



# PARRA NATTA

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

Meeting no 1264

5 June 2014

## THEME

*'The Good, The Bad  
And ....'*

## AWARDS

- ◆ **Best Speech**  
Demian Coorey
- ◆ **Best Table Topic**  
David Griffiths
- ◆ **Best Evaluator**  
Tom Woods

## WELCOME VISITORS

Larissa Dyson,  
Nitin Kundap  
Michael Tong  
Mandhar Hinge  
Tom

## 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.

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Malkit Banwait (VPPR)

## Publisher

Alicia Denis (President)

## Contact

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

## Malkit Banwait

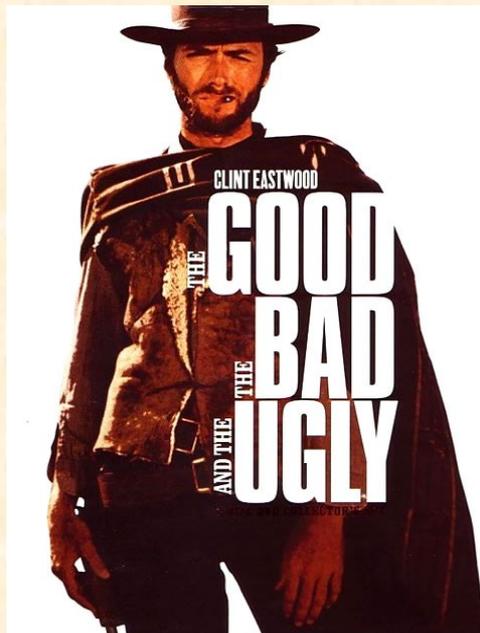
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# A Toast to Past Presidents

In 1966, blockbuster western 'The Good, the Bad and the Ugly, catapulted Clint Eastwood to movie stardom, and he never looked back!

48 years later, we had our own 'The Good, The Bad and ...' theme meeting. Although no new Hollywood stars were born on the night, it did bring out the best in our member's creativity and speaking skills, with fun & entertainment thrown in for free.



Our Chairman<sup>1</sup> for the first time **Dave Gane**, fired the first shot and got the meeting to a cracking start. After newest member **Kinnar Shah** warmly welcomed our five guests, **Ian Lipski's Point of View** took us on memory lane of movie theaters. He recalled how they have changed from his school days, when he watched 'The Good, The Bad & The Ugly' in a dingy theatre with small seats. Today we have super-duper Gold Class, 3D Screens, Comfy Relining Seats plus Wine & Dine. Ian's movie tip: Tuesday is half price for Gold Class, but psst - keep this quiet!

Toast by David Griffiths was to 'The Past Presidents of Parramatta TM Club'.

It was inspirational, motivational and especially appropriate, since this was the last full club meeting with the current executive led by President **Alicia**.

David reminded us that our Club has had 44 members, including **Alicia**, serve as President. With five having served multiple times, including **Demian & Michael** twice and **Gary** three times.

Out of 14 who served as Presidents since 2000, all but two are still current and regular members. **The fact that we continue to be one of the largest and consistently attended TM Clubs in the District has come down to the Leadership of our past presidents.**

On a lighter note & keeping to the theme, David concluded 'I'd like to think that we've had vastly more good Presidents than bad. But I'm sorry to say that there have been a few too many ugly!'



**Induction of New Member KARL PEREIRA**

**With mentor Tom and President Alicia .**

# What Happened at Our Last Meeting?



## Demian, Winner of Best Speech, with Acting SAA Wendy

With 'Leadership Lessons That I Learnt', Demian Coorey presented a fascinating final speech for his 'High Performance Leadership' and ALS Award. His project was to develop a new Advanced Manual of five assignments to be used for training by an Advanced Club.

He found that to learn new leadership & communication skills, he had to 'think outside the square' and place tough constraints on himself: 1. Every member of his team would come from the one club. 2. No meetings except the kickoff meeting. 3. He would do no work, everything would be done by others. (All definite signs of a great leader). It was an invaluable lesson in doing something where 'cost is zero yet the problems are real'. Isn't that what Toastmasters is all about?



How does one overcome the fear of swimming, especially if it freaks you out? How about Scuba Diving . . . on one's Honeymoon? That's exactly

what Ron did, or rather his wife planned for him. We learnt from his Inspirational speech 'All Wet' a tale of his trip to Fiji. At school swimming lessons he wasn't even a dolphin or a tadpole.

Even later at high school, his PE teacher took pity on him and gave him a kick board. Moral of his tale: doesn't matter if you have fear of water or jumping from planes or public speaking, challenging yourself is the only way to overcome it.



In his usual energetic & interactive style, Steven Cox gave a dynamic presentation on 'Creativity and Communication' from the Interpersonal Communication Advanced Manual. He demonstrated some useful everyday conversation techniques by initiating a conversation with partner guest speaker Larrisa, who deliberately or otherwise made sure that Steven's skills were tested to the full.

The key to successful conversation, is to ask open ended questions like what, how and why to get people talking openly. His evaluator Malkit, recommended that Steven give the same presentation in a pub or club, and watch how all the girls come after him!

Next speaker Robert T educated us on 'Alzheimer's and Other Diseases', a 'Research your Topic' CC manual speech. We heard a passionate story about his father's struggle with Dementia, caused by Alzheimer's or 'Old Timer's' as dad called it. Dementia is the single greatest cause of disability of older Australians and 3rd cause of disability overall. Around 900,000



## Tom Woods, Winner - Best Evaluation.

Australians will have dementia by 2020. Although ageing is a risk factor, dementia is not a normal part of ageing, since majority of old people do not have the illness. But the good news is that lifestyle plays a major role in prevention. Nutritious diet, physical activities, social engagement and mentally stimulating pursuits all help to minimize the risk. We were pleased to discover that membership of Toastmasters ticks at least two of these boxes.



An Icebreaker doesn't have to be delivered just once. With his 3rd Icebreaker 'A Brief History', we discovered that Peter's surname Steinhour comes from Stein meaning Stone or Rock and Hour meaning worker or carver.

So his ancestors were actually Stonemasons, named after a trade. He described his forefather's journey from their native farming & winemaking homeland in Germany to Mudgee. Which explains why Peter likes his wine & the country lifestyle, such as riding motorbike with his son in the open.

# TO BECOME A MEMBER OR NOT?

## THAT WAS MY QUESTION. By Kumi Matsunobu

### The door of Parramatta Toastmasters Club was open for me.

However, there were walls and holes to overcome before becoming a member. The walls were speaking English correctly and having confidence to speak; and the holes were the times I fell in confidence. They were my obstacles but how could I conquer them?

I live in Parramatta so that's the reason I went to Parramatta Toastmasters. I found the first meeting was exceptional. It was well organised, with a sense of humour & confident speakers.

That made me eager to join the club so from January 2013 I kept attending their meetings as a guest until the end of the year.

During that year, I attended a



Speechcraft course. That course had a very friendly and warm environment so I gained a bit more confidence for public speaking. However, I realized I wasn't good enough to become a member of the Parramatta Club.

Should I move on and push myself or be a guest for life? To aim high is a good habit. I had motivation to improve my communication skills but at the same time I was a master of procrastination.

My free time was a fight between

motivation and procrastination, and most of the time my procrastination won. On the other hand, I wanted to become a good communicator so I decided to hang in there.

This was probably because I had had the experience of failing an accounting exam eight times but finally passed on the ninth try.

In January 2014, at last I became a member of the Parramatta Toastmasters. I'm still trying to climb difficult walls and still falling into holes but warm evaluation and suggestions help me to practice overcoming my weak points and to keep my chin up.

I believe that I can proceed by small steps whenever I attend a meeting so my answer to the question that I asked: 'To become a member or not?' is 'Yes!', and I am proud to be a member.

## For Your Diary

◆ **Thu 19 June 6:30pm: Club Changeover Celebration & Dinner (RSVP already closed).**

◆ **Sun 22 June 1-4pm: Sunday Seminar & Speakers Forum** at Bankstown Sports Club, Greenfield Parade, Bankstown. Another great event to learn more and to deliver a speech to a brand new audience to be evaluated by from outside our Club.

◆ **Thu 17th July - Club Table Topics Contest:** This is a great opportunity to show case your impromptu skills so please let your new VPE Peter Steinhour know if you wish to participate - 0419 615 718.

◆ **8-9 Nov 2014: District 70 Semi-Annual Conference.** At Liverpool Catholic Club more info at: <http://www.d70toastmasters.org.au/district-70/events/>

### 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:** Wendy Nielsen    **Webmaster:** Gary Wilson

**Speechcraft Liaison Officer:** Tom Woods    **Executive Support Officers:** Melanie Wilson,

Join us for Next Club Meeting Thu 19 Jun 2014 Theme 'Changeover Dinner Meeting'



PARRAMATTA TOASTMASTERS CLUB

WHERE LEADERS ARE MADE