



## 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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*Speak of the Devil*

DREAM EMPOWER VOCALISE INSPIRE LEAD

[Speak of the Devil D73 Convention](#)

Have you booked for Speak of the Devil Convention yet?

Tickets are still on sale

<http://www.d73annualconvention.org.au/registration>

Day tickets will be released by the end of this week. You are going to be in for a treat as we are finalising the workshops and presenters, so keep an eye on the Convention website for updates. This Hobart convention is going to be Red Hot!

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## Convention Bid 2019

Where would you like District 73 convention next year? Perhaps you would like to organise the District Convention for 2019? Give some thought to submitting a CONVENTION BID for our 2019 convention. Discuss this with your fellow members, team up with another club, and submit a bid to the District Executive Council on or before the 7th April.

Convention bids must include the following minimum information:

- (a) Proposed venue;
- (b) Outline budget;
- (c) Nearby accommodation and estimated cost;

(d) Estimated cost of attendance; and

(e) Name of the Convention Chairman.

If you have a desire to be part of, or Chair the 2019 D73 Convention team, collaborate with some fellow Toastmasters, schedule a meeting to discuss the next steps, and roll up your sleeves because this will be the ride of your life, (well okay the next 18 months) **If you don't, someone else will**

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**Kamilla Zwolak (Right) with Stephen Lakey**

## a LOW KEY in-house celebration

*Thirty years as Kamilla Zwolak*

Hello everyone

Thirty years is a long time! It just happened. Bit of a shock really!

I was blown away by my first Toastmasters meeting at the Kew Guide Dogs Centre late in 1987. The people were amazing and I wondered why I had not known about Toastmasters before. It was perfect for me. I needed everything it appeared to offer. Plus it looked like FUN.

I signed up straight away and it was official in February 1988. I think they knew they

were in for trouble with my Icebreaker- The Joy of Petting. There were graphic **images of me astride a wild horse...** I suppose most of us begin for personal and skill growth but after a while many of us begin to contribute. Soon I was Secretary, the VPE then President.

My first love was Humorous speaking after witnessing a Humorous Speech Contest. I **remember thinking," I want to do this."** And within three years I made it into the 1991 District Finals with a speech about Romance novels, dressed in a long gown with puffy sleeves full of absolutely nothing. I was nervous and went over time so I knew what my challenges were for the next time. I have overcome nerves, to a degree. I joined Eamonn Moran and Julie Cody to start Doncaster Toastmasters in 1995. I **hadn't really thought about doing it but Eamonn only has to ask.. and it was one of** the happiest times in my TM life. They are now renamed Manningham Toastmasters. Four years later I helped start Epping Toastmasters. I was working in Epping and strongly felt those good people needed TM as much as anyone close to the city. I stayed with them for 17 years. Once again making good friends and happy memories.

I was Area Governor for the new E17 Area on 1998-99. I cited 17 reasons starting with E why I should get the role. In 2008-09 I was Eastern Division Governor and THIS was the best Toastmaster year ever! Thanks Sandra Glass! IF you ever get a chance to do a district role please do it! What a ride! One highlight was getting my first DTM medal presented by Jana Barnhill , the International President. All those years I had not really planned on getting any levels but they sort of racked up and I thought I may as well get an official credit. The joy was in the doing, the journey and the detours. The joy was the people. I keep going back to this.

I managed to win the District Humorous in 2001 and was District Runner up in Table Topics the next year. So I was still keeping speaking skills sharp. And you certainly lift when you compete! I gradually became fascinated by Evaluations after being inspired by brilliant evaluators and it finally clicked for me.. I managed to mop up another DTM in 2014 and will leave it at that! **I call it my DD, my Double D....**

My final fascination in Toastmasters was studying International speeches. I never really felt qualified to give them. Mine all tended to have humour in them. Some of my latest ones were a bit edgier. They reflected what was occupying my thoughts at the time. It is fascinating creating a speech from germination to final presentation. A lot of thought and work. But so engaging.

At District level I have judged many times, given District Workshops and been Contest Chair. Loved all that. One funny memory was hosting a Talent Quest during

a convention. My we have talent across Toastmasters. It was all impromptu and the entertainment was hilarious and impressive. You rock!

Yes thirty years is a long time but it has been a great time. It has sometimes been a challenge to balance personal and Toastmaster life and the two became entwined and part of each other. I humbly thank everyone who has been there for me over the years, who has delighted me and inspired me. I apologise to anyone whom I may have inadvertently upset.

Being able to immerse myself in Toastmasters activities has often been the best therapy and being able to help others in Toastmasters has given me a way to give back to all the beautiful people who helped me over the years and to new people seeking something to enhance and empower their lives.

We all help each other because that is what we do.

Kamilla Zwolak

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**Maribel Steel (Right) with Lakshini Waton**

## **5 Great Reasons to Be a Test Speaker**

Have you ever considered putting your hand up to volunteer as a 'test speaker' at another Toastmasters club?

Here are 5 great reasons I learned recently after my second time around as a test speaker for area S41 in the city, and what I truly gained from the experience, I hope will inspire you to consider waving your hand in the air next time there is the opportunity to do so. Apart from receiving a huge box of chocolates, being a test speaker helps to:

1. Gain an opportunity to advance through the CC manual or Pathway quicker than having to wait for a speaking spot to be made available in your club
2. Get the experience of being in front of a different audience, who are equally as supportive, to help you build your confidence in different company
3. Seize the chance to network with other Toastmasters where new pathways can certainly open in directions you may not have seen before
4. Glean an inside view of how meetings are run in other clubs where you can bring

new ideas and innovative suggestions back to your main club...

5. ...and perhaps the best reason of all is that you receive not one, but several evaluations at a contest event – talk about a boost to your morale! The feedback from so many different evaluators brings you a wealth of ideas to help you improve your next speech.

Maribel Steel

Glen Waverley Toastmasters Club

Freelance Writer & Speaker, Heart Sight Solutions

[www.maribelsteel.com](http://www.maribelsteel.com)

Maribel Steel will be speaking at the upcoming American Foundation for the Blind Leadership Conference in California this April, 2018.

Recently, Maribel shared her insights on her upcoming journey and of her recent experiences as a Toastmasters evaluations contest test speaker, which has helped prepare her for this role.

'This time last year, it was my dream and a seed-thought. The reason why I joined Toastmasters was to gain more confidence to be able to stand up and present an hour long talk to my vision-impaired and blind peers which is scarier than talking to sighted people! Why? They don't naturally assume I'm inspirational...

I've also taken the opportunity to write to a Toastmasters group near where I will be staying after the conference and I have been welcomed to speak at the Menlo Park Toastmasters Club and Palo Alto Toastmasters Club, both based in Silicon Valley! They are as excited as me to arrange this. The President of Menlo Park Toastmasters Club, Donne, wrote, 'We love having guest speakers. We've never had one from another continent!'

I wanted to let my club know so others may be inspired to take their speaking journey to the next level this year - we never know where our aspirations will take us when we dare to dream and claim that little floor space as our own!'

So, the next time you hear a test speaker is needed at a club near you – **you'll have** to beat Maribel to the lectern...to your speaking success and enjoyment!

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## Pick a Box!

It's been said that people would rather be in the coffin than delivering the eulogy at a funeral. Hobart Toastmasters got to test his hypothesis recently when one of their members—Rebecca Lyons—brought a coffin along to the meeting for members to try out.

Her speech was about death, the industry around it, and issues that people have to consider when a loved one makes that final passing.

Rebecca has been a member of Hobart Toastmasters since May 2016. It was her partner, Edwin, who joined first.

**'I first attended Toastmasters on the encouragement of Edwin,'** she said. **'He thought I would really enjoy it, and I did. We have a dynamic and friendly, casual style club and the camaraderie is infectious.'**

Speakers are often encouraged to bring props along as part of their speech. It's not everyone that brings a coffin.

**'People are either shocked and confronted by the sight of a coffin, and won't go near it, or they are curious enough to come have a closer look,'** Rebecca says. **'Those who get in the coffin are often pleasantly surprised by how it feels. Some say it is**

more comfortable than they thought it would be. I do remind them that this one has a **mattress in it. Most do not!**

The purpose of Rebecca's speech was to start to break down the taboo around death and dying.

The girl pictured in the coffin is Hobart club secretary, Erica Spain, who said she, **'enjoyed the experience very much.'** Club President Andy Cunningham got in after the speech, asking members to put the lid on as well. He said, **'the sensory deprivation felt good'.**

It's fair to say that the speech was not dead boring.

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## Pathways Café

Congratulations to our members who have launched into Pathways.

In districts where Pathways has rolled out, as of March 15, 2018:

More than 45,772 members have enrolled in Pathways — representing 29% of the members where Pathways is available. The usage rate in districts that were part of the program pilot is 42%.

More than 48,852 paths have been initiated.

The average adoption rate is 29%.

99.5% of all users chose an online path instead of working in printed materials.

If the Pathways rollout remains on schedule and the last phase rolls out in May 2018, then the final day to submit an application for a traditional education program award will be June 30, 2020, the end of the 2019-2020 Toastmasters program year.

Members who serve as a club or district leader or as club coach through June 30, 2020, may receive an exception to use this as credit toward a traditional education program award that is also submitted on June 30, 2020. The role must be the final requirement for the award to receive recognition and these exceptions will be reviewed on a case-by-case basis. Please be aware that members who use the role to complete an award such as ALB or ALS in the traditional program will not be able to transfer the work to an award in Pathways.

Members who are seeking a DTM but are unable to complete all requirements by June 30, 2020 may be better served by applying their club and district leadership roles to a Distinguished Toastmaster award in Pathways. Please email the Education Services team with any questions about your best course of action.

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[Demo Meeting Help Wanted](#)

# DEMO MEETING



**What: Help required**

**Who: IAG Guild Toastmasters Club**

**Where: 181 William Street Melbourne**

**When: Tuesday 27<sup>th</sup> March at 12:00pm for 12:15 start**

**Contact: Bruce Hill [extchair@d73.toastmasters.org.au](mailto:extchair@d73.toastmasters.org.au)**

## Urgent Assistance Required

Aero Speakers Laverton desperately need your help. This year membership attendance has declined and while not qualifying (yet) for coaching the club is in dire straights. As Area Director N31 and in consultation with Helen (President/VPE) we are seeking members from other clubs, Charter club members and anyone in the area to attend, support and help to revitalise this club before it is too late. This year on average only 4 members have turned up per meeting. Making it tough to encourage visitors to join. There are plenty of speaking opportunities available if you need to finish a manual. Please consider helping this club thrive once more in the area and district.

Meeting 1st & 3rd Thursdays, Community Hub Laverton, 7.30 start.  
Contact Helen on 0474498052 if you can attend, even if only to boost numbers on the night and help fill support roles.

All assistance is appreciated.

Thank you

Debbie Horoba, N31 Area Director  
on behalf of Helen McKenzie-Fairlie,  
President/VPE Aero Speakers

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## Winning Edge Toastmasters

Winning Edge Toastmasters are looking for members!

This bright new shiny club is a mix of new and experienced Toastmasters. They are working hard to build a club that will give YOU a winning edge.

Here are the details of their next meeting:

When: 21st of March, 2018

Meetings: on the 1st and 3rd Wednesday of each month

Time: starts at 7.15 to 9.15 pm

Venue: **St Joseph's Church Tennis Courts Club House, 133 Westbourne Grove,**  
Northcote.

Special Note: Also from 6.30 pm to 7 pm Sena Marasco will be holding a  
speeches and confidence building session.

Everyone is welcome to attend!

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## Advanced Speech Evaluations Workshop

You have to know how to give an expert critical analysis of every speech you hear. The fastest way to catapult your speaking to new levels of power, professionalism, and pizzazz is to know how to expertly critique a speech—**it's content, delivery, and language**. You have to be able to analyse what works and why, identify what is missing and what is needed, and always be able to uncover the intangibles—the barely recognisable and often unquantifiable attributes of a speaker or speech that **are hard to 'put your figure on' but easily recognisable when you know what you are looking for**.

To be successful every time in your analysis — breaking down and building up a speech — you need to expand your repertoire of advanced speech making techniques. It is not enough to be satisfied with touching the surface. Critical to your growth as a speaker is to take yourself, and those whom you evaluate, to new frontiers of speaking through advanced evaluations. At Advanced Speech Evaluations Workshop you will:-

- Advance beyond the basics to deliver advanced critical speech analyses;
  - Explore a range of advanced, lesser known speaking techniques, both complex and simple, and learn how to expertly apply them to every speech you hear, deliver and
-

evaluate; and

- Learn by seeing and doing – first, you witness the advanced techniques in action and then you deliver them in your speech evaluations.

An interactive workshop facilitated by  
Jacqueline Bignell DTM & Liz Allwood DTM  
experienced judges from District 73.

This workshop is valuable to both beginning and experienced speech contest judges and contestants who are keen to win contests in District 73.

14th April 2018 10am – 12:45pm

Kings Meadows Community Health Centre (Joan Marshall wing)  
22 McHugh St, Kings Meadows  
Tasmania

Register: <https://goo.gl/forms/C37Fxi43n1yHODHg2>

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## Speech Contest Judges Guide and Ballot Workshop

Your purpose as a Speech Contest Judge is to select a winner.

The best way to select the winning speech is to use the standard Toastmasters

International Judges Guide and Ballot as your guide and review a speaker's total performance in three key areas of effective speaking: content, delivery, language. But first, you need to understand the true meaning of each ballot form criterion.

This workshop delves deeply into the ballot—you will gain an in-depth understanding of each ballot form criterion—what it means and **what it doesn't mean**.

You will also:-

- **Find out how reviewing a speaker's performance in the International, Humorous, and Table Topic speech contests differs—and why the funniest speeches or the most inspirational speeches are not necessarily the winning speeches;**
- Discover why and how the Evaluation Speech Contest judging ballot is significantly different to the other Toastmasters contest ballots—and how good judges use it; and
- See four highly ranked speeches (International, Table Topics, Humorous, and Evaluation)— review and discuss these speeches using the ballot to discover why these speeches are so highly ranked.

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## The Art Of Speech Community Festival

Healesville Toastmasters is proudly hosting a very special promotional event from the 13th-15th April. We are very excited at the prospect of getting the message out there about the benefits of Toastmasters. We are seeking volunteers to act as Toastmasters of our segments and sessions (as well as a few other very important functions). To be a part of the fun, and test drive the skills you learn at Toastmasters, please contact us! More information will be added regularly to our Facebook page and website.

Email [info@theartofspeechcommunityfestival.org](mailto:info@theartofspeechcommunityfestival.org)

<http://theartofspeechcommunityfestival.org>

The Memo, Healesville, Victoria 13-15 April 2018

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[Knox Toastmasters](#)



# *Happy 45<sup>th</sup> Birthday!*

Knox Toastmasters are turning 45.

We are celebrating on the 23<sup>rd</sup> of April, 2018

at the

Community Arts Centre,  
Corner of Mountain Highway and Scoresby Road,  
Bayswater

Our celebratory meeting will commence at  
7pm with fellowship and mingling  
for a 7:30pm start.

Come along and celebrate with us as we go back to  
the Disco 70s.

Please RSVP by the 1<sup>st</sup> of April to  
[toastmastercate@gmail.com](mailto:toastmastercate@gmail.com)



\$  
**KEEP  
CALM  
AND  
PAY YOUR  
DUES**

## Membership Dues

Membership Dues are to be paid across to your club this month. Treasurers please ensure you chase up all members to have their payments into the club account as soon as possible, to enable payment to be made to Toastmasters International.

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

Last Days!! 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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## Educational Excellence

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

**February 2018.**

<b>Award</b>	<b>Member</b>	<b>Club</b>
<b>Distinguished Toastmaster</b>	<b>Adrian, Stephen Robert</b>	<b>Adelaide Central</b>
<b>Distinguished Toastmaster</b>	<b>Rigby, Kerry L.</b>	<b>Ringwood</b>
Leadership Excellence	Pateman, Annie	The Hills
Leadership Excellence	Sinclair, Marlene C.	Knox
Adv Communicator Gold	Kaufman, Phillip John	Eastern Shore
Adv Communicator Gold	Spark, Neil	Eastern Shore
Adv Communicator Gold	Owen, Elizabeth	DWS Adelaide
Adv Communicator Silver	Manders, Annemarie	Lilydale
Adv Communicator Silver	Chiodo, Robert M.	Nillumbik
Adv Communicator Silver	Walliker, Simon Anthony	Frankston
Adv Communicator Bronze	Welch, Matthew	Mount Barker
Adv Leader Silver	Rigby, Kerry L.	Ringwood
Adv Leader Bronze	Martin, Michel	CPA
Adv Leader Bronze	Cesco, Peter Colin	Aldinga
Adv Leader Bronze	Jones-Resnik, Danielle	Maccabi
Adv Leader Bronze	Lugt, Fran	Bayside
Adv Leader Bronze	Mathuku, Keerthana	Adelaide City
Adv Leader Bronze	Bunworth, Clare	City of Greater Geelong
Adv Leader Bronze	Brunt, Ross J.	Mighty Docklands
Adv Leader Bronze	Zwolak, Kamilla M.	Kew
Adv Leader Bronze	Marasco, Tommasina	Nillumbik
Competent Communicator	Bartelloni, Dianne	Fitzroy
Competent Communicator	Brunt, Ross J.	Mighty Docklands
Competent Communicator	Gerstman, Shaun	Fitzroy
Competent Communicator	Wee, Michael	Manningham
Competent Communicator	Hinton, Craig	Frankston
Competent Communicator	Haynes, John H.	Carlton
Competent Communicator	Mitrevski, Susan Slavitca	Sale
Competent Communicator	Resciniti, Melissa	Kiandra Pacific Hydro(KPH)Toastmasters
Competent Communicator	Dabholkar, Sulakshana P	National Australia Bank
Competent Communicator	Trapani, Christopher	Heidelberg Health
Competent Communicator	Wierenga, Tanita Shivon	Hobart
Competent Communicator	Clark, Simon T	Parkville
Competent Communicator	Selvaraj, Anandaraj	GX SE
Competent Communicator	Jackson, Barbara	Speaking of Sustainability
Competent Communicator	Crozier, Rebecca	Croydon - Yarra Valley
Competent Communicator	Naren, Thileepan	Bendigo
Competent Communicator	Nirala, Nitesh	Tea House
Competent Communicator	Brunt, Ross J.	Mighty Docklands
Competent Leader	Kittson, Paul Donovan	Balaclava Club (St Kilda)
Competent Leader	Cesco, Peter Colin	Aldinga
Competent Leader	Juhasz, Tunde	GX SE
Competent Leader	Shafar, Danny	Maccabi

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Competent Leader	Smerdon, Gayle E	Gourmet
Competent Leader	Mundy, Fiona B	Diamond Valley
Competent Leader	Bowden, Trevor	Adelaide Students
Competent Leader	Uthmeyer, Lindy E	Rev-Anew
<a href="#">Effective Coaching L2</a>	<a href="#">McCulloch, Carole M.</a>	<a href="#">Indigo Speakers</a>
<a href="#">Visionary Communication L2</a>	<a href="#">Ratnaike, Arvind Viranga</a>	<a href="#">Manningham</a>
<a href="#">Dynamic Leadership L1</a>	<a href="#">Ahern, Philip J</a>	<a href="#">SA Governors</a>

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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

**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/>