



Dear Toastmasters!

Everything has to take place for the first time in any human's life. A number of members had their "first time" kind of experiences at the 466th meeting: everybody took the bull by the horns and tried on new roles. We had 4 speeches and a lot of Ice-Breaking!



1. **Ilya Volin** took the role of the **Toastmaster** for the first time and tried to make an American TV show out of the meeting. Although his way of conducting the meeting got a controversial response from the audience, his preparation for the role and his enthusiasm are admirable. At the beginning of the meeting Ilya invited us to his spacecraft and advised to fasten our seatbelts. As a good emcee, Ilya fit one speech with another and managed to finish the meeting on time, though we started a couple of minutes late.

2. **Maria Beketova** opened our meeting with a powerful **Invocation**, urging us to grab the first opportunity instead of dismissing any of them, hoping to get a better one. **Alexey Eraskin**, the Joke Master, took this role for the first time and chose to tell us 2 jokes, instead of one! To enjoy the humour don't forget to check **Joke of the meeting** section.

<http://www.MoscowFreeSpeakers.ru/>

466th meeting on October 1, 2009

Quote of this issue:

"No one ever finds life worth living—he has to make it worth living."

Unknown

3. **Valeria Kulnevskaya**, the **Word Master**, picked the word "**hand**". She turned her hands directly to presenting, bound by one topic: idioms with this word. Although every single person in the audience knew the word, Valeria managed to find phrases and expressions, that could enrich anybody's vocabulary.

4. **Evgenia Ganina** easily **broke the ice** by telling us about her Motherland, or rather about it's absence. Next, she surprised us with some facts of her life. Who could imagine that this charming girl is a candidate master of sports in gun shooting? Or preferred exercising on a horizontal bar rather than playing with the dolls? This was a classic Ice-Breaker: a speech about oneself with a lot of unexpected personal details.



Evgenia, good luck with your future projects, we are looking forward to them!

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Moscow Free Speakers Club



5. **Irina Panteleeva** went on **breaking the ice** at the meeting. The preparation of the first project has quite a long history. Irina chose to make this history the main subject of her talk. She also mentioned that her first attempt to speak before an



audience was at the age of... three! Those who were not amazed by this moment, were simply stunned by Irina's habit to stand on her head in the morning, which she picked up in her yoga class. Irina, our congratulations to you on your first project and we hope your next one will be earlier than next year!

6. **Natalya Narinyan** delivered her **2nd project** and told us about effective methods of storing information.



Instead of "learning by heart", she advised us to use another technique — "learning by mind and subconsciousness" with the help of associations and consonance. In order to prove the effectiveness of this way of learning, Natalya

made such amusing examples that nobody could refrain from laughing. Despite the fact that this topic is not new in the Club, she managed to look at the matter from a different standpoint.

Natalya, nice job!



7. **Maria Beketova** found whatever **ice there still was** and broke it with a well thought out and well delivered speech. In the very personal, yet a very business manner, Maria told us about the 5 values of her life: diversity, passion, action, honesty and love. In her speech, Maria also told us

that she had come to the Club "to learn, to develop, to improve".

Maria, you've come to the right place! Congratulations on your Ice-Breaker!

8. **Valeria Kholodkova, CC**, opened the second part of



the meeting, as the **General Evaluator**. On the one hand she was constructive and precise, on the other - introduced the new rules about the penalties for misbehavior on the meetings.

For more details on the penalties, see the end of the newsletter.



Evaluations:

9. **Igor Vinogradov** gave his Personal evaluation to Evgenia Ganina:

- + *Feeling easy at the stage*
- + *Clearness of pronunciation*
- *Rough transitions from thought to thought*
- *Abrupt ending*

10. **Valeria Kholodkova, CC**, this time as the Personal Evaluator for Irina Panteleeva, mentioned the following:

- + *good thoughtful preparation*
- + *good vocal variety and pitch movement*
- + *no serious nervousness recorded*
- +/- *the introduction part is longer than necessary*
- *more gestures and movements required*

11. **Alla Oganova, CC**, gave a positive evaluation to Natalya Narinyan.

- + *Good structure*
- + *Good eye-contact*
- + *Holding audience's attention by practical advice and visual material*
- *Visible shyness*
- *Constrained body language*

12. **Elena Filya** evaluated the speech of Maria Beketova in her businesslike manner and pointed out the following:

- + *Capturing opening*
- + *Good structure*
- + *Smooth transitions from one idea to another*
- + *Meaningful text, providing message for the audience*
- *Voice was not very expressive and didn't emphasize the ideas*

13. **Nina Tsygankova, CC**

followed the new tradition at the club: to make the **Table Topic** discussion look like a game. She divided the audience into three parts and proposed everybody to become a storyteller for a tale of 4 heroes! Each speaker had



to pickup the story at the place where the previous one had left it and continue it in the genre, assigned to his team: love-story, business or comedy. There was a lot of laughter in the room and we had a great time!

Nick Sapozhnikov, CC, won this unusual Table Topic with his funny romantic business resume of the whole story.

**Our next meeting is on
October, 15th !**

It's going to be another Ice-Breaking speech next time delivered by Lilia Nurutdinova and also we look forward to Natalia Radaykina's 2nd project!



Points:

Ilya Volin (Toastmaster)	7.8
Evgenia Ganina (Speaker 1)	8.5
Irina Panteleeva (Speaker 2)	7.5
Natalya Narynian (Speaker 3)	8.7
Maria Beketova (Speaker 4)	9.1
Igor Vinogradov (Personal Evaluator 1)	8.9
Valeria Kholodkova, CC (Personal Evaluator 2)	8.9
Alla Oganova, CC (Personal Evaluator 3)	8.6
Elena Filya (Personal Evaluator 4)	8,9
Valeria Kholodkova, CC (General Evaluator)	9.7
Nina Tsygankova, CC (Table Topic Master)	8.6

Penalties

Dear members, please, look at the list of **inappropriate actions**, which will result in penalties at the meetings. Soon we'll let you know the rules in more details!

- being late for the meeting;
- entering the meeting room loudly, drawing attention of the attendees;
- walking by the speaker in the search for a place;

- speaking up during a speech, if not approached by the speaker;
- talking to a neighbour;
- mobile phone ring;
- talking on the phone during the meeting;
- any other of distracting the speaker's or the audience's attention from the speech;
- declining to finish the speech, even after the Toastmaster's or the General Evaluator's indication to do so;
- singing up for the role and not showing up;
- cancellation of a role less than one meeting before.

Joke of the meeting

An old man visits his doctor and after thorough examination the doctor tells him: "I have good news and bad news, what would you like to hear first?"
Patient: "Well, give me the bad news first."
Doctor: "You have cancer, I estimate that you have about two years left."

Patient: "OH NO! That's awful! In two years my life will be over! What kind of good news could you probably tell me, after this???"

Doctor: "You also have Alzheimer's. In about three months you are going to forget everything I told you."

By Alexey Eraskin