



June 2015

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**This is it,** my final messages as President. It's been an exciting year for me, and an equally exciting year for the club. Who knew that when I first stumbled in to do my first Table Topic at the Shooting Star pub, 7 years later I would have the opportunity to know all of our members, past and present.

The mission of each Toastmasters Club is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

There has been a lot of change over the years, our venue is one of the most spectacular in London and whilst the number of Toastmaster clubs in the city has dramatically increased we've had great meetings, great success in the contests, and some even greater socials. The club has gone from strength to strength and the next committee can take over safe in the knowledge that City of London Toastmasters is still the best club in London!

I hope you enjoy this newsletter that touches on several of highlights during the year; it's been a genuine pleasure to meet, get to know and see the success of the members and guests that have passed through our doors during the year.



Winston Churchill once said, "Success consists of going from failure to failure without loss of enthusiasm."

The core principle of our club remains the same; creating a friendly environment where our members can practice, challenge themselves, improve and succeed. Joining is just the beginning - that speech you've been unsure about, the role you want to take on – just do it.

Ga Lok Chung, Club President



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## Award Winners

### Congratulations to our members

Congratualtions to our members to completed their Competent Communicator [CC] award this year. In order to reach this stage a member has to deliver 10 speeches, each with it's own objectives and goals, which helps Toastmasters build on the strengths they already have and hones those areas that need attention.

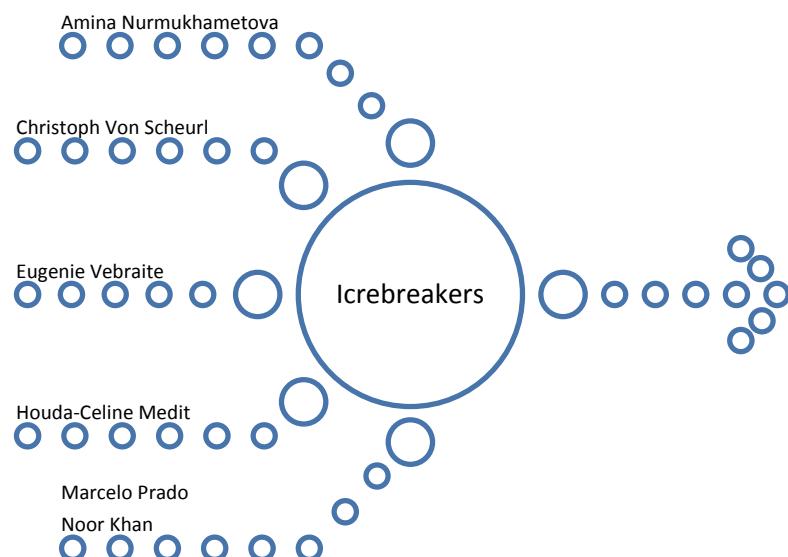


Once you complete your CC, the journey doesn't stop there, Paul Rocks and Ga Lok Chung who also completed their Advance Bronze Speech awards.

Further Congratualtions to those who made their first step this year with their Icebreakers ...

#### Speech Tip #1

**Start strong.** Begin your speech with a powerful opening that will really grab your audience's attention, such as a startling fact or statistic, an interesting story or a funny joke.





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## What's been happening?

### Christmas Party

A special treat over Christmas with a lovely area party starting with a finger buffet and wine reception followed by some Toastmaster games and dancing the night away!

It was a fun filled evening with our entire fellow Toastmasters from Area 58 celebrating for the first time ever in a combined festive social!!!



### Humourous Speech Contest



In our tightly fought club contest JP O'Leary won best Humorous Speech and Dimos Mouskovias won best Table Topic.

Dimos represented our club in the Areas Contest

Christine Harris represented our club with her speech "Short Stories" and went all the way to the Division finals.

### Speech Tip #2

**Be conversational.** Avoid reading your speech word for word. Instead, refer to notes or points from an outline to help your speech have a more free-flowing, conversational tone.



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## What's been happening?

### More and More Speeches ...

In the last 12 months; we've had over 80 speech projects delivered; over 170 table topics and over 250 leadership roles - Evaluators, Timekeepers, Grammarians, Topics Masters, Toastmasters, judges and all the other roles that support running the club.

Ga Lok set himself a challenge of visiting 20 different clubs this year and gave them an evaluation of their meeting without notes. Just squeezed the last one in during May. What challenge will you set yourself this year?



### International Speech Contest

Ga Lok won the Club Speech & Evaluation contest; won the Area 58 Evaluation contest and finished 2<sup>nd</sup> in the Division K Evaluation contest.

### Spring Conference

The District 91 conference was held in The Grange Hotel in London, just a 10 mins walk away from our club. It hosted the finals of the International Speech contest and Evaluation Contest at that level. With many London Toastmasters taking advantage of the central location to enjoy a full weekend of contests, workshops, dinner, dancing and good times.



### Speech Tip #3

**Speak with passion.** If you are truly invested in what you're saying, then you'll be better able to keep your audience's attention.



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## Meet Your New Committee

### Meet Your New Committee

It's farewell to the current committee! But good news: a new set of fresh faces for each role are here to keep the CoLT at the best club in London! A note of thanks to David Charles, Isaya Taingwa, Mahir Hamurcu, Monika Bochra and Tom Hunt that held key roles in the 2014/15 committee.

**Paul Rocks**



#### **Club President**

I have been a member of City Speakers for several years now. I've completed the competent communicator, competent leader and the advanced communicator Bronze aware. I now want to use the skills I've learned here want to help other people the same way toastmasters has helped me over the years.

**Rachel De Cesaro**



#### **Vice Presidents of Education**

Challenge motivates me and I'm thankful to Toastmaster for providing me that, either by delivering speeches, by taking a role or as a committee member. As VPE shared role, I hope to get members involved and excited about completing their CC manuals! I'm counting on you for that!

**Leigh Clark**



I've been a member of City of London Toastmasters for over a year and is close to completing my Competent Communicator award. I'm keen to help ensure CoLT remains a popular club and to encourage all its members to make the most of development opportunities that exist both within the club and in the wider Toastmasters organisation.

#### **Speech Tip #4**

**Be patient.** It's easy to get frustrated if you make a mistake. But remember that public speaking is not easy and it takes time to hone your skills. Keep practicing and you will reach your goals.



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## Meet Your New Committee

### Speech Tip #5

#### ***Engage with the audience***

- Create a two way communication with your audience. You can adjust your speech to fit the audience and in turn they are more likely to listen and take your key message away.

Leanne Wenham



#### **Vice President of Membership**

I joined Toastmasters over two years ago and it has made such a difference to my public speaking skills; I can't recommend it highly enough. When I'm not at the computer working on my next speech you might find me exploring one of London's many eateries or running in my local park.

Dimos Mouskovias



#### **Vice President Mentoring**

I have been a member of City Of London Speakers for a number of years now and can honestly say that the benefits gained have improved my life both professionally and socially.

By day I work as an IT specialist for a City Law firm and by night I enjoy 'treading the boards' of a local Amateur Dramatics Society I belong to, which I should add would not be possible had Toastmasters not provided me the confidence and skills to present myself on stage.

Christine Harris



#### **Club Treasurer**

I have been a member of City of London Toastmasters for more than 4 years and have benefitted enormously from Toastmasters. I have gone from avoiding speaking in public at all costs, to putting myself forward to give presentations, speaking at conferences and applying for a job I never thought I'd get. Who knows what Toastmasters will help me to do next!

Tom O'Toole



#### **Sergeant at Arms**

I am a projects manager for a construction company. I enjoy all things construction and I am passionate about food, health, fitness and yoga outside of work. I love toastmasters and I am excited to be part of the committee for the coming year!



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## What's Coming Up?

### What's coming up?

#### Spring Social – Friday 26<sup>th</sup> June from 6pm, Hyde Park



All the Toastmasters in Area 58 will be coming together for a huge Spring Social. It will be a lovely evening in Hyde Park for some picnic treats. We are also planning a pizza and drinks evening, if you want to get involved in helping run the social then please get in touch with the Committee at

[committee@cityoflondontostmasters.org](mailto:committee@cityoflondontostmasters.org)

#### November Conference

After the excitement of the Spring Conference, we're all looking forward to enjoying the next conference in Swindon from 7<sup>th</sup> – 8<sup>th</sup> November. It's going to host both the table topics contest and humorous speech contests, so should be great fun. The CoLT will be well represented - maybe even as contestants – information to book will be published in July.



#### Summer Events



Summer in London is a great time to enjoy yourself, kick back, and relax – with some public speaking! Stay tuned to hear the line up of events that are already in motion for CoLT members this summer. As always, full details will be published to the blog:

[www.cityoflondontostmasters.org](http://www.cityoflondontostmasters.org)

#### Regular Meetings

Regular meetings continue on the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Tuesday of the month. Every meeting is a great opportunity to put your speaking or leadership skills to the test, so sign up for any free slot.



#### Speech Tip #6

**Move around the stage** as topics change and move toward the audience when asking questions, making critical connections, or offering a revelation.

<http://cityspeakers.toastmasterclub.org>



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## Other News

### New Members

An extra special welcome to all our new and returning members since the last newsletter:

- Amina Nurmukhametova
- Leanne Wenham
- Natalie Murray
- Christoph Von Scheurl
- Lucas Currell
- Noor Khan
- Houda-Celine Medit
- Marcelo Prado
- Samuel Borrow

### Get Involved

If you'd like to help out, or simply have an idea to make City of London Toastmasters even better, just have a chat with a committee member at the next meeting, or drop us an email at:

[committee@cityoflondontostmasters.org](mailto:committee@cityoflondontostmasters.org)

### Join the conversation

Tell us what you think on any of our social media channels, and remember that you can stay up to date with all the club news, information, tips, tricks, and forthcoming events there to.

[facebook](#)

[in](#)

[meetup](#)

[twitter](#)

### Advice Corner

The "Toastmasters Promise" is a series of guidelines produced by Toastmasters International, which outlines your responsibilities to your club, your fellow members, and yourself.



More than this though, they give you some useful ideas to ensure that you get the most out of your Toastmasters membership. Give them a read on our blog:

[www.cityoflondontostmasters.org/2014/05/21/toastmasters-promise](http://www.cityoflondontostmasters.org/2014/05/21/toastmasters-promise)

### Next Meetings

6.30 for 6.45pm

Guests are welcome.

- 16<sup>th</sup> June
- 30<sup>th</sup> June
- 7<sup>th</sup> July
- 21<sup>st</sup> July
- 4<sup>th</sup> August
- 18<sup>th</sup> August



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## And Finally

We couldn't complete a newsletter without mentioning the social part, so thanks to the Hoop and Grapes that has become our local.

Three cheers from our Past, Outgoing and Incoming Presidents.

Look forward to seeing you at the next meeting

