

The Metro



Volume 1—July 2009



Toastmasters—Metropolitan Division, District 69



The Guv!
Metro Division Governor
Marilyn Freeman

Let's Make Metro Bold & Exciting!

I believe that Metro division has the ability, the enthusiasm and the commitment to achieve at least Distinguished Division this coming year. Metro has only achieved this once, in 1994/5. We have 1 lonely ribbon on our Division banner!

Let's become **Mighty Metro** once again! Let's see that passion and enthusiasm for Toastmasters shine at all levels and let's grow every club to Charter strength or more.

Sounds good doesn't it? BUT ... how are we going to do it?

As a child my Nan, who was what is politely called "feisty", told me *"be bold my girl, be bold and exciting in everything you do. The world doesn't need wishy-washy."*

Wonderful advice for a world

that's so often apathetic!

If we want Metro Division to be a Distinguished Division **we** must be bold and exciting in everything we do.

- our agendas must be bold and exciting – not wishy-washy, 'same old, same old'.
- our meetings must be bold and exciting so that they're a great place to learn and have fun!
- We need to speak and perform our roles with passion so that we generate excitement.
- We need to pull together; recognising when we need help; supporting those in need.

You see, there's nothing as infectious as a great attitude.

When every club meeting is bold and exciting, that passion and

enthusiasm for Toastmasters will spread across Brisbane.

And we will grow every club to charter strength or more!

But we can't do it without you, **your** passion and enthusiasm! This year you have a great team of Area Governors—please meet them on the next 2 pages. They will be visiting your clubs. They're your support team! They're enthusiastic and raring to go!

Below and on the insert you will see we're listening to you, the members. We understand not everyone can make training on a Saturday—so we're running 3 different training sessions in Metro so that all clubs can get at least 4 of their executives to training and achieve those vital DCP points. Marilyn Freeman

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Get the Most Out Of Toastmasters & Grow The Excitement!

The more you get out of Toastmasters, the more you will grow – your confidence will grow, your skills and your prospects will grow.

And when you grow and you demonstrate your confidence, knowledge and skill at club meetings,

then your club will grow.

To help **you** grow, Metro is doing something **bold & exciting!**

"How to Get the Most Out of Toastmasters" is a series of workshops designed to help you make Toastmasters all you want it to be. It's open to all club mem-

bers but also incorporates club officer training. See pages 4 & 5 for full details

Club Executive officers—*please* read your manual before training, it will make your lives so much easier. And please advise your numbers so that we can organise catering!

MEET THE METRO TEAM



Area 5 Governor
Mark Griffin

News from Area 5—Rising Through The Ranks

Hi All. My name is Mark Griffin, and I'm the incoming Governor for Area 5.

Area 5 is made up of warm, positive and dynamic people belonging to 6 clubs (Adventurers, API, Boeing, Brisbane Central, Citec, and DC).

I have spent a lot of time thinking about the goals

that I would like to set for the Area for the 2009-2010 period. Winning new members is always a pressing issue and I am looking forward to working with each club in this regard over the coming year.

However reviewing the Club Success goals from 2008-2009, 5 clubs

achieved their membership goals or came extremely close to achieving these goals. The major challenge for the clubs in their Club Success plans was in the training of members so that club members could rise through the Toastmasters levels (Competent Communicator, Competent Leader, etc).

News from Area 8—"Embrace The Challenge - Dare to Grow"



Area 8 Governor
Asoki Jayawardhana

I arrived in Australia from Sri Lanka in 1972 bringing 5 sons under 9 years old, with a sixth son born a few years later. As a working mother (Radiation Therapist at Queensland Radium Institute) life was always busy.

Now, having retired and with my family grown, I have more time to

indulge my passion for Travel and Words.

I joined Toastmasters after having completed a Speechcraft Course, and found a place where words are cherished and good language nurtured. Now, whenever I travel, I visit other Clubs – always finding new friends who share my love of Toastmasters.

As Area Governor, I will encourage every member to reach for the next level, and Clubs to organise Joint Meetings with other Clubs, to have fun, share and learn, so that with friendly rivalry and good "wordmanship", Area 8 becomes the Diamond in the Metropolitan Division Crown.

News from Area 15 - Achieving Together!



Area 15 Governor
Susan Chisholm

Achieving Together is my theme for 2009-2010. I first joined Toastmasters in 1995, had a 4 year break, rejoining the same club in 2006. I've really enjoyed being back with Toastmasters.

Toastmasters has given me a lot. Members' support has helped me improve my speaking and

writing skills and my confidence in social situations. It's a great organisation.

In Area 15 we have one early morning club - Ipomoea; 3 clubs meeting in the evening – MDI, Advance and Dynamic; and Aurecon - a corporate club, meeting at lunchtime. There have been

several joint meetings of our community clubs during last year, including a combined changeover for Dynamic, MDI & Advance Clubs. I am really looking forward to working with the clubs to strengthen collaboration, build and retain membership and have a great Area conference on Sat.31 October.

News from Area 18—Better Your Best

Hi there,
I am your new Area 18 Governor, Rod Luck. You can call me Big Rod...or anything else for that matter (but not late for lunch please!).

I have been in and out of Toastmasters since the mid 1980's. Shift work was a pain for 5 of those years. I joined Toastmasters on the recommendation

from a family friend who recognised deficiencies in my confidence and my communication skills. I did the best that I could at that time.

I can't help but reflect how my life has changed since that time.

I have grown personally through hard work and passion that has been

infused in me while attending club meetings.

In 2009, I am brimming with confidence and enthusiasm, thanks to my Toastmaster family.

Now that my best is better, I want to help others experience the joy of personal achievement.



Area 18 Governor
Rod Luck

News from Area 19—Making The Most Of Toastmasters

As the newly nominated Area 19 Governor I would like to introduce myself, my name is Michele Henselien. I live at The Gap and am a fulltime mother of 3 children aged 8, 6 and 4.

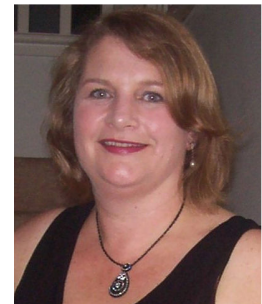
I am a member of Western Suburbs club, having joined 5 years ago after completing a Speechcraft

course. At that time I could never have imagined how much my life would change and how much Toastmasters could help me to develop, not only my public speaking skills, but also my Leadership skills.

As Area 19 Governor, my vision is "Making The most of Toastmasters".

I want to encourage members to take that extra step; push yourself out of your comfort zone and make the most of what Toastmasters has to offer.

I look forward to meeting you all in the very near future and discussing ways you can "Make the Most" from Toastmasters.



Area 19 Governor
Michele Henselien

News from Area 21—Ring The Bell!

Hi to all and thank you to outgoing Area Gov, Mario Bono. I'm IPP of CBD Thursday. In late 2007, our club was flagging and as VP Membership I moved our club to the CPA Australia training rooms with CPA Australia supporting our club numbers. Yesterday we achieved charter strength

and plus 5 guests. We've learnt a lot! Your TM meeting is your 'product'. Over 2009/10 I look forward to working with your Executives to ensure all members can get the value they need from their meetings, and their membership. I have a some simple objectives: *Each club to go one better*

than 2008-09 in each area of their DCP.

To host our first Area speech contest for some time on 7 & 21 October.

Establish a culture of support between clubs in our Area, and awareness of the opportunities Toastmasters offers the individual beyond their own club

See you in July!



Area Governor 21
Don Graham

How to Get the Most out of Toastmasters!

(Incorporating Club Officer Training)

**Metro
Division**



MAIN SESSION:

**Date: Saturday 18th July -
8:30 am to 3:50 pm
St Joseph's College
285 Gregory Terrace
Spring Hill**

**Make Toastmasters all you want it to
be....**

The sessions presented in this event will provide value to all Toastmasters whether new to the organisation, experienced or a Club Officer...

You will learn new ideas to put into practice immediately in your speeches, your club and leadership roles.

Alternative Session:

(Club Officer Training only)

Date: Wednesday 22nd July

300 Adelaide Street City

5:15 - 9:30 pm **RSVP: Fri: 10 July**

(Numbers very limited at this session)

Date: Wednesday 29th July -

Wantima Country Cub, 530 Sth Pine d
Brendale

5:45 pm to 9:50 pm **RSVP 22nd July**

Cost per person: \$10.00

Tea & Coffee incl. (BYO dinner)

**Talk to your Club Secretary today to book
your place in this training event... Club
Secretaries RSVP to Metro Division Trainer
(Marilyn Davies) on or before Monday 13th July
2009** Registration form attached.

Enquiries to Marilyn Davies
mlewvies@bigpond.net.au

How to Get the Most out of Toastmasters!

(Incorporating Club Officer Training)

Registration:

Name: _____

Club: _____

Email address: _____

Session: Main Session 18/7/09

Alternative session 22/7/09

Alternative session 29/7/09

Special Needs/Dietary Requirements _____

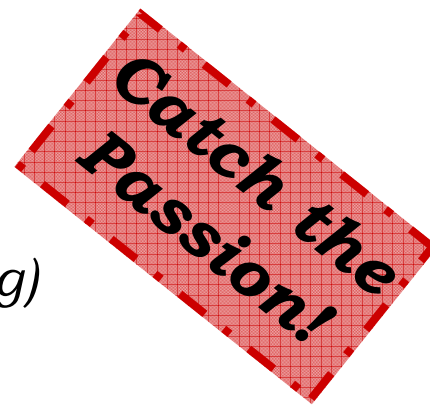
Session Preference:
(please indicate by ticking the box beside the session)

Selected sessions available on both 18, 22 and 29th July

Selected sessions only available on Saturday 18th July...

Adding impact to the beginning of a meeting <i>(incorporating training for the role of Sergeant at Arms) 18, 22 & 29 July</i>	The Excitement of Competition <i>(building the right atmosphere for club competitions) 18, 22 & 29 July</i>	How to attract New Members <i>(Membership building workshop - part 1) 18 July only</i>
Building a Meeting Agenda <i>(incorporating training for the role of VPE) 18, 22 & 29 July</i>	What do judges really look for? <i>(incorporating a judging workshop) 18 July only</i>	How to attract New Members <i>(Membership building workshop part 2) 18 July only</i>
The future of the Cub <i>(Incorporating training for the role of VPM) 18, 22 & 29 July</i>	Inspiring Members <i>(How to use the Successful Club Series) 18 July only</i>	Connecting with an audience <i>(how to build an effective speech and have the audience on the edge of their seats) 18 July only</i>
How to get Publicity <i>(incorporating training for the role of VPPR) 18, 22 & 29 July</i>	Managing Income and Expenditure <i>(incorporating training for the role of Treasurer) 18, 22 & 29 July</i>	Humour or Comedy? <i>(How effectively use humour in your speeches) 18 July only</i>
What happens behind the scenes <i>(incorporating training for the role of Secretary) 18, 22 & 29 July</i>	Leading a Team <i>(incorporating training for the role of President) 18, 22 & 29 July</i>	Take me to your leader! <i>(Encouraging club members to recognise their leadership potential and become leaders) 18 July only</i>

Please return completed form to your Club Secretary on or before Friday 10th July for sessions 18th and 22nd July (Monday 20th July for 29th July session)





Toastmasters—Metropolitan Division, District 69

Published by: Marilyn Freeman
Metropolitan Division Governor
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Toastmasters it's about
Better Thinking
Better Listening
Better Speaking

The difference
between the
ordinary and the
extraordinary is
the little extra



Congratulations to All Metro Division Clubs

Congratulations to all Metro Division Clubs on getting your Club Officer Lists in on time. 100% of Metro clubs achieved this and this is a fantastic result for everyone. It is a stepping stone for your club towards achieving your Distinguished Club Program because this is part of one of the DCP goals; the one that requires you to have:

- 1 semi annual membership fees and 1 club officer list submitted on time

Upcoming events:

The first week in September (1-8 Sept) is Adult Learners' Week. Membership building in Metro is going to be our challenge for the year. Adult Learning is what Toastmasters is all about and so here's an ideal opportunity to hold a membership drive around this theme. Start planning now. District 69 has put in for a funding grant from the Department of Education & Training but, even if we don't get this grant, why not take this event and run with it. There will be more information coming shortly from District and there will be templates and suggested material that will be available on the web.

The Communication Gap

Brett Rutledge was keynote speaker at the District 69 convention in Cairns. This article is from Brett's Communication MasterClass outline. Brett says:

"Verbal communication is the most potent and personal of all communication forms available to us in the business world.

When delivering information that really matters, your ability to communicate verbally is vital.

Indeed, verbal communication is the medium of choice when you really need to connect with your audience.

Whether it is in front of a 1,000 people, a boardroom of executives or to a colleague across a

coffee table, if the information really matters then we should choose to talk.

Email, video, memo or any other tools don't do the job as effectively as person-to-person verbal communication.

It has always been this way and it always will be. It is irreplaceable!

When you watch a good communicator – what sets them apart from everyone else is their ability to connect and engage with an audience.

Has our obsession with skill and technique created robotic communicators who mechanically go through the motions?

They don't connect with their audience and as a consequence their message is not heard!

You can't fake real connection and you can't rely on mere technique.

If you want to connect you must **be** real.

You must allow us to see and hear you for who and what you are."

