



# EARLY RISERS TOASTMASTERS CLUB

WHERE LEADERS ARE MADE

## NEWSLETTER

Club 7123 – Area 34 – District 70

December 2011

2011 has been a great year in the Chatswood Early Risers Toastmasters club, so I have taken this opportunity to publish a club newsletter reflecting on the year that was, focussing especially on the last 6 months. The newsletter is published periodically, for the benefit of current club members, to share news on club activities and provide information that might be useful or motivating in a member's development. Please take a moment to peruse these articles, a mixture of my own writing and contributions from others, as a way of concluding this year's Toastmasters adventure and gearing up for the year ahead.

David Nixon, Vice President Publicity

### Speech Competitions

Competing in contests provides you with extra motivation, excitement and formality to hone your prepared and impromptu speaking abilities. It is also a lot of fun! In the second half of 2011, there were Table Topics and Humorous competitions held within the Early Risers club, with follow-up rounds at Area, Division and District levels.

#### **Humorous** (September):

1st place - Colin Wardle

2nd place - Julie Macken

3rd place - Rebecca Jenner

Great performances from Darin Bodilly and Jill Lamond.

#### **Table Topics** (August):

1<sup>st</sup> place – Rebecca Jenner

2<sup>nd</sup> place – David Nixon

3<sup>rd</sup> place – Charles Cave

Colin went on to represent the club at the Area 34 contest for Humorous, and Charles stepped in to compete in Table Topics. Both did a great

job and it was an enjoyable event for those who went along to support them.



*Humorous Speech competitors, Darin, Jill, Colin, Julie, Rebecca*



*Table Topics competitors, Laura, Diana, Charles, Rebecca, Colin, Lucy, Jill, David*

I am delighted to report that Melody Braithwaite, a dual member of both Chatswood Early Risers and now a Lane Cove club, won the Table Topics Competition in this Area 47 contest, as well as the the Hawkesbury Division contest and the District 70 contest in Canberra in November.

Jenny Chen, another past member of our club and now attending a club in the Sutherland Division, was a finalist in the Humorous contest at the District 70 contest but didn't get placed.

### **Club Debate & Chandos Challenge (May)**

This year, the debate topic was particularly abstract, but provided ample scope for humour and creative arguments:

"A polar bear would win a fight with a Rhino"

Arguing in the AFFIRMATIVE was Davida Liang, David Cruwys, and Paul Dower. Arguing in the NEGATIVE was Stephanie Boyd, Brian Johnson and David Nixon.

It was enjoyable for all involved and watching, but also showcased many of the skills nurtured at Toastmasters, including use of language, speech structure, vocal variety, and use of space, all geared towards persuasion of the audience.

The Negative side won the day, but a mixed team of David, Brian and Paul took the contest to the Chandos Challengers club in St Leonards for the annual friendly challenge, where they put up a good fight but were unsuccessful.

## **New Members**

In the last 6 months the club has seen several new members join and bring new vibrancy and excitement to our meetings. Below is a list of new members since July 2011, with any goals that they wished to share for the year ahead. Please make them feel welcome and help with advice and support to make their goals a reality!

### **Catherine Tang**

I would like learn how to project my voice so I can be heard all the time. I want to completely get rid of my fear of public speaking (had some really bad experience before). I want to train my brain to be able to think on my feet. I want to improve my listening skills. I want to learn to use different vocal variety to express in different styles for different situation. I want to learn new words and phrases to be used in normal conversation. I want to be more creative and humorous.

### **Joan Khoo**

As a nervous public speaker, I have toyed with the idea of joining Toastmasters for a few years.

The tipping point was when I messed up an important job interview. For a horrendous twenty minutes, my voice shook as I nervously blabbered at the interviewers when asked basic questions. As I left the interview, I vowed to do something about my nervousness with public speaking.

Early Risers was perfect; everyone is so warm, supportive and friendly. I did not set out to join Toastmasters in 2011, but in 2012 I aim to complete the competent communicator manual.

### **Colin Wardle**

### **Howard G Fletcher**

### **James Jeon**

### **Paul D Little**

### **Wei Ching Thoo**

## **Lucy Completes Competent Communicator**

*Congratulations to Lucy Liang completing speech 10 in Dec 2011. Here are her reflections on the experience:*

Being the youngest and the newest CC in the club I don't have too many pearls of wisdom to share. However I have found the following 3 tips to be of use to me:

### 1. Keeping a 3am diary

There is a common saying that 'inspirations come in all shape and sizes.' Well my take to this is "inspirations come at all times of the day," and that is particularly true for a uni student, like me. So what I do is keep a notebook of sorts, to jot down ideas at any time of the day. They may not even be yours. But by the time your speech is written there will be enough of a twist to own it!

### 2. Try to write a speech within 3 days of presenting one. (I know it sounds strange..but it works!)

Maybe it's just me but I go on this high when I have done and dusted a speech. Perhaps it is the adrenalin from pulling an all nighter to get it done (oops I shouldn't have said that). But I tend to get all excited about completing another speech and feel quite motivated to

begin another. I think you should all try it, just so I know whether it's a quirky habit of mine.

3. Recycle speeches! (Trust me, it is easier than it sounds haha)

I've noticed some members of the club doing this – that is take a delivered speech and present it at another club. That way you can a) save the headache of writing another one and b) see the improvements you have made from the initial presentation. I can tell you, it is such a morale booster.

I know I should keep to the rule of 3 but since I am feeling generous tonight I will include Tip No.4!

4. Turning a Table Topic Question into a Speech!

I'd attended an Area International Speech Contest earlier this year and the champion actually divulged in his interview that the speech was actually his proper answer to a Table Topic question from years ago. Except back then he didn't have the skills to do it justice.

## President's Report

Dear fellow Chatswood Early Risers,  
As we break for Christmas and reflect on the past 6 months it has proven to be an exciting time for our club. None the least we welcome all our new members (Joy, James Earngey, Rebecca, Colin, Howard, Joan, James Jeon, Paul Little, Catherine and Wei Ching) and the energy and enthusiasm they bring to our club. Equally there have been some wonderful personal achievements by our existing members including Laura (CC), Lucy (CC), Estelle (AC-Silver) and Melody (District 70 Table Topics winner). Congratulations! Of course our meeting room has also changed, albeit just down the hall, but very significant all the same being the first change in some 20 years. Just as we all share so many good times and fond memories from the Craft Room may there be just as many moving forward in our new room! So, as we break for Christmas, I wish you and your families a very Merry Christmas and Happy New Year! I very much look forward to seeing you, at our first meeting on January 10, in 2012!

Best wishes,  
Darin

## Toastmasters ABC - Manuals

"The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which each member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth."

...but what actually happens once you join, and how do you get the most out of your Toastmasters membership? Following on from Lucy's comments, here is some more information about the Toastmasters manuals and how they are the key your growth as a speaker and as a leader.

They contain 'projects' for you to complete, preferably in order, that each exercise and teach you specific skills. The first manual that members work through when they join is the 'Competent Communicator'. It has prepared speech projects that you take you from the first tentative steps of standing up and talking about yourself in front of an audience (the 'Icebreaker') and then through all the basic elements of good public speaking. There are also other manuals that focus on more advanced or specific sets of skills, such as 'Facilitating Discussion', 'The Entertaining Speaker' and 'Competent Leadership', which focuses more on developing leadership abilities through participating in club roles.

To get the most out of the projects in the Competent Communicator manual, I recommend:

1. **Do your Icebreaker now and keep momentum!** Getting the Icebreaker over with will relive fear of the first speech, show you that the club is a supportive environment, and give you the buzz of excitement you will need to sustain your momentum and achieve your goals. After that, doing a speech every 1-2 months will sustain your motivation and will ensure your don't forget what you learned previously.
2. **Prepare and practice your speeches with time to spare.** If you leave them to the last minute, all your effort will go into basic delivery and you won't have time to focus and refine the skills that project is trying to teach. Also, practice will reduce nerves and allow you to get the timing right.
3. **Review key learnings from all previous speeches when preparing**

**the next one.** The aim is build up your skills throughout the 10 speeches and constantly refine them so you are a well-rounded speaker at the end.

Now all you need to do to get started is put your hand up in the 'future business' section at the end of a meeting and lock in a date for your next speech!

## Social Scene

Many people who have visited the Early Risers club feel especially welcomed and enjoy the social contact that comes with meetings and associated events.

Julie Macken, our Sergeant at Arms, has played a special role organising events and special themed meetings, although many club members have chipped in with food and assistance.



*Melbourne cup breakfast meeting November 2011*

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**Chatswood Early Risers Toastmasters**

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