



NEWSLETTER

1. A MESSAGE FROM YOUR DISTRICT TRIO



Kia ora koutou,

This month, the trio is combining to give an update for members. We have just completed an exhausting two days of District leader training prior to four days of the International Convention in Anaheim. Our days started at 6:45am most days for meetings, briefings etc and finished well after 6pm most nights.

The trio interviewed 17 candidates for International Director and International officer positions, in order to make what we thought was the best voting choice on behalf of our D72 members. We then attended the Annual

Business Meeting which was a mere 4.5 hours long and that was only for the elections – imagine how long it would have been should there have been any other business! There was much dancing to very energising music in between each vote as we waited for the results to come though and dealt with some technology issues.

The board briefing was a key part of our attendance and there are many updates to be shared with members coming out of this briefing, ranging from the strategic focus for the year and those ahead to gain stability and longevity for the organisation, alignments, changes to Distinguished programmes and a hint of a change to come next year on minimum club size. We will share the updates on all of these over the coming weeks via email with members as it would make this newsletter too long if we were to incorporate them all here, however there are three slides included on [page 3](#) to show the changes simply.

Our training was very intense, with much sharing from other Districts and some great ideas for us to refine and bring back to District 72. There is a strong focus on club excellence, with training materials now available on the TI website for this – you will find the material by searching on the TI website under “club excellence curriculum”.



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Did you know?

The 2025 Toastmasters International convention is in Philadelphia, PA <https://www.toastmasters.org/events/2025-international-convention>

There is a very strong focus from TI this year on the District mission and success as measured by the various Distinguished programmes, from Club through to District. While success can look different for us all, it is measured by Toastmasters in a very specific way: looking at new members, retention of members, and submission of education awards, and TI is definitely wanting to see higher rates of Clubs and Districts being distinguished which demonstrates they are working the programme to its full advantage.

This time together was fantastic for trio bonding and sharing of our ideas and vision for the year, whilst making some tweaks based on our learnings. We also had a day out together bonding at Disneyland away from other Toastmasters, to give us time to really get to know each other, to forge a strong connection not only for working together this year but for the future. We were labelled the blanket trio by others at the convention as we were always seen together, raising a little envy from some as that togetherness has provided us a very strong foundation to work with for our D72 members.

We will share all the changes via emails and training sessions once we are back in New Zealand. Please keep an eye on your email inbox from early September, as these changes will impact every member and our clubs. I do want to thank and recognise all of those club officers who have attended a COT session in round one and a huge shout out to Foveaux, Cook Strait, Dunedin Toastmasters, Civic Club, Cup Cake Communicators, and Ohariu for the full house. Thanks also to the training teams, Division and Area Directors, who have assisted with both online and in person sessions. We appreciate you so much.

Happy September all and hopefully I will get to see many of you at our awards night in September which IPDD Glen Pearce has shared information on. As always thank you for your commitment and for working the programme which benefits not only yourself but your club as well.

The trio! Carol, Kayleen, and Lisa



Did you know?

You can watch the World Championship of Public Speaking 2024 winning speeches on the Toastmasters YouTube channel <https://www.youtube.com/@toastmasters>

2. Board of Directors Briefing Highlights

Board of Directors Briefing

August 14, 2024

Club Excellence

Clubs	Your club conducts regular enjoyable, effective meetings. Your club conducts the Moment of Truth module a minimum of once per year. All your club officers attend District-sponsored club officer training.
Areas, Divisions, and Districts	Your Area Director frequently attends your club meetings and collaborates with officers and members to evaluate and address club strengths and areas of improvement. Your Division Director and Area Director review and implement the Club Excellence Curriculum resources. Your District conducts effective club officer training.
World Headquarters	World Headquarters supports the implementation of changes to the Distinguished Club Program put in place by the Board.

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TOASTMASTERS INTERNATIONAL



2024/2025
First Vice President
Stefano S. McGhee, DTM

Awareness and Engagement

Clubs	You routinely invite friends and acquaintances to attend club meetings as guests. Your club regularly conducts open houses and actively participates in membership growth programs. Your club quickly responds to individual member leads that are received through the toastmasters.org Find a Club system. You and your club work together to create effective public relations for the club.
Areas, Divisions, and Districts	Your District creates and delivers public relations and advertising programs that are effective in delivering results in a given Toastmasters year. Your District actively responds to new club leads, prospects for additional leads, and charters new clubs.
World Headquarters	World Headquarters delivers an improved system that will enable club officers to more easily communicate with toastmasters.org -sourced member leads.

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TOASTMASTERS INTERNATIONAL



2024/2025
International President
Radhi Spear, DTM

Distinguished Club Program

Level of Distinguished	Membership Requirement	DCP Goals Required
Distinguished	20 members or a net growth of 3	5
Select Distinguished	20 members or a net growth of 5	7
President's Distinguished	20 members	9
Smedley Distinguished	25 members	10

Note: From the 2025/2026 Toastmasters Year

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TOASTMASTERS INTERNATIONAL



2024/2025
International President-Elect
Aletta Rochat, DTM

3. Jack Duffy Rosebowl Memorial Award

Did you know that D72 has a special award for community service?

The Jack Duffy Rosebowl Memorial Award is presented each year at the District 72 Conference to the Toastmasters Club which has made the most outstanding contribution to the community, and/or community activity/ies raising the profile of Toastmasters.

Types of activities that may be considered include, but are not limited to:

- Club presents a Youth Leadership programme
- Club presents a Speechcraft course
- A Club member talks about Toastmasters either on TV or Radio (excluding phoning talkback)
- Members judge a school speech contest or school debate
- A member presents a speech to a non-Toastmasters audience and Toastmasters is highlighted either by the speaker or when they are being introduced
- An outside event e.g.: running a local communications award; participating in or chairing a public friendly debate, say with a Lions club; or a speaking engagement/activity as part of a local festival.

Applications will be called for later in the Toastmasters year and will ask for the following information:

- Activity/ies undertaken
- Time period
- Number of club members involved

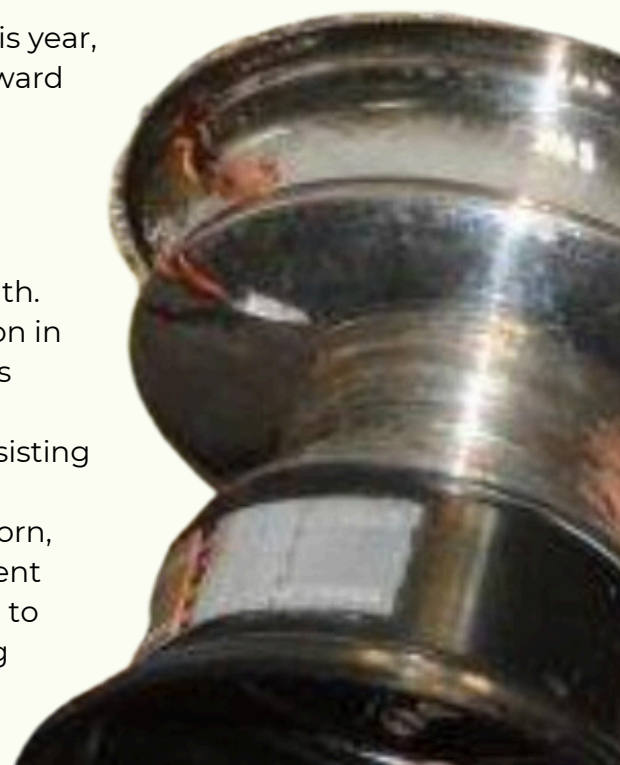
While the number of times a particular activity occurs is a consideration, it is not the only criteria applications will be judged on.

If your Club is planning a community engagement activity this year, why not record the details and make an application for the award when the application round opens?

Who was Jack Duffy?

Jack Duffy was a founder of the Rotorua Toastmasters Club, chartered in June 1965, and remained a member until his death. During his 20 years with Toastmasters, Jack held every position in his club and also served as Area Governor. His attendance was second to none, and his most outstanding attribute was his willingness to tackle any task, particularly when it came to assisting a new members and organising community events.

After Jack Duffy's death, the then Area Governor, Jack Hawthorn, arranged for the Jack Duffy Rose Bowl Community Involvement Award to be presented annually, in recognition of his services to Toastmasters and that he was then one of the longest serving members in District 72.



4. "Andrew Little's Top Tips for Handling Tough Audiences"

Sunday Afternoon Toastmasters special event - 28th Jul 2024



What makes a good speech?

And how do you win over a challenging audience? Those were the questions Sunday Afternoon Toastmasters asked Andrew Little to answer when he very kindly agreed to be a guest speaker at a recent meeting.

In a well-structured speech, Andrew listed the key things that he considers make a good speech. These include always that you are presenting to peers, and whatever the context, it has to have YOU in it. Ask yourself, "what is the one thing you would like people to come away with from what you say?" and prepare your speech from there.

A speech is an interaction with people so make sure that what you are saying is being delivered in a way that is accessible to your audience. Find out about the audience you will be presenting to and tailor your message accordingly. Always remember that a speech is a performance, so practise and rehearse it before giving it.

When dealing with a challenging audience, the first thing is to stay calm. Acknowledge that there might be issues. Don't ignore them but talk meaningfully about them. Let them know that they have been heard and understood. Tell them the things you might be doing to address them. If your speech is really not connecting, then abandon your prepared speech and talk off the cuff.

Finally, he said that it is better to have your speech sound good, than how well it reads in written form on the page. People will remember more from how you made them feel than the content of your speech. Most importantly, end your speech in a way that gives people hope, so that they come away from hearing the speech feeling positive or knowing an action they can take.

A huge thank you to Sunday Afternoon member George Collins who reached out to Andrew Little to see if he would be a guest speaker for us. And especially to Andrew, who went out of his way to come out on a grey rainy Sunday afternoon from the opposite side of Wellington as a favour to George. Sunday Afternoon Toastmasters are going to be doing a series of posts over the next few weeks on their Facebook and Instagram pages that have more detail on points that Andrew made. Some of them are contrary to advice that we are given as Toastmasters, such as a point he made about movement on the stage. We are really keen to get people's thoughts on whether they agree or disagree with some of the points he has made, or to hear people's experiences and tips around what makes a good speech and managing a challenging audience.

Check out Sunday Afternoon's social media channels:



5. TOP TIPS: "2min 29secs..."

Written by Christine Livingston

Your topic is ... Your topic is There you are, left on the stage as the contest chair moves to their seat.

And then, 2 minutes and 29 seconds is up before you know it! You didn't come all this way to go over time. So, how do you make sure you perform to your best ability? Competing in the impromptu Table Topic contest takes preplanning. Where should you start? Begin with knowing the judge's guide and ballot. You can not score if you do not include an aspect. EG: Voice flexibility and volume has 15 points. Maximise your scoring chance by using vocal variety. NEXT, watch those lights. Know what they mean: Green=1min, Yellow=1:30min, Red 2min. When that red light comes on you have to get out of your presentation successfully. If you haven't already started to wrap up, it's now or go over time.



I practise by seeing how many statements I can say out loud in 30 seconds. For me, it's 5 statements. As soon as the red light comes I squeeze a finger on one hand as I say each sentence. This guides me to STOP in time.

Let's go back to the beginning. As soon as you hear the topic focus on the keywords. The first year I won at District 72 the topic was: "Should New Zealand have more national holidays to celebrate our cultural diversity" (sic) There is a lot to unpack in there. I focussed on the two keywords: holiday and diversity. Covering those two words meant I covered the sentiment of the question. Watch the contest chair as they move to their seat. Do not move or say anything until they are at their seat.

Your first words need to grab the audience's attention. Agree or disagree, confirm the direction you are taking. This contest is open to poetic licence. It is not a test of your moral compass. I have a range of 'filler' type statements that I write out and practise leading into a contest. E.g.: "Well, I don't know about you, but I think that is absolutely rubbish/bang on the money!" "Good grief, what will they think of next!". Doing this gives your brain time to shimmy down any thoughts and stories that you could use.

I fill my bank of stories by writing about popular topics. I argue with myself on both sides of the story. This gives me references that might come in handy. I practise telling personal stories and embellishing them for effect. Never say a word you can't pronounce properly. If a word is too 'big' or specialised it won't be understood making it a waste of precious time. Practise as often as possible at your club. Before the next contest ask an experienced club member to give you a contest-type topic.

As with all great speeches, the structure is paramount for scoring points. Opening, body, close! So keep it simple. State your intention. Embellish with a story. (personal is best) Connect your story back to the topic to conclude and boom, 2mins 29secs, you're done.

Christine Livingston, Gore Toastmasters,
winner District 72 Table Topics Contest 2023-2024 (and other times too!!)

6. TOP TIPS: "Delivering a Great Humorous Speech"

Written by Braden Crocker

The last two contests that I've competed in have been a great journey and a very challenging. I've been very lucky with the support I've been given from my club, friends and family.

There is quite a lot that goes into a humorous speech (or any speech), but here are some specific tips for delivering a great humorous speech:

- Rehearse to a variety of audiences
- Make sure the audience you use are brutally honest and happy to deliver constructive criticism
- Practise everytime you are driving alone or working outside away from others.....practise heaps.
- Listen to a lot of comedians
- Take notes of other people's speeches what worked well and what didn't.
- Note down what went well and, more importantly, what didn't from your previous speeches.



photo credit Doug Fraser

Braden Crocker, Toastmasters of Wairarapa
winner District 72 Humorous Speech Contest 2022-2023 and 2023-2024

Check out these resources if you want more information on Contests

SPEECH CONTEST TUTORIALS



[Overview and Roles](#)

[When You're the Judge](#)

[Judge's Guide and Ballot](#)

DIVISION C WORKSHOP JULY 2024



[CONTEST RULEBOOK](#)
[2024/2025](#)



[DISTRICT 72](#)
[CONTEST SCRIPT](#)
[\(updated 26th Dec 2023\)](#)

7. And the Gold Medal goes to ...

Written by Sheryl Ryan (Cook Strait Toastmasters)



How do you create extraordinary club meetings that keep members coming back and guests joining on the spot?

We all know the importance of grabbing the audience's attention at the start of a speech, but what about the start of meetings? Recently we held an "Olympics" themed meeting where Miranda started with an Olympics quiz prompting everyone to correctly answer as many questions as we could in just two minutes. Fun, fun, fun! Audience participation at the start of a meeting is excellent way to engage everyone.

The Grammarian, Steve, made the Words of the Day, also on theme, Victor (or Victrix) Ludorum, aka "winner of the games" into a game challenging us to beat a particular member in



the club with its use. I don't think anyone beat our Victor Ludorum, Alan, but it sure was fun to try! Words of the Day that extend our vocabulary and offer a challenge is another way to keep everyone engaged.

"Chest front, bottom back, hands up" Jenice demonstrated as she used gymnastics and cleverly crafted the Olympics theme into the "Understanding your leadership style" speech. Being tiny, I was half expecting her to pull off a tumbling routine. Meeting themes are a wonderful way to show members how they can find new ways to deliver the same level two speeches.

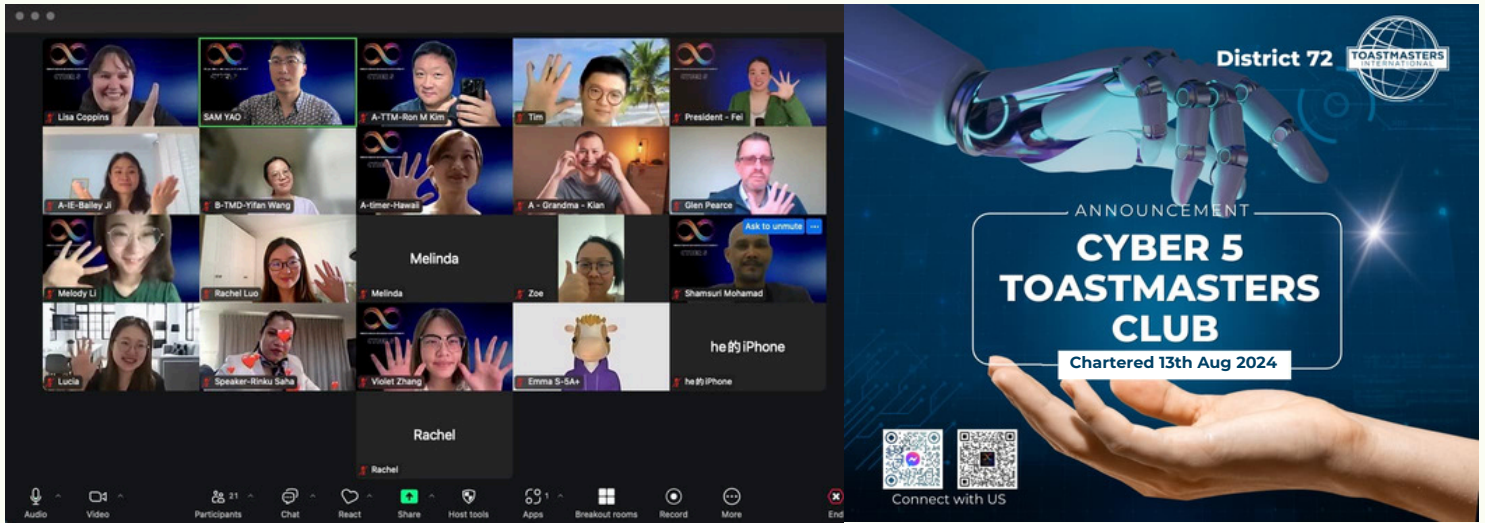
The Table Topics Master Hayley individually cut out the Olympic rings, wrote the topics on the back and carefully stuck them to the wall for us to select. How's that for creativity?! Are you doing the same old same old, or do you try new ways to make meetings fun?

Guest (now member) Jun reflected from the night, "with everyone fully engaged, the humour nonstop, and the agenda well-organised and efficient, was fantastic". And the gold medal goes to Cook Strait Toastmasters for signing up both our guests on the night, certainly a first in years.

In order to keep members coming back and make guests join on the spot, I believe it's important to create an experience that helps us feel good. I encourage you to look for ways to start and shape your meetings into something extraordinary.

8. New Beginnings (Club #28677401, Area C6)

Say Hello to *Cyber 5 Toastmasters Club*, District 72s Newest Club!



9. RISE PODCAST

District 72 has a new Toastmasters podcast series - **The RISE Podcast**.

Named after the TI values of Respect, Integrity, Service, and Excellence, it also conjures the image of someone rising up.



The aim of the podcast is to speak to different people from within the District and get to know them, adding a human touch.

D72 Public Relations Manager, **Peter Simmonds**, is project manager for this exciting initiative. Contact him to be involved or keep an eye on your inbox for more details.
prm.d72@toastmasters.org.nz

10. Club Officer Training at Upper Hutt (Division J)

Division J held a successful Club Officer Training in Upper Hutt on Saturday 24 August. It was great to be learning “in person”, to catch up with some familiar faces, enjoy some delicious kai, and meet lots of new members who have stepped up into leadership roles.



[Do you have any photos or news to share? Send them to toastmasterg@outlook.co.nz](mailto:toastmasterg@outlook.co.nz)

FEEDBACK WANTED

If you attended a Club Officer Training, District 72 would appreciate your feedback!

Feedback enables the District to:

- Identify areas of success and improvement.
- Plan future club officer training sessions.
- Provide training that addresses the needs of our members and clubs, fostering their success.



Did you know?

Round 2 of the Club Officer Training will start in December. This session will cover different material from the Round 1 sessions and is recommended for all club officers

11. District Calendar and Upcoming Events



21 to 22 September – District Leadership Training
21 September – District Executive Meeting
21 September – District Awards Evening
22 September – District Council Meeting
30 September – Semi Annual Fees are due

1 November – Area Contests begin
30 November – Club Visit Reports are due
1 December – Round 2 of Club Officer Training begins
1 January to 30 May – Second round of Club Visits
1 February – Talk Up Toastmasters award begins
9 - 11 May – District 72 Conference (Wellington)

JOIN US FOR A CELEBRATION

DISTRICT 72 AWARDS NIGHT

1920'S THEME

SATURDAY, SEPTEMBER 21ST

6 - 9 PM

PEGASUS ARMS
14 OXFORD TERRACE,
CHRISTCHURCH



RSVP TO GLEN PEARCE
BY THE 12TH OF
SEPTEMBER

somesglen@gmail.com





12. District Contacts (* recently updated)

Senior Leadership Team

District Director: Carol Mitchell	director.d72@toastmasters.org.nz
Program Quality Director: Kayleen Gilder	programquality.d72@toastmasters.org.nz
Club Growth Director: Lisa Coppins	clubgrowth.d72@toastmasters.org.nz
Public Relations Manager: Peter Simmonds	prm.d72@toastmasters.org.nz
Administration Manager: Celina Templeman	admin.d72@toastmasters.org.nz
Finance Manager: Glenys Brown	finance.d72@toastmasters.org.nz
District Parliamentarian: Harry Fox	parl.d72@toastmasters.org.nz
Immediate Past District Director: Glen Pearce	ipdd.d72@toastmasters.org.nz

Field Officers

Technical Manager: Tim Law	tim@toastmasters.org.nz
Logistics Manager: Esther Haines	logistics.d72@toastmasters.org.nz
Historian: Denis McCord	historian.d72@toastmasters.org.nz
Inclusivity Team: Genevieve McLachlan, Alana Bogart, Erin Rose, Leo He, Brendon Fitzgibbon,	inclusivity.d72@toastmasters.org.nz

Division C

Division C Director: Glenys Forsyth
 Area Director C2: Marie Fox
 Area Director C3: Christine Livingston
 Area Director C4: Hugh Newbury
 Area Director C6: Mitesh Popat

Otago and Southland

Gore, Queenstown, Wanaka
 Five-Thirty Forum, Foveaux, Grand, Oyster Orators, ROAR
 Dawnspeakers, Dunedin, Lunchspeak, Speak-Easy, TableTalk, Wavecrest
 Cyber 5*, Everest, Toast NOW, Online Uncensored Comedians & Humourists

Division D

Division D Director: Jo Moar
 Area Director D1: Lyn Harris-Hogan
 Area Director D2: Vacant
 Area Director D3: Leonie Wilkinson
 Area Director D4: Lovey Ratima-Rapson
 Area Director D5: Vacant
 Area Director D6: Dana Briscoe

Canterbury, Nelson, West Coast

Alphabet Athletic, Avon, Boaters, Southern Cities and Sunrise
 Bishopdale, Kaiapoi, Rangiora
 Aranui, Christchurch, Oaklands, Pegasus, Cathedral City
 Christchurch Women's, Civic, Dollan House, U-CAN-SPEAK, Victoria
 Hornby, Liffey, Riccarton, Lincoln, Alpine (Timaru), Ashburton
 Motueka, Nelson, Nelson Madhatters, Sunbelt (Blenheim), Greymouth, Westport

Division G

Division G Director: Kath Cherrie
 Area Director G1: Sian Farr
 Area Director G3: Rachel Clay
 Area Director G4: Tania Sales
 Area Director G6: Katina Beauchamp
 Area Director G7: Derrick Russell

Wellington Central and South

BNZ, DIALOGUE, Capital Breakfast, Capital Chatterers, Sunrise Speakers
 Five Crowns, MBIE, NZTA, Te Puni Korero, Terrace@12, Toast IT!
 Capital Club, Te Aro, Wellington, Wellington Professional, Kura Kōrero
 High Noon Bankers, LINZ, Statistically Speaking, Solnet, Up Top
 Cook Strait, Island Bay, Newtown, Peninsula Presenters, Turbine Talkers

Division J

Division J Director: Helen Cartmell
 Area Director J1: Gary Nicholson
 Area Director J2: Nu Taramai
 Area Director J3: Andrew Hardwick
 Area Director J4: Siyi Qian

Wellington Surrounds

Churton Park, Spinnaker, Tawa, Waikanae
 Karori, Ohariu, Wadestown
 Cup Cake Communicators, Gracefield, Silverstream, Wairarapa, Upper Hutt
 Hutt City, Hutt Valley, Phoenix, Wainuiomata, Sunday Afternoon