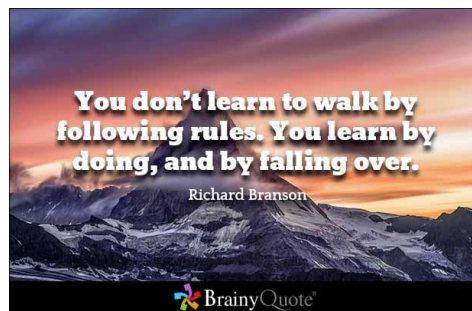




Date: August 16th 2017

PR's* Prattle

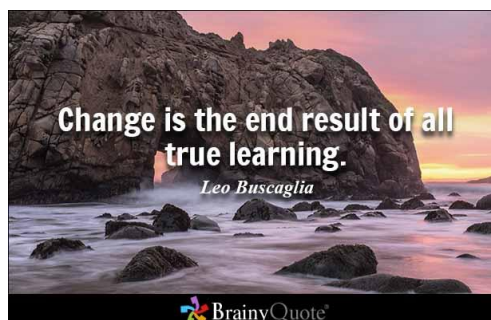


We tend to think of new beginnings as January; a new month; Mondays. At Toastmasters our new year begins in July and, of course, there is September the time to begin school or move up into a new class.

Here we are in August.

In the middle of July - the Toastmasters' new year and September -our educational, new term /new year.

A time for change and reflection.



During our Toastmaster's year we have seen many changes in our members. Many have taken that first step. They have shown true courage in standing up and

speaking in front of others. They have learned and succeeded by doing. Many of us have 'fallen over'. Some of us have been knocked over by life and we have all got back up again.

We have all learned and we have made those positive changes

Our meeting was no exception. Lots of visitors and many first time speakers. A joy to watch and be a part of.

President: Adam opened the meeting as our past President. He reminded us that you don't succeed by doing something just once. We need repetition. Hopefully we never 'arrive' we just keep getting better. We are all here to improve ourselves.

Toastmaster: Gilli was our Toastmaster for the evening. She gave us our theme of 'New Beginnings' as she is about to embark on an exciting new direction (noooo, nothing to do with singing) **Gilli** reminded us that it's ok to be scared and nervous. Those butterflies drive us forward to try new things. There are multitudinous clubs around the world and our aim in York, is to make it a safe and friendly place to develop your speaking.

Timekeeper: Adam was our timekeeper. He told us that the disadvantage of going off track, was that we wouldn't have the time to develop a crucial point. He explained about the green, yellow and red cards that he would use to indicate when we had reached certain points in a speech. He also entertained us with his rendition of the 'Countdown' theme

Grammarian: Maria was our grammarian and gave us the word of the day which was 'Liberating' . Although she told us that the dictionaries example was ' It can be very liberating to take all your clothes off' fortunately, no-one decided to give it a go.

Ah Counter: Josh was our Ah counter. He reminded us that whilst a small amount of 'um's and 'ah's are ok too many can be distracting for the listener.

Speaker 1: Pauline was our speaker this evening. Her speech was from the 'Storytelling' manual. Pauline gave us two versions of the same tale – Cinderella. Did you know that the first version appeared in 7BC? Nor did I. It wasn't about poor Cinders then but Rosy Cheeks who had her sandal taken by a swooping eagle. 500 years later, in the Middle ages, a French version appears, this time with poor Cinders, magical mice and pumpkins and the Fairy Godmother. The story changes from the maiden to the skivvy. I rather like Rosy Cheeks.

Evaluator 1: I was Pauline's evaluator. I reminded the audience of the aims of the speech. This emphasised the good points that had been made. I hope Pauline heard the recommendations in a positive way.

Education Slot: Helen gave the education slot 'Taking the terror out of your talk' she used visual aids to remind us that the feelings we have are normal and to be expected and then asked what we could do to alleviate the feelings and responses. The audience and Helen gave examples of how to over-ride any reactions we may have when standing up to speak.

Table Topics Master: Pauline revealed the topics for the evening. She had taken several from the suggestions on the Toastmasters' website. Random topics and random they were, from 'Your life being a novel' to 'Choose one book all children must read.' Answers ranged from being a film character to being a student for most of your life and travelling the world (I would have signed up for that-great idea)

Table Topics Evaluation: Michael evaluated the table topics. This is a fascinating role and a wonderful challenge. Each person who is evaluated needs to be given recommendations to improve and congratulations on what they accomplished well. It's similar to giving ten mini speech evaluations. Michael delivered this with his usual aplomb.

General Evaluator: Jean our wonderful guest from Doncaster was our GE. Jean can always be relied on to make us laugh. She had the task of evaluating the whole meeting praising and making suggestions for improvement. There is a light heartedness encapsulating the meeting allowing the serious feedback to be heard. We were reminded that all attendees names can be put onto Easy speak



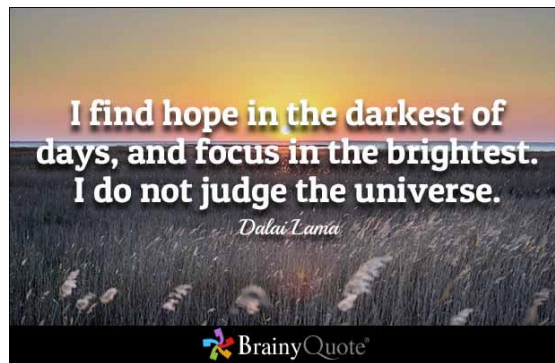
Best Speaker: Pauline

Best Table Topic: Luca

Best Evaluator: Michael

First Time: Luca, Hanna, Eva

Whilst I have been writing this, the weather has probably gone through several seasons – cloud, rain, wind and sunshine. Well, that's August for you. The sun was only a part of the day however, that's what attracted my attention, made me stop, lift my head from the computer screen and take a longer look. I knew that as the day progressed it would get better.



What are you focussed on? Speaking can be scary. Speaking in front of others can be seen as very, very scary. However, coming along to a Toastmasters' meeting will dispel that fear.

Turn from the adversity. Focus on the possibility of progress and the surety of support.

Focus on the fun and new friendships.

Remember that TM is there to support. It is there to have fun. You will never be judged. It is one of the safest, if not the safest place to practice and hone your speaking skills.

See you at the next meeting **September 6th** Come along, invite your friends and have a great time.

Time for New beginnings



* PR – Vice President of Public Relations. Lynn Gregory