

The Whispering Woods



Note from the Editor



HAPPY NEW YEAR everyone!!!! And welcome to our Cumberland Forest Toastmasters January 2006 newsletter.

Let's all try and make this year an enjoyable one with lots of fun and entertainment. Keep those great speeches coming through!!!!...and don't forget to ask your family and friends if they would like to come and check out "Toastmasters". The more the merrier.....

I hope that this year will bring you lots of good health and happiness.

In this newsletter edition our member profile is on Charmaine Wells. Look out for the next Tomb Raider movie as Angelina Jolie has been axed and replaced by our very own fellow toastie.

Presidents remarks

Hi fellow CFTMers - I hope you are all relaxed and recovered from Christmas and New Year and ready for the challenges for 2006! ☺

Don't forget to check our website for photos of our EOY party. I think everyone had a great time, based on the feedback we received.

Now is the time to set your Toastmaster goals (plan the work) for the year, and to devote time (work the plan) to achieving them.

I remember working far too slowly through my Competent ToastMaster (CTM) award thinking, "I'll never achieve this"

That was until I planned my speeches out for the year – and it **really** worked. I'm now doing the same for my Advanced Toastmaster Bronze (ATM-B) -- and on track to achieve success.

CFTM : To succeed...we're planning our work, and working our plans!

Talk to your mentor now to plan your speech schedule for 2006. They can then work on your behalf with the Vice President of Education (VPE) to get you the speaking slots you want.

As a bonus, your achievements will also help our club towards Presidents Distinguished Club status.

Ps: You can use our club calendar (attached) to see dates that might be available for your speeches. It is also located on our website.



CFTM_Calendar_Aug
05_Jul06_r20060901.

Darren Gilchrist (2005 – 2006 President)

A word from our Webmaster – Amy Huang.

I still remember my first day as a toastmaster back in April 2005, and my first attempt at reconstructing the club website. It all seems like yesterday, but it's now officially last year!



The web is an excellent tool for communications and promoting our club, and I encourage everyone to refer their friends and families to the club website should they have an interest in toastmasters. [URL: <http://au.geocities.com/cumberlandforest/>]

Thank you to all the executive and member contributions to the website. The club website now has a new colour, more content and hopefully in the near future, the ability to apply for membership online. As I am still learning and many things are still work in progress, I am confident that the website can only get better from now.

In the mean time, I wish everyone a good 2006 and see you at the meetings!!

E: cftm@au1.ibm.com

W: <http://au.geocities.com/cumberlandforest/>
October 2005

The Whispering Woods



Amy Huang

wealth of diverse history and culture this world has to offer.

Member profile: Charmaine Wells.

I was born in Bankstown hospital in Sydney, 19-Jan-1979.

I have an older brother - Nathan - and a younger sister - Melissa - and like Jan Brady suffer from middle child syndrome.... "Marcia! Marcia! Marcia!"

In high school my ideal job (along with 50% of the other girls my age) was to be a flight stewardess and be able to travel all over the world. And whilst I've been begged by Richard Branson to join his crew at Virgin, I've had to decline due to motion sickness and fear of DVT.

I joined IBM in 1998 straight after finishing my Diploma in Business Programming as a trainee programmer. These days I am assigned to the Business Transformation Executive (BTE) working with a worldwide team for "Global Operations Management" and hope to be sent ~~to do some shopping~~ on a business trip to New York, Paris, Singapore, anywhere really - I'm not picky.

I have just finished a course in Reflexology, which is a relaxation technique used mainly on the feet to bring alignment and healing to the body

I have always been quite sporty since I was a young kid doing athletics, dancing, swimming, basketball, netball. Just under 12 months ago I took up KARATE. I train on average 3 or 4 times a week and am currently 6th Kyu which is green belt with 1 brown stripe and aim to have my brown belt by the end of this year. So for all those who will be evaluating my speeches... be afraid... be very afraid! :) Heeeeyyyyyaaa !

One of my dreams is to go travelling / working overseas and experience the

New TI Educational Program

(extract and additions from the "District 70 Harlequin Herald")

The new educational program has been released and details can be found at [URL: <http://www.toastmasters.org/pdfs/New-Educ-Prog-2006.pdf>] or in your Toastmaster Magazine.

Of particular interest is the new Competent Leader (CL) manual. It will be provided to all new members from January 2006 and is available for purchase to existing members from 6 January 2006. [Pres: we are looking at our club budget to see if we can purchase for all our members]

The new manual contains 10 projects, but unlike the Communication manuals they have several parts. The projects are:

- Listening and Leadership
- Critical Thinking
- Giving Feedback
- Time Management
- Planning and Implementation
- Organization and Delegating
- Developing Your Facilitation Skills
- Motivating People
- Mentoring
- Team Building

Each project has several components, eg in Project 1 (Listening and Leadership) you need to complete 3 of the 4 nominated meeting roles – evaluator, table topics speaker, ah-counter and grammarian.

There are some restrictions, ie, you cannot do 2 assignments and put them in the manual in the same meeting and if you perform one assignment (eg evaluator), it cannot be put more than once into the manual (you must do this 4 times to finish the evaluation requirements).

CFTM : To succeed...we're planning our work, and working our plans!

E: cftm@au1.ibm.com

W: <http://au.geocities.com/cumberlandforest/>
October 2005

The Whispering Woods



Effectively, this means it will take an average member 12 months to complete the manual.

Got something to say?

Don't forget that this is the Club's newsletter so please let Peter Tohme, or any of the executive team know, what you would like to see in future newsletters so that they add value to you.

We also want articles! If you'd like to see your name in lights then send your contribution to Peter.

Contact Peter directly or email cftm@au1.ibm.com.

Trivia Time

See if you know the answers to the following. Answers available in the next newsletter;



- Q: What do the words almost and biopsy have in common?
Q: What's the only word in the English language having four consecutive double letters?
Q: What is the only word in the English language that ends in 'mt'?
Q: What is 'trichlorophenylmethylodisalicyl' more commonly known as?
Q: What year when written in Roman numerals uniquely contains one each of the Roman number symbols in descending order?

Answers to last editions Trivia questions!

- Q: What is the collective word for a group of frogs?
A: An army or a colony or knot.
Q: What is an arctophile?

A: Someone who collects or is fond of teddy bears.

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

A: China & Russia each share borders with 14 other countries.

Q: What word ends with an S in its plural masculine form, but changes to singular feminine when another S is added to the end?

A: Princes/Princess

Q: Whose secret ingredient is code-named 7X?

A: Coca-Cola

Upcoming events in 2006

16 Jan – Evalu-thon night to help improve our evaluation skills.

6 Feb – “Valentines Day Massacre – Gangster Night” themed meeting.

6 Mar – Our club's International Speech & Evaluation Contests.

20 Mar – Our club's 10th Year Anniversary Extravaganza.

Resource of the 'Month'

1. A great location for free speaking-related articles by TI's 2005/2006 International President Dilip Abayasekara, DTM. Includes items on “Assertive Speaking” and “Six Steps to Impromptu Speaking Success”

<http://www.dr dilip.com/articles.htm>

Planned Schedule for Whispering Woods

Publication Date	Article Submission Deadline
27 October 2005	N/A
Late December	15 th December

CFTM : To succeed...we're planning our work, and working our plans!

E: cftm@au1.ibm.com

W: <http://au.geocities.com/cumberlandforest/>
October 2005

The Whispering Woods



Late January	15 th January
Early March	15 th February
Early May	15 th April
Late June	15 th June

CFTM : To succeed...we're planning our work, and working our plans!

E: cftm@au1.ibm.com

W: <http://au.geocities.com/cumberlandforest/>
October 2005