



Parra Natta

Theme

Off the Cuff

Welcome

We are pleased to welcome our guests

- Gordon Chau
- Tom
- Janett Gilchrist
- Julia
- Lucas
- Sean
- Carol
- Amit
- Alex

We look forward to your next visit.

Memorable Comments

1. Cheryl P: "Demian said he is always learning. I've just learnt what is a blog!"
2. Elizabeth W: said, "Oh Michael I see you", after Sam nominated Linda Clark as Parramatta Club Treasurer.
3. Melanie W: "Gary has been memorable to his friends and Toastmasters. Gary has always been there for all of us. Instead of a toast, we will sing a Happy Birthday to Gary, 1, 2,3...."
4. Michelle H: "I'm much shorter now"
6. Peter S: "There s no spirit in sports"
7. Kirisha T: "Sports will keep going ahead until the world explodes"

Meeting No: 1211

Parramatta Toastmasters Club

How to get more out of Table Topics

I'm sure we all started our Toastmaster journey for various reasons. Some joined to conquer the fear of public speaking; to sharpen critical-thinking; to cultivate leadership potential or perhaps to broaden our social circles.

What unites all these goals is a desire to enrich our lives in some way. Yet in this world the road to success, while not sure, is that much easier for the person who can talk effectively in a group situation, especially on impromptu occasions which are most common.

That's why the 'Table Topics' portion is regular part of Toastmasters. It provides you with the opportunity to;

- Present your thoughts clearly & convincingly with only a few seconds of preparation
- Learn to listen constructively & to think flexibly
- Focus on one subject and perhaps more importantly, to trust yourself

Here are some suggestions on how to talk without preparation on virtually any subject;

- **Use an outline** to structure your response. For example: state your point of view on the topic and then justify it with some specific reasons
- **Avoid apologies** or comments like, "I don't have a clue."
- **Need time to think?** Start by greeting the audience, use an opening statement or repeat the question
- **Stay informed.** Be familiar with current issues in the community, new trends, the latest movies, plays and books.
- **Listen to others.** Pay attention to others when they speak. This may provide you ideas and examples that you can use
- **Use your imagination.** At Toastmasters, you develop the necessary skills to think on your feet. Listen to your gut and follow that train of thought
- **Structure your response.** While you may not know the exact answer to the question, you probably have enough information, thoughts and opinions to form an outline to structure



your response

- **Slow it down!** Take a deep breath and speak slowly and clearly
- **Practice.** Grab every opportunity you've to speak in an impromptu situation

Table Topics session at Toastmasters allow its participants to grow while enjoying the camaraderie and gentle humour of its fellow members. Everyone's in the same boat; we all want to have the ability to think faster and speak better. Table Topics may begin to feel like a game, but it's one in which the prize you take away is truly fabulous—a new set of skills to get you through your day!

Good luck and ensure you enjoy your table topics.

Rituals before Contest

1. David G: Drink Red Bull, listen to contest playlist, wears his lucky cuff links and contest underwear (for the Table Topics contest, David said he had his Table Topics underwear on, which is different from his Humorous contest underwear)
2. Monique T: Drink alcohol, have no food and buy new dress (Monique said if you are going to stand up in front of a crowd you want confidence and a new dress will give you confidence)

Award Winners

Table Topics Contest

- 1st—David Griffiths
2nd - Sam Ekinici
3rd—Suzanne Berkeley

Best Speech

Jeeven Jayanathan
Ron Marriott

Best Evaluator

Kim Gosper
Linda Snalam

Find us on



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Table Topics Contest

The table topics contest started without any glitches with Michael Said as the contest chairman.

He explained what table topics were for our attending guests and gave a short briefing before he introduced the chief judge, Area 13 Governor Wendy Nielsen to take the judges through the rules of judging a table topics contest.

Michael took back control of the contest, checked with the sergeants-at-arms, timers and counters; that they were ready before he asked the first contestant the question " If it wasn't at Toastmasters, I..."

Nirish Shakya said that he wouldn't be here because Toastmasters gives us the opportunity to present to an audience .

Tick tock, times up! A few seconds of thought and a minute of speech later, I'm back at my seat and my heart is still racing—as though my heart was going to pop out and land on the lap of the person in front of me. That is how I felt after my first table topics speech.

After continuous practice, I still feel a quiver under my skin every time I'm asked to share my thoughts on a topic but the difference now is that I secretly crave the opportunity to practice my impromptu speaking.

It didn't take long for an opportunity to present itself in the form of a contest.

After weeks of contemplating whether to participate or not, I decided to

David Griffiths said he will be at home seating in front of his TV and watching Le Tour.

Melanie Wilson said that she would be in a shell if it wasn't for Toastmasters.

Monique Tonna said that she would totally be at a pub on Thursday nights as she reminiscence her college days.

Michelle Hunt told us that she would have had her book written by now.

Christine Pizzuti said that she would be the same person she was 16 months ago.

Sam Ekinici got us thinking about the desire inside of us for joining Toastmasters, which he related it to being either pain or pleasure.

take a leap of faith and have a fair go.

The anticipation of the day arriving was dreadful as days turn into weeks and hours into days—but the day did finally arrive.

After our briefing, we drew for places, secretly hoping for speaker one position, I drew the ninth speaking slot.

The contestants steadily disappeared behind the opaque glass door as the chairman announced the start of the contest.

After waiting patiently, my turn finally arrived. I was escorted into the room or what I secretly thought as the 'slaughter house'.

Tick tock, times up! I finally did it! I've taken the plunge of trying out at

Suzanne Berkeley said that she wouldn't been able to go into car showrooms like (Jaguar) to test drive their most expensive cars.

Pam McDonald said that she would be living a high flashy life.

Steven Cox told us that if it wasn't for Toastmasters he wouldn't have thought of so many weird concepts for his speeches.



From left to right: 3rd place, Suzanne Berkeley, 1st place, David Griffiths, Area 13 Governor, Wendy Nielsen and 2nd place, Sam Ekinici

Confessions of a Table Topics Newbie—by Pam McDonald

my first Table Topics contest. The competition was fierce but I believe I took a giant leap in my public speaking journey.

There was no doubt that I felt I wasn't ready but at least I know for certain that I want to excel my public speaking skills especially in the impromptu speaking arena. I eagerly wait for my next Table Topics question.

Join Us For Our Up Coming Meeting

2 August 2012 — Nature vs. Technology