



Chatswood Early Risers Newsletter

December 2007

Club 7123 District 70 Area 34



Message from our Editor

Another calendar year has nearly passed and our club continues to go from strength to strength. Our meetings are always a lot of fun, and we regularly welcome new guests and members.

In the last six months we have welcomed seven new members to the club and we have been privileged and enthralled to hear their icebreaker speeches.

Our members are from a variety of countries including Australia, England, South Africa, New Zealand, Ireland, Sri Lanka, India, Morocco (Louis was born in Morocco but we consider him to be French!), Hong Kong, China, Japan, and Korea.

About one third of our members have English as their second language. It is great to see the boost in confidence and improvement in their speaking as the year progresses. Well done and congratulations!

The first meeting of next year will be the 5th-February. I look forward to more variety in impromptu speaking with Stephanie's Table Topics program.

Make the most of the summer break to work on speech ideas for 2008!

Charles Cave
Newsletter Editor and VP Publicity

International Speech contest

The club international speech contest was held on the 27th November. There were six contestants this year listed here with their speech titles.

Pauline Gulleford – The Parental Paradox.
Estelle Renard – Someone Else's Hobby
Shally Lui – Follow your Dreams
Charles Cave – Success Secrets of Christopher Columbus.
Brian Johnson – Ahead of the Game
Melody Braithwaite – This is the Moment.

The winner of the contest was Melody Braithwaite and Charles Cave was the runner-up. They will both compete in the Area 34 contest in February 2008.

Melbourne Cup Meeting

It is our club tradition to have a breakfast on the first Tuesday of November and to invite members to wear a hat in accordance to the theme of Australia's best known horse race.

As you can see from the photos below, we had a lot of fun.

Jill Lamond



Celeste Byrne, Kristina Verco and Pauline Gulleford



Melody Braithwaite, Mei Kao (visiting from Taiwan) and Jenny Chen

Melbourne Cup Fever Hits Chatswood Early Risers!



Brian Johnson, Louis Klein, Paul Dower and Patrick Mackay.



Giselle Zhang



Syann Williams, Patrick Mackay and Paul Dower

Meet the new members

I recently interviewed three new members to learn more about how they are enjoying the Toastmasters experience.

Pauline Gulleford



Pauline joined the club in June this year and has already participated in the humorous and international club contests!

What motivated you to join a Toastmasters club?

I had to do presentations at the board level for my employer and I had lost my confidence

How did you find out about our club?

On the Internet.

In what ways do you think you have improved after giving your first two speeches?

Built confidence by getting out there and doing it, took on board the feedback which is always useful.

What are your public speaking goals for the next twelve months?

Keep practicing, build confidence, and finish the Competent Communicator manual.

How do you enjoy doing other roles in the meeting such as Table Topics, Chairman, Toastmaster. Has this been a useful experience?

Yes, any practice at getting on your feet particularly with different roles and thinking about how to give it a personal touch is good experience

How would you describe our club to other people interested in developing public speaking skills?

Small but big enough that it is worth putting in the effort, friendly, warm, good mixture of experience and encouragement.

Are there are other comments you would like to make?

Whilst the agenda is good and works I think that we need to introduce some variety or over time for me at least boredom will set in. Impromptu training sessions would be good, subject matter guest speakers to come and talk to us about all aspects of speaking, for example, body language, followed by practicing what has been taught. If everyone put their heads together we could think up some wonderful ideas and how to implement.

Patrick Mackay



Patrick joined the club in July this year and has given several speeches as well as participating in the club humorous contest.

What motivated you to join a Toastmasters club?

I was motivated to join Toastmasters as it became evident to me that the thing that was holding me back in my career was my limited ability to readily articulate ideas and influence others.

How did you find out about Chatswood Early Risers and why did you join our club in particular?

I found out about Chatswood Early Risers through searching the Internet. I joined Chatswood Early Risers because its members come from a wide variety of backgrounds and experiences and reflect a cross section of the

community thereby resulting in a “full palette” of speeches and presentations. Early morning meetings suit me, as I am fresh and can think more clearly. Attending the meetings is easy as I live in Chatswood and generally work in Chatswood.

In what ways do you think you have improved after giving your first two speeches?

I think I have improved after giving my first three speeches. I feel far more confident, though I am aware that I have a long way to go.

What are your public speaking goals for the next twelve months?

My public speaking goals for the next twelve months are to complete the Competent Communicator Manual, gain skills in soft persuasion and complete the Competent Leadership manual.

How do you enjoy doing other roles in the meeting such as Table Topics, Chairman, Toastmaster. Has this been a useful experience?

The useful experiences I have had include:

Table Topics - I have learnt that in response to topics raised it is not necessary to know something about the topic but rather to speak confidently and endeavor to take on a role outside who you are. As William Shakespeare said, “all the world is a stage”.

Laughmaster – I have learnt some great jokes in fulfilling the role of Laughmaster that I have been able to use in other situations.

Toastmaster – The role of Toastmaster is excellent in teaching you to introduce speakers at a meeting.

How would you describe our club to other people interested in developing public speaking skills?

I would describe Chatswood Early Risers as a group of friendly, supportive people who come from a wide variety of backgrounds and experiences. The members are an eclectic cross section of the community thereby resulting in diverse variety of speeches and presentations.

Are there any other comments you would like to make?

Keep up the great work!

Reminder!
First meeting of 2008
Tuesday, 6th February

Paul Dower



Paul joined our club in September of this year

What motivated you to join a Toastmasters club?

I joined Toastmasters to become less successful. I have been very successful in avoiding public speaking and leadership opportunities. More than once I have been told that the best way to overcome the fear of public speaking is to give speeches. I finally decided to follow this advice.

How did you find out about Chatswood Early Risers and why did you join our club in particular?

I searched the web and came across the Early Risers website. The venue is only a five minute walk from my home.

In what ways do you think you have improved after giving your first two speeches?

Before I joined Toastmasters, my experience of public speaking was mainly in my imagination. In my imaginary speeches, I would fail, I would freeze up, or my mind would go blank because of anxiety. Now I have some real speaking experience, and I realise that reality is quite different to what I imagined it would be like. When I first joined Toastmasters I felt very uncomfortable standing in front of an audience. I usually feel more comfortable now than I did at the beginning. Sometimes I even enjoy the experience.

What are your public speaking goals for the next twelve months?

My main goal is to feel more relaxed and to think clearly in front of an audience. I also want to learn how to create, memorise and deliver a good speech.

How do you enjoy doing other roles in the meeting such as Table Topics, Chairman, Toastmaster. Has this been a useful experience?

I enjoy participating in the other roles because I believe that every bit of practice will help me. The other roles also give me valuable experience for meetings at work.

How would you describe our club to other people interested in developing public speaking skills?

The best thing about our club is that the members are friendly, supportive and willing to constructively criticise. It would be much harder to gain confidence in front of a hostile audience.

Club Picnic - 16th December

The Chatswood Early Risers annual Christmas function will be held on Sunday 16th December in the Domain. Following the success of last year's picnic and "soapbox speaking", the event is being repeated.

Date: Sunday 16th December 2007

Time: 12.30 pm

Where: Meet in the Domain opposite the entrance to the Art Gallery.

What to bring: Yourself, your family and friends. Picnic lunch, picnic rug. Be prepared with a speech!

Contact: Stephanie Boyd - Mobile 0411 238 494.

Area 34 Speech Contest 2008

As mentioned earlier in this newsletter, the Area 34 speech contest will be held in February next year. Further details will be available on the club web site.

www.earlyrisers.org.au

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