




PO Box 1360 Dee Why NSW 2099, email@nbtc.org.au, www.nbtc.org.au Volume 4 March/April 2009



President Graham Blandy DTM reports separately this month.

Northern Beaches Toastmasters Club meets 6.45pm, 4th Tuesday monthly
At a different restaurant each month and some 5th Sundays (speeches)



Dates: March 24, April 28, May 26


Pipeline Editor: Alison Lavick DTM,
Vice President Public Relations
alison@capablecom.com.au

Published by President Graham Blandy DTM,
(0419 127 772)

Membership Laurel Holterman ACS CL (9938 5172)

Contributions to Pipeline are welcome

What else is on



Wed March 11: 7.30, Area 22 contests, Balgowlah RSL

Sun 29 March: Hawkesbury contests

May 22-24: District 70 Conference, Bankstown


Wed May 27: International President visit, Bankstown

AND THE GOOD NEWS IS

At the club meeting of 24th February it was **RESOLVED THAT** Northern Beaches Toastmasters Club **subsidise** all members who wish to attend the Area 22 Contest on 11th March 2009 at Balgowlah RSL Club to the cost of \$22. Moved Frank, 2nd Muriel.

THAT Northern Beaches Toastmasters Club **subsidise** members the full amount to attend Hawkesbury Division Contest on 29th March. Moved Laurel 2nd Sharon..

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which each member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.



Monthly meetings: 6.45pm for 7.15pm start

Tuesday March 24 :Forest Thai
chairman: Stephen Trindall
1 / 449 Warringah Rd, Frenchs Forest

Tuesday April 28:
chairman: Frank Elmes

Sunday May 24: [5pm], Chez Tomlinsons
pot luck dinner, 10 Cobb St, Frenchs Forest

Tuesday May 26 :(elections)
chairman: Jan Vecchio

Winners are gridders♥

Be sure to support our winners at the Area 22 Contest on Wednesday March 11 7.30pm Balgowlah RSL

International Contest:
Denise Tomlinson

Evaluation Contest:
David Tomlinson





OVERCOMING NERVES

Are there some techniques to take the nervous feeling away?"

"Absolutely not".

When you are in front of your audience, like it or not, you are giving a performance. In order to perform at your best, you need to have a bit of "edge". It helps you to be at your best. So **channel** that anxiety and turn it into a great performance.

Of course, nerves can be so overwhelming that some people find it difficult to perform at all. As Howard Grossman said *"The human brain is a wonderful thing. It works from the moment we are born until the time we stand up to give a speech"*. How do you control this natural anxiety? Well, there are a number of possible ways. You need to find what works best for you.

Here are a few suggestions that you might consider if you're beset by nerves:

- Remember that the entire audience wants you to succeed. They're on your side.
- Don't worry about the odd fluffed line - just keep going. No-one will notice
- You don't have all the answers. Your audience knows that
- If you act confident, you will appear confident
- The more you prepare, the less nervous you will be
- Smile

Confidence comes with experience. Whenever you get a chance to speak, take it. You'll be surprised how soon you'll start to enjoy it.

(Alan Stevens, UK Media Coach)

Wise words from our founder, Dr Ralph Smedley:

"We gain skill by practice, and we improve by heeding our evaluators."

Assignment Guide:

The Ah Counter (CL page 13) (2 minutes)

The purpose of the Ah-Counter is to note any word or sound used as a crutch by anyone who speaks during the meeting.

Words may be inappropriate interjections, such as: *and, well, but, so* and *you know*. Sounds may be *ah, um* or *er*.

You should also note when a speaker repeats a word or phrase such as *"I, I"* or *"This means, this means."* Unnecessary repetition can be annoying to your audience.

The Ah-Counter role is an excellent opportunity to practice your listening skills and to deliver an impromptu report.

Prepare a brief explanation of the duties of the Ah-Counter for the benefit of guests.

Throughout the meeting, listen to everyone for sounds, repetition and long pauses used as fillers and not as a necessary part of sentence structure.

Write down how many filler sounds or words each person used during all the meeting.

When you're called on by the Toastmaster, give your report at the front of the room. Remember to make some positive comments—this is not the time for negativity and criticism.

Hand back to the Toastmaster or Chairman.

That completes your assignment. You will be evaluated by the General Evaluator.

Congratulations Corner

March anniversaries have been reported previously

April Anniversaries of joining Toastmasters

Jan Vecchio — 1997

Frank Elmes — 2001

Greg Holterman — 2004

Leisl Holtlerman — 2004

Richard Sami — 2006

Stephen Trindall — 2006

Peter Tebbutt — 2008

Picture of the month

It's not the words you slaved over for your speech: it is your body language that makes the first and most important impression on your audience and their perception of your credibility.

