



Parra Natta

Meeting No: 1228

Parramatta Toastmasters Club 2274

Theme

Beauty, Brains or Brawn

Welcome

We are pleased to welcome our guests

- Tanuja Jayasinghe
- Su Ging Lin
- Melanie Tucker
- Li Hua
- Rudolph Wirawan
- Clare Walker
- Guna Thiukor
- Tau Dirckze
- Kumi Matsunobo

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

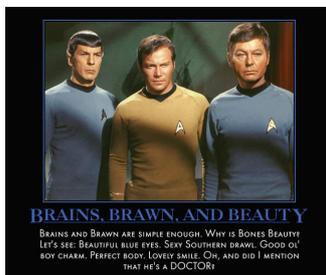
Contact

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

The Meeting of Beauties, Brainiacs & Steroid-Ripped Gym Junkies

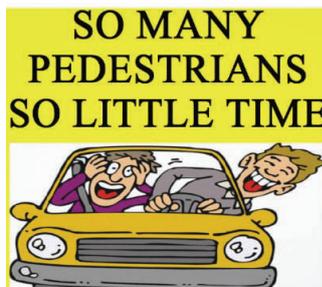
President Linda S in her opening speech said that she would like a mix of 'Beauty, Brains and Brawn' as it would sit comfortably with her before she introduced our VPE to conduct the program changes.

Our first time chairman, Tom C, took on this role with confidence as he gave a personal story relating to the theme. He said, 'I've 4 children. My eldest is extremely smart; he just finished The Hobbit and wants to read the Lord of the Rings. My second one is an absolute charm; a Casanova for all ages—he has a charm for everybody. My third; he is one. Most at this age climb out of their cot, but he started climbing roofs—beautiful brawn little boy and my fourth is my daughter and she has all the beauty.'

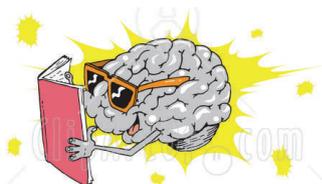


Michael S came up to give his point of view on 'It is never you and it's always someone else'. He said that he believes that too and that he is a good driver even though

he once had 27 points taken away at one time. However when he reflected on the stories he shared, he said that we may not be as good a driver as we think and should be considerate of others on the road.



Alicia D came up to propose a toast to 'Brains'. She said that we all have a brain—it can be trained and have the ability to learn if we are willing.



Wendy N, presented her table topics questions around the theme of the night. She creatively constructed each question to be answered from a point of view as a person with beauty, a person with brains and a person who is steroid-ripped gym junkie.

Natasha C, the Table Topics winner of the night really got into the character of Kath (from

Kath & Kim) as she explained the costume she would wear to attend the party.

Monique T, presented her 'Getting To Know You' assignment by interviewing Natasha C. We learnt that Natasha recent holiday was to America, she lived in Russia voluntarily for quite a while and her hidden talent is wishing that she is a superb cook.

Our General Evaluator, David G gave a well rounded evaluation of the first half with great humour. Commenting on the Chairman 1, he said 'That is clear and smooth but a mildly sucky opening but in fact quite engaging'.

For the second half, our larfmaster came up and presented several short jokes but walked away with limited laughs.

Then it was the prepared speech assignments. Our speech winner for the night said he was confused when the immigration officer asked him, 'How you goin mate?' when he first arrived to Australia in his speech 'My Struggle with Words'. He said he responded with, 'I'm not going any where but I would like to come into Australia'.

Ever wonder what makes some speaker super successful? Have you ever sat in an audience in awe of a speaker and pondered "How did they do that?" The answer is through a lot of work.

There are some people out there who are natural gifted at speaking, but most of us have to work really hard at it.



Are you a naturally gifted speaker? I'm not!

Below is a guide by Dr. Mazur on how she got better through speaking more and observing the habits of successful speakers.

Habit #1: A clear goal for your presentation

One of the most effective habits of presentations is to "begin with the end in mind".

Dr. Mazur implored us to answer the question "**What's your presentation destination?**"

The bottom line is that you need a clear goal for your presentation. One goal for what you want your audience to know, feel or do immediately after the presentation.

Here's a tip: Summarise your goal in one declarative sentence. If you've got a run-on sentence going on, it's time to revise.

Habit #2: Prepare early & often

As soon as you know you are speaking, it is time to start preparing. If preparation means opening PowerPoint or Word, think again.

Nancy Duarte recommends storyboarding your speech on Post-It notes. Brainstorm your points and sub-point. Write them on Post-Its. Put those on a wall then you can easily reorganise your speech or crumple and toss into the recycle bin points that don't fit your goal.

This process needs to start early. Speech preparation is an iterative process.

Habit #3: Find stories everywhere

Audiences LOVE stories. Stories engage an audience and help them relate the content to their own life. Successful speakers are always looking for stories and know that stories don't have to be extraordinary. Best stories come from an ordinary experience.

Friend and fellow Toastmaster, Dennis O'Cain, gave a speech about his cable not working and his smart phone breaking down. Sounds boring, right? It was anything but boring. The story was told with passion, drama and frustration. More importantly, there was an extraordinary lesson from this ordinary experience about our lifelines to the world aren't technology but the people who love us.

Stories are everywhere. Successful speakers are always on the look out to find them.



Habit #4: Involve your audience

Audiences want interaction during the presentations. They want to feel involved. Ask them questions that make them think. No matter what your presentation topic think strategically about how to involve your audience more in your speech.

For the love of all good things, avoid the **me, me, me introduction**. No one cares about you – they care about how your information will serve them.

Habit #5: Always respect the time limit

Stop going over time. It's disrespectful of your audiences time and attention.

In your preparing process, aim to end early. That way if there are questions during the presentation,

you have time to answer and still end on time.

Habit #6: Show up early

Successful speakers show up to the venue early. You can test the technology and make sure everything is working. If it is not, you can get it fix or go to your plan B (you should always have a plan B when it comes to technology).

The other benefits of showing up early is that you can check the **emotional vibe of the room**.

Are people tired? Are they chatty and happy? What's the energy like? Showing up early also let's your work the room. You'll meet the audience members, make personal connection that allow you to engage with your audience on a deeper level when you are on the stage.

Habit #7: Practice your bootie off

Clear goal + solid preparation + practicing = presentation success.

You need to practice your presentation – out loud, in the car, on a boat or in a moat. Visualise your speech. Make the time to practice and know you can't wing it.

Successful speakers know that speaking is hard work. There's no shortcut to success. Share your message. Put your hand-up for any speaking opportunity that comes your way and speak as often as you can.



About Dr. Michelle Mazur

Speech Coach and Presentation Skills Trainer Dr. Michelle Mazur guides driven-to-succeed business professionals and independent business owners to ignite the smouldering fire within to speak up, speak out and make their impact – one compelling presentation at a time. Michelle is also a mom to two cats, '80's lover, punk rock idealist and Anglophile. More information on Dr. Mazur, [click here](#)

Memorable Comments

1. Alicia D: 'I've nothing against beautiful people, I actually admire them.'
2. Cheryl P: 'Back in my days all we had was wooden spoons and I can assure you it worked.'
3. Elaine A: 'I want to be a conduit of information. Give me a microphone and here me speak.'
4. Tom C: 'My wife often ask if I learnt anything. Tonight I learned how to get out of a speeding ticket & play dress up for a costume party.'

Award Winners

Best Table Topics

Natasha Chan

Best Speech

Nirish Shakya

Best Evaluator

Linda Said

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

Parramatta Toastmasters to Compete in Division Contest

Great News Parramatta; our very own David Griffiths and Alicia Denis, came first place in the International Speech and Evaluation Contest (respectively) at the Area 13 contests over the weekend.

There was a contingent of 18 Parramatta members and 1 speechcrafter present to support our members to victory. If you haven't heard David's 'The Other F Word' speech or haven't had enough of Alicia's polished and skillful evaluation, come and support them at the Western Division Contest on 23 March 2013 at Parramatta Workers Club. For more details visit 'What's On' section on D70 [website](#).



Area 13 International Speech Winner: David Griffiths

with Area 13 Governor, Wendy Nielsen and Western Division Governor, Glenn D'Cruz



Area 13 Winners David Griffiths & Alicia Denis showing off their trophies



Area 13 Evaluation Contest Winner: Alicia Denis

with Area 13 Governor, Wendy Nielsen and Western Division Governor, Glenn D'Cruz

Board of Directors Meeting—from Toastmasters International

The Board of Directors met February 22-23 in Southern California.

The Board held its first in-person meeting after the International Convention in August last year. Since that time, the Board's committees have met virtually, focusing on topics that support the 2010 Strategic Plan. These virtual meetings have saved time and travel expenses.

This year's February Board meeting schedule has been reduced to two days.

Results of the discussions is now posted on the [Toastmasters International website](#) rather than at a public board briefing or through streaming video, as was done in the past.

Toastmasters International 1 + 1 Campaign

Months has passed since the 1+1 membership building program was launched. Marketing materials to support the 1+1 program are now available for all members to download at www.toastmasters.org/1plus1.

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.



Join Us For Our Next Meeting

7 March 2013—Effective Communication