

## Moscow Free Speakers Club



**Dear Toastmasters!**

One would like it to claim: meetings in Moscow Free Speakers Club are linked with the creation of the world. "It can't be so, these events are separated by ages!" - you'll object. The meeting #474 has proved, it can. We were discussing water and dryness, light and darkness (knowledge is light and ignorance is darkness), man and his woman. There exists an opinion that the 7<sup>th</sup> day of world's creation had been lasting in its progress so far.

Let's although tend to self-development!

To come to know opportunities and news, read this quintessence of the last meeting!

1. The meeting was entered by Vice-President Education **Valentin Novikov** for a change. Those who are responsible for PR in Moscow Free Speakers Club must have done a lot. The results are impressive: interested readers, internet-surfers, friends of members and visitors come in an endless stream! Valentin presented an organization to our guests, told about its potential and means that could be used to improve public speaking, English, leadership skills. In witness to these opportunities it can be said, that even in business books of worldwide well-known writers there are references to Toastmasters International.

**474<sup>th</sup> meeting, January 28<sup>th</sup>, 2010**

### **Quote of this issue:**

**"The human brain starts working the moment you are born and never stops until you stand up to speak in public".**

— *George Jessel*



2. **Ekaterina Sidorenko, Toastmaster** of the meeting, moved the audience to smile by sending her greetings to all students: past, present and future. Hopefully, you didn't

forget to celebrate the most cheerful date in calendar after All Full's Day?! Nevertheless it was Ekaterina's first time acting as a leader of the whole meeting, she precisely and gently introduced all the participants. It was exactly needed, because the meeting's program was rich and eventful.

3. **Maria Stavtseva** fascinated listeners by her **Invocation**. Through the personal, real-life story, told with all details, in a spirit worthy of works of art, we could feel the idea deeply: people can give us a lot, if we want to get it. Let's give them a chance to inspire us!

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4. **Word Master**, **Alexey Kravtsun**, prepared the word “like”. It’s a rare occurrence we can listen to the likes of him presenting Word of the day. His clearly, well-organized explanation coupled with sense of humour and excellent pronunciation singled Alexey out. Vladimir Chirkov won the “word-competition”.

5. A perceptive **joke** by **Alexey Balandin** from his own story of life experience you can find in the end of the newsletter.

It’s a rarity, when there is a chance given to us to listen to three Competent Communicators at once. The 474<sup>th</sup> meeting was marked with such an event!



6. **Irina Chernyaga, CC**, in her **Project #1** from advanced manual “*Speaking to inform*” familiarized us with water and its features. Exactly so, don’t be amazed! It turned out, water

isn’t just a liquid, which human body mostly consists of. Water has a very complicated structure at different levels. Due to this, it’s an objective information system with its own memory and ability to change.

Only fancy, a kind of computer system created by nature! Irina had scientifically proved us changes in water structure after a scandal in a kitchen. It’s so important to treat water rightly and carefully! If and only people learn how to do it, they will be able to deal with their organism. Irina’s speech set thinking.

7. In comparison with water human being is much more compound. Man’s behavior and necessities are changing with the course of time.

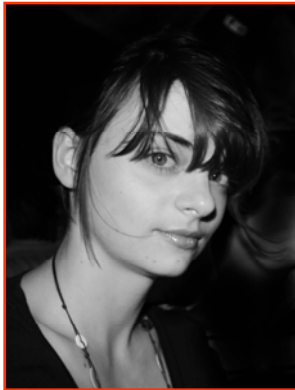
The second speaker **Vladimir Chirkov, CC**,



presented his **project #4** from advanced manual “*The Entertaining Speaker*” named “Age crisis” (part 1). Can a woman be devoted to a man? Why husbands, fathers and grand-dads can not to help from falling in love with young ladies? What millions of strangers are searching on dating web-sites for? Why it demands so much of a resolution from a man at the age of 20, 40, 60 to invite a lady in a cafe, park or theater? Romantic and fascinating, as much fairy-tale as real, story of one man told by Vladimir took audience’s breath away. “This dreamy lady wasn’t half a lady he had expected...” People try to lead the second life in order to get emotions avoiding real communication. This man hadn’t met the sweetest expectations...

You can find the text of his project in our **Speeches** section - <http://moscowfreespeakers.ru/speeches>

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8. You all, guys, have a chance to communicate in reality! **Valeria Kholodkova, CC, CL**, in her 22-minutes speech presented the new Club Program

**“Mentoring”**. Why do people come to the Club?

They must have some problems with speaking. What do they need that speaking for? The reasons are various: getting a promotion, personal achievement, making a career, communicating with foreign friends and so on.

And they all need help of more experienced members. In her well-structured and so topical speech Valeria demonstrated and proved benefits and pluses, which every person - new member, experienced member and mentor itself - could get from taking part in this one-year project. She also painted the portraits of a mentor and a mentee, described their functions and concrete activities. If you are ready to take part in this program, help a member or ask for some guidance yourself, talk to Valeria and join the “Mentoring” program!

9. The second part of the meeting was marked by **Dmitry Chebotarevsky General Evaluator’s** powerful speech. It was his first role as a host of the meeting and he skillfully played his part.

Dmitry mentioned all the speakers and carefully analyzed the positive aspects and also went over some drawbacks offering effective suggestions. He also showed one of



the potential leader’s important skills – Time Management (4<sup>th</sup> project in our CL program). Dmitry watched the timing closely and this helped us not to exceed the meeting limits too much (despite the three long advanced projects that took 45 minutes in total!) Good job, Dmitry!

### **Evaluations:**

10. **Alla Oganova, CC**, continued her 2009 gorgeous ‘evaluation tour’ this year starting with Irina Chernyaga’s 1<sup>st</sup> advanced project. We heard that Irina’s speech

*+ fulfilled the objectives*

*+ was presented in a vivid manner*

*+ was well organized and motivated us to learn more about the subject.*

11. **Nick Sapozhnikov, CC**, continued the evaluation part by reviewing Vladimir’s advanced speech. Nick mentioned that:

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- + *an interesting topic was chosen*
- + *it was presented in a dramatic manner and used vivid imagery*
- *the distance between describing the situation and feeling it wasn't quite clearly demonstrated.*

12. **Margarita Ryndina's, AC-B**, evaluation of Valeria's Successful Club Series project followed the program. In her speech Margarita noticed that Valeria:

- + *knows and feels the subject*
- + *made a powerful introduction and conclusion*
- + *used visuals and gestures very effectively*
- *lacked some concrete examples of effective mentoring program within the Club.*

13. This time **Valeria Kulnevskaya** organized a **Table Topics discussion** that totally proved its name. She introduced a number of short 2-minutes discussions with Pros



and Cons, involving into the debates even the first-time guests! She chose an interesting topic – *Interethnic relationship* – and suggested a number of themes to discuss on the spot. Some of them were devoted to marriages (between a Chinese man and a Russian woman, for instance), others rose questions of bringing up kids in bilingual families and so on.

A lively and dynamic format of these discussions made the topic very captivating! Great job, Valeria!

Next meeting we will hear three projects: an Ice-Breaker by Ivan Deryabin, 2<sup>nd</sup> project delivered by Denis Shevchuk and CC project #5 by Valentin Novikov! Don't miss them!

**Our next meeting is on February, 4<sup>th</sup>!**

### Points:

<b>Ekaterina Sidorenko</b> <i>(Toastmaster)</i>	<b>8.8</b>
<b>Irina Chernyaga, CC</b> <i>(Speaker 1)</i>	<b>7.3</b>
<b>Vladimir Chirkov, CC</b> <i>(Speaker 2)</i>	<b>8.3</b>
<b>Valeria Kholodkova, CC, CL</b> <i>(Speaker 3)</i>	<b>9.7</b>
<b>Alla Oganova, CC</b> <i>(Personal Evaluator 1)</i>	<b>9.3</b>
<b>Nick Sapozhnikov, CC</b> <i>(Personal Evaluator 2)</i>	<b>7.6</b>
<b>Margarita Ryndina, AC-B</b> <i>(Personal Evaluator 3)</i>	<b>9.1</b>
<b>Dmitry Chebotarevsky</b> <i>(General Evaluator)</i>	<b>9.3</b>
<b>Valeria Kulnevskaya</b> <i>(Table Topics Master)</i>	<b>8.4</b>
<b>Meeting as a whole</b>	<b>9.0</b>

### Our Birthdays!

**OUR WARMEST CONGRATULATIONS  
AND HAPPY WISHES TO OUR DEAR  
FELLOW MEMBERS!**

**January 31<sup>st</sup> – MARGARITA RYNDINA!**

**February 2<sup>nd</sup> – OLGA FILIMONOVA**



## News!

**Dear fellow Toastmasters!**

#1. We have recently closed the 6th goal in our [Distinguished Club Program](#) 2009-2010.

We have added 4 more new members and this accomplishment makes us the **Select Distinguished Club** already!

We need to achieve two more goals so that we become the President Distinguished Club! We have 5 month to do that, let's join our efforts to hit this mark!

#2. Dear fellows, you do remember who was our best Table Topics Winner in 2008-2009, don't you? ☺ We are happy that we stay in touch with our dear members and gladly receive their letters from all over the world! So we think you wouldn't be surprised to find out that Ljubomir congratulated us with Christmas and New Year in his passionate letter!

You can read it here and also watch some pictures from him as well -

[http://community.livejournal.com/toastmasters\\_ru/3134.html](http://community.livejournal.com/toastmasters_ru/3134.html)

You can also write to him any time you want at [lubacobra@gmail.com](mailto:lubacobra@gmail.com).

P.S. And he also reads our newsletter ☺

## Joke of the meeting

Decade ago me and my wife visited Spain. During our journey we were in the most Holy place for the Catalans (one of the nations which lives in Spain) - the monastery on Mount Serat. The story was told us by our guide.

It takes a disciplined spirit to endure the monastery on Mount Serat in Spain. One of the fundamental requirements of this religious order is that the young men must maintain silence. Opportunity to speak is scheduled only once every two years, at which time they are allowed to speak only two words.

One young man in this religious order, who had completed the first two years of training, was invited by his superior to speak his two words presentation. "Food terrible" he said. Two years later the invitation was once extended. The young man used this forum to exclaim: "Bed clumpy".

Arriving in superior's office two years later he proclaimed: "I quit". Superior looked at this young monk and said: "You know, it doesn't surprise me a bit. All you've done since you arrived is complain, complain, complain".

Exaggeration? May be. But what if you were said to share two words to describe your life? Would your focus be on the things that lumps, bumps and unfairness or are committed to dwell on those things that are good, right and lovely?

*by Alexey Balandin*