



Dear Toastmasters!

The 496th meeting of our club was held in extremely warm and relaxed atmosphere. We felt like we met not in the university auditorium, but in the comfortable living-room near the fireplace in the friends' house, thanks to our dear toastmaster and speakers.

1. Do you care about your fit and take part in sport activities? Maxim Tsvetov, the **Invocation Master**, gave us a really inspiring piece of advice to pay more attention to sports. Even if the person doesn't work physically, sport activities are very important as the best way of giving enough oxygen to the brains of a programmer, or a teacher, or a scientist. It's no coincidence that great Ancient Greeks were scientists, philosophers, and people of sport at the same time. These activities elaborated each other to give the brilliant result wherever. Hope Maxim's advice encouraged you to change your life!

2. Maria Beketova, the **Toastmaster** of the meeting, not only kindly introduced all of our speakers, but also



promoted the warm and friendly atmosphere all the meeting long by keen reactions to all the speakers. The idea of beginning the meeting

Quote of this issue:

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do".

- E. Roosevelt

with the words "Please, relax, you are not at your workplace anymore, you are not late" is really nice. That was also nice of her to remind us that we came to the club not to accuse or criticize each other, but to share opinions and experience. Thank you for your kind words, Maria!

3. How many times have you seen the film "A Diamond hand"? Most of us are about to know it by heart, for sure. But our **Joke Master**, Anton Chalov, did a brilliant job: he found out very curious and a bit funny fact about the process of creation the movie and the way its director, prominent Leonid Gaidai, fought the state censorship. Anton not just told a joke, but presented a short entertaining speech, though it's his first experience in Toastmasters. Thanks for the nontrivial vision of the joke section, Anton!

Moscow Free Speakers Club



4. Do you suffer from stress brought by city life? Our



first speaker, Varvara Chernyakhovskaya, thinks that interesting, but tough city life can be balanced by good hobby. Varvara, geographer from Moscow State University, enjoys

horse riding, which helps her to forget all the problems, things to do and so on for a while. In her **Ice-Breaker speech** she mentioned that one's hobby can really tell a story of a person and help to accept the difficulties of life. If you have no such a hobby, you'd better find it quickly to become happier.

Our warmest greetings to Varvara, "the daughter of the Club"! Hope she will enjoy the participation in the club's events, and the tradition of having "second-generation" members of the club will go on.

5. "I will never dare to speak when I have nothing to say," told once upon a time Abraham Lincoln, the hero



of Civil war and the former US president. Victor Babichev, our Vice-President of Administration, in his **5th project** gave several good answers

to the question "To speak, or not to speak". Even the experienced toastmaster should remember that one of

the golden rules of conversation is "be a good listener". This should be not so easy for the person who is good at delivering toasts. Victor managed to combine the story of "**the art of conversation**", which was the speech title, with the objectives of the 5th project. Good job, Victor!

6. What do you think of **speaking** about restrooms



after a dinner? Indeed, we were a bit shocked when our third speaker Margarita Ryndina, AC-B, proposed this. But such an unusual beginning and such a controversial topic

quickly turned into the brilliant speech and the extremely interesting story to listen to. The history of lavatories is, for sure, the great part of human civilization. Margarita enhanced our knowledge on this topic (by the way, do you know where "Money has no smell" proverb came from?) and turned her speech into a real feast of public speaking, which gained only the superior references. We're proud to share Margarita's success!

7. Ilya Volin took the role of the **General Evaluator** this



time. He thanked all the participants and guests in a pleasant way and noticed that the meeting was very well organized, especially in terms of timing. Ilya opened the

second part of the meeting in his own inimitable style.



Evaluations:

9. **Ekaterina Sidorenko** was the personal evaluator of the Ice-breaker by Varvara Chernyakovskaya. Ekaterina said that the speech was carefully prepared, and it should be in this way because Varvara is a Toastmaster in the second generation – her mother used to be a member of the Club as well.

Ekaterina noticed that the speaker:

- + didn't use notes;*
- + included humor, and the speech only gained from it;*
- + prepared interesting content about her hobbies and life views;*
- + used rhetorical devices to attract the audience's attention;*
- + clearly formulated the message for the audience;*
- + managed eye-contact.*

Ekaterina recommended Varvara to speak up and to control nervousness.

Varvara, good job and welcome to the club!

10. Victor Babichev's speech about 12 Golden rules of conversation was evaluated by **Nick Sapozhnikov, CC**. Nick pointed the following positive moments in the project:

- + interesting content;*
- + proper visual materials.*

Nick also noticed that the subject was not very suitable for the 5th project "Your Body Speaks" and didn't allow the speaker to discover the whole range of his body language skills. Nick advised to make an opening and a conclusion wider and to handle with eye contact more freely next times.

11. The project "Speaking After Dinner" by Margarita Ryndina was evaluated by **Evgenia Maseeva**. Margarita chose uncommon topic about bathrooms and water closets for the speech from the advanced manual "The entertaining Speaker", so Evgenia pointed out that:

- + the theme was specific and entertaining;*
- + speaker used interesting facts that were the highlights for attracting the audience's attention during the whole presentation:*
- + speaker entrained the audience and made it laugh;*
- + she dialoged with the audience and made it involved into the presentation through questions asked;*
- + the interactive part of the presentation did for the project and helped to reach its objectives.*

Evgenia noticed that Margarita did a great job in preparation the speech, but sometimes she was confused with the visual materials, so she was advised to put pictures in the right order beforehand.



11. **Alexandra Borissova**, the **Table Topic Master**, had



chosen a very interesting topic for the most interactive part of the meeting. The theme was called **“Live fast, die young”**. The questions were connected with the main

ideas of the generation of 50-60ths. Questions like “Do you think a person in his 20s can create a real masterpiece?”, “Do you think it is fine to use drugs for the people of art?”, “Is the music of 60s going to become "classical" or not?” and so on made most of members and guests be involved in the table topic discussion. The theme was close to both those who had been a 20-years-boy in the times of rock-n-roll heyday and those who are pondering over the youth issues now.

A lot of people passed their opinions, but the most active Table Topic speaker was **Maria Beketova**, who was the Toastmaster of this meeting as well. Keep it up, Maria! We appreciate such activeness.

Our Birthdays!

**OUR WARMEST
CONGRATULATIONS
TO OUR DEAR FELLOW**



Sergey Kuzin, AC-B (November 17th)

Our next meeting is on December 2nd!

And this will be one of the most memorable events:

Winter Speech Contest!

Competitors are the most **active Toastmasters**; the **most respected and honored Toastmasters** of Russian Federation are at the **judges table!**

Do not miss the most high-profile event of the season!

See you soon!

Points:

Maria Beketova <i>(Toastmaster)</i>	8.7
Varvara Chernyakhovskaya <i>(Speaker 1)</i>	8.2
Viktor Babichev <i>(Speaker 2)</i>	6.0
Margarita Ryndina, AC-B <i>(Speaker 3)</i>	9.6
Ekaterina Sidorenko <i>(Personal Evaluator 1)</i>	8.3
Nick Sapozhnikov, CC <i>(Personal Evaluator 2)</i>	7.6
Evgenia Maseeva <i>(Personal Evaluator 3)</i>	8.5
Ilya Volin <i>(General Evaluator)</i>	6.6
Alexandra Borissova <i>(Table Topics Master)</i>	7.9
Meeting as a whole	8.0