



# CITY MIDDAY CATCH-UP

## Club News from the Source

Edition 2018–19, Issue 4 (Apr–Jun)

### IN THIS ISSUE

#### ▶ TOASTMASTERS SHINE A SPOTLIGHT ON TOWNSVILLE



Since January, we have taken to our easy-Speak *blogging platform* for a timely news coverage of our Club activities. Click on the following links, in particular, to read about the recent clean sweep of the *Division speech contests* by our Carol P and other Toastmasters from Townsville. Earlier, our Areas 2 & 13 Toastmasters joined forces in a second round of *Club Leadership Training* to finish our year with a bang, as our flood-stricken City recovered from the *Big Wet*. Our area representatives also talked up Toastmasters to newly-arrived Defence families with a display stall at the *Townsville Defence Expo*. See below for more!

#### ▶ TICKING OFF OUR EDUCATIONAL GOALS BY YEAR-END



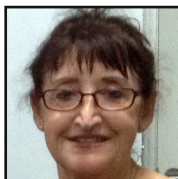
Congratulations to our members already achieving many communication and leadership goals to date, including the coveted Triple Crown award! *Find out who we are on page 2.*

#### ▶ SUE HARNESSES HER TOASTMASTER SKILLS AT WORK



Sue Bandaranaike has already competed in all four speech competitions at the District level, winning both the Table Topics and Evaluation Contests in the past. *She appreciates her Toastmaster skills on page 3.*

#### ▶ AIMING FOR A STRONG FINISH



As the current year comes to a close in June, President Joyce ponders our Club membership goals, as she celebrates our members' educational achievements. *She cheers everyone on on page 2.*

#### ▶ A WARM WELCOME TO CITY MIDDAY, IVAN!



Moving from the Sunshine Coast to our Sunshine City, Ivan has chosen City Middy to grow as a speaker in his chosen field. *He gives us his brief introduction on page 4.*

### ON THE CALENDAR

<i>88<sup>th</sup> International Convention,</i> Colorado (August)	Early-bird registration from 1 <sup>st</sup> April
<i>48<sup>th</sup> District 69 Conference,</i> Brisbane	3 <sup>rd</sup> -6 <sup>th</sup> May
City Middy Open House, Townsville	TBA in May or June

### ON THE WEB



*Check out our website.*



*Follow us on Facebook.*

### IN THE CITY


#### Come as a guest!

We meet on alternate Tuesdays from 12:30 to ~1:45 PM.  
Contact Joyce on 07 4789 4999  
or [jagmcarthur@gmail.com](mailto:jagmcarthur@gmail.com)

#### City Middy Toastmasters Club

Club 8036, Area 13  
Northern Division, District 69  
Master Builders House  
316 Sturt Street  
Townsville, QLD 4810

#### CITY MIDDAY CATCH-UP

is published quarterly (see [archive](#)).  
Send contributions to the  
Bulletin Editor at any time  
(by 4<sup>th</sup> June for the next issue).  
Click  to email.

**ON TO A STRONG FINISH**  
**PRESIDENT'S VISION**



by **Joyce McArthur**

I hope that all of our readers were unaffected by the recent devastating floods both in Townsville and beyond. It was a pretty awful summer, make no mistake.

Changes in employment, pregnancy, and other circumstances mean that some of our Club members will leave by the end of this year. We are happy for our fellow Toastmasters and wish them well. Hopefully, our Club can continue to grow despite these changes. Indeed, we are delighted to welcome our latest member, Ivan!

The Executive Committee works very hard to maintain contact with visitors. We are planning a workshop on public speaking for May or June. Our VPPR continues to do a fantastic job with websites, Facebook page, and now a blog for more timely updates, as you will know if you are reading this!

The draw cards for our Club include our lunchtime meeting schedule and our City venue.

[Continued on page 4](#)

**WORKING TOGETHER TO ACHIEVE TOGETHER**  
**COMMUNICATION AND LEADERSHIP**

by **Carmen Baillie**

Even before the current Toastmasters year comes close to the end, many of our Club members have already achieved some of our Traditional and Pathways educational goals—a testament to our excellent Club member experience.

Irrespective of our Pathways home clubs, we include **Clare**, who has completed one level in Effective Coaching; **Sandra**, one level each in Presentation Mastery and Visionary Communication, as well as Competent Communication; **Carol M** and **Carol P**, Competent Communication; and **Joyce**, **Anne**, and **Carmen**, Competent Leadership.

A special mention goes to **Ruth** and **Barbara** for qualifying for the Triple Crown, which is awarded to members achieving three educational awards in a single program year. **Ruth** has completed three levels in Presentation Mastery and one level in Effective Coaching. **Barbara** has completed one level in Presentation Mastery and two levels in Dynamic Leadership. She has also achieved Competent Communication, Advance Leader Silver, and the ultimate Distinguished Toastmaster status.

With a 100% Pathways adoption rate by our members, even more milestones are being reached as this Club Bulletin goes to press.

*Source: [Toastmasters District 69 Website](#)*



*Above is our winning entry in the Best Virtual Club Banner Contest at the Northern Division Conference in Alice Springs last March, with our Humorous Speech Contest Winner Carol P pictured second from the right.*

[Back to page 1](#)

### President's Vision cont'd ...

Fortnightly meetings are not too demanding, while still providing education and leadership opportunities for our members. The regular business sessions of our meetings are an invaluable experience for all.

Our new Pathways learning experience should appeal to our younger members, as well as prove valuable to everyone. Some of our members are progressing quickly through their chosen Paths, such as Presentation Mastery, Effective Coaching, Visionary Communication, Dynamic Leadership, and Innovative Planning. Currently, there are eleven available Paths and there is something for everyone in Pathways. Congratulations to all, especially to Barbara and Ruth! Both ladies have already qualified for the Triple Crown when they achieved at least three education awards this year. Well done, ladies, you inspire us!

Cheers to the speech contest winners at our Northern Division Conference in Alice Springs. All were from Townsville, with our Carol P winning the Humorous Speech Contest and our virtual Club banner being judged as the best in our Division!

Our Club Leadership Training for Toastmasters in Areas 2 and 13 last February was once again inspiring and refreshing. All officers came away full of enthusiasm for a strong finish to our year.

[Back to page 1](#)

## TOASTMASTER SKILLS ARE A LIFELONG LEARNING CAREER APPLICATION

by Sue Bandaranaike

*As an academic at James Cook University in Townsville, I use my Toastmaster skills when communicating my research to others through presentations and workshops at conferences all over the world. I have had people walk up to me several times after a presentation and tell me how much they enjoyed listening to me.*

*I attend conferences every year and apart from writing the factual research papers, I enjoy the 15-minute presentations, where I have to summarise my entire research project in a nutshell. When presenting, people often make the mistake of repeating what they write in their research paper, and this can be unintelligible to the audience. What I do is I talk to them about my research as a narrative in simple language, without scientific jargon. I also make sure to tell them how it could benefit them, in order to capture their interest. In writing the speech, I make use of the speech composition rules in Toastmasters (international speech) and humour (humorous speech), while being aware of the importance of timing. Evaluation at Toastmasters has taught me to evaluate my presentation before I present, so that I receive maximum audience attention. At the end of the presentation, I have to answer questions and that's where my impromptu speaking skills from Table Topics come in handy.*

*These Toastmaster skills are also useful when I conduct face-to-face interviews with my university students. In asking questions and receiving responses, I use my Toastmaster evaluation skills to assess their responses not only for content, but also for how they communicate via body language, facial expressions, eye contact, etc.*

*The above photograph is from a poster session at an International Conference in Vancouver in 2018, where I had to explain our research off the cuff in one to two minutes to the conference attendees. I presented a collaborative research project with the Laurentian University (Canada) on career path mapping for mining professionals. In August this year I am presenting a research paper on the results of our project to an international audience at the University of Cincinnati in the U.S.A.*

*Toastmaster skills are not just for personal communication. They encompass our life and support us in all our life activities.*



[Back to page 1](#)

**FINDING MY VOICE**  
MEMBER PROFILE

by Ivan Brewer



*My name is Ivan Brewer.*

*I am a happily married father of two wonderful children, aged 7 & 9, and I have recently moved my family back to Townsville from the Sunshine Coast.*

*To many, it would seem that we got that wrong—moving from the Sunshine Coast. Indeed, we returned to Townsville to enjoy the heat, the wonderful community, and to be around my family.*

*As a newly disabled person, I hope to reattach to the goals I once had. Witnessing and aspiring to speak as beautifully as the inspirational Toastmasters of the City Midday Club have been a great and unexpected pleasure for me.*

*I look forward to some challenging personal development and finding my voice, so that I may truly pursue my goal to become a keynote speaker in my chosen field—hospitality.*

**TOASTMASTERS, ANYONE?**

—CBB



[Back to page 1](#)

**CLUB OFFICERS**

<b>Joyce McArthur</b>	President
<b>Ruth Guice</b>	VP Education
<b>Shared Role</b>	VP Membership
<b>Carmen Baillie</b>	VP Public Relations
<b>Anne Coombe</b>	Secretary / Treasurer
<b>Ruth Guice</b>	Sergeant-at-Arms
<b>Carol Marshall</b>	Immediate Past President

**EDITORIAL BOARD**

<b>Carmen Baillie</b>	Bulletin Editor	
<b>Joyce McArthur</b>	Publisher	
<b>Carol Pemberton</b>	Adviser	

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**It's time to elect our new Club officers. City Midday needs you to step up. Yes, YOU!**

—Outgoing Club Officers