



Moscow Free Speakers Club

529 meeting, January 19th 2012

Dear Toastmasters!

The first month of 2012 was a month of first time events for our club and even Toastmasters in Russia in general! Thus, at the first meeting of the year, Alexander Shlegel and Andrey Kosilov, our brilliant new members, tried new roles for the first time: the Toastmaster and Table Topics master respectively; Elena Jakobi delivered her outstanding ice-breaker and became a very promising member of ours! Not only that, but with her membership she helped us achieve one more goal in the Distinguished Club Program (four new members). So far, we have achieved 5 goals out of 8 we need to become the President Distinguished Club for the third year in a row. Three more to go, friends, let's keep up the good work!

There was a very special event on January 25th though. Thanks to the hard work by Mary Beketova, Valeria Kholodkova, Maria Mokrushina, and Valentin Novikov, we participated in the first meeting of a new-born English speaking Toastmasters club Toastbusters! If you can and wish to dedicate some of your time to help the club survive and grow, please, contact Mary Beketova, the President, for the details. The case is very worthy and would benefit us all!

President Denis Shevchuk, CC, CL

Quote of this issue

Doubt is not a pleasant state of mind, but certainty is absurd

- Voltaire

Verb phrase of the day – count on/upon

To depend or rely on: *You can always count on him to lend you money.*

By Henry Norman, AC-S

Joke of the day

A lady walks into a pharmacy and asks the pharmacist for some arsenic.

The pharmacist asks "Ma'am, what do you want with arsenic?"

The lady says "To kill my husband."

"I can't sell you any for that reason," says the pharmacist.

The lady then reaches into her purse and pulls out a photo of her husband having sex with the pharmacist's wife.

He looks at the photo and says, "Oh, pardon me, I didn't realize you had a prescription".

By Maxim Tsvetov (watch the [video](#))

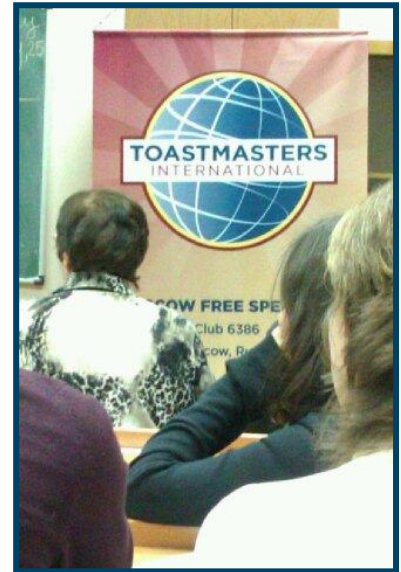


Moscow Free Speakers Club

BEST MOMENTS



Alexander Shlegel



Elena Jakobi



Nina Tsygankova,
AC-B



Margarita Ryndina,
AC-S, CL



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BEST OF ...

Project #1 "Find reasons to get to love what you hate"

by Elena Jakobi

"..So finally i decided to stop feeling pity for myself and just to find reasons to get to love it. I found three good

"...Lena demonstrated more than she was supposed to, she demonstrated skills that she should demonstrate several projects later. Most of all, I liked the topic of the project because it's very difficult to choose what to talk about in the first speech, and your story was great..."

*Personal Evaluator
Mary Beketova
Watch the [video](#)*

reasons to go for it. Once i found them, i wanted this trip!

1. To learn to be spontaneous.

We agreed not to plan any single day. We never knew where we were going to stay

over night. The only thing we knew was the day to come back.

2. To find out how much stuff a person really needs and feels comfortable with. Would i feel good and self efficient enough having just a couple of tshirts and flip-flops for a long time

3. To spend 24 hrs with my husband for 3 weeks every day. Never done it in the last 16 years together. Would it be not too much for each other..?"

Project #3 from the advanced manual "Persuasive Speaking" "Together we can do better"

by Nina Tsygankova, AC-B

"...A long-expected event is going to happen in Moscow. A new TM club is going to be started..."

It is not the first attempt to found the second TM club in Russia. I hope this time it will be successful. The club assumed the name

Toastbusters. I wish TBs a long life! I wish them great achievements! I wish them prosperity! However wishes is not the goal of my project. My goal is to give a proposal, and that is what I am going to do just now.

I propose MFS to establish friendly and mutually beneficial relations with TB. Having two clubs in the same city, under the same roof, we can do more, we can do better; we can do things which are impossible within the limits of one club..."

"...This project is from advanced manual, and it's quite difficult. I expected a lot from the presentation, and I expected right. I especially liked the personal story that Nina included to the project..."

*Personal Evaluator
Valentin Novikov, CC, CL
Watch the [video](#)*

The whole version of Nina's project is in the [video](#).



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Educational Project

by Margarita Ryndina, AC-S, CL

“...Dear newcomers! You joined our club for different

“Concerning the speech itself, it was nice. But I would like to add some drawbacks. You are the VP Education. Why didn’t you play with the program? Why didn’t you take the advantage of your role to give more examples of how this program was used during the last year and half”.

*Personal Evaluator
Valeria Kholodkova,
CC, AL-B
Watch the [video](#)*

reasons, but mainly to learn speaking in public, to overcome your fear of the audience, to get confident, etc. But how could you achieve your goals? First at all, jump in and try our waters. I assure you, the waters here are warm and

comfortable as everyone here is interested in the same. Number two is to try to take every possible role as soon as possible and prepare it seriously and carefully. Number three is to look around and choose a person you like and whose example you would like to follow. In other words, try to find a Mentor. And that’s what I’ll be talking about. I’ll be talking about mentoring...

Table Topic Discussion

Table topic was performed

by *Andrey Kosilov*

Mary Beketova told us that sharing an apple with a friend might multiply our happiness by four (watch the [video](#)); Alexander Shlegel said that he watched a TV with some Japanese people crushing furniture with axes in a special room as a way to relieve stress, but that he personally preferred playing snowballs and football with friends (watch the [video](#)); Denis Shevchuk, CC, CL, recommended expressive writing as a way to relax and solve some problems (watch the [video](#)); Henry Norman, AC-S, made us smile and laugh with his humorous mini-speech about diets and 2 strategies to approach them (watch the [video](#))... Do you wonder what was common

among those loosely related speeches? Following Andrey’s invitation, the Table topic speakers shared their own tips and tricks in different aspects of healthy lifestyles (exercise; healthy diet; Nature; relaxation and stress management; altruism...). There were many interesting ideas shared, but the audience loved Henry



Norman’s, AC-S, speech the most, awarding him the best Table Topics speaker of the meeting.

Congratulations, Henry!



Moscow Free Speakers Club

Points:

Alexander Shlegel Toastmaster	4.0
Valentina Bereza Invocation Master	4.2
Henry Norman, AC-S Word Master	3.8
Maxim Tsvetov Joke Master	4.7
Elena Jakobi Speaker 1	4.6
Nina Tsygankova, AC-B Speaker 2	4.6
Margarita Ryndina, AC-S, CL Speaker 3	3.3
Mary Beketova Personal Evaluator 1	4.0
Valentin Novikov, CC, CL Personal Evaluator 2	4.5
Valeria Kholodkova, CC, AL-B Personal Evaluator 3	4.7
Alla Oganova, CC General Evaluator	4.3
Andrey Kosilov Table Topics Master	4.5
Meeting as a whole	4.2

Videos:

Maxim Tsvetov Joke Master	The link
Nina Tsygankova, AC-B Speaker 2	The link
Mary Beketova Personal Evaluator 1	The link
Valentin Novikov, CC, CL Personal Evaluator 2	The link
Valeria Kholodkova, CC, AL-B Personal Evaluator 3	The link
Henry Norman, AC-S The winner of Table Topics	The link
Mary Beketova Table Topics Speaker	The link
Denis Shevchuk, CC, CL Table Topics Speaker	The link
Alexander Shlegel Table Topics Speaker	The link

Our Birthdays!

OUR WARMEST CONGRATULATIONS
TO OUR DEAR FELLOW

Nina Tsygankova, AC-B
January 22nd

Margarita Ryndina,
AC-S, CL
January 31st



Our next meeting is on February, 2nd!

We will hear the project #1 by Sergey Konakov,
project #3 by Andrey Kosilov, and project #4 by Oleg
Petrov.

See you soon!