

Mercury's Messenger



Members reverse meeting program

The pace of February's club meeting was set by the General Evaluator who established the guidelines for the reverse meeting.

Members listened carefully for Barbara Richardson's evaluations which had them fidgeting, waving their arms and being abrupt with their speech evaluations.

Toastmaster Ian Pinker showed great focus by thanking presenters before introducing them and kept the agenda flowing back to front throughout the meeting, held at Tranquil Park. Penne Bowle's entertaining Table

Topics session challenged speakers to think about reversing their age, a boat, car, their gender, decisions, and calling 13 REVERSE.

Some speakers strayed from the subject while others blew kisses, looked over their shoulder or broke out into song, according to their earlier evaluations.

Unfortunately, Sue Kruger's Fortunately/ Unfortunately segment was cancelled due to lack of time. The President opened the meeting by closing it and ended it by welcoming members and guests.

Bi-monthly bulletin of
Mercury's Motivators
Toastmasters Club

Club: 711243
Central Division
District 69

Vision:

Mercury's is a professional club which provides fun, fellowship and innovation combined with epicurean delights

Meets 4th weekend of every month at various locations around Queensland's Sunshine Coast



Executive committee:

President:
Sue Kruger
Vice President Education:
Ian Pinker
Vice President Membership:
Coral McVean
Vice President Public Relations:
Brian Duckworth
Treasurer:
Hugh McVean
Secretary:
Lorraine Keelty
Sergeant at Arms:
Judith McConnell

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Lots of laughter order of the day

Once again fellow Mercurians, we have had two meetings at *new* venues since the last Bulletin and venues I know we will return to again. The meeting at Sweet Basil Thai Restaurant in Caboolture was excellent and the Tranquil Park,

Maleny meeting was very enjoyable and the view breathtaking - even **Freddy** enjoyed it! What a surprise we had at our January meeting with our District Governor **Bruce George** turning up unannounced. It was very exciting and lovely to see a DG who wants to attend club meetings.

Thank you, **Bruce**.

The food was fabulous and lots of it and the service great. We also welcomed **Daniel Mason** and **Iona Josika** as guests.

The February meeting at Tranquil Park was as good and very well-priced, with excellent service.

And as it was a Reverse meeting, we had MANY *new ways*. It was a lot of fun and in **Wendy Wareing's** words, tranquil was definitely the setting! **Margie** and **Bill Richter** and **Eduard Heinisch** from Maleny Club were as delighted as us to be trying something *new* for a meeting format!

Laughter and lots of it was the order of the day.

We have had eight meetings so far for this Toastmaster's year and another four to go, with the next one at ANOTHER *new* venue!

Judith McConnell has had a busy year as SAA planning, checking out, booking and liaising with all the new venues. Well done **Judith**.

Your executive continues to



work quietly and efficiently in the background. Your Bulletin Editor **Hari Kotrotsios** has set the bar very high for future Bulletin Editors.

I believe her publications are the best I have seen in Toastmasters circles and she seems to do it with so little fuss and effort. Congratulations and thanks **Hari**.

Let's make the next four meetings as exciting as the last eight and keep those brain cells formulating *new ways*!

Our Area Governor **Gary Kuss** challenged us to think about why our club exists and I believe we answered his question well - ours exists to experience "Fun, fellowship and innovation combined with epicurean delights."

This was the vision outlined at our first training day and this has been fulfilled at every meeting to date; I have no doubt it will be fulfilled at the next four meetings with your well thought out contributions of *new ways*.

- Sue Kruger, President

Diary dates

Saturday, 5 March
Club officer training
Bribie Island

12-13 March
Central Division
Conference - Gympie

Friday, 25 March
Mercury's meeting
Palmwoods Hotel

Saturday, 3 April
Kilcoy Conference
Novice speaker, Tall Tales
& Interpretive Reading

Saturday, 16 April
Club officer elections
Dinner - venue TBC

29 April - 2 May
District Conference, Inverell

Sunday, 29 May
Afternoon tea - venue TBC

Friday, 24 June
Rydges Caloundra
Mercury's changeover dinner

Q&A with Hugh

Member profile

1. When & why did you join Toastmasters?

About 2003.

2. What have you gained from being a Toastmaster?

More skills regarding presentations and certainly confidence.

3. What club/district roles have you held?

Secretary and Treasurer.

4. How do you use your Toastmasters skills outside of the club?

Generally dealing with the public in day-to-day professional matters.

5. What are your hobbies?

Skiing, golf, grandchildren and computers.

6. What do you do for work?

I'm a pharmacist.

7. How long have you lived on the Sunshine Coast?

Since 1978.

8. Which is your current home club?

Nambour club.

9. Why did you join Mercury's Motivators?



To see more of Coral.

10. What are your next Toastmasters goals?

To see more of Coral.

Making a toast: keep it simple and stay sober

A toast should be brief, personal and customized to the occasion, according to Past International President Gary Schmidt.

"Most of all, it should be heartfelt." You don't drink alcohol? No problem - you can still offer a toast with sparkling juice. Never refuse to participate in a

toast. It's more polite to participate with an empty glass or a glass of water than not to participate at all. Here's how:

- *Keep it short. Brevity is the soul of wit.*
- *Practice. Think about what you want to say and practice in advance.*
- *Be positive.*

- *Stay sober. Being coherent helps.*
- *Dress your best.*
- *Use humour - but keep it clean.*
- *In summary - end on a bright note.*
- *If you are on the receiving end of the toast, stay seated and don't drink the toast to yourself.*

Extract from www.toastmasters.org



Above left: Poet laureate Barbara Richardson delivers her poem "Reverse" at the club's February meeting at Tranquil Park in Maleny. Read her poem on page 6. Above right: Newly inducted Mercurian Richard Hansen with Vice President Membership Coral McVean.

Kevin shares his speaking passion with community



Kevin Wright
Queensland Heart Foundation

I have been involved with the Foundation since early 2010; I have a passion for health and fitness, as well as a family history of heart disease. I also suffer from blood pressure and cholesterol thanks to my family genes!

Since joining the Heart Foundation I have learnt so much about the cardiovascular system and how things can go wrong. I really enjoy sharing the healthy lifestyle message and have some personal stories I share with my audiences which help them to see why I am so passionate about what I do.

Birthday wishes:

6 March
John Kay

25 March
Lorraine Keelty



Organisations contact the Foundation requesting a speaker, who is matched up by Margaret or Lynne, based on location and the type of presentation required.

I have spoken to groups such as self-funded retirees, church groups, accountants, TAFE colleges, even did one at the RBH which was a little daunting at first!

I believe this is one of the most rewarding things I have ever done

Group size varies from eight people, which was quite challenging as I had to downscale my presentation (I even moved it from their boardroom to a smaller office and made it more like a group discussion) to over 100 for the RBH.

I have done around 10 presentations so far – I love doing them and jump at any chance I can get.

This role has improved my confidence level heaps and I feel it is the next step from Toastmasters.

We receive written feedback via the Heart Foundation, but the best feedback is the reaction I get from the audience during and after the presentation.

The speech duration is about 45 minutes, although we normally

schedule an hour to cater for a Q&A segment afterwards.

I try to make it as interactive as possible and generally get people from the audience to participate, which keeps them interested too.

I use PowerPoint where it is available and props to keep it interesting.

I have also run into some fellow Toastmasters at some locations.

I believe this is one of the most rewarding things I have ever done and it gives me great satisfaction knowing people benefit from my presentations, potentially even saving lives.

The Heart Foundation is a non government not for profit organization.

For more details visit www.heartfoundation.org.au or call the Heartline 1300 362787. This is staffed by professionals 24/7 and is a fantastic contact for anyone who has any questions or concerns about their cardiovascular health.

B won't be gagged as senior advocate

B Williams

Grandparents and Grandchildren Australia (GAGS)

I have been involved since 2002 when a group formed in Noosa and I became their political advocate.

I have appeared on TV programs such as Four Corners, Extra, documentaries, in newspapers, as well as radio interviews and promotions for the cause. I am what you call over-exposed.

I have presented to Rotary, Probus, Lions, over 60s, National Seniors, COTA and U3A on topics such as Nano technology and the Power of the Mind.

It's not just the speaking - I have to communicate with politicians by mail as well, which is similar to writing a speech: it has to be to the point, have an opening, body and close, no waffle, and keep to the topic.

If you know your topic well and you are passionate about it, it's easy to ad lib. I also encourage questions from the audience.

I always mention my Toastmasters training which has given me the ability to speak for a cause.

I thank Toastmasters for the confidence and the techniques it has taught me, also the leadership role of the Area Governor and District roles such as Youth Leadership and Speakers Bureau which have equipped me to accept any speaking invitation.

I always mention my Toastmasters training which has given me the ability to speak for a cause.

Most of these speeches are usually for one-and-a-half hours, followed by question time.



VPM Coral McVean presents B Williams with her Distinguished Toastmaster club badge.

I use my Toastmasters skills to keep the audience involved and attentive, with short breaks or changing direction or adding a little humour.

Toastmasters also gave me the confidence to run my own radio community program called 'Noosa Heartbeat', represent GAGS on Peter Slipper's Senior Advisory Council, giving me access to Federal Ministers, plus an hour-and-a-half teleconference for the Seniors Enquiry Line four times a year.

I recently received a request to go on the U3A board and join the Community Family Board in Cooroy, helping with public relations.

Back to front & inside out



Above: Mercurian Lorraine Keelty presents an interpretive reading at the club's February meeting held at Tranquil Park in Maleny.



Left: VPE Ian Pinker checks the agenda to ensure the meeting flows smoothly in reverse order ... or should that be back to front?

REVERSE

*Today our meeting is in **REVERSE**
But what does that mean you say
Do we start at the end and work backwards
Until we get to where we say "Good Day"*

*Reverse is such an interesting word
It has just so many meanings it's true
Pertaining to an image that is seen in a mirror
You never really see the real you*

*As a noun it's an adverse change of fortune
You can meet with an unexpected **REVERSE**
Or when playing Bridge you will make a **REVERSE BID**
You could find more uses if you rehearse*

*As a verb it is quite an active old chap
It causes chaos where ever it goes
It can turn things inside out and upside down
You really need to be on your toes.*

*It changes the direction and running of things
And sends everything back where they came
If you get caught up in its flow your mind will just go and go
And things may never be quite the same*

*So in keeping with the meaning of reverse
Today our meeting will flow
From back to front that is set to confuse
Many people here I know*

*My advice to you all is to listen well
Today you will all need to take heed
So don't miss a word of what everyone says
And then each one will succeed*

*So now it is my time to go or is that my time to arrive
Oh now I too am confused.
For if I have just arrived I'll have to start this verse again
Now I am just so bemused*

*I really don't think you want to hear it again
So I will just leave you and say
Hello, Hello, Hello, Hello great to see you again
I hope you all have a nice day.*

- by Barbara Richardson

Work and play at Leader Training

In January, Fran and I flew to Kuala Lumpur, Malaysia, to attend the first ever mid-year Leader Training outside the USA. Fran went to join Lesley Storkey to see the sights.

District leaders from Regions 12, 13 and 14 - India, China, Japan, Malaysia, Taiwan, Philippines, Thailand, Indonesia, Singapore, New Zealand and Australia - attended the training.

This was conducted by the three International Directors and the three Regional Advisers Marketing from those regions as well as Daniel Rex, the Chief Executive Officer of Toastmasters from California. It was a great success, from the point of view of the training we received – both personal development and how to do our jobs.

Plans for changes in the Toastmasters



organisation were also passed on to us. One that sparked a lot of attention is the planned new world-wide branding promotion to be launched at the August International Convention this year.

It wasn't all work and no play. At the conclusion of training Richie Chong, a past District Governor from Kuala Lumpur, organised a Karaoke night, which was great entertainment. Some were very good singers – some only thought they were. Fran put me in the second group, but I'm not sure I agree. Fran and I did get to see some of the sights – although she saw a lot more than me. We travelled to the Royal Selangor pewter factory and the famous Batu Caves and on the last day did a quick walk up to the Petronas Towers and the KL Tower.

- John Kay, Lieutenant Governor Education and Training

Mercury's Motivators is an advanced club that meets along the Sunshine Coast from Caboolture to Noosa in fabulous venues such as restaurants, wineries, parks and country pubs. The club meets once a month, generally on the last weekend of the month, with meeting times varying between lunchtime and evenings. If you have leadership aspirations then come along and learn from the members who hold District positions. The program is stimulating, the company is riveting, the locations are superb and the food is to die for.

All you need to join is to have achieved your Competent Communicator award. Even if you have not yet achieved this award, you are still welcome to come along as a guest and check out what happens at an advanced club. Contact the membership officer, Coral McVean on 5441 7820 or email coralmcv@bigpond.net.au



Above: John stops off for a small beer at the pewter factory after Leader Training in Malaysia. Above right: Fran at the famous Batu Caves.

We're on the web:

<http://mercurys.freetoasthost.info>

District 69 website:

www.toastmastersd69.org

Facebook:

www.facebook.com/ToastmastersD69

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