

Steinhour takes the soft option

That got your attention didn't it—he didn't really, well he may have, but we don't know about it. This headline was fabricated in order to grab the attention of those readers that think they know Peter Steinhour, there's a lot more to this secretary than meets the eye.

We know him as a humble man, understated, simple even. What most of us don't know is that only a few short months ago, he gave up the opportunity to be an underwear model for Calvin Klein. In July 2010 a group of Calvin Klein's 'talent' scouts came to our shores in search of a new kind of model. They wanted a genuinely Australian face, rugged, sun-kissed and steely, something to help promote their new range of "Outback Underwear". This small group of keen observers traversed our wide brown land and found a number of prospective candidates, but none quite did this exquisite new range of attire justice.

It's a great story, one of these gentleman was also interested in seeing some commercial real estate and found his way to a well-appointed Sydney commercial real-estate office. He was met by our secretary and before he'd seen a single property, he was on the phone, calling his colleagues to let them know he had found what they were looking for—Peter Steinhour.

The offer was generous, a lot of money, a new jet-setting lifestyle, and a future surrounded by beautiful women. He wanted to go, but there was a problem—he had just taken the Parramatta Toastmasters Secretarial Oath, he was committed to taking minutes for the entire Toastmaster year! Peter struggled with this for weeks (you may remember his first few weeks—he was a little distracted), but in the end his commitment to his club and fellow members won the day.

Maybe he took the soft option after all.

DON'T MISS!

- **The District 70 Annual Conference—registrations close Monday 1 November**
See District 70 [website](#) to register!
- **The Toastmasters International Speech Contest Thursday 2 December**

Natta Photos by *Suben Subenthiran*



Giving it his best "Blue Steel"—Peter Steinhour secretary on the outside, underwear model on the inside.

Fear and Loathing on the Podium

from toastmasters.org

Believe it or not, your chances of dying of stage fright are extremely slim. You might feel as if you are dying on the stage, but chances are good your audience won't even notice your wobbly knees and sweating armpits. Even the best speakers were once terrified novices, feeling the same symptoms as you when facing an audience. Fear no more! Toastmasters is the best place to learn, to build your confidence, and to push yourself outside your comfort zone. It's a safe place where there is no penalty for failure!

Meanwhile, here is some information that might help:

- [What You Should Have Said](#)
- [The Habit of Courage](#)
- [Finding Your Voice](#)
- [Dread Giving a Speech?](#)

Take a breath

Robyn Peck

Breathing exercises can be valuable if you do them on a regular basis. They help with:

1. **The ability to project your voice**
2. **Keeping you from straining your voice**
3. **Increasing stamina**

Always breathe from your diaphragm, the muscle below the chest that, when lowered, allows the lungs to increase the amount of air they intake. The object is to have control over the intake and outflow of the air so that you aren't taking in too little air, and then pushing out whatever you've got left too quickly.

Exercise 1 (intake)

1. Put your fist just below your chest so you feel the top of the rib cage.
2. Now picture yourself breathing "into" your fist.
3. Inhale slowly.
4. When you think you've taken in all the air you can, hold for 3 seconds.
5. Now take in as much **more** air as you can by picturing the air filling up the space in-between the ribs.
6. You're using the diaphragm. It's lowering and making way for the lungs to truly fill to capacity.
7. Exhale.
8. Repeat slowly, at least 10 times. Stop if you feel dizzy--it means you've gone too fast or taken in too much air.

A big badge in a big badge world

A chuffed Ferdie Oosterhoff was the latest member to have the great honour of the 'fancy badge' bestowed upon him last Thursday night. He spoke candidly when he said "I try to be the cool guy and act like I don't care about badges, but I have to admit I'm pretty stoked about this one".

He is presently having trouble only choosing two advanced manuals.



2 years in the making—clubs newest Competent Communicator Ferdie Oosterhoff with President David Griffiths

...Take a breath (cont.)

The flow of air must be perfectly even. The idea is to control the air as it's used.

Exercise 2 (outflow)

1. Form your mouth to the shape of a "shh" consonant.
2. SLOWLY push the air out through your mouth. Do this as slowly as you can.

If you get used to doing this, you'll be able to control the air so you can project easily in a large space. You'll have command over your voice. But you have to do this regularly in order to gain this kind of control.

Two of Parra's favourite sons shine at Division Contest

By all accounts the Division Humorous Speech and Table Topics contest on the 24th of October was a great event. It was held at Blacktown Workers Club, and two members of Parramatta Toastmasters were there representing both Parramatta and Western Gourmet Toastmasters clubs. Sam Ekinici and Ian Lipski both did their clubs proud by putting in a sterling effort, with Sam actually taking home 2nd place in the Table Topics competition.

Congratulation to both Sam and Ian for their hard work and success, and congratulation to Ron Marriot as Division Governor for delivering on a fine contest.



Proud in Silver—second place getter Sam Ekinici, flanked by Division Governor Ron Marriot and Lt Governor Education and Training Kaylene Ledger

Are you communicating what you really mean?

Here are a few miscommunicated messages that have appeared on signs around the world:

"The Manager has personally passed all the waiters served here"
Sign in a Warsaw Hotel

"Drop your trousers here for best results"
Sign in Portuguese Dry Cleaners

"We take your bags and send them in all directions"
Sign in a Copenhagen Airline Ticket Office

"Because of the big rush, we will execute customers in strict rotation"
Sign in Paris Dress Shop

"Please leave you values at the front desk"
Sign in a Paris Elevator"

"Visitors are expected to complain at the office between the hours of 9 and 11 am daily"

Sign in an Athens Hotel



Parramatta Toastmasters - Club 2274

Meeting Details

Parramatta Toastmasters meet fortnightly on the 1st and 3rd Thursdays of each month, in the Linden Room of the Parramatta RSL.

6pm for a 6:30pm start

Dinner is available during the meeting
Guests and visitors are always welcome

Enquiries / Correspondence

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Speechcraft Spot

Do you suffer from human-kind's most common fear?

Public speaking is a fear held by many people. For some it is a mild discomfort, while others break out in a cold sweat at the mere thought of standing in front of an audience!

If you have decided it's high time to break free of the powerful fear of public speaking, Toastmasters may be an excellent place to get the knowledge and practice that will allow you to speak both confidently and competently in public.

Looking to advance yourself professionally or personally?

Public speaking is both a skill and an art form. Whether you are a novice speaker or a seasoned presenter, there is always something you can do to improve your skills.

Toastmasters can show you new ways to invigorate your existing presentation style; to put that sales pitch over the top, help you nail that job interview, or make your daughter's wedding toast worthy of the tears and applause!

Do you enjoy sharing ideas and meeting new people?

Toastmasters may be the club you've always been searching for. Toastmasters are people from all walks of life, nationalities and professions who are working to better share their ideas with others.

Each meeting provides an opportunity for a wide range of perspectives on any number of topics, and give/receive positive, constructive feedback on how those ideas were expressed.

Start the ball rolling - come to a meeting or enroll in a Speechcraft course!
Enquiries at speechcraft@parramattatm.org.au