

Vital News



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

March 2006

Editor's note ...

Do you receive the district news letter? If not register at dist74dg-subscribe@yahoo.com

'Learn something new every day, for if you do not, that is a wasted day and life is too short for a string of wasted days.' – J. Anderson

Quote taken from dist 74 electronic news letter.

Reading through this edition of our club news letter it is apparent that there is plenty of talent in our club community and probably at least one new thing for each of us to take from this letter.

Thanks to Cooks for the word puzzle and to everyone who contributed articles. Without your contributions publishing a news letter is a very difficult task. And without Frances' help there would be no news letter at all !!

Enjoy !
Lynnette

President

Willem le Roux—082 499 2377 (cell)
willemleroux@iantic.net

Vice-President Education

Berthus Theron—(082 532 4097
altheron@iafrica.com

Vice-President Membership

Marion Poole—082 805 2798
Marion.poole@za.pwc.com

Vice-President Public Relations

Lynnette Vermaak—083 656 1896
lynnettev@kc.co.za

Treasurer

Elsi Meyer—082 463 4694
temeyer@mweb.co.za

Secretary

Marius Potgieter—072 579 2406
potgieterm@tut.ac.za

Sgt-at-arms

Jonas Maloka—072 340 1247
jonas@univtech.ac.za

ZimCon

Willem le Roux

Attending ZimCon and doing their Club Officers Training was an exhilarating experience. Susan and I made a holiday of it by visiting Lake Kariba, spending a few days at Victoria Falls, and traveling back through Botswana. However, ZimCon itself, was the highlight of our 10 day tour of Southern Africa.

Zimcon comprises not only the COT training, but they have all their competitions on the same day: The International, Evaluation, Impromptu as well as the Humorous competition. Although there are only 3 clubs, the standard of the competitions was reasonably high. We loved their humour and the fact that they do not mind ridiculing themselves.

We had the COT training one afternoon. One of the clubs sent their entire executive team and even some of their non-executive members as well. Their enthusiasm and inquisitive participation made the training a pleasure.

The food at the formal prize giving banquet on the Saturday evening was excellent. However, what we enjoyed the most, was the opportunity to get to know the toastmasters from Harare better. We learned more about their country during the conversations with them at tea times and at the banquet than during the rest of our tour.

We all know the advantages of Toastmasters and what it can do for you. The one thing we however often underestimate is the social function of Toastmasters. This tour to Zimbabwe and the Zimcon once again demonstrated to me the opportunities that Toastmasters provides to meet and to get to know people all over the world. The more people you meet, the more you realize that in the end we are all the same, with the same goals.

Amature person is one who does not think only in absolutes, who is able to be objective even when deeply stirred emotionally, who has learned that there is both good and bad in all people and in all things, and who walks humbly and deals charitably with the circumstances of life, knowing that in this world no one is all-knowing and therefore all of us need both love and charity.

~ Eleanor Roosevelt ~



Goal check—Make a pit stop!

Marion Poole

At the beginning of the Toastmasters year, we were all asked to set our goals for the year. We took time and effort visualising where we wanted to be by June 2006. We submitted our goals to the VPE, together with a time frame for our achievements. Those of us who submitted these goals were rewarded with a 'thank you' chocolate.

The taste of that chocolate has now faded, but how close have we moved towards the goal posts?

It is time to STOP and REVIEW for a few minutes. Make a PIT STOP, see where you are in relation to where

you want to be. Remember, if you don't know where you are going, you are never going to get there!! How many of us promised to bring at least one friend along to the meetings? This is our main source of new members, and without a continuous infusion of new members, new ideas, new friends, our club cannot continue to grow, and we will not reach our GOALS.

Make another PIT STOP. Who can you invite along to the next meeting?

Let's GROW VITAL COMMUNICATORS membership in 2006.

Toastmasters Promise

- To attend club meeting regularly*
- To prepare my speeches*
- To prepare & fulfill assignments*
- To provide members constructive evaluations*
- To help club maintain positive & friendly environment*
- To serve your club as an officer*
- To treat fellow club members & guest with respect & courtesy*
- To bring guests to club meetings so they benefit toastmaster's membership offers*
- To adhere to guidelines & rules for all toastmasters educational*
- To maintain honest & highly standards during conduct of all toastmasters' activities*

Useful web addresses

PlayCon 2006
www.maxicon.co.za

Vital Communicators
www.vitalcommunicators.co.za

Toastmasters International
www.toastmasters.org

Speech Tips
www.speechtips.com

Toastmasters Southern Africa
www.toastmasters74.org

Wordmaster
www.wordsmith.org

Division A
www.divisiona.org.za

Roberts Rules of Order
www.robertsrules.com

The best defense against logic is stupidity

Do you know the Toastmasters promise by heart?

Jonas Maloka

Any member of a Toastmasters Club all over the world should be able to say YES.

I had never thought of this until I presented an Educational from the Successful Club Series - Keeping the Commitment.

One of the reasons members are inducted into a Toastmasters club is to make the Toastmasters Promise and never forget it. The promise (which all of us make) is to TMI, our club, our fellow club members and to ourselves. It's unfortunate that since joining TMI many of us have forgotten this promise.

This promise might sound like any other oath we make in our appointments in respective professions i.e. doctors, lawyers, police officers etc. They often take an oath by saying:

"I promise to be loyal
To abide by the rules and regulations
To serve with pride and honour"

Our Toastmasters promise is like these oaths taken in our professional lives and should not to be forgotten.

I am encouraging all members to know this pledge by heart and to take it to heart.

If you want an opinion go to the pub. If you want sound advice go to someone who has succeeded in your chosen endeavour.

~ Glen A McQuirk ~

Public speaking is not natural ...

Gert Smalberger

A ccept the challenge so that you may feel the exhilaration of victory (George S Patton)

Richard Branson... Multibillionaire! Entrepreneur extraordinaire! Apprehensive public speaker?



Many years ago Richard was asked to speak in public... he stood at the podium, he could not utter a word and he ran off the stage.

Today Richard is an inspiring public speaker.

Speaking in public does not come naturally to most of us. Many of us dread speaking in front of people. Yet the ability to speak in public can be a great asset. In business, law, education and politics few skills are more important than being able to speak confidently and eloquently.

Why do we fear speaking in public? Some say it is the fear of failure; the fear of making a fool of oneself in public. I don't know if that is all there is to it, but I do believe whatever the reason may be it can be overcome.

My biggest obstacle to become a confident public speaker was to control the physical symptoms of nervousness. Whenever I had to speak in public the great adrenalin dam's sluices would open and my racing heart, trembling hands and quivering voice made it hard to confidently say what I wanted to say.

Today I still have butterflies in my tummy when I speak in public, but I have learnt to make them fly in formation. In my experience I have found that the best way to overcome the physical symptoms of nervousness is to have a positive attitude and to expose oneself to the trigger of one's nervousness i.e. public speaking.

I call upon you to accept the challenge to overcome your nervousness by joining Toastmasters and by speaking in public often. The more you do the sooner you will feel the exhilaration of victory.

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

TM ... a bug?

Brian Tomlin

As a member of 16 years, I have met so many interesting people from different backgrounds. It has been a wonderful experience and I hope to continue this trend, especially now that we have other race groups involved as well. I also hope to pass my experience on to them and to other members of our club. Meeting at the new venue, we can only go from strength to strength.

Once the Toastmasters' bug has bitten, it is difficult to get rid of it and you will take it to the grave. It is great being a member of such a vibrant club such as Vital Communicators and I enjoy meeting with the members and guests every fortnight.

- Confirmation
- Golden Wedding
- Wedding
- Twentyone
- New baby
- Half century
- Christmas joy
- Retirement
- Examination
- Get well
- Cycle
- New home
- Stag
- Stork
- Dive
- Engage
- New year
- Promotion
- Travelling
- Easter bunny

When you have found all 20 cards, 10 scrambled letters remain—unscramble and the final word will appear. Answer on p4.

To fail or not to fail

Susan le Roux

Should a speaker be failed by his/her evaluator? From time to time this question crops up and is debated by members. Often speakers feel that the feedback which they got after a speech, was too mellow and did not give them any pointers for improvement. On the other hand, a speaker may feel that he got a harsh evaluation, and there are clubs who fail speakers on a very regular basis.

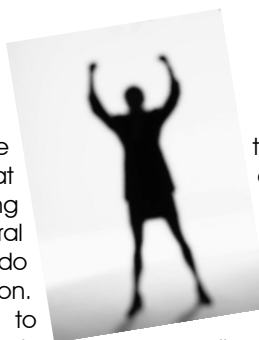
Frances took up this issue in a letter to the VPE recently. She pointed out that both the handbook for Presidents as well as the handbook on effective evaluation, states clearly that Toastmasters is not a pass/fail programme.

Remember that your evaluation is simply your own opinion on the speaker's presentation. It is only your opinion on how the speaker performed. If, in your opinion, the speaker did not comply with the objectives of his assignment, you should however point this out in a constructive way, and give the speaker examples on how he/she could have improved on his speech. Whether he takes your advice seriously or not, is up to him. At the most, you can speak to him privately and point out where he did

not comply with the criteria, and suggest that he may consider repeating the speech. In your oral evaluation however, you do not make such a suggestion. Leave it to the speaker to decide whether he wants to repeat the speech or not.

The first ten speech assignments only give us the opportunity to practice the different components that make up a good speech. However, to make these different skills your own, you have to give many more speeches. In fact, the more often you speak the better you become. It often happens that when someone was evaluated too harshly, they shy away from delivering their next speech because they took a bad knock to their self-confidence. So instead of helping the person with your criticism, you actually put him a few steps back. It is not uncommon for a member even to resign after receiving an evaluation that was too harsh.

On the other hand, a white wash, where you just praise everything the person said, is just not on. It is of no help to the speaker. Each speech has its good and less good parts. Listen carefully, make notes of what



the speaker did well as well as where he can improve, (that is how you improve your listening skills) always keeping in mind the level at which he speaks, his or her abilities as a speaker,

as well as the criteria for the specific speech. Begin your evaluation on a positive note, stating something that you can earnestly praise. Then personalize your feedback on his speech, giving not more than 3 pointers on which he can improve. Be specific: "I think you could have....." "In my opinion the example you used....." or whatever, then end your evaluation again on a positive, encouraging note.

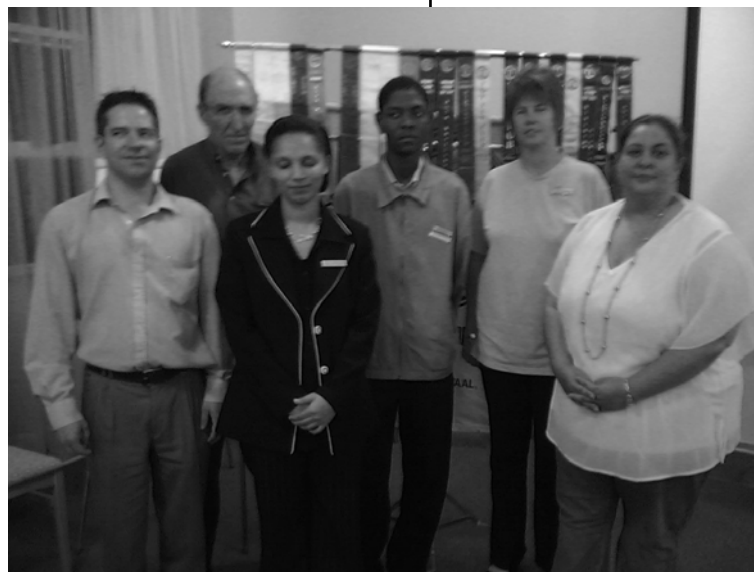
Evaluate to motivate – not to break a person down. Remember one gets better results by motivating the speaker to give many more speeches, and slowly improving his speeches with each speech, than by insisting that he cannot move on to the next speech before he has reached a certain standard on a specific speech. Each speaker has his or her own style, own standard and own weak and strong points which he or she must develop at their own pace.

Vital Communicators
Toastmasters Club
PO Box 2451
Brooklyn Square
0075 South Africa

www.vitalcommunicators.co.za
Email:
info@vitalcommunicators.co.za

Publisher:
Willem le Roux
President
Tel: (012) 347 1712
Cell: 082 499 2377

Editor:
Lynnette Vermaak
Vice-President: Public Relations
083 656 1896



Quiz teams: VC—Brian Tomlin, Jonas Maloka and Lynnette Vermaak
Pretoria East—Chris Roth, Nydia Mentoor and Elmarie Meyer

Answer: Kitchen Tea