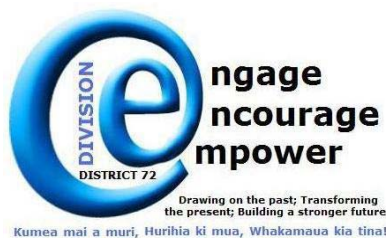




Toastmaster District 72, Division E Newsletter, January 2012



A word from our Division Governor

Happy New Year to all Division E Toastmasters. I hope you had a fantastic Christmas and New Year break and are looking forward to the second half of the Toastmasters' year.

Appropriately for a New Year, Division E has two new Distinguished Toastmasters, a big congratulations to Hirata Harris and Mark Garnham!

We are about to enter the contest season again and I am looking forward to hearing lots of great International Speeches and Evaluations during the club, area and division contests.

The Division is hosting a judging workshop at Turnbull House, Bowen Ave on Saturday 28th January to help clubs prepare for the club contests which should be held during February. We plan to hold a second judging workshop on the Kapiti Coast, details will be available soon.

February is a very busy month; not only do we have the club contests, but also three Club Leadership Training (CLT) sessions for those of you who did not attend during December. CLT is primarily aimed at the club executive committees, but it is also open to all club members. If you think you are interested in being on your club executive team in the future, then please come along and learn more about running a Toastmasters Club. The details of all judging workshops and club leadership training events are listed on page 2 in the "Dates at a Glance" section of this newsletter.

Remember that if you have any questions, contact your Area Governor or myself.

Happy New Year and Happy Toastmastering.

Sarah Bate, Div E Governor, DTM

"Success, happiness, peace of mind and fulfillment - the most priceless of human treasures - are available to all among us, without exception, who make things happen - who make "good" things happen - in the world around them", Joe Klock

Welcome back to a New Toastmaster Year that I hope brings you all the things mentioned in the quote above, and more!

2012 promises to be an **EXCITING** year in the Toastmaster calendar. *Why?* Because District 72 celebrates **50 years** of Toastmasters in New Zealand! What a remarkable milestone – especially when you think about its impact on your own personal life irrespective of whether you've been a Toastmaster for 5 seconds or 5+ years. To think that this programme has been in Aotearoa for 50 years and made a positive difference to thousands of kiwis who have gone on to experience *success, happiness, peace of mind, and fulfillment*. This is one celebratory party you won't want to miss! For more details about what's planned, when, and where, go online to www.toastmasters.org.nz or check out page 6.

Also in this issue some of the Division team share their New Year resolutions, plus there's articles, tips and calendar events that are guaranteed to help you achieve your 2012 goals. Don't forget to check out our website, www.toastmasters.org.nz, or read in this issue what's being planned at a venue near you! Happy 2012!

Hirata Harris, Division E PRO, DTM

In this issue:

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| 1. A word from our Division Governor | 5. More winners (contd). | 9. Area E6 Governor |
| 2. At A Glance and Te Aro's Newsletter | 6. More winners (contd) | 10. Out and About |
| 3. New Year Resolutions | 7. Membership Building & WPTC | 11. A Toast & a Speechcraft |
| 4. More winners from District Convention | 8. Division E's youngest Club Prez | 12. Promotional Ad |

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2012 Dates at a Glance

Sat 28 Jan,	Judging Workshop, Turnbull House on Bowen Avenue, Wellington, 9am, to 11am
Tue 7 Feb,	Club Leadership Training, St Johns in the City, Wellington, 5:30pm
Sat 11 Feb,	Club Leadership Training, Wesley Centre, Upper Hutt, 9am
Sat 18 Feb,	Club Leadership Training, Wesley Mana College Staffroom, 9am
Month of Feb,	Clubs to start planning your International Speech and Evaluation Contests
Month of Mar,	Clubs to ideally have completed your Area Contests
1-14 Mar,	Toastmasters Week
Sat 17 Mar,	Club Coaching and Membership Clinic, more details to follow
Sat 14 Apr,	Division E Contest, Petone Baptist Church, Buick St, 9am
Jan to Jun,	Succession Planning for 2012/2013 year – Leadership opportunities aplenty!

Te Aro – Congratulations for producing your first ever Club Newsletter!!

TE ARO TOASTMASTERS



2011 Club Newsletter

Welcome from VP Public Relations Officer

Just like Mase sung, welcome back, welcome back, welcome back. A very warm welcome to you all! It's so exciting to bring you our very own club newsletter, just in time for xmas. Our club has had an amazing year, and this dossier reflects on those achievements and aims to keep you informed. We've celebrated 20 years, welcomed new members, introduced EasySpeak and started filling in our leadership manuals. As fellow members improve their speaking and evaluating skills, I too feel a sense of achievement and pride. Keep it up! Compliments of the season and a delightful new year.

Simon Sher
Public Relations Officer Te Aro Toastmasters

Welcome new members

Te Aro Toastmasters extends a warm welcome to our new members: Sarah, Oleg, Niamh, Mark, Jack, Thanh and Miguel.

Recent achievements

Congratulations to Johanna, Scott, Phillip, Catherine A. and Kai on achieving their CC; Ben and Sarah for achieving their Advanced Communicator Silver award.

20th anniversary

Congratulations to Te Aro Club! September marked our 20th anniversary as a Toastmasters Club and we had a real feast.

Kingi Biddle Speech

Kingi Biddle was our New Zealand National speech winner this year. He was set to take storm in Las Vegas to compete in the international speech competitions. Before he took flight he stopped in at Wellington and gave a preview of his competition speeches. Within moments you knew why he was our current champion. The strength of his words, the use of

all the toastmaster skills and above all, his authenticity made his speeches stand out strong and clear. His speech 'Hello' was delivered with poise and passion, Kingi says 'It's a speech about the power one can find in just saying hello to people. Opening the door to communication just starts with a simple hello.'

Kingi drew from his Maori heritage and his life growing up to create his speeches. He used strong visual language, and painted the story he told, most of all he spoke from his heart about things that mattered to him. It is no surprise that Kingi made it through to the finals in Las Vegas this August. A great achievement! What can we learn from Kingi? I think we can learn that who ever we are it is our humanity, our authenticity that speaks to the hearts of our audience and it is this in the end that allows us to create truly great and memorable speeches.
- Johanna Lowe

The Panel

In October this year I decided to be a guest and observer at Johnsonville Toastmasters. As a speaker couldn't make it for the evening, the toastmaster let loose the panel. In the panel, 3 members were selected to come to the front of the room, and each assigned a role related to the Rugby World Cup. The roles were: 1) a rugby supporter; 2) head of the NZ Organising Committee; 3) CEO of the International Rugby Board (IRB). We were then summoned to ask any individual in the Panel a question to which they'd reply. It was a lot of fun, and the panel did remarkably well in what I consider a challenging event. I encourage members to visit a different club at least once during their Toastmasters career.
- Simon

Division 72 Convention "Cruise to Tauranga"

In November the District 72 Convention was held in Baycourt, Tauranga. I found this, my first convention, to be an enjoyable experience. The venue was tidy, with friendly staff on the entrance desk, a room set up for "district supplies" to purchase toastmasters products, and the large auditorium for the main speakers. I was provided with a colourful 'cruise' bag containing food (a yummy Bay of Plenty avocado and a kiwifruit), programme of events and map. Saturday I was inspired by the keynote speech from Kerry Tilby-Price, who told us about her travels to Mexico where she helps build houses in the slums of Tijuana. The table topics competition was on Saturday morning, and the topic was "Should arranged marriages be encouraged?". There were four afternoon workshops to choose from. The humorous competition was on the Sunday morning and I enjoyed the side-splitting humour of 9 speeches, ranging from 400 pairs of shoes, to bungy jumping in a third world country. I was delighted when our own Division E representative, Rob Julian won the Humorous Competition with his speech on "Memory, What Memory". The next convention is in Dunedin 4-6th May promising to be a special event, celebrating 50 years of Toastmasters in New Zealand. Registrations are already open and I encourage members to consider going.
- Andrea

Sarah Talboys's Biography

I joined Ngaio Toastmasters in 2004 because I believed that I would enjoy learning how to develop my communication and leadership skills. I found that I do enjoy this! My communication skills have developed through completing the CC, ACB and ACS manuals. Table topics has made it easier for me to speak 'off the cuff' in meetings and at events. My leadership skills have improved through holding positions as a club officer, area governor and club coach. My goal is to become a DTM, so I expect that you will have the opportunity to get to know me over the next few years as I complete my ACG and HPL. The photo is of my cat Flynn who is much more photogenic than me!



Important 2012 Dates

25 Jan – Our first meeting for the year
14 Apr – Division E conference
4-6 May – Division 72 conference in Dunedin

President's corner

As 2011 draws to a close, it is a great time to look at what has happened over the past 6 months since I became president. My vision for Te Aro Toastmasters Club was to maintain and encourage our friendly club culture, encourage more leadership within the club, and to achieve Presidents Distinguished Club Status in the Distinguished Club Programme (DCP). I am extremely proud of our members who have been busy helping to achieve this DCP goal. We are well on our way! Leadership within the club has also grown hugely over the past 6 months. Introducing a grammarian, a Competent Leadership manual 'swap' at each meeting, and running club competitions twice a year has allowed members to gain confidence in their leadership and presentation skills. Well done everyone!

Since being president I have worked hard on increasing the transparency of our club processes. To this end, I have increased the frequency of committee meetings to 4-6 weekly, and I have ensured that information received from our Area Governor Erin Dalcry, or our Division Governor Sarah Bate gets passed to all members. 2011 has not been without it's challenges. A 33% fee increase from Toastmasters International meant our committee had to review our financial situation, and this resulted in an increase of fees to members. The toastmasters rebrand also required name badges to be redone and a new banner to be ordered. I'd like to thank Johanna and Kai and Jane for all their hard work in implementing these changes. I'd also like to thank Ben for assisting club members in getting on to Easy-Speak, which makes the job of organising agendas and speeches more automated and easier for the Vice President of Education.

For the beginning of 2012, Johanna is looking forward to increasing our marketing by advertising downstairs in the library, encouraging mentoring and a smoother transition for new members, continuing to work toward our DCP goal and fostering leadership in the club. She also wants to continue encouraging the friendly, social atmosphere of our club culture that makes Te Aro Toastmasters our favourite club in Wellington! Have a safe Christmas and New Years break!

"The right word may be effective, but no word was ever as effective as a rightly timed pause."
- Mark Twain

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2012 New Year Resolutions from some of your Division Team



From Sarah Bate DTM, Division E Governor

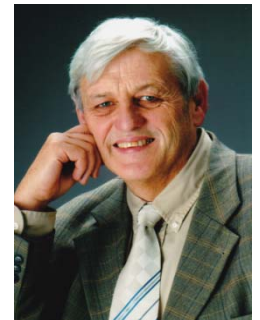
- Charter all clubs in formation
- Encourage everyone to re-assess their goals and make them happen
- Encourage all members to not be afraid to ask for help in order to make their goals

happen and have confidence in asking your Area Governors or other senior Toastmasters

- Encourage as many clubs as possible to attend the last lot of Club Leadership Training and other educational workshops that will be scheduled over the next 6 months

From Mike Wareham, E7 Area Governor

- Personally – Mike wants to think of new ideas that will suit and help his Clubs to build up their membership
- Club goals – Mike would like to work on succession planning of upcoming leaders so that members can successfully fill the many leadership roles that are available in Toastmasters
- Ensure that all members have fun achieving their goals!



From Stephen Preston DTM, E2 Area Governor

- To help each Club in my Area to achieve their personal goals
- To ensure Clubs achieve Presidents Distinguished status
- To develop Wellington Access Radio Show where you can

hear our podcasts online on the web at: http://www.accessradio.org.nz/word_of_mouth.html

Mike Norden

Division E Club Coach Coordinator

Delicately work with Cubs that need and want support safe in the knowledge that we as a Division Team are not here to solve their problems but rather, work with them to help them achieve their goals.



From Carol Mitchell, E7 Area Governor

- Area goal - to reach Presidents Distinguished Area status
- Personal goal – to complete DTM Award

From Erin Daldry, E10 Area Governor

Just be like Nike and “Just Do It”



So there you have it! Any queries be sure to ask your Area Governor or Senior Toastmasters for any help in achieving your goals this year!



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More worthy Winners from the District 72 Convention in November 2011

Last month's newsletter featured worthy winners who did our Division proud at the District 72 Convention in November. As a recap they were-

- **Rob Julian DTM - District 72 2011 Humorous Speech Winner, Rob Julian DTM.**
- **Diane Isherwood DTM, District 72 2010-2011 Division Governor of the Year**
- **Peter Scholtens DTM, District 72 2010-2011 Toastmaster of the Year**

In the mix of Awards were two Club awards which prove that hard work and a coordinated approach by club members can reap the following rewards:

Wellington Professional Club won all five trophies for member, education and leadership awards.



Mike Norden, Club President, Wellington Professional Toastmaster Club with his club's haul of awards

Gourmet Club was the best represented club in attendance at the Convention, taking home that same award with an enormous 90% attendance rate.

And now let's get back to a couple of special individuals who were acknowledged for completing their Distinguished Toastmaster Award for either the first time or more. Here are

some of their stories on how much this Award meant to complete. Congratulations to you all!!!



Sarah Bate DTM, Division E Governor

For **Sarah Bate DTM**, the Distinguished Toastmaster Award (DTM) represents the completion of both the Communication and Leadership Tracks of the Toastmasters International Programme. It is not so much won, as earned, and the path to achieving your DTM is a completely self-paced programme. This is the second time that Sarah has completed the award and she found that the work completed was just as difficult and the experience just as valuable as the first time, but more focused. Sarah thinks this focusing is a benefit of repeating the award, as she felt that she more fully understood the objectives and requirements of the programme and found that she could identify issues and propose solutions more quickly. The benefits for Sarah have been:- increased self confidence in both public speaking; and in leading and managing groups of people, as well as learning to relate to people from all walks of life.

Diane Isherwood DTM, District Treasurer also received her third DTM! Is there a fourth one on the way we wonder!

And if that wasn't enough, first-time DTM recipients **Neville Isherwood DTM**, District Club Coach Coordinator and **Tania Sales DTM**, were acknowledged for achieving their DTMs. The family connection with Diane is unique. Diane and Neville are husband and wife while Tania is their daughter.

Below are Neville and Tania's stories that recall their journeys towards DTM status.

For **Neville Isherwood**, achieving the Distinguished Toastmaster Award represents the culmination of a six year journey through Toastmasters as well as the immense pleasure and satisfaction of being on stage at the same time as his wife and daughter who also achieved the same award at the same time (Diane Isherwood and Tania Sales). For

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Neville, it also shows that he has reached the pinnacle of his Toastmaster journey and can now concentrate on giving back to Toastmasters what it has given to him over the years. Other learnings from the programme have seen Neville more proficient in dealing with conflict, and improvement in his listening skills which are important when providing feedback or clarifying issues.



(L-R) Tania Sales DTM, Neville Isherwood DTM, Diane Isherwood DTM

For **Tania Sales**, achieving the Distinguished Toastmaster Award represents a life-changing and personal milestone. Tania achieved this award by completing all 7 required Communication and Leadership Toastmasters awards.

Before Tania started Toastmasters, she hated speaking in front of people and was at the point of turning down a presentation at University worth 20% of her final mark. It was one of several final papers where the requirement was to produce a 50 minute presentation. At the time it was a scary thought that didn't bear considering. Fortunately family support in the form of mum (Diane) and Neville encouraged Tania to give it a go and do the first of many speeches (called the Ice breaker) at a Wainuomata Demonstration meeting in return for baby sitting her children. Whilst hard at first, the support and encouragement experienced throughout her Toastmaster journey has meant that she has got there. WOW!! So what about the university paper? Tania went on to do the 50 minute presentation and achieved the highest mark in the class with 84%.

Personally this programme has demonstrated to Tania that if you can get past the first few nerves and with the support of your club peers, you can achieve a lot through Toastmasters. Tania is rapt that she joined Toastmasters as it has helped her gain self-confidence, and given her the ability to provide constructive feedback, and carry out presentation skills....the list goes on.

Want more tips about how you can achieve your DTM in 2012? go online to www.toastmasters.org/ToastmastersMagazine/ToastmasterArchive/2011/January/Departments/How-To-Achieving-Your-Educational-Goals.aspx or speak to any DTM in your Club or the Division.

And not to be forgotten were a couple of Toastmasters from Division E who gave educationals at the Convention which were attended by many.



(L-R) one of the Convention Convenors presenting a gift to both Peter Scholtens DTM and Stephen Preston DTM for their educational session on "benefits of Speechcrafts"

If you are interested in giving Educationals at future District Conventions be sure to speak to your Division Team or anyone featured in this article.

For more information on the District Convention being held in May, be sure to check out www.toastmasters.org.nz or speak to your Club peers or Division Team.



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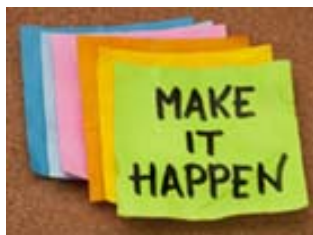
(L-R) one of the Convention Convenors presenting a gift to Hirata Harris DTM who gave an Educational on "Technology Tools such as easySpeak and other social media phenomena"

Have you booked your flights yet to Dunedin for the biggest party in May 2012?



TOASTMASTERS DISTRICT 72 CONVENTION
DUNEDIN 4-6 MAY 2012

Outstanding Venue • Top Keynote Speakers
Visit Dunedin's International Attractions • The Solid Gold Ball
Speech Competitions: Evaluation and International



Have you set personal or club goals yet?

To progress your Toastmaster journey, and need help please speak to either your Committee or your Area Governor.

To progress your Club goals check out your DCP status and hold your next Committee meeting ASAP or speak to your Area Governor.

Distinguished Club Program Goals

Membership Requirement: At year-end (June 30), the club must have at least 20 members OR a net growth of at least five members AND achieve the following goals:



<input type="checkbox"/> 1. Two CCs	<input type="checkbox"/> 6. One more CL, AL Bronze, AL Silver or DTM
<input type="checkbox"/> 2. Two more CCs	<input type="checkbox"/> 7. Four new members
<input type="checkbox"/> 3. One AC Bronze, Silver or Gold	<input type="checkbox"/> 8. Four more new members
<input type="checkbox"/> 4. One more AC Bronze, Silver or Gold	<input type="checkbox"/> 9. Minimum of four club officers trained during each of two training periods
<input type="checkbox"/> 5. One CL, AL Bronze, AL Silver or DTM	<input type="checkbox"/> 10. One membership renewal report and one club officer list submitted on time

- 5** goals achieved: **Distinguished Club**
- 7** goals achieved: **Select Distinguished Club**
- 9** goals achieved: **President's Distinguished Club**



Got a story to share in next month's newsletter issue? Email me on hirata_harris@yahoo.com

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Membership-building: Open House Showcase, January and July



Various club contests have been covered in previous issues. A new one has recently been created which may be of interest.

The Open House Showcase is all about retaining members as they are essential to the health of a club, and gaining new members is equally vital to its success. For potential members visiting a club, first impressions are paramount. Toastmasters' new Open House Showcase is a great way for clubs to make that first impression a positive one to attract new members.

How? Clubs that are successfully can earn discounts on useful products by following these simple steps:-

1. hold a successful open house in January and/or July
2. After the open house takes place, email your complete marketing package to marketing@toastmasters.org with club name and club number in the subject line, and include the following (bulleted items must be included to qualify)
 - o A completed signed guest list
 - o Pictures of the event
 - o The open house agenda
 - o Sample marketing materials used to host the open house (eg. Flyers, brochures, guest packets, other promotional items)
 - o Your advertising plan

Be sure to send any video footage if you have any.

As many as 50 clubs that gain the most new members as a result of their open house events will receive a 30% discount on their next club order. For more detail on how to obtain the 30% discount be sure to check out www.toastmasters.org and type in "Open House Showcase" in the search option. Good luck!

Wellington Professional Toastmasters Club (WPTC) have been promoting the benefits of Toastmasters

The Wellington Professional Toastmasters Club have been busy promoting the good virtues of Toastmasters. Lynn Freeman from National Radio recorded one of the club's meetings last year and it broadcast on 13 January 2012.

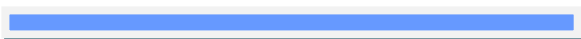


The podcast includes a live recording of an actual club meeting complete with some speeches and evaluations. There are also live interviews between Lynn and some of

the club's members.

Be sure to check out the link <http://www.radionz.co.nz/national/programmes/kiwisummer/20120111> or via the radio station's website <http://www.radionz.co.nz/national/programmes/kiwisummer>

Well done WPTC. What a great promotion of Toastmasters and what a great Club initiative!



Other Membership-building ideas include:-

- Talk Up Toastmasters, February to 31 March
- Toastmaster Week, 1 March to 31 March
- Beat the Clock, 1 May to 30 June

Word of Mouth

Your Toastmasters show on the radio...

Saturdays at 1.30pm on Wellington Access Radio

Or you can hear our podcasts online on the web at:

http://www.accessradio.org.nz/word_of_mouth.html



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Introducing possibly our newest youngest Club President in Division E

February 2012 marks a huge achievement for a naturally shy Toastmaster. I am giving my 10th speech and will achieve my Competent Communicator award. Not bad for someone who only joined Toastmasters in March last year.

I had often thought about improving my speaking skills and increasing my confidence, I had considered Toastmasters but was always too shy to attend a meeting. I was more afraid of what the other people would think of me than anything else.



Fast forward to March 2010, my career was taking off and I had some decent experience under my belt. I realised that, to get further, I would need to learn how to speak confidently. As luck would have it a Toastmasters demonstration meeting was held at my workplace so I went along for a look and not only ended up joining but was also elected to the committee and then thrust into the club president role!

I thought Toastmasters was all about public speaking. I was unaware of the leadership track but have found myself focusing more on this than the Communication track.

The role of charter president of a brand new club was very demanding initially. Our committee had one experienced toastmaster on it and the rest of us were brand new, so we have had to learn all things Toastmasters very quickly. I have loved every minute of the role and have found it very rewarding.

There have been many personal highlights of my term thus far, from our club getting its charter to my getting second place in our club humorous competition. Our club was one of only three from Division E to gain a Smedley Award in 2011. We also made waves during area contests by arriving en-masse to support our members competing.

The goals for my remaining 6 months as Club President are to ensure Toast Health gains nine more goals in the DCP programme, complete my CC and my CL and achieve the Triple Peaks award. The support of my fellow toastmasters has been essential - without the likes of Diane Isherwood our club sponsor, Judy Love my mentor, our club mentors Hirata

Harris and Mark Garnham, and not to mention the support of



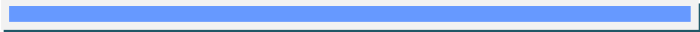
Steve Preston and Sarah Bate, I don't think I would be where I am today - ready to put my name forward for Area Governor come July.

I encourage anyone who would like to improve themselves in any way to give Toastmasters a go; all the Toastmasters I have met have been very friendly, very helpful and always welcoming.



(Picture inset) Steve Bullock DTM, District 72 Governor presenting Mike West, Club President with Toasthealth Club's charter certificate at SOI Café & Restaurant, Evans Bay, Wellington.

Toasthealth are a corporate club that meet weekly on a Wednesday between 12pm – 1pm in the Ministry of Health offices on the Terrace, Wellington.



Got a story to share in next month's newsletter issue? Email me on hirata_harris@yahoo.com

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Learn more about Area Governor E6



Chris Manson

E6 Area Governor

DIAlogue, Postmasters, Statistics NZ, Taxing, Toast Health, Up Top

1. Why did you join Toastmasters? I joined on 2008 when I joined a bunch of people (four others) who were going to a meeting that was just over the road in Molesworth street. I'd heard about Toastmasters in 1990 but never followed up on the advice: "this is something you should do". I wish now, that there had been a complete enrolment conversation and just a simple invitation to 'come along to a meeting and be entertained for free!'

2. How long have you been a member? Hmm, that would be just under four years.

3. Which clubs do you belong to and what do you like about them? Well, until last year, I was only a member of one lunchtime club, as that seemed to keep me pretty busy. Now I've joined a 2nd club, 'Progressive club' and we meet on the last Friday evening of each month at a different member's house, where we each contribute to the meal which is fitted around the meeting. The first club is very convenient, as it is held in the same building where I work, while the latter club is composed of very different people and that is a nice contrast.

4. What do you do for a living? I work in Information Management; handling and advising on the identification and storage of digital information (*the world is creating zetabytes of the stuff!*)

5. How have your communication and leadership skills grown since joining Toastmasters? The main advantage has been my increased confidence and learning to improve my feedback skills. As part of that I have been club president and have been Area Governor of six clubs in area E6:

'Table Topics' has been excellent training for thinking on my feet and getting my messages across. Also, the first ten speeches in the 'Competent Communicator' manual

6. How have these skills benefited you personally and professionally? Well I spoke at my parent's 50th wedding anniversary in 2009. It was very satisfying to present myself in front of all their friends and our family, while reminding myself of all those tips: talk to everyone, prepare the speech,

use main points as reminders, pause, use my voice, tell a story that involves me and paint a picture with words. The result was excellent and I would do it pretty much the same way again.

My presentations have improved a lot, with the down side that I really notice how many people could be so much better if they just came along to Toastmasters!

7. What are your goals in Toastmasters? To complete my Advanced Communicator Bronze (ACB) in the next 12 months

8. What is your favourite thing about Toastmasters? Giving feedback to speakers, the right way, so that everyone benefits from the experience.

9. What surprised you most about Toastmasters? That it is really about the effort I put in, that determines what I get out. Sure, it is possible to get sign-offs for each speech, but, like a holiday trip, it is the journey to the goal that is we learn and grow the most.

10. What's next for you in Toastmasters? Finding a successor, to be the next Area Governor for E6, as it is only a 12 month appointment. Someone has already expressed interest, so that is a good start!

11. Is there anything else you would like to share with us about yourself? I am keen on cycling trips and will shortly be heading off to a big one this Thursday (19th Jan) that will be starting down at the Church of the 'Good Shepherd'. We will be cycling on mountain bikes for 8-10 days at about 100km+ per day. For me that will be the most intense effort I've ever done. Previous efforts have been Taupo (160km) and a one day trip from Picton to Christchurch (350km). If you would like to check it out, then visit: www.greatsouthernbrevet.blogspot.com

Maybe I'll be pleased to get back into a car seat when it's all over <grin>

Chris, we look forward to hearing about your adventures either via your blog or when you safely return.



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Out and About in Wellington

Fun Razor – Shave My Lid for a Brave Kid



Max Benfell, David Casson and Carolyn Lankow all belong to Postmasters Toastmasters and were recently involved in an event to support the Child Cancer Foundation. The “Shave My Lid for a Brave Kid” event took place in the foyer of the **Asteron Centre** on Featherston St (opposite Wellington Railway Station) **on Friday the 23rd of December between 8am and 9am.**

In their quest to raise money for this worthy cause, a link was set up where monetary contributions could be made to:-
<http://www.fundraiseonline.co.nz/XmasFunRazor/>.



Max still under the razor

By shaving their lids for some brave kids, these Toastmasters helped the Child Cancer Foundation to provide support to children and their families facing child cancer. They also showed friends, family, workmates and the public about their passion for a worthwhile cause through the loss of their locks to prove it! What a truly inspirational story!

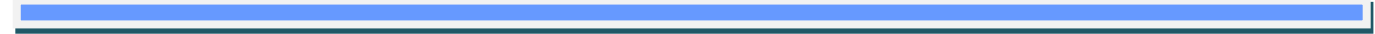


Max getting a hair cut from Dave



Two very brave Toastmasters

On average three children are diagnosed with cancer each week. New Zealand children with cancer collectively undergo an astounding 75,000 treatments and procedures each year. The Child Cancer Foundation does not receive any government funding, so every dollar raised is vital in ensuring the Foundation can continue to help brave children and their families on the child cancer journey.





Toastmaster District 72, Division E Newsletter, January 2012

A TOAST to these special Toastmasters!

Club	Division	Area	Award	Date	Member	Club	Location
6336	E	1	CC	12/14/2011	Luong, Linda	Public Service Toastmasters Club	Wellington
9248	E	2	ACG	12/14/2011	Harris, Hirata	Business Breakfast Club	Wellington
9248	E	2	ALS	10/1/2012	Harris, Hirata	Business Breakfast Club	Wellington
9248	E	2	DTM	10/1/2012	Harris, Hirata	Business Breakfast Club	Wellington
3839	E	3	ACB	11/12/2011	Stephenson, Alison	Hutt Valley Club	Lower Hutt 5010
1111298	E	3	CC	12/13/2011	Denny, Carol Hineariki	Wainuiomata Toastmasters	Lower Hutt
1111298	E	3	CL	11/1/2012	Patel, Meena	Wainuiomata Toastmasters	Lower Hutt
1623	E	4	ALS	2/12/2011	Garnham, Mark D.	Karori Toastmasters Club	Karori
1623	E	4	ACG	4/1/2012	Garnham, Mark D.	Karori Toastmasters Club	Karori
1623	E	4	DTM	4/1/2012	Garnham, Mark D.	Karori Toastmasters Club	Karori
699968	E	6	CC	1/12/2011	Cameron, Marilyn Theresa	Taxing Toastmasters Club	Wellington
710654	E	6	CC	8/12/2011	Ding, Xiaowei	Up Top Club	Wellington
710654	E	6	ACB	8/12/2011	Velupula, Juliet Lark	Up Top Club	Wellington
710654	E	6	ACB	8/12/2011	Holohan, Frances Mary	Up Top Club	Wellington
6879	E	7	CL	3/1/2012	Huang, Shuguang	Turbine Talkers Club	Wellington
798878	E	9	CC	2/12/2011	Murray, Valerie	Willis Quarter Toastmasters Club	Wellington
1461	E	9	ALB	9/12/2011	Hill, Hugh	Five Crowns Club	Wellington
1461	E	9	ACB	9/12/2011	Hill, Hugh	Five Crowns Club	Wellington
1461	E	9	CL	12/13/2011	Capilitan, Kinnie	Five Crowns Club	Wellington
7422	E	9	CC	3/1/2012	Brown, James Howard	High Noon Bankers Club	Wellington
650034	E	10	ACS	4/12/2011	King, Christopher David	ANZ National Wellington Toastmasters Club	Wellington
8398	E	10	CC	5/12/2011	Lowe, Johanna	Te Aro Toastmasters Club	Wellington

Would you like to help out with this speechcraft?

You Can Change

Attend a Speechcraft course and develop confidence in your speaking and leadership skills

Date: six weeks on Monday evenings from 07 Feb 2012 to 13 Mar 2012

Time : 7.30 to 9.30 pm

Venue : Beauchamp Street Chapel, 21 Beauchamp Street, Karori

On completing Speechcraft you will be able to:

- Organise and deliver a speech
- Overcome nervousness
- Think fast and master the art of impromptu speaking
- Speak with conviction
- Use your body and voice for maximum impact
- Use visual aids effectively
- Give effective feedback
- Introduce a speaker

For more information or to register call:
 (04)476 2488, 04-4956374, 021 2858463, 0272301556
 Email: marcusg@stra.co.nz or marsha@paradise.net.nz

Benefits of Speechcraft

- Increased confidence
- Improved listening skills
- Communicate your thoughts more effectively
- Learn feedback and mentoring skills that can be applied to all facets of your life
- Participate, learn and have fun**

Full price \$247
 Early bird - \$187 (00 Dec)
 Early bird seats



Toastmaster District 72, Division E Newsletter, January 2012

Is this promotional flyer is something you think would look good in your workplace elevator or kitchen information board, contact your Area Governor for a PDF version

TOASTMASTERS INTERNATIONAL



Have you just become a team leader or manager, or you would like to move into a team leader or manager role?

Need to present your ideas to a formal or in-formal audience confidently?

Then Toastmasters is for you!

At Toastmasters you will learn:

- Confidence
- Organising and running meetings
- Development and delivery of presentations
- Better listening and thinking skills
- Giving and receiving constructive feedback
- Leadership skills
- Speaking and 'thinking on your feet' during meetings and interviews

Learn these skills and more through a combination of self-paced prepared and impromptu speaking assignments coupled with leadership opportunities within your Toastmasters club.

Toastmasters is a 'learn by doing' program where you receive peer support, constructive feedback and mentoring.

Toastmasters is a not for profit organisation where its members develop communications and leadership skills via a positive, mutually supportive, safe learning environment.

For those who are unable to attend the Toastmasters club, we also offer 6 to 8 week short courses where you commit one to two hours per week plus some preparation time. These Speechcraft courses offer you the essentials of public speaking.

Become the Speaker and Leader you want to be

Visit a club and see for yourself: clubs meet before work, lunchtime, after work and in the evenings most days

Contact us to see how we can help you:

www.toastmasters.org.nz or call on 0800 PEOPLE (736 753)