

## How to Propose a Toast

Here are some general rules when making a toast:

Toasts are generally given in honour to a person or persons, not things or events.

If you want to honour a person that is not living, you toast the memory of the person.

At toastmasters, we do not toast Canadian political figures, since other people of the audience may feel uncomfortable paying homage to someone whose views they do not respect. An exception may be made if that person is being honoured for activities outside the political arena, for instance work on behalf of a charity.

The toast comprises five steps:

### 1) Greeting

Stand, and ask the audience to stand and fill their glasses.

Wait while they do so.

Address the audience:

"Mr. Chairman, fellow members and guests..."

### 2) Proposal

Raise your glass as you state:

"I would like to propose a toast..."

### 3) Body

The body is the most important part. It should consist of two or three sentences, e.g.,

"To a woman who has provided medical and spiritual assistance to millions of people around the world"

"To a woman who has devoted her life to benefiting others"

### 4) Veneration

The veneration is where you pay homage to the subject of the toast:

"Please join me in a toast to the memory of Mother Theresa"

### 5) Declaration

The climax, honouring the subject and summarising the toast:

"To the memory of Mother Theresa"

The audience then raises their glasses and echoes the declaration:

"To the memory of Mother Theresa"

A drink is then taken.

