



The French Toast

The newsletter for the Europeans Toastmasters Club n° 8018
Meeting of November 13th, 2013

Opening, Alice:

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We are a small group tonight, but members who did not come have good excuses. Emmanuelle will join us later tonight.

Last week we learned that the TM club called "Expression" will organize a Christmas party on the 12th of December. Alice will send us the link about this party.

About guests, Alice asks them to tell a few words about how they learned about our club and why they are interested in Toastmasters. She asks native English speakers to use French and native French speakers to use English.

Alice says that Sean is going to be a member and asks him to introduce himself. Sean: french

Alice says that Philipp is from Australia and is going to be a member too, then she asks him to introduce himself. Philipp: french

Alice is then a bit confused and asks François-Noël if he can introduce himself in French, no, sorry, in English. François-Noël says that he lives in Paris and it is his first visit in a TM club. He heard about TM 20 years ago on TV, then recently he found us on the Internet.

TM of the evening, Christian: the theme of the evening is "*Travels*". It is a good theme because of the name of our club and of the fact that there are members and guests from around the world. It is also a good theme for tonight because travels are maybe the reason why there are so few members attending tonight.

Toast : Alice porte un toast pour célébrer une association française, celle de Philippe Lang. Elle y est allée samedi dernier et trouve cela formidable de voir plein de chercheurs de haut niveau nous parler de leurs expériences. Elle nous encourage à y aller une prochaine fois.

Joke, Philippe L.:

Three men are in an elevator: an American, a Frenchman and a Japanese. The American gets a Smartphone from his pocket and shows how it can play any music, make calls and do many other things. The Japanese then takes his tablet and shows how it can play many videos, how thin and flexible it is. He is very proud of it. Then the French makes some noise from his body and says "Oh, I received a fax".

Timekeeper, Philippe L. explains his role as a timekeeper, the rules that the speakers should follow and the meaning of the green, yellow and red cards that he will show to the speakers.

Grammarians: Alice is both English and French Grammarian for tonight. She has chosen the





English adjective "*eventually*" as word of the day, because it is a "faux ami" meaning "finally".

Et pour le français, ce sera l'adjectif "*éventuel*", signifiant « qui peut ou non se produire, possible ». Elle essayera au mieux de détecter les erreurs ou bonnes pratiques dans les deux langues. **Sean** will assist her in her role as English Grammarian.


Table Topics

Table Topic Master, **Patrick** says that Table Topics are about speaking unprepared. The origin of this kind of speech comes from social events, when people ask questions to each other. There are benefits every day in business when we are good at it. Patrick for example was interviewed recently by a journalist and of course it helped.

Since the theme of the evening is travels, Patrick says that he is going to ask simple questions about travels.

-  ***In Australia, what to visit Philipp?*** Il y a beaucoup de belles choses à voir là-bas, surtout au large du Queensland. Les Blue Mountains près de Sydney sont également à ne pas rater de par leur beauté sauvage.
-  ***What is your most memorable trip, Sean?*** C'était quand je suis allé à Bali. Dès mon arrivée à l'aéroport j'ai senti la différence avec d'autres pays que je connaissais. J'ai fait beaucoup d'activités au sein du club Med. C'était une expérience très enrichissante de découvrir un autre pays.
-  ***What was the worst trip of your life, Emmanuelle?*** Ça va être difficile de choisir car pour moi, chaque voyage est un plaisir : partir de chez moi, changer d'horizon, c'est un plaisir. Mais si je dois choisir, alors le pire voyage est celui effectué avec toute ma famille lorsque j'étais adolescente pour le mariage de ma cousine. Mais finalement, malgré toute cette appréhension, ça a quand même été une bonne surprise à la fin.
-  ***Aside from going to Sweden to receive the Nobel Price, what would be your dream trip, Philippe L.?*** For me as a scientist, going to Sweden to receive the Nobel Price would definitely be the best trip ever. It is a dream for every scientist. Even knowing people who can get the Nobel Price is an honour. Paolo B. could get it. Not me! But come to "Fête le savoir" and you will meet people who could certainly get the Nobel Price.

Prepared speeches

1 - **Paolo B.** Project n° 6 - Vocal variety -  "***The power of brain***" - Our brain is a wonderful biological machine. It can process a lot of information. It is made of neurons that are connected to each other by synapses. There are 10^{11} neurons in our brain. It is a huge figure. The brain works in a massively parallel and also in an analogical way. A

computer works in a serial and digital way. The brain processes information from our five senses at the same time. It processes a huge amount of information all the time. The way it works is that it gives some weight, which means some importance, to each piece of information it receives. It puts the data it receives in a hierarchy with some information at the top and some at the bottom. The big advantage it has over a computer is that it is able to process much more information each second and that its power consumption is much lower. To process as much information as your brain, a computer would need to be the size of a small city and consume 2 Giga Watt, which is the amount of power produced by two nuclear power plants. The brain consumes only the same amount of power as one light bulb! To conclude, the brain is really a wonderful biological machine that has been improved for millions of years. So if you forget something, maybe it is because it is not so important!

2 - Philippe P. nous présente son 9ème discours du manuel « Savoir communiquer », objectif « persuader avec pouvoir ». Le titre est : « *Quel est le facteur reproductible*




commun à toutes les réussites ? » - Quand on parle de réussite, on pense d'abord aux Etats-Unis. Mais les Français ne sont pas très différents dans cette approche. Le principe qu'il va introduire ce soir ne sera dévoilé qu'à la fin de son discours. Les raisons pour lesquelles les gens n'utilisent pas ce principe : ils ne sont pas assez motivés, ou il est trop simple, ou il demande beaucoup de discipline, ou il nous fait perdre en agilité. Le pouvoir de ce principe : on provoque la chance, on crée un avantage concurrentiel en notre faveur, on suscite spontanément l'aide des autres, on mobilise nos équipes, et on est plus productif. Quel est ce principe ? C'est la « planification ». Pour lui, une équipe qui gagne planifie toujours. Il pose deux questions pour terminer son discours :

Réussir avec la planification, c'est simple ? Oui !

Réussir avec la planification, c'est facile ? Pas forcément !

3 - Paolo G. nous présente son 7ème discours du manuel « Savoir communiquer », objectif

« la recherche documentaire ». Le titre est : « *Le stress* ».  Il a participé il y a quelques jours à une réunion importante du CAC40. Il devait présenter les conclusions et recommandations d'études faites. Prendre la parole devant un auditoire est une source de stress. Il va nous définir les stress : c'est une action d'autodéfense pour faire face aux problèmes et difficultés rencontrés dans la vie quotidienne. Quelle est la réaction du cerveau en cas de stress ? Cela génère une situation physique et psychologique inconfortable (augmentation du rythme cardiaque, etc.). Quels sont les symptômes et techniques de relaxation ? Les problèmes digestifs, de sommeil, de troubles du comportement, négativité, etc. D'après l'OMS, 4 travailleurs sur 10 souffriraient du stress et d'après l'American Institute of Stress, 60 à 80% des accidents du travail sont causés par le stress. Quelles sont les approches vis-à-vis du stress ? Il faut communiquer, s'offrir tous les jours un plaisir, organiser des moments de détente et planifier son weekend. Une étude a été faite aux Etats-Unis sur 30000 personnes. La question était : « L'année dernière, avez-vous subi un fort ou faible niveau de stress ? Ceux qui ont répondu « fort »

ont obtenu 43% de plus de probabilité de décès à cause du stress que ceux qui ont répondu « faible ». Par contre, ceux qui ont le plus faible taux de probabilité de décès à cause du stress sont ceux qui « pensent que le stress n'est pas négatif. » Pour conclure, il faut utiliser les techniques de relaxation contre le stress et changer nos attitudes vis-à-vis de celui-ci.

Evaluation session

General Evaluator, **Antoine**

Table Topics Evaluator, **Teddy** - *NDLR: neither of both note takers provided me with anything regarding that part of the evaluation session. My apologies to Teddy!*

Christian evaluates Paolo B's speech: Paolo used great words, ideas, explanations and comparisons. The goal of his speech was to use vocal variety. He did well in this regard with a lively voice and he also spoke a lot with his hands, which was great. He could have used more pauses and even more vocal variety. He gave great examples and could have used different vocal techniques adapted to his different examples, for example bigger volume for one, higher pitch for another and a pause for yet another one. About the structure of the speech, there was a nice conclusion but it was not clear where the introduction ended. Paolo moved a lot when he talked, which is great. It would've probably been better if he'd stopped talking when he came back to the lectern. Over all it was a great and lively speech.

Emmanuelle évalue le discours de Philippe P. Elle a récapitulé les objectifs du discours de Philippe, a utilisé une évaluation très structurée en axant sur les points forts du discours.

Patrick evaluates Paolo G's speech. The evaluation pattern for Paolo's speech is: research your topic. The presentation technique used was very relaxed with a warm voice which projects easily and without apparent use of notes, which is good. Researching a topic means: 1) Collect information. In this regard, the reference to psychological research was very good. The other definition of stress could have been backed up some more. 2) Support your point with facts. Here Paolo gave reference to the definition of stress, involved the audience, and the reference to a psychological study was very good. Some suggestions for improvement: put more emphasis on relaxation and tell us more about relaxation techniques. It was a very good speech that met its objectives.

- English Grammarian Alice tells that Teddy, when using "to suggest", should have put the intonation on the double "g". He should have used "clearer" instead of "more clear" and not forget the "s" at the end of "educations". In English, as well as in French, it is not very nice to start sentences with words like "so" like Christian did.
- **Sean**, who assisted Alice, said that there was a good level of speaking and pronunciation. Philippe L. should have said "meet" instead of "met". Paolo B's pronunciation of weight was not clear, it could have been mistaken with "wait" or "wet". Paolo also used both "a lot of information" and "huge amount of information" at one point when only one of these expressions might have been enough. He could also have completely spelled "10 to the power 16" instead of using a shortcut. Christian could have pronounced "compare" better.

- **Teddy**, le compteur d'hésitations nous explique pourquoi il est intéressant d'être vigilant sur les hésitations (euh, ah, hum, etc.) et présente son rapport.
- Timekeeper, **Philippe L.** said speakers were very good in general.

Evaluation générale d'Antoine : il a passé une bonne soirée, très agréable. Il a rappelé l'importance du principe des évaluations chez Toastmasters et a remercié toute son équipe pour son implication lors de cette soirée. Il a apprécié les évaluations faites pour les discours et les recommandations établies avec des exemples précis et des points positifs dégagés.

Who won the ribbons ?



Best Table Topics: Philippe L.

Best Speech: Paolo G.

Best Evaluation: Emmanuelle

Closing the meeting, **Alice** remarked it was good to laugh thanks to Philippe and Christian. Many people had several roles but it went well. We need such a positive attitude and dynamism. It was a good evening even if many members were not there.

She announced a club executive committee meeting next December 18th at Alice's place. Club officers (treasurer, secretary, VP Education, VP membership, VP Public Relations) will give feedback after that meeting. The goal of this meeting is to make things even better for next year.

Thanks to our guests for coming and for giving us some feedback:

François-Noël: "It was interesting and challenging. Why not try it?" He will probably come back.

Philipp thinks he will soon join our club.

Sean has become a member! Welcome!

Next meeting November 27th 2013 - See you all then!

Note takers: French, **Antoine**; English, **Christian** - Edition: **Odile**



SEE NEXT PAGE FOR SOME ANNOUNCEMENT



Dear Toastmasters,

The French speaking club Expressions is preparing a social event for Christmas and inviting all the clubs in Paris from division A and N. It's a great opportunity to mingle and socialize with people we usually meet only at district level, even though we're neighbours!
Here below is the official invitation:

Chers amis Toastmasters,

Le club Toastmasters Expressions a la joie d'organiser la soirée **de Noël le jeudi 12 décembre 2013**.

Nous vous attendons tous et toutes chez
Jenny, salle Colmar, 1er étage, 39 bd du Temple, 75003 Paris.
Métro: République - Parking Alhambra.

L'accueil se déroulera entre 19H30 et 20H00.

Veuillez cliquer sur le formulaire d'inscription

https://docs.google.com/forms/d/1pd7RlxXIOVROI20KEe8OA_yjp6l1vsLyX8VNCTnL5_E/viewform

,à compléter **avant le mardi 3 décembre 2013, minuit**.

Nous vous remercions par avance de venir nombreux à cette soirée qui permet de fédérer l'esprit de solidarité de nos clubs, de vivre des moments de partage et de convivialité.

Dans l'attente de nous retrouver pour découvrir les surprises que nous vous avons réservées.

Bien cordialement,

Le Club Toastmasters Expressions