



# WESTERN WAFFLE

## The newsletter of Western Gourmet Toastmasters Club May 2010

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### Presidents Message

Dear Members,

Our May meeting, at Guildford Leagues Club, was an entertaining and fun (at times boisterous) meeting ably MC'd by Rhonda Hookham, thanks Rhonda for doing such a great job. At this meeting our Club Executive elections were held, the results were: Ian Lipski (Pres.) Julie Ackroyd (VPE), Geoff Henson (VPM), Warren Gold (VPPR), Elizabeth Wilson (Sec.), Gary Wilson (Treas.) and Ron Marriott (SAA), good luck to you all for 2010 / 2011.

Last weekend saw the 2010 D70 Annual Conference held at Bankstown and Western Gourmet members were there in force. Those that were there (17) were: Gary, Elizabeth, Rhonda, Christine, Ron, Ian L, Ian C, David, Wendy, Lyndal, Joan, Julie, Sandy, Greg, Lynne, Geoff, Warren and all I'm sure enjoyed the conference experience.

At the Business session on Saturday morning the District 70 elections (2010/11) were held. Election Results: Our Ron Marriott was elected as Western Division Governor (Congratulations Ron) also Philip Bendeich was elected as District Governor, Kaylene Ledger, Lt Gov. Education and Training (LGET), and a regular visitor to Western Gourmet, Jan Vecchio, was elected Lt Gov. Marketing (LGM).

The weekend saw the finals of the International Speech Contest and the Evaluation Contest. The former was won by Greg Kennedy representing Southern Division (Area 42, Miranda club) and Evaluation was won by David Griffiths representing Western Division (Area 13 and Parramatta club).

On Wednesday May 12 I attended the Area 13 Council meeting and Steve Thompson from Parrachievers Club was elected Area 13 Governor for the coming Toastmasters year. We wish him well for the year.

Our next meeting will be our changeover meeting and will be held at Prospero's Restaurant. I look forward to seeing you there. Until then have a safe and happy time.

Best Regards,  
John Taylor  
President

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### Meeting: 133

Theme: Elections  
MC: Rhonda Hookham  
Venue: Guildford Leagues Club Tamplin Rd, Guildford  
Date: 14/5/2010

A steady stream of members and guests arrived at the function room to take a seat before whisking off and returning with a sample of the abundant smorgasbord provided by the Guildford Leagues Club.

Sgt At Arms Ron Marriott brought the meeting to order and announced "I wonder if I'll come first?" referring to the upcoming District 70 election for Western Division Governor.

President John Taylor welcomed everyone to the meeting and commented that the Elections theme is very topical given this is likely to be an election year for the Federal Government. John introduced stand-in Secretary Gary Wilson with the apologies followed by VPE Elizabeth Wilson with the program changes of which there were none.



Next President John initiated the Election of Officers for the next term. The election process was conducted in a formal, democratic manner. The new executive having been elected, Warren Gold moved a motion to thank the previous executive and to welcome in the new executive by acclamation – the motion was carried. A break for dinner was called for all to partake of the excellent smorgasbord.

With 7 bangs of the gavel and few more bangs of the gavel Ron eventually brought the meeting back to order and remarked “Time flies when you’re calling to order!” President John thanked Ron and introduced our MC for the meeting DTM, Past President and long time Charter member of Western Gourmet, Rhonda Hookham.

MC Rhonda started by reminiscing about becoming a Prefect. There was some commotion from some of the members asking about timing. Rhonda responded “There are no times on the agenda...” however the members persisted until Rhonda countered “Well I’m in charge”. Rhonda introduced Wendy Nielsen with the Welcome. Wendy introduced and warmly welcomed guests Area Governor Ron Marriott and Danielle Lewin from Western Lectern Toastmasters Club.

Rhonda made the observation “You’re a rowdy bunch, it’s like parliament” before introducing Area Governor Ron Marriott with his Area Governor’s Address. Ron gave a passionate and inspirational address to the meeting reinforcing his candidacy for Western Division Governor.

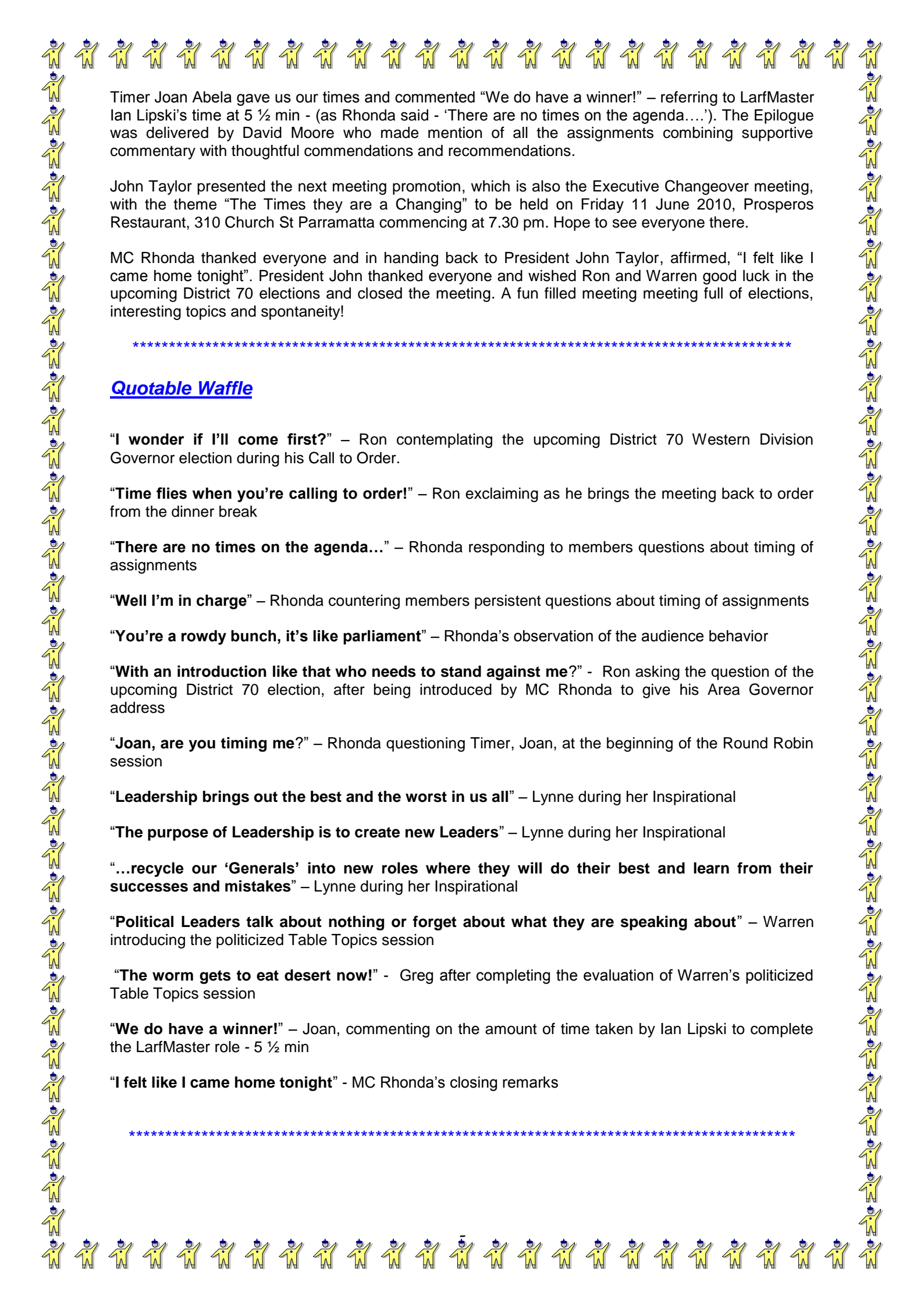
Next, Rhonda introduced the Round Robin “Your Election Experiences” and asked the Timer Joan Abela “Joan, are you timing me?” The responses during the round robin were as varied as they were interesting – 1<sup>st</sup> time election experiences; 1975 Australian elections; TM elections; Club President wins & losses, defeats & successes; coup against nominees; school memories – voted in as Captain of the House as a result of participation rate; running for Western Division Governor; mid 90’s went on holidays and fined by Government for not voting; getting nominated and voted whilst not in attendance; standing for social committee at work; best position was that of Tea Lady; what happens to politicians when they finish their career – NZ Prime Minister became the narrator for the Rocky Horror Show; colleagues didn’t want to stand against each other for Area Governor – backfired; Cubs – voted into a Leadership role. A very lively Round Robin session – followed by a break to enjoy dessert.

Ron brought the meeting back to order with some interjections from some vocal members who were still finishing off their deserts – Rhonda was correct, a rowdy bunch indeed. MC Rhonda introduced Lynne Harris with an Inspirational Toast on Leadership and Role Models. Lynne gave an inspiring soliloquy stating “Leadership brings out the best and the worst in us all” and “the purpose of Leadership is to create new Leaders” and “...recycle our ‘Generals’ into new roles where they will do their best and learn from their successes and mistakes”.

Warren Gold presented a unique Table Topics session with a Political theme stating “Political Leaders talk about nothing or forget about what they are speaking about”. Warren is always prepared and had gone to some considerable effort in preparing the elaborate plaques for the participants to hold up as they articulated the reasons why “their” party should be elected. The political parties included ‘Australia Day Party Party’; ‘Bombs for all Nuclear Armament Party’; ‘Square Dance Social Party’; Australian Shooters Fight for Life Party’; ‘Australian National Commonwealth Republic Reform Party’; ‘I Hope Someone Votes for Me Party’.

The Table Topic evaluation of this Political session was presented by Greg Harris (alias the Worm) who entertained with a thought provoking analysis using the CRC method of evaluation. On completing the evaluation Greg was heard to say “The worm gets to eat desert now!”. MC Rhonda introduced the speaking program. Lance Carter gave us insight into how Call Centres function with his speech “I Love Call Centres”. Lyndal Eager provided a fascinating speech “Don’t Mention the War” with a personal story of growing up in East Timor. Steve Wieczorek had everyone enthralled with his speech “The Mechanics of Carnivale” where he detailed the rules, preparation, requirements, successes and challenges faced by the participating teams that enter the Carnivale contest.

Rhonda introduced LarfMaster Ian Lipski who presented a funny joke with an election theme punchline – one of the longer LarfMaster sessions in recent times. Next, speech evaluations - Sandy Devlin evaluated Lance Carter with a comprehensive and thought provoking evaluation. Debbie Sivyer evaluated Lyndal Eager using text book CRC combined with supportive and constructive feedback. Gary Wilson evaluated Steve Wieczorek with an extensive analysis and summary delivered in a succinct and inspirational manner.



Timer Joan Abela gave us our times and commented “We do have a winner!” – referring to LarfMaster Ian Lipski’s time at 5 ½ min - (as Rhonda said - ‘There are no times on the agenda....’). The Epilogue was delivered by David Moore who made mention of all the assignments combining supportive commentary with thoughtful commendations and recommendations.

John Taylor presented the next meeting promotion, which is also the Executive Changeover meeting, with the theme “The Times they are a Changing” to be held on Friday 11 June 2010, Prosperos Restaurant, 310 Church St Parramatta commencing at 7.30 pm. Hope to see everyone there.

MC Rhonda thanked everyone and in handing back to President John Taylor, affirmed, “I felt like I came home tonight”. President John thanked everyone and wished Ron and Warren good luck in the upcoming District 70 elections and closed the meeting. A fun filled meeting meeting full of elections, interesting topics and spontaneity!

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### **Quotable Waffle**

**“I wonder if I’ll come first?”** – Ron contemplating the upcoming District 70 Western Division Governor election during his Call to Order.

**“Time flies when you’re calling to order!”** – Ron exclaiming as he brings the meeting back to order from the dinner break

**“There are no times on the agenda...”** – Rhonda responding to members questions about timing of assignments

**“Well I’m in charge”** – Rhonda countering members persistent questions about timing of assignments

**“You’re a rowdy bunch, it’s like parliament”** – Rhonda’s observation of the audience behavior

**“With an introduction like that who needs to stand against me?”** - Ron asking the question of the upcoming District 70 election, after being introduced by MC Rhonda to give his Area Governor address

**“Joan, are you timing me?”** – Rhonda questioning Timer, Joan, at the beginning of the Round Robin session

**“Leadership brings out the best and the worst in us all”** – Lynne during her Inspirational

**“The purpose of Leadership is to create new Leaders”** – Lynne during her Inspirational

**“...recycle our ‘Generals’ into new roles where they will do their best and learn from their successes and mistakes”** – Lynne during her Inspirational

**“Political Leaders talk about nothing or forget about what they are speaking about”** – Warren introducing the politicized Table Topics session

**“The worm gets to eat desert now!”** - Greg after completing the evaluation of Warren’s politicized Table Topics session

**“We do have a winner!”** – Joan, commenting on the amount of time taken by Ian Lipski to complete the LarfMaster role - 5 ½ min

**“I felt like I came home tonight”** - MC Rhonda’s closing remarks

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## Tips & Techniques

### **Speak Like a Leader**

Communication and leadership skills go hand in hand.

There are many good reasons why Toastmasters teaches both communication and leadership skills. People with good communication skills are more likely to be promoted to leadership positions, and good leaders need communication skills to be effective.

In other words, if you want to be a leader, you have to learn to speak like a leader. And Toastmasters is here to help.

### **Five simple strategies to motivate your listeners.**

One of the most important elements of leadership is the ability to motivate people. Without motivation, even the most skilled team of seasoned professionals is unlikely to achieve great things. A highly motivated group of talented people, on the other hand, can move mountains.


While it's true that motivating people involves more than just changing the way you speak, there are some simple guidelines you can follow to help build team motivation with only your words and your voice:

- **Be enthusiastic.** Enthusiasm is contagious! Before you present your ideas, think about the aspects of the subject that you find most interesting, and don't be afraid to let that interest come through in your voice.
- **Use quotes, stories and anecdotes.** Along with their obvious entertainment value, quotes and stories can lend authority to your topic and provide concrete examples that people can relate to.
- **Speak with confidence.** Deliver your message loud and clear. Maintain eye contact with your listeners. Don't mumble or slouch.
- **Say you and we, not I and me.** Instead of telling people what you want them to do, present ways for them to work together to achieve their goals. Involve listeners in the success of the group.
- **Keep it simple.** People aren't motivated by what you say; they're motivated by what they understand. The best way to ensure audience understanding is to break down complex ideas into simple components.

### **The 10 Commandments of Communication**

How to speak like a leader - By Michael Landrum, ATMB

1. **Listen generously.** Emerson said: "First seek to understand, then to be understood." How do you listen to an audience? Do your research. Find out who they are, what they need and want, and what they expect from you. When you step to the lectern, pause and listen. Are they ready to hear you? During your speech, keep listening. Pay attention to them. Are they leaning forward, backward or on each other? Be willing to depart from your prepared remarks to recover your rapport with them. Ask questions. Even something as simple as "Is that clear?" can reestablish contact.
2. **Say what you mean and mean what you say.** Aren't these two phrases the same? No indeed: "Say what you mean" is about telling the truth, "Mean what you say" is about making a commitment, keeping your promise, honoring your word. Have something meaningful to say. Step to the lectern with the intention of making a difference to your audience.
3. **Use the fewest words with the fewest syllables.** I run afoul of this one all the time. It's the main reason I rewrite so often, looking for big, two-dollar words I can swap for a single 10-cent syllable. Delete *therefore*, insert *so*. That's real economy in writing. Remember that the basic unit of communication is not the word but the idea.
4. **Align with your audience.** We may consider it our task to speak to the audience, but it is sometimes more important to speak for them. Express those thoughts and feelings that you share with them. Even if you think they are wrong and you are the advocate of sweeping change, you must first understand and articulate *their* feelings. Great leaders know that leadership begins with the pronoun *we*.

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5. **Be specific.** Use stories, anecdotes, parables and examples rather than generalities and abstractions. This is a tough one for some people. They love to wander through a topic in the abstract, scattering generalities as they go. The great teachers and speakers pepper their talks with vivid, detailed examples. “He seemed upset as he left” is general. “He blew his nose, kicked the dog and slammed the door” is specific.
  6. **Suit the action to the word, the word to the action.** Don’t say “I’m glad to be here” while looking at your wristwatch. Be aware of your non-verbal communication. Your gestures, posture, facial expressions, energy, tone of voice, and a thousand other tiny, unuttered elements actually carry the true and specific meaning of your communication. We can understand the words “I love you” well enough. But their true importance, their actual meaning, is all wrapped up in how they are spoken, and by whom.
  7. **Structure your speech.** One valuable way to make your talk memorable is to speak to a structure and make your listeners aware of it. Share with them the form of your thoughts as well as the content and they will be able to follow more complex ideas. It will be easier for you to remember, too. People appreciate the scenery more with a glance at the road map every now and then.
  8. **Speak to be understood.** Have the courtesy to develop your voice so that all may hear you. You groom your appearance, so why not cultivate your voice? With a little effort it can be strong, crisp, clear and various in texture, color and range. It’s sad when speakers expend their energy to create a vivid, well-constructed talk and then whisper, mutter or mumble.
  9. **Speak for the benefit of others.** Serve your audience well by keeping their interests foremost in your mind. This is the golden rule of speaking. As an audience member you can easily tell when a speaker is self-serving. Nothing communicates more clearly than intention.
  10. **Speak from your highest self.** The highest self is where hope resides. To lead effectively requires a courageous, positive, optimistic view. As any astronaut will tell you, if you get high enough you will be in perpetual sunshine. There must be a caveat attached to this rule, however: Beware of elevating yourself with a high horse. Be humble. Having an opinion is a meager accomplishment. On most occasions a modest demeanor improves communication.

Michael Landrum, ATMB, is a speaker, coach and writer in New York.

(This article and quote is from the Toastmasters International website)

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### **Coming Events**

Western Gourmet meeting #134 – Friday 11 June 2010 4 May, 2010  
 Venue: “Prosperos Restaurant, 310 Church St Parramatta”  
 Theme: “The Times they are a Changing”  
 Time: 7.30pm

#### **District Seminars**

**Darren LaCroix** will be conducting a series of Seminars after the Annual Conference  
 Saturday 29 May - Bankstown Sports Club - Advanced Session  
[http://www.d70toastmasters.org/pdf\\_flyers/LaCroixFlier.pdf](http://www.d70toastmasters.org/pdf_flyers/LaCroixFlier.pdf)

Western Gourmet meeting #135 – 9 July, 2010  
 Venue: TBA  
 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)