



# POST TOASTIE

## TOASTMASTERS 75 CLUB, PARIS

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## WE'RE BACK

Yes folks, we're back and on Thursday evening at Café à Moulin 14 TM enthusiasts attended our first meeting of the 2009 /2010 season. We had 8 Club members and six very interesting guests at our first meeting.

Right from the arrival of 'Loro' Kitamura, a fellow Toastmaster from the Takarazuka Toastmasters Club, Japan there was a 'Rentrée' feel to the evening. Toasties who had not met since the summer break greeted each other and guests in what was a very convivial atmosphere.

New Club Sergeant-at-Arms **Sharon Mangahas** began proceedings at precisely 8 pm, greeting members and guests before inviting **Eva Croke**, Club President to the lectern. Eva welcomed everyone, especially our newest member, **Nathalie Marlot** who received a warm round of applause to welcome her to the Club.

Eva invited our six guests to introduce themselves. More about our guests later in the newsletter.

Eva then introduced **Catherine Assioma** as our Toastmaster of the Evening (TME) and we were ready to rock 'n' roll !

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### TOAST

Our immediate Past-President **Tom Croke** was invited to propose the toast of the evening.

Tom chose to toast 'US' - TM75 Club, for the enthusiasm, positivity and inclusiveness we bring to learning good public speaking skills. In presenting the 'Distinguished Club' ribbon for the 2008-2009 season Tom noted that this reflected the focused and hardworking approach of Club members which is a feature of our Club for many years.

### JOKE

**Robert Barton-Clegg** was our joker. Suffice to say that Robert's tale of 85 years old Maurice & Esther's helicopter ride has everyone falling about the place with laughter.

### WORD OF THE DAY

Eva, gave the word of the day as '*improvise*' or '*improvisation*'

## TOPICAL TABLE TOPICS !



**Christophe Marais** was our genial Table Topics Master for the evening. **Christophe** explained the concept behind Table Topics as impromptu speeches to help speakers think clearly 'on their feet'.

New member, **Anne Hamilton** was first into action extolling her views on whether the proposed new carbon taxes would make her change her traveling habits. Anne's 'tongue-in-cheek' response was that she would happily pay the carbon tax for the comfort and convenience of using her car.

**Catherine** was next up and when asked whether she would pay for the H1N1 vaccination she ventured the opinion that the entire 'Grippe A' scare could be the invention of the giant pharmaceutical companies to drive their share price up.

**Robert**, 'our resident wine expert' faced to the question of should Europe accept 'New World' wines shipped with low carbon emissions transport or continue to endanger our planet's climate with high carbon emissions through transporting French wine by road around Europe. Robert's witty contribution told us the tale of how French dock workers dealt with foreign wine imports in the past by drinking the wine and returning empty bottles to the crates.

**Tom** was challenged by the proposition of whether he would be prepared to risk his health by going abroad for a 'low cost' life-saving operation. Tom recounted how his personal experience of medical treatment while in Cyprus made this an unattractive proposition for him.

**Robert Barton-Clegg's** comical tale of French patriotism won him the ribbon for best Table Topics contribution.

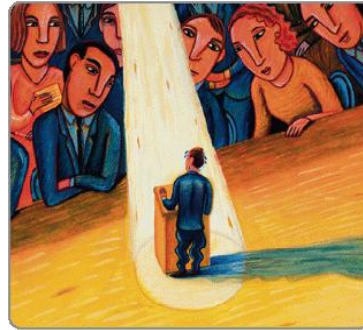
## PREPARED SPEECHES – THE MAIN EVENT

On her first night as a member of our Club, **Nathalie Marlot** gave her 'ice breaker' speech. What a start to her TM experience! Nathalie gave us a poised performance demonstrating careful and reflective preparation. Nathalie captured the concept of what a good ice breaker speech should be in focusing on one aspect of her life and through that giving us an insight into her personality. Nathalie chose cooking! She told us of her growing up watching her Mum and grandmother cook and how this cultivated in her a love for the culinary art. She evoked wonderful imagery in her speech – waking up in her grandparent's home in the Auvergne as a child and rushing out into the garden in wellies and pyjamas.

A great 1<sup>st</sup> speech!

**Tom Croke** was next up with his first speech from a TM advanced manual. This was project #1 from the 'Speaking to Inform' which requires the speaker to give a speech that educates & entertains the audience. Tom informed the audience of how to 'Grow your Own' – vegetables, that is. More specifically, how to cultivate potatoes. Tom's speech sought to convey the innate pleasure from producing your own food and was well received.

**Sharon Mangahas** was our final speech. Sharon's project was from 'Special Occasions Speeches' advanced manual – The Roast. This speech seeks to gently poke fun at someone well known to the speaker. Sharon chose her friend, Merissa, on the occasion her marriage to Paulo. Using well chosen tales from their youth, **Sharon** dished the



*Speaking with  
Confidence*

dirt on Merissa recounting the misdeeds of their 'adventurous' youth spent together. The only thing that spared her blushes was the fact that she was back home in Canada.

For her impeccable preparation and polished delivery of her speech, **Sharon** deservedly won her the ribbon for best speaker on the night.

**Nathalie** collected her 1<sup>st</sup> Timer ribbon for excellent debut as a public speaker.



## EVALUATIONS – WHAT’S THE VERDICT?

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Because only 2 qualified members were available to act as evaluators, our General Evaluator, **Eva**, had to, in her own word of the day, improvise. So she devised a strategy whereby two evaluators worked together and evaluated all 3 speakers. **Eva** evaluated body language, gestures, body language, eye contact & voice projection. **Catherine** focused on analysing the structure and content, use of language and whether the speech fulfilled its project criteria.

**Nathalie** was complimented for her relaxed body language and her good voice projection. It was suggested that she work on achieving better eye with her audience. All in all Nathalie’s first speech was highly praised as very promising.

During the evaluation of **Tom’s** speech evaluator’s praised his good eye contact, gestures and voice projection. It was suggested that the nature of our venue meant care had to be taken not turn your back on the audience. Catherine felt that Tom’s was informative which was the main requirement of the project.

In evaluating **Sharon’s** speech, Eva felt she set the scene very well to deliver a ‘ROAST’ to the Bride. Her use of colourful language was complimented. It was suggested that the ROAST might have been better received had it been directed to someone in the room. However, it was felt that **Sharon** had met the requirements of her project very well.

In her Grammarian’s report **Eva** told us that **Christophe, Catherine, Nathalie** and **Tom** all used the word of the day. For the benefit of non-native English speakers, she reminded us that some ‘H’s’ at the beginning of words, such as ‘Honest’ are silent. She reminded of good phrases used in the speeches such as ‘*puffs of wispy vapours*’ from **Tom’s** speech and ‘*smelled something fishy*’ from **Sharon’s** ROAST speech.

## Err, Umm, Ah !!!

**Anne Hamilton** was our Ah Counter and she reported that her job had been very easy on the night.

She jokingly commented that 'Ah' was one of the first words out of HER mouth.

She said that, in fact, very few people drifted into using filler words.

**Christophe**, our Timer, told us that everybody had kept to the allowed time for their presentation in each segment of the meeting.

As a General Evaluator's comment, **Eva**, complimented **Catherine** on her geniality as TME putting everyone at ease.

### Our Guests

We had 6 guests at our 1<sup>st</sup> Club meeting of the new season.

**Hiroyo 'Loro' Kitamura** was in Paris from Japan on a 3-day visit. She is a Toastmaster in Japan and was interested to note the similarities between how we run our Club meetings – except of course, for the joke. Loro was struck by the friendliness of everyone attending the meeting.

**Dewi Jones**, from Wales teaches English in Paris and had never attended at TM meeting before. He was impressed by the structured approach to the meeting.

**Nguyet-Nga Cao-Thay** who asked us just to call her **Nga**, a French woman with Vietnamese heritage. **Nga** is interested in improving her public speaking abilities and

**Catherine** presented the winner's ribbon and a special 1<sup>st</sup> timer's ribbon to **Nathalie** for her ice breaker speech.

She then turned the meeting over to **Eva** for closing guest comments and Club business.



was encouraged to return.

**Paul Boot**, a student from the Netherlands, in a very structured critique told us that he enjoyed the friendly atmosphere but would prefer more hard hitting evaluations of the prepared speeches.

**Melanie Tsang**, from Canada and a friend of Sharon's said she did not know what to expect coming to the meeting but was quite pleasantly surprised and promised to return.

**Marie-Thérèse Dutay**, a regular guest said that once again she enjoyed the meeting and felt that coming helps maintain her English vocabulary.

Our hard working President, **Eva**, then thanked everyone and closed the meeting.

REMEMBER

PAMELA SHANDEL IS

GIVING AN

ED. SESSION

ON

*VOICE PROJECTION*

AT OUR MEETING

ON 24<sup>th</sup> SEPTEMBER 2009