



## Welcome to the D73 Southern Cross

### Light Up the Member, Light up the Club

District 73 Toastmasters provides a mutually supportive and positive environment in which every D73 member has the opportunity to contribute to the growth and well-being of other district members.

This newsletter, the “Southern Cross” is here to help celebrate member, club, area, division, and district successes; and to share district-related and Toastmasters International information, news, and events. With other mediums, such as the [D73 Website](#) and the [D73 Facebook Group](#), we aim to share ideas and opinions about improvements you would like to see in the district.

### This Month in the Southern Cross:

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## When the President Came to Visit...

It was a regular Tuesday night at Monash Toastmasters. There was a solid crowd of about twenty people, and the room was nearly full. The theme was one familiar to many of us—overcooked food. During the round robin, a group of three guests **walked in, and sat at the back. That wasn't unusual. Guests arriving late happens all the time.** The round robin was winding up. As Toastmaster for the evening, I **wondered if I should repeat the question for the guests, and that's what I did.** After our second guest spoke, he pointed to his friend, a humble looking man dressed in a well cut suit.

**Probably a businessman interested in Toastmasters,** I thought.

I asked him the question. **'Please tell us your name, and about a time when you have burnt food?'**

The man said his name was Balraj, and responded with an interesting tale about **when he first met his wife. Balraj told her he couldn't cook, and because of that,** he rarely had to cook, let alone burn food! He also spoke fondly of the wonderful dishes his mother made for him as child.

The meeting proceeded. At the half time break, we were all enjoying a cup of tea when the three guests approached. One was wearing an excited expression.

**'I'd like to present my friend Balraj Arunasalam,'** he said. **'Balraj is the International President of Toastmasters!'**

I stared at him.

**Huh?** I thought. ***This can't be real!***

I focused on the man. After a couple of seconds it dawned on me that this was **indeed real. I recalled seeing Balraj's picture in the Toastmasters Magazine. He told us he was in Melbourne for one night on his way to Sydney and had wanted to visit a local club. He had chosen Monash Toastmasters as it was close to where he was staying. In preparation for his visit, Balraj had done some research on the club, and knew of its history and current membership.**

A huge buzz spread around the room as word spread that our International President had come for a surprise visit. We asked him if he'd like to address the members, and he gave us an inspiring speech about taking Toastmasters further, and what Toastmasters can do for you in your life. For example, members can take work presentations to Toastmasters and get a round robin evaluation from the entire club. Where else can you get feedback like that? This was a remarkable night for our club.

I particularly liked that the visit was unannounced, and that Balraj simply walked in as any guest would do. It gave us an unbelievable buzz, and I hope Balraj does more surprise visits to other clubs around the world!

Paul Shaw

Monash Toastmasters Member

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## **Mayor Talks about Leadership**

City of Port Phillip Mayor, Bernadene Voss, shared some leadership tips when she recently attended Port Melbourne Toastmasters club.

The club had been running a four week Speechcraft course, and the mayor was there to see the participants attend the final session.

She spoke to the group about leadership and working in public life.

**'Being in local government means standing up for what you believe in,'**

Bernadene Voss said. 'Leadership is part of that. You just have to lean in and put your best foot forward.' She added, 'Sometimes you just have to fake it till you make it!'

She said she loves to get around to local community groups, and believes that, 'Communities are all about connections.'

The mayor was presented with a fairly unique gift after her presentation—a bunch of pens. They were given to her by our very own District 73 Toastmasters Program Quality Director, Liz Allwood.

'Toastmasters is all about communication,' Liz said. 'Hopefully these pens will help you and your fellow councillors when they need to put pen to paper.'

Well done, Port Melbourne Toastmasters!

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## The Art of Speech Community Festival

Healesville 13-15 April 2018

An invitation to all Toastmasters to join us!

You are invited to the inaugural Art of Speech Community Festival in Healesville, hosted by Healesville **Toastmasters**. It will include storytelling, inspirational speeches from both children and adults, performance poetry, open mike, community group soap box and a community debate. There will be a mix of structured and improvised speaking opportunities in both a large group and in small group workshops. The Festival aims to celebrate and raise awareness of **the power of the spoken word** and will be structured in a way that allows for diversity and inclusion.

We are particularly keen to **invite Toastmasters** from both across Ranges Division (Areas 34, 35, 36, 37) and indeed the whole of D73 to be a part of the event. Participation can take a number of forms ranging from being a speaker or debater to being a workshop convenor to simply being a participant for part or all of the weekend. **A detailed program** will be available in February. There is a modest charge for the two evening events but no other costs due to sponsorship by the Shire of Yarra Ranges and other Community Groups.

**Highlights of the weekend's festivities will include a Friday 13<sup>th</sup> Spooky Night** and a Saturday evening featuring of 'A Strange Business' as part of the **Melbourne Comedy Festival**. The format of this entertaining, special one-off Yarra Valley event will be a series of interactions with local (and not so local) identities with strange occupations.

Taking the form of radio interviews (which are being broadcast live on the night by Community Radio, YVFM 99.1 from the wonderful Memo Hall in Healesville), attendees will enjoy a somewhat unusual cabaret style dining experience.

Interviews will be interspersed with series of brief **seven minute speeches** from experienced Toastmasters who have been award winners of local and area humorous speech competitions.

This weekend presents a whole range of activities focussing on the Spoken word as well as showcasing and increasing the profile of Toastmasters so we hope you will be able to join us for part or all of the weekend. **For further information** and to register interest please contact Healesville Toastmasters via our website or our facebook page.

Bruce Argyle

The Art of Speech Community Festival Planning Committee

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## What can we do to Help Teenagers?

As Vice President of Membership at Hume Toastmasters, I field a lot of calls from people wanting to improve their public speaking skills. I find the large majority of these are people wanting to overcome their fear of public speaking.

What surprised me recently is the increasing number of parents ringing to enquire about Toastmasters for their children. I'm talking about high school children aged 13-18 years. One enquiry that really touched me was from a mother who was concerned for her 15 year old son who had terrible anxiety at the thought of public speaking. I could hear the pain in her voice as she detailed his fear of talking in public. He would literally shake with terror when asked to speak in front of his class. This was impacting him so much that it was causing extreme stress which in turn rubbed off onto his very caring and concerned parents.

The thought of preparing a presentation had caused panic attacks which had resulted in him being hospitalised with chest pains and shortness of breath. That's how bad it was. The sad thing is this isn't an isolated case, and I have fielded numerous calls that have been all too similar.

This issue made me think about two things. What is causing this spike in interest from young people wanting to overcome their public speaking fear? And what can we do, as Toastmasters, to help?

First, let's examine what could be causing this. As we know, the advent of smartphones and extensive use of social media has directly impacted our skills to communicate face to face. We, as Toastmasters, know the key to building our public speaking skills is practice, practice and more practice.

With nearly all 14-17 year old Aussie teens owning smartphones, it's remiss of us to think that this doesn't have an affect on their ability to communicate in person.

After a while, teens become accustomed to looking at their phone to communicate, rather than talking with someone face-to-face. This habit can make people feel uncomfortable with talking to others in person, resulting in social anxiety. And this is what I'm finding is the basis of most enquiries about Toastmasters by concerned parents.

This leads me into the second point. What can we, as Toastmasters, do about this? It's difficult as the minimum age limit for Toastmasters is eighteen; school aged people can't join a club.

Toastmasters does run a highly successful Youth Leadership Program. However, this is only ever in a few schools, and limited to when the time of those volunteers is available. With an increase in communication issues and social anxiety in young people

on the rise, it's up to us to help find a solution. Even doctors are known to give the advice, 'go to Toastmasters' when patients attend with public speaking related anxiety. Should we as individuals volunteer our time to helping those in need? An option, but you need to have that time to give. There's no easy answer for this, and I don't have all the answers. But this problem is on the rise, and we will see more people in this age group reaching out for help.  
How much help are you able to give?

**Chris Allen, Vice President – Membership, Hume Toastmasters**

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## Welcome Indigo Speakers

On Wednesday 7 February 2018, Bruce Hill and I had the pleasure to welcome the Indigo Speakers Toastmasters Club to the District 73 family **at the club's Charter Meeting. Located in the outskirts of Victoria in Wooragee**, it was well worth the seven hour round trip, which saw us leave home at 2:00pm, arriving home after midnight.

The newly chartered club made us feel at home and displayed genuine appreciation of our efforts to attend. They planned a well organised and fun meeting enjoyed by all. A special thank you to President Andrea, caterer extraordinaire Catriona and the truly inspiring club members. The night was topped in true style with the cutting of this awesome homemade Toastmaster cake.

Thanks to all involved.

Christine Dimitros.

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## Talk Up Toastmasters **Membership Building Program**

Toastmasters love to connect, so take advantage of it.

The "Talk Up Toastmasters" membership program is the chance to encourage your members to invite guests to a special meeting where prospective members can learn about Toastmasters' many benefits. Then add five new, dual or reinstated members with a join date between February 1 and March 31, and you'll receive a special "Talk up Toastmasters" ribbon to display on your club's banner.

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## In the News

District 73 Toastmasters made the news recently!

An article about Toastmasters appeared in two major publications over the weekend of the 3rd of February. They were the Melbourne Herald Sun and the Adelaide Advertiser. The article was put together by our former Club Growth Director, Estella Hutchinson, and what a great job she did.

One section of the article speaks about how Toastmasters can help you in job interviews. The other part speaks about delivering better presentations.

It's great to see that we're making the headlines!

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# TOASTMASTERS PATHWAYS

— learning experience —

## Toastmasters International Conventions

Want to hear the worlds best speakers ?

Why not plan to go to Toastmasters International Conventions held every August.

And while you are there, support and cheer your D73 Champion!

Future Toastmasters International Conventions:

2018 Chicago

2019 Denver

2020 Paris

2021 Nashville

Or will you be the one we support and cheer?

Auditions can start with your club contests!

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## Educational Excellence

**Congratulations** to the District 73 members who have achieved an outstanding array of awards last month.

**January 2018.**

[Including D73's first Pathways awards](#)

Award	Member	Club
Distinguished Toastmaster	Biasi, Rocky	Berwick
Distinguished Toastmaster	Cowan-Aston, Mark DE	Ivanhoe
Distinguished Toastmaster	Mercurio, Rosa	Payneham
Leadership Excellence	Walliker, Simon Anthony	Frankston
Adv Communicator Gold	Biasi, Rocky	Berwick
Adv Communicator Gold	Lush, Greg J.	Southern Cross
Adv Communicator Silver	Turner, John Leonard	Bayside

Adv Leader Silver	Rhodes, Phiona L.	Dandenong
Adv Leader Silver	Cowan-Aston, Mark DE	Ivanhoe
Adv Leader Silver	Walliker, Simon Anthony	Frankston
Adv Leader Silver	Adrian, Stephen Robert	Adelaide Central
Adv Leader Silver	Mercurio, Rosa	Payneham
Adv Leader Bronze	Parker, Julie	Bayside
Adv Leader Bronze	Mangalino, Thad	Deakin University
Adv Communicator Bronze	Spartalis, George A.	Raconteurs
Adv Communicator Bronze	Inoue, Ken	Adelaide Central
Adv Communicator Bronze	Lugt, Fran	Bayside
Adv Communicator Bronze	Bunworth, Clare	City of Greater Geelong
Adv Communicator Bronze	Wong, Ai-Ming	Footscray Skyline
Adv Communicator Bronze	Evans, Jo Mary	Parkville
Competent Communicator	Mather, Aimee	Caterpillar of Australia
Competent Communicator	Simoes Vieira, Kelly Regina	Berwick
Competent Communicator	Lowe, Wendy J	Kingston Communicators
Competent Communicator	Detez, Neil	ANZ Talk Of The Town
Competent Communicator	Tahud, Jester	Footscray Skyline
Competent Communicator	Cowan-Aston, Mark DE	Ivanhoe
Competent Communicator	Kos, Charles Robert	Port Melbourne
Competent Communicator	Lyons, Rebecca J	Hobart
Competent Leader	Mathuku, Keerthana	Spiritually Speaking
Competent Leader	Roffey, Gerard J	Moorabbin Saints
Competent Leader	Stuart, Lynda	Essendon
Competent Leader	Horoba, Debbie	Geelong
Competent Leader	Armstrong, James	Gourmet
Competent Leader	Gadish, Motti	Glen Iris
Competent Leader	Linder, Brigitte	South Coast Speakers
Competent Leader	Shroot, Leslie William	Servianites
Competent Leader	Barron, John	Geelong
Competent Leader	Lawrence, Kristy	Bayside
Competent Leader	Teasdale-Smith, Wendy	Adelaide
Competent Leader	Silins, Erika R	Essendon
Competent Leader	Banham, Ann	Williamstown
Competent Leader	Cayzer, Norma J.	Cranbourne
Effective Coaching L3	Reynolds, Mark Andrew	SA Governors
Effective Coaching L1	McCulloch, Carole M.	Indigo Speakers
Visionary Communication L1	Ratnaike, Arvind Viranga	Manningham

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# **Speechcraft**

## **What is Speechcraft?**

Speechcraft is a short course run by Toastmasters that covers the basics of public speaking. It's been described as 'jet-powered learning' by participants, and typically runs for four, six or eight weeks. Group sizes are kept small – usually eight to twelve participants.

District 73 Toastmasters can also run a Speechcraft course at your work. Contact us and we can send a team of our experienced Toastmasters to your company so your employees can learn without even leaving the office.

## **What do we teach?**

Taking a Speechcraft course will help you improve your communication skills and self-confidence. You will learn how to:

- deal with nerves and anxiety
- write and deliver prepared speeches
- improve your impromptu speaking ability
- learn how to give and receive feedback

## **Upcoming Courses**

### **Hawthorn**

Dates: Wednesday 21st March to 24th April (6 week course)

Time: 6:00pm to 8:00pm

Location: Hawthorn Library

584 Glenferrie Rd, Hawthorn, Vic

Fee: \$290

E-mail: [speechcraft@surreyhillstoastmasters.com](mailto:speechcraft@surreyhillstoastmasters.com)

Phone: 9723 1921

Hosted by: Surrey Hills Toastmasters

### **Melbourne CBD**

Dates: Monday 7th, 14th, 21st & 28th March 2018 (4 week course)

Time: 6:00pm to 9:00pm

Location: Melbourne Multicultural Hub, 506 Elizabeth St,  
Melbourne

Hosted by: Smashing The Envelope Toastmasters

For More Details on Available Speechcraft Courses.

[click here for SA](#)

[click here for Tas](#)

[click here for Vic](#)

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## **A Toastmaster's Promise**

**As a member of Toastmasters International and my club, I  
promise...**

- To attend club meetings regularly
- To prepare all of my projects to the best of my ability, basing them on the Toastmasters education program
  - To prepare for and fulfil meeting assignments
  - To provide fellow members with helpful, constructive evaluations
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow
  - To serve my club as an officer when called upon to do so
  - To treat my fellow club members and our guests with respect and courtesy
- To bring guests to club meetings so they can see the benefits Toastmasters membership offers
- To adhere to the guidelines and rules for all Toastmasters education and recognition programs
- To act within Toastmasters' core values of integrity, respect, service and excellence during the conduct of all Toastmasters activities

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The Southern Cross values your input. If you have a Workshop, Special Event or something wonderful to share with the other members of District 73, contact the [Southern Cross editor](#) .

Past Editions of the Southern Cross can be found here... <http://d73.toastmasters.org.au/southern-cross-archives/>



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You are an active member of D73 Toastmasters International.

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Australia

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