

# The Whispering Woods



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## Note from the Editor

Welcome, Welcome,  
Welcome!!!!!!..... to our  
Cumberland Forest Toastmasters May  
2006 newsletter.



I want to extend a very warm welcome to the following new members as well as one reinstated;

- **Nalin Gupta**
- **Joseph Baraya**
- **Tamas Keresztes**
- **Melinda Keresztes**
- **Shirley Liang**

It's a bumper packed newsletter, so 'Read On Macbeth!'

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## President's remarks

Hi fellow Toastmasters!

Well we're on the home stretch to the end of the Toastmasters year on the 30th June. Our club is looking in good shape in the Distinguished Club Program (DCP) for all but our educational goals. We'll be putting 'the hard word' on folks to try to complete their Competent Toastmaster (CTM) and Competent Leader (CL) awards by the 30th June. We have 4 meetings left, and plenty of speaking slots, so knock off your CTM before year-end!

I'd also strongly encourage you all to map your plans out for the next 6 months so we get a fast start for 2006/2007. Also don't forget your Competent Leader manual too; lots of in-meeting assignments you can do.

Remember it's all about "Planning the work, and working the plan"

I'd like to thank everyone who has been involved in a number of recent events. The Club Contest, which went very well. The 10th Anniversary celebration on the 20th March. What a great time. The wine

tasting and the meal at Tony's Pizzeria restaurant were fantastic.

Thanks to Peter and Marcel for their efforts in our recent PR campaign - targeting IBMers completing their Individual Development Plans (IDPs).

Finally, it was a great pleasure to represent our club in the International Speech contest at Area 37 level. Feedback that we received for both Marcel (Evaluation contest) and I, was "that we performed very well on the night against very tough and close competition"

If you haven't gone to an out-of-club contest yet - DO IT! You will see some very professional speakers at work. Check out the "Upcoming events" section for more information on attending the District 70 Annual Conference.

Oh, and yes. The club has spoken. The beard is officially off! ☺

Darren Gilchrist (2005 - 2006 President)

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## Distinguished Club Program (DCP) report

Currently our club has achieved, or on track to achieving the following:

GOAL	DESCRIPTION	STATUS
1	Two CTMs	Need help
2	Two more CTMs	Need help
3	One ATM-B, ATM-S or ATM-G	On target (Marcel R)
4	One more ATM-B, ATM-S or ATM-G	On target (Darren G)
5	One CL, AL or DTM	Y
6	One more CL, AL, or DTM	Y (Barry G)
7	Four new	Y

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

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	members	
8	Four more new members	Y
9	Minimum of four officers trained each training period	Y
10	Semi and one officer list submitted on time	Y
20 members as at 30 June 2006		Y

As you can see, our educational goals #1, #2 need help.

It looks like we will miss out by 1 point, President's Distinguished Club this year ☹

Instead we are likely to accomplish **Select Distinguished Club** status.

## 10 Tips for Successful Speaking.

With many people trying to accomplish their speaking goals by June, or starting their speaking careers with CFTM, the following article from Toastmasters International is very appropriate...

Feeling some nervousness before a speech or presentation is natural and healthy. But too much nervousness can be detrimental. Here's how you can control your nervousness and make effective presentations.

### 1. Know the Room

Be familiar with the place in which you will speak. Arrive early, walk around the speaking area and practice using if using a microphone or visual aids.

### 2. Know the audience

Greet some of the audience as they arrive. It is easier to speak to a group of friends than to a group of strangers.

### 3. Know your material

If you are not familiar with your material or are uncomfortable with it, your nervousness will increase. Practice your speech and revise it if necessary.

### 4. Relax

Ease tension by doing stretching exercises and/or breathing.

### 5. Visualise your self

Imagine yourself speaking before the event, your voice loud, clear and assured. When you visualise yourself as successful, you are on your way to being successful.

### 6. Realise that people want you to succeed

Audiences want you to be interesting, stimulating, informative and entertaining. They do not want you to fail.

### 7. Don't apologise

If you mentioned your nervousness or apologise for any problems you think you have with your speech, you may be calling the audience's attention to something they hadn't noticed. Keep silent.

### 8. Concentrate on the message, not on the medium

Focus your attention away from your own anxieties and outwardly towards your message and your audience. Your nervousness will dissipate.

### 9. Turn nervousness into positive energy

Harness your nervous energy and transform it into vitality and enthusiasm.

### 10. Practice makes perfect

Experience builds confidence, which is the key to effective speaking. A Toastmaster Club can provide the experience you need.

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## Got something to say?

Don't forget that this is the Club's newsletter so please let Peter Tohme 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](mailto:cftm@au1.ibm.com)

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## Trivia Time

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



Q:  $111,111,111 \times 111,111,111 = ?$

Q: This is the only food that doesn't spoil. What is this?

Q: How long can a snail sleep for?

Q: American Airlines saved \$X in 1987 by eliminating one olive from each salad served in first-class. How much was X?

Q: What are the only animals that can't jump?

Q: The cigarette lighter was invented before the match - True or False?

### **Answers to last editions Trivia questions!**

Q: Originally what colour was Coca-Cola?

A: Green

Q: What is the strongest muscle in the body?

A: Tongue

Q: True or False - Women blink nearly twice as much as men.

A: True

Q: True or False - Can you kill yourself by holding your breath?

A: False

Q: True or False - It is possible to lick your elbow.

A: False

Q: True or False - It is possible for pigs to look into the sky.

A: False

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## Upcoming events in 2006

**1 May (Mon - meeting #238)** - Club Officer Elections

**19-21 May (Fri,Sat,Sun)** - D70 Annual Conference Novotel North Beach Wollongong

**19 June (Mon - meeting #242)** - Club Officer Induction and CFTM Toastmaster of the Year. A visit from our District 70 Governor (Cheryl Keane) and Western Division Governor (Robyn Peck) have been confirmed!

Toastmasters International  
District 70, Australia

*Riding Waves at Wollongong*

**2006 District 70  
Annual Conference**

**NOVOTEL NORTHBEACH  
WOLLONGONG**

2 - 14 Cliff Road  
North Wollongong  
19th - 21st May, 2006

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## Great Web Resources!

1. Check out the new look!!!! A sight for sore eyes!!!! ☺

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

2. Also, want to find out what's going on in the Toastmasters world. Need ideas or tips on your next speech?

<news://freenews.iinet.net.au/alt.org.toastmasters>

NB: This usually only works on your home computers, not IBM systems in the office.

or

<http://groups.google.com.au/group/alt.org.toastmasters?lnk=gschg&hl=en>

3. There are only two people world-wide that currently have podcasts! Check them out!

- Sara Marks (Ah, Um,Er) - Very professional.

<http://feeds.feedburner.com/AhUmEr>

- Judd Spitzer (Toastcast - Titasville Toastmasters) - Quite good, though less rehearsed, more casual, and revolves around Titasville club

<http://feeds.feedburner.com/TitusvilleToastmasters3018>

## Planned Schedule for 2005-2006 Whispering Woods

Publication Date	Article Submission Deadline
Late December	15 <sup>th</sup> December
Late January	15 <sup>th</sup> January
Early March	15 <sup>th</sup> February
Early May	15 <sup>th</sup> April
Late June	15 <sup>th</sup> June

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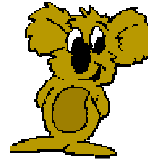
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## Kenny the CFTM Koala - Club Mascot!



Has anyone popped onto our website and noticed our new club mascot popping up?

Hover over him, or click on the icon or menu link to find out more.

**\*\*\* COMPETITION \*\*\***

A competition for CFTM members only.

**How many times does Kenny the CFTM Koala "appear" on the main CFTM website? (i.e. does not popup new window)**

Yes this is a tricky question, so count carefully!

Please send your answer to:

[cftm@au1.ibm.com](mailto:cftm@au1.ibm.com)

Please put in the subject line "Kenny the CFTM Koala Website Competition"

Entries close 31<sup>st</sup> May 2006. The first correct answer drawn at the 5<sup>th</sup> June meeting will be the winner.

A **special prize** will be given to the winner (Koala themed of course!)

All decisions made by the interim webmaster Darren Gilchrist are final

