



# SPIRIT OF 60

Quarterly Newsletter



December 2008



Volume 1, Issue 2

## Seasons Greetings Toastmasters!



Dr. Martin Luther King once said that life's most pressing question is "What are you doing to help others?" Our District theme this year is "People Helping People". At this time of year, during the season of giving and charity, I want you to ask yourself, what are you doing to help others?



Whether it be in your community, your workplace, or your Toastmasters club, what are you doing to help others? Each of us has a unique gift that only we can share with the world. Are you sharing yours?

On the subject of themes, Jana Barnhill, Toastmasters International President's theme is, "The Courage to Conquer." In addition to receiving the courage to overcome our fears of public speaking, Toastmasters gives us the courage to speak up for injustice and inequity in society. Again Dr. King asks us "What are we going to speak up for?"

We receive so much more than just enhanced communication and leadership skills through our involvement in Toastmasters, it truly does change lives.

Sometimes it amazes me that with all the benefits that we receive from our Toastmasters

experience that we are not sharing the "gift" with more people. In the New Year, make it your resolution to bring a friend, a colleague or a family member to your club meeting, and share with them, not only the gift of enhanced communication and leadership skills, but of a newfound confidence, and belief in themselves and their abilities.

I would like to leave you with a closing thought from Dr. King, "What will be your legacy?"

**Season Greetings and Happy New Year to Everyone!**

Janice Weir, DTM  
(D60 Governor 2008-2009)

**Tag, you're it!  
January 2009  
Club Officer  
Training is almost  
here, you don't  
want to miss it!**



**Jan. 17th, 2009  
Manulife Centre,  
Toronto**

**Div. A ~ Feb. 12th  
Div. B ~ Feb. TBD  
Div. C ~ Feb. TBD  
Div. D ~ Jan. 22nd  
Div. E ~ Jan. 10th  
Div. F ~ Feb. TBD**



## Toastmasters Learning Institute

(Workshops for **Everyone** + Club Officer Training)

Date: Saturday January 17, 2009, Time: 9:00 am – 5:00 pm

Place: Manulife Centre, 200 Bloor Street West, Toronto, Ontario

AGENDA								
9:00 - 9:30 am	Registration and Networking							
9:30 - 9:45 am	Opening remarks by Chair - Michelle Rich DTM, Conference Centre							
10:00 -10:30 am	Keynote Presentation - John Rich, DTM, International Director							
		Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Ross DE (24)
10:30 - 12:00 pm	President * Terri Bonnah	VP Educa- tion * John Sooran	VP Mem- bership * Vaidhehi Kumar	VP Public Relations * Deanna Yeung	Secretary * Bob Zarichansky	Treasurer * Tim Sulisz	SAA * Dan McKinnon	
12:05 - 12:45 pm	Lunch and Mingle							
1:00 - 2:30 pm	The ABC's of Leader- ship Charac- teristics Develop- ing Skills	The Art of Effec- tive Evalua- tion Eusene James	Running Effective Speech Contests Phyrne Parker	Action Planning for Club Success Clint Leung	Parliamen- tary Proce- dures John Sooran	Club Coach John Rich	New Club Sponsor John Mac- Donald	
2:30 - 4:00 pm	Working in a Team Pat De Valence		Judging Workshop Jacqueline Ryl/Susan Carroll- Clark	Member- ship Building John Mac- Donald	District Leadership Janice Weir	New Club Mentor John Rich	PowerPoint Pizzaz! Bonnie Dell/ Marty MacPhail	
4:35pm - 4:45 pm	Closing Remarks - District Governor Janice Weir & Evaluation Form Lucky Draw							

RSVP by January 15, 2009: On-line Registration and payment at: [D60.cloverpad.org](http://D60.cloverpad.org)

Admission: All day \$10 - light lunch and training materials included or Afternoon Workshops \$10



## Public Relations Officer Deanna Yeung, DTM



### *Celebrating 50 Years of People Helping People*

We, District 60 Toastmasters, with over 3,500 members celebrated *50 Years of People Helping People* at our Fall Conference in November, 2008. Though the venue was outside of Metropolitan Toronto, still Mayor David Miller of Toronto sent us his well wishes in a congratulatory letter for this occasion. Each year District 60 holds a Fall Conference and a Spring Conference for members to conduct Toastmasters business, to attend workshops on communication and leadership skills, to honor such a leader selected from our community, to watch or participate in speech contests and to network with fellow Toastmasters.

To commemorate the founding of District 60 on July 1, 1958, we decked the hall with 50's décor, danced to 50s music and some even dressed as their favourite 50s celebrity. The live rendition of Elvis Presley, the King of Rock and Roll was simply sensational, sending us off on a high note for an exciting conference on the following two days.

The 2008 Fall Conference was held at the Holiday Inn Oshawa Whitby Conference Centre November 14, 15 and 16. Mayor John Gray of Oshawa presented his welcome message to attendees at the official Opening Ceremony on Saturday morning, November 15th; followed immediately by Randy Park's lively keynote presentation on "*Your Role in People helping People*". Randy Park - author, keynote speaker, an expert on how people think and facilitator in helping people think more strategically - took us on a journey through 50 years of Toastmasters in District 60, from 1958 to 2008. Using optical illusions and brain teasers, Mr. Park's presentation shows us how our past influences our current thinking and our view to the future. The audience left this session thinking differently!

The Saturday luncheon was held in honor of our 2008 Fall Communication and Leadership Award Recipient, Audrey M. Loeb - Founder and Chair of the *Weekend to End Breast Cancer*. In September 2008, over \$13 million was raised by 4,757 participants during Toronto's sixth annual *Weekend to End Breast Cancer* in support of The Princess Margaret Hospital in their pursuit to cure breast cancer. Ms Loeb intimated the coming about of this annual fund-raising event in Toronto in 2003, which has spread to other Canadian cities since. I was particularly touched by how a woman overcoming her obstacles to become a participant of this fund-raising event. By the end of her presentation, the audience was totally engrossed by Ms. Loeb's short video on Toronto's 2008 *Weekend to End Breast Cancer* event, in which participants exuded great enthusiasm, dedication and camaraderie for a cause they believe in.

The highest attendance on Saturday was the HUMOROUS SPEECH CONTEST, won by Bruce Lindsay as "*The Best Undertaker in the Business*". In addition to the twelve enlightening, energizing and educational workshops - three on each of the four themes: (1) improving your speaking skills; (2) leadership; (3) club excellence and (4) personal development, there was a special fast-paced entertaining workshop on Friday evening by Craig Valentine - the 1999 World Champion of Public Speaking. His workshop on "*How to Keep Your Audiences on the Edge of Their Seats*" provides you with the necessary tools to keep your audience members leaning on your every word while you deliver a message they cannot shake from their minds.

Sunday, November 16, began with a workshop by Kristal DiCarlo, our Region VI International Director, on "*Conquering Membership Challenges*" by retaining members and recruiting new members. The two most pragmatic tips I learned are: identify a responsive contact person on your club's website and target your "sales pitch" based on your visitor's need or goal. The TABLE TOPICS CONTEST drew in a big crowd; the champion was Dave Matoc. After brunch, Craig Valentine, keynote speaker for the day, talked about "*The Way of the Champions: 3 Gs to Greatness*". He took us on his emotional journey to becoming the 1999 World Champion of Public Speaking. If you've come along with him, you too will discover the 3 G's to greatness and be empowered to use them in your life.



## District 60 Fall Conference Continued...



Watching the presentation of DTMs at the Sunday Brunch this Fall Conference makes me realize it is indeed a very heartening activity for all who were present. When a new DTM's name is announced to receive their DTM medallion, their face lights up with pride and joy as if being "inducted" into some new world order. While some may appear euphoric others may look relieved.

After accepting their medallion, a new DTM passes down a long receiving line of DTMs, to hug and be hugged by each and every one of them. The DTMs on the receiving line, with their DTM medallions around their necks, will embrace each passing new DTM with congratulatory greetings. When they reach the end of the line, a new DTM positions himself as an extension of the receiving line. As the ceremony goes on, the line of DTM grows longer and longer, until the last recipient joins the line. The mood is so congenial that an onlooker cannot help but want to join the DTMs. I believe this ceremony does spur the yet-to-be-DTMs onwards to reach their designations sooner.

Without a doubt, the reformation of the old District 60 on July 1, 2008 has drastically reduced conference attendance in the new District 60. Thanks to the dedicated efforts of the Fall Conference Committee under the capable leadership of Conference Chair Phyrne Parker, in spite of its size and some minor glitches, this first Conference of the new District 60 has all the elements of a successful Toastmasters Conference.

Part of the Conference was covered by SNAP Oshawa, published in their December 2008 issue. Please visit our District 60 website for Conference coverage and more pictures. In case you had missed the 2008 Fall Conference, make sure you do not miss the 2009 Spring Conference, April 17 to 19, 2009 to be held at the Valhalla Inn, Toronto, Ontario. See you there!

All the best to you for a joyous and safe Holiday season.

Deanna Yeung, DTM



1999 World Champion Craig Valentine



Communication & Leadership Award recipient Audrey Loeb

Spring 2009 Communication & Leadership Conference  
Sponsored by District 60 Toastmasters

April 17-19, 2009 - Valhalla Inn,  
Toronto, Ontario

Soar to New Heights

Early Bird Registrants Only:  
Mini Boot camp Friday afternoon with  
**Darren Lacroix**  
2001 World Champion of Public Speaking

Early Bird Registration: \$175  
(Full Conference)  
before Jan 31, 2009.



*"Celebrate the happiness  
that friends are always  
giving, make everyday a  
holiday and celebrate just  
living"*

*Amanda Bradley*





## Lieutenant Governor Education & Training

Michelle Rich, DTM



As we finish the first half of our Toastmasters year, I'm reminded of a Chinese proverb, *learning is a treasure that will follow its owner everywhere*. The past six months have been a learning opportunity for many of us. If you are on your club executive, what have you accomplished? What more could you achieve with your teams? Area Governors, Division Governors, District marketing and education teams, District Executives, it's time to take stock. What did we do well? What could we do better? How can we serve each other better?

Between December and February, the District is offering many opportunities for clubs, club officers, and club members to attend Phase II club officer training. Have you done the role before and don't feel you need to attend training, "AGAIN"? Attended Phase I training, what more could they offer? We can offer a lot! The benefits of attending Phase II training include:

- Club Officers have the opportunity to discuss problems
- Officers can obtain advice from district officers
- Networking with officers from other clubs.

Training is tailored to the audience with more scenarios/role playing, discussions, troubleshooting, brainstorming sessions and review of role.

- For clubs electing semi-annually, club officers can learn their roles and responsibilities
- Meet district officers who can help them during their terms
- Get new ideas about how to improve their clubs

Clubs that have 4 or more officers attend training in both the Phase I and Phase II training will meet one of their club success goals. A trained officer, is an informed officer!

Our first Fall District 60 Conference as the new and improved District 60 was very successful. 50 Years of People Helping People saw our special keynote speakers Craig Valentine and Randy Parks set the tone for the Conference. A full lineup of 12 workshops kept us hopping from one to another. It was hard to select which workshop to attend! Check out the pictures on the District 60 website.

Join us for the Spring Communication and Leadership Conference, April 17-19, 2009 at the Valhalla Inn, Toronto.

We have a special offering from our keynote presenter, Darren LaCroix who will provide the following:

- Early bird registrants (by January 31, 2009) will receive a bonus mini-boot camp Friday April 17, 1:30-4:30 PM!
- A 1 ½ hour Speech Coaching workshop Saturday April 18.

A keynote speech at our Sunday Brunch

We're looking for Workshop presenters to fill in our schedule. Apply by **January 31, 2009** so we can publish our list by February 6, 2009. See [http://toastmasters60.org/PDFs/District\\_60\\_Spring\\_2009\\_Workshop\\_Proposal\\_Application\\_Form.doc](http://toastmasters60.org/PDFs/District_60_Spring_2009_Workshop_Proposal_Application_Form.doc) or click on the link at the bottom of the District 60 Web Home page.

Before you know it, the International Speech and Evaluation Speech contests will be here! VP Educations, schedule the contest on your agendas **between February and the beginning of March** and encourage your members to participate. All members can compete in the Evaluation Contest. Toastmasters are eligible to compete in the International Speech Contest after completing their 6th speech in the Communications Manual. No, the 6<sup>th</sup> speech cannot be presented during the contest! Check with your Area Governors for Division dates and some area contest dates have already been posted on the District 60 website.

Have a happy holiday season! May you meet all your goals!

Michelle Rich, DTM



## Lieutenant Governor Marketing

Randie Jacobs, DTM



Hello District 60 Toastmasters,

There is a vibe, a wonderful energy that resonates when club members meet together to have a Toastmasters meeting. As I visit the many clubs in this wonderful district and speak with so many of you, it is fabulous to hear your personal stories of why you joined Toastmasters and your positive viewpoints of what Toastmasters membership means to you.

Thank you to all of you who are committed to strengthening your clubs by realizing the value in holding membership campaigns, open houses and giving visitors a warm and encouraging welcome when they visit your clubs.

This year whilst the district team remains ever mindful of the need to start new clubs, we have put in place a number of programs such as the **Rising Star Program** evening, **Banner Days** and **Club Coach** programs to assist existing clubs to strengthen their membership and have quality club meetings.

I am never too busy to be of assistance to any of you who would wish to contact me via e-mail or phone regarding information for starting new clubs or ways to support clubs in need of assistance.

Let's continue to work together to have a successful year in District 60!

Randie Jacobs DTM

### Mid-Year Leadership Training

Recently your District Trio, Michelle, Randie and I had the privilege of attending Mid-Year Leadership training in Cleveland.

We led, learned and laughed, with the trio's from the other 8 Districts in Region VI. It was a great opportunity for us to let our hair down and get to know each other on a more personal level, time for us to reconnect with our District 86 leaders, and time to share and learn from each other.

They say that leadership should be by example. When you are challenged by your Lieutenant Governor of Marketing, then you have to take up the challenge. View photo to see your District Governor lead by example and take "no bull".

Alas, I did not win for the longest ride; that honour goes to your Lieutenant Governor of Education and Training, Michelle Rich.



## The Gifts of Toastmasters Magi!

This is the season of Joy and Sharing. I attended the December District 60 Council Meeting on Saturday December 13, 2009. I heard comments on finding prospective leaders and concerns on getting the required support to provide the needed leadership for our clubs. I reflected on my Toastmaster experience in becoming an effective leader. I share this with you to make your leadership experience pleasant. I hope to help you find JOY in your contributions as leaders! I have been promoting *Mentoring*, *Succession Planning*, *High Performance Leadership* and *Learning Transfer* in the past years. I feel that by adopting and implementing these in our daily activities, we can achieve our personal and professional goals.

**1. Mentoring:** I find the Toastmasters Mentoring program to be very effective. It is not just for new members. If you are new to your role as a member, club officer, special committee member or a District officer, you can learn from other experienced Toastmasters. We are not alone and need not feel overwhelmed in our duties. The Toastmasters program offers a nurturing and supportive environment to learn and grow together. All I needed was to have an open-mind to learn from others and be passionate about my personal development while helping others. I empowered myself by discovering the best in others while discovering the best in myself.

**2. Succession Planning:** When I completed the entire Toastmasters program and experienced its potential in personal and professional development, I realized the importance of "succession planning" at every stage in order to provide the needed leadership to our clubs. This was also very critical for the survival of the clubs in the long run. I implemented a 3 year succession planning for club officer roles in my club which made my club robust. We do have a similar plan for the top positions in the Toastmasters organization with a 4 year commitment. I believe that the implementation of 3 year succession planning will be beneficial for every role in the District.

**3. High Performance Leadership (HPL):** I believe that completing the HPL in the Toastmasters program was very helpful in being effective in my leadership projects and in achieving excellence in meeting the project objectives. It made me realize that it was not about my individual performance anymore. It was all about my team accepting "my vision" as their/team's vision and working in a collaborative manner in achieving our common goals. I must inspire my team in action. I made it my mission. Now, I use subconsciously and effortlessly the HPL structure in everything I do and achieve the intended results with ease and perfection. These projects bring out the leader in us.

**4. Learning Transfer:** This is the most important item in exploiting the full potential of the Toastmasters Educational programs in adding value in providing the leadership support to our membership. This will foster our membership growth and development through nurturing and support. This preserves the knowledge base required to meet the organizational objectives at all levels while making it an enjoyable experience for all. This leads to a win-win situation for the membership and the Toastmasters organization.

Above all, these core activities are applicable to every Toastmaster in exploiting their full potential for personal and professional development. If you want to discuss the implementation of the above in your Toastmasters clubs for the benefit of your club membership and your club's success, please contact me at [EducationChair@toastmasters60.org](mailto:EducationChair@toastmasters60.org).

I wish you and your family the very best of the Holiday Season and a Happy New Year!

Vaidhehi Kumar DTM District 60 Education Chair 2008-2009

# *Memories of the District 60 Fall Conference*

*November 14-16th, 2008*



## **Humourous Speech Contest**

**1st Place Winner -**

**Toastmaster Bruce Lindsay receiving his Trophy from our International Director Kristal DiCarlo and District 60 Governor Janice Weir**



## **Table Topics Contest**

**1st Place Winner -**

**Toastmaster David Matoc receiving his Trophy from our International Director Kristal DiCarlo and District 60 Governor Janice Weir**



**The Fall Conference Committee being recognized for all their hard work, thank you for a fabulous Fall Conference!**

## What is Christmas...?



"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."

Calvin Coolidge

The Twelve Days of Christmas, Toastmasters style...

On the twelfth day of Christmas Santa gave to me...

12 new Toastmasters

11 eager coaches

10 tremendous mentors

9 International Speech Contestants

8 Evaluators

7 sassy Area Governors

6 ACBs

5 CLS

4 CCs

3 AC Bronzes

2 New Clubs

AND

THE NET GROWTH OF ONE CLUB



Wishing all Toastmasters a Merry Christmas, Happy Hanukkah, a Happy Kwanzaa and a Fabulous New Year 2009!

Please direct feedback, suggestions, articles, photos to our newsletter Designer/Editor:

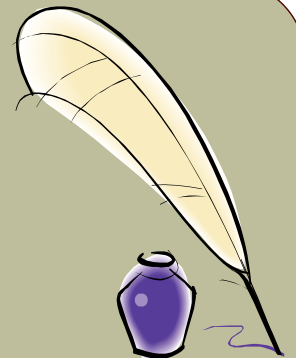
Stephanie von Barga 416.864.6679 (B)  
905.891.5306 (H) or email:  
svb.laluna@sympatico.ca

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416.574.2516 (cell) 705.458.1455  
(H) District60governor@toastmasters60.org

220 Thornton Avenue  
Thornton, ON  
L0L 2N0



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