



TOASTMASTERS
INTERNATIONAL

Lockyer Valley Toastmasters Club

NEWSLETTER: March 2019

Club Leaders 2018/19

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Newsletter Editors

Carolyn Becker &

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Club Meetings

Senior Citizens Centre
13 North Street, Gatton QLD

**2nd, 4th & 5th Thursdays of
the month**

**Meets from 7:15pm for a
7:30pm start**

Our 11th Path, the **‘Engaging Humour’ Path** is here!

If you’re looking to create funny, engaging speeches, this could be the next Pathway for you. It offers strategies on writing humorous speeches, using effective timing and pacing, crafting strong openings and how to cope when your jokes flop! It’s currently available in English, providing an in-depth study of humor, and works the same as the other Paths, with required projects and electives throughout five levels that increase in complexity.

New Pins for Paths! - Show the world you’re on the path to success with new Pathways Pins. They’re silver-plated and coordinate with level one, two, three and four tags, which can be attached as levels are completed. Gold-plated pins represent the completion of a path. Now available for purchase, all pins feature the Path logo printed in the middle in full-color.



48th Annual Toastmasters District 69 Conference

will be held over the long weekend - Friday 3rd, Saturday 4th, Sunday 5th, and Monday 6th of May 2019.

The venue is the Brisbane Convention & Exhibition Centre (BCEC), which is located in the unique riverside precinct at South Bank. It is Brisbane’s cultural and entertainment hub, and home to Queensland’s major cultural attractions including Australia’s newest and largest Gallery of Modern Art, state opera companies, performing arts theatres and symphony orchestras.

Registration for this event is open now with:

Full registration \$300.00

(does not include Friday night cocktail party or Presidents Breakfast)

Friday night cocktail party \$60

Saturday (Day only) \$140.00

Saturday (Night only dinner) \$80.00

Sunday (Day only) \$140.00

Contest only (No refreshment) \$70.00 each session

Presidents Breakfast with District Director \$30.

For further information, please see:

<https://www.toastmastersd69.org/event/district-69-conference/>



The Year of the Wow

Our International President, Lark Doley wants clubs across the globe to be more uniform and top-performing. She said, “this will be our new gold standard!”

1. On your mark – clubs should begin by doing a deep analysis. Be proud of your accomplishments but be realistic about what needs improving. Find the gaps and areas of weakness during the first month.
2. Get set... Fill in the gaps during the second month, striving to be the best club possible. Hold Open Houses and recruit new members.
3. Go! By the third month, clubs should be in full force to pump up their ‘wow’ factor. Get members to think and say ‘wow’, when they attend a meeting.



Targets to hit:

1. Re-assess Toastmasters goals.
2. Improve club experience to meet goals.
3. Promote club mission to share membership benefits.
4. Publicise when and where your club meets.
5. Retain members by supporting personal and professional goals.
6. Recruit new members through open houses.
(<https://www.toastmasters.org/wowfactor#on-your-mark>)

Coming Events

3 to 6 May 2019 – **Toastmasters D69 Conference**, Speech Contests, Keynote Speakers, and District Council Meeting. See page 1 of this newsletter.

9 May 2019 at 7:15pm for a 7:30pm start – **Lockyer Valley Toastmasters Club Annual General Meeting**. Please get your nominations in to

Secretary Carolyn for any of the seven club leader positions. All nominees will have the opportunity to deliver a 5 to 7-minute speech outlining their goals for the club and how they will represent the club at District 69 events.

29 May 2019 at 7:00pm - **Mel Keel Night** at Limestone Toastmasters Club, The Humanities Building Ipswich.

27 June 2019 at 6:45pm for a 7:00pm start - **Club Leader Changeover** – venue to be advised.

District 69 Proposed Re-alignment

It has been proposed by District 69 Leaders that the Lockyer Valley Toastmasters Club be re-aligned with Western Division, Area 1 by 1 July 2019. If successful, this Area W1 would include Business Focus, Darling Downs, Toowoomba City, Highfields and Lockyer Valley Toastmasters Clubs.

Lockyer Valley has been in Area W29 for many years, along with three other Ipswich CBD-based Clubs (City of Ipswich, Icon, and Limestone) and rural Rosewood. We believe our Club was originally aligned with Toowoomba Clubs.

This proposal is set before members after the Western Division Director and her Area Directors reviewed the current arrangements. At issue, were the current numbers in existing Area W29 clubs and the distances Area Directors had to travel to visit their clubs, and ensuing costs.

Area W29 has always found it difficult to attract Area Directors because of Lockyer Valley’s dis-engagement from the greater Ipswich area. Too, it was the distance members had to travel to attend Area Council Meetings, Area Conferences, Toastmasters Leadership Institute training and other contest judges and officials training throughout the TI year.

Toowoomba is much closer to our home town of Gatton than Ipswich, meaning less travel time and costs for individual members. Also, the Lockyer Valley region is usually linked with Toowoomba in print, radio and TV media.

Please send your thoughts on this proposal to: wdd@toastmastersd69.org

Some Toowoomba Clubs to visit

(randomly selected from the Toastmasters International 'Find a Club' site – there are many more to choose from)

Business Focus - 2nd & 4th Tuesdays, 6.00pm with meeting beginning at 6:15pm at the Toowoomba City Library, 155 Herries Street, Toowoomba. Contact: 0408 255 774

Darling Downs - 1st, 3rd & 5th Tuesdays, 6.30 pm at St. Stephens Uniting Church Hall, Union & Neil Sts., Toowoomba. Contact: 07 – 4636 0117

Toowoomba City – 2nd & 4th Mondays, 7:00pm at Doctor Price Room, 6 Little Street, Toowoomba. Contact: 0418 760 801

Toowoomba – 1st, 3rd & 5th Wednesdays, 11:45am for a 12noon start, at Wesleyan Church Hall, 267 North Street, Wilsonton, Toowoomba. Contact: 0421 506 088

Southern Cross – 2nd & 4th Tuesdays, 7:30pm at the Immunisation Clinic, 12 Little Street, Toowoomba. Contact: 0438 390 735



Dangers lurking in your medicine cabinet

Following on from news that some of our Toastmaster friends have had poor health recently, we believe it is time to think about our own health, and how we can prevent some life-threatening events with a little daily care and caution.

Online newsletter, Your Life Choices published an article on 18 February 2019 by J. Ward, about the dangers lurking in our medicine cabinets. When was the last time you had a through spring clean of your medicine cupboard/drawer?

Ward asks - "Have you ever gone to your medicine cabinet, looked at some tablets and thought, they

might do the trick or I can't remember what they were for? Further, she said, "have you ever stuck a cotton bud in your ear?"



OK, we're all guilty of this! Just because we have a medicine cabinet, it does not mean that everything in it may necessarily improve your health or aid your recovery from some lurgy or infection. These items could include the humble cotton bud, which most of us have poked into our ears, to remove wax. While they are "great for applying or removing make-up, doing your nails and for odd jobs around the house", they should not be used to remove earwax.

Did you know earwax is part of an ear's natural defence system? If you push a cotton bud in, you may simply be removing something that's needed, or pushing it in too deeply and causing a blockage or perforating your eardrum. Ward suggests, "do as your grandmother always said: 'The only thing you put in your ear is your elbow'."

Too, don't use anything from your medicine cabinet that was not prescribed for your immediate health concern. For example, "Antihistamine tablets may be effective for some people, but for others, they can affect sleep, appetite, sex drive and cause constipation and vomiting" (Ward).

What about medications for a heart condition? Don't take those aspirin you use for your heart to alleviate a headache. "Anybody on heart tablets, especially blood-thinners, needs to know that aspirin can cause bleeding in the stomach. Anti-inflammatories can have the same impact, if overused" (Ward). Did you know chewable antacids can cause cramps, headaches, chest tightness or fever?

Never rely on the contents of your medicine cabinet or supplement or vitamin bottle! Talk to your doctor before taking them, and if you inadvertently do, and your experience any uncomfortable or bad symptoms after taking them, see your doctor quickly.

Overuse of these over-the-counter meds – particularly vitamins A, D, E and K – can affect your health, causing: dizziness, nausea, headaches and worse. Check expiry dates on bottles and foil slips - if you're unsure they will still be safe for you to use, get rid of them, by wrapping and bagging them first.