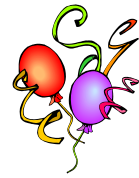


Cumberland Forest Toastmasters



Note from the Editor



Welcome to our first Cumberland Forest newsletter in a long while. Our newsletter will be distributed each month with updates on information key to our members and visitors.

What's in a name? We need a creative and interesting name for our monthly newsletter so please send your suggestions to Janelle Constance by 5pm 17 September with the winning name earning it's nominator a double pass to the movies! So get those thinking caps on and send your suggestions in ASAP.

Something to think about...

Many of us would have been up at all hours catching all the Olympics action over the last few weeks so this quote is particularly relevant.



"We all experience doubts and fears as we approach new challenges. The fear diminishes with the confidence that comes from experience and faith. Sometimes you just have to go for it and see what happens. Jumping into the battle does not guarantee victory, but being afraid to try guarantees defeat."
(Brian Goodell, US Olympic Gold Medallist)

This is also relevant for us as Toastmasters. How many of you remember your first assignment or speech, how nerve racking it was, how exciting to be taking a step towards new achievements. So what are you waiting for... don't be afraid to TRY. Jump in and book your next speech or assignment now!

What's On?



Don't miss our Contest night coming up on September 13. This time it's the Humorous Contest and the Table Topics Contest so exercise your funny bone and practice your impromptu speaking. Contests are a great way to challenge yourself and take your speaking to the next level. The winners from our Club Contests will go on to represent us at the Area 37 Contest on 24 September. The six Clubs in the Hills District will compete with the winners going onto the Western Division contest. The area contests are always a great night out.

On 27 September, CFTM will celebrate its 200th meeting with a special night planned. Mark the date in your diary and make sure to invite a friend for a fun night.

A word from our President – Darren Gilchrist

Hello fellow CF Toastmasters!



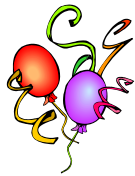
This year my Presidential theme is "Make a difference" Congratulations and a big thank you to our VPPR Janelle Constance for making a difference and having this newsletter happen.

Three key things that all of us can contribute, and make our club successful this year:

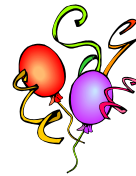
1. Distinguished Club Program (DCP) - achieving as many goals in the DCP as possible. We should particularly focus on membership growth, and educational progress - both are essential to keeping the club vital. Inviting guests is a great way for them to see what happens in a fun and friendly CF Toastmasters meeting. ps: Look out for a revitalised progress board so we can track how we're doing.

E: cftm@au1.ibm.com

W: <http://au.geocities.com/cumberlandforest/>
September 2004



Cumberland Forest Toastmasters



2. Making the club fun to be in - Our 200th meeting is coming up on the 27th September. LOOK OUT - BIG CELEBRATIONS are planned! Additional special events will be organised through the year, and we're keen to have your input / ideas.
3. Participation - as active Toastmasters, it is important that we attend as many club meetings as we can. This enables us to grow as individuals and as a club. From personal experience the semi-annual and annual District 70 conferences are brilliant. Let's have a large club presence at both this year! Also, **stand up and be counted** - whether taking on an assignment in a club meeting, or participating in one of the formal contests. FYI: our club Humorous and Table Topics contest is scheduled for 13th September - what a great opportunity to get practice in these two skills. Please let Michael Ross know asap if you'd like to be a contestant or official.

Finally, if you have suggestions that you think would **make a difference**, please let me or any of the club executives know.

See you at our next meeting!

Club news

It's been fantastic to welcome a number of new members in the last few months: Alex Youssef, Dimantha Goonasekera, Gabrin Rajanayamgam, Nalini Kuncham, Chris Macfarlane & Justin Nguyen! WOW!



As a result we've also had a run on Icebreaker speeches with Gabrin and Dimantha both starting their path towards a Competent Toastmaster qualification. Congratulations and we're looking forward to hearing from you again soon!

Dimantha has also volunteered to be our Cumberland Forest webmaster – the first time we have had this role in the club. He has completed Phase 1 which was an overall update to what was there. Phase 2 will involve a broader revamp so stay tuned for more information. In the meantime save this URL for future reference:

<http://au.geocities.com/cumberlandforest/>

Got something to say?

Please let Janelle, or any of the Exec. Team know, what you would like to see in future newsletters so that they add value to you. Contact Janelle directly or email cftm@au1.ibm.com.

In future newsletters we'll feature updates from various members of the Executive Team as well as member profiles and articles of interest.



?? - Trivia Time

What is the collective word for a group of frogs?

What is an arctophile?

What two countries are bordered by the greatest number of nations?

Answers next edition!

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