

## Wild horses create havoc with hearing-aids

As Lyndal Eager stepped up to call the meeting to order there was no mistake it was going to be a night of considerable equine hanky-panky. As the hammer came down the theme went up, and it was ridden all the way to the meeting close.

A lot of stuff happened, and many Toastmasters asked the question did the best horse win? Read on for some race highlights.

President Dave Griffiths called last years executive up one by one, it took them a few moments to realise who they were, in fact it wasn't until they were congratulated on the attainment of distinguished club status that they realised—congratulations guys and gals.

Raj was let off the lunge-line, and put on a sterling first performance as Chairman I. The role of Chairman II was filled by a more seasoned nag, namely Michael Said, who showed us what a few more years in the exercise yard means—he ran a well-paced race, in fact it was one of the longest such races in the last two years, with a large number of horses getting the opportunity to get a nose out front.

One of the evening's most interesting half-hours was the Table Topics session. Each participant was challenged to an interpretive reading, of a song. Without a doubt, the most interpretive of the lot was John Nichols interpretive *singing* of the Rolling Stones, *Wild Horses*. It was suggested by Lyndal that John turn on his hearing aid, to which someone (who did not appreciate the dulcet velvetness of John singing voice) declared they wished they could turn theirs down! They were of course the minority, spontaneous out-breaks of song, are in the whole, always encouraged at Parramatta Toastmasters.

### DON'T MISS!

- **The Toastmasters International Speech Contest Thursday 2 December**
- **Parramatta Toastmasters Christmas Meeting—details to follow**

Natta Photos by *Suben Subenthiran*



Wondering what this photo has to do with Wild Horses and Hearing Aids? ...you're not the only one—Michael Said pointing at David Griffith's not-so-fancy badge

## When things go wrong

from [toastmasters.org](http://toastmasters.org)

When things beyond your control go wrong, the only thing you can control is your reaction to them.

Just as the sailor at sea is at the mercy of the elements, so is the speaker. The sailors batten down the hatches in rough weather; what does the speaker do in when the microphone won't work? Or when the lights malfunction? Or when the music in the next room is too loud?

The following article from the *Toastmaster* magazine, written by Bob Hope's Emmy Award winning head writer Gene Perret, offers examples of intrepid speakers who rode out the sometimes stormy seas of the speaker's podium. Among his dos and don'ts:

- **Don't:** Blow your cool.
- **Do:** Maintain your dignity.
- **Don't:** Surrender to the situation.
- **Do:** Your best under any circumstances.
- **Don't:** Continually refer to the problem.
- **Do:** Keep your sense of humor

[Read the Complete Article in PDF Format](#)

## Foals break the ice

It has been a veritable avalanche of ice-breakers in recent months, and last Thursday nights were no exception to the pool of exceptional quality that has been on show.

Steven Cox and Nitish Shakya both delivered speeches for the first time in front of their club, and both threw themselves wholly into the experience. We travelled down the twisting river of Nitish's life, and we learned of not only Stephens passion for music, but also his ability to blend it into his life.

Nitish topped off his performance by taking home the blue ribbon.



A natural story teller, and not a half-bad Treasurer either—Suben Subenthiran, with one shoulder forward.

## A book to read

### Suben Subenthiran

*This speech was delivered by Suben Subenthiran at our last meeting, it's fable-like nature and poignant message made it a must-publish!*

Recently I bought few motivational book. One of them was, "The Four Agreements"  
There are thousands of agreements you have made with yourself,



Who's smiling now?—Wendy Nielsen with Nitish Shakya and Steven Cox after the Ice Breaker ribbon presentation

with other people, with society, with your parents, with your spouse, with your children. But the most important agreements are the ones you made with yourself. In these agreements you tell yourself who you are, what you feel, what you believe, and how to behave.

If you want to live a life of joy and fulfilment, you have to find the courage to break those agreements that are fear-based and claim your personal power. Our personal power is dissipated by all these fear-based agreements we have created, and the result is that we feel powerless.

If we can see it is our agreements, which rule our life, and we don't like the dream of our life, we need to change the agreements. When we are finally ready to change our agreements, there are four very powerful agreements that will help us break those agreements that come from fear and deplete our energy.

If you adopt these four new agreements, they will create enough personal power to change the entire system of your old agreements.

If you can begin to live your life with these agreements, the transformation in your life will be amazing.

### Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of the word in the direction of truth and love.

*It is the most important one and also the most difficult one to hon-*

*our. Impeccability means “without sin”. A sin is anything that you do which goes against yourself. You go against yourself when you judge or blame yourself for anything.*

*Being without sin is exactly the opposite. Being impeccable is not going against yourself. You take responsibility for your actions, but you do not judge or blame yourself.*

*Sin begins with rejection of yourself. Self-rejection is the biggest sin that you can commit. If you understand the first agreement, be impeccable with your word, you begin to see all the changes that can happen in your life. Changes first in the way you deal with yourself, and later in the way you deal with other people, especially those you love the most.*

### **Don't Take Anything Personally**

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the options and actions of others, you won't be the victim of needless suffering.

*When you take things personally, then you feel offended, and your reaction is to defend your beliefs and create conflicts. You make something big out of something so little, because you have the need to be right and make everybody else wrong.*

*Even the opinions you have about yourself are not necessarily true; therefore, you don't need to take whatever you hear in your own mind personally.*

### **Don't Make Assumptions**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

*We have our tendency to make assumptions about everything. The problem with making assumptions is that we believe they are the truth. Because we are afraid to ask for clarification, we make*

*assumptions, and we believe we are right about the assumptions; then we defend our assumptions and try to make someone else wrong. It is always better to ask questions than to make an assumption, because assumptions set us up for suffering.*

### **Always do Your Best**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstances do your best, and you will avoid self-judgment, self-abuse, and regret.

*This agreement allows the other three to become deeply ingrained habits. The fourth agreement is about the action of the first three: Always do your best.*

*Keep in mind that your best is never going to be the same from one moment to the next. Your best will sometimes be high quality, and other times it will not be as good.*

*Just do your best – in any circumstance of your life. If you always do your best then there is no way you can judge yourself. And if you don't judge yourself there is no way you are going to suffer from guilt, blame, and self-punishment. By always doing your best, you will break a big spell that you have been under.*

*Doing your best, you are going to live your life intensely. When you always do your best, you will take action. Doing your best is taking the action because you love it, not because you're expecting a reward. If you take action just for the sake of doing it, without expecting a reward, you will find that you enjoy every action you do. Rewards will come, but you are not attached to the reward. If we like what we do, if we always do our best, then we are really enjoying life. We are having fun, we don't get bored, and we don't have frustrations.*

*It is not an easy agreement to keep, but this agreement is really going to set you free.*

If you break an agreement, begin again tomorrow, and again the next day. Some day you will discover that you are ruling your life with these Four Agreements. Just live one day at a time and stay in the present moment.

## **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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Enquiries at [speechcraft@parramattatm.org.au](mailto:speechcraft@parramattatm.org.au)