

Moscow Free Speakers Club



Dear Toastmasters!

While Moscow weather keeps testing our fortitude we decided not to be victims of the circumstances and moved to the south! To the south of Moscow. Whereas people take a shower for 3 times before going to work, bathe in city fountains instead of eating hot meals during their lunch and fruitlessly hunt for fans in all shops after work, we got together at a **new** cozy and chilly place with air conditioning. If you are one of these “strange” people or you have other symptoms like planning an up-coming vacation in Norway, you should certainly join us there!

Any scenery change usually furthers growth of creative potential. The 489th meeting of Moscow Free Speakers is an example of that. Hopefully, it will lead to no less interesting and enjoyable meetings at the new location!

1. **Invocation** was delivered by **Nick Sapozhnikov, CC** on the spot. Our spirited Sergeant-at-arms warned us about the current weather conditions and unfavorable urban ecology last few weeks. He emphasized the pleasure of sitting on comfy coaches in a cool place and communicating with wonderful people while it was hot and smoggy outside.

489th meeting, August 5th, 2010

Quote of this issue:

“The public is wiser than the wisest critic.”

George Bancroft

2. **Irina Chernyaga, CC**, the **Toastmaster** of the meeting started her speech with the introduction of her teammates. She pointed out, that all of them were



ambitious, goal-oriented and represented young generation of our community. It’s worth saying that in Moscow Free Speakers we are like-minded people. And what unites us is not age, but having the similar purpose – to hone public speaking and leadership skills. Irina managed to lead the half of the meeting smoothly, though it took place in a changed setting.

3. Our guest **Anna Vuong**, the **Joke Master** told us an admirable funny story. It’s common knowledge, that children can embarrass adults with questions. But Anna, a ready-witted mother, kept her head when her curious son asked a tricky childish question. It couldn’t be retold in other words and there is no need for this. Just enjoy reading the original at the end of the newsletter!

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4. Hang on, “**hang on**”! We’ve just almost left without the **Word of the day**! Nadine Voronich, the Word Master, presented this verb in such an artistic manner, that the audience hung on every word of hers. It was found that the word is used most frequently in Australia. You see, not only we enrich our vocabulary thanks to Nadine’s presentation, but learn peculiarities of Australian English!

5. What do you think about when smiling? The answer probably depends on your nationality. The first speaker of the meeting **Alexey**



Eraskin researched all kinds of serious psychological literature and came to the conclusion that western and Russian approaches to that essential part of our lives vary. When American or Western European people smile it is just a sign of politeness. Russians need a valid reason to smile; otherwise according to the well-known Russian saying they can be considered foolish. It made us think if we want to see unreal “plastic smiles” or natural anger. Even Alexey’s boss doesn’t like him smiling. This is another reason for Alex to come to the Toastmasters more often, because we like to see him happy and smiling.

6. For how many hours do you usually sleep? Most of us consider it to be luck if the answer is six to eight hours per day. **Ekaterina Sidorenko** in her **4th project** “Power of Sleep” proved us conclusively that



sleeping is an essential part of our life. Quality of sleep is a key factor for our health, reactions and all major biological processes. To be able to perform at optimal level an individual has to have at least eight to nine hours of sleep. This number is higher for children and teenagers. By reducing our sleeping time by just one hour we significantly decrease our emotional level, ability to adjust to time zones and perform creatively. The quality of sleep is important as much as it’s quantity. At the end of the presentation Ekaterina wished us to go home and have a nice sleep. This was a vital advice for majority of the audience.

7. **Yana Gorfan**, a brand-new club member in her **first project** told us a real story of her life and demonstrated that *‘Chances were not Casual’*. When Yana had been studying at school she had been preparing to become a student of Moscow Architect Institute. Unexpectedly for herself she won a Psychology Olympiad.



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This event had completely changed Yana's plans for education and all future life. Psychology became the major for her studying. After three years spent at the University Yana decided to spice up the life and planned the trip to India. That was a real adventure for Yana and her friends: completely different lifestyle, unusual sounds, smells, holy places and mysterious ceremonies! All these emotions and impressions have enhanced Yana's desire to help people to find themselves. The experience of working at such uncommon, yet practicable places like prison or social centers has just consolidated her belief that she made a right decision when chose the psychology. Thank you Yana for the great speech and welcome to the club!

8. Very confident, analytical and attentive
Chebotarevsky Dmitry,

General Evaluator,

started his role with asking the present whether we liked the new place. And



questioned what exactly those who objected didn't like about it. After that Dmitry gave us his own ideas on the matter. As it turned out, two parties could always find a compromise when opinions differ one from another. So did we.

Do you want to know the co-decision? Keep reading and you'll find it!

Dmitry was as usually a very good host, inviting the personal evaluators and table topics master to the stage, adding his own valuable comments, when he had any and urging the audience to be more active. He concluded his role with some personal recommendations to a couple of role implementers. The second part of the meeting went smoothly with valuable feedback throughout. As it is always the case, when Dmitry is in control.

Evaluations:

9. **Valeria Kulnevskaya** was a personal evaluator for Alexey Eraskin's 3-rd project in which Alexey tried to persuade us that Russian people don't smile much and don't think smiling is a good thing on the whole.

Valeria noticed, that:

+ the structure of Alexey's speech was good. It was logical and easy to follow him through his delivery;

+ the good thing was that Alexey didn't use any notes.

Valeria recommended Alexey to use his facial expression more and make the conclusion of his next project more memorable.

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10. **Ekaterina Sidorenko's** fourth project about the importance and necessity of sleep in our lives was evaluated by a new and experienced member of our club **Alexey Kudashev, CC.**

Alexey praised Ekaterina for:

- + *starting her speech with a question, thus she captured the attention of the audience;*
- + *looking at people in the audience and smiling from time to time, creating positive impression of talking to people personally, in a dialog-like style;*
- + *using short, easily comprehensible sentences.*

Alexey suggested that next time Ekaterina could look less at her notes so as not to distract the public and spoil general impression and use more personal examples, so a speech can sound less abstractly theoretical.

11. **Denis Shevchuk** evaluated Yana Gorfan's ice-breaker:

- + *good use of pauses to emphasize ideas and give the listeners time to soak in the information*
- + *the presence of the notes was symbolical, Yana glanced at them just once or twice*
- + *some time in the speech Yana managed to relax and started being effective with her gestures and facial expression*
- + *the structure was good, was easy to follow Yana*

The only “problem” Denis pointed out was nervousness that was probably the consequence of lack of experience.

12. **Vladislav Chendev, Table Topics Master,** is a very young, but an active member of the club, always open for new experience. This time Vladislav provided us with some funny



moments during his time: our American guest Rex told us, for example, that a friend of his put her bed sheets in a freezer before she places them on her bed in order to have a better sleep at night; Alexey Kudashev answered Vladislav's question whether we weren't afraid that our country house can burn (for those of us, who has a country house) with that he dreamed of his country-house to burn down due to the chaos he had in there, but unfortunately having a rich man's house in the neighborhood would probably prevent it. Lilia Nurutdinova told us that the heat outdoors can be used to renew your old contacts – you can visit your friends who had a conditioner at home... And so on. We had quite a few laughs discussing the aforementioned questions and a couple more.

Our next meeting is on August 19th!

We are going to hear two Ice Breakers by Anna Nyman and Tatiana Bezpalko and the 3rd project by Evgenia Maseeva!

**See you next time at the same place
at the same hour!**



1. **Personal Evaluator** for project #1 by **Anna Nyman**
2. **Personal Evaluator** for project #1 by **Tatiana Bezpalko**
3. **Ah-Counter**

Who wants to take one of these roles, please, email to moscowfreespeakers@gmail.com

Joke of the meeting:

I was out walking with my 4 year old son. He picked up something off the ground and started to put it in his mouth. I took the item away from him and I asked him not to do that.

"Why?" my son asked.

"Because it's been laying outside, you don't know where it's been, it's dirty and probably has germs" I replied.

At this point, my son looked at me with total admiration and asked, "Wow! How do you know all this stuff?"

"Uh," I was thinking quickly, "All moms know this stuff. It's on the Mommy Test. You have to know it, or they don't let you be a Mommy." We walked along in silence for 2 or 3 minutes, but he was evidently pondering this new information.

"OH...I get it!" he beamed, "So if you don't pass the test you have to be the daddy."

By Anna Vuong

Our Birthdays!

Our Warmest Congratulations to Our Dear Fellows:

Denis Shevchuk (August 6th)



Alla Oganova (August 12th)

Dmitry Chebotarevsky (August 13th)

Tatyana Gladysheva (August 19th)