



Dear Toastmasters!

1. January is the shortest working month in Russia, as most people spend at least 10 days in a row enjoying their official vacation. Some of them add their job vacations to make it even longer. This was probably one of the reasons why fewer people than usual attended the 502nd meeting. Still, we had a rather special meeting. Margarita Ryndina, AC-S, experimented with the Table Topic Discussion; 2 interesting speeches were presented by very experienced Alla Oganova, CC, who spoke about tea, and our newest member Anna Tryapitsina, who did a high-quality ice-breaker; invocation and joke of the day were spiced by our active and very prospective member Maxim Tsvetov.

The interesting unusualness of the meeting was, however, spoiled by an absent speaker, who failed to warn any person responsible for the organization of a meeting, and some chaos with a few people who took on roles. Many thanks to the Immediate Past President and Vice President Membership Valeria Kholodkova, CC, AL-B, who reminded us about the order!

Dear Toastmaster fellows! Each person who takes a role contributes to the overall quality of our meetings; so to prevent this happening again, please, pay attention to the organizational rules of the club described at the end of this newsletter.

Quote of this issue:

"There are three things to aim at in public speaking: first, to get into your subject, then to get your subject into yourself, and lastly, to get your subject into the heart of your audience"

Alexander Gregg

2. What is happiness and how do you achieve it? Money, close relationships, success... These are the possible happiness generators lots of people seek after. But they are just the specific instances.

Maxim Tsvetov, the Invocation Master, told us about a more general idea of happiness and ways to achieve it. The idea was described by a great American philosopher and psychologist William James in a... mathematical formula! Are you ready for a revolutionary secret? Here you go. Happiness, by William James, is closely related to self-esteem. And self-esteem equals success (what we've achieved) divided by pretensions (what we want). So, if you want to be happier, examine your goals, decide which are worth pursuing and cut out all the others. Thus you will have fewer goals (pretensions), and they'll be likelier to achieve (success).

Thank you for such a useful advice, Maxim and William!

3. Do you know that February, 27th, the day the meeting took place, was also the day when back in 1944 the Siege of Leningrad was finally ended? We learned it from **Valeria Kulnevskaya, the Toastmaster**. It seems that Valeria likes finding a general theme for the meetings she's the Toastmaster at.



Moscow Free Speakers Club



This time she chose a story about Saint Petersburg as the canvas against which she presented the role masters and the speakers of the first part of the meeting.

4. If you want to make a progress in our club, one way is to move through minor roles to speeches and then to significant roles, gaining your TM “career” momentum in the process. It seems that **Sergey Konakov**, the **Word Master**, with his word “momentum” considers building his momentum in the club.

5. And once again **Maxim Tsvetov** saved the day by taking on the **Joke Master** as his second role at the meeting. This time, just as in his invocation, Maxim chose mathematical approach to the joke. Unfortunately, he was a bit lost moving through the role. But since the audience seemed to enjoy helping Maxim to find his way out, he did achieve his goal!

You can find his joke at the end of the newsletter.

6. What is friendship to you? How many friends do you have? Do you think friendship between women is possible?

Anna Tryapitsina with her Ice-breaker “Family portrait” shared her thoughts on friendship. She emotionally told us her personal story about her five closest friends, all girls, who she called her “family”. We learned a unique personality of each of her friends and, what was interesting and new in



a way, we heard a story about Anna “told” by her friends. Preparing for the project, Anna asked her “family” to write a letter about her, and she shared their thoughts with us.

Congratulations with such a good ice-breaker, Anna! We're proud to accept you as a member!

7. Imagine that you decided to visit your friend, but it is winter and rather cold outdoors. What would be the first thing you do when you come to your friend? Drinking



hot tea is a possible answer. Do you like drinking tea? Which do you prefer – black, green, or maybe other kinds? How hot do you like your tea? Asians – Chinese and Japanese are the prime

examples – treat drinking tea very seriously. If you do the same, you'd have found appealing **Alla Oganova's**, **CC**, project №2 from the Advanced Manual “Speaking to Inform” entitled “Some tea secrets”.

Alla told us that tea (especially black) was good for our teeth, heart, liver... But there are some rules: drink tea 25-30 minutes after a meal; serve it when it's 56-60 Celsius; don't mix up tea with medicine and put just a little sugar in. At the end, Alla nevertheless noted that the primary goal of drinking tea was pleasure and urged us to drink tea and live on the whole in a pleasurable way.

Moscow Free Speakers Club



8. The second part of our meeting was opened by **Olga Filimonova**, who took the role of **General Evaluator**. At the beginning of her speech, she mentioned that it was not the first time when Valeria conducted the 1st part of the meeting and Olga the 2nd one. What a remarkable tandem it is! As a General Evaluator, Olga was attentive to all speakers and role-implementers and the meeting's organization itself.



Evaluations:

9. **Denis Shevchuk**, the Personal Evaluator of the first speech by Anna Tryapitsina, marked that the speaker went far beyond an ordinary Ice-Breaker; his comments were:

- + *easy implementation of body language to a proper place;*
- + *clear, easy recognizable structure with emotional conclusion;*
- + *good contact with the audience;*
- + *effective use of visual materials;*
- + *good command of English.*

In conclusion of his speech, Denis congratulated Anna with the excellent debut in the Toastmasters!

10. **Alexey Kravtsun** evaluated the project by Alla Oganova, CC. As he became a tea-drinker himself, it was a double pleasure for him to evaluate the speech made by such an experienced clubmate. He mentioned that Alla:

- + *presented the merits of tea in understandable, easy-to-accept manner;*
- + *picked up the wording among scientific lexicon that was easy to understand;*
- + *adapted scientific ideas about merits of tea to real life circumstances and gave us the quintessence proved by herself.*

He advised Alla to use more movements to reinforce her ideas. Alexey told that the way of passing visual materials to listeners chosen by Alla distracted them from listening. He suggested making bigger printouts and putting them on the blackboard so everyone could see. By his opinion, this would support the idea of the speech more effectively.



11. As the **Table Topic Master**, **Margarita Ryndina, AC-S**, avoided traditional organization of this part of the meeting. She had chosen five volunteers, three of them were newcomers, and asked our

Sergeant-at-Arms Nick Sapozhnikov, CC, to follow them... out of the room! All volunteers had to answer the same question: "While developing public speaking skills, is grammar the real thing?" As they returned to the premises one by one, the next didn't know the answer of the previous speaker, so it was very fascinating to listen to different opinions; though, all the speakers focused on the necessity of knowing grammar. The winner of Table Topic was Alexey Kravtsun; it was not the first time when

Moscow Free Speakers Club



he got the satin ribbon as a reward! After this discussion Henry Norman, AC-S, shared his opinion on the role of grammar in International Conferences. He called spoken English the “Broken English”: first fluency, next grammar. What an important thing was this debate for our club! Even without excellent knowledge of grammar, we have to improve a lot while grasping the art of oratory!

Organizational rules:

Please, address the Vice President Education Margarita Ryndina, AC-S, in case you want to become a Personal Evaluator, General Evaluator, Speaker or a Toastmaster. If you want to take on any role except the four above mentioned, address the Secretary Ekaterina Sidorenko (their e-mails are available at <http://moscowfreespeakers.ru/execom>).

Dear members and newcomers who take on roles! Please, warn beforehand the Vice President Education Margarita Ryndina, AC-S, or the Secretary Ekaterina Sidorenko (according to the role taken) if you think you won't be able to attend the meeting.

Our next meeting is on February, 17th!

We will listen to the 2nd project by Maxim Tsvetov, speech #3 by Alexey Kravtsun and the speech #8 targeted at using visuals by Denis Shevchuk!

See you soon!

Points:

Valeria Kulnevskaya (Toastmaster)	7.1
Anna Triapitsina (Speaker 1)	8.5
Alla Oganova, CC (Speaker 2)	7.9
Denis Shevchuk (Personal Evaluator 1)	8.9
Alexey Kravtsun (Personal Evaluator 2)	8.8
Olga Filimonova (General Evaluator)	7.6
Margarita Ryndina (Table Topics Master)	8.2
Meeting as a whole	7.8

Joke of the Day:

From physics we know that:

$power = work/time$

You have probably heard that:

$knowledge = power$ and $time = money$.

Thus, we have:

$knowledge = work/money$

and, finally,

$money = work/knowledge$.

From the formula you can conclude that you get more money if you work more and know less.

By Maxim Tsvetov