



Dear Toastmasters!

They say the summer has stepped its sultry age over on July 29<sup>th</sup>. Still our meetings become hotter and hotter each time.

The 488<sup>th</sup> meeting of our club was not simply hot, but very hot, extremely hot and extraordinarily hot. Maybe such weather was the reason of fewer members and guests than usually. But now we have a great opportunity to hold meetings in the **NEW LOCATION** with air conditioner, comfortable chairs and more room for members and guests. The President of the Club - Valentin Novikov - offered this idea and at the next meeting on the 5<sup>th</sup> of August we will try the new room and then we will decide either to choose this room or stay in the old one. You can find the information about the **address** on the last page of this Newsletter.

1. Do you know what will your future be like? Do you know where will you live in 10, 20, 30 years? Do you know who will be beside you? **Vladislav Chendev**, the **Invocation Master** made us think of these questions. In his speech he tried to persuade us to keep on communicating with our siblings, cronies. Usually the older we are getting, the more we need people that we'd been knowing from our young ages and we'd been close with. A difficult thing is not to lose our real face and character and to live with strong belief in something

## 488<sup>th</sup> meeting, July 29<sup>th</sup>, 2010

### Quote of this issue:

"The greatest good you can do for another is not just share your riches, but reveal to him his own."

~ Benjamin Disraeli

2. The leader of the first part of the meeting was **Denis Shevchuk**. It was his debut in the **Toastmaster** role and he managed to handle it very well. As usually his speech was full of positive emotions, optimism and smiles. He passed on his spirit to the audience and infected everybody with a good mood. Denis briefly introduced all the participants with a couple of welcoming words and set a pitch for the meeting.



3. The **Word of the Day** was presented by **Anna Triapitsina**. Using word "minim" at this meeting all members and guests could not only get the title of the Winner but also get the special prize provided by Igor Vinogradov, two big bottles of water. And not just regular bottles, but 5-litre ones, each of which is an equivalent to 81169 minims! No doubt, the prizing system spurred toastmasters to participation. A lot of speakers tried to win this valuable prize but finally it was shared between Igor himself and Evgenia Maseeva. Anna and Igor, thank you for such an interesting word and competition!

## Moscow Free Speakers Club



4. The role of the **Joke of the Day** was vacant by the start of the meeting, and our American guest **Rex Van Almsick** kindly agreed to perform it on the spot. What a fun it turned into! Rex told us a story from his life about an embarrassing situation happened because of the wrong use of English. If you missed the chance to hear this joke, check it at the end of this Newsletter.



5. What traits do outstanding people of the world have in common? It is setting crystal clear, achievable and challenging goals. This answer was given by a very active member of the club, **Alexey Kravtsun**. In his **3rd project - "Most valuable skill – setting goals"** he told us about typical mistakes that we make when we plan something. As on the name of his speech, Alexey didn't leave the audience without some tips – 5 in number - how to set goals right. Setting clear, achievable, stated, inspiring and timed goals helps to achieve what we want. Alexey illustrated his speech by striking examples about his own goals. Alexey also asked the listeners about their goals and used the one of Dmitry Chebotarevsky in his speech. Producing an impression of improvisation, this captured the audience's attention in a moment, involved all listeners in the speech and made it more bright and lively.

The most amazing thing of Alexey's speech was that he was offered to participate in the meeting as a speaker only one day before the meeting! He had very little time for preparation but it did not influence on the project. Great job, Alexey!

6. Everyone has his own fears. They freeze our brains in critical moments and stop our action. Sometimes it may be a real problem. How to overcome this destructive feeling?



**Nadezhda Nikiforova** described simple steps how to kill fears and showed us how she treated her fears according to given advices. In her **3rd project "My monsters"** she told us about her 3 monsters - WHYster, WHOster and HOWster - which were the obstacles in her path to the ski marathon. Nadezhda chose a special way of presenting her speech - she used interesting names, played different roles while speaking, depicted situations she was talking about. One man show – that's what it was! Also she put on her marathon's t-shirt and made vivid pictures of her fears. The result – all we felt like we were at this marathon and saw Nadezhda's monsters. She showed that killing fears is a funny deal! It's a game with brain where we learn more about ourselves.

Thank you Nadezhda for the great presentation!

## Moscow Free Speakers Club



7. **Inessa Goldovskaya** confused us from the beginning with the question “Do you like detective stories?” Considering that the name of her project was “**Moscow planetarium**” it sounded rather



surprising! Like a real investigator she did not give us the answer and just said to follow the story. She started with the history of the second planetarium in Europe and the first one in Russia. She gave interesting facts and pictures about this place in our city. Inessa also told us a story about a letter where one architect called the planetarium a “Zvezdarium” and it made us all smile. Since 1929 the Moscow Planetarium endured a lot. It was privatized, sold and resold many times, became the reason for a few enforcement procedures and, finally, it’s being reconstructed and prepared for a forthcoming opening. At the end the detective story turned out well.

It was **7<sup>th</sup> Inessa’s speech** and it was performed perfectly. She collected information about the Planetarium from different sources and adapted it to the audience. She used specific facts and illustrations that showed that she researched her subject very carefully.

Inessa, we are looking forward to the opening of the planetarium and your excursion!

8. As a **General Evaluator**, **Igor Vinogradov** sparked us with his sharp evaluation of the 1<sup>st</sup> part of the meeting as a whole and particular parts of the meeting. His recommendations were



thoughtful, sharp and most importantly easy to implement for the future. He also set up the “evaluate the evaluator” part, where pointed out some ways for improvement in making evaluation speeches.

### *Evaluations:*

9. We then proceeded with the **Personal Evaluations** starting with **Alla Oganova, CC**, who, in a few sentences said, summed up the main points for improvement for **Alexey Kravtsun** and clearly outlined what and how he had already achieved so far. Alla Oganova’s evaluations have become in high demand by all members of the club. Book in advance, if you want an evaluation!

10. Nadezhda Nikiforova had her speech evaluated by **Alexey Kudashev, CC**, who is known to be able to not only say how to do something, but also to show how to do it with his own example. Alexey Kudashev has excellent verbal and non-verbal speaking abilities; we can easily say that Nadezhda Nikiforova and the audience “got his point”!

## Moscow Free Speakers Club



11. **Dmitry Chebotarevskiy** gave an evaluation to **Inessa Goldovskaya's** project. His evaluation was easy to make, because Inessa has prepared him before very well on the topic and objectives of her speech. And that's exactly a demonstration of how to treat your personal evaluator. That served as a great addition to Dmitry's concise, practical, business style comments.

12. The theme of the **Table Topics discussion** – “**Improvisation and imagination**” – suited the audience very well, and was chosen carefully by **Evgenia Maseeva**, the Table Topics Master. The



questions about the past and the future, some missed opportunities and dreams enthused the participants and caused a lot of interest and emotions. Due to Evgenia's efforts almost everyone took part in the discussion, going to other worlds in his or her imagination, and had a lot of fun! Evgenia played her role of a moderator very well, keeping the discussion going and stimulating sincere responses from the speakers.

Close to the end of the meeting, **Igor Vinogradov** introduced a new idea: how about **evaluating** the **table topic speakers** as well? He missed no one giving quick feedback on his/her performance during the table topic speeches. Thanks for the initiative, Igor!

A truly pleasant meeting despite the unusual heat in Moscow left all participants refreshed and motivated to come again next time!

### Our next meeting is on August, 5<sup>th</sup>!

We are going to hear three projects from the Competent Communication manual, one of which is an Ice-Breaker by Yana Gorfan, and the other two will be delivered by Alexey Eraskin and Ekaterina Sidorenko!

### See you soon at the **NEW LOCATION!**

### Points:

<b>Denis Shevchuk</b> <i>(Toastmaster)</i>	<b>8.3</b>
<b>Alexey Kravtsun</b> <i>(Speaker 1)</i>	<b>8.9</b>
<b>Nadezhda Nikiforova</b> <i>(Speaker 2)</i>	<b>7.5</b>
<b>Inessa Goldovskaya</b> <i>(Speaker 3)</i>	<b>8.5</b>
<b>Alla Oganova, CC</b> <i>(Personal Evaluator 1)</i>	<b>8.4</b>
<b>Alexey Kudashev, CC</b> <i>(Personal Evaluator 2)</i>	<b>8.9</b>
<b>Dmitry Chebotarevskiy</b> <i>(Personal Evaluator 3)</i>	<b>9.0</b>
<b>Igor Vinogradov</b> <i>(General Evaluator)</i>	<b>9.5</b>
<b>Eugenia Maseeva</b> <i>(Table Topics Master)</i>	<b>9.0</b>
<b>Meeting as a whole</b>	<b>8.9</b>



## **BREAKING NEWS!**

As you all know we are having an **exceptional TRIAL meeting** of Moscow Free Speakers Club on August 5<sup>th</sup> at the **NEW LOCATION!**

We voted for that place at our recent meeting and decided that we shall give it a try! Or two :) And if we like it, we'd move there.

So here is what you should know about the upcoming meeting!

- The **new address** is Profsoyuznaya street, 88/20.
- The **detailed map** with detailed instructions is here. If you can't read Russian, just head on to the red flag #5 on that map - <http://maps.yandex.ru/?um=bTqd97XCRhYnUMPPY8U0aEKKGTvKLCOB&l=map%2Ctrf%2Ccmr>
- **This time we start at 7 pm!** Please, mind that when you plan your Thursday night schedule.
- **If you get lost**, please, give a call to Valeria Kholodkova at 8 926 204 36 52

## **Our Birthdays!**

**OUR WARMEST CONGRATULATIONS  
TO OUR DEAR FELLOW**

**Alexandra Borissova (July 17<sup>th</sup>)**



## **Joke of the meeting:**

It was just a true funny story. My Russian friend and I went to McDonalds. Near the toilets he wanted me to go with him for a prophylactic.

I just stared at him and then said: "What??!"

He wanted to wash hands but in American English that this slang word usually means 'condom'. So I thought he wanted me to go into the toilets to get a condom, not prophylactic procedure ☺

*By Rex Van Almisc*



**Timer  
Ah-Counter**

Who wants to take any of these roles, please, email to:  
[moscowfreespeakers@gmail.com](mailto:moscowfreespeakers@gmail.com)