



Chatswood Early Risers Toastmasters Newsletter



Club 7123 – Area 34 – District 70

September 2010

Area 34 Speech Contest

The Area 34 Speech contest was held on Thursday 2nd September at the Greengate Hotel, Killara and hosted by our club.



Laurel Holterman (Division Governor), Stephanie Boyd and Theresa Han (Area 34 Governor)

Stephanie Boyd represented the club in the Humorous contest and was placed second with her speech about unusual phobias.

Charles Cave was our entrant in the Impromptu Contest (run by contest chairman Lucy Liang) and addressed the topic of choosing between justice and mercy.

President's Message

Clare Gallagher

Congratulations to Chatswood Early Risers for hosting a wonderful Speech Contest. What a team! And congratulations to Stephanie and Charles on their speeches.

Stephanie was the runner up with her speech about unusual phobias and will represent Area 34 at division level if the first place getter is unable to attend.

Charles gave a very balanced table topic view of justice and mercy with some good points including the way the right and left brain are involved and the issue of refugees as impacted by justice and mercy.

Melanie Cheong provided the drive, focus and attention to detail needed to make sure that everything went smoothly on the night and to make it easy for everyone to enjoy the experience. But the evening wouldn't have worked so well without the contributions of all the members involved on the night.

Paul Dower's call to order, Melanie's toast, Clare's welcome, Lucy's Toastmaster skills, Ann Maree's raffle draw (and transportation of our banner and other supplies) and Darin's vote of thanks. There was a lot of behind the scenes support - Anthony and Katrina in front row seats operating the timing lights and stop watches (and Anthony collecting cheques from other clubs). Ann Maree and Darin controlled the Table Topics contestants. And a big thank you to Davida as a counter and raffle ticket seller.

Charles produced the contest program and Stephanie organised the Greengate venue along with managing sound technicians for 4.30pm set up. Each club provided a judge and Brian Johnson worked anonymously and fairly. Thank you Brian for what I'm sure was an unbiased appraisal on the night

In the wings though not there on the night we had excellent support and advice from Jan, Eileen and Melody. I have really appreciated being part of such a generous and capable team.

Thank you all!



Anne Marie, Anthony, Katrina, Paul, Melanie, Clare, Theresa, Charles, Lucy, Darin and Davida.

Club Calendar

Meeting Themes

September 7th - Fetes and Fairs

September 14th – Gregorian Calendar

September 21st – World Peace Day

September 28th – Confucius

Toastmaster Diary 2010-09-02

by Paul Dower



The room was filled with people and we were already five minutes late. I stood behind the lectern looking at the audience. They looked to me with expectant faces, willing me to start proceedings. Some faces looked grumpily at wrist watches. I was responsible. My role was to call the meeting to order and delivering the opening remarks. But I didn't have any clue what was happening.

I signalled to the contest chair, enquiring with a gesture, "Can I start yet?" She shook her head vigorously. They had barely finished briefing the contestants. Then, the chief judge asked the audio technician to test the public address system. He waltzed up to the front and began to recite bush poetry. I stood behind the lectern, trying to keep a neutral expression on my face. The poetry continued. This wasn't proceeding to plan. Some Chatswood Early Risers members, seated in the audience, wore a "What's the heck's going on?" look on their faces that I hoped wasn't showing on mine. I recalled some wise words once uttered by our past president, Julie Macken: "Just go with the flow, and pretend to know what you are doing. Everything will be fine."

Apart from at our club meetings on Tuesday morning, I don't give any speeches. The role of opening the competition on Thursday night seemed a bit daunting. When I first joined Toastmasters, the experienced members encouraged me to take the plunge: "Don't think too much about what you are getting yourself into." Consequently, I volunteer for things without regard for the consequences.

Afterward, I start to worry. Public speaking makes me nervous. And the longer the time between when I volunteer and when I have to speak, the more anxious I get. Being nervous is all part of having an irrational imagination. This imagination likes to hypothesise. It thinks it knows how poorly I will perform. It believes it knows how badly an audience will judge me. It goes into overdrive, firing up fearful, anxious emotions. It puts me off my food, and causes me to lose sleep.

Over time I have realised just how mistaken my irrational imagination is. Now, I make a point of remembering what my imagination thought would happen before a public speaking duty, and then compare this to what actually happened. My irrational imagination is extraordinarily poor at predicting how anything will turn out. On Thursday night, there was a moment when my irrational imagination started to hypothesize. But I decided not to listen to it. And everything turned out fine.

Farewell to Sydney Son



Sydney Son has been a member of our club during his stay in Sydney as Consul in the Korean Embassy. He has delivered many interesting speeches on Kimchi, Ginseng, the Korean writing system, and an amusing story of how he learnt to speak Japanese from a bar girl in Osaka. Sydney has returned to Korea and we wish him well.

Grammarian Corner

Metaphor. A metaphor is a word, phrase or figure of speech that denotes one kind of object or idea in place of another. A metaphor suggests a likeness or an analogy between them. Example: *The first cab off the rank* means to be the first chosen, just like the first cab (taxi) at a taxi-rank.

Similes. A simile is a figure of speech that indicates a comparison, and sometimes confused with a metaphor. The existence of the comparison is demonstrated by the presence of the word *as* or *like* to present a contrast between two subjects or items. Examples: *I wandered lonely as a cloud. Wayne has muscles as strong as iron.*

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