



Dear Toastmasters!

May is a happy time: 2 holidays in the first and second weeks of the month. It's probably thanks to our grandparents who fought the Great War in 1941-1945 to secure happy and safe future for us, that we can enjoy the time and our meetings one of which was on May 6th and was specifically devoted to the Victory Day. So let's remember their sacrifice.

1. **65 years** ago the largest and the cruelest war in the history of humankind thankfully ended. The world paid quite a price for it.

It's very interesting and useful to realize what this big picture all about. How it all started, what were the signs of it coming, what were the crucial points... But this angle is a bit abstract and emotionless. Personal stories about war can help us feel what it was like for a man and a woman at that time.

Alexander Barunin, Invocation Master, provided us with a personal story about his grandfather going through the War, but staying optimistic and positive. Alexander concluded his story with urging us to remember those who fought for our country and inspired us to value life.

482nd meeting, May 6th, 2010

Quote of this issue:

"The brain is a wonderful thing. It starts working the minute you are born and never stops until you get up to speak in public."

— Mark Twain

2. Can you be polite and firm at the same time, bring order in a classy way? Take an additional role on the spot when needed?

Valentin Novikov, VP Education, President-to-be, acting as a **Toastmaster** did



exactly that. Being often polite and helpful, firm when it was needed, he brought order to the meeting and made it much more pleasant to participate.

3. Implementing roles in the club is a 'win-win' situation. You win because you learn in the process and the club wins because you teach, entertain the clubmates or help organize our meetings. **Ekaterina Sidorenko, the Word Master**, is a clear winner in that sense as a very active member of our club. The word she presented was 'win'.

4. Jokes are usually used to make people laugh. But there are some jokes that probably will make you rather consider an aspect of your life than laugh. **Helena Avdjuevica, the Joke master**, told us a joke of that type about two women waiting for their husbands, who were military pilots. You can find the text of the joke at the end of the newsletter.

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5. Health indeed is a very important part of our lives. What do you do when you feel unhealthy? Do you visit doctors, try to heal yourself on your own, prefer to visit some unorthodox healers or just ignore your situation?



There are number of answers. **Irina Chernyaga, CC**, in her speech gave us her own variant. From sexual problems to parasites she had answer to all the cases with the specific square plates charged in a special way. And she didn't just tell us about it, she demonstrated with the help of our brave new member Gladychева Tatyana, how 'charged' water made our joints more flexible.

All in all, despite the speech concerning a bit controversial topic, her delivery and Q&A session afterward made many of us merrily laugh and raised our mood. Which was very good in itself :)

6. Many members of our club are active people, managing to work productively at their jobs, making substantial contributions and interesting speeches in our club, being parents and having interesting hobbies at the same time!



It's very interesting at times to talk to a member of the club or listen to her revealing depth and breadth of her personality. **Ryndina Margarita, AC-B**, in her speech chose Larisa Zorina our 2003-2004 president as a person to look at through the magnifying glass. And it was well worth it: Larisa speaks English and German; was a president of our club; organized a German speaking club similar to ours; established close contacts with Toastmasters club in Germany; is a mother of two and a successful entrepreneur. We're truly blessed to have people like that around us. And she's not the only one to look up to in our club.

7. Why do you attend meetings of our club, what do you want to get out of them? Do you know all the activities and roles you can take? What is the place of our club in the Toastmasters International organization?



If you're interested to know the answers to the abovementioned questions, the speech delivered by **Kholodkova Valeria, CC, CL**, current President of our club, would be very interesting to you. In a business-like manner with all the points clearly understandable Valeria told us what we can get from and what we can give to our club. Some interesting advice, as for example about eating an apple a day for a month being better than eating 30 apples at the end of a month, were given as well.



Being very active Valeria seems to be after every possible title the club can offer :) So it wasn't that much a surprise that with her speech Valeria achieved a rather rare **Advanced Leader Bronze** title (she's actually the first Toastmaster in Russia to get it!). What was a very pleasant surprise that with her project, Valeria moved our club to win **PRESIDENT DISTINGUISHED CLUB AWARD** first time in its history.

Congratulations with a next distinguished personal title, Valeria! And thank you very much for your great contribution to the club (which is by far not only about the president distinguished club award).

8. The **General Evaluator** of the meeting stuck to the main topic. It was **Alla Oganova, CC**, who moved us to tears when talking about the Victory day and not once.



Indeed, this date is the holiday with tears on eyes! But she did not forget about the main duties. Alla thoroughly evaluated the presentations of short roles masters and led the 2nd part of the meeting smoothly. She definitely won hands down as a General Evaluator!

Evaluations:

9. The first and very pleasant surprise for Larisa **Zorina, AC-B, CL**, was being presented by Margarita. But you're strongly wrong while thinking it came to nothing more than that! The second surprise for her was becoming a Personal evaluator for the speech of Irina Chernyaga, CC. A true toastmaster doesn't say no to any assistance to a fellow. He acts as a comrade-in-arms, where the arms themselves are luckily not rifles and tanks, but communication skills and feedback. Larisa agreed without any hesitation and announced the following:

- + appropriate body and conclusion of the speech;*
- + calmness during the answer-question-session indicated good knowledge of the presented material;*
- the reason of the report wasn't clearly stated, although it was required by the goals;*
- pronunciation of some medical terms needs improvement.*

10. We usually use ordinary words when mention the War 1941-1945. Don't feel shy talking about the Great Victory in high words not only on May, 9th! Don't avoid applying these words to everyday life events also, especially if there's a worthy cause. That's exactly what **Natalia Sherstneva, CC**, did in the evaluation of Margarita Ryndina's speech:

- + great delivery of the speech including language variety, intonation, eye-contact etc.;*
- + sincere handing an award;*
- + effective conclusion;*
- more specific examples about recipient's life are desirable.*

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11. It isn't accidental that the choice of **Table Topic Master**, Alexey Eraskin, felt upon the theme 'Victory day'. Alexey reminded us about the rules, called us to win the day using the word of the



meeting, encouraged newcomers and members to participate in the discussion. The questions were selected not by chance too. Millions and millions of people were dead. Almost every family lost a member. And surely everybody of the forties contemporaries felt the war's impact. The Victory still means a lot to both young and elder generations. Therefore a lot of us had memories and thoughts to share. Revelations, recollections, confiding innermost memories to one another, set the atmosphere of that night. Thanks to the discussion we've seen, that personal grieves, tragedy of the mankind and hopes for the bright future are united by the Victory day.

Our next meeting is on May, 20th!

We are hearing three speeches three projects: a long-awaited ice-breaker by Evgenia Maseeva, 3rd project by Dmitry Chebotarevsky and a longed-for speech by our VPPR – Igor Vinogradov! Do you think you want to miss that day?

See you soon!

Points:

Valentin Novikov <i>(Toastmaster)</i>	8.8
Irina Chernyaga, CC <i>(Speaker 1)</i>	5.3
Margarita Ryndina, AC-B <i>(Speaker 2)</i>	9.3
Valeria Kholodkova, CC, AL-B <i>(Speaker 3)</i>	9.5
Larisa Zorina, CL, AC-B <i>(Personal Evaluator 1)</i>	8.8
Natalia Sherstneva, CC <i>(Personal Evaluator 2)</i>	8.3
Alla Oganova, CC <i>(General Evaluator)</i>	9.0
Alexey Eraskin <i>(Table Topics Master)</i>	7.3
Meeting as a whole	8.5

News

1. Dear Fellows!

May is here and it is time for **Moscow Free Speakers Club Elections 2010-2011!**

The big day will be **May 20th** and all current members are invited to give their vote FOR or AGAINST the proposed candidates!

If you can't come to the meeting to vote in person than you will be given a chance to participate online!

NOTE that this service will be available during one day only – May 20th! If you want to vote online, please let us know beforehand and we will give you the link to the **Special Elections Poll!**

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Several days prior to the date we are announcing the list of **Candidates for Officers Positions 2010-2011**.

If you have any suggestions or any objections or if you want to nominate yourself at any of the positions listed here - <http://moscowfreespeakers.ru/news>, please let the current executive committee know that ASAP!

NOTE that we have TWO candidates for the **Treasurer's** position!!

2. Happy news!

Our member – **Valeria Kholodkova, CC, CL**, – has completed her 2nd advanced leadership project at the first meeting of May and thus became **Advanced Leader Bronze!**

Moscow Free Speakers are proud to announce that Valeria got the first ALB award in the history of our Club! Together with Larisa Zorina, ACB, CL, and Helen Dyakonova, CL, Valeria is one of the few members who keep going toward the Leadership awards and help our club grow and succeed! Congratulations with this award and we look forward to your next leadership projects!

3. And the last but not the least!

Our Club has received its second membership award this year– the **Talk Up Toastmasters Award!**

Congratulations!

Joke of the meeting:

Two women, spouses of military pilots, were preparing to meet their husbands after the long flight.

One wife was coloring herself, bought a nice dress, made a great haircut, but did nothing around the house. Husband came, was astonished, how great she looked, took her to cinema and restaurant, they had a great time and he was happy.

Another wife tried to be a good housewife, was cleaning the apartment for a whole day long, washing windows, floors etc. But she did not have time to change the dress and when the husband came she was standing dirty in the middle of clean apartment. Husband became angry, said "Here's the only dirty space", came to her, spit, and went away.

by Helena Avdjukevica

**OUR WARMEST CONGRATULATIONS
TO OUR DEAR
FELLOWS!!!**



**Valentin Novikov
(May 10th)**

Syah Akhtar Mat Ali (May 12nd)

Natalia Narinyan (May 17th)