



# The Raconteur

Newsletter of Lilydale Toastmasters Club 4731 District 73

Winter - 2008

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### "Flying Together In V Formation"

My grateful thanks to Past President Pam for "handing over" the club in such a strong position; you have steered your ship into a safe harbour Pam, proving "Together We Were One" in achieving much on your 12 month voyage.

For my flight I have a committee of talented, enthusiastic and supportive Toastmaster friends, who have proven records of achievement, leadership skills and commitment. My team assure me that the Toastmasters International Presidents Distinguished Club Award is well within our grasp again this year.

HOW EXCITING ..... Watch this space!!!!

Hopefully in this new year of beginnings we will welcome potential members who will choose to join us, adding strength of numbers to our talented flock.

I sincerely hope again this year laughter will be ever present throughout our meeting agendas, both at club and executive level, unplanned but ALWAYS a welcome and delightful aspect of what makes Lilydale Toastmaster meetings "joyful" and memorable.

For many years this club has had exceptional leaders who have kept Lilydale flying high, respected and envied by many visitors who comment on a "special something" that they would love to bottle and take back with them to their clubs. I shall delight in adding perhaps a little spice to this 2008/2009 year's vintage.

This little goose will be flying north for the winter with my gander Les and am leaving the administration of the

club in the capable hands of my committee until my return by the first meeting in September.

I sincerely thank you all for the honour and opportunity to be your president. I pledge to do my very best and will enjoy my year observing the growth of each club member supported by my team and fellow Toastmasters as we fly in perfect V formation together.

**Lesson learned from the flight of Geese:  
"Encouragement is motivating".**

Hugs to all from your President Nola

### 2008/2009 Executive

#### Lilydale's Executive:

President	Nola Sharp
VPE	Suzanne O'Dowd
VPM	Adele Fielding
VPPR	Kim Harris
Secretary	Kay McCartney
Treasurer	Bill Farman
SAA(1)	Eric Miller
SAA(2)	Paul Clarke
SAA(3)	Max Lamb

Contest Co-Ordinator & IPP	Pamela McConchie
Webmaster	Raj Bhide
Raconteur Editor	Jan Burford

<b>Area Governor R2</b>	Raj Bhide
<b>Division Governor</b>	Rajeev Wadwha
<b>District Governor</b>	Bernard Marmion

Lilydale Toastmasters meet every 2nd, 4th & 5th Monday at 7.45 pm at Mount Lilydale Mercy College Anderson Street Lilydale 3140

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*Flying Together In V Formation*

## Ranges Division is President's Distinguished!

In our first year as a separate division, Ranges achieved President's Distinguished by meeting Toastmasters International's growth and educational goals. Congratulations to every member of the division as it is because of your efforts.

How does a division become President's Distinguished? It requires the achievement of two goals: a net growth of one club and 75% of the areas to be Distinguished Areas. This was achieved by Yarda Yarda, a corporate club in R14 chartering on the 28th May and R2, R14 and R31 all achieving Distinguished status.

Well that sounds simple enough, but how does an area become Distinguished?

Four of the five following goals must be achieved:

75% of club October membership dues renewals submitted on time.

75% of club April membership dues renewals submitted on time.

Average of 1.75 CC's awarded per club by June 30 (total of 7).

Average of 1 AC for every two clubs by June 30 (total of 2).

60 percent of Area Clubs achieve Distinguished Club (total of 2).

Now that's a lot of work by many people. It comes down to the executive of each club completing administration requirements and club members achieving personal goals, as well as dedicated Area Governors.

Helen Allely DTM of Lilydale Toastmasters was your Area Governor for R2 in 07/08. R2 was the first area in the division to achieve Distinguished status. Congratulations Helen! Areas R14 and R31 achieved Distinguished status only in the last week of the year. As this was posted on the TI site on Saturday 5th July, I had no idea Ranges Division had received any award, let alone President's Distinguished! That's probably why I look so surprised in the photo.

Lilydale Toastmasters is a President's Distinguished Club again. That's eight times in nine years. Absolutely outstanding! Congratulations to everyone in Lilydale Toastmasters.

*Judy Murphy* DTM  
IP Ranges Division Governor



## Farewell Michele Konheiser



Monday 16th June was Michele's last night as a member of Healesville Toastmasters. Michele joined Lilydale Toastmasters in March 2007, Healesville in June 2007 and maintained dual membership until early 2008.

Healesville Toastmasters owes Michele a debt of gratitude for her friendship, support, dedication and hard work during her year as Vice President Education. For the last six months she also acted as President, a role at which she excelled. It is for these reasons and more that the membership of Healesville Toastmasters awarded Michele the Inaugural Outstanding Toastmaster of the Year.

Due to the demands of work and family, Michele decided to take a break from Toastmasters and we will miss her sorely. As a surprise, I invited Lilydale members to farewell Michele at our change over and celebration meeting. Thank you so much to Suzanne, Karen, Kath, Nola and Jan for accepting the invitation and making the evening even more special for Michele.

*Judy Murphy* DTM

## Editor's jottings

After successfully hosting the District 73 Annual Convention, we have many memories tinged with nostalgia and pride to take with us into the new Toastmaster year.

Moira Nicholson has held many positions within Toastmasters: Area Governor, President and VPM, to name a few. In this issue Moira and Helen Allely write about their long association with Toastmasters and the joy of recently attaining DTM. Helen, who has also held many positions over the years, reports on her highly successful year as Area Governor R2 in 2007/08.

Our Change-Over Dinner was a great night out. I loved seeing the expression on the faces of the recipients as their names were announced. In particular Raj, he was genuinely surprised. And yet, who more fitting to be awarded the Most Improved Toastmaster Of The Year?

Nola is pictured holding her Outstanding Toastmaster Of The Year Award - for the 2nd year in succession!! Nola's effervescence knows no boundaries. This year she has taken on the role of President and already has plans in place with the committee of 2008/09. Nola has been a member of Lilydale Toastmasters for 2½ years and has already served as VPM and Secretary.

Moira was the recipient of The Judy Murphy Award. Reading the criteria, one would think it was made for Moira - always supportive of others while setting a fine example by reaching the goals she sets for herself.

Trish won the Club Evaluation Contest and the Club International Contest! Always the clear thinker, she claims it wasn't that way when she first joined Toastmasters, although it's hard to imagine. Every one of us benefits from Trish's wisdom and experience - always willing to help and advise.

Kath Atkin, pictured with Pam McConchie, was the After Dinner Speaker and "Roasted" Pam. Kath's Roast covered the many calls on Pam's time over the last 12 months as both Convention Chair and Club President. The inscription on Pam's "Star" trophy reads: "2008 Convention Chairman Extraordinaire Pamela McConchie"

All of the Convention Committee were presented with trophies in recognition of their absolute dedication.

Dennis Curyer, our Toastmaster for the evening, was relaxed. When the music machine chucked a wobbly he ad libbed easily while "Kimmie" fetched another tape.

Kath & Kim danced and sang - a special treat for us all, especially for those who missed them at Convention .

We enter 2008/09 with some bright new Toastmasters, while upholding our strength with long term members.

Jan Burford CTM, CL  
Editor

## At the Change Over Dinner



Raj Bhide CC CL  
Most Improved Toastmaster  
Of the Year



Nola Sharp CTM  
Outstanding Toastmaster  
Of the Year



Moira Nicholson DTM  
The Judy Murphy Award



Trish Brown DTM  
Winner of Club Evaluation and  
Club International Contests

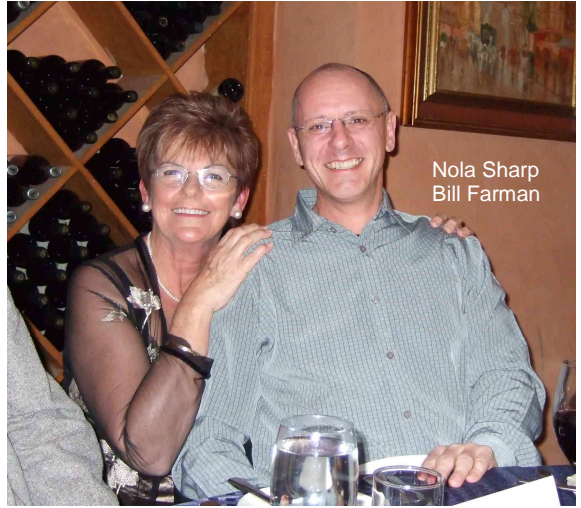


Pamela McConchie CTM CL and Kath Atkin CTM  
after Kath "Roasted" Pam





Kath & Kim  
(Penny Barrington,  
Kim Harris)



Nola Sharp  
Bill Farman



Pam McConchie

Damian Chong



Bernard Marmion

Suzanne O'Dowd



Geoff Haw, Penny Barrington Haw



Joy Harte  
Andrew Webber  
Judy Murphy



Raj Bhide, Kay McCartney, Elaine McCarthy



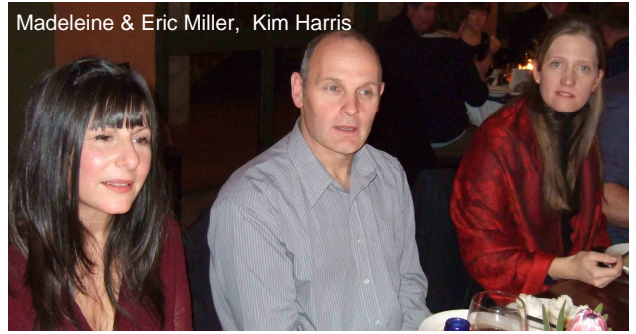
Helen & Graeme Wheeler



Pamela McConchie & Nola Sharp



Madeleine & Eric Miller, Kim Harris



Yvonne & Dennis Curyer



Robbie Williams & Gail Riley



Nola Sharp  
President

Adele Fielding  
VPM

Kay McCartney  
Secretary

Eric Miller  
SAA

Jan Burford  
Editor

Pamela McConchie  
IPP

Suzanne O'Dowd  
VPE

Kim Harris  
VPPR

Bill Farman  
Treasurer

Raj Bhide  
Webmaster

## Helen Allely - Distinguished Toastmaster (DTM)



I have been in Toastmasters for about 11½ years.

I didn't imagine, when I joined with Penny, that I would attain the Distinguished Toastmaster Award. Last month I was so excited to receive the Competent Communicator Gold Award that it will take a while for my Distinguished Toastmaster Award to sink in.

It has been a long journey.

Looking back, I have completed over 40 speeches, many educationals and all the club executive roles, except Sergeant-at-Arms. As well as co-ordinating Youth Leadership "Taming the Butterflies" at Mt Lilydale Mercy College, I have been a mentor to a fledgling club, organized the Lilydale Toastmasters 25th Anniversary Dinner for my High Performance Leadership Award and held the position of Area Governor R2 in 2007/2008, all of which contributed toward attaining my Distinguished Toastmaster Award.

I would like to thank Penny Barrington for her advice and for giving me the incentive to keep going. We joined Toastmasters together and Penny worked really hard last year to attain her Distinguished Toastmaster Award, which gave me the courage to keep trying.

Apart from Penny to inspire me, I am lucky to have had wonderful role models like Judy Murphy, Trish Brown and many others at Lilydale Toastmasters over the years.

I would like to thank you all for your support and encouragement. THANK YOU.

*Helen Allely DTM*

## Area Governor R2 2007/2008

I am now Past Area Governor R2 in Ranges Division, District 73. I had a challenging 2007/2008 year. I enjoyed meeting the members of my Toastmasters clubs and participating in their meetings. It does stretch your comfort zone when you evaluate or even make a speech outside your own club.

My role as Area Governor R2 entailed looking after my clubs, Healesville, Lilydale, Ringwood and Yarra Valley Toastmasters clubs. I made official and unofficial visits to these clubs. On my two official visits, one every six months, I filled out a report on how the clubs were doing in the Distinguished Club Program, eg whether members were achieving their goals, also where and if the clubs needed help.

I had many highlights in my year; the first was accepting an invitation to Healesville Toastmasters Charter Dinner on 3rd September 2008. I was honoured to be at the dinner as it is not often you attend a Charter Dinner! It was a lovely night, held at the Terminus Hotel in Healesville, attended also by my fellow Lilydale Toastmaster member, Judy Murphy, who was also Division Governor Ranges Division and a charter member of Healesville Toastmasters Club.

As Area Governor R2, I also held Area Contests and I was helped by two of my clubs. Yarra Valley Toastmasters hosted the Evaluation and International Contests on 25th October 2007 and Ringwood Toastmasters hosted the Table Topics and Humorous Speech Contests on 19th November 2007. After these competitions I found that each club in my area had a representative to compete in the Ranges Division Contests with Lilydale Toastmasters having representation in all: Kim Harris (Evaluation), Trish Brown (International), Penny Barrington (Table Topics) and Nola Sharp (Humorous). I was Contest Chair at four great Area R2 Contests and it proved what talented Toastmasters we have.

The District 73 Annual Convention at York on Lilydale on 16-18th May 2008 was a great end to a wonderful year. The Convention was well run and organized. Well done to the Convention Committee, our own members here at Lilydale Toastmasters: Pamela McConchie, Trish Brown, Judy Murphy, Moira Nicholson, Suzanne O'Dowd, Nola Sharp, Graeme Wheeler and Raj Bhide. I enjoyed the wonderful tour of the Yarra Valley which was guided by Nola Sharp, the singers, bush poet, comedian, speakers, contests, annual meeting, dinners, workshops and the overall atmosphere.

*(Continued on page 7)*



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As well as being fun and informative, it was nice to meet Toastmasters from other clubs.

Did you know that Area, Division and District also are asked to achieve goals in the Distinguished Club Program? I am happy to advise that as Area Governor 2007/2008 my Area R2 achieved "Distinguished". A big thank you goes to all my clubs, Healesville, Lilydale, Ringwood and Yarra Valley on their achievements, for without them I couldn't have achieved this goal!

I can say that I have learned something about myself during this year, which I feel will help me grow. It's not easy taking a leadership role, but it is worthwhile giving it a go and I would like to recommend it to everyone!

Helen Allely DTM

## District Officer Training

I had the pleasure to attend the District Officer Training (DOT) on 5th July. This was my first opportunity to attend DOT, in my role as Area Governor for Ranges Division, Area R2, for 2008/2009.

What a memorable day it was! The participants had the privilege of listening to outstanding speakers from our district. I went to training to gain the knowledge required for me to fulfill my role. Not only did I gain the knowledge, but also saw a brilliant demonstration of presentation skills. I was of the view that trainings are boring, mundane and dull - thanks to a number of poor quality trainings that I have attended over the years in the corporate world. Toastmaster training is different; it is exciting, stimulating and inspirational. Since joining Toastmasters I look at trainings differently.

Two presenters on the day were our Nola Sharp CTM and Penny Barrington DTM. Nola spoke on maintaining strong clubs and Penny covered coaching on building successful teams.

We are proud members of a strong Toastmasters club and among the very few clubs in our district with over 30 members. Our club has an enviable track record of accomplishments. Nola Sharp, Club President 2008/2009, was invited by the District Governor to talk about the ingredients that make a strong club. Nola did a fantastic job in describing the Lilydale Toastmasters success story. She spoke about our camaraderie, the fun we have at club meetings, mutual trust and respect, our passion to get perfect 10/10 score when 9/10 will do the job and celebrating member successes. The importance placed on welcoming guests by going the extra mile to make them comfortable and to feel special, was not overlooked. Nola mentioned that our club executive meetings sometimes run for hours - agenda items followed by non-agenda items, suggesting a culture of friendship, unity and harmony in the club officer team. Nola spoke with passion demonstrating her deep belief that yes - we are different. That makes us special - and this is what clubs should do to be strong. She enthused participants to learn from our best practices. These have and are working for us, and will work for other clubs. She compelled clubs that are not strong to look at their club culture and reinforced that strong clubs are strong for reasons. Well done Nola!

Penny Barrington coached the participants in effective team building. The ability to build effective teams is a key leadership skill and the purpose of Penny's presentation was to teach incoming district club officers on how they could go about building effective teams to accomplish their goals for the year. Penny met the training objectives dexterously. She came prepared with a 12-page handout for all participants with coverage on pertinent team building topics: roles in work groups, characteristics of effective teams, building relationships, stages of team development, managing conflict, how to think effectively in a group setting (Edward de Bono's Six Thinking Hats), obstacles in team building and strategies to deal with difficult people. She encouraged group participation, resulting in discussion that was lively, necessitating thinking and stimulating. Hats off (Six) to Penny for her: a) Diction, b) Command and use of language, c) Clarity of thought, d) Effective use of humour (*One of the attendees suggested that people like to follow and not to lead. Penny asked everyone if we are sheep and can we baa? When everyone bleated, Penny said "That worries me!" It was hilarious.*) e) Coaching skills (*In some of the other team building trainings I have attended in my corporate life we were lectured and not coached.*) f) Preparation and professional execution. Penny you are a star coacher!

I came back motivated from the DOT. The training reassured my belief that we have excellent speakers and role models in our district and in our club. We are members of a successful and highly regarded club in the district. We have the privilege to learn from them.

I look forward to the Toastmaster year 2008/2009.

Raj Bhide CC CL  
Area Governor for Ranges Division R2

## The Professional Seminar - Theatre Sports

**What a buzz!** I could never have guessed when I prepared for this speech that it would be so much fun to present. I had purposely left this speech until *I had to do it!* Yes, the thought of putting a seminar together with the following objectives was just too hard as far as I was concerned and easily became the target of my biggest enemy - procrastination! Well the time came where I couldn't escape the task.

My objectives:

- plan and present a seminar with specific learning objectives
- relate to the audience by using a seminar presentation style
- use seminar presentation techniques to promote group participation, learning and personal growth
- and it all had to be completed in only 20 to 40 minutes

For a number of weeks prior to presenting the fourth speech from 'The Professional Speaker' manual, 'The Professional Seminar,' I had been searching for a way of completing the objectives using the guides in the manual and yet developing the final delivery in my own way.

I can't recall how it eventually came into being but when Theatre Sports came to mind I was off and running. Reading through the guiding notes in the manual with Theatre Sports in mind became a whole new way of reading the material. I began to think of games in which everyone could have fun and learn at the same time; the power of visual messages by doing was the aim of the task for me. I visualised and focused on what I wanted to achieve, I could see members taking part in the games; I only had to encourage my audience to come on the journey of stepping outside of our comfort zones together.

What stars we have in our midst - which made the evening so memorable. I didn't have a camera so will have to rely on the images of people playing their roles with the talent of those deserving Oscars. My objective was to assist members to show what they mean with body language, to witness that you can bring a speech to life, by involving everything about your body, not just eye contact or the use of space around or relying on gestures. This was about learning to use your whole body to demonstrate by expressing what we mean, to match the words we are speaking with ease and freedom in movement.

**Get them acquainted** was one of the suggestions in the manual and this was the first step in how the rest of my approach to completing the goal came about. I thought for a long time about how to get my audience relaxed and in the mood as quickly as possible before the idea of using music came to me. I chose a song called, 'Those Were The Days', with Mary Hopkins singing the lyrics. It was so much fun to see how everyone took part, the idea worked brilliantly thanks to the light hearted champions in our club who took up the gauntlet and sang their hearts out whilst linking arms and roaring out the chorus.

With everyone relaxed and ready to have fun, the evening took shape. I have broken out the games to give you an overview of the event, and the learning within the games, and to revisit the characters of the evening. Some of our members I had prepared, others I hadn't, and this was due to the fact I wanted members to think on their feet and live their parts without too much preparation.

### Leadership and Teamwork

1. **Ship to Shore - Captain Nola Clark** The key here was only the captain could speak, the crew could only mime their reactions. In her own predictable way Nola became the captain and was instantly in charge of her motley crew, Nola had an unforgettable entrance with a face mask and lots of curly hair an authentic looking Pirate Captain. "Everyone on deck," she sang out with excitement, "hoist the main sail!". (off comes the mask her glasses had fogged up and she couldn't read the words on her script), "hoist the Jolly Roger," everyone raised the flag with meaning, "scrub the decks," ordered the captain, and then, "get down on your hands and knees and scrub," with words of encouragement from the captain she yelled with all her might. "Fish for your supper," over the side they hung the rods, imaginations came into play the crew were landing some mighty big fish, I'm sure I heard 'shark'. "Traacherous waters ahead, 9 metre waves," shrieks the captain. Oh the drams, uneasy stomachs with displays of really sick stomachs, what actors, they really looked the part. The captain yells yet again only good news this time, "ship to shore, land ahead, home me hearties". After all this work the captain took a well earned rest and the crew flopped back into their chairs. They made it! we had heaps of body language, fantastic team work and a brilliant leader in their captain Nola. And most importantly, lots of fun with freedom of movement.

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**2. Mime Cleaning Windows**

This task is to wash windows top to bottom, you have 40 strokes to complete your window cleaning in the team were instructed.

The height of your windows is 4 ft, width is 4 ft, and you have eight panels, 4 on top and 4 below. The group assembled and we were off and running, I counted to 40 whilst they diligently cleaned. No words were spoken, plenty of body language and gestures though, there was no mistaking the windows were going to be spotless. Ah ha, we have someone finish earlier than the rest of the group. Max our new club member is standing with his hands in his pockets. "Max", I said, "tell the group why you finished first," "because I threw a bucket of water on the windows to clean them." This was brilliant, what Max had pointed out is that being given instruction was not always going to be the best way of getting a job done. Think outside the square, if you believe you have a better way of achieving your goal then take the initiative and have a go. Well done Max.

**3. Team Work – Sing a Song - Waltzing Matilda.** Four verses and the chorus to sing in this song, we had four team members in four teams. Each person in a team had a line from the song. The concept was to sing a line and put actions with the words. However, the first team to sing were told not to put too much effort into their delivery. We all sang the chorus, this was a lot of fun, the second team were asked to put a little more movement into their performance, the third team were asked to include body language and the last group were asked to put everything they could think of to bring the verse to life. Each team member did a fantastic job, everyone got the essence of what was expected of them very quickly and played their roles exactly as asked. Fantastic teamwork was displayed. The concept here was to visually see how, when we prepare a speech, it has its beginning, it is set in motion and exists in our minds, and throughout the preparation we build life into the project with energy through expression of voice, gestures, body language and liveliness finally in the delivery.

**4. Kath Atkin – In Mime Dressed in The Morning** – Kath brought life to her mime by demonstrating putting on items of clothing first thing in the morning. We could see the difficulty in choices of what to wear, choosing shoes, colours that matched and the arguments going on with Kath herself as to what looks good with this and that. The demo of putting the under garments on were very funny. Well done Kath and thank you for taking part. Demonstrating without words is very difficult and Kath came to the fore in her own beautiful style.

**5. Corina Glavan – Music - Become a Conductor** – Corina decided to create her own orchestra for this role. It was so much fun, we had beautiful music filling our meeting room with one of Johann Strauss's waltzes, 'The Imperial Waltz'. What a brilliant piece to use mime with; Corina invented her own baton and the orchestra had their imaginary instruments. What gusto was put into their roles. Who could forget Judy's role as a violinist - her whole body was shaking with involvement. I thought her head might come off at one stage. Diana and Penny were animated in their roles, playing their violins like experts. Louise played the cello with grace and Paul our new member took part playing a flute. Lastly Dennis playing the drum, had a serious look of concentration. All this without reading a note of music! Corina bowed her head, tapped the lectern and instructed her orchestra with style, moving her arms with grace and leading the group through their paces, in charge at all times. Well done Corina for thinking outside the square and to the orchestra members; you all did a splendid job of miming and bringing the piece to life. Thank you for making it a fun segment.

**6. Jan Burford – In Mime – Prepare Your Favourite Recipe.** How funny is Jan, you have shown us a side to you that is hilarious. Jan used her body to demonstrate not only putting the recipe together but including letting the dog in to lick up off the floor spillages was an absolute riot. Quick thinking and heaps of visuals gave us lots of laughter. Well done Jan and thank you for taking part.

**7. Scott Kelly - Mime – Prepare For A Morning Run - expressing how you feel in – gibberish.** Well here is a star in the making. This was the person who said to me "If you had have told me what you wanted me to do before I came, I wouldn't have been here". Scott really looked uncomfortable at the thought. Well between my asking Scott to perform and his delivery, something happened; he decided to give it his all. We saw it all!!! Getting ready for the run was brilliantly portrayed by Scott, he put his own story telling abilities to the test and shone! Thank you Scott for showing us that the use of body language can say so much! You're a star.

**8. Kay McCartney – Mime - Describe Your Latest Grandchild,** this task was not so hard for Kay as she welcomed another little grandchild only recently. What a performance. Kay has an ability to include her audience into the story; this was contributed by Max telling her as she showed the baby to him that he thought the child was ugly. Kay's use of facial expression was fantastic, and the way Kay used Max as a tool for threatening looks during the rest of the performance was very clever. Well done Kay, your quick thinking shone through.

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9. **Kim Harris - Hats Become The Person Under The Hat With Mime!** Can you believe the talent of this young woman? You missed your calling Kim, you have heaps of talent. Kim is a natural actress; with each hat Kim put on she literally became that person. I particularly liked the cap and how Kim portrayed a young man with positive attitude about who he was - he owned the world. The sparkly hat with the scarf was beautifully portrayed as an actress with style. The Australian Cricket cap brought out the supporter in Kim and the beret used to become a rap star, showed how body language movement, facial expression, the use of pause and eye contact can really make a difference in delivering a story. Thank you Kim on a job well executed.



Thank you to everyone who took part in this seminar and helping me achieve my goal. It worked only because you were all willing to have a good time whilst taking part. It took a little coaxing to start off with, due to it being outside of our normal meeting agenda.

However, I hope in some part you took a message away with you and that your next speech will include freedom in movement.

*Moirra Nicholson*  
DTM

## 2008 Taming the Butterflies

Youth Leadership is a Speechcraft course which is run for students under the age of 17 by Lilydale Toastmasters. We call this "Taming the Butterflies" as our goal is to change the frightened caterpillars to proud confident butterflies. Once again I feel we achieved that.

In Youth Leadership we assist the students to mould their own future by providing them with the tools to gain confidence, self-respect and the ability to speak with confidence, not only in general conversation, but also on the public stage.

In 1905 Franklin D Roosevelt said "We cannot always build the future for our youth, but we can build our youth for the future"; that is what Youth Leadership is all about.

On 12th April 19 bright-faced young students arrived on a Saturday morning to commence the 8-week course. I think many of them would have preferred to be home in bed but the enthusiasm was evident.

Over the next 8 weeks the students delivered 3 speeches of increasing complexity using vocal variety, gestures, props and eye contact which was fun and completed with energy. All the normal roles of Chairman, Table Topics Master and Harkmaster were performed by the students as they ran the meetings with our support.

The Presentation Night proved to be great with many a damp eye amongst the parents. It truly proved how far the students improved in this short time. I feel this experience has set many on a positive career for life.

I would love to thank the great assistance of Kath Atkin, Jan Burford, Louise Andrew, Joy Harte and Linda Lewis who gave a rounded group of education and evaluations of the students' speeches and helped run an excellent program for the students.

*Suzanne O'Dowd* ACB CL

## Club Officer Training

Congratulations to Suzanne, Adele, Nola and Kay who attended Club Officer Training at either Box Hill or Cheltenham. The club is halfway towards one of the Distinguished Club goals. Sometimes it is hard to be motivated to attend training when you may have served in many roles. No matter how often you attend though, there is always something to learn or share. Sometimes it is just a validation of how well Lilydale Toastmasters operate! Thanks for giving up your time.

Along with Sandra Glass, I organized the training at Box Hill under District Governor, Bernard Marmion's direction. As Raj is R2's Area Governor this year and was Lilydale's treasurer, I asked Raj to present the training for treasurers. Thanks Raj! Jan Burford was such a successful VP Membership in our club and presented the session last year, she was invited back for an encore. Thanks Jan!

This year the training was shortened, just going from 2 pm to 4 pm. This was as a result of feedback from club officers. I think the people who attended would agree that it was enough time to cover what was needed.

Good luck with your role on the executive.

*Judy Murphy*  
Signing off as Ranges Division Governor 2007/08



## Feeling a little nervous lately?

Article 2:

In a series from *Penny Barrington DTM*

In the first article I suggested that you conjure up a memory of a great moment or moments in your life that you can bring to your mind's eye at will when you are reacting nervously. It is not always that easy is it? But keep working at the idea. If you feel deeply unworthy as a human being or are depressed for any reason, this is probably not going to work much, so understand that.

You see, you cannot alter fear from a logical point of view. You can tell yourself all the intellectual reasons for not feeling fearful, but it won't get you very far, because life is more about feelings and experiences than logic; that is why practice helps.

The four main fears we feel are:

- Fear of rejection (people may reject you and that is hard to deal with)
- Fear of the unknown (all sorts of scary imaginings are created)
- Fear of failure (ask yourself what failure is because when it is regarded as feedback only we can learn a lot)
- Fear of success (believe it or not, as much as we clamber after it, success brings with it new demands and requirements to step out of our comfort zones repeatedly and the demand to repeat the success)

Fear of death is possibly linked to rejection and the overwhelming fear of loss, or not enough, or missing out that clouds many of our days.

See if you can write down exactly what it is that you fear when you are up in front of a crowd. It may be manifesting as nervousness that goes beyond that healthy bit of adrenalin that is part of keeping you motivated to do a good job.

Specifying the fear is exposing it and allows you to work on things to remove or modify it.

When you feel the specific fear, ask yourself, "Whose voice is telling me the fear or scary bit?"

Is it the child in you?

Is it your parent telling you that you are not good enough in some way?

Is it a relative telling you to shut up?

Is it you telling yourself that you really are a worthless piece of manure?

Is it an old voice scared of being ridiculed because that happened when you were a child or young adult?

Is it some heartless teacher using a damning word that sunk into your psyche?

Finding out who is talking can help you realise the source and see that it is programmed and not real and again exposed for being a product founded on shaky territory.

The next thing to do is to feel the fear in its full flight next time and make a decision to 'step out of yourself' as much as possible and watch the fear - its peak, its symptoms and character. Becoming the witness enables you start to let go of resisting it. Bringing it on and watching with interest allows it to be ok. The moment we resist it, it persists with greater force.

Then you can go back to recognising whose voice was telling you to have the fear and the justifications for it. It is at this point that you may need to step out of yourself again and ask, "Is this really helping me to get closer to being who I want to be?"

Is what I am hearing in my head really true?

By now you have made progress but the self-doubt still comes flooding back. It is like a torrent of incredulity. You start to expect that not being fearful implies being totally confident and you don't see that happening as you have been rating yourself against others and you come off second best. Back comes the doubt and here goes the cycle again. You are making demands on yourself and you are telling yourself again that you cannot live up to it.

So switch the thinking and say a prayer of gratitude for being nervous and scared because this is a source of energy and power. Smile at the opportunity to be involved in an activity that will raise your experience and skill level. This could be considered as looking for the third option. Instead of being very nervous versus being extremely confident, go to the middle ground and be glad that your blood is stirring the possum.

*(Continued on page 12)*

Stop struggling against the performance. Toastmasters will tell you to convert the nervous energy into a useful power surge to out behind a smiling and energetic body.

I have read Michael Caine's autobiography recently and in the early days as an actor on stage, he was so nervous he could not recall one single line, time after time after time. This seems amazing because most of us, no matter how paranoid we have been, have managed to remember more than one line. He was scared, totally petrified, but it did not stop him in the long run from having a fantastic career on stage and in movies. So this proves the idea that if you keep facing your fears they tend to dissipate.

Toastmasters is really the place where we should be able to make complete stuff ups, face our fears head on and challenge this nervousness and explore how to deal with it. But unfortunately this experimentation gets lost in the way we keep setting ourselves against others' standards and load ourselves with them, instead of being free to use our meetings as try-outs more. That is not to say that we do not attempt to prepare to the hilt within the constraints of any manual speech.

I am toying with the idea of giving a speech at another club with barest preparation on my scale to test my impromptu development. But do you know what? That expectation of performance is hanging over my head and you can bet your boots I will become nervous about living up to it instead of being free to try out. Maybe I can hand in this article as a lead in to the speech. Then again I might chicken out and feel another lost opportunity.

*What we really fear is within us, and the key to overcoming fear is awareness.  
Awareness mixed with love and acceptance will overcome all fear.  
Christopher Westra*

## Courage and Resilience

Keynote speaker at the Convention was Walter Mikac. He spoke on the topic of "Courage and Resilience"

Walter lost his wife and two young daughters Madeleine and Alannah in the Port Arthur massacre in 1996.

Some of his points were:

- Make a choice to believe that something good will happen out of bad.
- We can't change what happened in the past.
- We will face challenges - the question is "How will we deal with them?"

Unlocking our potential:

- Commitment
- Action
- Action with passion
- Being unstoppable

We get self-limiting beliefs as we grow up.  
Be self-expressed.

The game is never lost until the final siren.

If we can't go through the door, find another way to get around the door.

We live like there is always a tomorrow.

Choose our most powerful motivator and don't lose sight of it - for Walter it was hope and fun.

We make a life by what we give.

Treasure each moment as though it is our last.

*Adele Fielding*

## How to assist your new VPE

As your new VPE for 2008/09 I am asking all members to assist in the even smoother running of the meetings, achieving goals and maintaining professional fun.

- Please let me know your goals for the next year. Do you wish to obtain your CC, CL, AC (any colour), or any other award in the next year? The sooner I know, the easier it will be for you to achieve those goals.
- Would all members who have a speaking role please be ready at the lectern when your name is called - thus saving 20-30 seconds. Over a meeting this can create a 5 minute saving in time - which helps maintain efficient, time-effective meetings.

*Suzanne O'Dowd* ACB, CL  
Vice President Education

## Welcome Mat

Paul Clarke  
Max Lamb  
Gail Riley  
Grant Jarvis

## Farewell

Michele Konheiser  
Marcia Cadoret  
Steve Wilson  
Lindsay Clark



## My Toastmasters Journey - Phase 1: Opening the Door

I had spent quite a few years talking in front of people, either as a workplace trainer, manager or as a dance teacher and while I never considered myself to be a public speaker in the sense, I felt reasonably comfortable speaking in front of groups, regardless of their size. However, changes in my workplace, and interests, reduced speaking opportunities; so I no longer continued to practise those skills required to maintain a level of comfort with public speaking, I spent more time honing writing and reporting skills and failed to notice, and arrest, the significant decline in my speaking skills.

If the truth be known I began to avoiding speaking in front of groups and on the rare occasion that I did I noticed that I was no longer comfortable, that I tended to rush, and that thinking on my feet was not as easy as it used to be.

What to do?

I had two choices, I could continue on as I was - meaning that my descent into public speaking oblivion would most likely accelerate, or I could arrest the decline and get out and do something. This was a personal choice; there was no pressure to improve my speaking skills for work so it was only for self-satisfaction that I chose to get out there and do it.

As an incentive to do something I added public speaking to my learning plan for work which meant , and still does mean, that I have an obligation to report back on achievement.

Once the decision was made, motivation soon followed. I cannot recall how Toastmasters sprung to mind; it wasn't as if I had researched anything at that point. I can only assume that somewhere in the depths of my mind the Toastmaster's brand - maybe seeded many years ago, languished, waiting for an opportunity to present itself. Or is there subliminal messaging out there in the advertising world - maybe it's not only fries with those McDonalds ads.

My first task was to find out some more about Toastmasters so I went to the Internet; the one area that so greatly contributes to the conversation skills of the world! I surfed the web and located Toastmaster clubs that were close to where I lived and explored what was on offer. I was to base my initial choice of club on: its location, the meeting days/time, and importantly the level of information presented by the website of the particular club - for me a half presented website with out of date information is a reflection on the club and what I might expect. Lilydale Toastmaster's website was well \ presented and contained a lot of information and while it may have had some sections a bit out of date it was much better than some I had seen. - Big tick #1

As I was not tripping somewhere around the country for work, I rang the then president Pam McConchie to check if I was able to attend the next meeting. However, Pam was unavailable at the time and I left a message. Big tick #2 - Pam returned my call and was most helpful.

D-day, or should I say D-night arrived and I fronted up to my first meeting. I was early but the Toastmasters sign was out and there was activity around. I recall walking through the second set of doors; maybe looking a bit lost, and whoa the initial meet and greet was mind-blowing. I was accosted as I walked through the doors by none other than Nola. I was immediately made to feel welcome and was introduced to other members who also made me feel welcome and at ease.

I took my seat at the big table - much was a blur. No I hadn't had a drink or two before attending, and the meeting began.

In my naivety I found the Business Session to be a little unprofessional and to be honest, I admit to not being overly impressed with it. I had sat through many business meetings for other organisations and this was not what I expected. I was at that point unaware that it was, and is, very much a learning forum.

The Round Robin; while I could have passed, I'm always up for a personal challenge so I gave it a go. The support was excellent; it made me feel like I had made the right choice.

During the supper break there was not a time when I was alone; there was always someone asking a question or explaining something. You don't often see this in other clubs - where 'clicks' are formed and are very noticeable. There was a great level of support and a feeling of inclusiveness - Big tick #3

I listened to the speeches on the night and while I can't recall what they were, I do recall being impressed with the evaluations and the level of encouragement given to the speakers - Big tick #4

The night was long, but definitely not boring. I had already made up my mind to join the club before I was asked to give my impressions of the night; so saying I'll be back was no maybe.

Thus my Toastmaster journey began. Thanks to all those people who were a source of the positive impressions that I gained during the initial stage of my journey.

*Eric Miller*

## Max enjoys Mondays

My thoughts on Lilydale Toastmasters?

The first thought that comes to mind is:  
It is not as nerve-racking and formal as I envisaged.  
I would say it is “informal in a formal sort of way”  
(or perhaps that should be the other way round).

The friendliness and humour that accompanies each meeting brings smiles to our faces. Right from my first attendance I was at ease and comfortable about joining in. What a fantastic way to go on journeys and not have to pay for petrol! Monday night after Monday night I enjoy the adventures the speakers take us on. And what variety!

Although, their excellent abilities to articulate makes me wonder if I can reach that level. Nevertheless, having survived my Ice Breaker, I'm now looking forward to delivering my 2nd speech.

After my stint as Grunt Counter I found myself very much aware of peoples ums and errs. When the Prime Minister was on TV the next night I turned to my wife and said “He said 5 ums.” What a strange look I got from my wife!

After listening to Corina's speech on “The theory of time” I'm considering investigating with her whether I can go back in time to 40 years ago when Toastmasters would have been a big help in my career.

*Max Lamb*

Proudly a member of Lilydale Toastmasters

## The Toastmaster Experience

I needed a break from gardening and studies  
NEW to the area, I'd gained NO buddies  
Textbooks and caterpillars make boring companions  
Socialising skills .....had slid down a canyon.

Oh woe! What to do 'bout this sad situation?  
Then an ad' caught my eye that sparked contemplation  
The Toastmasters Club, sounded just the thing  
to break up the boredom, and replace my Zing!!

Nerves jangling loudly - I approached my first meeting  
Was relieved and amazed by the warm welcome greeting.  
I became a new member about three visits later  
which propelled me into scribbling my first “Ice-breaker”

The writing was easy - speaking aloud was NOT  
clutching the lectern, I wished to be shot!  
Silly me for worrying 'bout how I might sound?  
as warmth and encouragement, at these meetings abound!

*Gail Riley*



From “*International*” magazine -  
Executive epigrams.....

March 1980:

Ulla Vilppula, Import Manager of the nonfood  
division of Finnish-based Tukkukauppojen Oy,  
notes that

***“A good speech is like a bikini: short enough  
to keep up the interest and long enough to  
cover what's vital”.***

and in March 1981:

***“A good speech should be like an aeroplane  
flight,”***

says Uttam P Kripalani, Manager for  
Singapore of the National Insurance Co Ltd

***“It should take off with full power, cruise at  
high altitudes and gently land at the final  
destination without a bump.”***

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Thank you so much to all you wonderful  
people, particularly the first timers,  
who contributed to this issue of  
The Raconteur..... Ed.

