



WHERE LEADERS  
ARE MADE

# SPEAK UP

November 2017

## Mike made 100 mistakes a day to win

Mike Smith claimed 1<sup>st</sup> place for his humorous speech at the District 70 Semi-annual conference



ANNIVERSARY

Congratulations to Miranda Toastmasters Club member, Mike Smith, for winning the Humorous Speech contest at the semi-annual District 70 conference earlier this month.

It is an impressive feat for a Toastmaster to make the finals of a District speech contest. But it is even more impressive, we think, that Mike was awarded first place for his humorous speech, *"One hundred mistakes a day."*

Mike represented Southern Division in the Humorous Speech contest, competing against other immensely talented and funny contestants.

Mike also represented Southern Division in the Table Topics contest, but he did not place.

Members of Miranda Toastmasters were on hand to support Mike and celebrate with him.



Smiles all round LtoR: George, Greig, Sue, Mike (holding trophy) & Melanie



### 55<sup>th</sup> Anniversary & Christmas Party Cruise

**When:** Tuesday, 12 December 2017

**Time:** 6:30pm

Ferry leaves wharf at 7:00pm sharp

**Where:** Gunnamatta Wharf,  
Tonkin Street, Cronulla

**What:** Buffet dinner

**Cost:** \$65 per person

(No BYO, cash bar on board)

**RSVP:** by 24 November 2017

Jill Brookfield 0431 082 259

Email: [jjbrookfield@gmail.com](mailto:jjbrookfield@gmail.com)

## Speechcraft

The latest group of Speechcraft students successfully graduate.

Each of the seven students in Miranda Toastmasters' 71<sup>st</sup> Speechcraft course went from being nervous, shaking like leaves, feeling nauseous and weak at the knees on night one to become confident public speakers. All in just eight short weeks.

Friends and family were on hand at graduation night to witness an incredible group of people deliver quality speeches and evaluations. There were a lot of proud people in that room who were totally blown away by the confidence and skill the graduates displayed.



LtoR (Back row): Natalie, Mike (Speechcraft Coordinator), George (Club President), Jane (Area 23 Director), Diane, Alex, Lisa, Andy. (Front row) Les, Mona

Miranda Toastmasters runs three Speechcraft courses each year and for over 20 years has helped more than 700 people gain confidence and improve their public speaking skills.

The next Speechcraft course starts on Wednesday, 7 February 2018. For information or to register, visit [www.miranda-toastmasters.org.au/speechcraft/](http://www.miranda-toastmasters.org.au/speechcraft/)

## What former students said about Speechcraft ...

*"I still vividly recall giving my first speech where I felt myself breaking out into a sweat and my face go red ... and clinging onto my notes as though my life depended on it! We were told that we wouldn't believe how much we would transform by the end of the course.*

*I don't know that I truly believed it as I had spent a lifetime of being terrified of speaking in public. But the Toastmasters were right! Halfway through the course, I gave up my notes and was able to stand in front of a group of people and give a speech. And by graduation night, I found that I had actually started to enjoy getting up and speaking!!*

*This was a very supportive environment in which to learn to let go of the fear and I am forever grateful to all of the Toastmasters who assisted in delivering the course.*

*An added benefit was meeting some amazing and incredibly funny people – both fellow speech crafters and Toastmasters."*

Diane

*Taking part in Speechcraft was one of the best decisions I've made. I can't believe how far I've come in just 8 short weeks! From our first class where I broke out into a sweat just standing to introduce myself, to standing up and presenting to an audience of 30 people without notes (and wishing the speech could go for 10 minutes instead of 5 minutes)! It was a great 8 week program and included a wonderful cohort of Toastmasters who, week in-week out, for 8 weeks kindly volunteered their time to help the Speechcrafters become confident and competent speakers.*

*I wish I'd done it sooner! Thank you, Miranda Toastmasters!"*

Alex

*"Hands down this is the best thing I have ever invested in. My only regret I wish I had done it sooner! I have always struggled with public speaking but this course has done wonders. I have learnt the elements of constructing a speech, time management, body language, voice projection and most importantly how to control nerves. The course is run so professionally in a supportive, encouraging environment with instant feedback and tips for improving your next speech. I started to look forward to the challenge and enjoyed watching my fellow students grow from week to week as well. In addition the Toastmasters demonstration speeches were executed flawlessly and inspiring to watch. I cannot recommend this course enough to anyone looking to improve their public speaking ability."*

Mona

## Meet the Members

### Brian Havilah ACS



#### Q. How long have you been a Toastmaster?

I first joined Arncliffe RSL Toastmasters nearly 50 years ago. The Club folded after a few years and I went on to other interests.

#### Some of my recollections of that time.

Toastmasters was a much smaller organisation, with fewer clubs and no regions as we have today, just States.

It was men only, women had a separate Toastmistress organisation.

I do not remember the paths to improvement we have from our manuals these days, and I feel sure that the standards of speaking have improved enormously.

We rarely if ever came out from behind the lectern to speak and I don't recall any emphasis at all on gestures or body language.

Our competitions were Club / State / Australian Championship. An audiotape of the winners' speeches went to the International Convention, which I remember was held in Calvary, Canada in my time. The winning tape then won the 'Overseas Speech Contest

After a break of only about 40 years I was invited to a meeting of Cronulla RSL Toastmasters which rekindled my interest and I joined that Club.

Two years ago I transferred to Miranda Toastmasters, having been made very welcome here as a target speaker for one of our competitions.

#### Q. Why did you join Toastmasters?

I remember being young, nervous, lacking in confidence and looking for some way to gain some self esteem. I think my early time in Toastmasters helped me enormously as I went on to other interests.

I rejoined Toastmasters all those years later as a retiree, looking for an interest which might keep my mind active and would offer some sort of challenge.

#### Q. What do you hope to achieve through Toastmasters?

I hope to continue to keep my brain active. I want to continue to see new speakers develop and improve as we support them in this Club

*“Try to remember the speech is not about you, it's about your audience, and they want you to succeed.”*

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

I want to continue to progress through the manuals and eventually reach ACG .

I find the competitions within the club are a good incentive to me, to prepare and present speeches, so I hope to discipline myself to continue that this year.

*“Take every opportunity to speak. You'll be surprised how quickly fear changes to satisfaction and to enjoyment.”*

#### Q. What do you like most about Miranda Toastmasters' meetings?

The genuine friendship and support that members give each other is something that inspires me. It is wonderful to see new nervous members absolutely blossom within our group.

#### Q. What tips to overcome fear of public Speaking?

Try to remember the speech is not about you, it's about your audience, and they want you to succeed. If something does go wrong , don't dwell on it. The only person who remembers is you!

Take every opportunity to speak. You'll be surprised how quickly fear changes to satisfaction and to enjoyment.

*Continued on next page ...*

## Meet the Members

### Glecy Baesa



Glecy is one of Miranda Toastmasters Club's newest members, having completed Speechcraft in July 2017.

#### Q. Why did you join Toastmasters?

I joined Toastmasters because I would like to gain skills and confidence in public speaking.

I find that Toastmasters provides a supportive learning environment. This environment makes me aware of the areas I have to improve.

Toastmasters makes me feel I am not alone in this journey.

#### Q. What do you hope to achieve through Toastmasters?

Through Toastmasters I hope to progress in my profession, as well as personal relationships.

*My favourite quote is,  
"I am the captain of my  
ship and the master  
of my fate"*

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

In the next 12 months, I would like to reach the next level in my career. I would like to be more confident in what I can do and achieve as well and lead my kids to think the same about themselves. I would like to go to Europe for a holiday in the next twelve months.

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

I am inspired by people who do good things for other people. I am inspired by achievers and self-believers.

I like to spend my free time gardening, reading and doing yoga.

#### Q. What is your favourite quote?

My favourite quote "I am the captain of my ship and the master of my fate".

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### Meet Brian Havilah continued from page 3

#### Q. The most difficult part of preparing a speech?

Getting started! Finding a topic or a title.

Once I decide on that, I try to write down every thought I have. This can often lead to another approach or another direction, but at least I am on the way. I try then, to keep on amending, improving, polishing right up to the time I deliver the speech.

#### Q. The person who inspires?

How can I go past the late Rick Haynes DTM, the first person to welcome me to the club. What a remarkable man Rick was! He showed me that it is never too late to enjoy everything Toastmasters has to offer.

Mike Smith ACG ALB inspires me with his dedication and hard work when he prepares a speech. He claims this is the only difference between him and the rest of us. (not true, he overlooks his talent).

#### Q. How has T/M changed your Life?

Toastmasters has given me the confidence to become President of Rotary and Probus Clubs.

I have been able to make a contribution in other organisations.

I have spoken and read lessons in my Church and have acted as Master of Ceremonies on numerous occasions.

The most difficult task has been to deliver eulogies at several funerals. Which would have been impossible without my Toastmaster experience.

## Meetings

### 14 November 2017

Meeting #1250

This meeting was the annual Club contests of the Master of the Toast and Tall Tales.

The speeches and toasts for these two Club-level competitions were a remarkably high standard. Our Club is fortunate to have so many talented and inspiring members.

We were treated to motivational and moving toasts and were entertained with tall tales of crocodiles in Moscow streets, getting up to mischief with first boyfriends, snake wrangling and road trips.

### Master of the Toast Competition



*LtoR: John, Brian, Joseph, Paul, Mike & Sue*

Six contestants vied for coveted Master of the Toast prize.

In speaking order:

- Sue Haynes – 2<sup>nd</sup> Place
- Brian Havilah – 3<sup>rd</sup> Place
- Mike B Smith – 1<sup>st</sup> Place
- Joseph Duffey
- John Paterson
- Paul Sorensen

### Tall Tales Competition



*LtoR: John, Brian, Kathy, Anna & Paul*

Five contestants vied for bragging rights to be greatest Tall Tale teller.

In speaking order:

- Kathy Tasker
- Paul Sorensen
- John Paterson – 3<sup>rd</sup> Place
- Brian Havilah – 1<sup>st</sup> Place
- Anna Rubalsky – 2<sup>nd</sup> Place

### 28 November 2017

Meeting #1251

This was the last Club meeting for 2017 before the Club's anniversary and Christmas party cruise on Tuesday, 12 December.

The Table Topics session, run by John was a lot of fun. The questions centred around what happens in an Internet minute. There were a lot of laughs as we got to know a little more about our fellow Toastmasters and their online habits.

The Club now has a two-month break from meetings, as we all enjoy the summer holiday period.

The next Club meeting will be 7:00pm on Tuesday, 6 February 2018 at Club on East at Sutherland.

### Speakers

1. Kathy Tasker  
Title: My son's name  
Evaluator: Joseph Duffey
2. Claudia Blumer  
Title: Where to focus?  
Evaluator: Paul Sorensen
3. Leanne Brownscombe  
Title: The day my brakes failed  
Evaluator: Aurelien Schibli

### The winners



*LtoR: Kane, Mike, Jill, Aurelien & Leanne*

Best Speaker Award – Leanne Brownscombe

Best Evaluator Award – Aurelien Schibli

Best Assignment – Mike Smith

Best Supporting Assignment – Jill Brookfield

Best Table Topics – Kane Hansen

## Club and member achievements

The District 70 Semi-annual Conference was held in Mittagong this month. Here are some highlights for some Miranda Toastmasters members.

### DCP ribbons



Miranda President, George Eynon, proudly holding the ribbons

George Eynon, Miranda Toastmasters President, was presented with two ribbons at the District 70 semi-annual conference.

Miranda Toastmasters Club was the only club in District 70 to achieve the 1-3-5-7 AND 2-4-6-8 Distinguished Club Program (DCP) goals before the date of the Conference.

### First timer ribbon



LtoR: Lorinda, Greig, Maria

Not to be left out, Greig Allan received his 'first timer' ribbon for attending his first D70 conference.

In the photo above, Greig is proudly holding his ribbon, standing between Bradfield Division Director, Loranda Logaraj DTM on the left and District 70 Facebook Administrator, Maria German CC ALB on the right.

Next Speechcraft course starts 7 February 2018

## 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

**Miranda Toastmasters**  
 Contact: Mike Smith on 0411 173 290  
 E. [speechcraft@miranda-toastmasters.org.au](mailto:speechcraft@miranda-toastmasters.org.au)  
[www.miranda-toastmasters.org.au](http://www.miranda-toastmasters.org.au)

### The District 70 Semi-Annual Conference was a time of celebration and remembrance

Sue Haynes was honoured to accept the 20-year service award for Rick Haynes. Sue said that Rick, who passed away in August, was so looking forward to achieving this milestone.



Sue holding Rick's 20 year service award

*"All the great speakers were bad speakers at first."*

Ralph Waldo Emerson

## Member achievements

### Member Achievements

#### Congratulations

to Mike Smith for achieving the Triple Crown award.



Mike received his Triple Crown pin at the Conference in November. The Triple Crown is awarded to Toastmasters who achieve three education awards in a single program year.

Our DCP  
Progress  
Goals met  
**9/10**

### Distinguished Club Program Progress as at 29 November

We only have one more goal to achieve 10 out of 10 goals. Leadership training will take place in January/February 2018.

- Achieve any 5 of 10 goals = Distinguished Club – Achieved before 30 September
- Achieve any 7 of 10 goals = Select Distinguished Club – Achieved before 31 October
- Achieve any 9 of 10 goals = President's Distinguished Club – Achieved before 11 November

Goal to achieve: 1 July 2017 to 30 June 2018	Goal	Actual	Achieved
1. Two Competent Communicator (CC) awards	2	2	✓
2. Two more CC awards	2	2	✓
3. One ACB, ACS or ACG award	1	1	✓
4. One more ACB, ACS or ACG award	1	1	✓
5. One Competent Leader CL, ALB, ALS or DTM award	1	1	✓
6. One more CL, ALB ALS or DTM award	1	1	✓
7. Four new members	4	4	✓
8. Four more new members	4	4	
9. Club officers trained (both required)			
a) June - August	4	4	
b) December - February	4		
10. Submit on-time			
a) Payment of membership (April or October)	1	1	✓
b) Club officer list	1	1	

## Other news

### Club contests – February 2018

The next Contest night is around the corner.

The Evaluation and International Speech Contests will take place on Tuesday, 20 February 2018.

To help you prepare for the contests, we'll publish more information about the contest rules and the judging criteria in the next edition of Speak Up.

Members are encouraged to compete. You never know how far you'll go.

## Miranda Toastmasters Club

### Evaluation & International Speech Contests



**Evaluation Contest**  
Contestants observe a five to seven minute test speech and then present a two to three minute evaluation of the test speech.

**International Speech Contest**  
Contestants present a five to seven minute speech on any subject. Competition begins at the club level, and winners advance to the area, division and district levels. The International competition has two additional levels—the semifinal and the World Championship of Public Speaking®.

**Tuesday, 20 February 2018**  
7:00 to 10:00pm  
Club on East, 1st Floor, 7 East Parade, Sutherland



For more information and register your interest, contact:  
John Paterson, Vice President Education  
M: 0413 185 382 E: patcon4@me.com  
[www.miranda-toastmasters.org.au](http://www.miranda-toastmasters.org.au)



## What's on

### December

12 December 55<sup>th</sup> Anniversary & Christmas Party

### January

January Club picnic at Kurnell  
- date to be advised

### February

6 February Meeting at Sutherland  
7 February Speechcraft begins  
20 February Meeting at Sutherland - Evaluation & International Speech

**Visit:** [www.miranda-toastmasters.org.au/whats-on/](http://www.miranda-toastmasters.org.au/whats-on/)

### Next Speechcraft Course

Next 8 week public speaking course starts Wednesday,  
7 February 2018

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.



## Miranda Toastmasters Invitation



## 55th Anniversary & Christmas Party Cruise

### Tuesday, 12 December 2017

Join us, and Keynote speaker: **Mike Storkey DTM**, Immediate Past International President Toastmasters International, to celebrate the 55th anniversary of Miranda Toastmasters Club.

**Everyone welcome!**



**Time:** 6:30pm  
Ferry leaves wharf at 7:00pm sharp  
**When:** Tuesday, 12 December 2017  
**Where:** Gunnamatta Wharf,  
Tonkin Street, Cronulla  
**What:** Buffet dinner  
**Cost:** \$65 per person  
(No BYO, cash bar on board)

#### Payment methods

By EFT

**Account name:** Miranda Toastmasters Club

**BSB:** 062-150

**Account No:** 0090 4549

Include your name as the reference

**RSVP by 24 November 2017**

Jill Brookfield 0431 082 259

Email: [jjbrookfield@gmail.com](mailto:jjbrookfield@gmail.com)



### Find us

**Web:** [www.miranda-toastmasters.org.au/](http://www.miranda-toastmasters.org.au/)

**Facebook:** Search for Miranda Toastmasters Club

[www.facebook.com/Miranda-Toastmasters-Club-113871933658](http://www.facebook.com/Miranda-Toastmasters-Club-113871933658)

**Calendar:** [www.miranda-toastmasters.org.au/whats-on](http://www.miranda-toastmasters.org.au/whats-on)

**EasySpeak:** [easy-speak.org](http://easy-speak.org)

**Toastmasters International:** [www.toastmasters.org.au](http://www.toastmasters.org.au)

**Newsletter contact:** Jill Brookfield

[pr.officer@miranda-toastmasters.org.au](mailto:pr.officer@miranda-toastmasters.org.au)

T: 0431 082 259

# 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  
7:00pm-10:00pm  
at Club on East7 East Parade, Sutherland

Newsletter of Miranda Toastmasters  
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([president@miranda-toastmasters.org.au](mailto:president@miranda-toastmasters.org.au))  
Edited by: Jill Brookfield, VP  
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Club Website: [www.miranda-toastmasters.org.au](http://www.miranda-toastmasters.org.au)