

Southern Cross Newsletter



You're simply the best

We're dedicating this issue to the wonderful people who make it happen for D73 Toastmasters – ***You're Simply the Best!***

District 73 | September 2019 Edition | District Director Sue Pederick | d73.toastmasters.org.au



NOTICE:

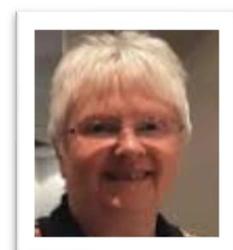
Our **District Council Meeting** is via zoom on Sunday 22 at 2pm.

See Karl Hughes' article on **'Be Extraordinary'** – an inspirational piece



Meet Leonie Mitaxa – from shy corporate to making her voice heard in front of 300+ crowd.

How to make the most of Pathways:
Here is a swag of helpful resources from Carole McCulloch





SUE PEDERICK DTM

District Director

districtdirector@d73.toastmasters.org.au

**DISTRICT COUNCIL MEETING -
ITS ON!!
SUNDAY 22 SEPTEMBER AND ITS VIRTUAL**

As a District Office holder you have committed as a servant leader to support your members – ie you're a District Executive Officer: Division Director, Area Director, Club President or Club Vice President of Education your attendance and vote is needed at the upcoming DISTRICT COUNCIL meeting on Sunday 22nd September.

It's a 2pm start via zoom, link will be sent to registered participants with instructions on how to participate.

Being a member of the District Council gives you a voice and a vote on how the District is led and administered.

You are in the perfect position to influence the future direction of District 73 and bring about positive change. As you listen to the members you serve, share your feedback and ideas, participate in democratic debate and decision making. Collaborate with other leaders during the District Council Meeting, so that our members can be assured the best decisions that meet our district's values are being made.

The main purpose of this meeting is to:

- Adopt district leader reports, including financial reports;
- Adopt the District Budget;
- Confirm District Officer Appointment;
- Address motions on notice;
- Address any other general business

Register here for [District Council Meeting \(Virtual\) – Late registrations still accepted.](#)

Looking forward to seeing all members of the **District Council** ([Map of Service to Members - Toastmasters International](#)) this Sunday via zoom.



Congratulations to the following members who achieved their DTM awards in August. We applaud you for all the hard work that has gone into your

achievement:

Duart McLean | Shelagh Brunskill | Louise Riseley and Joanne Kneebone

As at 31 August, 2019, a number of educational awards were achieved under the legacy program and Levels completed under the Pathway Program. Congratulations everyone! For full details and insight on Pathways Level completions please see Carole McCulloch's Pathways Corner in this issue.

Legacy Awards

CC x 10	ACB x 6
ACS x 3	ACG x 7
CL x 16	Leadership Excellence x 6
ALB x 6	ALS x 10

From the level completion chart it would appear that the most popular Paths at the moment are Dynamic Leadership, Innovative Planning and Presentation Mastery. It is exciting to see the increase of educational awards being achieved under both programs but particularly under Pathways. I encourage everyone to become enrolled in Pathways and start your journey.

I would also encourage every club to appoint a member to be your specialist in

Pathways. Someone that members can go to for assistance. If all your members

become well versed in how to use Pathways then that strengthens the club no end.

I also suggest that you look at the [Dashboard](#) to see where your club stands under the Distinguished Club Program.

Monitor your progress regularly and set goals to be become Distinguished this year. We want as many clubs as possible to achieve Distinguished status or better.



KARL HUGHES DTM
Club Growth Director
cqd@d73.toastmasters.org.au

Recently, I had the honour of attending Toastmasters Leadership Training in Denver, Colorado. It was a great experience, and although a very busy time, one of the highlights was meeting many other Toastmasters from around the world. One of the things I realised was that regardless of where we all come from as Toastmasters, we want to make a positive impact with our lives. But how do you make a positive impact? The simple truth is that at the end of the day, it comes down to one thing – YOU!

We have a simple choice in life – we can be ordinary or extraordinary. While you might think 'extraordinary' is the output of what you do in life, one that is out of your control, it's actually the input, that will make a difference. Extraordinary experiences are the result of extraordinary actions.

Many people choose to be ordinary because 'it's too hard to go beyond that', or 'I don't have time as there is so much to do'. Yes, there's work, family, and that little thing called life that sometimes gets in the way. But these unavoidable forces can also become excuses. Are you focusing on where you can get value in life or are you choosing to be ordinary?

You, the people around you and the world itself deserve more than ordinary. To make an impact you have to be extraordinary. Now that might seem like having to be a superhero, but that's not actually the case. Do what you say you are going to do, do it well, and put just a

little extra on top and you will find that you will become extraordinary.

As a Toastmaster, you have the opportunity to live with impact. Certainly, the public speaking skills you learn, and the hands-on practice you get, are important, because great communication will help you make an impact at work, at home and in the community. But Toastmasters can offer you so much more. The leadership experience at Toastmasters gives you transferrable skills that can be used anywhere. Skills that will help you be extraordinary.

If you've only been coming to Toastmasters for the speeches, you are missing out! At Toastmasters, not only can you accelerate your learning, but you can also be extraordinary and make a positive impact by becoming a Club Officer or District Officer.

Let the President of your club know that you would like

to be considered for a Club Officer role next year. You can find out which roles appeal to you and learn more about them by reviewing the [Club Leadership Handbook](#).

There are also some District Officer roles still available for this year. You can learn leadership skills, self-mastery, as well as how to work in a team environment. To find out what roles are available go to [D73 Officer Roles](#) Look for those roles marked as 'tbc'.

For further information on District Officer roles, you can email [Sue Pederick](#), the District Director.

All the best everyone and be extraordinary!

Remember, the choice is yours. You can be ordinary or extraordinary. Think about taking up all that Toastmasters can offer and grab the opportunity to really shine.

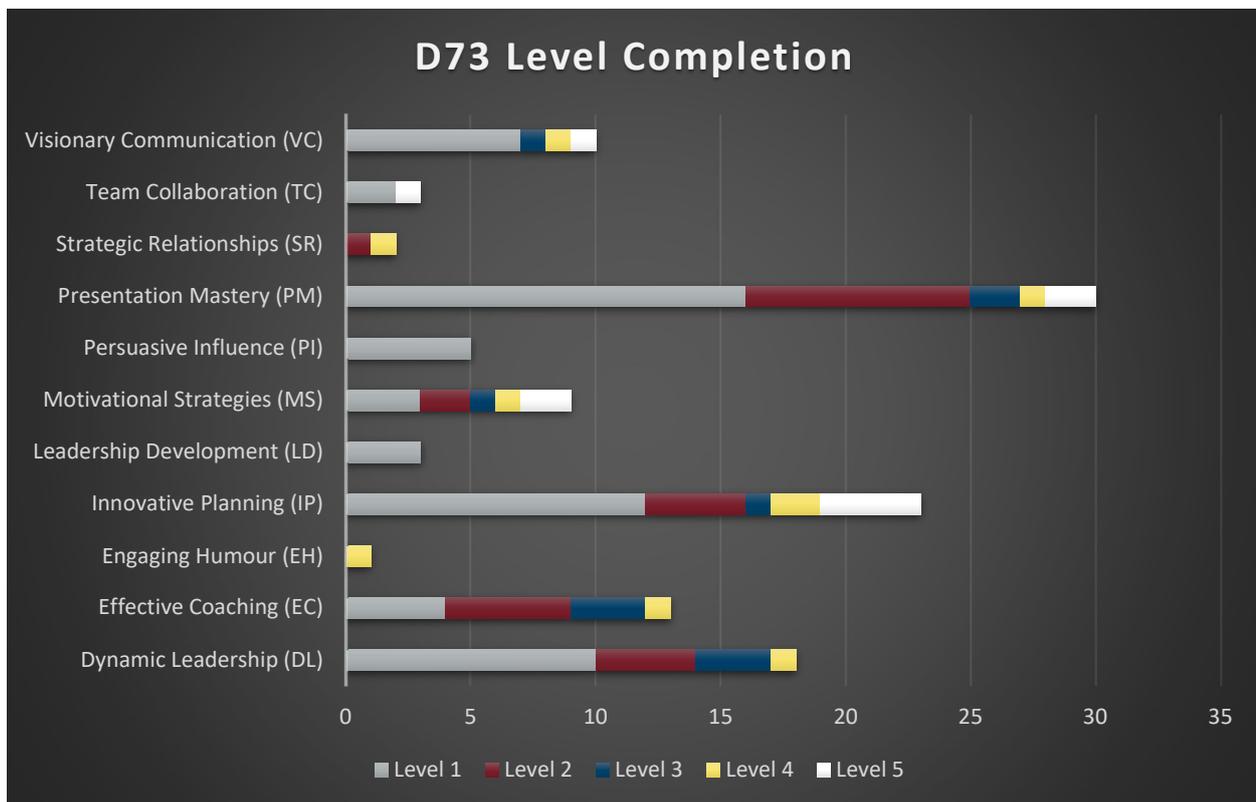


PATHWAYS CORNER

We are fast approaching the final stages of phasing out the old education program and embracing the new Pathways with enthusiasm. This transition period has seen some mixed responses from members and some disruption to normal service in your clubs. However, we are progressing in our adoption of Pathways and now seeing several achievements across

the Divisions in reaching milestones in various Paths.

The latest achievement data was provided by Vicki Travers, our Program Quality Director, at our District Officer Training on Saturday September 7. Below are the latest Level 7 completions for D73 recorded.



Congratulations to those Pathways Champions who have forged ahead with courage to complete their projects in Levels 1 and 2. Our most popular Paths include Presentation Mastery and Innovative Planning.

The ongoing plan for D73 Team Pathways is to support club members in planning and completing their projects in Levels 3-5, where the challenge begins. We will provide guidance on the impact and implications of the latest updates to Base Camp.

Project Plan for D73 Team Pathways

We will be encouraging the Pathways Champions to share their 'lessons learned' in



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the required and elective projects, and how they have improved the process of developing new skills applicable in the workplace. Our **support plan** will include strategies for sharing and capturing those 'success stories' within our scheduled Online Education sessions.

If you want to share your success story, please contact members of the D73 Team Pathways. pc@d73.toastmasters.org.au You may wish to present online at one of our Online Education sessions in 2019 or 2020.

UPDATES TO BASE CAMP: You can now preview the projects in every level.

An explanatory email was sent to club Presidents, Vice Presidents of Education and Secretaries on September 12. A summary of the changes is listed below:

Improvements to Base Camp include ability to view all projects in all Levels in each Path – useful for planning ahead

- ability to complete Levels out of order – great for experienced Toastmasters

Pathways Presentations for Your Club

If your club needs a Basic Pathways Presentation (in person or in Zoom) at your club, please get in touch with the D73 Team Pathways. pc@d73.toastmasters.org.au or utilise any member who has already walked in your

- *Reflect on Your Path* now included in a separate element (requires completions of Level 5)
- Individual Progress report display all projects in progress or completed, by level when viewed by a Base Camp Manager

Some processes remain the same for Base Camp Managers:

- Level completions still require verification by a BCM – advisable to check on actuals in club management tools
- Awards still need to be submitted in Club Central – advisable to check when and where the Toastmaster requires those Awards
- Awards can only be submitted in Level Sequence ie Level 1 before Level 2 at Club Central
- View member progress in each project, by selecting "View Details" in Base Camp Member Progress

What will this mean for your members?

- A simplified method for planning projects to suit individual goals
- Ability to select and launch a Project in any Level
- A broader approach to engaging members in Pathways

footsteps, see achievements at the end of this newsletter, alternatively :

<http://reports.toastmasters.org/reports/dprReports.cfm?r=3&d=73&s=Award&sortOrder=1>

If your members are more comfortable in learning about the features of Base Camp on their own, direct them to the [Video Tutorials at Base Camp](#) and in our [D73 Learner Guide](#).

**By Carole McCulloch DTM
D73 Pathways Coordinator**



TO

ONLINE PATHWAYS EDUCATION:

Date: Wednesday, 25 September
Time: 12 noon AEST

Base Camp Updates: Impact, Implications and Insights

Provided by the Pathways Champions (Michell Alba-Lim, George Marshall, Roger Fung, & Carole McCulloch) and hosted by Global Trainers Online as Episode 13 of Tuesday Talks n' Tips.

See [Pathways Discussion Forum](#) Events for details.

Date: Sunday, 6 October
Time: 2:00 pm AEST

Zoom Basics: scheduling, inviting, managing meetings

On request our next Online Education session will include assistance for accessing and using Zoom for your:

- Executive committee holding meetings online
- Mentors for running Pathways tutorials online
- Members for participating confidently in Zoom events
- Area Directors for holding Area Council meetings online

See the [D73 Events Calendar](#) for details and registration.

PATHWAYS RESOURCES:

PATHWAYS LEARNING EXPERIENCE – TOASTMASTERS INTERNATIONAL

NEWSLETTER DEADLINES:

If you'd like to submit an article about your club, Division or would like to start a conversation anything relating to our Toastmasters experience, please email me [Mirella James](#). Your article must be submitted by the last week of the month. Issue goes out third week of the month.

****Thank you to all our September contributors****



HAPPY 30TH GEELONG TOASTMASTERS CLUB



Geelong Toastmasters celebrated a significant milestone this month.
30 Years as a Club

This achievement demonstrates not only the passing of time it is a testament to the ability of club leaders and members to successfully fulfil the mission of Toastmasters. That of empowering members to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

The evening was approached with the theme of celebration. A VIP guest speaker, Virginia Todd, a past Mayor of Geelong West, spoke engagingly about Community in our region. We kicked the formal agenda off with

a speech by one of the founding members, John Barron, still a member today. Also on the agenda was Debbie Horoba, the Club's second DTM and TM of the Year. Additionally, a past member Paul Armstrong spoke about his tenure and the Club community of friendships; the last speaker was Geelong's youngest member, Alex Marshall. At 19 Alex shows the most incredible promise. Her speech about Toastmasters and her future plans were completely inspirational!

Past members attended including previous Presidents and office bearers, some dressed in their finest 1989 outfits, visitors from other Clubs and current members spent the evening networking and rekindling past friendships. We had one guest arrive for the very first time who promptly joined on the spot! Wow! Overall the meeting was a huge success and all guests were given a 30 chocolate medallion as a token of appreciation.

I am humbled and grateful for the contributions of the organising committee, the members and guests who contributed to make this an event to remember, it is privilege to have the role of President in this auspicious year.

Jillian Bolger, ACS, CL
President, Geelong Toastmasters 2019/20





MEET LEONIE MITAXA - TOASTING TO PROGRESS

If you'd asked me ten years ago to present my opinions onstage to more than 300 industry peers, I would have run in the other direction. (Not screaming – I was far too shy to make that kind of noise.)

After my recent presentation at an annual industry conference in the Sofitel Grand Ballroom in Melbourne, I couldn't help but reflect on how much I've grown since my "Icebreaker" speech at Balaclava Toastmasters in 2011...

I read my Icebreaker word for word from a couple of scripted A4 pages, hiding behind the safety of the lectern. My evaluator Chris made some kind comments about the structure of my speech and my turns of phrases, giving me a little bit of confidence in my ability to weave a good story. I progressed through the Competent Communicator and Competent Leadership manuals, appreciating the constructive and useful feedback after each speaking role.

My takeaways so far include:

1. Don't carry a pen or anything to fiddle with when heading up the front. I was a relentless pen-clicker; I'm now reformed!
2. If holding paper notes for an evaluation, rest it on a sturdy book to avoid giving away your nerves through the telltale shaking of a single paper.
3. Make eye contact with your audience! You're a human; they're a human. Always try to connect.

Having served on the Balaclava Toastmaster Committee for a couple of years, my employer at the time was supportive of my ambitions to improve my public speaking skills, and gave

me several opportunities to present at workshops and seminars. Toastmasters gave me a platform to practice and improve before performing the real deal.

Since that Icebreaker speech, I've grown personally and professionally, with much credit due to Toastmasters International. I am now thrilled to have recently established a corporate Toastmasters Club with my current employer JLL.

We're only a young club but I'm already seeing members improve their speaking skills whilst gaining confidence. I look forward to continuing to grow alongside them because as we all know – there's always room for improvement.



Leonie Mitaxa

President

JLL Melbourne Toastmasters, I46



THE POWER OF EVALUATION IN EVERYDAY LIFE

How do you make the best decisions?

Many years ago I made a not-so-wise investment decision that cost me a lot of money. Soon after, I attended a Toastmasters meeting. It was then that I realised how important and empowering an evaluation can be.

This October 2019 I celebrate 6 years in Toastmasters and one of the most important things I have learnt is the power of evaluation. I am really excited to say that I use evaluation techniques every single day. Whether it is deciding which event to invest in, what to have for breakfast or what to wear, I am quickly and effortlessly able to make informed decisions.

To be effective, it is important to learn and practice [How to Deliver Effective Evaluations](#) and most importantly how to use it to arrive at quick decisions. Always consider how the other person/party may feel. It is important to use emotional intelligence when making your decisions. By using the Praise-Improve-Praise or PIP platform, the benefits of this structure are many:

- They provide information that may be used to help decision making in the future
- They provide a level of transparency and accountability for reaching decisions.
- They provide learnings for future planning, assessment and decision-making.

A simple exercise:

Faced with making an important decision, divide one page into two columns. On one side, note all the benefits of making your decision. On the other side, note the things that may go wrong. Be honest, be objective. Use evaluation as an opportunity for reflection.

Finally look at your page and see what holds the most positive verses the negative components of your evaluation.

Make your informed decision.

Though nothing is full proof, using the evaluation strategies and techniques I have used and learnt in Toastmasters you will be happy with the overall results 99% of the time – you can't predict all contingencies!

I wish you all the best in your Toastmaster/
Evaluation Journey.

Tomassina Marasco DTM
Eastern Division Director



EDUCATIONAL ACHIEVEMENTS AUGUST 2019 CONGRATULATIONS TO...

AWARD	MEMBER	CLUB
Distinguished Toastmaster	Kneebone, Joanne Christine	Raconteurs Toastmasters Club
Distinguished Toastmaster	McLean, Duart H.	Southern Cross Toastmasters
Distinguished Toastmaster	Riseley, Louise	Yakety Yaks
Distinguished Toastmaster	Brunskill, Shelagh	Rev-Anew
Competent Communicator	Norton, Ashley Mark	Raconteurs Toastmasters Club
Competent Communicator	van Coppenhagen, Michael J	Deloitte Toastmasters Club
Competent Communicator	Hoare, Kate F.	505 Speakers Corner Toastmasters Club
Competent Communicator	Rainczuk, Arek	The Hills Toastmasters
Competent Leadership	Norton, Ashley Mark	Raconteurs Toastmasters Club
Competent Leadership	Merwar, Amit Rishi	Mighty Docklands
Competent Leadership	03813798 - Name unavailable	Toorak Toastmasters
Competent Leadership	Evans, Jo	Parkville Toastmasters Club
Competent Leadership	Brunskill, Shelagh	Rev-Anew
Competent Leadership	Mahesan, Shiranee	Rafters Toastmasters Club
Adv Communicator Bronze	Norton, Ashley Mark	Raconteurs Toastmasters Club
Adv Communicator Bronze	Parr, Ash	Albury-Wodonga Toastmasters
Adv Communicator Bronze	04593532 - Name unavailable	Glen Waverley Club
Adv Communicator Gold	00995208 - Name unavailable	Essendon Toastmasters Club
Adv Communicator Gold	McLean, Duart H.	Southern Cross Toastmasters
Adv Communicator Gold	Camilleri, Vincent S.	Williamstown Club
Adv Communicator Gold	Sivakumaran, Mala	Dandenong-Mulgrave Toastmasters
Adv Leader Bronze	Lal, Seema	Hume Toastmasters Club
Adv Leader Bronze	Fanning, Paul A.	Melton Toastmasters Club
Adv Leader Bronze	Jacobsen, Annette	Melbourne University Toastmasters
Adv Leader Bronze	Mulreany, Sheree Dawn	Rafters Toastmasters Club
Adv Leader Silver	Kneebone, Joanne Christine	Raconteurs Toastmasters Club
Adv Leader Silver	Watson, Lakshini	Rafters Toastmasters Club
Adv Leader Silver	McLean, Duart H.	Southern Cross Toastmasters
Adv Leader Silver	Riseley, Louise	Yakety Yaks
Adv Leader Silver	Dimitros, Christine M.	City Centre Toastmasters Club
Adv Leader Silver	Brunskill, Shelagh	Rev-Anew
Adv Leader Silver	Lahey, Stephen L.	Glen Iris Toastmasters Club
Dynamic Leadership (1)	Armstrong, Tamara	Southern Cross Toastmasters
Dynamic Leadership (1)	Kornhauser, Michael	South Yarra Toastmasters



Dynamic Leadership (3)	Love, Robert William	East Gippsland Club
Effective Coaching (1)	Dunlop, Graeme	Happy Hour Toastmasters Club
Effective Coaching (1)	Yu, Matthew	Box Hill
Effective Coaching (2)	Prabhu, Vimalata	Ringwood Toastmasters Club
Effective Coaching (2)	Radford, Narelle	Limestone Coast Toastmasters Club
Effective Coaching (3)	02810866 - Name unavailable	Essendon Toastmasters Club
Effective Coaching (3)	00995208 - Name unavailable	Essendon Toastmasters Club
Engaging Humour (1)	Sinclair, Marlene C.	Wandin Toastmasters
Innovating Planning (1)	Jack, Elinor Maree	Lilydale Toastmasters Club
Innovating Planning (1)	Jensen, Heather	Adelaide Toastmasters Club
Innovating Planning (1)	Nixon, Liam Thomas	Diamond Valley Toastmasters Club
Innovating Planning (1)	Pennino, Adrian	Adelaide City
Innovating Planning (1)	High, Geoffrey Kenneth	Rowville Toastmasters
Innovating Planning (1)	Carini, Ilaria	Geelong Toastmasters Club
Innovating Planning (2)	Pinto, Onan Jerome	Carlton Toastmasters Club
Innovating Planning (2)	Percival, Lucy Alexandra Beale	North Melbourne
Innovating Planning (2)	Dolman, Bryce Jon	Tea Tree Gully Toastmasters Club
Innovating Planning (3)	Brown, Malcom W	Dandenong Ranges Club
High Performance L'ship	Angel, Steven	Frankston Toastmasters Club
High Performance L'ship	Barrie, Stephan	Whitehorse Club
High Performance L'ship	Hoefer, Bernie A.	Toast of the Country Club
Motivational Strategies (2)	Jaschke, Desiree	Adelaide Students Toastmasters Club
Motivational Strategies (3)	Abelman, Anne	Hawthorn Toastmasters Club Inc.
Motivational Strategies (4)	Lancashire, Jonelle	Hobart Toastmasters Club
Motivational Strategies (5)	Smith, Michelle	Leadership SA Toastmasters Club
Persuasive Influence (1)	Su, Susannah	Manningham Toastmasters
Persuasive Influence (1)	Lamb, Rowena	Ivanhoe Toastmasters Club
Presentation Mastery (1)	Pemberton, Heather	Lilydale Toastmasters Club
Presentation Mastery (1)	Hand, Paul W.	City of Greater Geelong Toastmasters
Presentation Mastery (1)	02737639 - Name unavailable	Ballarat Club
Presentation Mastery (1)	Nayton, Clay Hoft	Happy Hour Toastmasters Club
Presentation Mastery (1)	04098427 - Name unavailable	Parkville Toastmasters Club
Presentation Mastery (1)	McIntosh, Nicole	Geelong Toastmasters Club
Presentation Mastery (2)	06965821 - Name unavailable	Glen Iris Toastmasters Club
Presentation Mastery (2)	Aslam, Aabid	Melbourne University Toastmasters
Presentation Mastery (2)	Simmons, Matthew Norman	Rev-Anew
Presentation Mastery (2)	Moore, Thomas N	Frankston Toastmasters Club
Presentation Mastery (2)	Charles, William Andrew	Wandin Toastmasters
Presentation Mastery (3)	Barclay, Andrew Stuart	Dandenong Ranges Club
Presentation Mastery (5)	Ng, Kwan Liong	Melbourne University Toastmasters



Presentation Mastery (5)	Wong, Ai-Ming	Footscray Skyline Toastmasters Club
Strategic Relationships (2)	Dillon, Chloe	Diamond Valley Toastmasters Club
Visionary Comms (1)	Hiscock, Emma Nicole	Adelaide City
Visionary Comms (1)	Leslie, Karen L.	Limestone Coast Toastmasters Club
Visionary Comms (1)	Larkin, Angela	Albury-Wodonga Toastmasters
Visionary Comms (1)	07222085 - Name unavailable	Mawson Lakes Toastmasters
Visionary Comms (3)	06666892 - Name unavailable	Hawthorn Toastmasters Club Inc.

Bharat made his way through the quarterfinals and semifinals to be one of the top six speakers from around the globe this year.

View his speech '[A Conscious Choice](#)' now.



Bharat Sengakar is all smiles at Denver Colorado.

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