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Newsletter of  
**STANTHORPE TOASTMASTERS**  
Club No 1659 \* Area 1 \* Western Division \* District 69

Volume 3 No 6

November 2011

## It's Graduation Time ...



**Toastmasters and Young Ambassadors are all smiles as they pose for the Speechcraft graduation photo. See story page 6.**

**What's inside  
your "1659"  
Newsletter?**

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# From the President=

## NOT SERIOUS ENOUGH?

Visitors, whether they are already associated with Toastmasters or not, seem unanimous in their perception that the Stanthorpe Toastmasters Club is a meeting place of happy people – happy with each others' company; happy to be greeting newcomers to the club; happy to be learning life and work skills, and happy to be sharing them with others.

I believe that most Toastmasters clubs strive to acquire these qualities, yet we somehow seem to be the envy of members from other Toastmasters clubs who have looked in on us.

## FEEDBACK APPRECIATED

Despite these positives, is it possible that we are perceived as “not being serious enough” by some of our visitors? Is that the reason why they come a few times and then drop out, or do they feel intimidated by club members who by and large know each other well enough to be able tickle each others' funny bone? Will answers to these questions improve our club, and will it help break down barriers, if there are any, to winning over new members? I'd appreciate your feedback.

Josh Furness, in summing up his tenure as President, touched upon a similar theme. He advocated that while it was great that we were having fun while learning, it was important that we adhere to our meeting protocols.

## THE DESIRABLE NUMBER IS ...

It's important to consider these questions. Through no fault of the club, we are losing

three members. In order to keep the club vibrant and with enough members to fill all the duties associated with a normal meeting, it's generally acknowledged that it is desirable to have around 20 members in a club. A point towards our Distinguished Club Program tally requires that our club has 20 members or more.

While there are various membership building activities that the club as a whole can undertake (such as Youth Leadership and Speechcraft Courses), there is no doubt that it is the members themselves who can best sell the benefits of being a part of the Toastmasters family. It was one of the reasons why every member was provided with Club cards which you can personalise. If you have used all of your cards, well done. Please see Lynda for replacements.

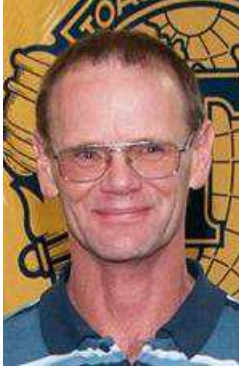
While we all enjoy a meeting where we get our fair share of bonhomie, we are, as we carry out our allotted duties, learning new skills which are readily exportable to our social and business lives.

Area One Governor, Liz Hudson, talked about this phenomenon during her last visit. How by introducing protocols considered the norm in Toastmasters, it has helped another club she is associated with become a more successful organisation.

## MAKING IT A PRIORITY

Joining Stanthorpe Toastmasters has been one of the best things I've done in my life. I hope that to some degree, you share that sentiment. I would like to see the club remain a happy meeting place, where at the end of the evening, you go home with a smile on your face. Please endeavour to make membership building a priority in your life beyond Toastmasters.

**Peter van Schaik ACB/CL**  
**President**  
**Stanthorpe Toastmasters**



# VPE Update=

## ALWAYS SPRING ....

I regularly go for a walk along Quart Pot Creek and have recently noticed the trees coming to life, more birds out singing, people out walking their dogs, children playing in the park. It is great to see everything and everyone coming out of hibernation. But if you look at what the members of Stanthorpe Toastmasters have been doing you would think it was always spring.

Looking back over the past year you can see many individual members have achieved many goals. Leanne, Tony, Amanda, and Trevor completed their Competent Communicator award. Leanne and Trevor completed their Competent Leadership award. Josh completed Advanced Communicator and Advanced Leadership awards.

Many others would have had personal goals that they hopefully achieved. And we aren't stopping there. We now have a number of members who are close to completing their manuals and advancing to the next level by mid 2012.

Josh Furness has coordinated a successful Speechcraft course for the Young Ambassadors with the help of Amanda, Leanne, Chloe and Trevor. We recently held the first round of speech contests. The winners went forward to compete at the Area 1 conference in Goondiwindi. Congratulations to the winners and a special congratulations to those who stepped forward and participated in the contests.

## MARCH 2012

In March I would like to see the majority of members competing whether you wish to advance to the next round or not. These contests consist of Tall Tales, Novice and Interpretive Reading. Participation means an opportunity to practice and this leads to experience. That is what we are here for.

One area that needs correcting is to ensure that you pass your manuals to someone at the start of the meetings so you can be evaluated in whatever role you perform at the meeting. This is where you get feedback to help you learn what you can improve on and what you are doing well. Without this information it is difficult to move forward.

**Trevor Fitness CC/CL**  
**VP Education**  
**Stanthorpe Toastmasters**

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# How many of us are guilty?

**A few helpful tips from our Area 1 Governor Liz Hudson, ACB/CL**

How many of you are guilty of presenting an essay as a speech? What's the fundamental difference between a speech and an essay?

### THE DIFFERENCE IS:

We *write* in a different style to the manner in which we *speak*. When we write, we use more elaborate language. Every written word conjures a picture and helps create an atmosphere because we can *only* use words.

When we speak, we use simple words. We have the added benefits of using vocal variety, gestures and pause which help convey a picture. Some of us write beautiful essays as speeches.

When you've written your beautiful essay, with beautiful flowery language, ask yourself if that is how you normally speak. I don't think so.

By all means, start off by writing a speech out in full. Then reduce it to point form. And this is where you start to practice out loud, which will help you speak naturally, in language that you *normally* use. And, it gets even easier.

Stay with a topic with which you are familiar. This will help you reduce your dependency on notes, because you know the topic. And so what if you leave the best bit out. The audience is none the wiser and will still enjoy your speech.

### THE BOTTOM LINE

The bottom line is, get rid of the essay, which means the over written, descriptive prose, and speak as you would when having a conversation with a few friends.

## IMPORTANT DATES:

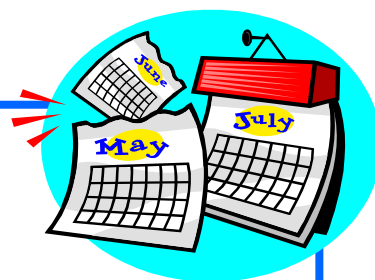
### MARK THEM IN YOUR DIARY:

#### 2011

Mid Nov Year 7 Lecturette competition, members required to adjudicate  
8 Dec Final 2011 meeting and Christmas social

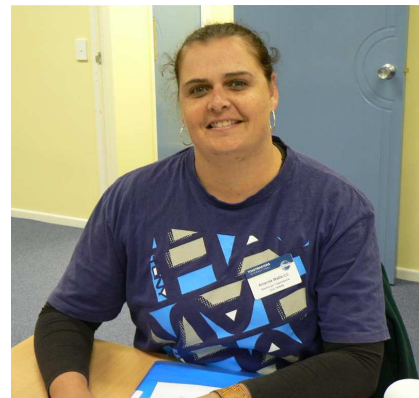
#### 2012

9 Feb first 2012 meeting  
10/11 Mar Western Div conference, Gatton  
17 Mar Area 1 Novice, Interpretive Reading and Tall Tales contests



# "I Just Wanted To Be Part Of It"

Below Amanda provides an insight into what assisting with the Young Ambassadors Speechcraft entailed.



When fellow Toastmasters and I were asked "Who would like to work with the 2012 Young Ambassadors?" by coordinator Josh Furness, I didn't really think about what it involved. I just wanted to be part of it. And I am glad I did. Unfortunately, I missed the first week but all other weeks I was able to attend and found very rewarding.

## **AN OPPORTUNITY**

Not only were we given the opportunity to pass on all the knowledge and skills that Toastmasters has provided to us, but we were also given the opportunity to grow and learn with the Young Ambassadors. Each one has their own special bit of greatness to offer not only the Apple and Grape Harvest Festival but most importantly also sharing those attributes with our community.

The mission of a Toastmasters club is *"to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills which in turn fosters self confidence and personal growth"*.

By presenting the Young Ambassadors with a six week speechcraft course, it provided a double opportunity for them. Firstly, we gave them a glimpse of what it means to be a Toastmaster. And secondly, we

were able to provide them with the tools to promote and enhance their inner confidence plus become the excellent public speakers they all aspire to be.

As the weeks progressed the ums and ahs went down; the confidence and speech execution went up. I congratulate my fellow Toastmasters on a job well done. I also congratulate the Young Ambassadors on an inspiring turn-around of ability to deliver impromptu and prepared speeches.

## **REWARDING ASPECT**

Each fortnight we are dazzled with speeches and performances within our Toastmasters Club. We also have the opportunity to watch, learn and grow. But working with the Young Ambassadors has been one of the most rewarding aspects of being a Toastmaster to date.

When the opportunity to work with the 2014 Young Ambassadors comes up, I urge everyone to get on board.

Knowing that you have passed along all of your acquired Toastmaster knowledge to the future Young Ambassador of Stanthorpe provides you with a greater sense of community and belonging to this wonderful community we call home, Stanthorpe.



**Annual club speech contests were held on 25 August. All members contributed to the well organised evening. Successful place getters were: Trevor Fitness (Humorous); Lynda Blackstock (Table Topics and Evaluation) and Keith Barnett (International).**



**Above: A big “Thank You” to the four Warwick Toastmasters who took on the judging roles for the evening’s speech competitions. Club members, Trevor and Lynda reciprocated and assisted with judging at Warwick’s comps on two separate evenings**

## Assisting the Young Ambassadors ...



Back row from left: Chloe Kidd, *L'Aquila Young Ambassador* Isobel Lawrie, Josh Furness, Leanne O'Donnell, *Power Tynan Young Ambassador* Mackenzie Elliott, Amanda Watts. Front row from left: *Waynes World Young Ambassador* Amy Smallmon, *Southern Belle Young Ambassador* Courtney Dachs, and *McDonald's Young Ambassador* Gianna Zanatta. Missing from our photo are Toastmaster/2012 Festival President Keith Barnett and Toastmaster/Festival Director Trevor Fitness.

## Congratulations and “thanks” to all

The 2012 Young Ambassadors have been busy during July and August developing their public speaking skills with members from our Club.

Coordinator Josh Furness and assisted by Amanda, Chloe, Leanne, Trevor and Keith all gave up their Tuesday nights to pass on their skills. This included showing the girls how to present their thoughts clearly and convincingly with no more than a few seconds of preparation. Table topics in disguise?

August 23 saw several Apple and Grape Young Ambassadors present their final speech and graduate from the Toastmasters Speechcraft course.

Family and friends of the Young Ambassadors as well as several Apple and Grape

Harvest Festival Directors joined in the evening by trying out a round robin plus table topics. A few found impromptu speaking difficult but it gave the guests a sense of what the girls have achieved by completing the course.

At the end of the evening Toastmaster Josh Furness commented on the increase in confidence shown by the participants during the six week program.

Toastmasters is all about personal self development and the participants have certainly embraced it wholeheartedly. We wish all the Young Ambassadors well in their upcoming events leading up to the iconic Festival being held on 2, 3 and 4th March 2012.



# Spotlight on Susan:

The following is a continuation of our member interviews. Focus is on Toastmaster Susan Butterfield.  
Ed

**I gather you've moved about a bit. Tell us about some of the places you've lived in.**

I sometimes think that my family must have a bit of gypsy in our blood. I lived in three different places near Manchester in England before I was brought to Australia in 1955. Since then I have lived in the Illawarra (twice), in Sydney (twice), on the Central Western Slopes of NSW (3 times), in the Kurralong area (twice), on the northern outskirts of Melbourne, Bayside, Brisbane and now in Tenterfield.

#### **FAVOURITE PLACE?**

What is my favourite place? Anywhere in the country with friendly people, a cool climate and within a few hours' drive of my daughter's home..

**Besides Toastmasters, what other clubs and organisations do you belong to?**

Writers' Ink – a creative writing group; Pitching Tents – the Tenterfield “a cappella” group; Last Friday Book Club, and my church. Also I play mah jong twice weekly and scrabble as well.

**What were your reasons for joining Stanthorpe Toastmasters Club and what are your goals?**

Speaking has always been my *bête noir*, so when I met Peter, (our President – then and now) I was impressed by his poise, confidence and ability to communicate difficult ideas very effectively. When he invited me to visit I soon realised that Toastmasters could be my stepping-stone to a better me – and it is!

My immediate goal is to complete my CC and CL before our Christmas break. Long term it's just the next step in the process and then the next. I'm in for the long haul.

**What advice do you have for anyone thinking of joining Toastmasters?**

JUST DO IT! Don't procrastinate, don't think twice. JUST DO IT!

**Toastmasters is the world's best kept secret. What suggestions do you have to help our club gain new members?**

I think we should try radio advertising and a bi-monthly Bring a Guest night.

## Queen Elizabeth Cake Recipe

### Ingredients:

1 cup boiling water & 1 cup chopped dates - combine both: set aside  
1 tsp baking soda                      1 cup white sugar                      1 1/2 cup flour  
1/4 cup butter                              1 beaten egg                              1 tsp baking powder  
1/3 tsp salt                                  1/3 cup chopped nuts                      1 tsp vanilla

Cream sugar with butter til fluffy.

Add beaten egg, mixing well

Sift all dry ingredients and add to sugar mixture, mixing well

Add date mixture plus nuts and vanilla

Grease 19 cm pan or 20 cm ring pan. Add cake mixture

Bake approx 35 min at 180c or until done. Cool 5 min then add topping

### TOPPING:

1/4 cup butter                              3/4 cup brown sugar                      1 1/2 T cream

1/2 cup coconut                              1/4 cup chopped nuts

Cream butter, add sugar, mix well. Add cream, beat til smooth

Add nuts and coconut; spread topping evenly over cooked cake

Place under hot griller 4 or 5 inches from heat

Grill til sugar is bubbly and topping is delicately brown.

Watch closely as it will burn very quickly

A few members asked for the above recipe. The Queen E cake was enjoyed during the Competition Night supper break in mid August. Ed



## A Reminder: our new toy!

### It's the data projector!

It's an Acer X1161 (pictured right) and comes courtesy of a \$500 donation given to us by the Apple and Grape Festival committee last year.

There are several manual speech projects that require the use of a data projector or other audio/visual technology. Any presentation can now be enhanced by using our new toy (all you need is a laptop for operation).

You don't have to use Microsoft Power Point for your presentation; there are other ways to present photos etc.

Although not mandatory, it is suggested that you take the projector home and practise prior to giving your presentation. It is so easy to spend half your time talking to the screen instead of the audience!

Recently Leanne and Susan have both taken advantage of the new toy which complemented their speech presentations. Who's going to be next?

# Area 1 Conference



Our Stanthorpe contingent are all smiles, even at the end of a long day of conference activities in Goondiwindi. From left: Angela Kelly, Peter Van Schaik, Susan Butterfield, Trevor Fitness, Lynda Blackstock and Keith Barnett.

It was a long day as Toastmasters from far and wide made their way to Goondiwindi for the Area 1 conference on Saturday October 1st. Members from five clubs within the area attended to support and/or compete in four contests.

After a welcome by the Mayor of Goondiwindi, it was on to the business at hand: Table Topics. How would you answer the topic of "The Journey Starts From Here?"

The Humorous contest followed the delicious morning tea and only three competed. Speech titles included "The Trip", "A Male Life" and "A Trip to Remember."

Following lunch and plenty of camaraderie, it was 'Evaluation' time. The test speaker, Gordon Hodnett (Darling Downs Club) provided an interesting speech titled "Faith - A True African Story".

The fourth contest on the day was the much anticipated "International" competition. Five Toastmasters presented five outstanding speeches: the judges definitely had a difficult challenge - it was 'down to the wire!'

First place results were:  
Harold Clarke, International and Evaluation  
Bruce Rock, Humorous  
Joan Fletcher, Table Topics

# An Invitation to Attend .....



(Article below provided by former Stanthorpe Toastmaster and immediate past Western Div Governor Tony Hassall DTM)

A new club is in the process of being formed in Toowoomba. The club is to be named "TT". At this stage the TT can stand for what ever you want it to.

The club currently meets once a month on the third Thursday of the month at the Cedar Centre at USQ. You need to be a member of another club in order to join and ideally have already achieved CC award (though this is not mandatory).

Julia and I have joined the club and I've had my first taste of a 5-7 minute impromptu speech. The topic I was given was "Look at yourself." Thankfully I had just been doing some personal reflection and was able to answer the topic.

I've discovered that it's not that difficult to talk for 5-7 minutes: the skill is in holding the audience's attention for that long.

For anyone interested in greater Toastmaster challenges, this is a great opportunity to test yourself. For more information contact me via mobile on 0419 795 329.

## ***Promise Yourself ...***

*To be so strong that nothing can disturb your peace of mind.  
To talk health, happiness and prosperity to every person you meet.  
To make all your friends feel that there is something in them.  
To look at the sunny side of everything and make your optimism come true.  
To think only of the best, to work only for the best, and to expect only the best.  
To be just as enthusiastic about the success of others as you are about your own.  
To forget the mistakes of the past and press on to the greater achievements of the future.  
To wear a cheerful countenance at all times and give every living creature you meet a smile.  
To give so much time to the improvement of yourself that you have no time to criticise others.  
To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.*

*(Thank you Susan for providing the above inspirational writing created in 1912. Ed)*

# Toastimonial



## Realising The Value of Toastmasters

by Trevor Fitness

I am involved in several organisations and each year when the subscription for each comes due, some of the questions I ask myself are: why should I stay in this club? Am I gaining anything from being here? Am I contributing anything? Am I getting value for money?

Recently the question of "Do I want to remain in Toastmasters?" was answered.

Back in December I took on the Presidency of the Toowoomba Branch of the Australian Technical Analysts Association. Toastmasters gave me the confidence to take on this challenge.

Each month I organise a speaker from around Australia to visit Toowoomba and give a presentation. July was an exception.

Recently in July I held a member's night: we were to have various members give a short presentation on some aspect of their trading rather than a guest speaker.

### WRONG!

I had two people lined up along with myself to give short presentations on trading. I also had a recorded interview to play to fill some time.

Wrong....



A few days out, one person pulled out as he was unable to attend then on the morning of the meeting I received an email from my second speaker saying he had to fly down to Sydney and couldn't attend.

All of a sudden my half hour presentation needed to fill around 2 ½ hours!

**Without Toastmasters skills, I think I would have called up sick and cancelled the evening!!**



Instead, this is how the meeting transpired:

- Our meeting started as usual at 7pm with the normal housekeeping announcements.
- 25 minute recorded interview.
- I then facilitated a half hour discussion about the content of the interview.
- my planned half hour presentation on one of the ways I trade.
- ending with answering questions and encouraging a discussion

The above meeting finished 2 ½ hours later!

(Continued page 13)

## Kaizen

The Japanese language has a word *kaizen* which means continuous improvement.

改 = KAI = CHANGE

善 = ZEN = GOOD  
(FOR THE BETTER)

改善 = KAIZEN  
= CONTINUAL  
IMPROVEMENT

This principle also applies to our ongoing development in public speaking by regular practice at club meetings.

Here is a tip to help you track your progress.

In the back of your manual, make a list of your strengths (to remind yourself of progress) and areas for improvement based on your speech evaluations. Review this list regularly, and continue to focus on the areas for improvements.

A great way to review your progress is to record every presentation on your video and use these recordings to review your performance.

## TOASTIMONIAL (continued from page 12)

### WHAT I REALISED

On my drive home after the meeting I realised two things:

- 1) My trading knowledge is greater than I thought and
- 2) I have gained a lot more from Toastmasters than I had realised.

It is not until we are put in situations like the 'no show speaker meeting' that the training we have at Toastmasters comes out and helps us to shine.

I really knew how far I had come when a couple of weeks later I received an encour-



aging email. It advised that the two visitors for that meeting had signed up!

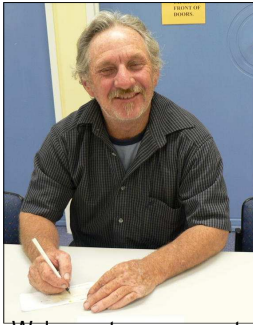
In July 2011 I was finally made aware how much the members within Stanthorpe Toastmasters have helped me. I am now also more aware of the benefits of participating as much as possible at Toastmasters meetings.

### I'M SORRY, BUT ..

So I would like to conclude by thanking my fellow Toastmasters for their help and support over the past couple of years. Going on the support you have given me and what I have achieved, I'm sorry but you will be stuck with me for some time yet.



# Scene in passing .....



Welcome to our newest member John Wilson - he's already completed his icebreaker in a commanding style!



Welcome back to Lyle who's been away travelling the back roads for four months. We're sure there's interesting speech material contained within all those km's of travels!



Our Christmas finale will be held at Leanne's home on December 8th. Thanks Leanne for opening your home for our last meeting of 2011 - everyone is looking forward to it.



Toastmaster Angela Kelly has just recently taken on the role of Sgt at Arms. She'll now be the official 'gavel keeper' to keep us all in order.



Where did our Apple/Grape Harvest Festival President plus glass artesian, plus hobby photographer, plus Toastmaster, plus golfer and weekend 50 km cycle rider plus recent Cambodia traveller find time to make those yummy ANZAC biscuits?



Spotted at the recent Area 1 conference was 30+ year veteran of Toastmasters, Graham Miller of Toowoomba. He was recently presented with the honour of 2010-2011 TOASTMASTER OF THE YEAR for District 69. A well deserved acknowledgement for a dedicated member of District 69 and Western Division Toastmasters. "Congratulations Graham."



Congratulations to Immediate Past President Josh and wife Leah on the birth of their baby girl AIDA SIMONE.



Is our President making sure Tony doesn't take that large pastry during the break at Area conference?

**Stanthorpe Club - enjoying the Toastmaster experience**