



# Finding Your Groove

## District 60 Toastmasters ~ 2005 Fall Conference November 4-6 ~ London Convention Centre

### Friday:

- 5:30pm Registration Opens
- 6:00pm Bookstore Opens
- 7:00pm Run-Off Humorous Speech Contests
- 8:30pm First Timer Reception
- 9:00pm Funkadelic Night!

### Saturday:

- 7:30am Registration and Bookstore Opens
- 8:00am Opening Ceremonies with Keynote  
Speaker J.A. Gamache
- 9:45am Workshops #1
- 10:45am Workshops #2
- 11:45am C&L Luncheon and Hall of Fame
- 2:00pm Workshops #3
- 3:00pm Humorous Speech Contest
- 4:45pm District Council Business Meeting
- 6:00pm Cocktail Hour
- 7:00pm District Governor's Gala Banquet

### Sunday:

- 7:30am Registration and Bookstore Opens
- 8:00am International Director Workshop
- 9:00am Table Topics Contest
- 10:45am Brunch with Keynote Speaker Bob Hooley

### FRIDAY NIGHT!

**New Run-Off Humorous Speech Contests:** Those winning their Division Contests will compete in one of two Run-Off Contests held simultaneously. Room allocation has been randomly drawn and is posted on the website. The top three in each of these contests will be announced in alphabetical order on the Friday evening. These six will go on to compete the next afternoon at 3:00pm.

**First Timer Reception:** Find out more about the conference & meet District Officers.

**Funkadelic Night! District 60 Grooves to the '60s:** *Get Your Groove On* as we dance to the music of the '60s, '70s and more. Participate in various activities (hula hoops, kazoos, dance contests...) or sit back and be a District 60 Toastmasters Groupie. We be jammin' all night long. If you would like to perform contact Karen Reese at ladykaren04@hotmail.com with details.

**SATURDAY Keynote: J.A. Gamache, ATM-S.** Two-time World Championship Finalist, placing 3rd in 2001. In 2003 he was the President of the Montreal's Chapter of the Canadian Association of Professional Speakers (CAPS). Visit his website for more information – [www.jagamache.com](http://www.jagamache.com).

**SUNDAY Keynote: Bob "Idea Man" Hooley, DTM, PDG, A/S** found his groove some years ago when he decided to become a professional speaker. He has earned Toastmasters' coveted professional level Accredited Speaker Designation. He is a professional member of CAPS. Bob is the author of 9 books, a mini-book and e-book series, and his *Ideas At Work!* have taken him to 7 countries on 3 continents, so far. Visit his website for more information—[www.ideaman.net](http://www.ideaman.net).

*Humorous Speech and Table Topics Contest results will be announced at the Gala Banquet and Brunch respectively.*



**Hotel Cost: \$105/night (parking included), [www.hilton.com](http://www.hilton.com)  
300 King Street, London, ON; Ph: 1-800-210-9336 – reserve by Oct 4<sup>th</sup>  
(Walkway to the London Convention Centre)**

**For more info, to download this form or register online ~ [www.toastmasters60.org](http://www.toastmasters60.org)  
or contact the Conference Chair - Lisa Stringle at [lstringle@hotmail.com](mailto:lstringle@hotmail.com)**

### Register me for the 2005 Fall District 60 Toastmasters Conference!

**November 4, 5, 6, 2005 ~ London Convention Centre, 300 York St, [www.londoncc.com](http://www.londoncc.com)**

*(One form per person please ~ complete both sides ~ cheques made out to "District 60 Toastmasters")*

Name \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Club# \_\_\_\_\_ Club Name \_\_\_\_\_ Division: A/B/C/D/E/L/N/P/Q/W

Designation: Member / CTM / ATM-B / ATM-S / ATM-G / CL / AL / DTM / Guest Are you a: First Timer / Past D.G.

*I would like to Help: Registration / Hospitality / Sgt. at Arms / Entertainment / Bookstore / Anything*

**Mail to: Tony Nelson, DTM, Registration Chair, 271 Old Post Road, Waterloo, ON, N2L 5B8; [tnelson@kw.igs.net](mailto:tnelson@kw.igs.net)**

*Please be considerate of others and limit the use of perfumes and colognes as some members are highly allergic. Thank you!*



## District 60 Toastmasters Fall Conference Saturday Workshops ...

9:45 – 10:30am

10:45 – 11:30am

2:00 – 2:45pm

Jazz up Your Speaking Skills

**“Audience Etiquette” Alison Buchanan:** Be an active member of a great audience! Explore ways your "audience etiquette" can increase your enjoyment of a speech & bring out the best in the speaker. These skills can improve your next speech, too!

**“Communication for Women” Gloria Pierre:** Women will learn how to say no without antagonizing or alienating; ask and answer questions to convey intelligence, interest and information; and add authority to their communication through their voice and choice of words.

**“Fake It Till You Make It” Steve and Maureen Chorny:** Come and experience this interactive workshop where you will learn practical techniques to reduce and overcome the fear of public speaking in Toastmasters, business & beyond in this interactive workshop.

Big Band Leadership

**“Forging Visionary Leadership” Ron Coristine:** Founded on personal integrity, stewardship, attentiveness and inclusion, learn various styles in order to develop your approach to management/ leadership. Visionary ideas will be described & examples offered to illustrate its efficacy.

**“Dancing With Conflict” Eric Trogdon:** In this unique presentation, Eric Trogdon, a certified Mediator and SWAT Hostage Negotiator, will identify the surprisingly simple STEPS to control everyday conflicts. Stop side stepping the issues and follow Eric’s lead.

**“The Courage to Lead” Eric Solowka:** In spite of our best efforts “busyness” and “burnout” are plaguing the workplace. Arm yourself with simple yet powerful insights that will awaken in you the courage to lead more dynamic, productive teams.

Swing into Personal Development

**“Secret to Personal Excellence” Ron Hesketh:** Personal excellence is a matter of attitude in everything that you do. Ron Hesketh starts by identifying the type of attitude that is necessary and then shows practical applications for both your personal and professional life.

**“You Don’t Need a Near Death Experience to Change Your Life” Janice Weir:** Everyone has the same opportunity for change, whether we have overcome great obstacles, tragedies, near death experiences or not. Explore how to use the ABC's of Change to reach your goals.

**“Jazz Up Your Creativity” Alain Londes:** Open up your creative juices by borrowing techniques used by jazz performers. See how improvisation will free your creative juices. This musical program is aimed at the non-musician but if you have an instrument handy, bring it with you!

Rock 'n Roll to Club Excellence

**“Leading from Behind—Making a Difference When You’re Not in Charge” Renate Zorn:** YOU can make your club more successful—even if you’re not on the executive. A fun look at making things happen when you’re not the boss, both at work and at Toastmasters.

**“Taking Toastmasters To Your Community” Bahi Krishnakhanthan:** In this interactive workshop share your passion for Toastmasters. Then learn how to identify the ways you can reach out to the community to promote your clubs explaining the benefits & features of the TM program.

**“Use Your Corporate Communication Network” Mike Proudlock:** Take advantage of your corporation’s communications network to build membership, heighten awareness, integrate into the corporate culture and manage your club more economically and efficiently.

For more info, to download this form or register online ~ [www.toastmasters60.org](http://www.toastmasters60.org) or contact the Conference Chair - Lisa Stringle at [lstringle@hotmail.com](mailto:lstringle@hotmail.com)

Conference Choices:	Postmarked by Oct 11	Postmarked after Oct 11	Total
Full Conference	\$160.00	\$170.00	
Pre-registered by August 21st (only applicable for Full Conference)	-\$20.00	-\$20.00	
Friday Run-Off Contests & Fun Night	\$10.00	\$15.00	
Saturday Workshops	\$50.00	\$57.00	
Saturday Luncheon	\$46.00	\$50.00	
Saturday Humorous Speech Contest	\$10.00	\$15.00	
Saturday Contest & Gala Banquet	\$60.00	\$65.00	
Sunday Table Topics Contest	\$10.00	\$15.00	
Sunday Workshop, Contest & Brunch	\$40.00	\$43.00	
	<b>GRAND TOTAL ...</b>		

Meal Options — choose one ...	
Lunch Options	Dinner Options
<input type="checkbox"/> Veg. Penne	<input type="checkbox"/> Veg. Risotto
<input type="checkbox"/> Sausage Penne	<input type="checkbox"/> Chicken Supreme
<input type="checkbox"/> Salmon	<input type="checkbox"/> Prime Rib
Food Allergy:	

Please mail all registrations so they are RECEIVED by October 28th as meals cannot be guaranteed after this date or onsite at the conference.

Make cheques payable to District 60 Toastmasters