



The Viking Tribune

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Area 45 Table Topics and Humorous Speech Contest - what a night!

The rain and lightning couldn't keep people away from the Area 45 Table Topics and Humorous Speech Contest on Monday 7 September at The Lions Den in Parramatta.

It was an entertaining night with high quality speeches delivered by contestants from the six clubs that make up Area 45. Our Club was out in force with speakers President, Effie Kriketos, in the Table Topics Contest and Tom Ware in the Humorous Speech Contest. Several members were there to work as volunteers and offer support to Effie and Tom. Thanks to Adrian, Percy, Dipankar, Glenn, Prema, Sue and our member and Area 45 Governor, Dianne.

The Table Topics question on the night was, 'Do we learn from our mistakes?'. It was a tough question to answer quickly but Effie did us proud and delivered a well structured, clear and entertaining response. Commenting on the competition Effie said, 'It was fast paced and the word pictures used by the contestants were vivid and had the audience listening attentively to hear what the next contestant would say. I had a great time and feel I'm continuing to learn and grow. I encourage members to enter our next round of competitions after Christmas.'

The Humorous Speech Contest had five very funny speeches, each with a different topic and all demonstrating the skills the contestants had learned at Toastmasters.

In his speech, 'Things that come in small packages', Tom spoke about his dog, a 'Sydney Silky Terrier' that spent its life being a 'terror'. Tom captivated his audience by engaging them with his story about the little dog whose life ended when it was whisked off a beach by a Pelican. He had people laughing with him at the dog's mishaps and misfortune. Tom said, 'I enjoy the challenge of competitions, they extend my thinking so I explore new topics and ways to build them into interesting stories that engage an audience.'

The Contest was hosted by the Parramatta CBA Club and was split into two sessions. The first half held the Table Topics contest, followed by a dinner break that allowed time to chat with other attendees. We resumed for the second half and the Humorous Speech Contest.

Zenita Acaba, Parramatta Midday, went on to represent Area 45 at the Western Division Contest in Table Topics and Kathy Rojo, CBA, in the Humorous Speech contest.

In the New Year Dundas Club will hold the second round of contests for members, the Evaluation and International Speech Contest. Both contests will give you a chance to **seize the opportunity** to practice developing and delivering speeches in front of a live audience. Watch out for more information about the contests and take **every opportunity to practice** at Club meetings.

Dates for your diary

The Club's Christmas meeting and dinner will be held on 9th December.

Take every opportunity at Club meetings to practice evaluating members so you are ready for Dundas Club's Evaluation Contest on 8th February 2010.

And start planning for the Dundas Club International Contest on 24th February 2010.

The winners from these two contests will represent our Club at the Area 45 Contest on 8th March.

Tips to help find your next speech topic

I need to find a topic for my next speech

Stories are all around us, you can find them in the swimming pool, the train, bus or ferry, the supermarket, the workplace, the media and the environment. Here are some tips to help you find a topic that allows you to put yourself into a story:

- What interests you?
- Have you (or did you have) a hobby, a sport, a musical interest, a favourite movie or food?
- Do you own an ornament, object or article of clothing that has a story or history?
- What have you investigated?
- Where have you traveled or would you like to travel?
- What makes you curious? What have you studied?
- What makes you happy, sad, fearful or angry?
- Have you known the joy of a pet or the sorrow of losing one?
- Has there been a disaster that in hindsight is funny and you learned from it?
- Did you have a discussion or read a newspaper or magazine article that interests you?
- Do you have expertise in a topic eg finance, IT, writing, real estate, architecture, art?
- Do you admire a volunteer organisation and could you promote it?
- Tell us about someone who influenced you?
- Tell us how your childhood experiences led to your studies or vocation?

Topics are everywhere; just ask the questions above to help you find something you can talk about.

Presidents Distinguished Club - an update

We are almost half way through the year and the Club is making good progress towards the Presidents Distinguished Club award. We achieved our first point when our member renewals were lodged on time. We've also achieved half a point when four members of the Executive Committee attended training in July. Another half point will be achieved when the Executive complete their second round of training.

A number of members are working towards their Competent Communicator (CC) manual and Advanced Communicator Bronze award, which will help the Club as well as themselves.

Think about your Toastmaster's goals this year and what award or manual you are aiming to complete and remember to let VPE Percy know so he can help by scheduling you on to the program.

Speech craft – Your opportunity to help

Distinguished Toastmaster Glenn D'Cruz will be running Speech Craft over two Saturdays in 31st October and the 14th November.

You have the opportunity to **grow your skills** by delivering an education session or helping out with mentoring and evaluations. Numbers are limited to six so direct your friends and colleagues to the web site for more information www.dundastm.org.au or contact Glenn on 0413291129.

Celebrating 200 meetings

11 November 2009

Dundas Toastmasters will celebrate its 200th meeting with a special dinner on Wednesday 11 November. With the theme 'Remembrance Day' it will be held at Dundas Sports & Recreation Club, 9 Elder Rd, Dundas at 7pm.

If you will be attending or know anyone who would like to attend please contact Adrian Fragiaco on 0423028553.

Find out more on the Club's site www.dundastm.org.au

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