



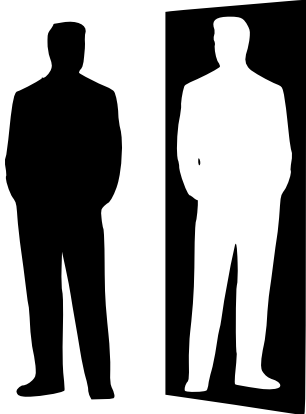
# G - Whizz!

Issue 3

May 2008

Toastmasters District 72, Division G Newsletter

## REFLECTIONS OF A DISTRICT INTERNATIONAL CONTEST WINNER



It all started in May 2004, when after winning at District level, I then had thirteen weeks to write the two greatest speeches of my life.

The first two weeks were lost in media/PR commitments – TV, radio, newspapers etc, which meant I had only eleven weeks

remaining. One speech came easily, but the other was a lot harder and I was never happy with it.

In August I competed in the Inter-district Speech Contest (for Districts outside North America) at The Reno Hilton in Nevada, and from the moment I arrived there I can't speak highly enough of the organisation at the World Champs. To my knowledge only one mishap happened during the whole conference and that happened in the middle of my speech. People often ask me what it's like to speak in front of a thousand people, and the strange thing is that most competitors wouldn't know – for the lighting for the cameras is so bright you

can only see the front row! Yet half way through my speech all the lights failed leaving only the houselights – so suddenly the room filled up with people and they were all looking sideways, for they knew something had gone wrong. In that moment of anguish I probably learnt more about myself as a speaker than at any other time. For my greatest fear was that I would forget what I was going to say next, and if I could handle that moment with only a stumble, it was liberating to know that I would never be speechless.

I wasn't placed in the Inter-district Speech Contest, so I didn't go on to compete in the International Contest. Nonetheless, I did realise a second major point after the competitions. It was that the only rules that exist whilst speaking are the ones we create in our own minds. What we say, what we wear and what we are willing to do on stage, is only limited by what we fear others may think of us.

I have found that winning this competition has opened doors for me as a professional speaker. Any person that hires a speaker always has doubts as to whether the speaker is as good as their advertising materials claims. Yet being able to say you have been The NZ Champ of Public Speaking provides you with the one thing that all speakers search for – credibility.

- David Templeman ACS, Shoreline

### Congratulations

Cindy O'Neill

Division "G"

International Contest Winner

Cindy has won the District 72 (NZ) Humorous Speech Contest once, and had a second placing another year. This year she aims to represent NZ in Calgary, which would be very special as she comes from Canada (Toronto).

Cindy met her Kiwi husband Peter Langbein in Russia and has now lived in New Zealand for six years. She works for ACC as a case manager and enjoys cycling, rollerblading and hiking.



Cindy O'Neal and John Leadbetter

### CONGRATULATIONS

John Leadbetter

Division "G"

Evaluation Contest Winner

John is a toastmaster of eight years' experience. The camaraderie, fun and competitions keep him happily in Toastmasters. He has already represented the Division several times in speech competitions and has placed at the national level.

Celina and John have two boys; Richard and Michael. John is a busy teacher and also belongs to a debating club, coaches gymnastics and is a swimmer and golfer.

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## FEATURE CLUB - ACE TOASTMASTERS

Every Wednesday morning at 7am (yes, 7am!!) a group of dedicated and enthusiastic toastmasters can be found inside the Christchurch Casino. No, we haven't made our fortune (yet), but we feel like we have hit the jackpot with our new club - and its new members!



We are a club still in formation and have attendances varying between 5-10 people each meeting. ACE was the brainchild of Nigel Powell (past president of Sunrise) who then enlisted the help of Trisha Browne and two other dedicated Toastmasters make up the great ace team – Jan Meehan (Pegasus) and Gayle

Taylor (Sunrise).

Every meeting is in the in the diamond bar at the casino. We have exciting and varied programmes. We invite toastmasters from outside ace to provide educationals and to help fill various roles as needed. We have even been known to have breakfast in the grand café and our almost-charter dinner was a great success!

We are in the process of organising a sausage sizzle, have another speakers dinner in the pipeline and have been advertising in the businesses around town.

If you are an early bird and would like a morning buzz between 7:00-8:30am every wednesday at the Diamond Bar at the Christchurch Casino.

Come join us at ACE! We would love to see you!

- Trisha Browne, ACE Toastmasters

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## SPECIAL THANKS - DR DEREK ROGER

At the March Division G Convention, we were privileged to have Dr Derek Roger give a fantastic talk on "The Challenge of Change".

It started by us being asked, "How many people here believe that stress can be good for you?" About three quarters of the room raised their hands. He then asked us "How do we feel when we're stressed?" "Miserable", was the reply from the audience. "So", Derek said, "we think that feeling miserable is good for you!" From then on, he had our rapt attention.

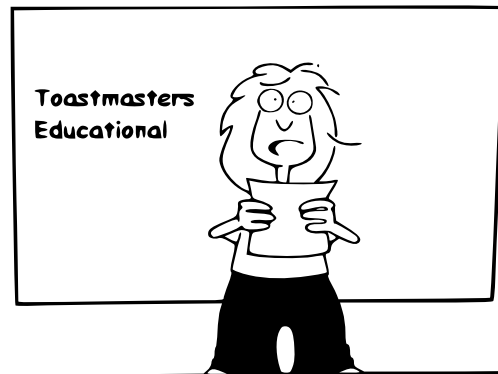
Derek gives professional training about "The Challenge of Change" for organisations, and provides a radical and unique way of addressing stress and resilience. In addition to identifying personal strengths and weaknesses, the training provides specific practical tools for developing resilience and stress management skills.

To know more about how to get the maximum out of employees at your company,

Dr Derek Roger can be contacted at

[www.challengeofchange.co.nz](http://www.challengeofchange.co.nz)

- Richard Moffat , Area G2 Gov



"My educational is called 'How to Overcome Your Fear of Public Speaking.' You can't. The end"

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## ASK THE VIXEN!

Dear Marguerite,



Where can I get some tips on encouraging the incoming committee? Do we have any pamphlets, etc? Any help would be good.

- Mary

Dear Mary,

There is a wealth of information in your CC manual (at the back) on these positions. As well that, the existing executive members all have officer-related manuals that you could have a look at. There is also an excellent article in March 2003 Toastmaster's magazine called 'Marketing your Leadership Experience'. If you do not have a copy please advise and I will endeavor to get you a copy.

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Thought for the day...

"He that will not reflect is a ruined man."

- Asian Proverb

Dear Marguerite,

What is happening with people going for their Advanced Communicator Gold (ACG)? Do you have any person running the coordination of this within the Division? Or are we just doing this within clubs running a workshop?

- Pre ACG, Jim

Dear Jim,

Each club has their own pre-ACG members going to other clubs to achieve this, or are doing this within their own club. If you find your club is not at this advanced this stage, please let me know. Regardless, I will put your idea forward to the Division Team.

*If you have any questions then please email me on [askmarguerite@gmail.com](mailto:askmarguerite@gmail.com)*

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## THE DIVISION 'G' WEBSITE WORKSHOP

Wow! What a workshop. The inspiration came from Dale Hartle (District 72 webmaster) giving a talk at the Wellington November convention. With websites being the main source of introducing potential members to Toastmasters, Dale said the quality of the many club websites left a bit to be desired. And, when I had a look at my own club website, I realised she was right! (It wasn't really bad - but it could have been better.)

The Christchurch workshop was held over the weekend of the 5th and 6th April. The Nelson / Marlborough workshop on the 4th May, thanks to the work of Wayne Webley. Overall, 29 Toastmasters representing 21 clubs were there. (Even an old dog like me learned plenty of new tricks.)

I'm looking forward to seeing a lot more sites for clubs to be proud of. Many thanks to Dale Hartle for donating her time.

- Richard Moffat, Area Gov G2.

## WHICH LEADS ONTO ANOTHER SPECIAL THANKS...

[www.addington.net.nz](http://www.addington.net.nz)

The Christchurch website workshop was held at Addington.net, which is a non-profit computer center aimed at those in the community who don't have access to computers - kids included! Addington.net is a fantastic organisation, and they do it all for free. They were a pivotal part of our Christchurch Website Workshop. Thanks, guys.

## THE TOP OF THE SOUTH - IN VIVID COLOUR



Maria Gear and I experienced the multi-coloured Top of The South in February and basked in the warmth of the Area G5 Toastmasters' hospitality. The Lake Rotoiti environment was softly green in the misty rain. Nelson was all golden sun and blue sea. The Marlborough Sounds added its spectacular sparkling vistas and green hillsides and Blenheim was all sunshine and ochre hills.

What a wonderful week in Nelson and Marlborough. The meeting standards were high and we learnt something at every one! Thanks to the Presidents: Margaret Court ( High Noon), Fiona Hodge ( Golden Gavers), Glynne Suckling (Madhatters), Trevor Hurley (Nelson) and Aaron Davis (Sunbelt). You all have great support teams and are delivering fine opportunities for personal development. We'll catch up next time with Wider Horizons Club which didn't meet during our trip.

Thanks to Hella Bauer and Wayne Webley - you must be proud of the camaraderie you have within your Area. What an exceptional bunch of Toastmasters we met - from the DTMs (Carl Horn, Bev. Reid and Lyn Harris-Hogan) to the brand-new members and prospective members. We certainly are very proud to have taken part in activities with your team. We would like to express our gratitude and appreciation for the fabulous effort put into the Area G5 weekend at St Arnaud (Lake Rotoiti). This was not to be missed - a weekend of Area Competitions, Club Leadership Training, educational experiences and two wonderful guest speakers. Special thanks to Anna Campbell and Bob Gordon who gave us spectacular presentations and invaluable insights on speaking. CDs of the speeches are available from [hella.bauer-eden@clear.net.nz](mailto:hella.bauer-eden@clear.net.nz) for \$5.

Thanks to Sigrun Steinhagen and Sunbelt Toastmasters for developing the Butts on Seats membership-promotion programme. We are recommending all clubs to consider doing one of these and/or run a Speechcraft Course.

- John Sullivan, Division Governor

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## ...SO, THE END OF ANOTHER NEWSLETTER

And there's so many people to thank but so little room! If you have anything to contribute next time, contact me at [richard.moffat@gmail.com](mailto:richard.moffat@gmail.com).

- Richard Moffat, Editor

**G!**