



Chatswood Early Risers Toastmasters Newsletter



Club 7123 – Area 34 – District 70

June 2011

Welcome the incoming committee



Club elections were held in early May for the committee for the new Toastmasters year starting in July 2011. Please welcome the following Toastmasters:

President	Darin Bodilly
VP Education	Stephanie Boyd CC
VP Membership	Laura Masson
VP Public Relations	David Nixon
Secretary	Monika Stelzner
Treasurer	Paul Dower CC
Sergeant at Arms	Julie Macken CC

Changeover Dinner



As part of the transition from the outgoing committee to the newly elected committee, it is tradition for our club to have a dinner celebration.

This years event will be held at the Kam Fook Restaurant at the top level of Westfield in Chatswood, on **Friday 1st July** starting at **7.00pm**. The cost is \$20 per head thanks to a generous subsidy from the club.

Look forward to some activities throughout the evening, so keep your speaking voice in good form.

Please confirm your attendance to Julie Macken, our even organiser on 0417 466 239.

New member Michele Ambrose

Recently we welcomed new member Michele Ambrose. Michele will be giving her ice-breaker speech in the near future.



In the mean time Michele has enjoyed success in Table Topics, winning the coveted Yak Yak award for best Table Topic.

Kaizen

The Japanese language has a word *kaizen* which means continuous improvement.

改 = KAI = CHANGE

善 = ZEN = GOOD
(FOR THE BETTER)

改善 = KAIZEN
= CONTINUAL
IMPROVEMENT

This principle also applies to our ongoing development in public speaking by regular practice at club meetings.

Here is a tip to help you track your progress.

In the back of your manual, make a list of your strengths (to remind yourself of progress) and areas for improvement based on your speech evaluations. Review this list regularly, and continue to focus on the areas for improvements.

A great way to review your progress is to record every presentation on your video and use these recordings to review your performance.

The club video camera



Recently the club invested some funds in a JVC High Definition video camera. Now we have the facility to record member's speeches and to make a DVD for the speaker to watch later for self-evaluation.

We will introduce a new meeting role of **Camera Operator**. Charles is currently filming the speeches and documenting the procedure. The camera is very easy to use and the movies can be transferred quickly via USB to a computer.

The camera records movies in the MTS high definition digital video camera recorder format (AVCHD Advanced Video Codec High Definition). These files play on most computers however the **VLC media player** program is highly recommended. I used it to take the screen grabs used in this newsletter. Download VLC from www.videolan.org.

Using Video to Improve your Speeches

Melody Braithwaite was one of an audience of 200 who attended an awesome workshop conducted by Ed Tate 2000 Toastmaster World Champion speaker on 22nd May 2007 at Bankstown Catholic Club.



Ed shared some strategies for those who are super keen to accelerate their public speaking skills and impact. The top strategy he recommended was to video all your speeches, and when viewing the result accept the following points:

1. You **look** like that!
2. You **sound** like that!
3. Get over it!

Here are both Melody's and Ed suggestions for maximising the value of your videos.

When you first try this strategy, observe your feelings. If you are overly critical, simply be aware of it, and convince yourself that this does not serve you and be deliberate in shifting your focus to being open to the learning opportunity this tape is presenting to you.

Sometimes, you may find it better to leave some time between the taping and the watching of the video, to enable you resume your objectivity and maximise your focus on improving your speaking performance. This is helpful when you think you gave a 'shocker' performance – and from time to time we all have one of those.

After you've got over that initial phase Ed recommended FOUR different ways of watching your video. They do not necessarily have to be in this order.

1. **Listen only** (don't watch) observing the script, words and delivery
2. **Watch only fast forward** – observe gestures, particularly the repetitious ones, arm flaps and body movement, standing still and your use of the stage, as well as facial expressions
3. **Watch regular speed – no sound** – Does the speaker have authority as exemplified in posture, stance, shoulders back, move with purpose and intention
4. **Watch at normal speed.**

Ed Tate's own club made a commitment to videotape all speeches, and he credits this as the strategy that helped him become a world champion.

Take notes of things you'd like to improve. Don't try to improve everything at once - pick the one that is most irritating to you and work on that.

Ask evaluators in your subsequent assignments to provide comment back to you on these specific areas e.g. swaying, hand clasping, talking too fast, etc

It is not always necessary to tape only your meeting speeches. Videotaping your practice speeches will help you to practice – and if you cannot video then tape it.

Most importantly be playful and have fun with this process!



Speaker, Watch Thyself

By Paul Dower



Picture from a video recording of Paul as Toastmaster.

All alone in a private room, late at night, he drew the curtains and lowered the blinds. His face burnt with anxiety as he turned the lights down low. In the thick, omen-filled air, he sat in front of the flickering screen, all expectation and dread. Nervous wings fluttered in his stomach while he inspected the featureless home-burnt DVD. Its title, mysteriously scrawled in marker pen, hinted of forbidden acts performed in depraved places. With an illicit guilt weighing on his shoulders, he inserted the disc into the carousel, and hunched over, waiting. The media player fired up. Sweat oozed from his palms and forehead. The video began to stream. His fingers shook as he adjusted the volume. He braced himself with a shudder as the picture filled the screen.

And then... ..there he was... ..on the screen... ..speaking publicly on digital video. Oh, the horror, the shame, the disgrace! All these years, he thought he looked and sounded and acted in certain ways. But he had been deluded, mistaken in every sense. Here was evidence he could not rebuff, mocking him via an MP4 stream. He turned away and screamed without sound, his throat convulsing, his face a rictus of horrified anguish.

I hear what you are thinking, "That's a bit melodramatic isn't it? Watching yourself on video can't be that bad." True. For me it wasn't anything like the pulp fiction you just read. But it can be a real eye opener. All those times the evaluators

have said "The speaker distracts the audience with all that nose picking" and you thought to yourself "That evaluator is crazy. I never do that." Well here is the chance to really come to grips with what those evaluators are on about. Watch yourself perform on digital video. Get over the shock. Discover what you like about your performance and what you don't. Try to improve what you like. Work to get rid of what you don't. That's all there is to it. As the Ancient Ludobarbarians used to say "Speaker, watch thyself."

Charles on Film

I have two ongoing areas for improvement in public speaking: more vocal variety and drama, and more relaxed body gestures.

Paul once made a drawing of my "frozen arm" gesture, and a recent viewing of my speech demonstrated that I still have this habit! Now I will be practicing speaking in front of a mirror.



Club Calendar

Meeting Themes

14th June – Great Speeches

21st June – US Presidents

28th June – Everyday Savings

Friday 1st July – Club Changeover Dinner

5th July – Winter Getaways

12th July – Christmas in July

19th July – Australian Films

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