



# Find Your Voice

the District 71 newsletter

July/August 2009 Edition



## Australian wins the World Championship of Public Speaking

Mark Hunter of Australia, pictured above, won the 2009 World Championship of Public Speaking at the Mashantucket Toastmasters International Convention. With a speech titled 'A sink full of Green Tomatoes' he wowed the judges with a lesson for us all. The full text of the winning speech on page 4 of this newsletter. Erick Rainey, formerly of District 71, came third.

Gareth McHale, our own District 71 champion found the Convention an exhilarating experience. With over 2,000 people at the Convention, both the volume of the people and their huge diversity amazed him.

Unfortunately, Gareth did not make the final. However, he learned a valuable lesson. It is the old maxim of 'know your audience'.

To compete in the final, Gareth had first to win The Inter-District Contest. This took place the day before Convention proper started.

Many contestants had English as a second language. Indeed, many of the audience and judges were non native English speakers.

As such, doing it again, Gareth would speak more slowly, cut out complex language and pause more. Indeed, a lesson for us all.

Mark Hunter had reached the Convention several times before winning the final. Gareth will, I am sure, be back to put this lesson into effect.

### From your editor

Welcome to the first newsletter for the 2009/10 year. I hope you notice it to be a markedly different newsletter to recent ones. My aim is to make the newsletter more regular, shorter but even more relevant to our members. Take a read and let me know what you think.

In this edition we have:

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**p. 13** See who has already managed to achieve awards this year!

Let me know what you would like to see in the District newsletter going forward.

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# For 2009-10 the District theme is “Find Your Voice” – D71 District Governor, Joe Gibbs



I'm sure many of you remember your first Toastmaster meeting. The fear of the unknown perhaps? “Will they pick on me to speak”? “I want to say something but I'm too afraid of the sound of my own voice”. Like myself and many others you may never have

been given a real opportunity to “find your voice” until you attended your first Toastmasters meeting.

As an organisation, the idea of helping people to put their thoughts, desires and opinions into words and speak them in front of others is the very cornerstone of Toastmasters International. Through the skills we develop in Toastmasters we learn to communicate better with those around us, develop leadership skills we didn't know we had and grow stronger in our personal and professional relationships.

Giving more people the opportunity to “find their voice”, is what drives many of the objectives we work with as

a District Leadership Team of Club Committees, Area Governors, Division Governors and members of the Executive.

- It's why we want to increase our membership and grow new clubs
- It's why we want to recognise and encourage achievement through communications and leadership awards
- It's why we want to ensure quality training for our leaders throughout the District.

As leaders within this great organisation you are key to all of the above. Don't underestimate what you can achieve and how much of an impact your efforts throughout this year can have on developing new skills and above all in helping others to develop theirs, overcome fears and find their voice.

I look forward to working with you in the year ahead and hope that I and the other members of the Executive can serve you well and ensure D71 continues to grow and help you “Find your Voice”

## A flying start – LT Governor, Training and Education, Teresa Dukes

What a great year we have gotten off to!



With the help of our Division and Area Governors our Club Officers have achieved an extremely high rate of training and one that we should all be very proud of! It breaks down like this:

**First Round of Club Officer Training with 4 or more officers trained:**

**Division A** – 100% (The A Team and Killarney for training all 7 Officers)

**Division B** – 93% (MLP London Bridge and Holborn Speakers for training all 7 Officers)

**Division C** – 94% (Greystones, Wicklow, Engineers, Society & Eblana for training all 7 Officers)

**Division D** – 100% (Kilkenny for training all 7 Officers)

**Division E** – 100% (Dundee for training all 7 Officers)

**Division F** – 100% (Speakeasy Roscommon & Enniskillen for training all 7 Officers)

**Division G** – 100% (Berkhamsted for training all 7 Officers)

**Division H** – 67% (Guildford & Woking for training all 7 Officers)

The overall total for the District is 92% of our clubs who have received COT for at least 4 of their officers! For the Second Round I would LOVE to see this at 100% so there's a challenge for all Area Governors!

NOTE: Remember that you can claim back for your room hire for this training session (£50/€63). Please email me with your request stating amount, who to make cheque payable to, address to send it.

Our next goal is for our Area Governors to have completed their 1st Round of Club Visits before the end of October. Once you have made your visit to each club please ensure that you input your report on line so that we can track the awards your clubs are looking at achieve! Don't wait to go online – do it ASAP while the visit is still fresh in your mind.

See you all in York at the White Rose Conference! It will be a blast with all the workshops and entertainment lined up!

# Growth and support across the District – LT Governor, Marketing, Jim Hegarty



Already, at this early stage of the new toastmasters' year, there is an exciting energy and enthusiasm, in District 71, for setting up new clubs.

In the UK, there are more than 10 new clubs that have submitted their Charter Papers and a further 8 clubs where meetings are taking place. This latter group are known as Pre Charter clubs [PCs]. In Ireland, where the clubs traditionally take a break for July and August, there are also exciting prospects. There are 2 clubs, which have sent in Charter Papers, and another 5 clubs that are already meeting or are about to start meetings.

Weak clubs that need urgent support are being identified, and where a club has less than 12 members, a Club Coach can be appointed and a sum of £150 or €220 can be drawn down from District Funds. In such cases, it is the District Governor, who appoints the Club Coach. Also, every PC club that is meeting can draw down £150 or €220 for marketing Wow, what an incredible experience it has been serving you on the District Executive.

purposes. Each new club that has chartered, can purchase a Banner and Bag, and then apply for \$100 towards the cost of same. Finally, each Division is allocated a Marketing Fund of £300 or €380. In all cases, expenditure must be vouched, and does not include travel, meals etc.

Finally, Malcolm Warden, the gentleman who manages the District 71 website [www.d71.org], has agreed to put the following services on website:

- A Discussion Forum, where former and current Club Coaches can discuss strategies as a support group.
- A Section on Knowledge, on the D7 site, where members can say what works and what does not work.
- An Email Group for Coaches, on the D71 site, where Club Coaches can send each other emails.

We have made a great start. Together we will make 'Find Your Voice' a reality for our members.

# And now the end is here – Immediate Past District Governor, 2008-9, Gary Sander

When I first took office, a few years ago now, as the District PRO, I never envisaged what lay ahead. To be honest, I was concentrating on the office I had just been elected into and what I needed to do for the next year. Never in a million years could I have guessed what a fantastic learning curve it was going to be.



We in District 71 are lucky as we are closer knit than some of the other Districts and opportunities are more visible and open. We all have the chance to make a difference in our lives and to

those around us. I am so glad that I had the courage to stand for that position of PRO because it has made a huge difference in my life.

Over the last four years I have had the pleasure of serving you as PRO, Lieutenant Governor of Marketing, Lieutenant Governor of Education and finally as District Governor. In that time I have made so many new friends, here and abroad, visited so many clubs that some of it seems a blur. I am really glad I have photos to remind me of all the good times.

But the most important fact is, I stepped way out of my comfort zone. I took on new challenges and, with your help, rose to those challenges and succeeded far beyond what I thought I was capable of. For that, I thank you.

Now it is time to find your voice and, in doing so, I hope that you rise to the challenge of moving outside your comfort zone by stepping forward for more than a club member role. There are some great opportunities out there and I promise you will never regret it. I don't.

# Mark Hunter's 2009 World Championship of Public Speaking winning speech

“ Literature is literally littered with lively legends. Amongst them rides Don Quixote the Man of La Mancha. An idealistic knight who fought for the rights of others and dared to dream the impossible dream.

Mr Contest chairman, ladies and gentlemen, while I dare not sing that song for fear it could be your nightmare, I like many of us here have dreamed impossible dreams. But to make one of my dreams even remotely attainable, I had to learn a lesson, perhaps a lesson for us all.

When I was 22 an accident changed my view of the world completely. Before the accident, I saw the world from an invincible 6 feet high, now I see it from the height of the consummate navel gazer.

In my new position, short and seated and recycled, I soon faced discrimination, so I became a modern day Don Quixote fighting for the rights of those with a disability. Many, many times, I would don the armour of righteousness, mount my trusty grey horse Eeeha! (work with me here), raise my lance, and charge into hell for my heavenly cause, dreaming of a world where discrimination no longer existed.

But at other times, I would retreat, exhausted and just want to be invisible

For many years as I championed this cause I faced this problem: Do I want to fit in, or do I want to stand up, stand out and stand fast for who and what I am; do I want to be same or different?

I became consumed by this dilemma and desperate for an answer. I turned to books, coaches, meditation, you name it I did it, I even searched in the bottom of a bottle of whiskey - I eventually found my answer where many of our lives most important questions are answered.

My Grandmother's kitchen was filled with the aroma of freshly cooked bread, and the quiet rhythmic chopping of vegetables was the only sound to be heard. On the bench, gleaming upturned jars were begging to be filled with her world famous tomato relish well I thought it was world famous my grandfather, Poppy, always said it could be used as paint stripper. I too would laugh at his mischief

A splash was followed by her silent invitation to look in the water filled sink. A wildly bright red apple had accidentally tumbled in, and was bobbing amongst a dozen green tomatoes. Nana said, Mark, look in the sink. What do you want to be? I looked at my choice to be the one apple or one of many tomatoes- and I remembered thinking..

Who looks at fruit and veg's and becomes philosophical?

So how did I answer grandmother?

As I watched her, I finally understood her wisdom. Nana, I said. She stopped, turned, and waited. Nana, I want to be the water.

She turned back to her work, and I am sure I heard her smile.

She knew I had found my answer. That you can't change the world by charging around like an idealistic knight. You change it from here, by being the water. You see water embraces everything completely. It does not differentiate young from old, black from white, tall from navel gazer. It simply encompasses all.

And what is this water if it is not a unique definition of love. A definition reflected in Deepak Chopra's work, where he writes for love to be real it has to flow out and around what is loved. This water is liquid love. When I am the water, when we are the water, the need to fight the good fight no longer exists. The need to work out whether we are the same or different no longer exists. When we love with the intimacy of water, difference doesn't exist.

It's what this liquid love does. What happened in the kitchen allowed me to replace the passion of youth with the wisdom of my grandmother (maybe cut) and so with my new understanding I began to change my world from in here

Ladies and Gentlemen: In an ordinary kitchen, I learnt an extra-ordinary lesson. One which enabled me to take off my armour and get off this horse not literally. I learnt from my grandmother that it doesn't matter how we are different. It's how we love that matters. So this morning, I offer you her wisdom. In a sink full of green tomatoes and one wildly red apple, there is so much, so very much to be gained from being the water. ”

# A perspective on Mark Hunter's winning speech

Simon Bucknall, 2009 D71 Evaluation Champ considers the World Championship winning speech & shares some tips we can use in our speeches



We have a new World Champ of Public Speaking – and he's not from a North American District!

Mark Hunter hails from Queensland, Australia and this year, successfully scaled the "Everest" of Toastmasters contest speaking. What can we learn from his Championship

winning speech?

## The Power Of The WIIFM

We've all been there. Listening to a speech, our attention drifting. We ask ourselves: "Yes, this is all very interesting BUT What's In It For Me?"

Giving people a reason to listen to your speech makes such a difference to your audience connection - especially if you do it early on. See how Mark reaches out: 'I, like many of us here, have dreamed impossible dreams...'. Then the real hook: 'But... I needed to learn a lesson, perhaps a lesson for us all.'

Simple. Subtle. But so effective! The WIIFM doesn't have to be long – you can even achieve it just by making us laugh. But it does have to be there. Here, Mark sets us thinking: "Yes, I've dreamed impossible dreams too... perhaps this lesson can help me too... What is it?"

The curiosity implied by this last question is particularly important. If we don't incite curiosity, we won't hold our audience's attention for long. Mark alludes to the lesson but crucially, *doesn't reveal it*. He hints at where he's going, gives a reason to follow, but as for the rest, we'll have to listen to the whole speech...

## Engage The Senses

People experience speeches in very different ways. Word pictures may, for some, be visual – but not for everyone!

Mark's description of his Grandmother's kitchen is a great example of how to achieve a sensory mix: we can *smell* 'the aroma of freshly cooked bread'; *hear* 'the quiet rhythmic chopping of vegetables' and *see* 'gleaming upturned jars' on the bench.

In just a couple of sentences, Mark brings us all in, whether visual, auditory or kinaesthetic in our preferred style. Volume of detail is not what counts. It's about the *breadth* of senses you use to connect with everyone in your audience.

## The Element Of Surprise

For me, this is the single most important moment in the speech. Did you find yourself trying to guess Mark's answer to his grandmother's question?

If you did so *correctly*, then I congratulate you - you're in a minority! I remember first hearing Mark tell a version of this story in the Inter-District Contest in Phoenix, 2007. I certainly didn't see "the water" coming...

It's about the breadth of senses you use to connect

Surprise is such a powerful technique. After all, who wants a speech to be predictable? The set-up is crucial. Mark's reference to the green tomatoes and the red apple leads us down a path before he hits us with the real answer. To maximise your impact, we should do the same – though without unfairly deceiving our audience, of course. Jeffrey Archer has made a living out of the twist in the tale in his short stories. So why not try it out in your next speech?

## Conclusion

This article highlights just three elements of Mark's speech - three which, I feel, stand out particularly strongly. There are others! See, for example, the alliteration of the opening line... the richness of Mark's language... or the use of humour (the line about Poppy and "paint stripper" fetched a big laugh).

Nevertheless, it is for us to cultivate our own style. Perhaps Mark's greatest strength is that he focuses always on what is true and meaningful *to him* in his speeches.

Therein lies, I suspect, a final lesson: there is no magic answer "out there". The key to your greatest speech resides - as it always has and always will - within.

Simon Bucknall is a member of London Cardinals and is Immediate Past President of Excalibur Speakers, London's advanced speakers club. He is also a twice winner of the District 71 International Speech contest and the current winner of the District 71 evaluation contest. To contact him, you can email him at [simon@theartofconnection.co.uk](mailto:simon@theartofconnection.co.uk).

# To compete or not to compete – that is the question

Bob Ferguson, 2001 D71 International Speech Contest Winner explains  
the benefits of entering your club contest



If speech competitions look like a lot of hard work for little reward – think again. There are three huge benefits that we get from competing, that we don't get in normal Toastmasters programmes.

## 1. A more challenging speaking experience.

I've seen experienced speakers at their home club sail through their speeches,

and although they do a respectable job it's nowhere near their best – and they know it. How many of us after our CC have delivered a speech with less than our best preparation. Yet, because we're experienced we can still get away with giving a reasonable job – and what that does is encourage us not to prepare as well in the future, because we know we can get away with it.

## Every District Champion starts by winning a club contest

However speech contests force you to step up your effort – because no one likes to lose. We all want to make sure that if we don't win the contest, at least we did our best, so we prepare and practice much harder than we do for a club speech. We are also forced to speak before new audiences which steps up the excitement even more and shows you what we're capable of with a just little extra effort.

## 2. Learn to develop speeches

In many clubs there is an element of failure if we are asked to repeat a speech and yet it is one of the most powerful techniques for developing speeches. Top speakers deliver substantially the same speech every

time. That's because they understand that by delivering the speech and recording it and listening back, they get to polish the speech by improving the best bits and enhancing the bits that didn't go so well. They don't do, like we often do, throw the speech away and start again. The one speech that we are likely to repeat several times is the successful competition speech and with that repetition we get to understand how to develop a speech rather than just write it.

## 3. The key to top class speaking

The key to top class speaking is stage time. All the top speakers will tell you that the biggest influence on being a good speaker is speaking regularly, and as you're now repeating the same speech you need different audiences.

That's exactly what the competition does for you. It lets you experience your speech in a way, even good preparation can never match.

I work on the basis that every District Champion starts by winning a club contest and it could be my club so I need to prepare for the club contest to the same level as I would for a District contest. Yet because I videoed the club and the district contests I can see how much better my delivery grows as a result of four deliveries of the same speech. You start to appreciate how the audience will react and respond to them at a much higher level.

By entering the competition you enter yourself for three big experiences:

1. High level speaking to new audiences
2. Developing your speech rather than just writing it.
3. Delivering like a top class speaker.

I appreciate that many of you do not want to put in this time and effort for every speech, either at toastmasters or in your work, but if you do, not only will you get the three benefits above, you will also see what you're capable of when you expose the best of your talent to a wider audience. For a little effort, twice a year, that seems like a big reward to me.

Bob Ferguson is a member of West Herts Speakers and Excalibur Speakers, London's advanced speakers club. He is a past District 71 International Speech champion and frequent finalist. He can be reached at [bobferguson@live.co.uk](mailto:bobferguson@live.co.uk).

# 2009 Toastmasters International Convention, Mashantucket, Ct

Teresa Dukes, Lt Governor Training and Education brings us her highlights from the Toastmasters Convention



The Convention! What a spectacular week this was! So much to tell you and such little space to do it! I will share with you a few of the highlights I experienced while there from an Officer's point of view and hope that it will inspire you to think about leadership positions within your clubs, Area, Division and

also to start saving your money for the next convention in Desert Palms, California!

**Training** – As part of attending the conference Jim and I had the privilege of being trained by the International Directors Poh Kim Siong and Mohammed Murad for our roles as Lt Governor Marketing and Lt Governor Ed & Training.

This training session meant that we got to meet our counterparts from across the world. I walked away with over 150 business cards and have friends from Australia to Malaysia to Germany to South Africa and even Mexico! Since the convention I have been able to share with my newfound friends the exciting events we, in District 71, are involved with and how we approach different situations. Everyone is always so willing to help you reach your goal!

**The Business Meeting** – where your vote counted!!!!

We took a record number of proxy votes with us this year equating to 71% of our clubs Finding and using their Voice at the convention!

You were there in spirit to witness History in the making with Proposal A being ratified at the business meeting. It was a truly a sight to behold and to listen to so many people eager to ensure that Toastmasters International truly starts recognising and representing its members proportionately. The democratic system of allowing people to have their say before the vote was cast proved to be the highlight of the meeting.

There were many reasons voiced against the proposal and even more reasons voiced for the proposal. Yet again another opportunity for our leaders to put into practice their speaking voices using the skill of persuasion to convince the voting audience to mark their ballot appropriately!

**The Hall of Fame** – This was a very special part of the Convention when everyone's hard work is recognised! We all need a pat on the back – it encourages you to do even more in the coming year.

I can tell you that District 71 got a lot of 'pats on the back' at this Hall of Fame. The awards we received included: Select Distinguished District (number 9 in the world); President's 20+ Award (only 3 Districts receive this and we have done so for the past 7 years); Excellence in Education & Training Awards; Excellence in Marketing Awards; Excellence in Leadership Awards. So we have a lot to work for in the coming year to exceed these fantastic accomplishments!

**The Elections** –part of our role within the Toastmasters International Organisation is to ensure that the member is receiving everything they need in order to reach their goals and objectives throughout the year. In order for that to happen it is essential that we have the right people in the right roles at Board Level. The campaigning for the offices that were contested (of which there were only 3 out of 13) was fierce and fairly fought throughout the week. Jim and I interviewed all who were running for office to understand where they stood on issues that were relevant to the Rest of the World clubs as well as the US & Canadian clubs. It was an eye-opening experience and one that really helps bring perspective to how the organisation is run and how we, clubs from outside of the US, can make an impact and influence the shaping of its future with the way we voted. I personally believe that our voice was heard and that the individuals voted into office will ensure the organisation focuses on global representation, which will guarantee that the organisation grows stronger with the skills we build and enhance.

These are only four areas I experienced. There were so many more! If you want to see more you can visit my pictures on Facebook at:

<http://www.facebook.com/album.php?aid=106905&id=586069225#/album.php?aid=106877&id=586069225&op=6>

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# Ideas corner

## How Woking Speakers gets new members involved



Sammy Babister recently came up with a great idea for getting new members more involved. I'll let her explain:

Recently at Woking Speakers, a new member who was worried about Table Topics approached me. I responded with the usual (slightly sneaky) workarounds – mostly involving secretly telling her what her question would be long before she was called up. But this time, even this wasn't enough.

She was worried about speaking in front of the usual meetings because the audience was too large. We had a think about this and came up with a solution... A party!

Here's how it works –

- Someone offers to host a party at their home.
- The whole club is invited but only the first 5 people can attend (making a total of 6 attendees)
- Each person prepares to be Topics Master

The clock and lights are borrowed from the club

- When the party starts, the first person stands up to be Topics Master and has a question for each of the other people
- Everyone answers their topic and the next person takes over as Topics Master

The benefits are that everyone knows they will be answering 5 Topics before the night is out, so they have enough time to get used to the experience. This gives new people a chance to practice in an even more intimate environment than the club. If everyone brings their Competent Leader manual, they can all have credit as a Topics Master, a Topics Speaker and remember you will need a Timekeeper too.

Best of all, everyone who has been involved in these parties (we've held 4 now) has strengthened their bonds with the other attendees, built their skills and gone on to announce they want to host one too.

**Samantha Babister, ex Division H Governor and VP Membership at Woking Speakers**

## Subscribe to the Toastmasters Podcast

Did you know that Toastmasters has recently launched a Podcast? It provides ideas and tips for all things related to Speaking, Leadership and the Toastmasters organisation. Hosted by Bo Bennet and Ryan Levesque, it is an entertaining look at some of the issues facing our members.

The most recent episode is called Effective Intercultural Communication featuring Florence Ferreira talking about her first experience presenting in the US.

Bo and Ryan also led an intriguing set of podcasts relating to the Toastmasters International Convention.

For the technically minded, you can subscribe to this Podcast through iTunes. Simply go the iTunes store and search for "Toastmasters Podcast" in the search box. And then subscribe. You can then choose to have this sync up to your iPod or iPhone.

For those wandering what I am talking about, then follow this link and listen to the Podcasts here:

<http://www.toastmasterspodcast.com/members/toastmasters>



## Share your ideas with our readers

If you have an idea that other members may be interested in hearing about, drop me a line at [freddiedaniells@gmail.com](mailto:freddiedaniells@gmail.com).



# White Rose Conference

## York 13<sup>th</sup> - 15<sup>th</sup> November 2009

The venue is ready; the team is ready, are you ready - to book?

Bookings are coming in fast with rooms at the hotel filling up. Don't leave it too late and be disappointed.

We recently showed our Lieutenant Governor-Education & Training, Teresa Dukes, our plans for the conference, the hotel facilities and shared with her a food tasting of the menus for the conference.

After the weekend Teresa said

*"Being able to visit the Royal York Hotel with the Conference committee in advance of the White Rose Conference gave me extreme confidence that we are in for a fantastic experience in November! You need to be there in order to absorb the energy and enthusiasm that will overflow at this conference!"*

So what has the White Rose conference to offer?

**Great Workshops to learn from:** Teresa has worked really hard to bring an amazing line up of workshops to this conference. Our speakers will pass on tips and ideas that will improve us as speakers and leaders. Here are just a few of the workshops that you will experience by coming along:

- Richard Mullender, a former Scotland Yard hostage negotiator sharing communication tips from the sharp end of negotiation
- Khalid AlQuod, Lt Gov Marketing Bahrain, and a professional PR executive explains how we can use PR and events to boost our membership
- Kate Atkins, professional leadership trainer and published author explain the difference between good and great for our businesses and clubs

And there are many more!

**Hear some of the District's best speeches:** The conference is, of course, the setting for the final of the 2009/10 District 71 Humorous Speech and Table Topics contests. The best of our speakers from our eight Divisions will be putting their best foot forward to try to win the coveted District 71 title. This is a great opportunity for us to laugh along with, learn from and celebrate the achievements of the best speakers in Great Britain and Ireland.

**Let your hair down (or dress it up!):** As ever, the conference will be the scene of more sharing of tales and hilarity at the bar and over dinner. However, it is only proper that the right settings are given for these to take place. As such, we have laid on a number of activities that will keep both conference attendees and their partners amused for the two days. They are:

- A pantomime themed fancy dress dinner on Friday night along with entertainment
- The famous York Ghost Walk at midnight on Friday night
- The equally famous Craic on both Friday and Saturday evenings
- Our banquet and ball, with Yorkshire food and a fully 'danceable band'!

The White Rose conference team has worked hard to ensure that everyone is thought about.

Some members may be reluctant to commit because their partner are (shock) not interested in Toastmasters. To allow them to enjoy their days doing something different and their evenings with you, we have put together a **Spousal Programme**.

The Discover York programme runs from Friday afternoon to Sunday morning with alternative offerings to those for delegates. For the evenings you will be together to enjoy the entertainment. Please go to [www.whiteroseconference.org](http://www.whiteroseconference.org) for more details.

We recognise that the conference may be a little overwhelming for some attending for the first time. To help members get the most from the conference we have set up the **1<sup>st</sup> Timers Contest**. It is all a bit of fun to help you understand the conference and the structure of our District.

Surely this is enough to persuade you to book for the White Rose conference, or if you have booked, to get excited about being in York in November.

However, if this still isn't enough here are some more reasons to be at the White Rose conference at the Royal Hotel, York from 13<sup>th</sup> to 15<sup>th</sup> November 2009.

- **The wonderful historic city of York with its Minster and City Walls**
- **York's wonderful shopping facilities including a Designer Outlet Mall**
- **The warmth and hospitality of Yorkshire folk**

And if that isn't enough, I will personally welcome each and everyone of you to the conference – well I'll try my hardest. If I don't welcome you, come and find me, it will be easy, and say hello.

Look forward to meeting and greeting you all in November in York at the White Rose conference.

To learn more or to book please go to [www.whiteroseconference.org](http://www.whiteroseconference.org)

**Michael Clarke, Communication and Publicity Director, White Rose Conference, Royal Hotel, York 13<sup>th</sup> - 15<sup>th</sup> November**

## Is anyone from your Division or Club already coming to the conference?

These are just a few of the clubs who have so far registered as attendees for the White Rose Conference.

### Division A

Blarney  
Guardian  
Killarney  
Midleton  
Speakeasy Mallow  
The Galtees  
Tralee  
West Limerick

### Division C

Bray  
Castleknock  
Dublin  
Engineers  
Tara

### Division D

Athy  
Carlow  
Kilkenny  
Thurles

### Division E

A1 Speakers  
Chesterfield  
EB Orators  
Kingston Communicators  
Leeds City  
Linlithgow  
Manchester Orators  
Northavon

### Division F

Carrick on Shannon  
Innisfree  
Limerick  
Longford  
Mullingar  
Raheen  
Sligo  
Westport

### Division G

Anglia Communicators  
Bedford Speakers  
Cambridge  
Camulodunum  
Chelmsford  
Hertfordshire Speakers  
Speakeasy@Martlesham  
West Herts

### Division B

Early Bird Speakers  
Holborn Speakers  
London Cardinals  
London Corinthians  
Tube Talk  
WIBF City

### Division H

Eastbourne  
Marlow Orators  
Wessex  
Windsor Speakers

Many more clubs have confirmed that they are sending members. If you haven't yet registered, there is a good chance that someone you know will be there. If no-one from your club or Area is coming, why not organise a few people?

# News from around the District

## Pre-Charter clubs currently meeting

### Division B

Broadgate 2  
Whitehall

### Division C

State Street  
Cogito (Dublin Polish)

### Division D

Wexford

### Division E

A1 Speakers  
Doncaster  
Kingston Speakers  
Sheffield  
Waverley Communicators  
Shropshire  
Bank of America

### Division F

Tuam

### Division G

Woodford Green  
Ware  
Impishly Speaking  
TSCL  
Cambridge City Communicators  
Northampton

### Division H

Fluor UK  
County Communicators  
Worthing  
Casterbridge Martyrs  
Hamwic - Southampton

Our pre-charter clubs need the support of our fellow members. Please offer to help in any way that you can.

## Division H looking for help

A number of entrepreneurial members of Division H are proposing holding a one day conference in late January. Held at an already identified hotel, they will have a day of speeches by top quality speakers. While not able yet to reveal the names, I have had a sneak preview and they look top notch. The aim is to get around 100 attendees.

Putting on an event like this will obviously require quite an effort and the organisers would like volunteers to come forward. In particular they urgently seek help from someone willing to take on the PR aspects of the day.

If you are able to help either specifically with the PR role or are happy to offer your services more generally, please drop a line to Steve Catchick. His email address is [steve@stevecatchick.com](mailto:steve@stevecatchick.com).



## Berkhamsted Speakers host speaking skills workshop

What a wonderful day July 14<sup>th</sup> was! Just before 6pm I was picked up by Alastair Watson-Gandy, last year's Area 4 Governor. Minutes later, I am sitting at Khai Eng and Rex Tyler's table alongside two of the most accomplished speakers on the Toastmasters circuit, Bob Ferguson and Andrew Brammer. As Khai Eng brings in waves of spicy Asian food, I listen to stimulating conversation and ponder what a fab group of people Toastmasters are! (She may not thank me for it but if ever you get a chance of Khai Eng's hospitality, take it!)

Following dinner, we all head to Berkhamsted Speakers for the main event – a workshop presented by Bob and Andrew (in photo above). Over 60 people from numerous different TM clubs had travelled to see them speak. They won't have been disappointed.

Bob kicked off by urging us to enter contests, explaining the benefits of doing this. You can read a précis of his thoughts on page 6 of this newsletter.

He then proceeded to tell us how we can write winning speeches. There were many excellent tips. One that struck home for me is the importance of keeping a log of stories from our lives and the lessons we learned from them. So often I try to think of ideas for speeches I flounder. By keeping a log, we can periodically look through it, decide what resonates and use that as the basis of our speech.

After the break Andrew brought his usual energy and wit to the subject of voice projection. He used the PANDA acronym to help us remember the qualities of voice that we should aim for – Pleasant/Personal, Audible, Natural, Dynamic, Articulate. He also gave us a great reminder that the voice is a complex tool and we should nurture it carefully.

It was a fabulous evening and I arrived back at my flat in Kings Cross, London, fully invigorated from the experience. Well done Berkhamsted!

**Freddie Daniells**

## Send in your articles

We are trying out a broader range of articles in this newsletter. However, it is important that we still hear about the stories of our members and clubs. Our members and clubs are the centrepiece of what we do. So, please email me articles with the stories about:

- Members of your clubs putting their Toastmasters skills to use outside of Toastmasters
- Great feats of club management that your club has achieved...good PR, how your new website or special event has helped you get new members, tips for how to do committee roles, indeed anything that would be interesting to other members
- Ideas that your club has adopted that other clubs can learn from
- Toastmaster's workshops that you have attended telling us what you have learnt
- Indeed, anything! If in doubt, sent it through!

If you have a finished article great, just drop me a mail at [freddiedaniells@gmail.com](mailto:freddiedaniells@gmail.com). If you think there is something that we should include but aren't able to write an article then drop me a line anyhow and I can help too.

# Upcoming dates for D71 Officers

	Club Officers	Area Governors	Division Governors
<b>OCT</b>	Support Area and Division contests	SEND winners from AREA contests to DIVISION Governor Submit Area Governor Report to Division Governor by <b>10th OCT</b> ALL 1st Round Club visits must be completed by 31st OCT	HOLD Division Humorous & Topics contests  COLLATE Council report, submit to District Secretary by <b>20th OCT</b> SEND winners from DIVISION contests to District Executive
	MONITOR WHQ site for semi-annuals - DO NOT WAIT FOR LATE PAYERS <b>REMEMBER - all contest winners have to be fully paid up &amp; a member in a club that is fully paid up and in good standing AT ALL LEVELS OF THE COMPETITIONS</b>		
<b>NOV</b>	Club President & VPE to ATTEND District Council Mtg at Conference in NOV Start planning the International Speech & Evaluation contests	Attend Executive & Council Mtgs at District Conference <b>NOV</b>  Submit Club Visit reports to WHQ by <b>30th NOV</b> Enter your Second COT date into the D71 on-line calendar ASAP	Attend Executive & Council Mtgs at District Conference <b>NOV</b>  PREPARE and give 2 minute report at District Council mtg
<b>DEC</b>	REVIEW DCP situation and report to Area Governor Start planning demo meeting	APPRAISE DCP situation at halfway point and report to Division Governor START organising your Club Officer Training - find a date that works for all clubs	APPRAISE DCP situation at halfway point and report to LGET START organising your Division Council committee mtgs for 2nd half of year
<b>JAN</b>	ATTEND CLUB OFFICER TRAINING  Prepare for 2nd Area Governor visit Advertise demo meeting  Notify members of Semi-Annual Dues	HOLD 2nd COT training - motivate clubs to have at least 4 officers in attendance - think about a prize for the clubs who have all 7 officers in attendance START planning your 2nd Club Visits  SEND in your Club Visit reports to WHQ when completed NOMINATING COMMITTEE APPOINTED FOR DISTRICT ELECTIONS  By <b>25th January</b> enter your Area & Divisional International Speech & Evaluation contest dates into the D71 on-line calendar <b>ATTEND DISTRICT OFFICER TRAINING AT PORTLAOISE OR STANSTED</b>	MONITOR DCP situation and highlight any issues early  ARRANGE/collate dates for Division and Area contests REMIND Area Governors of their Club Visit reports
	<b>START looking for a successor</b>		
<b>FEB</b>	HOLD demo meeting  PLAN Club level International Speech & Evaluation contests  REMIND and START collecting Semi-Annuals Nominating committee appointed for Club Officer Elections	COMPLETE your COT by <b>28th FEB</b>  SEND your list of COT officers trained per club to LGET SEND in your Club Visit reports to WHQ when completed START reminding Clubs about Semi-Annuals	START reminding Area Governors about Semi-Annuals CONFIRM all officer trained submissions have been sent to District LGET REMIND Area Governors of their Club Visit reports and monitor then as they appear ASSIST Area Governors on semi-annuals
	<b>ARE YOU THINKING ABOUT RUNNING FOR DISTRICT OFFICE?</b> Then it's time to start your campaign.		
<b>MAR</b>	COLLECT Semi-Annuals and send to WHQ by 30th March  Send winners of Club Contests to Area Governor RECEIVE WHQ Proxy Form - SEND to District Governor or bring with you to District Conference in MAY	ENSURE Semi-Annuals are being sent to WHQ - assist with any problems  START Area International & Evaluation Contests 30th MAR LAST date to email COT list of officers to LGET ENSURE Semi Annuals have been sent to WHQ by 30th MAR	ASSIST with semi-annuals and MONITOR WHQ member figures to ensure numbers are correctly represented START advertising Division International & Evaluation Contests ENSURE Division Council is meeting their objectives MONITOR DPR on WHQ to catch any last minute lapses in membership renewals
	<b>START PUBLICISING THE DISTRICT CONFERENCE</b> <b>REMEMBER - all contest winners have to be fully paid up &amp; a member in a club that is fully paid up and in good standing AT ALL LEVELS OF THE COMPETITIONS</b>		

# Educational Awards

Each newsletter, we celebrate our members who achieved their educational awards. These awards are for the July and August months (I will save September for the next edition!). The letter in brackets after the club name is the Division that it belongs to. Congratulations to everyone who has achieved their awards. Hopefully many of you will go on to achieve many other awards in the Toastmaster curriculum. Well done from all the District team.

## Competent Communicators

Andre O'Sullivan	<b>BishopsDown Toastmasters (A)</b>	Eamon Togher	<b>Wessex Speakers (H)</b>
Sandra Stout	<b>Anglia Communicators (G)</b>	Joan Surry	<b>Ambassadors Speakers Margate (H)</b>
Aaron Bohannon	<b>Anglia Communicators (G)</b>	Aisling O'Leary	<b>Powdermills Club (A)</b>
Larry Lyons	<b>Roscrea Speakers (F)</b>	Chris Billington	<b>Windsor Speakers (H)</b>
Carol Ann Gregorious	<b>Camberley Speakers (H)</b>	Caroline Sherrard	<b>Battle Speakers (H)</b>
Peter Martins da Silva	<b>Camberley Speakers (H)</b>	Liam Mifsud	<b>Maidenhead Speakers (H)</b>
Pemma Fox	<b>London Corinthians (B)</b>	Julia Kowalle	<b>WIBF Speakers (B)</b>
Caroline Eveleigh	<b>Maidenhead Speakers</b>	Gareth Fullerton	<b>Huntingdon Speakers (G)</b>
Frances Lowry	<b>Failte Club (A)</b>	Nicholas Vandy	<b>Canary Wharf Communicators (B)</b>
Eta Josephine Quinn	<b>Failte Club (A)</b>	Rory Marriott	<b>Canary Wharf Communicators (B)</b>
Alan Donegan	<b>Guildford Speakers (H)</b>	Mark Edworthy	<b>Chesterfield Speakers (E)</b>

## Competent Leaders

Sue Burnett	<b>Angia Communicators (G)</b>	Dawn Wilson	<b>Cottonwood Speakers (H)</b>
Jim Robinson	<b>Berkhamsted Speakers (G)</b>	Ian Brearley	<b>Thame Speakers (G)</b>
Tracey Lyn Walker	<b>Anglia Communicators (G)</b>		

## Advanced Awards

Helen Quinn	<b>Woking Speakers (H)</b>	Leadership Excellence
Meg Heyworth	<b>Eastbourne Speakers (H)</b>	Leadership Excellence
Mary Brassel	<b>Slainte Club (A)</b>	ACG
Constance Turner	<b>Chelmsford Speakers (G)</b>	ALS
A Watson-Gandy	<b>Berkhamsted Speakers (G)</b>	ALS
Jacqui Hogan	<b>Chiltern Speakers (H)</b>	ALS
Margaret Morrissey	<b>Clonmel (D)</b>	ALB
Shay Hynes	<b>Kilrush and District (F)</b>	ACB
Nicola Coutts	<b>Guildford Speakers (H)</b>	ACB
Keith Clarke	<b>Maidenhead Speakers (H)</b>	ACS
Bob Nisbet	<b>Guildford Speakers (H)</b>	Leadership Excellence
Eleanor Dwyer	<b>Thurles Club (D)</b>	ACB
Meg Heyworth	<b>Eastbourne Speakers (H)</b>	ALS
Bob Nisbet	<b>Guildford Speakers (H)</b>	ALS
Carin Schwartz	<b>Forres (E)</b>	ACS
Nicola Coutts	<b>Guildford Speakers (H)</b>	ACS
Armando Armellini	<b>MLP London Bridge Speakers (B)</b>	ALB
Helen Quinn	<b>Woking Speakers (H)</b>	ALS
S Hamilton Andrews	<b>Windsor Speakers (H)</b>	ACG

## Distinguished Toastmaster

We would also like to wish a particularly huge round of applause to our members who have achieved the highest award possible within Toastmasters – The Distinguished Toastmasters award. Well done!

Mary Brassel	<b>Slainte Club (A)</b>
Constance Turner	<b>Chelmsford Speakers (G)</b>
Jacqui Hogan	<b>Chiltern Speakers (H)</b>
Bob Nisbet	<b>Guildford Speakers (H)</b>
Helen Quinn	<b>Woking Speakers (H)</b>