



CANNING VALE TOASTMASTERS

Volume 3, Issue 5

April 2014

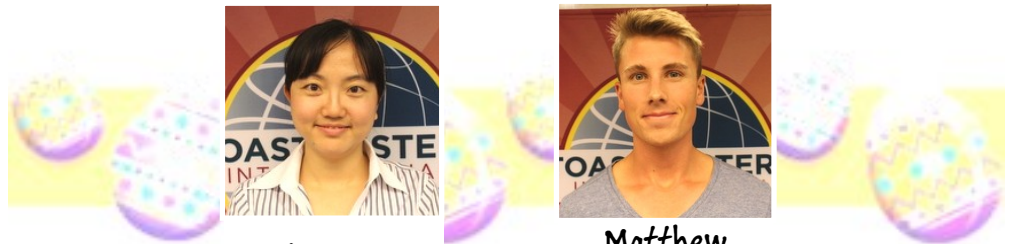
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Meet Our New Members



During April, we had 2 new members join our club! Remember to introduce yourself to them and make them welcome when you see them.



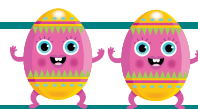
Ming Tong

Matthew Hoskin

To our new members :

Welcome to Canning Vale Toastmasters and congratulations on taking that first step in your Toastmasters journey. Every member is willing to help you at any time and we will all support you with your progress towards your goals.

To make the most of your membership, be sure to read *A Toastmasters Promise* in your Competent Communicator Manual. We all look forward to watching you become the speaker and leader you want to be.



Editorial



Don't you love the month of April, where we have 2 long weekend breaks—Easter and ANZAC? During the month of April, we have had 5 ordinary meetings with extraordinary speeches, from members and guests, that lightened the meeting atmosphere. Let's keep that flowing for the next month!

Hope everyone is recharged after the two loooong weekend breaks and you are all fired up for May (and convention in May). Enjoy this newsletter for April. :)



Southern Division Final



Word of the month

victimise (verb): to make a victim of.

E.g. I was victimised by this con-man.



International Speech Contest: Simon, Dean, Vijay, Ian, Peter and Contest Chair Phyll



Evaluation Contest: Hermine, Greg, Jim, Diana, Mike, and Contest Chair David.

Our president, Mike, who represented Canning Vale was placed 3rd in the evaluation contest. The 2nd place went to Diana and Hermine's evaluation got her 1st place in the contest. In the International Speech contest, Peter Law placed 1st and Vijay 2nd. Congratulations to everyone who put on their best efforts in the contests! Great work!



Phyll, can you share with me the secret to chase people for payment..



So verdine...

Guys... I want you to get ready to Power up on the Peninsula!



Yeah, sure Robyn. So the secret is.....

Sorry Mike, let me say hi to the cameraman first.

You gotta be blown away by the quality of the speech today

"When you are pessimistic, you are pretty much double dipping in misery!"
— Vanessa Chang

Roll of Honor



Congratulations to Phyll for her Mentor Award

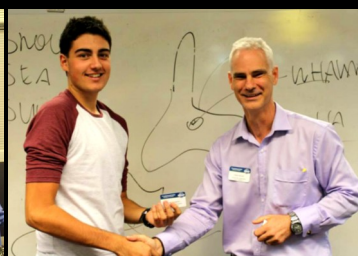


Elena and Rob attending Division Final for the first time



Huge crowd at the final

Chris, Josh and Amr received their CVTM name badge!



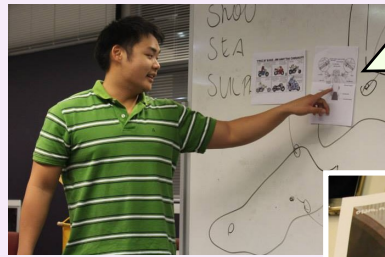
April's Meetings Highlights



Lionel & his map of NZ. A must visit location Whakapapa (pronounced phuck - a - papa)!



KEEP CALM And POSE FOR THE CAMERA



Ming's first TT question and she wants to be a koala!

Dennis telling us about his passion for motorbike. Being a motorist is cool, but don't be like...

THIS! =P



Guess who is on the motorbike

Angelic Angela giving the General Evaluation..



Innovative TTM Emma, giving us Table Topic questions from Apps!



Choose good cookware



Get the recipe for Chinese Dumplings

Cook these delicious Chinese Dumplings



Meeting with 30 members & guests



hehehe

Fear looks like:



Courage like:



Don't let your fear be on show for your presentation. Instead, gather your courage, march ahead and impress the audience. — Steve Chatterton





Select a topic close to your heart, from your personal experience; Use reference material to support your speech; and send a meaningful message for your audience to take home.

Selecting your topic by Robyn Richards

Do you have trouble selecting a topic for your project speeches? Well, you are not the only one having this trouble.

There are many topics we can talk about around us. You just need to be aware of them. Here are 3 major tips on where to look for topic ideas:

Personal Experience: A lot of times, the best speeches come from the heart. Your personal experience may come from: Interests, Career, Education or Family.

Interests—Sport, Travel, Hobbies, Values, Entertainment

Career—Business Processes, Ethics, Investment, Retirement

Education—Memorable Teachers, Achievement, Study Habits, Subjects

Family—Marriage, Child Rearing Insights, Ancestors, Traditions

Reference Material: Use facts and statistics to support your speech. You can find these from sources like Newspapers, Magazines, Books or Websites.

Inspiration: Think about the message you are trying to convey to your audience

Furthermore, reading news, magazines or even interesting facts on social media will definitely help you in expanding your topics boundary. Hope these tips will help you when you are stuck with selecting a speech topic for your project speech.



“Music is nothing if your audience is deaf.”



Know your audience by Peter Jordan

Why do you give a speech?

Giving a speech is more than just having the project ticked off in your Competent Communicator manual. A speech is a powerful tool that communicates your ideas, to persuade people into supporting your view, to educate and inform about a particular topic. Speeches are meaningless without an audience, just like music is nothing if your audience is deaf.

The type of speech you present will depend on your audience. Every audience is different, so you will need to craft your story to suit the audience for effective engagement. To do that, you will need to know your audience—you need to know age, gender, occupation, leisure, work group as well as the venue and how far you are from the audience.

Get to know your audience and let the need of your audience be the guide to the content of the speech. When you have built this engagement effectively, you will find yourselves less nervous and enjoy giving speeches. Easier said than done? This is why joining Toastmasters will give you the opportunity to practice these abilities and improve your communication skills.

—It takes more than one step to reach your goal.



Announcements!



We need your help!

Our club is hosting the District 17 convention in May and we need your skills to help make this a success. Contact Emma for information about the roles available.



Power Up On The Peninsula

District 17 Convention May
23-25th 2014



1 more month to the District Convention. Places are **VERY** limited, so book your place NOW if you want to be part of this legendary event.

For more information, visit the website:
<http://www.poweruponthepeninsula.com/>



Positive Promotion Premiership (PPP)

District 17 PPP has concluded. Thank you to everyone who has assisted in boosting the PPP points for CVTM. Look forward to the results at the convention in May.

Toastmaster of the Year

Who do you think deserves to be crowned as the next Toastmaster of the year for Canning Vale? Details for this award will be emailed to you soon.

Club Officer Elections

Want to improve your leadership skills? At Toastmasters, you can do this by serving as a club officer at your club. All 7 positions will be vacant at the end of June 2014. If you are interested and want to learn more about club officer roles, see Mike or Mark.

"There's no need to be perfect to inspire others. Let people get inspired by how you deal with your imperfections."

— Ziad K. Abdelnour

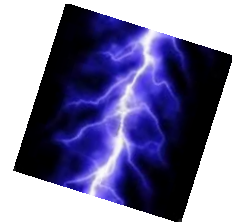


Important Dates

Power Up on the Peninsula

Weekend May 23-25 @ Sebel Hotel in Mandurah

2014 District 17 Convention—Where Toastmasters within District 17 meet. A weekend full of educative workshops and contests, a great opportunity to learn from speakers from different Toastmasters club and advanced speakers. And don't forget to bring your super hero costume for Saturday night :). For more details, visit <http://www.poweruponthepeninsula.com/>.



CVTM 300th Meeting

Tuesday June 3rd, 6.30pm at Canning Vale College

Want to help organise this occasion so all members may celebrate this wonderful event at CVTM? Let Mark or Mike know ASAP to begin preparations.

Club Officer Elections

Mid June, TBA.



CANNING VALE TOASTMASTERS

We meet every Tuesday 6.30pm

Canning Vale College Library
Dumbarton Road

Phone: 0403 621 899 (Mike)
Phone: 0407 595 161 (Mark)
E-mail: president@toastmasterscv.net

Toastmasters
Where leaders are made

Goodbye April and Hello May!

District 17 Convention is right around the corner! I've heard about many exciting things that will happen during this event and you will have to be there to find out what they are. I will be taking hiatus from May's newsletter, so the next newsletter will out at the end of June, with juicy details about the convention, CVTM's 300th Meeting and Club Officer elections!

CVTM VPPR—Huili

Find us on Facebook or Twitter



Canning Vale Toastmasters



@CVTMPerth

Meet Our Toastmaster...

Saliya Ranasinghe



It has been a great place to make new friends. I have met many people through Toastmasters whom I might not have otherwise had a chance to meet. What I like most about Canning Vale Toastmasters is the very friendly, accommodating and helpful atmosphere and the strong emphasis on being very supportive of the people around you.

◆ **Why did you join Toastmasters?**

I joined Toastmasters because I wanted to improve my public speaking and presentation skills. Speaking to groups of people had been a big fear of mine since I was a small boy.

◆ **How long have you been a member?**

I have been a member almost 1½ years now. I was feeling very timid and nervous at the first few meetings. I didn't attend meetings regularly in the beginning simply because I didn't want to get up and speak.

◆ **What do you like best about Canning Vale Toastmasters?**

Canning Vale Toastmasters has extended me something far beyond public speaking skills.

◆ **What do you do for a living?**

I am in the Logistics and Supply Chain profession and working for an Oil & Gas Drilling Fluids company called "Newpark Drilling Fluids" based in Perth.

◆ **Has Toastmasters helped you in your job and if so, how?**

It took me several months before I really found the intrinsic benefits of being a Toastmaster.

Public speaking and leadership skills that I learn from Toastmasters are the core skills needed for dealing with other people and I use these skills every single day. I feel confident now and get my ideas across clearly.

◆ **What's next for you in Toastmasters?**

I have just completed my Competent Communicator manual and my next Toastmasters goal is to complete the Advanced Communicator Bronze award and my Competent Leader manual. Besides that, I am always looking forward to the next meeting.