



Chatswood Early Risers Newsletter

September 2007

Club 7123 District 70 Area 34



Message from our President



From the moment I entered the room as a visitor to the Chatswood Early Risers Club, I knew it was the right place to be. It was 7 o'clock on a Tuesday morning, and the room was truly alive. As they prepared their coffees for the morning, the members exuded energy and laughter and that feeling of easy friendship that comes with a well run club. Although I was slightly anxious, my fears were quickly put to rest by the warm welcome I received as I was introduced personally to each Toastmaster. In no time at all, I felt I was part of something wonderful. I could not have imagined a better place to embark on the journey of learning public speaking.

Many things impressed me about that meeting at Chatswood Early Risers, and I have subsequently found that they remain to this day consistently true. Let me share these with you.

Firstly, everything runs smoothly. To a large extent, this is due to the fabulous job done by the Executive Team quietly behind the scenes, ensuring all is in order. But it is also due to the willingness of members to jump into different speaking roles when unexpected absences arise. This collaborative effort makes meetings flow easily, so that the time is devoted primarily to the major purpose of public speaking.

Secondly, the supportive nature of the club makes it an excellent place to develop public

speaking skills. From fully prepared speeches to impromptu opinions, each person has a chance to say something – even guests. Coming from a variety of backgrounds and languages and public speaking competencies, each member is enriched by contact with the others. Notably, there is a genuine joy in watching each other progress as public speakers, and warm bonds grow between members.

Last but not least, meetings are fun. And fun makes learning public speaking easy.

In this great learning environment, it is impossible to leave a meeting without being enriched with knowledge, skill and high spirits. It's great energy boost for the day and an enlightening experience for life.

To this day, I savour walking through that door at 7 o'clock on a Tuesday morning. I enter a place of learning, friendship and fun to join with others on a journey towards our mutual goal of becoming better public speakers. There is always a welcome for each member and visitor. For every aspiring public speaker, the door is always open for you.

Syann Williams
President

Area 34 Speech Contest

The Area 34 competition will be held on Saturday, 6th October at the Lindfield Senior Citizens Hall, 259 Pacific Highway, Lindfield.

The competition starts at 1pm but contestants must be present for a briefing at 12.30pm. The event is being hosted by Killara Toastmasters Club and the cost is \$12 per head.

Syann and Pauline will be representing our club in the Impromptu Speaking competition, while Charles and Louis will be our Humorous Speech Contest entrants. Come along and give them your support.

Please contact Stephanie to advise if you will be attending.

Meet the new Executive

Our new executive was elected on the 8th May 2007. When did these members join the club and what speech manuals are they working through?

President **Syann Williams** only joined last October but has completed her Competent Communicator award. She is working through two manuals from the Advanced Communication Series – “Interpretive Reading” and “The Entertaining Speaker”.

VP Education **Stephanie Boyd** joined in July 2004 and completed the Competent Communicator award in September 2005. She is currently working through the “Specialty Speeches” manual

VP education **Celeste Byrne** joined in April 2004, achieved Competent Communicator and now working through the new “Competent Leader” manual.

VP Publicity **Charles Cave** also joined the club in April 2004 and has achieved the Advanced Communicator Bronze award. He is now working towards the Silver award using the “Specialty Speeches” and “Speaking to Inform” manuals.

VP Membership **Louis Klein** joined in late 2005. In these two years Louis has achieved Competent Communicator award and now working towards the Advanced Communicator award using the “Entertaining Speaker” manual.

Sergeant-at-arms **Brian Johnson** recently achieved his Advanced Communicator Gold earlier this year. You can read more about this achievement in the previous newsletter. Brian is thinking about working towards the Distinguished Toastmaster certification.

Treasurer **Jan Whitten** is a Charter member having joined in 1988. Jan has achieved the Advanced Communicator Silver award and is currently working towards Advanced Communicator Gold using the “Public Relations” and “Technical Presentations” Advanced Manuals.

Asst Treasurer **Eileen Chee** has been a member for over six years and achieved Advanced Communication Bronze in May 2006. She is working towards the Advanced Communicator Silver award using the *Speaking to Inform* and *Special Occasions Speeches* manuals.

Changeover Dinner

Each year in the month of June, our club holds a social function to farewell the outgoing executive, welcome the new executive and have some fun. This year, our function was held in a private room at the Greengate Hotel, Killara.

Speak No Evil, See No Evil, Hear No Evil



Outgoing president Shinta Benilda, incoming president Syann Williams and past president Tony Nguyen at the changeover dinner.



Radio Play

Jan Whitten organised a very humorous play reading of *The Lone Ranger* to entertain us after the changeover dinner.



Eileen Chee, Jan Whitten, Alex Bilbao, Syann Williams and Louis Klein (using a mop as a wig) reading the play.

Video Recording for Evaluation

A great way to get an honest evaluation of your speeches is to watch a video-recording of your presentation.

Do you cringe when you hear your voice in a recording? And how do you feel when you watch yourself on video and hear your voice? You might cry out, "I don't sound like that!"



Ed Tate won the 2000 World Championship of Public Speaking and is now a professional speaker and trainer. On his CD recordings of how to become a champion speaker, he offers some advice on using video recordings to evaluate your speeches. Ed feels that the strategy of videotaping his speeches helped him become a world champion.

First of all, that recording of your voice is how you sound, so get over it! And what you see on the TV screen is what you look like, so get over that as well.

The top strategy to improve your speeches is to video-record all your speeches then review them later to learn from your performance.

You can use a camcorder or even a digital camera with video and sound capability. I use a Fuji FinePix camera which is capable of recording around 10 minutes of low quality video and sound on a 1 GB card.

Buy a mini-tripod to support the camera then set it up somewhere near the centre of the room to record your speech. Organise another Toastmaster to start the recording after you have been introduced. Delay watching the video for a few days to help you become more objective about your evaluation.



Ed recommends four different ways of watching your video. First of all, listen to the recording and ignore the picture, but follow through with your script and note how you said the words and delivered the speech.

Secondly, watch the film on fast forward and observe your gestures, particularly the repetitious ones, arm flapping and body movements, standing still or moving around as well as your facial expressions.

Now watch the film at normal playback but turn off the sound! Do you look like a speaker with authority with appropriate posture, stance and shoulders back? Do you appear to have purpose and intention?

Lastly, watch the recording at normal speed and the volume set to a reasonable level. Listen and observe as if you were watching another person.

After these viewings, what do you think you did really well and what are one or two things you could be better to improve your speech next time

[Ed Tate's website: www.edtate.com]

Humorous Speech Contest

The club Humorous Speech competition was held on the 4th September. The four contestants are shown in the photograph below.



Louis Klein, Patrick Mackay, Charles Cave and Pauline Gulleford.

Louis spoke about living life in reverse, **Patrick** explored the elements of humour, **Charles** spoke about living like a teenager and **Pauline** described a family holiday to New Zealand.

Meeting Photos



Patrick Mackay



Melody and Charles



Estelle, Kwok and Giselle.

Post-meeting coffee club

Our club meetings last for one hour and finish close to 8.15am giving people time to get to work. However, there is always a group of members who continue the camaraderie of the meeting over a coffee in one of the many coffee lounges in Chatswood.



Visitors as well as members are invited to enjoy a coffee after the meeting. It's a great social activity!

www.earlyrisers.org.au



Young Eun and Jan

Published by:
Chatswood Early Risers Toastmasters
PO Box 1405
Chatswood NSW 2057

President: Syann Williams
Phone: 0425 283 481 (mobile)

Editor: Charles Cave
Phone: 041 488 7959

Email: editor@earlyrisers.org.au