

March 2015

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Canning Vale



Welcome Our Newest Member



Jem Sunga

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To our new member :

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.



Editorial



April....was a month of public holidays. Easter celebrations commemorated the renewal of life.

Then we remembered & honoured those who risked and even gave their lives to protect our wonderful country. This was the 100th ANZAC day ceremony and that amazing piece of trumpet music, The Last Post, was heard around the country. Lest we forget!

A wee bit special.....

They shall not grow old,
as we that are left grow old,
Age shall not weary them
nor the years condemn, At
the going down of the sun & in the morning,
We shall remember them.



The Post Easter Meeting 340



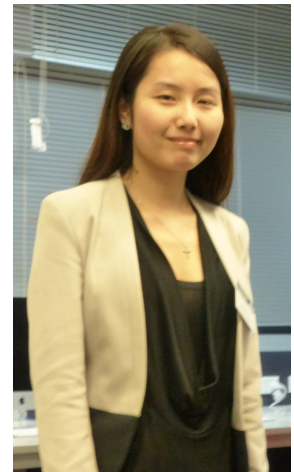
Meeting 340 was the working day after a glorious 4 day weekend. An extended break that inevitably involved too much of a good thing (booze and/or chocolate). Edward made us laugh with his not so reliable or responsible mates and Angela shared her challenging journey coming to a new country with her life motto (borrowed from Steve Jobs) *Stay Hungry, Stay Foolish*. Dr Tay also spoke to a room of fellow medical doctors (us) reiterating the importance of accurate prescribing on drug charts followed by a Q&A session in her advanced speech by management.



Josh uses colloquialisms beautifully in his evaluation and recommends Edward get some new mates!



Your mates dogged you hard!



First time Toastmaster Rena & THE SERIOUS business of timing.



Saras receives her badge. Welcome! Eloyse has fun with TT!

An OOPS on a drug chart can be deadly! Doctors please be mindful about what and how you scribe your orders.



Noor tells us the importance of emotional intelligence.



Meeting #341 Sleep Better



Meeting 341 had a sleep theme with our newest members (Jem & Hazel) both presenting the benefits of a good night sleep . Fiona was brave doing a 5-7 minute impromptu speech – we think a 90 second table topic can last an eternity! Her effort got her that special pen award on the night. Another highlight was Eloyise entertaining us with her obsessive compulsive streak and an extreme desire to save her company \$\$\$\$money\$\$\$\$ switching off power points at the wall. Maksud was speaking to the converted in his goodwill speech about all the good stuff that Toastmasters can do for you!

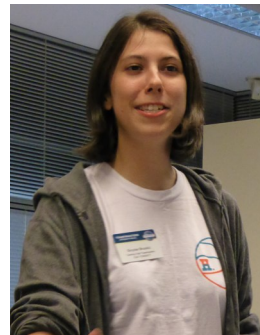


Our Toastmaster Susanty introduces Saras for her lovely INSPIRATION.

We live in a beautiful country!



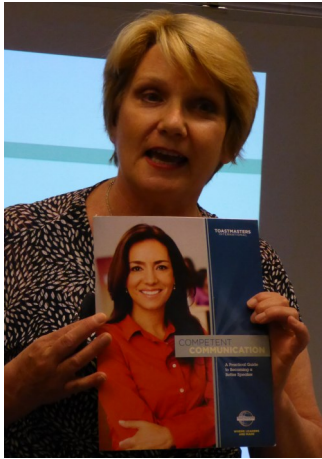
How to Catch a Mouse was the title of Eloyise's CC5. Not that type of mouse, but a student switching on power points.



Edward gives the thumbs up in his very entertaining General Evaluation.

How to Win a Speech Contest Meeting #342

Steve gave us his take on visual aids in a very entertaining speech How to Win a Speech Contest. According to Steve it takes interesting statistics, every day problems (like no milk for the Weeties) & a PAUSE or two. Robyn shed the light on the path to become a Distinguished Toastmaster and Vanessa introduced the magic world of the Komubucha mushroom.



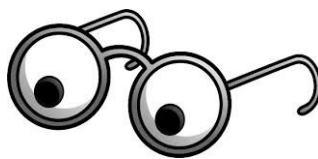
Get on it.....the path to becoming a Distinguished Toastmaster!

Taking Steve's advice.....yep PAUSE!!!



Charil started with an 8km ride & has built up to 160km. Set your mind to something!

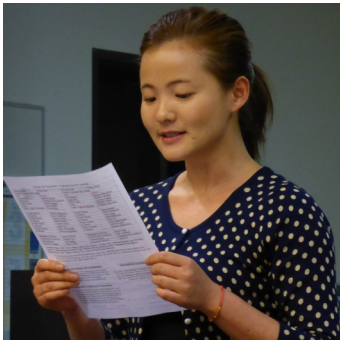
Kombucha??
Anyone???



Rena evaluates William's advanced speech providing great recommendations.



A super funky approach to Visual aids— Steve style!!!!



Hazel with the timing report along with amazing poise!



A Magic Mushroom.....Kombucha



1 litre of filtered water
1/2 cup white sugar
2 Tbspn loose leaf organic black tea (or organic tea bags)
1/2 cup Kombucha from a previous culture
1 Kombucha mushroom

Boil the water then add the tea and dissolve the sugar. Allow the brew to cool and pour liquid into a clean glass jar & add the 1/2 cup of kombucha from the previous batch along with mushroom. Cover with a cloth & place in a warm dark place. Your Kombucha will be ready in 7- 10 days. It will be slightly sour and fizzy with no taste of tea remaining. When the Kombucha is ready, your mushroom will have grown a second spongy pancake. This can be used to make other batches or given away to friends.

After WWII cancer rates skyrocketed across the Soviet Union, however two regions stood out like neon lights, as there was none of this disease. These regions had their fair share of environmental pollution from heavy metal mining (mercury, lead, potassium, asbestos) along with heavy vodka consumption. These regions however, did not have the same social drunkenness problems, nor the poor work record usually associated with drinking. Every home in the region had a fermenting vessel of Kombucha!

Kombucha was discovered to be exceptionally high in Glucuronic Acid. This compound irreversibly binds to toxins in our system & excretes them. This amazing drink is a powerful detoxifier & immune booster.

S.C.O.B.Y



Symbiotic
Culture
Of
Bacteria &
Yeast

Order a Kombucha SCOBY online from ebay (this is how it will be posted to you) or see Vanessa & start your own culture. Cheap probiotic - good for gut health, a fabulous thirst quencher & appetite suppressant!.




Meeting #343



Ronnie shared the amazing synergy of art & nature in her CC8 about Claude Monet—his garden was his greatest creation & source of inspiration. Get gardening &/or painting its good for your soul! Meeting 343 was all about soul - Michelle shared her artistic side dabbling in the world of mixed media. Saliya made us all crave a cup of tea, Josh shared the history of Navy officer training & Sheldon shared the things that contribute to SUCCESS!




Elena makes table topics a sweet event with a box of Roses. Life & table topics are like a box of chocolates...you never know what you're going to get!



A mature & masterful Maksud is Toastmaster for meeting 343!



Cultivate an attitude of gratitude!

Inspiration can come from those closest to us including our children. We need to listen!



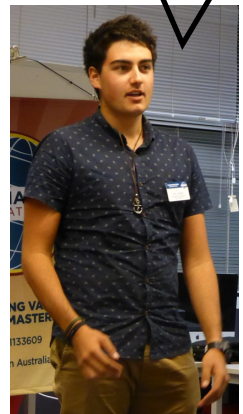
3.9 billion Kg of tea is drunk each year! That's a lot!



Small arms training.....real tough when you've got long arms!



Ronnie describes the Monet painting that left an imprint. Sheldon talks success & Saliya talks tea.....25,000 cups of the stuff are drunk every second around the world!



Roll of Honour Competent Communicator



Rahman Khandker has joined that small team of elite! Those who complete their CC Manual. Well done Rahman & we look forward to more advanced speeches!

NEW BADGES FOR OUR NEWEST MEMBERS



Both Jem Sunga & Hazel Tang have become official Canning Vale members! Stay tuned for an Icebreaker in the glorious month of May!

Toastmasters in the Blogging World..



BLOGS?? Blogs originated as a cyber version of the traditional personal diary. They have become a cultural force with the capacity to attract customers, create communities and even launch careers. Bloggers serve as tour guides to specific interests, passions, or skills, taking their readers on a journey through images, text, video and interactive conversation.

Whatever your talent, voice or perspective, a blog can offer you a sounding board: an instant audience that can give you feedback, advice or support on your topic of choice.

Our very own Steve Chatterton shares his experience in the world of blogging. In May he will become a 'published' blogger on Tiny Buddha.

Congratulations Steve!



Toastmasters is a place where people come together and often share their personal experiences and insights. Recently I presented a speech about the challenges of road rage - have you learned to let it go yet?

Through personal stories and advice I offered my audience an opportunity to overcome the need to judge others. This was a message I was passionate about sharing, so why stop there? I contacted a blogging website known as Tiny Buddha that reaches a large audience of motivated, passionate people.

After a few slight changes to my speech to meet writing guidelines, my very first internet blog, "Overcoming the Need to Judge Others" was accepted to be published in May!

The site receives more than four million page views per month – what better way to share my reflections and insights. If you too are passionate about sharing ideas, and the thought of writing excites you, then I encourage you to also consider contributing to blog sites.

You will be surprised at the similarities between the writing guidelines for blogs and Toastmasters speeches. Tiny Buddha asked for a quote, a personal story, practical advice, and a topic related to personal growth. To me, that has 'Toastmaster speech' written all over it.

Are you excited now? Then get to it!



**Toastmasters - where
leaders are made!
We meet every
Tuesday @ 6.30pm
Canning Vale College
Library
Dumbarton Road**

Phone: 0407 851 361 (Robyn)
Phone: 0407 595 161 (Mark)

E-mail: president
@toastmasterscv.net



About ANZAC Day

- ANZAC is an abbreviation of The Australian and New Zealand Army Corps.
- April 25, 1915, was the day the ANZACs landed on the Gallipoli Peninsula, now known as ANZAC Cove.
- More than 11,000 ANZACs died on the Gallipoli Peninsula, despite only being there for 8 months.
- The original ANZAC biscuit was known as an ANZAC wafer or tile and was part of the rations given to ANZAC soldiers during World War I. They were included instead of bread because they had a much longer shelf life.
- The last surviving ANZAC, Alec Campbell, died on May 16, 2002.
- Despite being affiliated with Australia and New Zealand, ANZAC included officers from Britain, Ireland, India, Zion, Ceylon and the Pacific islands.
www.readersdigest.com.au/10-facts-about-the-anzacs#sthash.UJsNUI40.dpuf

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Canning Vale Toastmasters



@CVTMPerth

Announcements.....

- Kalgoorlie ‘Gold Fever’ is fast approaching—for those of you who are going, payment is needed ASAP for the train ride.
- This year’s International Convention is on August 16–19 in Las Vegas. The club will subsidise any member of CVTM who is attending. See Elena our Treasurer for details.
- If you have any writing talent, would like to share Toastmasters in the real world or you would just like to read something entertaining in the newsletter please email your short, sweet article to me at:

vharrison@amnet.net.au



The FINAL WORD..

Good health is merely the slowest possible rate at which one can die.