



**Dear Toastmasters!**

How often do you have a chance to eat delicious home-made cookies and drink champagne on Thursday at 8 pm? Not as often as you might want to, right? Well, if you were lucky to be present at Moscow Free Speakers Club recent meeting, then you had a perfect chance to do that. The upcoming Defenders Day left its imprint on the whole meeting, starting with the Invocation, going through the small party at tea-break and ending by the Table Topic Discussion.

1. The **Invocation Master** – **Alexey Balandin** – presented a mini-project devoted to the above-mentioned holiday and its meaning. His idea was quite clear though: let's congratulate not only men but women also. And only those who served in the Army.

2. The **Toastmaster** of the meeting, **Valeria Kulnevskaya**, began the first part by a careful presentation of her team. Then she reminded us about the Winter Olympic Games that had started recently in Vancouver, and motivated us to think higher and to achieve more in our lives.



**Quote of this issue:**

**"The problem with speeches isn't so much not knowing when to stop, as knowing when not to begin."**

—*Frances Rodman*

3. **Vladislav Chendev**, **Joke Master** of the day, picked up the baton and told us three short jokes about coaches and sportsmen. And if you missed that part by any chance, you can catch up and enjoy these jokes in our traditional section at the end of this newsletter.

4. **Nadine Voronich** – our **Word Master** – chose the word **"trust"**. She started her speech by showing us a dollar note and pointed out the special meaning of 'TRUST' on it. She also hanged the big sign of 'trust' on the blackboard and handed out many smaller 'trusts' on the print-outs. Henry Norman, AC-S, traditionally won this word of the day contest.

5. Our newly-born member – **Nikolay Filin** – in his Ice-Breaker told us a prompting story about one big year of his life - 2009. That was the year when he was fired. And at the same time it turned out to be the year when he founded his own business. He told us how he started and went through every important step he took to achieve his goal. Though it was his first big speech in the Club, Nikolay showed proficiency in public speaking, fluency in English and the ability to catch the audience's attention. Good start, indeed!



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6. The Vice President of Education – **Valentin Novikov** – justified his title and taught us some ‘Dos and Don’ts’ of public behavior in Japan. His 5<sup>th</sup> **project** was a combination of good humor, sparkling gestures, interesting information and vivid stories from his personal experience. Let’s not wait to go to Japan and try his gesture tips on practice! :)



7. The last project of the meeting was an informative speech delivered by **Irina Chernyaga, CC**. It was her 2<sup>nd</sup> step towards her advanced communicator award and Irina decided to continue the story of WATER. This time she spoke about homeopathy and its impact on human brain and body. Irina chose a serious subject and sometimes it seemed hard to follow such a complicated matter on the spot. Anyway Irina seems to be a good expert in the field and next time is going to develop the idea further on. Good luck!



8. **Alla Oganova, CC**, this time was the **General Evaluator** of the meeting. In line with the topic of the meeting, she started by telling us about the history of Defender’s day, which, surprisingly isn’t based on any victory and originated in the year 1918<sup>th</sup>. Alla described pluses and minuses of every speech, including the small ones and briefly introduced her team. Thanks to Alla’s gentle way of conducting the meeting it went off without a hitch!



### *Evaluations:*

9. **Ekaterina Sidorenko**, in spite of acting as a Personal Evaluator for the first time, gave a rich and informative evaluation of Nikolay’s Ice Breaker:
- + good preparation;*
  - + clear way of speaking;*
  - + catching the attention of the audience;*
  - + body language and eye-contact demonstrated;*
  - + thought-out structure: definite opening and conclusion;*
  - + humorous;*
  - too quick and frequent movements distracted from listening.*

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10. The Personal Evaluation by **Margarita Ryndina, AC-B**, was as impressive as Valentin's speech. She pointed out the following:

- + *original topic;*
- + *great structure;*
- + *involving the audience into interaction;*
- + *good and appropriate transitions;*
- + *making fun;*
- + *all objectives were met (especially, the main goal – to demonstrate body language – was reached with a great success);*
- *eyes shifted from one person to another;*
- *not confining the whole prepared speech into time allotted.*

11. The 3<sup>rd</sup> evaluating section was opened by **Dmitry Chebotarevsky** who gave his analytical evaluation to Irina Chernyaga:

- + *thoughtful preparation;*
- + *gathering attention by visual aids;*
- *too difficult topic, not comprehensible to the audience;*
- *not splitting the speech into several emphasized parts;*
- *not stressing and not-giving time to listeners to read and understand new terms, which the speech was full of*



12. **Henry Norman, AC-S**, the **Table Topics Master**, prepared for us unforeseen and provoking theme "The attitude of our society to the modern Russian army". Henry plunged the audience deep into

pondering about the question with his preamble about tsarist and Red armies. He chose parents among listeners and asked questions like trust to Russian army, trying to evade military service, if it's possible to change the current situation and attitude to the army. Not surprisingly, a rare, but desired visitor of Moscow Free Speakers' meetings, Natalia Radyakina became the winner of the Table Topics.

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

The theme of the meeting will be the **March, 8<sup>th</sup>** and we are going to hear the Ice Breaker by Tatyana Gladysheva, the 5<sup>th</sup> advanced project by Vladimir Chirkov, CC (his last step towards the AC-B award!), and the 3<sup>rd</sup> project by Ilya Volin!

**See you soon!**



## Points:

<b>Valeria Kulnevskaya</b> (Toastmaster)	<b>7.8</b>
<b>Nikolay Filin</b> (Speaker 1)	<b>8.4</b>
<b>Valentin Novikov</b> (Speaker 2)	<b>9.3</b>
<b>Irina Chernyaga</b> (Speaker 3)	<b>5.0</b>
<b>Ekaterina Sidorenko</b> (Personal Evaluator 1)	<b>8.5</b>
<b>Margarita Ryndina, AC-B</b> (Personal Evaluator 2)	<b>9.3</b>
<b>Dmitry Chebotarevsky</b> (Personal Evaluator 3)	<b>9.2</b>
<b>Alla Oganova, CC</b> (General Evaluator)	<b>9.3</b>
<b>Henry Norman, ATM-S</b> (Table Topics Master)	<b>8.0</b>
<b>Meeting as a whole</b>	<b>8.4</b>

## Our Birthdays!

### OUR WARMEST CONGRATULATIONS TO OUR DEAR FELLOW

**Henry Norman**  
(February 25<sup>th</sup>)



## Jokes of the meeting:

1. Two friends met one another within a working week going for a skiing walk:

- Did you take a leave?
- No, I've got a sick leave. I caught a quinsy.
- And I have even worse illness - pneumonia.

2. Two housewives met one another:

- They say, your husband won his second gold medal of the world championship in skiing?
- Yes, he's ready to do everything, but not to throw away garbage from home.

by Vladislav Chendev

## News!

Dear fellows,

Soon we are throwing a big **Ice-Breaking party** – **spring 2010!**

Friendly people, nice place, good food and drinks and lots of talking, smiling and positive atmosphere will be waiting for you on **March 11<sup>th</sup>!**

Please, let our exec com know if you are willing to come and take part by email or in person!

The details of the party will be announced on our website in the '**News**' section!