



# WESTERN WAFFLE

## The newsletter of Western Gourmet Toastmasters Club March 2010

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### Presidents Message

Dear Members,

Our meeting on March 12 was indeed a Golden one not only to Celebrate Elizabeth and Gary's 50th Wedding Anniversary but also a chance to be informed on those people who were winners of Gold. Thanks to MC Gary Wilson for hosting a great evenings entertainment.

It was good to have our meeting at a new venue, the food, service and dinner area were very good. Thanks Ron and the Sicilian Restaurant.

It was good to see many friends come along to help celebrate "Going for Gold" and also participate in the fun and frivolity, we hope you enjoyed our meeting and hope to see you again soon.

I attended 4 Area Contests recently hosted by 4 of our Area Governor members, Michael Said (A25), Lynne Harris (A37), Julie Ackroyd (A4) and Ron Marriott (A13) and can report that all were successful events. Well done Michael, Lynne, Julie and Ron.

Our thoughts are with members, Warren Gold, who is recovering after an operation, Lyndal Eager, who is in hospital at this time and Geoff Henson whose wife Jocelyn is also in hospital, we wish all a speedy recovery.

The Western Division Contest is on this Sunday (March 21) at Blacktown Workers Club (11am for 12pm start) I'm sure you will be in for a great afternoon's entertainment. Registration is essential, see flyer for details: [http://www.d70toastmasters.org/pdf\\_flyers/WFlyer.pdf](http://www.d70toastmasters.org/pdf_flyers/WFlyer.pdf) Contact John Lazanas or the host club to see availability of places.

Until the next meeting on April 9 have a safe and happy time and Happy Easter to all members and their families.

Best Regards,  
John Taylor  
President

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### Meeting: 131

Theme: Going for Gold  
MC: Gary Wilson  
Venue: Sicilian Restaurant 292 Church St Parramatta  
Date: 12/3/2010

Sgt At Arms Ron Marriott was equal to the task in gaining the attention of the boisterous audience by using his deft repartee to tame some of the more outspoken audience members. Ron congratulated Gary and Elizabeth and introduced our President John Taylor.

John welcomed everyone and gave a warm and inspiring introduction to Gary and Elizabeth highlighting several memorable golden moments. John mentioned two of our members, Lyndal Eager and Warren Gold, who have been in hospital and wished them a speedy recovery. Next, John read a poem written by Warren Gold that Warren had dedicated to Gary and Elizabeth (*refer page 3*.)

Apologies were performed by Lynne Harris followed with Program Changes by VPE Elizabeth Wilson. MC Gary Wilson introduced the program "It just seems like yesterday..." referring to Gary and Elizabeth's wedding day and "we're pressing the reset button – our grand daughter is getting married!". Gary went on to describe "the marvelous organisation that Toastmasters is and the



opportunities that it provides to countless people through a culture of caring and sharing". "Members care about their work. They care about other members."

Gary also provided some words of wisdom about married life (...after 50 years he should know a thing or two). Gary advised that having common interests is important, although, he did say "Elizabeth doesn't want to go to football and I don't want to go shopping with her".

Lynne Harris commended Gary on his introduction and introduced our guests - Sue Haynes, Nick Rinaldi, Joan Rinaldi, Jan Vecchio, Robyn Peck, Tara Brady, Barbara Hoskins, Peter Steinhour and Jeremy Wilson. Gary presented Lynne with a golden flower (as they do in the Olympics).

Next the round robin "A Golden Time in Your Life". Gary started this off "My Golden Time has been the last 50 years!" The Golden Times of members and guests were as varied as they were unique including meeting their partner, 2<sup>nd</sup> chances, completing a marathon, marathon challenge, surviving heart surgery, commendation from ones children, support from Toastmasters, bonding with one's children, coaching a club to place in an area contest, being affirmed by one's children, achieving a climb up the Pyramids, 40+ years of attending Toastmaster events, seeing cricket at Lords, watching the sun come up on the eve of the year 2000, discovering dancing at a young age, starting a business, speaking from the heart at an important family ceremony. At the end of the round robin Gary continued to speak about the golden times he has had when Ian Chick called out "You're double dipping!"

Entrees of Bruschetta Pomodoro and assorted Pizzas appeared – magnifico!

Gary introduced Ron to host the Golden Celebrity Heads session. Gary announced "Ron won the Gold medal for the fastest talking Toastmaster". Ron read us the rules and called out 3 participants per session. Each participant needed to guess which celebrities they were with audience assistance. The first session had celebrities James Bond, Dawn Fraser and Goldilocks. The second session had celebrities Jack Sparrow, David Beckham and Elizabeth Wilson. Jeremy called out "Is it my mother?" when attempting to guess who his celebrity was. A very entertaining session – well done Ron!

Golden interview 1 was Debbie Sivyer interviewing Peter Steinhour (alias Sir Peter Snell). We learned about New Zealand athlete Peter Snell who won three Olympic and two Commonwealth gold medals and was voted New Zealand's "Sports Champion of the (20th) Century.

David Moore gave us Golden Laughs. David reminisced about some golden times and gave us some golden words of wisdom "There are 3 important things in life – love, hope and faith".

Golden Interview 2 was Ian Lipski interviewing Jessica King (alias Jayne Torvill). We learned about British Born Ice Dancer Jayne Torvill and her achievements including winning a Gold medal at the 1984 Winter Olympics and a bronze medal at the 1994 Winter Olympics.

Geoff Henson gave a very heartfelt and emotional Toast to Gary and Elizabeth that held them in very high esteem. During the toast Geoff pronounced "Gary is very persuasive and persuasive to the benefit of members."

Time for a dinner break with dinner served 'al a carte'. Delicious Italian cuisine – bellissimo!


Ron had to bang the gavel loudly on the table multiple times to regain the attention of the audience members. Gary thanked Sgt At Arms Ron for doing such a great job in planning and managing the evenings events. Gary introduced Elizabeth as the Toastmaster.

Toastmaster Elizabeth Wilson introduced the speakers for the evening. Christine Jansz's speech "Going for Gold and Achieving It!" exemplified Gary and Elizabeth as role models for achieving Gold. Julie Ackroyd's "The Girl and the Golden Dress" provided a touching a story with a strong message on the importance of valuing relationships.

A quick break for coffee – flat white, long black, cappuccino... - squisito!

Ron called the meeting promptly back to order this time with the help and decorum of the audience members.

Elizabeth introduced Gary Wilson with the Golden Finale speech "Our Golden Times Together in Toastmasters".



Gary shared with us a speech and slide show that contained some fantastic golden highlights and memories that he and Elizabeth have experienced together in Toastmasters. Gary reiterated "it's all about sharing and caring...it's about having a shared passion". Gary continued "through the power of working together we have achieved more than we could have achieved individually".

Gary received a standing ovation! Gary presented Elizabeth with a flower and a great big kiss! Toastmaster Elizabeth reiterated the feelings, thoughts and memories of their golden times in Toastmasters with several more golden stories. Jeremy Wilson received a flower from Elizabeth.

Golden Interview 3 was Wendy Nielsen interviewing Lance Carter (alias Eric Liddell). We learned about Scottish born athlete, rugby union international and missionary Eric Liddell. Liddell was the winner of the Men's 400 metres at the 1924 Summer Olympics held in Paris. Born in China, Liddell returned there as a Protestant missionary in later life.

Next the speech evaluations. Joan Abela evaluated Christine Jansz and Rhonda Hookham evaluated Julie Ackroyd. Both Joan and Rhonda pulled no punches in their evaluations with expert use of the CRC method to clearly explain the areas of commendation and areas of recommendation to benefit the speakers.

Timer Ian Chick was heard to say "I don't know why I brought this list (agenda) out here as there were no times on it". Someone from the audience called out "we're wafflers - what do you expect!?"

Toastmaster Elizabeth acknowledged Greg Harris who is recovering from an operation.

Wendy Nielsen presented the next meeting promotion for "Lights, Camera, Action" to be held on Friday 9 April 2010, at Peronis Restaurant 48 Station St Harris Park commencing at 7.30 pm. Hope to see everyone there.

MC Gary Wilson hands back to President John Taylor. John thanked everyone for attending. John gave a closing speech commending Gary and Elizabeth and sharing memories of some Golden Times. On behalf of the club John presented flowers and gift to Gary and Elizabeth and closed the meeting.


A fantastic evening full of warmth, golden memories, golden achievements, great food and fun!!!

### [Happy, happy golden wedding anniversary – by Warren Gold](#)

Hearts are beating, palms perspiring,  
You need to wipe your brow.  
Your mind is frozen, can't count to a dozen,  
Where are you right now?  
A man is standing, woman is sitting,  
No words come from either mouth.  
Your eyes are locked, your thoughts are sealed,  
With dreams of a golden life.  
Wedded bliss, of 50 years,  
Is what you hoped he'd say.  
A house, a life, and children too,  
And a grandchild's wedding day.  
Your life together, now appears as one,  
As you move through time and space.  
You compliment, each other so well,  
Like the worlds royalty, with quintessential grace.  
Elizabeth and Gary,  
Happy, happy golden wedding anniversary,  
Love Warren

### [Quotable Waffle](#)

"When you'll be quiet, Ian, we will start!" – Ron using some of his deft repartee in attempting to tame Ian Chick.



**“It just seems like yesterday...”** – Gary’s introduction, reminiscing about Gary and Elizabeth’s wedding day

**“...we’re pressing the reset button – our grand daughter is getting married!”** – Gary’s introduction

**“...the marvelous organisation that Toastmasters is and the opportunities that it provides to countless people through a culture of caring and sharing”** – Gary’s introduction

**“Members care about their work. They care about other members”** - Gary’s introduction

**“Elizabeth doesn’t want to go to football and I don’t want to go shopping with her”** – Gary explaining the importance of having common interests

**“I’m the timer tonight...the buzzer doesn’t work...”** – Ian Chick discovering something new about the timer role at Western Gourmet

**“My Golden Time has been the last 50 years!”** – Gary response in round robin

**“You’re double dipping!”** – Ian Chick calling out when Gary continued to speak of golden times at the end of the round robin

**“Ron won the Gold medal for the fastest talking Toastmaster”** - Gary introducing Ron for the Golden Celebrity Heads session

**“Is it my mother?”** – Jeremy Wilson attempting to guess who his golden celebrity is

**“There are 3 important things in life – love, hope and faith”** - David Moore gave us some words of wisdom

**“Gary is very persuasive and persuasive to the benefit of members”** – A snippet of Geoff Henson’s toast to Gary and Elizabeth

**“I put my foot down”** – Elizabeth explaining how she influenced the decision that allowed her to carry the Australian banner

**“It’s all about sharing and caring...it’s about having a shared passion. Through the power of working together we have achieved more than we could have achieved individually”** – Excerpt from Gary’s Golden Finale speech

**“I don’t know why I brought this list (agenda) out here as there were no times on it”** - Timer Ian commenting on the agenda

**“We’re wafflers - what do you expect!?”** – response to Ian’s comments about the agenda - anonymous

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## **Tips & Techniques**

### **Toastmasters: Public Speaking and More**

The first thing most people hear about Toastmasters is that membership can help them become better presenters and conquer public speaking fears. That’s true, but it’s also true that Toastmasters offers much more. By participating in the meetings, members enjoy learning and practicing skills in various areas that can improve not only their social lives, but their professional lives as well.

If you’ve never attended a Toastmasters meeting, you may be puzzled by the assortment of activities available to members. Not everyone gives a prepared speech at every meeting. Volunteers enjoy several roles that help them develop confidence in other areas. Furthermore, a member can develop skills without ever volunteering – simply showing up and having fun can bring surprising benefits.

For example, time management is a skill that is prized in many avenues of life – particularly in the workplace – and members enjoy plenty of practice in this area. Several key events in each meeting are timed, and everyone



receives feedback with notes on their successes as well as tips for improvement in working with the clock. It's amazing how quickly a new member learns to keep the time limits on presentations.

### **A Cordial Atmosphere**

Another benefit of membership is the camaraderie that develops between the members. Many people join for similar reasons – perhaps they're overcoming a fear of public speaking or they want to move up the corporate ladder. Because of their shared circumstances, it's hard not to form friendships. When you've applauded your fellow Toastmaster for presenting her first speech, you'll recognize that look of gratitude on her face. The bond of friendship that forms between people who are learning and enjoying fun times together can last a lifetime. And the opportunities for networking abound.

But what about the fun? Some parts of a meeting seem to draw laughter. For example, Toastmasters often practice their impromptu speaking skills. Just watch the antics of volunteers who boldly stand and answer surprise questions in one- to two-minute sessions. This might seem like a game – and to some degree, it is – but it's a game with hidden benefits. Everyone who participates learns to think and speak coherently and without hesitation. They build confidence each time they master a topic – which really helps later with such challenges as job interviews. Even a member who simply watches and applauds will develop critical thinking skills while having fun trying to figure out how he might have answered that last question.

### **A Place to Develop Skills**

When a member does perform a speech, she benefits in more ways than merely presenting a talk to an audience of friends and supporters. She also learns to write a speech that dazzles. The first few projects in the *Competent Communication* manual, the basic manual for Toastmasters, offers help in developing speechwriting skills. Members can practice organizing their thoughts on the page, getting to their point quickly and using language with eloquence. This leads to clear written communication the member can rely on – whether she's writing a cover letter for a résumé or a personal note to a friend.

Some volunteers can build their organizational and record-keeping skills while they help to set up and run the meetings or keep track of their fellow members' progress. It's not hard to learn the steps to success in these projects, and the volunteers are then able to transfer what they've learned to their careers and personal lives.

The skills don't stop there. When members spend time in Toastmasters meetings, their confidence grows. They discover that they can successfully perform the same kinds of activities outside of Toastmasters. Their circle of experience widens, and they're ready to try new challenges. This is why so many companies host Toastmasters meetings in their offices. Members become stronger, more confident leaders at work – and highly valued employees.

All of these provide Toastmasters with opportunities to develop skills that reach beyond giving a speech. And for many members, the benefits of this personal growth may mean more in the long run to their success in life. Whether they're interested in honing leadership skills, strengthening one-on-one communication, practicing presentations, excelling at job interviews or just becoming a more articulate or dynamic speaker, Toastmasters is a benefit to everyone.

(This article is from the Toastmasters International website)

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### **Coming Events**

Western Gourmet meeting #132 – 9 April, 2010  
Venue: "Peronis Restaurant, 48 Station St Harris Park"  
Theme: "Lights, Camera, Action"  
Time: 7.30pm

Sunday Seminar and Speakers Forum: April 11  
Venue: Bankstown Sports Club, 8 Greenfield Parade Bankstown  
Time: Speakers Forum 10am to 12pm; Seminar 1pm to 4pm  
Contact John Taylor DTM (02) 9683 4090 (H) or E-mail: [seminars@d70toastmasters.org](mailto:seminars@d70toastmasters.org)

Western Gourmet meeting #133 – 14 May, 2010  
Venue and Theme: TBA  
Time: 7.30pm

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[www.parramattatm.org.au/westerngourmet](http://www.parramattatm.org.au/westerngourmet)

Please contact Ian Lipski if you have news, articles or items of interest for your Waffle: [ILipski@bigpond.net.au](mailto:ILipski@bigpond.net.au)