



# NEWSLETTER

**DISTRICT DIRECTOR  
CAROL MITCHELL**



## 1. REFLECTING ON THE FIRST QUARTER: A FAST-PACED START

Kia ora D72 whānau,

The first quarter of the Toastmasters year has already finished, and it seemed to go by in the blink of an eye. It is always a busy one, as we have District Officer training, Club Officer training, District Executive meetings (2), our first council meeting, and learning our new committee roles.



Within our clubs, we are also creating our Club Success Plan. The Club Success Plan will be compulsory from 1 July next year to be eligible for DCP, so getting into the habit of creating these now is good practice for the future. Having a document that assists with goal setting, scheduling, and planning for your club to refer to throughout the year can be extremely useful, along with building your own skill set in strategic thinking and mini project management. The trio had several documents we had to submit to Toastmasters International by 30 September, which were very time-consuming – our District Success Plan, marketing analysis, communications plan, training records, and council-approved budget.



Thank you to all who attended the council and helped not only with achieving a quorum but also with the approval of all reports and motions presented to you. I appreciate those who attend not only these meetings but also all of our training events, and I learn from you at each session.

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#### Did you know?

Toastmasters International Envisioned Future:  
"To be the first-choice provider of dynamic, high-value, experiential communication and leadership skills development."

One of the highlights for me every September is Māori Language Week, and I participate fully in all the learning this week has to offer us. Sadly, I couldn't make the open meeting of Kura Kōrero, a club that allows us to practise and learn not only our reo but also some tikanga in a safe and supportive environment.

One of the whakataukī that resonated deeply with me this year made me think of our members and all they bring to their clubs, areas, divisions, and the district. Thank you all for the gifts you bring to us. I am always grateful for every learning from you all and strive to add as much as possible to my kete, particularly from quality evaluations—a topic that was discussed a lot at our recent District Officer training.

“Ehara taku toa i te toa takitahi, engari he toa takitini.”  
 (“I come not with my own strengths but bring with me the gifts, talents, and strengths of my family, tribe, and ancestors.”)

I want to acknowledge that it is tough out there at the moment, as clubs struggle with low membership and retention in the economic climate we are living through. There is no magic solution for those of us in this position. I have read some great success stories in club visit reports, and we will soon have articles from clubs that have rebuilt and are now thriving. It may be useful for all of us to read their learnings and not have to reinvent the wheel as we look to revive our own clubs.



Burnout for many is real, as some people seem to take on more than their share of work in a club which can lead to decreased motivation and further membership loss. What can you do to help that person in your club? Visiting a neighbouring club has many benefits, and I encourage clubs to organise group visits to their neighbours. This can make meetings more vibrant, with more people in the room to fulfil roles, help learn new ways of doing things, increase fellowship (particularly at this time of year when you are looking for help with contests), and facilitate idea exchanges. Building one strong club out of two clubs with lower membership can ease the burden for all, reduce costs, and may be something to consider.

Congratulations to the well-deserved recipients of awards at our awards night, which was superbly hosted by our Past District Director, Glen, and M.C.'d by the amazing Graeme Hunt. You all inspire me to follow in your footsteps and contribute to the District, as I have gained so much from my membership over the years. Catching up with friends, seeing their fabulous costumes, and celebrating our winners made for a lovely night, warming my heart and providing that burst of energy you sometimes need to keep serving. When I grow up, I want to be like all of you.

Ngā manaakitanga

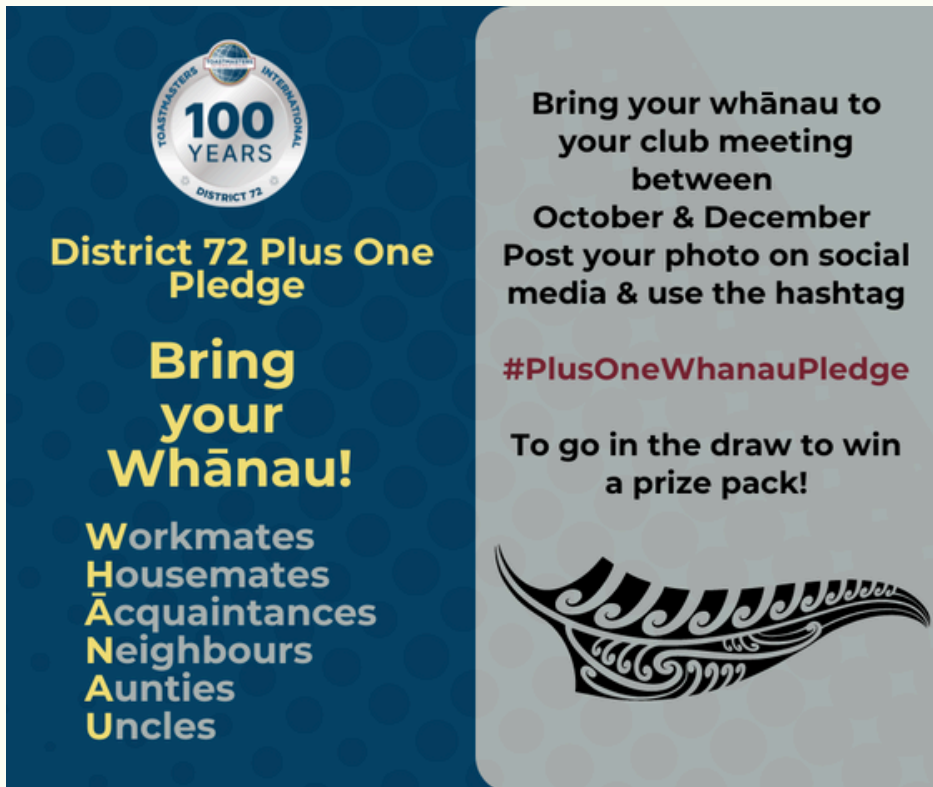
**Carol Mitchell, DTM**  
District 72 Director



## 2. Club Growth Update - Lisa Coppins (CGD)

Since returning from training, International Convention, and a bout of Covid, some of the things I have been working on in the background have started to come together.

Firstly, I'm very excited to let you all know that in a combined effort alongside Sheryl Ryan, Esther Haines, and Marie Fox we have gathered some club officer resources that are aimed at assisting those in struggling clubs. We have lots of talented people around the District. If you have made a resource for your club that has been particularly helpful, and you are willing to share it with others, please let me know. As a District team we are here to support our clubs and members. If these resources help make your role a little easier, I will feel like we are succeeding in our mission to support you.




**100 YEARS**  
TOASTMASTERS INTERNATIONAL  
DISTRICT 72

### District 72 Plus One Pledge

## Bring your Whānau!

Workmates  
Housemates  
Acquaintances  
Neighbours  
Aunties  
Uncles

**Bring your whānau to your club meeting between October & December**  
**Post your photo on social media & use the hashtag #PlusOneWhanauPledge**  
**To go in the draw to win a prize pack!**



I have also been adding to the club marketing resources section and the club officer tools on the D72 website. (Resources – Toastmasters New Zealand) Some of this information was shared with me by people I met during the Anaheim training and convention. It feels great to share resources from this wonderful experience with you.

As we are coming to an end for the Smedley Award, it's time for something new! As a Trio we have decided on a Kiwi version of the Smedley Plus One Pledge that you may have seen an email about from Toastmasters International.



Our District 72 plus one pledge is to bring your Whānau during October, November and December.

Our acronym for Whānau is W = workmates, H = housemates, A = acquaintances, N = Neighbours, A = Aunties and U = uncles. Bring your Whānau along to your club meeting during these three months and post their visit on social media using the hashtag #PlusOneWhanauPledge.

We will select a random winner who will receive a prize pack that includes a copy of the new book “*Confident Voices: The Story of Toastmasters*”. I'm looking forward to seeing photos from around the District!

**Lisa Coppins, DTM (!)**  
Club Growth Director

## 3. District 72 Awards Night

The District 72 Awards night celebrates those members who have gone above and beyond for their Club, Area, Division and District for the 2023-2024 Toastmasters Year. Congratulations again to all the recipients for their dedication and hard work!



### Did you know?

Toastmasters offers a Youth Leadership Programme. This initiative equips young people with essential communication and leadership skills, preparing them for future challenges.



**Esther Haines**

Don Harden Memorial Trophy for Outstanding contribution to professionalism of Toastmasters



**Alan Coventry**

Len Jury Trophy for Area Director of the Year



**Lisa Coppins**

Terry Bellamy for Division Director of the Year



**Kathryn Duncan**

District Citation



**Michelle Gerwitz**

District Citation



**Graeme Hunt**

Dianne Moore Cup for the Spirit of Toastmasters



**Esther Haines**

Ken Haines Cup for the Toastmaster of the Year



**Jude Spencer**

Distinguished Area Area D6



**Ron Blackwell**

President's Distinguished Area Area G4

## 4. The RISE Podcast: Episode 1, with Megan O'Neill



The new RISE Toastmaster podcast series aims to showcase Toastmasters members from the South Island and Wellington region. During each podcast we'll learn from the people that make up our organisation and discuss Toastmasters' relevance in today's society.

Episode 1 features a 'walk and talk' interview with author Megan O'Neill of Christchurch Women's Club. Watch here. To watch future RISE episodes, subscribe here for free.



## 5. Online Public Relations and Digital Skills Workshops

**Do you want to do a better job of publicising your club both online and off-line?**



In October and November, District 72's PR team will run five online workshops aimed at upskilling your digital and publicity skills. See below for a workshop for you or your Public Relations officers.

**[Sign up here](https://forms.gle/S2FTufptHaGqNDA1A)**

<https://forms.gle/S2FTufptHaGqNDA1A>

### ***#1 Produce and publish a reel (short video) for Facebook and Instagram***

10 October - 7pm - 8:30pm  
- includes how to create QR codes.

### ***#2 Create surveys for data gathering and PR strategy development***

17 October - 7pm - 8:30pm  
- includes how to create QR codes.

### ***#3 Create and publish posters***

24 October - 7pm - 8:30pm  
- includes how to create QR codes.

### ***#4 Develop club newsletters on Substack***

31 October - 7pm - 8:30pm  
- Includes how to use AI to create short video content and QR code creation.

### ***#5 Develop and publish a podcast***

7 November - 7pm - 8:30pm  
- Includes how to use AI to create short video content and QR code creation.

## 6. District 72 Public Relations Survey



# HAVE YOUR SAY DISTRICT SURVEY

### SO FAR

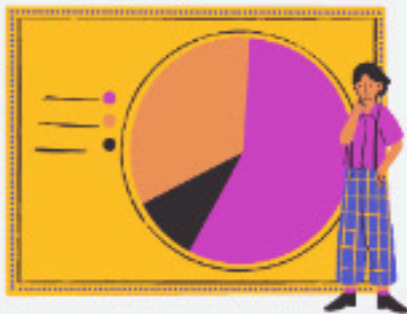
42 Toastmasters have had their say. 38 online and 4 on paper.

What do you think about our online presence?  
How could it be improved?



### LOCATIONS

Respondents have come from Wellington, Nelson, Mumbai, Christchurch and Dunedin.



### THE WAY FORWARD

Your responses could influence the publicity we produce and help stimulate a new direction from a grassroots and district level. The results will be published on 1 November.

### TAKE THE SURVEY



Scan the QR code to take the survey. Thanks.

## 7. Path to the DTM Award: Club Coach role

Members that wish to achieve the Distinguished Toastmaster award are required to complete many projects and tasks. This month we take a look at the Club Coach role and some of the resources available.



The Club Coach programme gives experienced Toastmasters an opportunity to assist in rebuilding club membership and restoring club quality at a different club.

A successful club coach will:

- Build rapport with club officers and members
- Instil enthusiasm, camaraderie, and structure within the club
- Assess the club environment and recommend best practices for success
- Work with club officers to develop a Club Success Plan
- Motivate the club to strive for Distinguished Club Programme (DCP) recognition

A typical process with appointing club coaches:

- A club meets the Eligibility criteria (12 or fewer paid members)
- Not be suspended or closed
- Have at least one Club Officer who has completed the Club Coach Program Training Module (training module can be found within Base Camp)
- Conduct a vote of club members, with a quorum present, before requesting a coach
- Not have more than two coaches appointed at one time

**FILL IN THIS GOOGLE FORM IF YOUR CLUB WANTS A CLUB COACH**  
<https://forms.gle/v24pmBw8JM9h9ZDZA>

Our Club Growth Director, Lisa Coppins will be in touch with next steps  
[clubgrowth.d72@toastmasters.org.nz](mailto:clubgrowth.d72@toastmasters.org.nz)





## 8. TOP TIPS: Essential Tips for Future Club Coaches

*Written by Glenys Brown, DTM*

### For Clubs

Here are some key points to think about if you are a vulnerable club:

1. Ask for help early! Don't wait until your committee and members are burnt out or close to burnout before engaging a Club Coach.
2. If you have lost a few members and hit the threshold, ask visitors to join straight away.
3. Hold a Moments of Truth.
4. Ask the Club Coach if they can independently survey the last five or so members who left.
5. Every meeting needs to be enthusiastic and engaging to encourage visitors to join. You will also have a better chance of keeping the current members you have.
6. Don't talk negatively at the club meetings.
7. Remember the Club Coach is there to guide you, not to do everything for you, they will work alongside the committee, not take over.
8. Be prepared for change. Try new things even if it means changes to the way your club has operated in the past.
9. Visit other clubs and see what aspects you like and think you could incorporate into your club meetings to create a positive change.



### For Coaches

If you are thinking about being a Club Coach:

1. Check the club out first. Visit a couple of times before engaging in the role.
2. Find the right co-coach who has complementary skills. We all have strengths and weaknesses.
3. Set a plan outside of the club to create a strategy so that you can have a united front at the club or committee meetings.
4. Role model working together.
5. Ask for ideas within the wider Toastmasters community.
6. Find out what the goals are for individual members. If you meet the needs of the members it has a flow-on effect to meeting club goals.
7. Celebrate the wins
8. Enjoy yourself and inject fun into the club. Energy can be infectious.



**Glenys Brown, DTM,**

Churton Park Toastmasters and Upper Hutt Toastmasters

## 9. Update on the District 72 Diversity and Inclusion Project

Over the past year, the Diversity and Inclusion Project Team has been dedicated to identifying and creating actionable strategies and resources that District 72 can implement to make Toastmasters more inclusive and diverse for all members. We are pleased to introduce our newest team member, Nohokainga Hiriana.

### Our Project Team Consists of:

- Genevieve McLachlan (Project Lead)
- Erin Rose (Secretary)
- Alana Bogart
- Brendon Fitzgibbon
- Leo He
- Nohokainga Hiriana



### Project Background and Goals

The project originated from feedback received during a successful Diversity and Inclusion panel discussion at the 2023 District 72 Conference, where members expressed a strong desire to enhance understanding and approaches to diversity and inclusion in our clubs and at events.

Our primary goal is to foster an environment where diversity and inclusion are not just concepts but are supported by practical, actionable steps at both the District and club levels. We are actively exploring ways for Toastmasters to improve in these areas and are developing resources that can be utilised by the District and individual clubs. These efforts aim to meet the learning needs of our members more effectively and make our clubs more appealing for both retaining and attracting new members.

### Current Efforts

We have provided feedback on several Toastmasters events, including the 2024 Conference in Dunedin, and are currently developing guidelines on making Contests and Conferences more accessible. Last year, we also reviewed the District 72 Guide to Speech Contests handbook, addressing the use of inappropriate language related to people with disabilities.

### Call for New Members

We are actively seeking a member who identifies as LGBTQ+/Rainbow to represent this community within our team. If you are interested or have any questions, please do not hesitate to contact us at [inclusivity.d72@toastmasters.org.nz](mailto:inclusivity.d72@toastmasters.org.nz).

Ngā manaakitanga,

**The District 72 Diversity and Inclusion Project Team**

## 10. District Calendar and Upcoming Events

### Division D Improv Night - Tue 15th Oct 2024

Hosted by the Court Jesters at the Court Theatre, Clarence Street South, Addington. Have a fun evening learning all about how improvisation, body language, voice variety works outside of Toastmasters. Get real life examples of how to use improv in your professional and personal life. For further information please email [jo.toasties@mursetter.co.nz](mailto:jo.toasties@mursetter.co.nz).



### Avon Toastmasters Celebrating 50 Years! Fri 18th Oct 2024

Past members and friends are invited to the historic 50 year anniversary of Avon Toastmasters. This celebration will be held on Friday 18 October 2024 at Robbies Riccarton Sports Bar & Restaurant, 87 Riccarton Road. Register using this [link](#) or email [avon@toastmasters.org.nz](mailto:avon@toastmasters.org.nz) for more info



## Divisions G and J Contest Workshop - Sat 19th Oct 2024

Kia ora

Divisions G and J are planning a contest workshop on Saturday 19 October at Upper Hutt Baptist Church. The workshop is planned for 9.30 am to 2.30 pm. The morning session will be looking at how to organise in-person and on-line contests. The afternoon session will be focusing on judging to the criteria.

The contest judging section will comprise 3 parts:

- Judges' Briefing
- Table Topics Contest
- Judges' De-brief

Everyone present will be invited to complete a judge's ballot. The afternoon judging session will be starting at 12.30pm.

A shared brunch/lunch is planned for the time between the sessions - 11.45 am - 12.30 pm. You are welcome to come for as much of the day as you want to attend. Please email to confirm your interest and availability.

Nga mihi,

**Helen and Kath**  
**Divisions J and G Directors**

**District 72 Toastmasters**  
**Divisions G and J**

**CONTESTS WORKSHOP**  
**SAT 19th OCT 2024**

**Upper Hutt Baptist Church**  
**1 Milton Street, Trentham**

**09.00 - 09.30 Registration**  
**Attend either or both of the two sessions**

**09.30 - 11.45 Preparing for a contest - in-person or online**  
*Please bring a small plate for a shared lunch*

**12.30 - 14.30 Judging**

**14.30 Finish**

Be Heard. Be Confident. Be a Toastmaster.  
There's a club waiting for you! [www.toastmasters.org.nz](http://www.toastmasters.org.nz)



15 October - Division D Improv Night  
18 October - Avon Club 50th Anniversary  
19 October - Divisions G/J Contest Workshop  
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  
22 March - Division C Contests  
29 March - Division D Contests  
5 April - Division G Contests  
12 April - Division J Contests  
9 - 11 May - District 72 Conference (Wellington)

### Did you know?

To be a judge at Area Level and beyond, you need to have completed a Level 2 Pathways OR 6 CC speeches (if you were a member before the Pathways rollout) - rule #2D

## 11. District 72 Conference 2025

Fri 9th May - Sun 11th May 2025      Toastmasters@Parliament

# Theme: We Work Better Together Yes Minister!

The **2025 District 72 Conference** will be held in Wellington on the weekend of Fri 9th May - Sun 11th May 2025. The venue is the illustrious Parliament Buildings, including the Legislative Council Chamber, Great Hall, and Select Committee Room.

Leading the way is a dedicated team of Wellingtonian Toastmasters, committed to making this the best conference you've ever attended. The team's vision is "to have the conference at Parliament, which will be a unique and enriching experience for members. Holding the conference at Parliament will highlight the connection between the ability to communicate effectively and the ability to effect changes for the better in any field of endeavour."

### Essentials:

- Friday night Candidates' Showcase & entertainment
- Two days of conference inside the mana and grandeur of Parliament Buildings
- Keynote speakers to be announced
- Dine and Dance on Saturday night (Atura Hotel Thorndon)
- Watch for an accommodation deal (Atura Hotel Thorndon)

More information from Conference Chair Roger Hynd: [photoman@xtra.co.nz](mailto:photoman@xtra.co.nz)



Your unique opportunity to experience the vibe at the heart of public speaking in New Zealand!

Full Registration: Backbencher \$195    Frontbencher \$200    Cabinet \$205

**Lunch included in Full Registration!**

More information including registrations will be posted on the District website soon!



## 12. District Contacts

### Senior Leadership Team

District Director: Carol Mitchell  
Program Quality Director: Kayleen Gilder  
Club Growth Director: Lisa Coppins  
Public Relations Manager: Peter Simmonds  
Administration Manager: Celina Templeman  
Finance Manager: Glenys Brown  
District Parliamentarian: Harry Fox  
Immediate Past District Director: Glen Pearce

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[ipdd.d72@toastmasters.org.nz](mailto:ipdd.d72@toastmasters.org.nz)

### Field Officers

Technical Manager: Tim Law  
Logistics Manager: Esther Haines  
Historian: Denis McCord  
  
Inclusivity Team: Genevieve McLachlan, Alana Bogart,  
Erin Rose, Leo He, Brendon Fitzgibbon,

[tim@toastmasters.org.nz](mailto:tim@toastmasters.org.nz)  
[logistics.d72@toastmasters.org.nz](mailto:logistics.d72@toastmasters.org.nz)  
[historian.d72@toastmasters.org.nz](mailto:historian.d72@toastmasters.org.nz)  
  
[inclusivity.d72@toastmasters.org.nz](mailto: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