



Chatswood Early Risers Toastmasters Newsletter



Club 7123 – Area 34 – District 70

December 2010

Lance Miller

Lance Miller, 2005 World Champion of Public Speaking visited our club on the 22nd November. Club members Laura Masson and David Cruwys met Lance at the semi-annual District 70 conference in Wollongong and invited him to our meeting.



Lance addressed the club and gave valuable advice on communication as well as speech contests. He reminded us that as well as winning the international contest in 2005 he lost many times in previous years. Regular practice and perseverance are needed to succeed!

You can learn more about Lance on his web site <http://www.lancemillerspeaks.com/> where you can download tip cards for speaking and evaluation.



Christmas Picnic in the Park

Story and photos – Julie Macken



Early on Saturday morning 27th November, when I arrived at the selected location in the Botanic Gardens, I was not surprised to see one early riser had beaten me there. Ian was waiting patiently by the Duck Pond on a park bench.



Before long more early risers began to join us at our delightful patch of lawn overlooking the harbour and the city. The weather was perfect - sunny but not too hot. Also, in attendance were our President Clare and her daughter Casey, Stephanie and her daughter Michelle, Melanie, Laura, Arjun, Young Eun and friend. Henry Chow and his wife Marissa also came along and we hope to see Henry back at our meetings sometime in the New Year.



Lucy, Diana and Jill were late arrivals but there was still plenty of food and good cheer. We did hold a brief Table Topics session but the general ambience was one of sharing food, good company and relaxing conversation.

Merry Christmas to all!

Welcome New Members

Our club continues to grow and we welcome **Ian Lowe** as our newest member. Ian has already participated in Table Topics and will be delivering his icebreaker speech in the new year.

Diana Bernal joined in November and recently gave her icebreaker speech. Diana migrated to Australia from Colombia this year and spoke about her migration experience.



In October we welcomed **Kerwin Bougaard** and **Vatche Pailagian** and look forward to hearing these icebreaker speeches from these gentlemen.



Member profile - Katrina Henry



I'm Katrina Haskew also known as Katrina Henry (maiden name). I joined the club in May this year. I use my maiden name for work as I work in a family business Henry Financial Services. I am a financial adviser who specialises in helping people ensure

all their financial risks in life are protected. I am married and am expecting my first child in March next year.

I joined Toastmasters mainly to improve my confidence on a social level, but also to help in speaking up when I wanted my voice heard.

Before Toastmasters I have had no experience in public speaking. One on one meetings for me were alright but I had a problem when there were more than two people listening.

Since giving the ice-breaker speech I feel I have improved significantly not only in my confidence but also in my awareness of how I say things. Each project gives me more knowledge on how to improve my everyday communication skills

When asked to choose between impromptu speeches and prepared speeches, I would definitely say prepared speeches! I am still very anxious about impromptu speaking although I still am not 100% confident in giving prepared speeches either.

If I had three words to describe myself, they would be happy, motivated and caring.

I feel I still have much to learn especially in impromptu speaking and thinking on my feet. This is an area where I want to start to focus on as well as getting through my Competent Communicator manual.

Table Topics tip

When responding to a table topic think carefully how you will start. Make sure your opening words are strong and with purpose. Pause for a little while to collect your thoughts then begin in style and strength. Restate the question, or make a statement about the topic, but start strong!

Member profile – Megan Bottomley



My fiancé, Tim, and I have lived in Sydney for just over two years. I'm originally from Blackwater in Central Queensland where my parents run a cattle property. Tim and I love the city but like getting back to the country now and then to unwind. I attended boarding school in Rockhampton for five years before moving to Brisbane for university. I currently work for a construction materials company in finance.

I joined the club in April 2010 after completing a public speaking course with "Chatswood Communicators" in 2009.

What were my main reasons for joining Toastmasters? I'm at a stage in my career where I'm expected to give presentations when required. I've always been nervous about public speaking so I find this a bit challenging. In March this year I was asked to give a presentation at a global company conference in Zurich. It was a great experience, but also a little nerve racking!

Before Toastmasters, I did not have much experience in public speaking. I tended to avoid it wherever possible!

Since giving my icebreaker speech I feel more comfortable giving a speech now and I'm more aware of things like body language, pace and volume.

Impromptu speaking or prepared speaking? I think impromptu speaking is more challenging, to come up with an interesting idea and effective structure in such a short space of time is quite hard.

If I had three words to describe myself, they would be conscientious, quiet and thoughtful.

Chatswood Early Risers is a very supportive environment and has helped me increase my confidence a great deal. I really need to knuckle down in 2011 and get through some more prepared speeches!

Club Calendar

Meeting Themes

December 14th – Christmas (Last meeting of year)

Christmas and New Year Break

January 11th – New Year Resolutions

January 18th – Air Travel

January 25th – Australia

Evaluation Workshops (run by Charles Cave)

18th January and 1st February

Speech Contests

15th February – Evaluation Contest

22nd February – International Speech Contest

Public Speaking Humour

The opposite of a world champion speaker is someone who desperately needs to join Toastmasters. I found this humour on the Internet:

Recently our speaker had to discontinue several of his long talks on account of his throat. Several people threatened to cut it.

You have heard it said before that this speaker needs no introduction. Well, I have heard him and he needs all the introduction he can get.

Our speaker needs no introduction. What he needs is a conclusion.

Our speaker will not bore you with a long speech...he can do it with a short one.

You've been a wonderful audience...you stayed.



Merry Christmas and a Happy New Year!

Our first meeting of 2011 is 11th January.

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