



CANNING VALE TOASTMASTERS NEWSLETTER

Aug 2014

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Meet Our New Members



Michelle Phung



Eloyse Braskic

Editorial

Hello, Fellow Toastmasters:

August was a special month for Canning Vale Toastmasters in many ways.

Our meeting #311 ran as usual despite nine of our key members being on their trip to the 2014 Toastmasters International Convention in KL. Dennis and Vivian kept uploading photos to Facebook during the meeting and Huili summarized the evening afterwards. Members in KL were able to share the many exciting moments, thousands kilometers away from Perth!

Finally, I would like to appreciate members who have contributed to this Newsletter:

Robyn showed her perspective for Aug and Sep, William, Verdine and Dennis shared their fantastic stories in KL, Chandana told us of his experiences and feelings about his Toastmaster Journey; and Vanessa always gives me a hand to highlight the meeting information.

I am so grateful to have you all!

Vivian

Roll of Honour

Congratulations!

- ◆ *Edward Chen - Competent Communicator*
- ◆ *Anne Go - Competent Communicator*
- ◆ *Huili Leow - Competent Communicator*

DCP Progress 2014-2015

Criteria	Achieved	Recipient
2 CCs	Yes	Mike Palmer
		Dennis Foo
2 More CCs	Yes	John Cecchi
		Huili Leow
		Edward Chen
		Anne Go
1 AC	No	
1 More AC	No	
1 CL, AL or DTM	Yes	Phyll Lightbody ALB
1 More CL, AL or DTM	Yes	William Placanica ALS
		Chandana Weerasekera ALB
		Phyll Lightbody CL
		Emma O'Hehir ALB
4 New Members	Yes	Wenxing
		Toni
		Lily
		Michelle
4 More New members	No	Eloyise Braskic
		Andrew
Club Officers Trained	No	
Dues Paid on Time	No	

From the President's Perspective

August saw a lot of preparation for the absence of 9 members to attend the Toastmasters International Convention in Malaysia, Kuala Lumpur. We needed to ensure the club meeting would run smoothly whilst we were away and that all details were attended to. I would like to thank all of you who rose to the occasion with help before the night, on the night and after the meeting to maintain our professional meeting and keep our good standing with Canning Vale College. Every task we set you and asked for volunteers to accept, was taken on with vigour and enthusiasm.



The meeting ran like clockwork and we even had a running update via facebook from Dennis and Vivian. They added photos and descriptions of exactly what was happening. We almost felt like we were at the meeting even though we were eating dinner in Kuala Lumpur. It was wonderful to see so many step up to leadership roles for the night and I can honestly say it made us so proud to have such a magnificent team of members.

The members who attended the convention in Kuala Lumpur all had an astonishing time, learned much and made lifelong friends. The standard of presenters and speakers was outstanding and their messages gave us all much food for thought and future speeches. I hope some learned that they too have exceptional leadership qualities and that we all have skills which we can polish as well as skills we can pass on to others. If you get an opportunity to attend an International Convention in the future, I cannot recommend it highly enough. Ask one of the other 8.

As September and Spring emerges, it heralds renewals time for Toastmasters. Shortly you will, if you haven't already, receive an invoice from Treasurer, Elena, with your club dues for the next 6 months. I encourage you to pay these ASAP in order for us to pay Toastmasters International before September 25th. This will ensure our club retains our "Club in Good Standing" status.

September also is the beginning of contest season so I would like to wish all our contestants and contest officials the very best of luck as you take on new challenges in your Toastmasters journey. If this is the first time you have competed, we are all so proud of you and I can guarantee that the experience will only help you to grow. We will be hosting our Area Governor, Colin Hughes, as Chief Judge for our Humorous Contest so make sure you introduce yourself to him and learn just what it takes to be an Area Governor or ask him if you can be of assistance to him in his role this year. There is a learning opportunity in every situation.

Mentoring is a vital element of the Toastmasters program and we here at Canning Vale like to give every member the fortune of having and being a mentor. Whether you have been a Toastmaster for 1 week or 15 years, you have knowledge that may be of assistance to another member. I encourage you to contact our Mentor Program Co-ordinator, Michele Naidu so she can match you up with someone who needs your help or to help you.

Have a spectacular September!

Robyn

Meeting Highlights



Josh showed us the use of drones by the Military and in recreation in meeting 309

Steve's table Topics story book allowed the speakers to make their own story in meeting 309



What is the ONE thing you need to focus on? Edward finished his CC journey in meeting 311



Wenxing and Toni delivered their Icebreaker speeches in meeting 310



Amr encouraged us to really listen to others and not judge them before we listen in meeting 310. Remember to eliminate GGNEE before you listen

Ann finished her CC10 in meeting 312. She told us that the Pearl of the Orient refers to the Philippines and enticed us with the food, language and land of her mother country.



Ming introduced us to some traditional Chinese medicine: bloodletting and acupuncture in meeting 312



KL International Convention

Feel pitiful not participating in the KL International Convention?

Nine members of Canning Vale Toastmasters —Robyn, Mark, John, Phyll, Michele, William, Dennis, Verdine and Fiona travelled there and brought back some fantastic stories!



Club members in front of Petronas Towers



Robyn in the Flag Parade in the Opening Ceremony



Winners of the World Championship of Public Speaking



District 17 is recognized as President's Distinguished District for 2013-2014



Members and leaders of District 17 on stage in front of 2800 Toastmasters from around the world

What's Fun at Convention?



Sharing from William Placanica

As a first timer to the Toastmasters International Convention the whole experience was truly awesome. Every moment of the convention was a rich and rewarding experience.



William with the International President Mohammed Murad

The highlight for me was meeting and talking with people; I met Toastmasters from all over the world from Cyprus to Mexico to east coast of Australia; I met international speakers and learnt a lot from them; I met Mohammed Murad DTM, our current International President; and I also met Dananjaya Hettiarachchi from Sri Lanka, the 2014 World Champion of Public Speaking.

I will never forget Dananjaya's winning speech and the audience's reaction with an uproar of cheers, clapping and a standing ovation. The speech was simply passionate and inspirational.



Sharing from Verdine Gow

Being given the opportunity to attend the Toastmasters International Convention in Malaysia was a truly inspiring journey. Of the world class speeches that we had the privilege of listening to, one in particular stood out to me. It was a speech entitled 'Own Your Industry' by accredited speaker Douglas Kruger from my home country South Africa. In Douglas' 1 hour speech he listed 5 key tips to assist business professionals in becoming influential within their respective industry. Being a young professional myself, I hastily scribbled down as much as I could to absorb the content. Here's a summary of the ideas that Douglas gave me.

Experts are constant producers: In this age of digital communication, experts are continuously creating new material for their peers to consume such as blog posts, short articles and providing links to interesting information.

Experts know that appearance is everything: Observe how experts are always at the right events, talking to and taking pictures with other well known people and exposing themselves and their personal brand through speeches and interviews.

Experts use high-impact messaging: They take an idea and make it come to life through powerful words and the right imagery.

Experts own a framework: Experts present their ideas to the world in unique ways whilst the average professional tries the same old safe and conventional methods – think Jamie Oliver 'The Naked Chef' who is really just a chef who repackage the same ideas but spiced it up with a brilliant self-developed framework.

Experts champion a meaningful cause: Generosity is a key trait among many experts; Bill Gates, Richard Branson, Oprah, Jamie Oliver again...They take their best ideas and give them away for free.

This was just one of many educational and thought-provoking presentations that we had the opportunity to experience. I hope this can inspire you, as it did me, to someday 'Own Your Industry'. For more info see <http://www.douglaskruger.com>

Sharing from Dennis Foo

Toastmasters international convention has been a truly inspiring experience. Being exposed to multitudes of world class speeches ranging from speech contestants, accredited speakers (speakers with corporate experience) and past international directors.



There is a common theme throughout Toastmasters of self improvement and motivation. Most of the themes mentioned through each speech aren't new. But as Douglas Kruger says one way to owning your industry is with high impact messaging and not letting them forget who you are. Other ways to become an expert are to be constantly producing what you can for your audience as well as be involved in relevant forums.

I really enjoyed Mark Brown's speech on the value of your own voice as we all have influence if we believe it or not. And also Rory Vaden's key messages: endeavor not to be like cows that walk with the storm but be a buffalo that faces the storm and ends up only facing it for a short period of time. Also, we don't buy success we only rent it and rent is due everyday.

The championship speeches were full of moral lessons ranging from tragic episodes in life such as wartime stories to battles with cancer. Some stories involved the journey to love as well as life lessons from their parents.

The convention itself was run smoothly with only a few small hiccups here and there. The Saturday night party was massive with all the grand ball rooms open. We danced the night away with glowsticks and glow rings. Meeting Toastmasters from all over the world was great and I now have contacts all over the world I can visit if I ever go their countries.

Finally, there were many quotes and anecdotes used through out the convention. The one that really struck an accord with me was about a boy had two wolves and named fear and courage. He asked his father which one would be stronger and defeat the other. The father said it is the one you feed most. So, let us not feed the Fear Wolf.

Strategies for Overcoming Fear of Public Speaking

Do butterflies attack your stomach whenever you even think about having to address a group? If so, here are a few strategies to help you make them fly in formation:

- **Be thoroughly prepared.** The more ready you feel, the more confident you will feel.
 - **Know your subject and material.** Be familiar with the technical content of your presentation. Know more than you will be presenting.
 - **Know your audience.** Who are they? Why are they there? Why have you been chosen to speak to them? What do they know? What is their attitude about your subject?
 - **Know the room.** If possible, check it out in advance. Get behind the lectern, check the microphone and visualize your audience.
 - **Be organized;** focus on the task.
 - **Practice, practice, practice** until you feel comfortable that you know your presentation. Speak in front of a mirror, record or videotape yourself and use the results to improve your delivery.
- **Visualize the outcome you want.** Believe in yourself. Envision yourself succeeding, and you'll increase the likelihood that you will!
- **Focus on the message, not on yourself.** Show your audience that your message is important by getting excited about it and putting your energy into it.
- **Connect with your audience.** Remember that audiences almost always want a speaker to succeed, and they want to hear the speaker's message. Find a few friendly faces in the audience and focus on them during your presentation.
- **Put the past behind you.** Ignore past bad experiences. Even professional speakers started out as nervous beginners.
- **Look your best.** Dress appropriately for the occasion. If you look good, you will feel good – and it will show!
- **Breathe deeply.** Take a few deep breaths just before you step up to the lectern, to help you start with a strong, clear voice.
- **Give up the belief that you have to be perfect.** Even professional speakers run into glitches and problems from time to time. Keep small setbacks in perspective.

Resource: <http://www.toastmasters.org/ToastmastersMagazine/ToastmasterArchive/2007/December/ReframingThreeFears.aspx>

Meet Our Toastmaster



Chandana Weerasekera

Why did you join Toastmasters?

I want to make myself a confident manager who can communicate clearly.

How long have you been a member?

I have been a Toastmaster for 10 years.

What do you like best about Canning Vale Toastmasters?

Friendly and diverse membership

What do you do for a living?

I am an accountant.

How has Toastmasters helped you in your job?

Improved my confidence at work tremendously.

What's next for you in Toastmasters?

Continuous improvement of my speaking skills and add variety to my speeches.

Future Events

Humorous & Table Topics Contest

Humorous Contest will be held on **9th Sep** and Table Topics Contest will be on **16th Sep**. Get yourself ready for these exciting and fun activities for Toastmasters!

Speechcraft Course

It will be conducted in the city On Wed night from 6pm to 8pm commencing **3rd Sep to 8th Oct**. Be part of this training and help to raise funds to subsidise our members to attend the next District Convention in Kalgoorlie in May 2015.

District 17 Quiz Night

The Annual District 17 Quiz Night will be held on Friday October 17, at the Osborne Park Bowling Club. If you would like to attend, please advise Ming so she can keep a list. The club will be purchasing the tickets. Meals and a cash bar are available at the Bowling Club. Traditionally we haven't won but we always have a fun night!

We meet every
Tuesday 6.15pm
Canning Vale
College Library
Dumbarton Road



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