

# TOASTMASTERS INTERNATIONAL NEWSLETTER

Editor:  
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## Club News and Events

### Club No. 828338 DBEDT for Business

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#### 90 TIPS FROM TOASTMASTERS

from the Toastmasters International website.

When Toastmasters International celebrated its 90<sup>th</sup> anniversary in 2014, a list of 90 tips for better communication and leadership was compiled. Here are just a few:

1. **Know your material.** Speak about a topic you're interested in and know a lot about.
2. **Make it personal.** Use humor, personal anecdotes and conversational language.
3. **Practice makes permanent.** Rehearse as often as you can.
7. **Relax.** Breathe and stretch before taking the stage. Pause for a few seconds, smile and count to three before speaking.
10. **Don't apologize.** If you make a mistake, there's no need to say you're sorry. Pick up where you left off and keep going.
17. **Enter contests.** Entering contests is a challenging and fun way to improve your skills.
44. **Trust your instincts.** With leadership and public speaking, if your gut tells you to steer into another direction or bring up a certain topic, listen to what it says.
68. **Free your hands.** Freeing your hands to use gestures is one way to help eliminate filler words such as "umms" and "ahhhs".
77. **Step up.** If you haven't filled a certain meeting role in your club yet, make it a point to do so at an upcoming meeting.
82. **Keep the peace.** As a leader, it's essential to know how to diffuse conflict.
90. **Keep a journal.** When you get ideas for speech topics, jot them down in a journal so you have them to refer to when you're tapped for ideas and need inspiration.

The complete list can be found at:  
<https://www.toastmasters.org/about/90th-anniversary/90-tips>

### In Case You Missed the Open House



L: Enjoying lunch before we get down to business.  
R: Caroline as General Evaluator and Hideeki giving the Timer's report. *Photos courtesy of R. Fassler.*



District 49  
2017 Spring Conference  
Saturday, May 6, 2017  
Pagoda Hotel  
C'est Si Bon & La Salle Ballrooms  
10000 Boulevard de la Sagette, Montreal, QC H3P 1K6

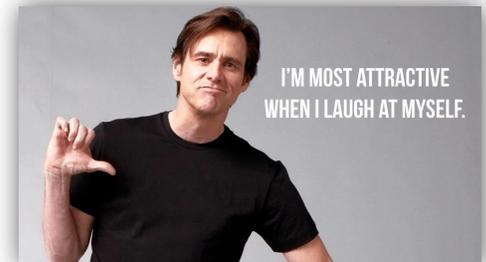


### Conference Registration Deadline Extended

The Spring Conference is coming up on May 6 at the Pagoda Hotel. The Regular Price of \$85.00 has been EXTENDED till Friday, April 28th!!!  
Get all the details and Register at  
Eventbrite: <https://d49springconference.eventbrite.com>

Howard Wiig passed along this article called, "How Laughing At Yourself Makes You Attractive Instantly." Key points are found under the headings:

- Laughing at yourself means embracing who you really are.
- Being a little skeptical about yourself actually helps to boost your confidence.
- When you laugh at yourself, people will probably like you more because you're being real.



- Try to laugh about your past experiences; that's how you find materials for some good jokes.

<http://www.lifehack.org/560851/how-laughing-yourself-makes-you-attractive>