

Vital News



The official newsletter of
Vital Communicators Toastmasters Club, Club # 7056, Division A, District 74

October 2005

Editor's note ...

There are less than 5 meetings left this year ... shocking how time flies. Have you submitted your goals for this year to Bertus yet? Have you checked that your progress is in line with the goals that you set for yourself?

We are currently in the grips of drought with sever water shortages in many areas. Fortunately there is no drought in our speaking line up. Keep up the great participation everyone.

The Focus 74, Toastmasters Southern Africa (District 74) newsletter can be downloaded for the website at www.toastmasters74.org.

Cooks contributed the crossword and wordsearch. Have fun doing this!

A sincere thanks to everyone who contributed to the newsletter.

Lynnette

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From the President's desk ...

Willem le Roux

At the Toastmasters International convention in Toronto, Canada I was amazed at the quality of the ten best speeches. This was the highlight of the convention. To hear these speeches made the trip to Toronto worthwhile. The inspirational speech, in which you uplift the spirits of the audience, could probably be seen as the most difficult but also the highest form of speech in Toastmasters. The 10th speech of our CTM manual is the inspirational speech. A winning speech at the International conference will always be an inspirational speech. But how do we deliver a good inspirational speech? Is there a winning recipe?

Even though every one of the ten speeches was completely different with a different and original message, they had something in common. They all had a clear and convincing moral lesson. Most of them (definitely the top three) told personal and emotional stories to convince the audience. They all ended with a convincing and a strong conclusion. I felt that every one of these speeches enriched my life, but hearing all of them on the same day at the same session gave me a bit of an overdose – I could not possibly remember and appreciate all of them as I should have.

The champion of 2004, Randy Harvey, presented a workshop entitled "Speaking in 3-D" in which he explained the importance of speech choreography, but he also explained the basics of a good inspirational speech. According to him, you cannot deliver a good inspirational speech if you do not know what inspires you in life. You must be able to write in one short paragraph what you see as the one goal of your life. If you could give only one message to all school children, what would that message be? What are the core values and believes in your life? Once you know that, you can write a message for your inspirational speech, one in which you really believe yourself. If you add the three or four main reasons why you believe in this message, you have already written your conclusion.

By starting off with the conclusion of the speech you know what the aim of the body of your speech should be. The aim of the body of the speech is to illustrate your arguments in such a way that you will not only convince the audience, but inspire the audience with your message. According to Randy Harvey the best way to do this is to think of the experiences or incidents in your life that convince you of the message you believe in. You can exaggerate or change these experiences to serve the goal of the speech, but by using your own experiences you will be much more convincing because your emotional feelings and sincerity will be reflected in your voice.

In the introduction of the speech the main purpose is to draw your audience's attention to your message. According to Randy this should be done either by wooing the audience's interest by giving them for interesting facts or asking intriguing questions or by shocking them, by giving a shout of pain and then explaining what this meant, or stumbling and falling flat on your face. Once you have drawn your audience's attention you briefly give them your message. You don't need to explain to them why you believe in this message, this you are going to do in the body of your speech, and repeat it again in your conclusion.

(Continue page 4)



Fun in at the International convention in Toronto

Susan le Roux

If you thought that a Toastmasters conference was a serious affair with a lot of speeches, think again!! Let me tell you of some of the fun we had at this year's conference:

Shosolozza in Canada!

When Elize van Rensburg, our District Governor, heard that Willem and myself were going to attend the International Conference in Toronto this year, she asked me to think of something which the South Africans who attend the conference, can do as a "skit". Let me explain: It has become tradition for all the countries outside America and Canada, to come together on one evening during the conference, and each country then delivers an item in an impromptu concert. The idea is of course to have fun and to get to know each other better. As this was my first experience of an International conference, I was at a loss to come up with a bright idea.

In a joke Frances said: "Why don't we do 'Volkspeler'?" (For those who don't know, Volkspeler is traditional Afrikaans folk dances, which all of us last did when we were still at school). I thought it was a great idea and we started to phone around for the typical dresses (for the ladies) and embroidered waistcoats (for the men) to take with. We were able to gather quite a variety of these costumes, but when the ladies saw it and tried some of the dresses on, they decided that there was no way they would wear such outdated clothes which make you look twice your size anyway. So what were we to do? Then Frances came up with the idea of

singing Shosolozza. We decided to borrow or buy Springbok jerseys and caps for this event. Frances was able to get the words and music of Shosolozza and in our hotel room in Toronto we practiced the song and the actions. On the evening when all the delegates and visitors from the



different countries got together, we were ready and we "performed" with gusto, as the picture shows. We definitely were not the best, but we were not the worst either, and we had lots of fun!!!

Wine tasting

Another long-standing tradition at International Conferences, is that the South African contingent invites the delegates from the countries outside America and Canada to attend a wine tasting. This usually takes place in the hotel room of one of the South African delegates. This year it was held in the hotel room of Beth Thomas, who serves on the Board of Directors of Toastmasters International. We were all asked to bring two bottles of good South African wine

for this purpose. Almost everyone attending this wine tasting, brought wine from their own countries, so there were wines from Australia, Canada, England, and so forth. We also provided chips and other food to nibble, and the party began.

Imagine 45 people in an average hotel room, all standing around, eating and drinking and all talking together. Old friends greeted one another with gusto, and new friendships were blossoming all around.

Willem ended up being the barman, and I busied myself carrying the eats around. People came and went and the drone of voices became stronger as the wine was consumed. Willem decided to hide six bottles of wine behind the curtains as we realised there was far too much wine for the people present. He poured full glasses of wine – this was wine-tasting with a difference!

At the end of the evening an American lady, who was not even supposed to attend the event, and who tried to convince every one that she did not actually drink wine, spotted the bottles behind the curtains, and quickly put three bottles into a plastic bag which she just happened to have with her. I tasted some Australian wine, and I would not take it even if it was prescribed by my doctor as medicine!

As you can see, there are lots of fun to be had at a Toastmasters Conference. Of course, there are lots of serious stuff as well, but I will leave it to Willem and Frances to tell you about those.

I	U	S	E	C	R	E	T	A	R	Y	O	C
P	N	O	O	S	E	H	C	E	E	P	S	O
P	P	T	V	T	N	O	T	E	S	R	E	M
P	R	N	E	O	C	M	V	P	E	E	I	P
R	E	R	R	R	R	E	A	T	B	S	H	E
E	P	E	H	Y	N	V	S	L	V	I	P	T
R	A	T	E	S	L	A	E	M	P	D	O	I
U	R	C	A	W	M	L	T	E	P	E	R	T
S	E	E	D	T	D	U	E	I	R	N	T	I
A	D	L	S	E	M	A	N	D	O	T	D	O
E	N	A	T	B	C	T	B	L	Y	N	R	N
R	O	C	E	I	U	E	F	U	N	Y	A	S
T	O	A	S	T	S	S	N	E	T	S	I	L

International
Toastmasters
Speeches
Story
President
Unprepared
Subs
Toasts
Listens
Treasurer
Evaluates
Overhead

Secretary
Trophies
IPP
Competitions
VPE
Fun
Lectern
Meals
VPPRO
Names
Notes



St Paulus Youth Leadership

On Tuesday, 13 September 2005, fourteen very nervous learners received their certificates at the 7th Youth Leadership course at St Paulus Primary School.

Kevin Yoo, received the trophy for the most improved learner. On the first evening of the course, Kevin could hardly introduce himself. But, after six weeks he presented a brilliant impromptu speech at the gala evening.

The guest speaker for the evening was Mac M^c Menamin who shared the following with the audience:

Two ships pass one another in the Indian ocean – one sailing east, the other west. Both are driven by the self-same wind.

MORAL: It is NOT the wind that blows that determines your direction – it is the setting of your sails that does.



Find your voice, serve your world ...

Frances Boshoff, DTM

The theme of the international president – Dilip Abayasekara – “Find your voice. Serve your world” and District 74 Governor, Elize Janse van Rensburg’s theme – “Do what you do, do well” compliment each other.

The training of the top 3 officers (District Governor, Lt Governor Education and Training, Lt Governor Marketing) in Toronto was fascinating and it was great to meet the LGET’s of the other districts not assigned to regions (DNAR). We shared some training as well as membership ideas.

DNAR for the first time this year had two competitions. The fourteen districts not assigned to regions were split into two groups. On Tuesday, 23 August we attended the Group A contest where Douglas Kruger won with his speech entitled Three little letters. After the competition, as is tradition, the DNAR’s all performed a little skit and the D74 delegation performed Shozolozza in our Springbok rugby jerseys.

The opening ceremony was on Wednesday evening and we proudly carried the flags of the 8 countries of District 74. This was followed by a most inspiring keynote address by AB Bourke from Afterburners.

Other workshops I attended were:

- * 101 Uses for Marshmallows – The power of high energy innovation
- * Tell your success story
- * To lead or not to lead
- * Learning takes place in a controlled environment
- * Sparkle-tude for leaders

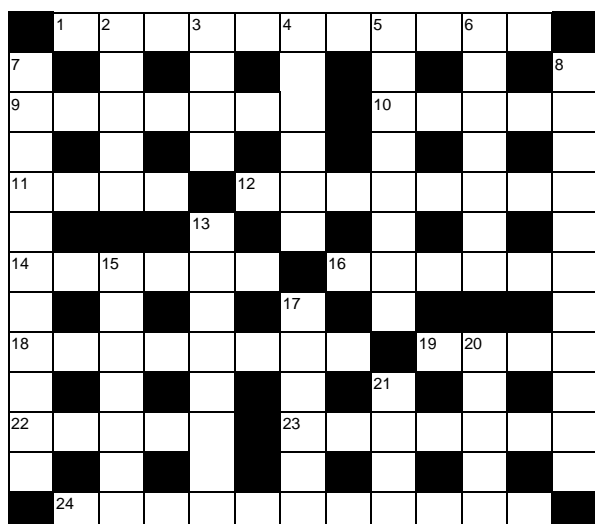
We also attended the board feedback and AGM.

The highlight of the competition was the World Championship of Public Speaking. The ten contestants were all brilliant. The winner – Lance Millar – with his speech entitled The ultimate question was inspiring and a worthy recipient of the title.

Find your voice. Serve your world and Do what you do, do well!

If you get out of Toastmasters what you want to get out of Toastmasters, you will never get out of Toastmasters.

~ Evelyn-Jane Burgay, Past International Director and World Champion of Public Speaking ~



Across :

- 1 Simple poll of audience (4:2:5)
- 9 Open-air (7)
- 10 British soldier (5)
- 11 Bring to a stop (4)
- 12 Spacious and luxurious (8)
- 14 Pill (6)
- 16 Catch phrase (6)
- 18 Vikings (8)
- 19 Balance of probability (4)
- 22 African animal of giraffe family (5)
- 23 Dizziness (7)
- 24 Mounted (2:3:6)

Down :

- 2 Inn (5)
- 3 Small Forest (4)
- 4 Books' style and shape (6)
- 5 In reality (8)
- 6 Condemnation (7)
- 7 Amounting in the sum to (2:3:4:2)
- 8 To a great extent (2:1:4:4)
- 13 Hectic (8)
- 15 A good buy (7)
- 17 Foilage (6)
- 20 Small furrow for sowing seed (5)
- 21 Motor race starting positions (4)



President's desk continue ...

Listening to the all inspiring speeches and the workshop by Randy Harvey inspired me to start working on my own inspirational winners. I immediately started to write down my own mission in life and the core values and beliefs supporting this mission. Then I started thinking of three different messages or speeches I would like to present and the stories or experiences in my life which I would like to use to support these messages. I sincerely hope all of you are going to do the same, as I would like to have some competition on my way to the TMI final in the year 2010!!

Play Con 2006

The dates for Play Con 2006 are 18th -21st May 2006

The venue is Misty Hills country Hotel and Conference Centre in Muldersdriff

Please see district web site (www.toastmasters.org) for more information.

This venue is close to us so we hope Vital Communicators will be there in force

**Mastering others requires
force; mastering yourself
needs strength**
~ Anon ~

Answers

<u>Across</u>	14 Tablet
1 Show of hands	16 Slogan
9 Outdoor	18 Norseman
10 Tommy	19 Odds
11 Halt	22 Okapi
12 Palatial	23 Vertigo
	24 In the saddle
<u>Down</u>	7 To the tune of
2 Hotel	8 By a long shot
3 Wood	13 Feverish
4 Format	15 Bargain
5 Actually	17 Leaves
6 Damning	20 Drill
	21 Grid

Can you read this? Only smart people can ...

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as a wohe.
Amzanig huh? yaeh and I awlyas tghu-
hot slpeling was ipmorantt!

The maniac ...

Frances Boshoff

The maniac is at it again.
Attention all joints and tendons,
man your oiling stations. Lungs
send a capacity report. Brain—you
switch off. The rest of us will take over
from here." I run to maintain a lifestyle
despite my aching body. I hit the start
button and head for the road.

When I read these words by Andy Ellis in
the May 2004 issue of runner's world I
thought to myself is this perhaps the
way we approach life and our
Toastmasters meetings? Have we lost
touch with the joy of living? Getting up
early and see the day dawn.

It is time to improve old routines.
Everything we do should endeavour to
explore an additional option to the
norm, find new hills to climb and make
life exciting again.

Take a look at what you are already
doing ... where can you improve? Do
you tell yourself I should improve my life
style .. start exercising, drink less coffee
... more water, etc.

Get up every morning with enthusiasm,
change your morning routine. Take
some time to mediate, get up and
hear the birds sing, the sun rise ...

Let's find those new hills and tomorrow
when you put on your running shoes ...
do it with zest, excitement ...

Useful web address

Toastmasters International
www.toastmasters.org

Toastmasters Southern Africa
www.toastmasters74.org

Toastmasters Division A
www.divisiona.org.za

Vital Communicators
www.vitalcommunicators.co.za

Speech Tips
www.speechtips.com

Wordmaster
www.wordsmith.org

Roberts Rules of order
www.robertsrules.com

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