



# Chatswood Early Risers Newsletter

June 2008

Club 7123 District 70 Area 34



## Message from the Editor

Another Toastmasters year has come to an end and we welcome a new executive committee team led by President Julie Macken.

Our club has continued to grow with new members bringing diversity and new ideas into our weekly program.

I encourage you all to set new goals for your involvement in Toastmasters and to attend as many meetings as you can, even if you don't have an assigned meeting role. Toastmasters is a fantastic environment for building confidence in public speaking, leadership, communication as well as making new friends.

*Charles Cave*  
Newsletter Editor and VP Publicity

## The Great Debate

At the meeting of 1<sup>st</sup> April, Charles Cave presented an educational session on the rules of debating. This was followed by a practice debate on the topic "That we have too much choice".



All team members demonstrated great enthusiasm and technique, giving the adjudicator, Janet Whitten, a challenge to decide the winner. Her decision was that the opposition had the more convincing argument.



The team for the Government: Clare Gallagher, Melody Braithwaite and Julie Macken.



Members of the opposition: Pauline Gulleford, Stephanie Boyd and Paul Dower.

The debate against Chandos Challengers was held on the 15<sup>th</sup> April and once again, Jan was the adjudicator. Our guests suggested we should appoint an independent judge next year, as Chatswood Early Risers were declared the winners arguing that we don't have enough choice.



Representatives from Chandos Challengers: Bob, Alison and Sonia with the team from Chatswood Early Risers: Clare, Pauline and Stephanie.

## Twenty Year Anniversary

Chatswood Early Risers celebrates its 20 year anniversary at the end of September this year. A special event is being planned to celebrate this milestone. Watch the web site for more details.

## How Toastmasters helped me

*Jill Lamond*

Before joining Toastmasters I was very shy and retiring. I would not listen to what people say, and I hardly said a word. Over twenty five years ago, someone told me to join a Speechcraft course held at the Wesley Central Mission. I did the course, then graduated to a Toastmasters Club in the city.



In 1986 I got my CTM award, and then later on, I received my ATM. In 1991, I joined the Chatswood Early Risers Toastmasters club, and left the other club in the city.

Now I can do any job in Toastmasters. Before then, I was hopeless at doing things at Toastmasters but I am now gaining more

confidence. While I was at Chatswood Early Risers, I gained by ATM Bronze, ATM Silver and ATM Gold awards. Now I am aiming to get my Competent Leader award.

Ever since joining Toastmasters I have been mixing in much better with people. I have overcome my shyness and my listening skills have improved. I have made many friends at Chatswood Early Risers and I highly recommend Toastmasters to everyone.

## Club Changeover Dinner

Each year we have a "changeover" dinner to farewell the outgoing executive committee and to welcome the new team. This is a great opportunity to socialise with other club members and have fun. Partners and kids are welcome, so



please call Stephanie to confirm your attendance.

**Date:** Friday 4<sup>th</sup> July 2008

**Time:** 6.30pm for 7.00pm

**Where:** Gordon Thai Restaurant  
786 Pacific Hwy, Gordon

**RSVP:** Stephanie Boyd – 0411 238 494 (Mob)

Winners of the *Toastmaster of the Year* and *Rookie of the Year* will be announced on the night.

## A very inspiring speech

One of the great pleasures of being in Toastmasters is seeing new members grow in confidence speaking in front of a group.

But when English is a second (or even third language) language, the achievement is even greater.

We were recently treated to a very special speech by Young Eun Cho as she delivered a very powerful and inspiring speech about a trip to India.



Young Eun Cho and fellow member Jenny Chen

Dressed in brightly coloured Indian clothing and jewellery, Young Eun told us of her dream to visit India. She described her stay in Calcutta and visiting the home of Mother Theresa. Young Eun spent several days doing volunteer work and described the happiness and sadness of caring for young people who were terminally ill.

Congratulations on a great speech, Young Eun, and we look forward to hearing more about your global adventures.



## Humorous Speech Contest 2008

The Humorous Speech contest will be run in just a few months time, so now is the time to begin crafting your speech. This contest challenges you to deliver an entertaining speech and making the audience laugh. It is a lot of fun, but challenging and well worth the effort.

Why go in contests?

There are many reasons. Speaking in a competitive environment is challenging particularly when you compete at the Area or District Level and speak to a completely different audience.

Read club member Melody Braithwaite's story of her addiction to International Speech contests. The principles are the same for all kinds of contests.

## International Speech Contest Junkie

*Melody Braithwaite*

In March 1987 I joined a city Toastmasters club i called 'Tiger Toastmasters'. Within a few short weeks I found myself as a contestant in an Area International Speech Contest. I was placed second, and was immediately approached by a stranger who said, *"If you ever get serious about preparing your competition speeches, I am willing to coach you!"* and he gave me his card.

While I have long since lost his card, the effects of his words and his confidence in my speaking abilities, at that time a mere novice was profound. For the next 21-years I was quite simply addicted to this competition!

During the 1990s I entered city-based Area competitions and seven times came second to Steve Howard who went on to win the highest competition in District 70 (NSW) and represent us in the USA on no less than three occasions. The first year I moved from city clubs to northern suburban clubs I found I was not competing directly against Steve – the meticulous and methodical speech preparation practitioner.

I won the Club contest, followed by Area contest, then Hawkesbury Division (2002) and finally competing at District 70. Miraculously, I created four different speeches in that competition season, not knowing until too late that other contestants simply presented the same speech at each level, refining it further with practice over the several months of competitions.

Each year I have entered the competition has provided me with a profound learning experience, improving my speech craft, presenting to large audiences, using microphones, and controlling my nerves. The fact that I continue to achieve that *'oh so close'* to winning second place, reflects my inability to prepare and practice my speeches, which is clearly evident in the winners, where confidence with their material helps them to fully engage the audience.

Over the last twelve months I have been placed second in no less than three Toastmasters competitions (two Area and one Division). I am more focused now than ever to stop the self-sabotage and procrastination monkeys! The trick is to forget any of the past that is not supportive, speak at every opportunity, and commit myself to take time and effort to plan and perfect my performance preparation. From now on I will hold myself to a high standard.

Bring on next year!

## Success at Any Age

*Reprinted from the January 1990 "EarlyRiser Review" newsletter, edited by Jennifer Gilchrist.*

One of the tragedies of life is that people expect that by a certain age they'll have reached their full potential and will have found a comfortable niche in life, and often if they haven't achieved what they wanted by that time, they lose heart and stop trying.

Perhaps we should consider some of the outstanding achievements of our age. The model-T car had only begun to take shape in the mind of Henry Ford when he was forty. The car was marketed some five years later when he was the ripe old age of forty-five.

By fifty, Henry Truman had 'failed' as a farmer and as a businessman. But eleven years later he was elected to the Presidency of the United States.

But life doesn't begin at forty either. It begins whenever you're ready for it. Frank Lloyd Wright was eighty-nine years old when he designed the Guggenheim Museum in New York; and at sixty Colonel Sanders was no spring chicken when he sold his first franchise.

Are you ready for the rest of your life?

## Enthusiasm

You can do anything if you have enthusiasm.

Enthusiasm is the yeast that makes your hopes rise to the stars,

Enthusiasm is the sparkle in your eyes,

Enthusiasm is the swing in your gait, the grip of your hand,

Enthusiasm is the irresistible surge of your will and your energy to execute your ideas.

Enthusiasts are fighters

They have fortitude, they have staying qualities.

Enthusiasm is at the bottom of all progress.

With it there is accomplishment.

Without it there are only alibis.

*Henry Ford*



Nothing great was ever achieved without enthusiasm.

*Ralph Waldo Emerson*

### **The Toastmasters Mission:**

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality.

Members learn the arts of speaking, listening and thinking – vital skills that promote self-actualisation, enhance leadership potential, foster human understanding and contribute to the betterment of mankind.

## Why Toastmasters?

Toastmasters is the most effective, enjoyable and affordable way of gaining great communication and leadership skills.

### **Become a Better Speaker**

Toastmasters gives you the confidence to successfully express yourself in any situation, be it a job interview, a work presentation or at a social gathering (weddings and parties). By learning to effectively formulate and express your ideas, you open a new world of possibilities. You will be comfortable making new acquaintances in professional and social situations and impress your manager and co-workers with your new skills and greater confidence.

### **Develop your Leadership Potential**

Leadership is all about persuading and motivating others. Effective leaders need effective communication skills and the ability to inspire others through their words. You will learn these skills at Toastmasters.

### **Be inspired each meeting**

Our club has a variety of members from different countries, industries and cultures. You will be inspired and intrigued listening to their speeches and stories.

### **Make new friends**

We are a friendly and relaxed club. Get to know other club members, and enjoy the fellowship at each meeting.

[www.earlyrisers.org.au](http://www.earlyrisers.org.au)

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