



Champions

Ash Gulati (top centre) wins first place in the Humorous Speech Contest at the District 60, 2005 Fall Conference, in London Ontario. Garvin Clark (left) wins first place in the Table Topics Contest.



Seasons' Greetings

There are several times each year that we tend to do a self-analysis. One is on our Birthday, the second is at the end of the summer, especially for students, parents and teachers, and the third one is each New Year. As we approach the half way mark of the Toastmaster year, we should also do a little check-up on our Toastmaster lives. How is our club doing? Are we on track to become Distinguished or better? Are we progressing towards our own personal goals? What is holding us back?

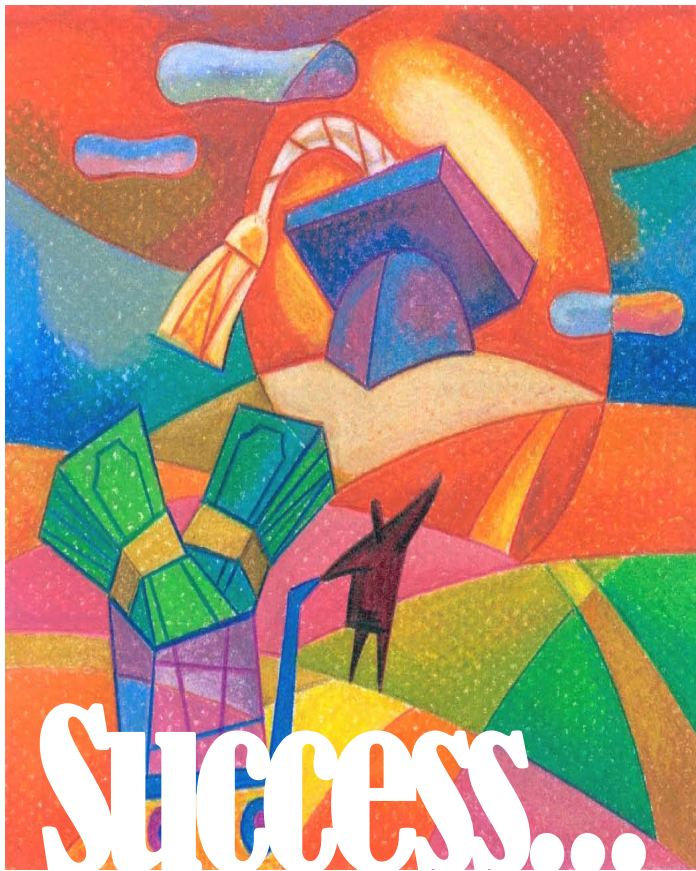
I have been fortunate enough to visit over 80 clubs since becoming a Toastmaster, and in doing so, I have met some of the most wonderful people in the world. I have heard stories of how Toastmasters has changed their lives, and I have seen shy introverted people blossom and grow.

At this time of year, with all the lights of Christmas, Hanukkah, Ramadan, Kwanza, and even the sun, moon and stars, glistening on the snow, take a moment to look inside yourself. Find that spark and let it shine. Make your own light and make 2006 a year of achievement and growth.

No matter what you celebrate, I wish you all a safe and happy holiday season.

John Rich DTM,
District 60 Governor
2005-2006

Publisher—John Rich DTM
Editor—Matthew Clulow ATMB
Photography of membership—Eric Solowka ATMG



Successful Clubs provide service to the membership;

- At the meeting.
- Behind the scenes.
- In the future.

Success At the Meeting

- Meetings start and end on time
- There will be a prepared agenda
- There will be opportunities to learn
- Evaluations are genuine and created so that the speakers will be encouraged to learn by doing
- Meetings are exciting, fun and supportive

Success Behind the scenes

- Members of the meeting have prepared for their roles
- The executive team works together to support each of the officer positions
- The executive team attends and plays an active role in Officer training
- The club executive meets frequently to plan for the success of the club

Success in the future

- Clubs promote Toastmasters in their workplace, at the board of trade and other organizations
- Members invite guests and help others to share in the value of the program
- Members get out of their club. Toastmasters is much more than groups of 20-40 people at a meeting. Members visit Clubs, take part in Area, Division and District events.

Club Success depends on your club members.

Success.... What ever your measure, I wish each and every member Success.

John MacDonald DTM
LGM 2005-2006



The holiday season is just around the corner. This time of year is a great time to reflect. What kind of success have you had this year? What does success mean to you?

Success – The fall conference in London is a recent example of another District 60 success. The conference was a success due to a team of people who put in the extra effort to review the details. The results were groovy. Educational workshops, motivational keynote speakers and lots of fun for everyone who attended.

Many clubs take time off during the holidays. Club members will take this time to evaluate their personal success and how the club is meeting their needs.

Success in the new year may have something to do with how your club serves it's members.

A district that is in contention for #1 in the world has many successful clubs. The following notes outline some of the ways that a club will serve it's members.

"Be not afraid of going slowly, be afraid only of standing still."

-Chinese Proverb

District 60 Toastmasters are not standing still! While we are all working towards achieving our educational goals, let's celebrate with more than 300 fellow members who have reached another milestone on their journey of learning and growth since July 1st! (CTM, ATM, CL, AL, DTM). There are 15 Advanced manuals, 12 Success/Leadership and Success/Communication Programs, Better Speaker Series, High Performance Leadership program, Leadership Excellence Series, and many exciting learning opportunities for everyone to choose and benefit from, who would choose to stand still?

Meanwhile, Toastmasters International (TI) is not standing still either! Announcements were made through the Toastmasters Magazine (November issue) and TI website that there will be five improvements in TI's educational program beginning 2006! One of the most exciting improvements is the introduction of a New Leadership Manual (Catalog No. 265, US\$6.00 plus shipping, available in January 2006). What would be a more thoughtful gift to a fellow Toastmaster than a TI gift certificate as one anticipates the debut of this new manual?

As the new year is coming soon, let's continue to challenge each other to keep going and have fun together along this journey of learning and growth on the communication and leadership track!

(Useful information: <http://www.toastmasters60.org/members/reference/reference.htm>)

Kathleen Wong DTM,
District 60 Lt. Gov.
Education and Training
2005-2006





Public Relations

NEWS

“5 Steps to Amazing Networking” – Check out the speech by 2005 Communication & Leadership Award Winner Ed Holder under Public Relations on District 60 site.

Outdoor Advertising for Toastmasters Clubs! – beginning in January 2006 billboards featuring ‘Joining a TM Club’ will start appearing in 10 locations in Niagara Falls, St. Catharines, Welland, Hamilton, Burlington, Oakville, and Brantford. Watch for them!

January is TM OPEN HOUSE MONTH. Submit reports of successful club events to pro@toastmasters60.org for posting on our District 60 site. A sample flyer form is available on the PR website.

COMING EVENTS

“Laugh & Learn with Improv” – a highly interactive & enjoyable training session on Impromptu Speaking & Improvisation on Wed Feb 8, 2006 – 5:30 pm registration, 6:00 pm start at OPG building auditorium – mezzanine level, 700 University Ave (SW corner of University & College, Queen’s Park subway station; parking behind building) Guest Facilitators: Bad Dog Theatre Company To register your name & club: mitchell905@rogers.com or garywpen@hotmail.com \$5 fee for refreshments & snacks

“Motivation & Fun” Sat. March 11, 2006 Join other Toastmasters for a training session on motivation with lots of networking opportunities.

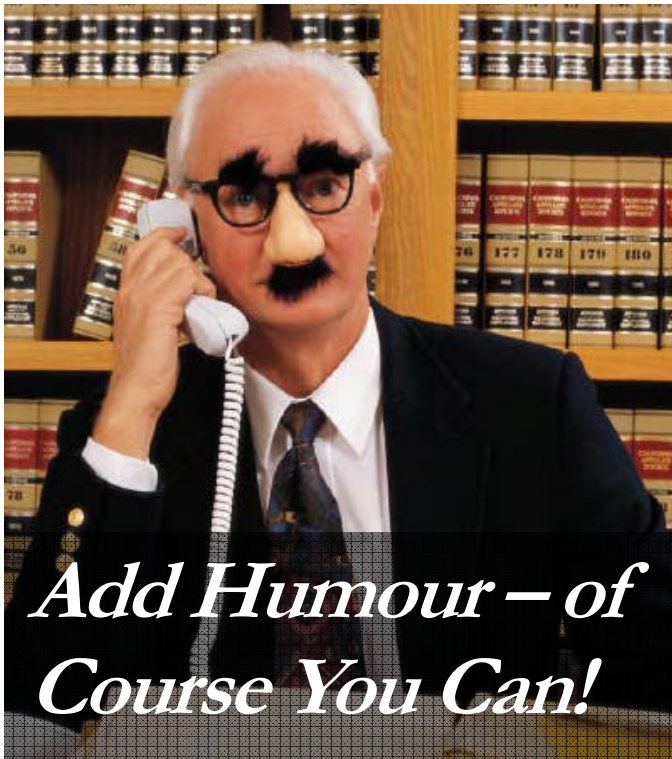
Member Recruitment Ideas

VPPR creates business cards for your club members – hand them out to anyone you speak to about TM VPPR creates flyers for your club. Post them everywhere you can think of close to where your club meets. Send personal follow up invitations to guests to come back.

Region VI Conference!! Mark your calendars now: **June 23rd and 24th 2006.** It will be held at the Doubletree Inn in Romulus, Michigan, near Detroit Metro Airport. Many of us are involved in the planning of this great event with **you**, our members, in mind. We’ll keep you posted as our plans evolve.

Gary Pennington, DTM
District 60 Public Relations Officer
 2005-2006





Add Humour – of Course You Can!

The Importance of Humour in Presentations

As a professional speaker and presentation skills coach, I have learned that to be successful as a speaker, you must be able to inform and entertain.

Humour not only amuses people, it wakes them up, and makes your message memorable. Long after boring information has been delivered, people will recall a well-chosen story, joke, or anecdote. When things are too serious or technical, it can lighten the mood, change the tone, and add punch to your presentations. Most people like to be entertained, not preached at. When you take the time to add humour to your presentations, their laughter and their enjoyment will make the experience, much more rewarding for them and for you.

The easiest way to add humour is through the use of pictures, cartoons, comics, anecdotes and quotes. You can find them in magazines, newspapers, joke books, email, internet, events that you attend, every speech



you hear, and even on the radio. The source I use the most is “Reader’s Digest”.

You do not need to be a stand-up comedian, or even a funny person in your everyday life, you simply must follow a few rules.

Rule Number 1

Don’t say things that will offend your audience

- In this day and age of being politically correct, you really have to watch what you say and even more so when you are trying to be funny. The obvious: stay away from jokes or anecdotes regarding sex, religion, race, fat or thin people, tall or short people, blind or deaf people, cruelty to animals, or cruelty to children.
- Don’t make fun of others – use your own personal, most embarrassing moments – they endear you to the audience.
- Be extremely careful of your language. Even if there is a swear word in a joke that you think is ok – just use something else – people will know what the word was and if you pause just before you say it, they will appreciate the fact that you changed it.

Rule Number 2

Choose your humorous material carefully. According to an article in the Toastmaster Magazine ... “The biggest mistake made in public speaking today is the use of irrelevant humour.” Material needs to be relevant to the topic, and to the audience.

Rule Number 3.

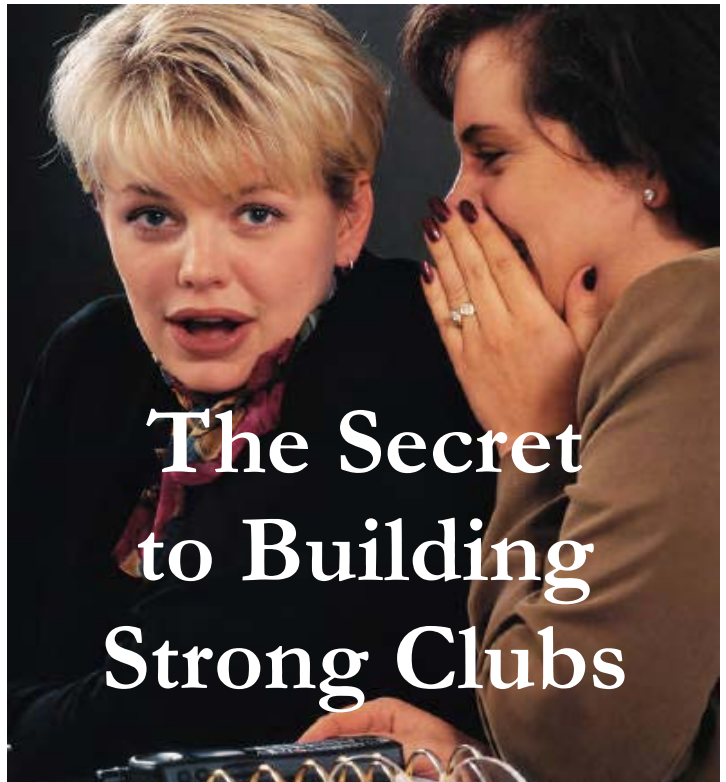
Make the anecdote, joke, or quote part of your message by setting it up.

Set-up Line: To handle the stress in our lives we need to have more fun.

Acknowledge: Here is a quote from, “Life Is Not A Stress Rehearsal” by Loretta LaRoche, “Your inner child is probably miserable because your outer adult isn’t having any fun.”

Tag Line: So have some fun. Start today to bring fun into the office, your life, and your presentations.

Judy Suke DTM



The Number One, Sure-Fire, Easiest, most Exciting “Secret” to Building Strong Toastmasters Clubs is...there is no secret! The “Map” is there for all to see. The way to the “Treasure” is known. The “Keys to Success” are given to all by Toastmasters.

Every leader is given a manual and provided with training (*treasure map and key to success*) that explains what the “Standards” are outside and at Club meetings to help understand the role. Having led two clubs and a Division to become tops in the District, I know first hand that Toastmaster resources are amazingly effective. By following the map of the “experts” you are given the best practices and successful strategies of thousands of Toastmaster Clubs since 1924!

The “Moments of Truth” module contains “Successful Club Standards” and key ideas how to meet them. An excellent way to evaluate your club and discover ways to make it successful.

Consult your manual often, meet all standards successfully, use every resource available and attend training regularly to seek out new ideas to make your club a treasure. Toastmasters provides the treasure map, the tools and the keys to success. *The “Secret” to Building a Strong Club is easy: use them.*

Brian S. Robinson DTM



Savvy Advice for Seasonal Socials

Would you like to learn some simple techniques to navigate any seasonal social event with “comfort and joy”? Whether you attend holiday parties this year or, are planning on attending events in 2006 such as the upcoming Spring 2006 District 60 Conference, each of us has one thing in common!

We ALL use social engagement skills to accomplish goals in academic, business or social arenas.

How well we do in any pursuit is predicated by our ability to successfully communicate thoughts and ideas. **That’s why many of us joined Toastmasters!**

Here is a quick list of tips and techniques starting with:

TOP FIVE TIPS for improving your *Cocktail Chatter*:

1. Be well-informed
2. Focus on the other person and less on yourself
3. Listen
4. Don’t interrupt
5. Always close off a conversation before walking away!

Let’s look next at opportunities for enhancing your *Mingling Proficiency*:

Here are more **TOP FIVE TIPS**:

1. Eat a small amount of food before the event.
2. Recall that you were not invited because the host/hostess thought you might be hungry or thirsty!
3. When you arrive at an event or function, stop at the door, scan the room and make a strong entrance. Posture, eye contact and smiling are three key power points for doing so.
4. Make your presence known to everyone there.
5. The final tip is a simple one to remember: hold everything in your left hand, keeping your right hand free for greeting people and shaking hands!

When it comes to extending and accepting invitations, who do you think has more responsibility - the Host/Hostess or the Guest? If you guessed the Host or Hostess, try again!

Invitations

When **extending an invitation** the Host or Hostess:

1. Is precise about time, place and purpose of the event.
2. Lets the guest know what the dress requirement is: casual, informal or formal.
3. Lets the guest know if there will be a guest of honour.
4. Encloses a map or provides directions to location.

When **accepting an invitation** the Guest:

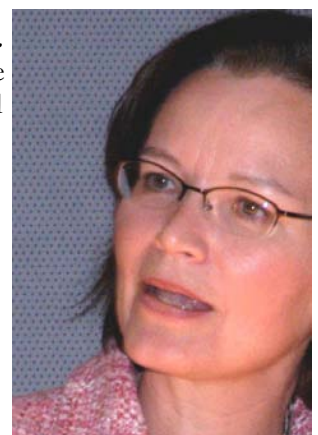
1. Responds within 48 hours (the sooner the better).
2. If a guest accepts an invitation and later must cancel, lets the host know as soon as possible. It is exceptionally bad form to cancel same day unless there is an unavoidable commitment or illness involved. If you make a financial commitment to attend an event, be prepared to submit payment if you cancel last minute. Venue, food and beverage bookings must be made days in advance and your host or hostess is responsible for the bill. Please do not assume they will pay your way.
3. Never assumes one can bring an uninvited guest—two or four-legged!

Cocktail Chatter, Mingling Proficiency and Invitations...

Now you know how to navigate any academic, business or social event with grace and style!

Enjoy the holiday season! I look forward to seeing you at the Spring 2006 conference!

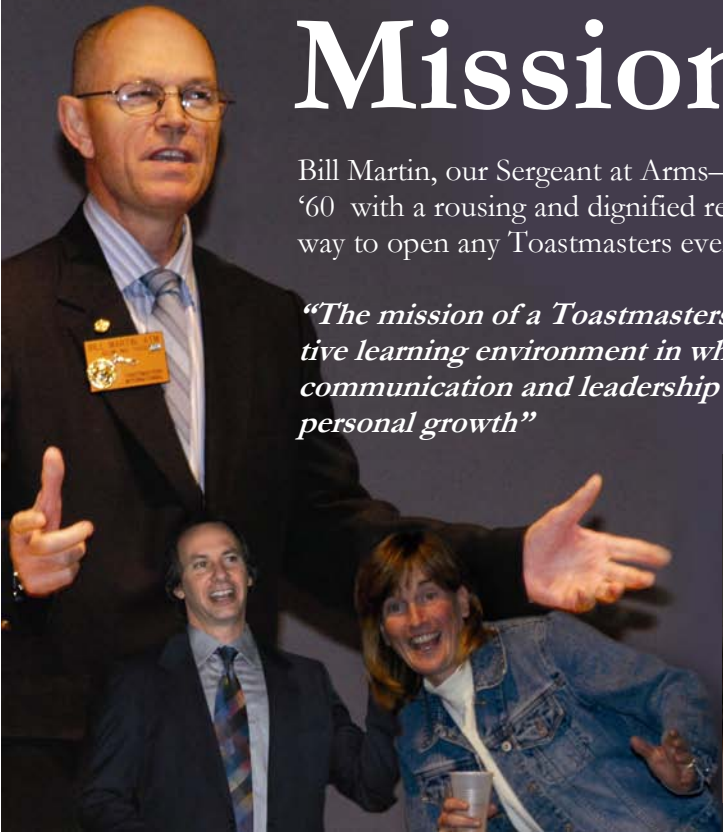
Deborah McGrath, CL



Mission Statement

Bill Martin, our Sergeant at Arms—Northern Division fall contest, invoked the Spirit of '60 with a rousing and dignified rendition of the club mission statement. What a great way to open any Toastmasters event.

"The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth"



Distinguished Toastmasters

Fall 2005 Conference Photographs by Darren Gahan



Passport to Your Destiny

2006 District 60 Spring Conference

May 5, 6, 7, 2006 (Fri – Sun)

Delta Meadowvale

Resort & Conference Centre

6750 Mississauga Road, Mississauga

More information will be available on the District 60 website www.Toastmasters60.org

Pre-registration:

- Pay \$10 and receive an extra \$10 off your full registration
- Pre-registration closes at the District make-up training session in February 2006
- Your pre-registration will be entered into **a draw for two night's stay at the Delta Meadowvale for the conference** if payment for the full conference package (not just selected events) is received by April 14th 2006
- The name of the winner will be posted on the District 60 website
- Early Bird registration must be paid by April 23rd 2006

Conference Features:

- **District International Speech Contest & District Evaluation Speech Contest**
- **Friday Night –Fun Night**
- **12+ Workshops**
- **Book store**
- **Communication & Leadership Luncheon**
- **Saturday Night District Governor's Ball**
- **Keynote Speakers**
- **Meet friends from all over the world**
- **District Council Meeting**
- **Hall of Fame Presentation & Sunday Brunch & keynote**

Pre-register me for the 2006 Spring District 60 Toastmaster Conference!

May 5, 6, 7, 2006-Pay \$10 and receive extra \$10 off full registration

(One form per person please)

Name _____

Phone Number: _____ Email Address : _____

Club #: _____ Club Name: _____ Division A/B/C/D/E/L/P/Q/N/W

Designation: Member /CTM/ ATM-B/ ATM- S/ ATM-G/CL/AL/DTM/Guest

Are you a: PID/PDG

Volunteer: Registration/ Hospitality/Workshop/Activator/Entertainment /Bookstore

Send completed form to Anne Irwin Email address: anne.irwini@sympatico.ca

Mailing Address : P.O. Box 221, 1865 Holborn Road, Queensville, Ontario L0G 1R0