



Parra Natta

Theme

Too much of a good thing

Welcome

We are pleased to welcome our guests

- Varvn Vaga
- Ja'nae Stewart
- Natasha Chan
- Michael Li
- Bi Wu
- Philipp Schluter

We look forward to your next visit.

Would you like to speak to a member about Parramatta Toastmasters?

Michael Said, the club's Vice-President of Membership is more than happy to take your calls or emails about attending a club meeting or general enquiries about the club

Mobile:
04 19 522 949

Email
VPM@parramattatm.org.au
or Michael Said Email

Frivolous Motion
by Elizabeth Wilson

“That the frivolous motion be restricted to members without advance awards (eg: ACB, ALB and etc...)”

The motion was voted against by the club.

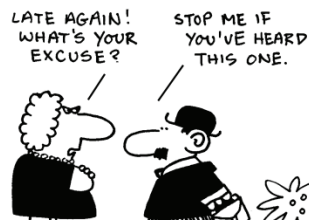
Contact
Do you have goals that you would like to achieve?
Contact Kirisha, VPE to discuss your targets at
VPE@parramattatm.org.au

Meeting No: 1224

Parramatta Toastmasters Club 2274

The first meeting in 2013

‘Happy New Year and Welcome Back to our first meeting in 2013,’ said our president in her opening speech. Linda S continued by apologising for tardiness of the meeting as perhaps we all had *too much of a good thing* over the holiday season.



Our Chairman 1, Lyndal T said it has always been her goal to achieve too much of a good thing during New Year Eve (NYE). One of that goal is to be on a boat on in the harbour which she achieved just recently. She knew she had too much of a good thing because when she went to the ATM to withdraw some cash the next day, she produced her drivers license instead of her ATM card.



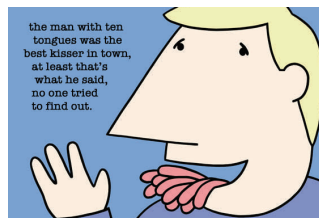
During his assignment Kim G, told the club that he was very excited to get the welcome assign-

ment because it reminded him of his first visit to the club and was warmly welcomed by our members, which coincidentally was the first meeting in 2011.

Tom C, shared a reflection he had during Christmas break, which according to him, ‘We can not have enough of.’ He told of the generosity of our SES volunteers giving up their time over the holiday season as he gave his toast.



Next was our Table Topics master, Michelle H, who creatively crafted 10 questions with the theme of the night.



Melanie W was excited to present her evaluation for the even numbered speakers of the night because she had the opportunity to evaluate

both of her grandparents at once.



The business session was conducted by a 3rd time veteran John B, who was well prepared. He told the newsletter editor that although it was a slightly tough and a scary group tonight; he secretly loved the challenge and the opportunity to grow and learn from the business session.



General Evaluator, Malkit B gave a well-rounded presentation about the first half of the meeting and our Parliamentarian, Suzanne B gave the Chairman 2 some great recommendations on controlling the crowd during a business session.



Have you heard that you need to practice your presentation? If you don't think you have the time to practice your next speech, read on.

Below is a practical guide by Dr. Mazur on how to practice for your next presentation in 10 minutes a day.

Step 1: Practice starts with conceptualisation

As soon as you start outlining or formulating your speech, you are beginning the process of practicing. You are putting thought and intention behind what you want to say.

The writing process is the base of your practice. Think about one thing you want the audience to remember from each of your main points.

Begin to think about how you want to transition from point-to-point. Write these transitions down. You'll find them useful later in the process.

Step 2: Take the pressure off - don't memorise

Trying to memorise your presentation puts a lot of pressure on you to get it right.

Dr Mazur advice is : Don't memorize - internalise, which means knowing exactly where you are going in the presentation. You have an excellent handle on the points, you know what comes next because you thought about the transitions, and you know your stories. Added bonus: Instead of sounding like a robot trying to reading from a script, you'll keep the presentation more conversational.

Step 3: Chunk your presentation

No matter how long your speech is, you do NOT have to practice your presentation all at once.

Break-up your presentation in small bite-size chunks. Divide it up by introduction, each main point, and your conclusion. If it is a longer presentation, break the body of the speech down into its sub-points.

It's easier and more effective to practice for 10 minutes then it is to practice for 30 or 60 minutes straight.

Think of this as portion control for practicing your speech. It makes practice less daunting.

Step 4: Find small chunks of time to practice

Start finding pockets of time for small presentation practice sessions such as the drive to and from work.

There's all kinds of time to rehearse when you don't have to find a huge chunk of time!

A word of caution: Don't always start practicing from the beginning.

You need to know your introduction well however, don't always start your rehearsals at the beginning. Every time you are practicing think about which part of the presentation is the most difficult for you? Which part of the speech have you not practiced yet? Start there!

Step 5: Practice Pointers on the run-up to your presentation

Here are some pointers to maximise your practice time so you will hit a home run with that big speech.

1. Present out loud - Say your speech out loud to know how it sounds, where transitions are rocky, and to discover any points or stories that don't fit.

2. Time your practice sessions - No audience wants to sit through a longer presentation. Start cutting material even if you are going over-

time by 1 minute in your practice sessions.

3. Present standing up - Allows you to practice your gestures and how you will move on stage.

Step 6: Practice pointers the day before your presentation

Here are several pointers for how you should approach practicing the night before or the day of your big speech.

1. Practice in the clothes you are going to wear - You want to be comfortable in the clothes that you present in. Too tight or ill fitting clothes won't give you the confidence you want when you take the stage.

2. See where you are presenting - It will better prepare you to do well and also test the technology in the room.

3. Do a complete run through - Be sure to time it. Remember, it is always better to end a presentation early than go over your allotted time.

4. Test your technology - Make sure the equipment in the room you are using works.

As a speaker, you want to give your audience the very best. A well-rehearsed and practiced presentation shows your audience that you cared enough about them and your message to prepare.

Lastly, give the audience a big smile. It will make you feel more confident too!

About Dr. Michelle Mazur

"My core belief that through speaking your passion, you can change the world or at the very least your part of the world". More information on Dr. Mazur, [click here](#)

Memorable Comments

1. Linda Said: 'Too much laughter is not too much of a good thing.'
2. Gary W: 'Sex, drugs and Rock 'n' Roll is something you hear about but not with normal people.'
3. Michael S: 'I'm drawing so many lines in the sand that I'm getting blisters on my fingers.'
4. Kim G: 'This time last year, I was a first time visitor.'
5. Linda Said: 'Sucking up hot melting chocolate is really really yummy.'

Award Winners

Best Table Topics

Tom Cummins

Best Speech

Alicia Denis

Best Evaluator

Gary Wilson

The Mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self-confidence and personal growth.

Find us on



Contact

To share any exciting news or to submit an article for Parra Natta, contact Jeeven Jayanathan VPPR vppr@parramattatm.org.au



Announcements

Toastmasters International 1 + 1 Campaign

A month has passed since the 1+1 membership building program was launched. So far, 149 members from around the globe participated and are helping their friends become better communicators and leaders.

As a member of a distinguish club, we are sure you have benefited from being part of Toastmasters and would like you to encourage friends, colleagues and family to share your experiences.

Visit www.toastmasters.org/1plus1 to learn how you can participate and be recognised for encouraging your friends and family to become part of Toastmasters.



Nominate an Outstanding Leader for Presidents Citation Award

Each year, the International President chooses several Presidential Citation recipients and presents each with an award during the International Convention. Current Parramatta members who have received these awards in the past are Gary and Elizabeth Wilson.



If you know an outstanding Toastmaster who has made significant contributions to a club, district or the organization, please visit www.toastmasters.org/PresidentialCitation and nominate the member using the Presidential Citation Nomination template. The deadline is **30 April**.

Leadership Training Calendar

As mentioned in Linda's president report, the following dates are upcoming leadership training within the Western Division. Members, who are not part of the executive can also attend and are encouraged to participate.

When	Where	Time	Details
13 Jan 13	Bankstown Sports Club	1-4pm	For potential club executive leaders
10 Feb 13	Parramatta Workers Club	1-4pm	Club Officers Training
24 Feb 13	Bankstown Sports Club	1-4pm	Club Officers Training

Some Quick Humour—by Larfmaster Linda Said

1. How did the dentist become a brain surgeon?
A: When his drill slipped
2. How do you tickle a rich girl?
A: Say 'Gucci, Gucci, Gucci'
3. What are tired Army clothing?
A: Fatigues
4. What colour is a belch?
A: Burple
5. What did Tarzan say to his wife?
A: It's a jungle out there
6. What did the alien dandelion say to the earth dandelion?
A: Take me to your weeder
7. What do you call a cow with no legs?
A: Ground beef

Join Us For Our Next Meeting

17 January 2012—Room for Improvement