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## Welcome to the D73 Southern Cross Newsletter

You are receiving this email because you are a current member of District 73 Toastmasters. To unsubscribe please see the [unsubscribe](#) at the bottom of this email.

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.

The "Southern Cross" is here to celebrate member, club, area, division, and district successes; and to share district-related and Toastmasters International information, news, and events. Together with 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:

- [From the Desk of Liz Allwood, District Director](#)
- [From the Desk of Sue Pederick, Program Quality Director](#)
- [From the Desk of Vicki Travers, Club Growth Officer](#)
- [From the Desk of Tracy Green, Public Relations Manager](#)
- [Coming Events - Save the Date!](#)
- [Expressions of Interest - Workshop Presenters](#)
- [Host the 2020 District 73 Conference](#)
- [EDUCATIONAL EXCELLENCE](#)
- [Speechcraft](#)
- [A TOASTMASTERS PROMISE](#)

#### **A few words from the Newsletter Editor, Holly Buykx**

#### **Welcome to the December edition of the D73 Toastmasters Newsletter.**

The final newsletter of 2018, and already half way through the Toastmasters year... time flies!

The D73 conference is approaching fast; tickets are now available through the website. The committee is also seeking expressions of interest for workshop presenters. If you would like present a 45 min - 1 hour workshop at the D73 conference, scroll down for further details and important dates.

The D73 newsletter is published monthly, and as members in the District, you are welcome to contribute an article. If you'd like to submit news or share significant happenings at your club or area, please send them to me by [email](#) by the second Tuesday (8 January). Photos are good too, and images in jpg (not pdf).

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## From the Desk of Liz Allwood, District Director

From Elizabeth Allwood, [District Director](#)

We are half way through the Toastmasters year with 2018 coming to a close. What a year it has been. I continue with my *Talk to a Stranger* campaign encouraging as many people as I can - without being too weird - to check out Toastmasters. My conversion rate is not that great, so I am in need of your help.

If every member could bring one new person to a club, we would double our current membership. How great would that be! Imagine our District with 100% growth rate – I think we could do it together.

While I take a break from my club meetings, I am going to spend some time exploring Pathways, learning more about Base Camp and watching more Tutorials. How are you doing with Pathways? Toastmasters International is continually updating the **Pathways Learning Experience**, so over the break, check it out [here](#).

Enjoy the break, stay safe and stay enrolled in your Path, unlocking your next learning experience. Find a new friend and bring them along to your club in 2019.

Thanks for being awesome.  
Take care, Liz

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## From the Desk of Sue Pederick, Program Quality Director

From [Sue Pederick](#) PQD

As we come to the end of our first 6 months in our roles there are many things we reflect on, what could be done better and what has already been achieved. We are all achieving and moving forward; some in leaps and bounds and some at a slower pace but all should be applauded for being a member of this fabulous organisation. Take the time over this festive season to look forward on how you can build your own portfolios. Not only to support and mentor others, but to take the time to applaud yourselves on your own journey and discover new ways of embracing the Toastmasters program.

Keep an eye on the district calendar where you will find details of all workshops and events coming up. Should you wish to place an event on the District calendar please email details through to our dynamic webmaster [Malcolm Brown](#). There is a wealth of information on our District 73 website, so please explore [www.d73.toastmasters.org.au](http://www.d73.toastmasters.org.au). Past copies of our [Southern Cross newsletters](#) are available to read for all the hints that Holly has shared as our newsletter editor.

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with our website. Thank you Malcolm for rebooting and restoring our website.

A special thank you to the Division Directors this year as their busy time approaches with Division contests and Club officer training: Bass (David Hughes), Central (Michelle K Smith), Eastern (Tiffany Duong), Inner City (Alan Lim), Metro (Yvonne Gluyas), Northern (Claire Mehtonen), Ranges (Justin Shumack), Southern (Daniele Jones-Resnick) for continuing to engage and support your teams. We have superb leadership guiding the area directors. We also have a powerful education team and I would like to acknowledge those under my network as PQD for their diligence in our District: Education and training- Karl Hughes (Vic/Tas), Giordana Cross (SA); Youth Leadership- Kelly Vieira (Vic/Tas); Pathways- Carole McCulloch (Vic/Tas); Speechcraft Coordinators- Maribel Steel (Vic/Tas), Bob Stanford (SA) outgoing and incoming Emma Hiscock (SA); D73 Annual Conference Chair- Catherine McGillivray thank you for your support, It takes a village to run a [District](#).

### Division contests

If you are a competitor or Division director this next level of competition involves support and patronage by clubs supporting their members. All contest dates are set competitors and officials should be hearing from their Division directors shortly as to time place and responsibilities. All the very best for this next level. Please be aware of the rules at all levels: [rule book](#). One very important task now is choosing who can be a judge, tally counter and timer at the next level. If you win at Division level the first place person will compete at the District conference across the 3 day event.

As the Division Contest details are updated this information will be shared on the District 73 calendar.

D73 Division Contest update		
Division Director	Division	Venue and date if confirmed
David Hughes	BASS	23 March: 9:30am to 4:00pm in Frankston
Michelle Smith	CENTRAL	16 March: 9am-5pm, Club Marion- 262 Sturt Rd, Marion
Tiffany Duong	EASTERN	16 February
Alan Lim	INNER CITY	2 March
Yvonne Gluyas	METRO	3 March
Justin Shumack	RANGES	24 March: Pentana Solutions - <a href="#">549 Blackburn Road</a> <a href="#">Mount Waverley</a>
Danielle Jones-Resnick	SOUTHERN	24 February

**Division Directors are responsible for Coordinating the Division contests**

### D73 Conference 17-19th May 2018

Registrations are open for the District 73 Conference 17th-19th May. The conference planning is well underway with Catherine McGillivray at the helm as District 73 Conference chair. Click [here](#) for information and [here for a direct link](#) to the registration page for our ***District 73 Conference "The Power of Possibilities."***

### Club Officer Training round 2

*(DCP qualification between December 1st 2018 to 28th February 2019)*

If you are currently a Club Officer your attendance at COT is a requirement in order for your club to obtain the achievement in the Distinguished Club Program. If you are interested in becoming a Club Officer, you are welcome to attend. These training sessions are run by the Division Directors, for recognition in the Distinguished club program to fulfil their responsibility in their role according to Toastmaster International guidelines.

There are many [modules](#) your division directors can choose from to assist in your leadership journey. A manual to assist the Division directors and others for support is also listed: Training Club Leaders Manual. All training sessions will be advertised for [registration online](#)

Club presidents are responsible for encouraging their 7 club executive team members to attend these sessions to enable a well educated team to support their members. Presidents check your executive are all paid

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minimum of three officers: the president, a vice president and the secretary or secretary-treasurer, and each of these offices must be held by a different person. Further information for club officers can be found in the [handbook](#) and Club Constitution ([Form 6A](#)) which share valuable information on all club executive officer roles. Division Directors will share the District alignment plan at their training, see information further below.

### Celebrating Achievements

The [Distinguished Club Program and Club Success Plan](#) has valuable information about the Educational aspect of Toastmasters and other achievements required to meet the goals of the club. This plan enables the club to have a well-rounded perspective and opens healthy discussion, for dynamic clubs.

Congratulations to all members who are working on achieving their educational goals which are [updated daily](#) and those who have achieved in the past, as recorded in our [archive](#). These members are committed to the [recognition program](#) both historically and currently as we support our members in achieving their own goals.

The Pathways program and traditional program as far as achievements are both sitting equally in the District 173/171 traditional vs Pathways program on awards submitted. As new members join the organisation they only have the choice of Pathways to embrace, please get on board and support their journey as we all engage in this new program.

### Pathways Adoption Rate

	<i>Members</i>	<i>Officers</i>	<i>New members</i>
Region overall	59.64%	72.64%	53.70%
D73	60.02%	73.33%	52.49%
How we compare	<b>D73 above region</b>	<b>D73 above region</b>	D73 below region

### District alignment

Every year districts align to review and amend areas and divisions where necessary. I have formed a committee which includes all division directors among other key personnel in the District. If you wish to offer some input, please contact me and we can put your information into play with ascertaining the best we can for our District members. This information will be shared with clubs once the alignment committee considers the most effective way possible according to Policy and Protocol 7.0 District Structure, Club assignments in the Governing Documents. The alignment committee will discuss club growth, club loss, geographic location, area director input, prospective clubs and expected growth, and distinguished programs. All areas must consist of 4-6 clubs and can have 3 clubs if an effort to charter a 4th club is in progress. Once our plan is in place the draft will be shared with Executive members and put forward for voting on at the District council meeting in May 2019.

The District 73 team is working towards all members achieving their own goals and contributing to empowering members to be the best they can be, every member deserves to be distinguished.

I am enjoying working with the trio, Leadership team and all members who cross my path. Understanding more about human nature and how we all interact is enlightening and well worth the effort as we all grow on our journey.

Wishing you all the very best for the Festive season, stay safe and happy enjoy the break and come back ready to tackle the next stage Toastmasters. Congratulations Toastmasters in D73 you are contributing to our success as Distinguished clubs, Areas, Division and District, we value your support and tenacity. What an incredible District, rich in resources, skills and talent.

Happy festive season, thank you to everyone who is supporting each other as Toastmasters across the world.

## From the Desk of Vicki Travers, Club Growth Officer

From [Vicki Travers](#) CGO

With 6 months of this Toastmasters year gone and the end of the 2018 year, it is a good time to reflect not only on where you are at in your Toastmasters journey but also where your club is at. Some questions we can all ask ourselves:

- Is my club at Charter strength with 20 members?
- If not does my club have a plan for increasing membership numbers?
- What am I doing as a member of my club to increase our membership?
- Does our club have a plan for promotion so the community knows we exist and what Toastmasters has to offer?

It is a good time as the next year starts to review your Club Success Plan and see where you are at with your goals for increasing membership. It is a good time to look at how you can grow your club.

The Mission of the District is “We build new clubs and support all clubs in achieving excellence”. As District leaders we want your club to be successful in all aspects. We want your clubs to grow and flourish. We are here to assist you in achieving success.

Whilst we are all part of the same Toastmasters program we are also unique. There are some things that most clubs do differently. It is important to make sure that we are following the program in the way it is intended to be run whilst maintaining our uniqueness. The way we run our club and our meetings needs to be able to be duplicated by others who may wish to become part of starting a new club.

I encourage to look at what, if anything, your club can change about the way that they do things so that your club can become a successful *club of excellence*.

### Corporate Initiative

As you would already be aware our goal in the coming months is to have a concerted effort to increase the number of Corporate Programs. *Would the corporation or business that you work for benefit from having a Toastmasters Program?* A regular program where employees can improve their Communication and Leadership skills. If the answer is yes, is there a key person who we can contact to share how they can start up a Toastmasters Program within your organisation that would be mutually beneficial for both employer and employee. Let us know by contacting either myself, Liz Allwood - District Director, or Bruce Hill – Club Extension Chair.

### New Club

A huge congratulations to our newest chartered club – *Flinders Lane Flyers*. The chartering of both the Flinders Lane Club and Flinders Lane Flyers clubs has been a wonderful success story and is largely due to the dedicated efforts of a group of people who are passionate about the Toastmasters Program. Thank you to everyone involved.

Thank you to all those who have assisted me this year in my role – especially Liz and Sue. I have learned heaps and appreciated their advice, suggestions, support and dedication to achieving success in our district. It has

I take this opportunity to wish everyone a wonderful Christmas, spending time with those who mean the most. Enjoy the break. I look forward to the New Year and working with everyone to ensure that our District achieves success.

[Return to the Top](#)

## From the Desk of Tracy Green, Public Relations Manager

From [Tracy Green](#) PRM

### Do you know your audience?

You have an event you want to advertise? You want to attract more members?

The golden rule in the business of PR is to *know* your audience. Therefore, to get started think about the 5 W's (and one H) which are the foundation used in information gathering:

1. **Who** is your audience i.e. who are you targeting, what demographic?
2. **What** is the reason i.e. you have a special event?
3. **When** is the event and will this suit my target audience?
4. **Where** is the event and will this suit my target audience?
5. **Why** are you holding the event and why will your target audience be interested?
6. **How** will you communicate to your target audience – which social media platform will give the greatest reach?

Once you have decided on your event including day and time, plus identified who your audience is you will need to decide which social media tool will be the most effective means to reach them.

*Here are some of the most popular channels you could consider:*

**1. Facebook** - Effective channel for an older demographic as opposed to a younger demographic. At a recent district leadership meeting this social media tool was used by 71% of the audience.

**2. LinkedIn** - Great for informative articles targeting a professional audience. At a recent district leadership meeting this social media tool was the second most popular - used by 60% of the audience.

**3. Meetup** - Successful channel for inner city clubs. Whereas at a recent district leadership meeting this social media tool was the third most popular - used by 33% of the audience. NB: there is a cost however you could consider using the district meet up accounts (Toastmasters Victoria, Tasmania and South Australia).

**4. Instagram** - Research indicates this is one of the most popular social media tools used amongst the younger demographic population

*Other social media channels you may want to consider:*

**5. Twitter** - Focus is on 'real-time' news

**6. Whatsapp** - Effective messaging and group chat tool

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- 9. **We Chat** - Chinese multi-purpose messaging, social media and mobile payment application
- 10. **Slack** - Cloud based collaboration tool
- 11. **Google** - In its pure form Google is a search engine
- 12. **Youtube** - Designed as a video sharing tool
- 13. **SnapChat** - A social media messaging application popular amongst the younger demographic
- 14. **Skype** - A telecommunication application specialising in video chat
- 15. **Viber** - An instant messaging and voice application similar to Skype and WhatsApp
- 16. **Journal** - Journaling / diary application
- 17. **Trello** - A web-based project management tool
- 18. **Nabo** - A private community social network channel created for Australian communities to connect with their neighbourhood

#### *Community channels*

- 19. **Local newspaper** - Generally local community newspapers will provide free advertising space for not-for-profit organisations
- 20. **Local radio** - If available in your community this is a great medium for creating awareness of your event
- 21. **Targeted invitations** - Send targeted invitations to local businesses

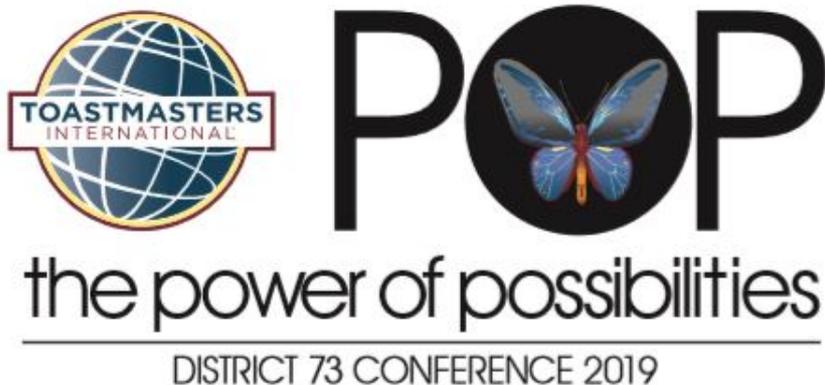
#### **Remember effective PR requires a timely and meaningful event to promote**

If you have any PR questions, please contact your [PRM Tracy Green](#) or simply join one of the monthly Zoom PR sessions which are available on the D73 calendar.

Further information on the Club Officer PR role can be found at [this link](#).

[Return to the Top](#)

## Coming Events - Save the Date!



## District 73 Annual Conference

"The Power of Possibilities"

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*Tickets [available now!](#)*

## Expressions of Interest - Workshop Presenters

**Expressions of Interest** are now being sought for presenters to deliver workshops at the conference. Each workshop is required to run for between 45 minutes to 1 hour. The workshops must align with the theme of the conference and be based on one of the following three topics: Innovation, Empowering People, Introduction to Toastmasters (suitable for new toastmasters and conference first timers).

Expression of Interest are to be **submitted by 30 December 2018** by completing the EOI form (docx, 926KB) and emailing it to: [Victoria Carruthers](#)

Short listed candidates will be notified by *21 January 2019* about participation in the final selection stage. The final selection stage is expected to include;

- Submission of further details on the workshop
- A short phone or face to face interview
- Either 5 mins live speech or video on the workshop content

This will be required to be completed by *11 February 2019*.

The final selection of the workshop presenters will be made by *4th March 2019*.

For any questions on the workshop application process please contact Victoria Carruthers on 0448 335 477.

Looking forward to seeing many presenters coming forward, if you are attending the D73 Conference please register including payment for the full experience of the weekend an incredible opportunity to engage with fellow toastmasters.

[Return to the Top](#)

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## Host the 2020 District 73 Conference

**Your club could host the 2020 District 73 Conference - how grand would that be!**

Put your thinking caps on .... if you would like to prepare a bid for the 2020 District 73 Conference on the weekend of 15th - 17th May 2020 see the operations procedure and conference guide located [here](#) on our District website (District 73 Operating Procedures Manual Version 10.0).

If you are interested, please feel free to contact your Area Director for further information.

# TOASTMASTERS

# PATHWAYS

— learning experience —

## EDUCATIONAL EXCELLENCE

**Congratulations** to the District 73 members who achieved educational awards last month.

**November 2018**

Award	Member	Club
Distinguished Toastmaster (DTM)	Bosco, George	Deakin University Toastmasters Club
Leadership Excellence (LDREXC)	McLean, Duart H.	Southern Cross Toastmasters
Leadership Excellence (LDREXC)	Hancock, Barry B.	Geelong Toastmasters Club
Leadership Excellence (LDREXC)	Horoba, Debbie Rosalyn	Geelong Toastmasters Club
Competent Communicator (CC)	Jones, Gordon	Warragul Toastmasters Club
Competent Communicator (CC)	Smith, Tim	Kingston Communicators Club
Competent Communicator (CC)	Stopp, Lisa J	Tea Tree Gully Toastmasters Club
Competent Communicator (CC)	Friedrich, Linda	Tea Tree Gully Toastmasters Club
Competent Communicator (CC)	Weragala, Neelanga	Epping Club
Competent Communicator (CC)	Miller, Bruce	WorleyParsons Melbourne Toastmasters Club
Competent Communicator (CC)	LI, BOBBY VINCENT	Launceston
Competent Communicator (CC)	Howard, Belinda Jann	Parkville Toastmasters Club
Competent Communicator (CC)	00995208 - Name unavailable	Essendon Toastmasters Club
Competent Communicator (CC)	Duong, Mai	Albury/Wodonga Toastmasters Club
Competent Communicator (CC)	Nagpurkar, Manoj Jageshwar	Rowville Toastmasters
Competent Communicator (CC)	O'Dowd, Suzanne L.	Lilydale Toastmasters Club
Competent Communicator (CC)	05853452 - Name unavailable	Lilydale Toastmasters Club
Competent Communicator (CC)	01684174 - Name unavailable	South Melbourne Toastmasters
Competent Communicator (CC)	Bavati, Robyn	Maccabi Toastmasters
Adv Communicator Bronze (ACB)	Kurdi, Zsombor Zsolt	Tea Tree Gully Toastmasters Club
Adv Communicator Bronze (ACB)	Mehtonen, Claire M.	Tuesday Chatters
Adv Communicator Bronze (ACB)	HITCHCOCK, MARY L	Sunbury and Macedon Ranges Toastmasters Club
Adv Communicator Silver (ACS)	Pederick, Susan Jane	Mount Barker
Adv Communicator Silver (ACS)	05148537 - Name unavailable	Parkville Toastmasters Club
Adv Communicator Silver (ACS)	BALASOORIYA, GAMINI ROHANA	Ringwood Toastmasters Club
Adv Communicator Gold (ACG)	Bosco, George	Deakin University Toastmasters Club
Competent Leader (CL)	Boyce, Isabel	Glen Iris Toastmasters Club
Competent Leader (CL)	Howard, Belinda Jann	Parkville Toastmasters Club
Competent Leader (CL)	Ekdahl, Anna K	Hobart Toastmasters Club

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	Competent Leader (CL)	05068074 - Name unavailable		Lilydale Toastmasters Club
	Competent Leader (CL)	Knight, Jay Martin		Mighty Docklands
	Adv Leader Bronze (ALB)	Travers, Vicki M.		Spirit Of Devonport
	Adv Leader Silver (ALS)	Leake, Stephen		Berwick Club
	Adv Leader Silver (ALS)	Chiodo, Robert M.		Nillumbik Toastmasters Club
	Dynamic Leadership (DL1)	Lane, Brad		Scientific Communicators Toastmasters Club
	Dynamic Leadership (DL1)	Odlum, Simon Eliot		Adelaide City
	Dynamic Leadership (DL1)	Adrian, Stephen Robert		Adelaide City
	Dynamic Leadership (DL2)	Adrian, Stephen Robert		Adelaide City
	Effective Coaching (EC1)	Hutton, Jan Margaret		Port Melbourne Toastmasters
	Effective Coaching (EC1)	06728347 - Name unavailable		Yarra Valley Water Toastmasters Club
	Effective Coaching (EC1)	Shehzad, Irfan		Latitude Toastmasters
	Innovative Planning (IP1)	05869279 - Name unavailable		Scientific Communicators Toastmasters Club
	Innovative Planning (IP1)	06958468 - Name unavailable		South Coast Speakers Club
	Innovative Planning (IP1)	ONAL, EZGI		Hawthorn Toastmasters Club Inc.
	Innovative Planning (IP1)	Xia, Angela Siyan		Hawthorn Toastmasters Club Inc.
	Innovative Planning (IP1)	06945717 - Name unavailable		Hobart Toastmasters Club
	Innovative Planning (IP1)	Towan, Bernadette Mary		Healesville Toastmasters
	Innovative Planning (IP1)	Sinclair, Marlene C.		Knox Toastmasters Club
	Innovative Planning (IP1)	Roach, Lynda		Latitude Toastmasters
	Innovative Planning (IP2)	Xia, Angela Siyan		Hawthorn Toastmasters Club Inc.
	Innovative Planning (IP2)	Sinclair, Marlene C.		Knox Toastmasters Club
	Leadership Development (LD1)	06958381 - Name unavailable		South Coast Speakers Club
	Leadership Development (LD1)	Lamahewage		Deakin University Toastmasters Club
	Leadership Development (LD1)	Gunawardena, Dilshani		Sunbury and Macedon
	Leadership Development (LD1)	06726888 - Name unavailable		Ranges Toastmasters Club
	Leadership Development (LD1)	Marshall, Alexandra Grace		Geelong Toastmasters Club
	Leadership Development (LD1)	00881091 - Name unavailable		Talking Point At Docklands
	Leadership Development (LD2)	Gillman, David R.		Sunbury and Macedon Ranges Toastmasters Club
	Motivational Strategies (MS2)	Abelman, Anne		Hawthorn Toastmasters Club Inc.
	Persuasive Influence (PI1)	Streit, Virginia M		Scientific Communicators Toastmasters Club
	Persuasive Influence (PI1)	Aw, Jiamin		Box Hill
	Persuasive Influence (PI1)	Lyons, Rebecca J.		Hobart Toastmasters Club
	Presentation Mastery (PM1)	Rogers, Paul		Aldinga Toastmasters Club
	Presentation Mastery (PM1)	Simmons, Matthew Norman		Rev-Anew
	Presentation Mastery (PM1)	CLARK, ANT		Hawthorn Toastmasters Club Inc.
	Presentation Mastery (PM1)	Mansouri, Shohre		Flinders Lane Toastmasters Club
	Presentation Mastery (PM1)	Lobo, Denis E.		505 Speakers Corner Toastmasters Club
	Presentation Mastery (PM1)	Lim, Alan		CPA Toastmasters Club
	Presentation Mastery (PM1)	Harris, Kim Michelle		Healesville Toastmasters
	Presentation Mastery (PM1)	Sharp, Nola Margaret		Lilydale Toastmasters Club
	Presentation Mastery (PM1)	Charles, William Andrew		Wandin Toastmasters
	Presentation Mastery (PM2)	Lim, Alan		CPA Toastmasters Club

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Strategic Relationships (SR1)	Lyons, Rebecca J.	Hobart Toastmasters Club		
Strategic Relationships (SR1)	Johnson, Audrey	Lilydale Toastmasters Club		
Strategic Relationships (SR2)	05635174 - Name unavailable	Adelaide City		
Team Collaboration (TC1)	Mirza, Fareed	Scientific Communicators Toastmasters Club		
Team Collaboration (TC1)	01241944 - Name unavailable	Latrobe Valley Toastmasters		
Team Collaboration (TC1)	McFadzen, Karen Lee	Hobart Toastmasters Club		
Team Collaboration (TC3)	05252901 - Name unavailable	Adelaide City		
Visionary Communication (VC1)	Walker, Jacqueline P.	East Gippsland Club		
Visionary Communication (VC1)	03883519 - Name unavailable	Knox Toastmasters Club		
Visionary Communication (VC2)	Walker, Jacqueline P.	East Gippsland Club		
Visionary Communication (VC2)	06666892 - Name unavailable	Hawthorn Toastmasters Club Inc.		
Visionary Communication (VC4)	McCulloch, Carole M.	Indigo Speakers		

[Return to the Top](#)

## 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](#)

[Return to the Top](#)

## A TOASTMASTERS PROMISE

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

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- 
- 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

[Return to the Top](#)

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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