



Volume 12  
June 2010

# The Balgowlah Bugle

The Newsletter of Balgowlah RSL Toastmasters Club  
Club Number 2618 in District 70  
Pride of the Peninsula  
[www.brsltm.org.au](http://www.brsltm.org.au)

Greetings from the President

Balgowlah RSL Toastmasters Club has led the pack in Area 22 during the past twelve months. We have re-confirmed our standing as 'The Pride of the Peninsula' by consistently performing on all fronts. We have achieved President's Distinguished Club for the 8th consecutive year and something tells me we're into something good! A committed team of Executives have ensured our success through experience and dedication to the ethics of Toastmasters International. We have embraced the slogan of the Year with a good touch of energy and creativity – 'Delivering the Promise'.

- Our ability to have an extremely healthy flow of new members is based on our highly streamlined Speechcraft Courses which run every six months. It's like Boot Camp for fearful wall-flowers looking to develop some dynamic communication skills and improvement in self-confidence. Our most recent course (held in March/April) was inspirationally led by Nick Procter and backed by Pauline Gilchrist, Jan Vecchio and a formidable team of supporters.
- Jane Bond came in at second place (representing Balgowlah) at the Beaches Tall Tales Contest on 9th June. A Speech sometimes just gets better with age (like Grange Hermitage) and Jane made us all proud. She is one girl who has sharpened her craft. Well done, Jane!
- Jan Vecchio, our humble Treasurer has been elected as District 70 Lt. Governor Marketing. We wish you all success in the role, Jan. Your home Club salutes you!
- Congratulations to those members who have achieved various Educational Awards this year. Your progress contributes to the achievements and standing of our magnificent Club.

Stand by, Toastmasters, things are looking up for an even more exciting year. Incoming President, Diana Iles is about to lead a fresh new Executive Team into the next twelve months. Looks like a beautiful blend of experience and energy. Traditionally, we hold fast to the principles that bear good fruit, whilst ensuring that the ride is an enjoyable one for all.

Here's to our great Club. Thanks one and all to our beautiful members who bring every meeting to life!

Stephen Trindall

## WHAT TO TALK ABOUT?



“I want to give a speech, but I don’t know what to talk about”.

A common statement which I hear from my fellow toastmasters.

So, you’re stuck for a topic and don’t know where to start?

Well, try this...

**Your knowledge** – work, hobbies. Ask yourself “What do I know about?” Believe me, there are many things that you know about and can share with your fellow toastmasters.

**Your experiences** – amusing, frustrating, moving, happy, sad and/or inspiring. You have experienced many things. Share those experiences with your fellow toastmasters.

**Your interests** – What fascinates you? What would you like to know more about? What people, books, films, plays, etc interest you? Think! You probably have common interests with other toastmasters.

Still stuck...

- **Gather an ideas list** – when you think of something, write it down in an exercise book.
- **Write out a specific purpose statement** – Topic? Structure? Importance to the audience?
- **Arrange the body** – choose the order of the ideas...3 main ideas, each of which you can speak on for 2 minutes. Add examples, anecdotes, illustrations, rhetoric, visual aids and/or props.
- **Add an opening and a closing** – remember??...Tell them what you’re going to tell them (opening), tell them (body) and tell them what you have told them (closing).
- **Rewrite your notes** – using key words only AND make it easy to read!
- **Practice** – hear your written words – practice out loud – words, vocal variety and body language. Practice to the time allocated.

Enjoy your speech....  
Jan Vecchio DTM

## Speechcraft Course 24<sup>th</sup> March – 28<sup>th</sup> April 2010

Another successful six week Speechcraft Course was conducted in March –April 2010. The course was lead by Toastmaster Nick Procter, a Speechcraft graduate not so long ago. Nick connected with the Speechcrafters and made a difference to their lives with positive and encouraging feedback. All Speechcrafters showed amazing improvement between week 1 and week 6 in both their confidence to speak at the lectern and their ability to lead a team – hiding any nervousness which they may have been feeling. Their speeches were entertaining, informative, inspirational, persuasive and at times controversial.

Nick was supported by Toastmasters Pauline and Jan who did the preliminary work in setting up the course. Club President Stephen was assisting on a weekly basis and Toastmaster Penny (a graduate from the previous Speechcraft Course) was there every week in the capacity of timer. Many other Toastmasters attended either to present educational or to offer general support.

We had 8 participants – Robert Blackwell, Greg Hayes, Marie-Lou Pereira, Michael Mahoney, Sandra Armstrong, Henry DeGilde, Daria Kostina and Shane Brunette. Unfortunately Sandra had to withdraw from the course for work reasons.

A celebratory dinner was held at the RSL Club Bistro on the 7<sup>th</sup> week. The evening was casual and relaxed – no speeches and no formalities. There was an atmosphere of excitement, discussion centred on the course and taking the next step – to join the Toastmasters Club. Greg Hayes joined the Toastmasters Club prior to enrolling in the course and in recent weeks we have warmly welcomed into the club new Toastmasters Robert, Michael and Henry. I have no doubt that Greg will continue to inspire us with his eloquent word usage and command of the English language and that Robert, Michael and Henry will inspire us with their informative speeches delivered with sincerity and a touch of humour.

Overall the course benefited the Speechcrafters, the Co-ordinator and all assisting Toastmasters. Assisting with Speechcraft creates an opportunity to review the basic elements required for a great speech, to re-visit basic educational presentations (either as a presenter or as part of the audience), to network and learn from others and most importantly to assist in the personal development of others in the friendly and supportive atmosphere which is the foundation of Balgowlah RSL Toastmasters Club.

Jan Vecchio  
Speechcraft Liaison Officer 2009-2010



## **Our 31 Members – Celebrating Years of Membership**

*1992 Sammi Newman ACG*

*1997 Jan Vecchio DTMx2*

*1999 Sue Terry ACS*

*2002 Graham Blandy DTM*

*2003 Diana Koutchavlis,*

*2005 Ty Tagami ACB/ALB, Diana Iles ACG/ALB, John Stevenson CC/CL*

*2006 Stephen Trindall ACB, Connie Godwin CC*

*2007 Rick Jirsch CC, Robin Wheatley ACB, Pauline Gilchrist ACB, Michael Gavlik CC,*

*2008 Joe Thompson, Bernard Kennelly CC, Leonie Callaghan CC, John Wilson CC, Wayne*

*Houghton, Nick Procter*

*2009 Maree Lau, Jane Bond, Patrick Catteau, Penny Farrant, Neil Smith,*

*2010 Doug Derriman ACG, Greg Hayes, Helen Sutton, Robert Blackwell, Henry De Gilde, Michael Mahoney*

# **1992 - 2010**

### **2009/2010 Club Contest Winners**

#### **Table Topics Speech Competition held on the 3rd August 2009**

First Place - Jan Vecchio  
Second Place - John Wilson

#### **Humorous Speech contest held on the 17th of August 2009**

First Place - Jan Vecchio  
Second Place - Pauline Gilchrist

#### **International Speech contest held on the 1<sup>st</sup> of March 2010**

First Place – Nick Procter  
Second Place – Stephen Trindall

#### **Evaluation contest held on the 1<sup>st</sup> of February 2010**

First Place - Stephen Robertson  
Second Place - Nick Procter



### **2009/2010 Educational Awards**

#### **Competent Communicator**

Rick Jirsch  
Michael Gavlik  
Bernard Kennelly  
Stephen Trindall  
Jan Vecchio x 2

#### **Advanced Communicator Bronze**

Ty Tagami  
Stephen Trindall  
Pauline Gilchrist  
Robin Wheatley

#### **Advanced Communicator Silver**

Jan Vecchio

#### **Advanced Communicator Gold**

Diana Iles

#### **Competent Leader**

Jan Vecchio x2

#### **Advanced Leader Bronze**

Jan Vecchio

## Balgowlah RSL Toastmasters Club

is a non-profit educational club that encourages the development of communication and leadership skills. Through attending meetings regularly, you have the opportunity to practice speaking in front of a supportive group of members...in a short time your confidence will grow and new opportunities will open up to you.

### SIX MONTH CLUB PROGRAM 2010

- 05-Jul-10 Our New Team
- 11-Jul-10 Club Leadership Training - North Ryde
- 17-Jul-10 Club Leadership Training - Bankstown
- 19-Jul-10 Christmas in July
- 02-Aug-10 Humorous Speech Contest
- 16-Aug-10 Table Topics Contest
- 29-Aug-10 Club Leadership Training - Bankstown
- 30-Aug-10 All Speeches Night
- 06-Sep-10 Explorers' Adventures
- 12-Sep-10 Sunday Seminar
- 20-Sep-10 Theatre and Cinema
- 04-Oct-10 World Space Week
- 18-Oct-10 Fact or Fiction
- 23-Oct-10 Hawkesbury Division HS & TT Contests
- 01-Nov-10 Melbourne Cup
- 15-Nov-10 The Great Outdoors
- 19-20 Nov-10 District 70 Semi Annual Conference - Wollongong
- 29-Nov-10 All Speeches Night
- 06-Dec-10 Holidays and Festivals
- 20-Dec-10 Christmas Dinner

#### BALGOWLAH RSL TOASTMASTERS CLUB

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#### **PRESIDENT & PUBLISHER**

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#### **EDITOR**

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#### **Balgowlah RSL Toastmasters Club**

meets on the first, third and fifth Mondays of the  
month (excluding public holidays) at  
Balgowlah RSL Club  
Ethel Street, Seaforth  
at 7.00pm for 7.15pm start.

#### EXECUTIVE COMMITTEE

#### **President**

Stephen Trindall ACB

#### **Vice President Education**

John Stevenson CC/CL

#### **Vice President Membership**

Pauline Gilchrist ACB

#### **Vice President Public Relations**

Wayne Houghton

#### **Secretary**

Leonie Callaghan CC

#### **Treasurer**

Jan Vecchio DTM

#### **Sergeant at Arms**

Bernard Kennelly CC

#### **Immediate Past President**

John Stevenson CC/CL