



WHERE LEADERS
ARE MADE

SPEAK UP

New year, new resolution

New Year's resolutions aren't a new invention, people have been making promises for the new year ahead for thousands of years.

The first New Year's resolutions were made the ancient Babylonians around 4,000 years ago. They made promises to the gods to pay their debts and return any borrowed objects. If they kept to their word, their (pagan) gods would bestow favour on them for the coming year. But if not, they would fall out of the gods' favour.

The ancient Romans had a similar practice after emperor Julius Caesar established 1 January as the beginning of the new year. January, the month named for Janus the two-faced god whose spirit inhabited doorways and arches, had special significance for the Romans. Believing that Janus symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.



For early Christians, the first day of the new year became the traditional occasion for thinking about past mistakes and resolving to do and be better in the future.

Today, instead of making promises to the gods, most of us make resolutions to ourselves that focus on self-improvement. While resolutions are made with the best intentions, most of us will never achieve them.

According to American research, as many as 45 percent of people make New Year's resolutions, but only 8 percent are successful in achieving their goals. most resolutions are broken by mid-February.

Despite the high failure rate, most of us will no doubt continue to make resolutions each year.

What's your New Year's Resolution?
Can Toastmasters help you achieve it?

Did you know that 17 January is the international 'Ditch New Year's Resolutions Day'?

"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something."

Neil Gaiman
(British author)

January 2018

MIRANDA
TOASTMASTERS



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Pathways is here – what does that mean?

Pathways was launched in Australia in December 2017, bringing a fresh approach to Toastmasters' education program.

What is Pathways?

Toastmasters introduced Pathways to modernise its education program.

The traditional education program has served Toastmasters for many years, but much of its content hadn't been updated since the 1970s. Pathways is not a departure from the current program, but is a modernised learning experience to reflect the changing global society. Pathways offers more benefits and more opportunities to learn, grow and meet personal and professional goals.

What can I learn?

Pathways offers 10 learning paths. All paths are based on one of five communication and leadership disciplines and include public speaking. Nine of the 10 paths are a combination of communication and leadership, with one path focused solely on public speaking.



When do I have to start Pathways?

The traditional program, comprising the Communication and Leadership tracks, will remain until the middle of 2020.

It's up to you whether you start Pathways now or later. But it is a good time to get acquainted with Pathways and set the goals you want to achieve before the traditional program closes.

Find out more

Read the Pathways Frequently Asked Questions to learn more about Pathways. Go to: www.toastmasters.org/Education/Pathways/FAQ. Or ask the Club President, VP Education or Secretary for assistance.

Get started in Pathways

1. Go to

<http://www.toastmasters.org/start-pathways> and login in using your Toastmasters International password. If you need help logging in, contact the VP Education.

2. Choose your path

Follow the prompts and take the Pathways Assessment, which will help you choose your path. There is interactive content, videos, skill building activities and tools to track your progress and growth.

3. Online or print

Choose your learning experience—online or in print – and you'll be instructed on how to access your learning materials.

Pathways Learning Paths



Dynamic Leadership



Effective Coaching



Innovative Planning



Leadership Development



Motivational Strategies



Persuasive Influence



Presentation Mastery



Strategic Relationships



Team Collaboration



Visionary Communication

The International Speech Contest

What's the point? Really? Why put yourself through all the angst that comes with a contest – the hours of work, the nerves, the stress of winning and having to go to the next level?

By Greg Kennedy DTM

The point is that the contests **DO** make you work, **DO** test your nerves and **DO** give you the opportunity to speak at a higher level. If you want to get better at speaking before an audience, enter contests.

You'll get far better far faster than if you only do the occasional speech at club meetings. There's entire books written on this subject but here are a few ideas.

Here's some things to consider (in no particular order):

- Have something to say that you believe is important. If you don't think the message is important then it's unlikely that others will either. Ideally, something that has made a positive difference in your life – an event, a person who has changed the way you think, etc. Stories are the key here. This comes with a warning – don't make yourself the hero in the story. It's not about you becoming the Messiah and everybody should be like you. Make someone else the hero.
- Related to the point above, be wary of preaching or delivering a lecture to your audience. Have a strong message but offer it as a gift so that the audience can connect with it on their terms and take away what they wish. One way to gauge this is to print out the speech and let someone else read it.

- The key to any successful presentation is connection. You need to make a connection for your audience to receive the gift of the message. There are three connections to make:
 1. between the audience and you;
 2. between the audience and the message; and
 3. between you and your message.You create the first two connections and you show the third.
- Take a look at the judging sheet*. There's a list of items the judges are looking for and a brief explanation of the judging criteria. If you're unsure as to how to create connections 1. and 2. above, the judging sheet gives you some clues. Broadly speaking, the first three rows relate to CONTENT. This is about connecting with the audience's heads using a well-structured, effective and valuable speech. The other rows on the sheet are, broadly speaking, about connecting with the audience's EMOTIONS. Read through the judging sheet before, and after, you start designing your speech.

- Print out your speech with each revision so you can keep refining it, and so you can show it to someone else. Keep practicing it and time yourself each time. You want to get it under seven minutes when you're practicing at home. The red timing light comes on at 7 minutes and you still have 30 seconds to finish but you'll want to have a little time spare to pause for effect, allow the audience to laugh at your humour and maybe remember what you were going to say.
- And practice, practice, practice.

Good luck!

About the author



Greg Kennedy DTM is a member of Miranda Toastmasters and has first-hand knowledge of what it takes to advance through Club, Area, Division and District contests.

Greg won the District 70 International Speech Contest and represented District 70 at the 2010 International contest in Palm Springs, where he made it to the semi-finals.

**The judging criteria is discussed on page 4 of this newsletter and the judging sheet can be downloaded from www.miranda-toastmasters.org.au/members/.*

Educational: Contests

Limber up for the Evaluation & International Speech contests

Miranda Toastmasters Club's annual Evaluation and International Speech contests are scheduled to take place on Tuesday, 20 February 2018.

It's time to dust off your competition skills and show off the public speaking skills you work so hard to perfect.

Winners of the Club Evaluation Contest have the potential to advance through the Area, Division and District contests. And as its title suggests, the International Speech Contest could take the winner all the way to the semifinal and the World Championship of Public Speaking®.

What do you need to know to prepare and present your best material?

International Speech Contest

Contestants present a five to seven minute speech on any subject they choose.

Contestants must create their own speeches and the contest must be substantially original. A maximum of twenty-five percent of the speech may be devoted to quoting, paraphrasing or referencing another person's content. And if others are quoted, then the referenced content must be identified during the speech. Props may be used.

Judging criteria

Contest judges assess each speech according to a strict criteria. Judges will score a speech out of a possible 100 points based on three main elements.

To help you prepare, we've provided the value of each element:

1. Content

Value = 50%

- a) **Speech Development:** Structure, organisation, support material
- b) **Effectiveness:** Achievement of purpose, interest, reception
- c) **Speech Value:** Ideas, logic, original thought

2. Delivery

Value = 30%

- a) **Physical:** Appearance, body language, speaking area
- b) **Voice:** Flexibility, volume
- c) **Manner:** Directness, Assurance, Enthusiasm

3. Language

Value = 20%

- a) **Appropriateness:** To speech purpose and audience
- b) **Correctness:** Grammar, pronunciation, word selection

Timing: The length of the Speech for the contest is 5 to 7 minutes.

Contestants will be disqualified if the Speech is less than 4 minutes 30 seconds or more than 7 minutes 30 seconds. So, it's critical to stay within time.

Evaluation Contest

For the Evaluation Contest, Contestants observe a five to seven minute test speech and then present a two to three minute Evaluation on that speech.

The test speech is usually delivered by a Toastmaster from another Club.

At the conclusion of the test speech, all contestants leave the room and have five minutes to prepare an evaluation.

One by one, Contestants will be called into the room to deliver their Evaluation. Contestants may remain in the room once they've completed their evaluation speech.

Judging criteria

Contest judges assess each Evaluation according to a strict criteria. Out of a possible 100 points, Judges will measure each Evaluation on four elements: The value of each element is as follows:

40% for Analytical Quality: Clear, focused

30% for Recommendations: Positive, Specific, Helpful

15% for Technique: Sympathetic, Sensitive, Motivational

15% for Summation: Concise, Encouraging

Timing: The length of the Evaluation is 2 to 3 minutes.

Contestants will be disqualified if the Evaluation is less than 1 minute 30 seconds or more than 3 minutes 30 seconds.

Contestant eligibility

To be eligible to participate in any contest, a Contestant must be a paid member of the Club and have completed at least six speech projects in the Competent Communication manual or have earned a Certificate of Completion in Levels 1 and 2 of any path in Toastmasters Pathways.

Get acquainted with the Club website



Have you visited the Miranda Toastmasters' website lately?

It's full of useful information for visitors and contains a range of helpful documents and resources for members. The site is regularly updated, so maybe it's good time to take another look.

How do I find the website?

Go to: www.miranda-toastmasters.org.au

Once there, choose a menu option.

What pages are on the menu?

Home page: Contains an introduction to Miranda Toastmasters.

Members: Login in to access member only content.

Guests: Contains general information about Toastmasters for guests to the website.

What's on: Find the details of the next meetings, social events, Speechcraft course dates and access the Club calendar to see coming events. Click on a calendar item for details of that event.

Speechcraft: Find everything about Speechcraft here, including details of the next course and how to enrol.

News: Read the latest news and find copies of all the SPEAK UP newsletters here.

Member only section

To access the Members' page you will need a login. This area has a collection of practical resources and documents that provide helpful information for members.

Members can view and download a variety of Toastmasters materials, such as:

- Assignment Guide that describes each meeting role
- Chairman's script used by the Chairman at each meeting
- Member contact list
- Forms - new member application, timer's sheet, expense claim form and visitor survey
- Information about fees and new member welcome kit
- Easy Speak User Guide
- Contest forms, judging criteria, certificates and contest rule book
- Hall of fame – showing the winners of Club awards

Member login

To access these helpful resources, go to www.miranda-toastmasters.org.au/members/.

You will be prompted to enter your Username and Password. If you have forgotten your login details or don't have a login, email jjbrookfield@gmail.com.

Meeting roles explained

At each meeting, Members participate by performing various roles to ensure the smooth running of the meeting, while honing their public speaking skills

To help members better understand the requirements of each role, the *Miranda Toastmasters Assignment Guide* was created. This guide is an essential tool for all members, and in particular new members, to help them prepare for their assigned meeting roles.

There are four major assignments and eight secondary assignments on the Miranda Toastmasters meeting agenda.

The major assignments are **Chairman, Table Topics Master, Toastmaster** and **Master Evaluator**. The agenda is controlled by the members carrying out these major roles.

Here is an abbreviated description of some of the meeting assignments. The remaining assignments will be published in next month's SPEAK UP.

Chairman: The Chairman controls and sets tone the meeting. Chairing a meeting is an important and sometimes challenging task.

The Chairman, with the aid of a 'run sheet', ensures the meeting agenda is followed and introduces the members undertaking meeting roles. The Chairman announces when it's time to have a break after the first session and formally closes the meeting at the end of the meeting.

Invocation: The invocation is to invoke Toastmasters into some form of action or thought. It can take the form of a short prayer or an inspirational message that will motivate those present. The Invocation should be between one to two minutes.

Loyal and Second Toast: There is two parts of the Toast; the Loyal Toast, followed by the Second (or general) Toast.

The Loyal Toast is always to Australia. The subject of Second Toast is at the discretion of the member.

The member delivering the Toast ensures all glasses are filled and invites everyone to stand.

The Loyal Toast is delivered, followed by the Second Toast. Immediately nominate the subject of the Toast, deliver a short preamble with two or three points supporting the worthiness of your subject, pause, encourage the audience to follow you by saying something like, "*please raise your glasses*" as you raise your glass high. Pause, repeat the subject of your Toast and take a drink from your glass. When the audience has finished taking a drink, ask the audience to sit.

Welcome to guests: This is an opportunity to formally welcome guests to the Toastmasters meeting. The Toastmaster performing this role will provide an overview of why guests are important to Toastmasters, what the guest is likely to hear and see during the meeting and most importantly ensure that the guest enjoys the evening.

Table Topic Master: The role of Table Topics Master is a major assignment in the meeting. The Table Topic Master presents the Table Topics session for the evening.

Table Topics provides an opportunity to practice impromptu speaking and 'thinking on your feet', which we each use every day.

The Table Topics Master will give a brief overview of what to expect in the session and explain that guests are welcome to participate. A topic will be announced and then a Toastmaster will be nominated to speak to the topic. Table topics are designed to promote better listening, better thinking and better impromptu speaking.

The time allocated for the response is 60 seconds.

... to be continued. More roles will appear in the February SPEAK UP

Find the complete Assignment Guide on the Members page of the Miranda Toastmasters website, www.miranda-toastmasters.org.au.

Other news

Perfect weather for the annual Toastmasters picnic

If you went down to Kurnell that day
 You were sure of a big surprise
 If you went down to Kurnell that day
 You better have gone in disguise!
 For everyone that ever there was
 Was gathered there for certain
 Because that day's the day the
 Toastmasters had their picnic



Members of Miranda Toastmasters enjoying a gorgeous January day at the annual picnic

Distinguished Club Program Progress as at 26 January 2018

Congratulations to the members of Miranda Toastmasters for your tremendous collective effort in helping our Club achieve 10 out of 10 goals in the Distinguished Club Program.

The final goal was ticked during January with members of the Executive attending Leadership training. We are the first Club in District 70 to achieve this milestone.

This is the 13th year in a row that Miranda Toastmasters has achieved President's Distinguished Club status, and the sixth year in a row of achieving all 10 out of 10 goals.

- Achieve any 5 of 10 goals = Distinguished Club – **Achieved before 30 September 2017**
- Achieve any 7 of 10 goals = Select Distinguished Club – **Achieved before 31 October 2017**
- Achieve any 9 of 10 goals = President's Distinguished Club – **Achieved before 11 November 2017**
- Achieve any 10 of 10 goals = President's Distinguished Club – **Achieved 26 January 2018**

Our DCP
 Progress
 Goals met
10/10

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	4	
10. Submit on-time			
a) Payment of membership (April or October)	1	1	✓
b) Club officer list	1	1	



What's on

February

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

March

- 6 March Meeting at Sutherland
- 20 March Meeting at Sutherland
- 28 March Speechcraft Graduation
- 30 March Good Friday

Visit: 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 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



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

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

Miranda Toastmasters
www.miranda-toastmasters.org.au

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

Newsletter contact: Jill Brookfield
pr.officer@miranda-toastmasters.org.au

T: 0431 082 259