



# PARRA NATTA

Newsletter of Parramatta Toastmasters Club No 2274, Area 13, Western Division, Dist.70

## Meeting no 1252

2 Jan 2014

### THEME

'Summer Fun'

### AWARDS

#### Best Speech

Mrinal Sarkar

#### Best Table Topic

Ron Marriott

#### Best Evaluation

Robyn Peck

### WELCOME VISITORS

Stella Meadows

Mark & Maureen

Remtray

Sama Mohammad

Andrew Tosti

Kumi Matsunobo

### The Mission

of a Toastmasters club is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

### Contact

To share any exciting news or to submit an article for Parra Natta, contact:

**Malkit Banwait**

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## 'Summer Fun'



While most of Sydney was still busy celebrating the New Year, Parramatta TM Club was holding it's first meeting of the year on 2 Jan. And what a lively meeting with 6 visitors, an action packed agenda and 5 manual speeches. Just goes to show that when it comes to improving our Communication & Leadership skills, we at Parramatta TM do not waste any time!

This meeting was also special for TMs **Steven** and **Mrinal** who presented their 10th and final speeches to earn the Competent Communicator Awards. **Congratulations & Well Done** guys and now get ready for Advanced Communication program.



*Mrinal having a chuckle with his 10th Speech*

With everyone prepared on the meeting theme, **Alicia** kicked off the meeting by her Point of View on 'Something about Summer'. She reminded us about the importance of protecting our skin by application of Sun Cream. A good Sun Tan is no longer a sign of being healthy.

In **Wendy's** movie review of the Lord of the Rings, we learnt that apart from the fantastic photography, **The Hobbit** is actually no 2 in a series of 6, with installments 3,4 & 5 already been screened years ago. Looks like George Lucas, creator of Star Wars sequels, is not the only one who can't count!



*Our new Sargent-at-Arms Desiree presenting Best Table Topics Award to Ron.*

The toast by **Malkit** was to 'Good Health'. After all, what is the point of setting new goals when you don't have the good health to enjoy them. He gave three tips for a long & healthy life; Good Nutrition, Exercise and Meditation, to which everyone happily toasted in agreement.

Table Topics by **Tom Woods** was on New Year's theme and ranged from 'Are you a Giver or Receiver of Gifts?', 'Tips for Losing Weight' to 'My Favourite Place to Celebrate NYE'. A perfect balance of challenging but not too hard topics. Ron walked off with the best TT on 'My NY Resolution'.



With **Ian Chick** as the TM for the night, **Rudolph** began the prepared speeches segment with **'Connecting The Dots'**. It was only his 2nd CC speech but already he was using the projector as a prop. A challenging task, even for experienced TMs. And **Robyn's** subsequent evaluation of his speech was so comprehensive and structured that she won the Best Evaluation Award. Well Done.

**Desiree** was also presenting her 2nd CC speech titled **'Count Your Blessings'**. What would you do if your car brakes failed at high speed? Desiree told us a story of a real life incidence that happened 36 years ago. A scary story of the brakes on her 'Jag' failing at 70km. She screamed **'God Help Us'** as the car crashed and left the road. She and her passenger were lucky to be alive, just like another similar incidence. She closed her speech telling us to 'count our blessings' whenever we feel down. Clearly Desiree is a natural story teller as we discovered.

Another speaker giving technology & the projector a good workout was **Steven** with his 10th CC speech **'Power, Performance & Integrity'**.



He showed us how to use Power in fulfilling our dreams and goals.

For example, it took him a long time to realize that true power is **'Doing what others expect you to do, even if you haven't said you would do it'**. Try it, he encouraged us!

**Mrinal's** 10th CC speech was **'My Journey So Far'**. He took us on his wonderful TM journey starting in Oct 2010 as a visitor to the Club. How he was scared stiff when asked to speak 'at the visitor's comments'. How 'Speech-Craft' helped him immensely; for him it should be renamed 'Life-Craft'. He initially joined to improve his job prospects but subsequently discovered there were many more opportunities and benefits in the Club especially in giving.



**Mrinal's Evaluator Ian**

**DTM Ian Chick** was so impressed with Mrinal's speech that he asked him if he could join him on a Promotional Tour of Dist70 clubs. I'm not sure that **Ian** can afford him, especially now after winning the Best Speech of the night Award!

In his AC speech **'Cloaking your Device'** **John New** began by asking us to imagine that we meet a total stranger and then we give him all our personal details, bank a/c no, TFN, etc. etc. Scary stuff! But that's exactly what we do everyday when we surf the internet. He then went on to give us three practical tips on how to avoid this nightmare scenario by **'Hiding our Device, Hiding our Identity and Hiding our Data'**. Every-



one left the meeting a wiser (and richer) person with no more surprises the next time we use our PC.



**General Evaluator Kirisha in Action**

During Visitor's comments, TM **Stella Meadows**, our visitor from London, said that what she liked most about our meeting was the Professionalism of the club and the well structured evaluations. Thank you Stella for your kind feedback. This is also echoed elsewhere on the Club's Blog and is a dedication to all the hard work by club members and Exec committee in putting together an excellent agenda each & every meeting. Well Done everyone.

### And on a Lighter Note!



**"You're not allowed to use the sprinkler system to keep your audience awake."**

# 'WHY I LOVE TOASTMASTERS'

By Wendy P. Nielsen,



## It's the first day of the New Year.

a time to reflect, relax and plan. And being such a devout Toastmaster, my Toastmaster life is certainly a part of this time of introspection.

As I look back over the last 12 months, I think of the memorable moments at Parramatta Toastmasters. Who can forget the frivolous motions, the icebreakers of new members, and the big kahuna event of the Christmas meeting only a couple of weeks ago? What makes Parramatta Toastmasters so successful – with so many memories made every meeting? I think it's a mixture – of the people, the individual commit-

ment, and the desire to be more.

Isn't it fabulous to watch new members grow and develop? To see individual confidence and skill levels increase as time progresses. I find it particularly inspiring to see members trying new roles for the first time – to see a particular interpretation of a particular assignment is. And knowing that even if they are as nervous as anything, all they receive is encouragement and support as they practice a new skill, and helpful feedback to assist in their development.

Many members of Parramatta Toastmasters have been members for many years. I've been a member since 1 October 2008. And as I've practice skills, been so nervous when stepping out of my comfort zone that I actually feel sick, I have always felt an acceptance and desire from the other members to do nothing but my best – no matter what

that is at the time. So a community feeling is created – with members working towards a mutual goal of Self betterment.

What could be a better use of your time, than to be with a group of friends all wanting you to be the best version of yourself that you can be? And the opportunity to give back to others – to encourage others, and learn skills that are transferred into your personal and work life?

So, what about this year? For me it's going to be a year of consolidating skills learnt at Toastmasters (having a wedding to plan), the art of leadership, delegation, and remaining cool under pressure.

What about you? What do you want to achieve this year? Is it another educational goal, learn specific speaking or leadership skills? Just remember – the Toastmaster community is there to support and help you. Anything you need is but a question away. **And THAT is why I love Toastmasters!**

## For Your Diary

16 Jan 2014

Club Evaluation Contest

### Club Executive Officers for 2013/2014

**President:** Alicia Denis    **VPE:** Ian Lipski    **VPM:** Monique Tonna    **VPPR:** Malkit Banwait    **Treasurer:** Tom Cummins  
**Secretary:** Mrinal Sarkar    **Sergeant-At-Arms:** Desiree Eddigehausen    **Webmaster:** Gary Wilson  
**Speechcraft Liaison Officer:** Tom Woods    **Executive Support Officers:** Melanie Wilson, Natasha Chan,

Join us for our Next Club Meeting with Speech Evaluation Contest on 16 Jan 2014



PARRAMATTA TOASTMASTERS CLUB

WHERE LEADERS ARE MADE