



Volume 12  
December 2010

# The Balgowlah Bugle

The Newsletter of Balgowlah RSL Toastmasters Club  
Club Number 2618 in District 70  
Pride of the Peninsula  
[www.brsltm.org.au](http://www.brsltm.org.au)

Fellow members of Balgowlah RSL Toastmasters Club,

You certainly know how to do it in style. Our wonderful new executive team started off by staging a Christmas in July meeting with Christmas cake, champagne and tinsel not to mention the song and dance performance to celebrate the significant birthday of our Tribal Elder Sammi Newman. It is your wonderful spirit of cooperation that distinguishes our club.

The District 70 motto for 2010/2011 is **Challenge to Achieve**. Challenging ourselves means moving out of our comfort zone and trying something new or an assignment at a higher level. With this in mind you have been inspired to try out a novel concept such as Pecha Kucha presentations. Following a demonstration of this 20 slide 20 seconds per slide presentation, six speakers stepped up to the mark and delighted their audience with a very successful Pecha Kucha evening.

You also met the challenge of conducting every assignment at designated meetings using the recently purchased microphone. The stimulating themes devised by our VPE, Penny Farrant, inspired you to deliver a wide range of most interesting speeches from persuading someone to drop the tomahawk to a humorous account of the nail-biting, cliff-hanging action of a women's soccer team grand final. The themes for 2011 are listed further on in this copy of the Balgowlah Bugle newsletter.

If we are to challenge ourselves we also need support along the way. The club motto for the year is **Support to Achieve** and this has been our guiding light so far. As members, you have been surveyed to ascertain what you want by way of mentoring and as a result a new Mentoring Policy has been introduced. A 45 page Assignment Guide has also been developed and a copy given to each member.

At the fun-packed Humorous Speech Contest Stephen Trindall and John Wilson gained places and Sammi Newman went on to represent the club in the Area Contest. The Table Topics Contest also presented plenty of laughs with Nick Procter in first place and Michael Mahoney in second place.

The club is making good progress in the Distinguished Club Program. We hope once more to gain President's Club Status this year for the 9th consecutive year. A well deserved thanks to our executive team for your contribution and to all of you who have worked together to make each of our meetings for the past 6 months an enjoyable challenging experience.

Congratulations to our dedicated Jan Vecchio, who followed up being District 70 Toastmaster of the Year for 2009 by being elected this year as Lt. Governor Marketing.

Best wishes for the coming year,  
DIANA ILES

## PROGRESS OF THE DISTINGUISHED CLUB PROGRAM

Each Toastmasters Club is encouraged to strive to achieve at least 5 of the following 10 goals.

Clubs that meet the membership requirement of at least 20 members and also achieve the following goals are eligible for Toastmasters International recognition at year end.

Achieve 5 of 10 goals Distinguished Club

Achieve 7 of 10 goals Select Distinguished club

**Achieve 9 of 10 goals President's Distinguished Club**

Balgowlah RSL Toastmasters has had a wonderful achievement in gaining 10 goals and the President's Distinguished Club Award for the past 8 consecutive years and we are well on the way to making it 9 consecutive years. The Club has currently completed 4 of the 10 goals.

GOAL	PROGRESS	Notes
1. Two Competent Communicator Awards		Planned Wayne Houghton, Greg Hayes
2. Two more Competent Communicator Awards		Planned Nick Procter, Penny Farrant, Michael Mahoney
3. One Advanced Communicator Bronze/ Silver or Gold Award	✓	ACB lodged July 2010 - Jan Vecchio
4. One more Advanced Communicator Bronze/ Silver or Gold Award	✓	ACB lodged Nov 2010 - John Stevenson
5. One Competent leader, Advanced Leader or Distinguished Toastmaster Award	✓	CL lodged Oct 2010 – Jan Vecchio
6. One more Competent leader, Advanced Leader or Distinguished Toastmaster Award		ALS Planned Diana Iles
7. Four new members	50%	Bozica Djukic, Linda Symthe
8. Four more new members		
9. Minimum of four club officers trained during each of two training periods	50%	Half Completed
10. One semi-annual membership report and one club officer list submitted on time	✓	Completed

## Turning the tables on Table Topics – hints for impromptu speaking

When YOU speak or make a comment at a work, club or public meeting, do other people stop and listen? Or do you appear to be uncomfortable or disorganised when put on the spot?

Impromptu speaking skills are useful in many situations and Table Topics sessions provide a fun way to learn and improve these skills.

The Table Topics session gives everyone a chance to speak at a Toastmasters meeting. So, be prepared to be chosen, whether you've had a speaking role assigned or not. And yes, there are some ways that you can prepare. Be ready to take on the task. Learn some simple speech structure formulas. Think ahead about the theme for the meeting. Keep a collection of topics that you like to talk about. Or practise regularly with random topics, chosen say from the Yellow Pages.

An impromptu speech is often more pleasurable for the listener than a prepared speech because it is more conversational. Like a prepared speech, however, an impromptu speech should keep to a single topic and should follow a definite structure. It can be delivered to a 'formula', e.g. introduction-body-conclusion; point-reason-example-point (the 'PREP' method); past-present-future; or who-what-where-when-why.

Taking the first 'formula' as an example, the speaker introduces their topic or point, presents two or three points or personal anecdotes to illustrate the topic or point, and concludes by issuing a challenge or an invitation.

Here are some techniques that might help beginners:

- Take your time to stand up and move around behind your chair (don't hold on to it!)
- Take a deep breath and relax
- Smile and look like you're having fun, put energy into it and make eye contact
- Ask the TT Master to repeat the question
- Thank the TT Master for that particular question
- Turn an apology into something positive – e.g. instead of 'I'm not very good at this', say something like 'This is my favourite part of the meeting'
- If your mind's gone blank, don't give up – segue from the topic and talk about something entirely different, or use your imagination, make something up, tell a joke, speak gibberish
- A minute might seem long (the speech actually needs to be between 45 seconds and 1 min 15 seconds) but practising at home will help set your internal clock

This may all sound rather daunting. While the aim is to be able to think on your feet, develop a mini-speech in moments, and deliver it with energy, remember that this is usually only achieved with practice. Don't expect to be perfect! Give it a go and each time you will do a little bit better. Eventually you will be able to deliver a clear, concise and convincing mini-speech – and people will want to listen to YOU.

Penny Farrant  
VPE Balgowlah RSL Toastmasters

## Speechcraft Update

Balgowlah Toastmasters RSL will be running their next Speechcraft course in 2011. The course will run for 6 consecutive weeks beginning 15 Feb through until 23 March. Nick Procter will be the Speechcraft course coordinator to be assisted by Greg Hayes as the speechcraft liaison officer and of course Pauline Gilchrist who will assist both Nick and Greg.

Speechcraft courses remain extremely important to the club. The courses are a great chance to display the toastmaster programme that we all believe in and demonstrate what a supportive and professional club we are. More importantly they provide the attendees with an opportunity to accelerate the growth of their public speaking because they get to speak in multiple roles every week for 6 weeks.

Finally, club members, it provides an excellent opportunity for you to grow. There is an opportunity to give an educational. There is an opportunity every week to assist with evaluations and most importantly mentoring and supporting the attendees. We encourage all of you to take the time to be part of the speechcraft course in whichever way you can.

Nick Procter  
Vice President Membership

# Melbourne Cup Night



Members' true colours (racing of course) were revealed at Monday night's pre Melbourne Cup meeting. All starters were raring at the bit to have their say. First out of the gate in the Table Topics Stakes, closely monitored by Galloping Gav, was Prudent Penny closely followed by Rampaging Robert and Marauding Michael. Hot on their heels came Brave hearted Bozica. At the turn leading by three lengths was Winning Wayne, the hot favourite out of the Oracle stable, and bringing up the rear was Can-Do Callaghan.

Neck and neck with the leader was Jaunty Jan with Breakaway Bernard coming up on the rails. But then down the straight thundered Storming Stevenson closely followed by Peerless Patrick and Can-Do Callaghan. As they neared the finishing line Can-Do Callaghan made a run for it and streaked across the line with a racy tale about the queen's jockey. The Table Topics Cup was presented by Prim Pauline and Daring Diana. Prizes for the off-field entertainment went to:

**Best Hat:** Resolute Robin  
**Worst Tie:** Marauding Mahoney  
**Loudest Shirt:** Galloping Gav



## **Our 33 Members – Celebrating Years of Membership**

*1992 Sammi Newman ACG*

*1997 Jan Vecchio DTMx2*

*1999 Sue Terry ACS*

*2002 Graham Blandy DTM*

*2003 Diana Koutchavlis, Doug Derriman ACG*

*2005 Ty Tagami ACB/ALB, Diana Iles ACG/ALB, John Stevenson ACB/CL*

*2006 Stephen Trindall ACB, Connie Godwin CC*

*2007 Rick Jirsch CC, Robin Wheatley ACB, Pauline Gilchrist ACB, Michael Gavlik CC,*

*2008 Joe Thompson, Bernard Kennelly CC, Leonie Callaghan CC, John Wilson CC, Wayne Houghton, Nick Procter*

*2009 Maree Lau, Jane Bond, Patrick Catteau, Penny Farrant, Neil Smith,*

*2010 Greg Hayes, Helen Sutton, Robert Blackwell, Henry De Gilde, Michael Mahoney, Bozica Djukic, Linda Symthe*

# **1992 - 2010**

### **2010 Club Contest Winners**

#### **Humorous Speech Contest held on 2 August 2010**

First Place – Sammi Newman  
Second Place – Steve Trindall

#### **Table Topics Speech Contest held on 16 August 2010**

First Place – Nick Procter  
Second Place – Michael Mahoney

#### **International Speech contest scheduled for 7 February 2011**

**Evaluation contest scheduled for  
31 January 2011**



### **2010 Educational Awards**

#### **Competent Leader**

Jan Vecchio

#### **Advanced Communicator Bronze**

Jan Vecchio  
John Stevenson

#### **Half Way to Competent Communicator**

Robert Blackwell  
Jane Bond  
Greg Hayes  
Diana Iles  
Maree Lau  
Michael Mahoney

#### **Half Way to Advanced Communicator Bronze**

Connie Godwin  
John Wilson

#### **Half Way to Advanced Communicator Gold**

Sammi Newman

## Balgowlah RSL Toastmasters Club

is a non-profit educational club that encourages the development of communication and leadership skills. Through attending meetings regularly, you have the opportunity to practice speaking in front of a supportive group of members...in a short time your confidence will grow and new opportunities will open up to you.

### SIX MONTH CLUB PROGRAM 2011

- 3 Jan No meeting dinner for those interested
- 17 Jan New Year
- 31 Jan Evaluation contest (theme = Inspiration)
- 7 Feb International speech contest
- 21 Feb Wedding
- 7 Mar Pecha Kucha
- 21 Mar Travel
- 4 April Roasts
- 18 Apr Impromptu Speaking
- 2 May Kath & Kim
- 16 May What cheeses me off
- 30 May New Team
- 6 June Little Ones
- 20 June Changeover Dinner

#### BALGOWLAH RSL TOASTMASTERS CLUB

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NSW 2092

#### **PRESIDENT & PUBLISHER**

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#### **EDITOR**

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#### **Balgowlah RSL Toastmasters Club**

meets on the first, third and fifth Mondays of the month (excluding public holidays) at Balgowlah RSL Club Ethel Street, Seaforth at 7.00 pm for 7.15 pm start.

#### EXECUTIVE COMMITTEE

#### **President**

Diana Iles ACG/ALB

#### **Vice President Education**

Penny Farrant

#### **Vice President Membership**

Nick Procter

#### **Vice President Public Relations**

Wayne Houghton

#### **Secretary**

Sammi Newman ACG

#### **Treasurer**

Michael Gavlik CC

#### **Sergeant at Arms**

Patrick Catteau

#### **Immediate Past President**

Stephen Trindall ACB