters:



Nicholas King Jennifer Leone Paul Malone Greg Van Borssum

Registrations at: www.d70toastmasters.org.au

Autumn Hartoonian Contest



Speechcraft graduation



 Speechcraft course #1/2020
Speechcraft Graduation 

Wednesday 1st April 2020
Club on East (Sutherland United Services Club)
1st Floor, 7 East Parade Sutherland


\$40.00 per person, no charge for Speechcrafters
Only fresh water supplied with dinner. Other beverages are available from the downstairs bar.

Bring Your Family, Friends and Colleagues!

RSVP by 30th March 2020

Anna Rubalsky
anna.rubalsky@gmail.com



Miranda Toastmasters Club
PO Box 2139 Taren Point 2229
www.miranda-toastmasters.org.au



What's on

March

17 March Club meeting

31 March Club meeting

April

14 April Club meeting – Hartonian Autumn contest

28 April Club meeting

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

Next Speechcraft Course

Next 8-week public speaking course starts in July 2020

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.



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