



Dear Toastmasters!

How did you spend the evening of the 18.03.10? Did you spend it in a friendly atmosphere with people heartily laughing from time to time and telling each other interesting stories?

That was how people attending the meeting of the day spent their time at **Moscow Free Speakers Club**.

We heard 4 different stories on subjects as different as searching for one's dream job, what is good about amateur boxing, what kind of shops we have in Russia and how should we defend our position, when involved in an argument. All in all, we had a great time and we are sorry if you missed it!

1. **Denis Shevchuk**, the **Invocation Master**, opened the main part of the meeting by asking us philosophical questions whether we are good at listening to ourselves and in setting goals. Such type of a profound and earnest speech, even if it's 2 min invocation, will soon become a visiting card of Denis.

478th meeting, March 18th, 2010

Quote of this issue:

"The best way to sound like you know what you're talking about is to know what you're talking about."

— *Unknown*

2. **Natalia Sherstneva, CC**, the **Toastmaster**, created a friendly atmosphere and made all the participants feel comfortable, just as a very good hostess would.



Whether anyone was nervous, he or she definitely felt a bit better, when greeted and welcomed by Natalia's kind and supportive smile. Thanks to Natalia all parts of the meeting followed one another smoothly.

3. **Vladislav Chendev**, the **Word Master**, was well prepared for his role. He handed out quite substantial printouts to all the participants with the word of the day, which was "**hand**". One has to hand it to Vladislav, he's always ready to offer his helping hand. He is hands down a great part of our club. He's not a member yet, but his official entrance is definitely at hand!

4. In her Joke of the day **Nina Tsygankova, CC**, the **Joke Master**, told us a funny story about an American, a German and a Russian telling each other what they found during excavations and how they interpreted the findings. If you want to raise your mood, you can find the story in the end of the newsletter.

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5. Many people dream every now and then about the perfect job. What is a perfect job for you? Have you ever dreamed about being a surgeon? **Alexey Kravtsun** wanted to become one! And he did



spend a number of years searching for a job of his dreams. That was what he told us about in his **Ice-Breaker**. Alexey managed to deliver his story in an interesting and funny way, using visuals to support his words. Nice job, Alexey, welcome to the club!

6. Do such names as Muhammad Ali or Mike Tyson tell you anything? Have you ever laced gloves on your hands to punch a heavy bag or get into a ring to spar or fight? Not that many people have,



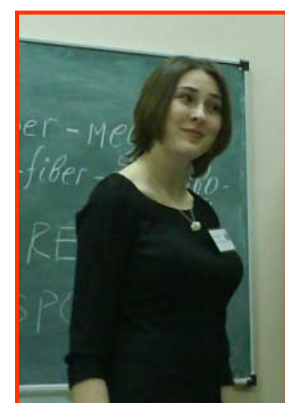
because boxing is considered to be dangerous and violent sport. In his **2nd project** **Dmitry Chebotarevsky** tried to argue with this point of view. He told us about two kinds of boxing: amateur and professional, and backed up his point by a number of facts, that amateur boxing was actually rather useful for health and self-development and not that dangerous. Dmitry knew what he was talking about, as he's been practicing boxing for several years. An unusual and interesting project, Dmitry!

7. You, probably, haven't ever entered a boxing ring and don't want to have anything in common with "sweet science". But you definitely have to visit shops to buy food, clothes and many other things



every once in a while. Have you ever wondered what kind of shops there are in Russia? What are the advantages and disadvantages of different kinds of shops and what is the history of the shops of Moscow? Sounds interesting? **Ekaterina Sidorenko** shares that interest with you, and she dedicated her **3rd project** to the Russian shops, giving answers to the aforementioned questions. Nice big picture with curious facts and interesting opinions on something each and every one of us has to deal with, Ekaterina!

8. There are times when you have your opinion and a person or a number of people you're communicating with have theirs. This is the kind of situation, when one has an upper hand, if he or she can present the arguments



convincingly. **Valeria Kulnevskaya** in her **3rd project** "Arguments work for you" offered us some tricks how to do exactly that. And she did it brilliantly!

(to be continued on the next page)



Questions to involve audience; good body language to reinforce her message; concrete and lively situations to illustrate every trick; witty humor to add some “juice” to her talk; visuals; clear structure of the speech, making it easy to grasp the idea. She used it all, creating strong impression on the audience. Well done! And, as we learnt it from unspecified sources, Valeria wasn't on her own, doing this project. She got support from her mentor, Igor Vinogradov, and her performance is a good illustration of mentoring in action. Awesome teamwork, Igor and Valeria!

9. This time **Valentin Novikov** was the **General Evaluator** of the meeting. First of all, he asked us to acknowledge the good job done by the Toastmaster of the meeting – Natalia Sherstneva, CC. He also pointed out that the meeting started 5 minutes later and he reminded us that it's essential to be on time, especially, if we were on the agenda.



Valentin didn't forget to mention what he liked about the first part of the meeting and gave some smart advice to all four speakers.

Evaluations:

10. After that Valentin gave the floor to **Ilya Volin**, the **Personal Evaluator** of Alexey Kravtsun. Ilya said that he liked Alexey's Ice-Breaker very much and pointed out the following:

- + good, logical structure: strong opening, body and conclusion;*
- + emotional, honest speech;*
- + appropriate tone of voice;*
- + no nervousness;*
- it would be better to use more gestures and eye-contact.*

11. **Alexey Kudashov, CC**, our guest from Japan, was the **Personal Evaluator** of Dmitry Chebotarevskiy's project #2. He gave a very emotional evaluation of Dmitry's speech:

- + a good speech with a clearly defined structure;*
- business-like style of telling the speech although it was a speech about boxing;*
- no body language.*

12. **Valeria Kholodkova CC, CL**, was the **Personal Evaluator** of Ekaterina's Sidorenko project #3:

- + the purpose of the project was fulfilled;*
- + good structure: beginning, conclusion and body parts;*
- + personal touch to the speech;*
- lack of eye-contact and a lot of verbal crutches;*
- it would better to add some links during the speech.*

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13. The **Personal Evaluator** of Valeria's Kulnevskaya project #3 was **Lilia Nurutdinova**:

- + *good preparation;*
- + *logical structure;*
- + *good examples and illustrations;*
- *very fast pace, that didn't give us time to react and fully enjoy the speech.*

14. As for the **Table Topic Master**, this time it was **Ilya Volin**. He discussed the topic of happiness and kicked off by asking us to raise hands, if we wanted to be very happy. The questions raised during this



Table Topics discussion included:

- What is good and bad for you?
- What is the essential human being emotion?
- Which is the way to become rich?

All the answers were very interesting and the winner of the Table Topic Discussion was **Alexey Kravtsun**! Congratulations!!

Our next meeting is on April, 1st!

And the main theme of the meeting is

The International Fool's Day!

We are going to hear three projects from very different parts of the Toastmasters' Educational Program: project #2 by Alexey Eraskin, project #6 by Inessa Goldovskaya and project #5 from an advanced manual by Nina Tsygankova, CC. We are also going to have our honorable guest, Alexey Kudashev, CC, as the Table Topics Master! Mind you, it's definitely not going to be an ordinary meeting – at least, that's what its date promises!

See you soon!

Points:

Natalia Sherstneva, CC <i>(Toastmaster)</i>	8.6
Alexey Kravtsun <i>(Speaker 1)</i>	9.4
Dmitry Chebotarevskiy <i>(Speaker 2)</i>	8.4
Ekaterina Sidorenko <i>(Speaker 3)</i>	7.9
Valeria Kulnevskaya <i>(Speaker 4)</i>	8.7
Ilya Volin <i>(Personal Evaluator 1)</i>	7.6
Alexey Kudashev, CC <i>(Personal Evaluator 2)</i>	9.6
Valeria Kholodkova, CC, CL <i>(Personal Evaluator 3)</i>	9.2
Lilia Nurutdinova <i>(Personal Evaluator 4)</i>	8.8
Valentin Novikov <i>(General Evaluator)</i>	9.1
Ilya Volin <i>(Table Topics Master)</i>	7.5
Meeting as a whole	9.0



News!

1. Dear Fellows,

April is coming and we want to inform you that due to the rich program of the upcoming projects we are adding the **3rd meeting** this month! So there will be meetings on

- **April 1st,**
- **April 15th,** and finally on
- **April 29th.**

Those of you who have scheduled their projects for the first meeting of May, please get in touch with Valentin Novikov, VPE, to double check with this shift and change the timing if needed.

2. New Photos!

Those of you who have been to our **March 8th** meeting and to our **Ice-Breaking party**, and those of you who missed that, can catch up with us by watching the **pictures** that we took and shared with you on our website here -

<http://moscowfreespeakers.ru/photos>

Also look for more new advanced speeches scripts that are coming soon in '**Our Speeches**' section!

Joke of the meeting:

An archaeological conference

A German is speaking: "In our excavations we reached the depth of 10 meters and found some copper parts. This fact proves that 100 years ago Germany already had a telephone network throughout its territory"

An American is speaking: "In our excavations we reached the depth of 50 meters and found some glass parts. This fact proves that 500 years ago there was a fiber-optics network throughout the territory of North America"

A Russian is speaking: "In our excavations we reached the depth of 100 meters and found nothing. This fact proves that 1000 years ago there was a cellular phone network throughout the territory of Russia".

by Nina Tsygankova, CC

Our Birthdays!



**OUR WARMEST CONGRATULATIONS
TO OUR DEAR FELLOW**

**VALERIA KHOLODKOVA
March 20th**