Meet our new members

Aishwarya Nair

Colin Gan

Shree Subramaniam

Raj Subramaniam

Karen Dobbs

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 page 2 in your Competent Communicator Manual, especially A Toastmasters Promise. We all look forward to watching you become the speaker and leader you want to be.
INTERNATIONAL LEADERSHIP ROLES

International Directors
International directors are members of the Toastmasters International Board of Directors, each representing one of the fourteen Toastmasters regions. International directors are elected to two-year terms.

Attributes of Successful International Directors
- Demonstrated understanding of Toastmasters’ direction and purpose
- Ability to inspire others and communicate the organization’s mission, values and envisioned future
- Demonstrated ability to function effectively as a team member
- Experience and ability to think strategically and participate in the development and implementation of a strategic plan
- Significant leadership understanding and experience
- High level of integrity and history of ethical conduct
- Effective listener, thinker and speaker
- Ability to analyse information and make decisions
- Experience and achievement in Toastmasters
- Communication and leadership experience and achievement outside of Toastmasters
- Understanding of Toastmasters programs
- Experience in policy evaluation

International Director Responsibilities
International directors support Toastmasters both in the boardroom as organizational fiduciaries and out of the boardroom as representatives of the Board.

In the Boardroom:
- Participate, as assigned, on committees to support the strategic direction of the organization
- Demonstrate a global perspective during discussions and decisions
- Participate in organizational financial oversight and approve the annual budget
- Participate in strategic-plan development and monitor execution
- Understand and embody the mission, values and envisioned future as well as the governing documents at all times
• Appropriately use professional experience
• Determine high-level policy direction and review and approve policies
• Maintain an understanding of organizational operations, progress and capacity
• Discuss organizational opportunities and determine future direction as appropriate
• Handle disciplinary matters appropriate to the Board
• In the second year of the term, mentor first-year directors
• Identify and encourage talented and qualified members to seek election to the Board

Out of the Boardroom:
• Visit districts, as needed and approved, as an organizational ambassador to share the organization’s message, motivate and support district leadership teams, and lead corporate and media visits
• In collaboration with the region advisor of the same region, maintain an awareness of district progress and achievement and participate in regular conference calls with district leaders in order to support and encourage them
• Interact with members at events in order to maintain awareness of the organization (through contact with district leaders, district visits, mid-year training and the International Convention)
• Refer ideas, suggestions, opportunities, concerns, challenges, requests, conflicts and other substantive issues to the Board or World Headquarters as appropriate
• Be an ambassador for the organization at all times. Identify and encourage future district leaders
• Participate as a facilitator at district leader training as assigned
Meeting 379

Tonight Luke was our Toastmaster for the very first time and gave an impressive demonstration. He introduced our speakers beautifully.

Phyll told us all about Katie at her work who inspires her. Jim’s Table Topics were all about food, meals and restaurants. We heard about the best, worst, strangest and who not to share a meal with from Shree. Paul’s Tonic made us laugh when he told us “Little White Lies” are an essential part of everyday parenting.

Chandana’s speech communicated change of “Time or Effort”, Fiona told us of her teenage love affair in her speech entitled “Walls”, Prem enlightened us all about the “Cha-Ching” of oil prices and Michele Naidu educated us on early stroke intervention if we just remember “F.A.S.T.” See page 5 for information and a diagram to help you remember this.

In her Highlights & Phrases, Vanessa urged us to be conservative—speak less and drop the filler words. Good advice!

Maybe new years resolutions are being worked on, we had 12 guests at this meeting.
How do you know if someone is having a stroke?

Think… F.A.S.T

The National Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke.

Using the F.A.S.T. test involves asking these simple questions:

**Face** - Check their face. Has their mouth drooped?

**Arms** - Can they lift both arms?

**Speech** - Ask the person to repeat a simple phrase. Is their speech slurred? Do they understand you?

**Time** Is critical. If you see any of these signs call 000 straight away.

A stroke is always a medical emergency.

Recognise the signs of stroke call 000.

A stroke is not a heart attack. A stroke happens when the supply of blood to the brain is suddenly interrupted. Some strokes are fatal while others cause permanent or temporary disability. The longer a stroke remains untreated, the greater the chance of stroke related brain damage. Emergency medical treatment soon after symptoms begin improves the chance of survival and successful rehabilitation.

**Other signs of stroke** may include one, or a combination of:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing
Meeting 380

WOW! Nine guests tonight and four of them took part in Table Topics. That’s twenty one guests in two weeks!

How exciting is that?

Marcus kept us on track as our Toastmaster. We had so many interesting, enlightening and informative tid bits throughout the night. Ronnie told us that San Francisco will ban the sale of plastic water bottles by 2020 and encouraged us not to wait for Perth to ban them. Go out now & buy yourself a reusable plastic or metal bottle. Raj showed us his party trick and Ash entertained us with her trip to the bus after leaving the comfort of her home air conditioner.

Speeches from Akash, Robyn and Luke thrilled us, horrified us and educated us about growing up, Taiji in Japan and making movies.

Will you ever be able to watch a movie again and not think how many times the same scene is shot or check the clock from all angles?

Michele gave us a workshop on Mentoring and encouraged us to seek a mentor or become a mentor to enhance our own Toastmasters journey.

I taught Akash everything he knows about cricket.
Dolphin Trade

There are currently twelve small dolphin hunting boats operating in Taiji, and each of these boats depart Taiji harbor at first light in search of wild dolphins. The boats fan out upon and beyond the horizon to cover a larger expanse of ocean, in order to effectively search well-known migratory routes.

Upon locating a pod, the dolphin hunters radio each of the other boats, giving them their location in order to start the ‘drive’ of the pod into the killing cove.

The boats form a v-shaped wall around the family of dolphins. The dolphin hunters then utilize the long metal pole attached to the side of each boat, hammering the flanges on top to create a deafening “wall” of sound. The banging sound terrifies the dolphins, causing them to swim away from the sound, driving them straight toward the Cove.

The hunters chase the dolphins until they have been forced into shallow waters, following the coastline into the Cove. Once successfully driven into the Cove, the dolphins are netted into the small shallow area. Hunters arrive in small hand motor-powered skiffs to work side-by-side with dolphin trainers to select dolphins for a life in captivity. The skiffs are also used to force the dolphins onto the rocky shore of the cove, segregate the family pods, and to transport the dead bodies of those slaughtered to the butcher house.

Entire extended family units – pods – are caught this way. Elders, adults of reproducing age, pregnant females, juveniles and babies are all driven into the cove. Sometimes the pod will escape the boats, or some dolphins will get away as a pod is separated, successfully evading death or a life of imprisonment. However, more often than not, the entire family unit is driven into the killing cove – multiple generations wiped out in a single hunt.

Marine mammal trainers from the nearby Dolphin Base (swim-with-dolphin program), Hotel Dolphin Resort (live dolphin show) and from the Taiji Whale Museum (and live dolphin show) will often join the dolphin hunters in the shallow waters of the killing cove, selecting individuals – the “prettiest” and “juvenile” dolphins without scars or visible flaws - for the captive entertainment industry. Sometimes, the remaining dolphins will be released, but most often, they are all brutally slaughtered for human consumption. No compassion is shown, as grandparents, parents, pregnant females, and babies are all killed.

The dolphins chosen for the entertainment industry are transported via skiff and sling either to captive sea pens in Taiji Harbour, or straight to Taiji Dolphin Base, Dolphin Resort Hotel or Taiji Whale Museum.

The captive industry has become a billion-dollar worldwide trade, with all money made from the exploitation, imprisonment and lifelong suffering of these sentient beings. It is arguable that the dolphin drive hunts would not even take place if it weren’t for the amount of money made from the lucrative sales of live dolphins. The dolphin drive hunt itself as an operation is expensive. The dolphin hunters make approximately $32,000 USD for each live dolphin they capture. These figures can skyrocket from $32,000 USD up to $250,000 USD for a trained captive dolphin.

The captive dolphin entertainment industry and the dolphin drive hunt in Taiji are directly and inextricably linked. Buy a ticket to a marine park and you are supporting the slaughter of these innocent, sentient beings. Supporting a live dolphin show or participating in a confined swim-with-dolphin program anywhere in the world is the same as killing a dolphin in Taiji.

We Can Stop This. Don’t Buy A Ticket!

An excerpt from an article here; http://www.seashepherd.org/cove-guardians/facts.html
Meeting 381

Speeches, fun, judging, contestants, certificates, winners, timers, tally counters, learning & Contest Chair Elena! All these combined to make our International Speech Contest sensational.

As always, the standard was high and the competition fierce as our five contestants battled it out for the privilege of representing Canning Vale Toastmasters in the Area S31 Contest. Congratulations to Mike, Fiona, Chandana, Prem and Vanessa for your exceptional speeches. Any one of you would represent our club exceedingly.

Vanessa triumphed with her speech entitled “Attitude of Gratitude” and goes on to contest the Area Final in a few weeks.

Paul ran his first Table Topics session and had some extraordinary photos which had us reaching for our thinking caps. Will you ever forget John Cecchi’s Mum & Dad’s wedding photo or Shree’s eagles that are trained to take down Drones?

Congratulations All!
Meeting 382

Another night of top quality at Canning Vale as five contestants contended for the title of Evaluation Champion.

Contest Chair, Phyll, lead the night and Chief Judge, Michele, adjudicated to ensure all was fair.

Ronnie, Fiona, Vanessa, Mike and Chandana evaluated Tracey’s “Laughter Yoga” speech with aplomb.

Congratulations and thanks to Tracey from Victoria Quay for stepping out of her comfort zone to present a speech to an unfamiliar audience in a new environment. That takes courage.

The stars of the night of course are our contestants. All gave Tracey encouragement, praise and a plethora of recommendations to assist her to grow as a communicator.

Mike took out the winner’s certificate and goes on to represent us at the Area Final next week.

Everyone steps out of their comfort zone in contests and tonight was no exception.

Hats off to all!
Drunk or Cerebral Palsy?

What is Cerebral Palsy?
Cerebral palsy (CP) is a physical disability that affects movement and posture. It is a permanent life-long condition, but generally does not worsen over time. It is due to damage to the developing brain either during pregnancy or shortly after birth.

What Causes Cerebral Palsy?
There is no single cause of cerebral palsy. For most babies born with cerebral palsy, the cause remains unknown. Researchers now know that only a very small percentage of cases of cerebral palsy are due to complications at birth (e.g. asphyxia or lack of oxygen). Today, it is accepted that cerebral palsy usually arises from a series of causal pathways, i.e. a sequence of events that when combined can cause or accelerate injury to the developing brain.

Who is at Greatest Risk?
The Australian Cerebral Palsy Register Report 2013 has identified four groups that, statistically, have a greater risk of cerebral palsy.

1. Males – Males are at greater risk of having cerebral palsy
2. Premature babies – Prematurity is associated with higher rates of cerebral palsy
3. Small babies – Low birth weight is associated with higher rates of cerebral palsy. This may be a result of prematurity or slow intrauterine growth. Around 42% of children with cerebral palsy had low birth weight, compared to just over 6% of the Australian population
4. Twins, triplets and higher multiple births. 11% of children with cerebral palsy were from a multiple birth, whereas the rates of multiple births are only 1.7% in the Australian population.
The month of February seemed to be jam packed with contests and it’s wonderful to hear from new speakers. Our contestants for both of our Evaluation contests delivered so many pearls of wisdom.

Tracey from Victoria Quay club told us about Laughter Yoga and all the benefits of forcing yourself to laugh (lower stress levels, feeling joy, reduced pain etc). I now use driving time as my laughter time and when other motorists catch my eye they can’t help themselves but to return a smile. My son however, did not find my advice very useful as he lay on the ground clutching his family jewels in a foetal position. The brakes on his bike are very effective and he somehow managed to fall off and was in no fit state to laugh about it. I on the other hand, was in stitches!

Then there was Hugh from Netmasters club who delivered his second only Toastmasters speech. This gentleman was a true story teller and he told us about his father – a self educated man who was so taken by Pythagoras’s mathematical principal, he wrote it on the nearest piece of paper – the wallpaper.

Without a doubt my highlight from the International Speech Contest at the Area S31 final was from Colin Hughes, our past Area Governor, who spoke about the challenges of his cerebral palsy (a physical condition that impairs movement and posture). Colin is the master of self depreciating humour and he told us about being refused entry into pubs because he was already drunk to being told to be careful of coffee – it’s hot. How blessed we all are to belong to an organisation with so many diverse and wonderful stories!

Convention May (27th – 29th) is just around the corner and if you would like to hear some world class presentations come along! Great weekend and our club handsomely subsidises these awesome events!

Vanessa
Upcoming Events

Division Final Speech Contests

Southern Division International and Evaluation Speech Contest Finals will be held in March. Come along to support Vanessa as she vies for a spot in the District Final in May, at the City of Dreams Convention

When: Sunday March 13th at 2pm for a 2.30pm start

Where: Bull Creek Community Centre, Hassell Crescent, Bull Creek

There will be raffle for a ticket to convention, so bring your cash!

Good Luck Vanessa!

Speechcraft Course

Our club is running a Speechcraft course during April & May in the city on Wednesday evenings from 6pm—8.15pm. Vanessa is our co-ordinator for this course and she is looking for members to support her by attending 1 or more nights. Speechcraft assistants may be the Timer, Table Topics Master, give evaluations or mentor participants. This is an excellent means of building your own skills whilst helping another build their skills.

If you would like to help, please email Vanessa with your available dates.

District 17
City of Dreams Convention

May 27—29, 2016
Four Points by Sheraton, Perth
International Speaker Mark Brown
1995 World Champion of Public Speaking
Come Chase Your Dreams
Tip of the Month

Classic Storytelling Techniques for Engaging Presentations Part 1

A good public speaker takes their audience on a journey, leaving them feeling inspired and motivated. But structuring your speech to get your ideas across and keep your audience engaged all the way through is tricky. Try these eight storytelling techniques for a presentation that wows.

You’re doing a presentation, so you start with the facts you want to get across. Wrong! Humans are hardwired for stories. They love heroes, journeys, surprises, layers and happy endings.

Deliver a presentation that captures the hearts and heads of your audience by stealing one of these classic storytelling techniques that I will share in this and the next few issues of your newsletter. Start with the story – the rest will be history.

Technique 1. Monomyth

The monomyth (also called the hero’s journey), is a story structure that is found in many folk tales, myths and religious writings from around the world.

In a monomyth, the hero is called to leave their home and sets out on a difficult journey. They move from somewhere they know into a threatening unknown place.

After overcoming a great trial, they return home with a reward or newfound wisdom – something which will help their community. Lots of modern stories still follow this structure, from the Lion King to Star Wars.

Using the monomyth to shape your presentation can help you to explain what has brought you to the wisdom you want to share. It can bring your message alive for your audience.

Good for:

- Taking the audience on a journey
- Showing the benefit of taking risks
- Demonstrating how you learned some newfound wisdom

See also: The Hero’s Journey by Joseph Campbell

Japanese yo-yo-er BLACK tells the inspiring story of finding his life’s passion, and the difficult path he took to become world champion. He closes by sharing his newfound skills with the audience, bringing his journey full circle.

Here’s the link to the TED talk by BLACK: https://youtu.be/gnuFrtTNUTc
Member Musings

Priority Payment

By Edward Chen

Yes, death and taxes are the two definite things for all of us, however tax is the only thing you must pay whilst you may not be willing to.

Is there anything that you would pay willingly? Yes, there is for me! Other than my wife’s birthday gifts, that would be my Toastmasters membership dues. Your partner’s gift is an obvious thing you want to pay, but why my Toastmasters membership fees?

How about the membership that can give you a promotion every year?

Yes, it did happen to me and it happened to me three years in a row. That means three promotions in 3 years.

When I joined my company three years ago, I also got addicted to our Toastmasters club meetings. Our Canning Vale Toastmasters club offered me a perfect platform to practise my presentation skills and help me sharpen my job interview skills. Not to mention all the encouragement from the friendly club members.

I deeply feel that I am blessed. I tell everyone that I have an extended family in Canning Vale — that is my Toastmasters club friends.

Yes, today is the day—my membership fees are due.

Treasurer, please take my money for a priority payment!