



NEWSLETTER

1. NEW YEAR, SAME MISSION

Ngā mihi o te tau hou!

Happy New Year D72! With over half of the programme year completed, now is a good time to review our club success plan and see where Clubs are at around goal achievements. Don't only think about your DCP goals but think about the other strategies you were going to implement to improve club and meeting quality that may want tweaking and continue with the things that are working well and ramp them up.

This is also a great time to have a Moments of Truth in our clubs and think about the future sustainability of our clubs. We have a number of clubs that have been struggling for quite some time now, with low membership and member burn out, as a few carry the workload for the club. Is this the time to consider closing the club and have members join other clubs or merging with a nearby club to create a stronger club, where the workload is shared more evenly and reducing costs as a venue hire split between more people can lead to a reduction in club dues? We have had a few clubs take this option recently, which whilst not an easy decision for the clubs to make has made for the best outcome for members, towards achieving their personal goals in Toastmasters and that is what we want – members achieving their personal goals, not being swamped with too much work within their club. This is a great time to think about the future of our clubs, as the next dues round will be upon us before we know it.

This is also the time to fully embrace the entire Toastmaster programme and take up pathways for those that have been paying dues and not participating in the learning programme and realising the full benefits of their membership.



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The new basecamp makes this incredibly simple and while we don't particularly love change, after seven years of this learning programme, we have had more than enough time to adapt and get over the loss of the written manuals, that we so loved. Many of us possibly felt the same when our offices went paperless and we started doing everything at work online, however we adapted and became very proficient in the "e-world".

December saw our lovely Division D director Jo Moar having to resign her position. Thank you for your service and the hard work you put into the division Jo. Division D will be looked after for the remainder of the year by Area Director Lyn Harris-Hogan, who has been working incredibly hard getting things organised for the remainder of the year within the Division. Thank you so much for stepping up, Lyn.

I also had the privilege of attending the 5th birthday celebrations of Aranui Toastmasters in December and was so impressed with the vibrancy, quality, and spirit of this club. Hearing a very inspiring and moving ice-breaker at the meeting is something I won't forget in a hurry, along with a very inspiring speech on the journey of the club from club founder Marina Taylor. Thank you for having me and thank you for your dedication to meeting quality and member learning, whilst still having fun.

The trio finished our mid-January training and we will share learnings and insights in upcoming newsletters.

Many of our Wellington whānau gathered on 11 January at a memorial for a beloved Toastmaster Khorshed Irani, who passed over Christmas. Khorshed was loved by so many of us and brought beautiful humour, kindness, and a hunger for learning for all things Toastmasters. Thoughts are certainly with her family at this time. I know we will miss her presence, warmth and most of all the big hugs at our local clubs and events. At the grand age of 95, Khorshed demonstrated that being a lifelong learner is something I certainly aspire to. Rest well Khorshed, you were loved and will be greatly missed.

I wish you all success in whatever your goals are for the remainder of the programme year, for yourselves, your clubs and, as always, look forward to hearing about your achievements.

Ngā mihi manahau
Carol
DD, District 72

2. PROGRAM QUALITY DIRECTOR UPDATE

Club Officer Training R2: the final sessions of club officer training began the last week of January, with the final in-person session being held by Division D on 15 February 2025.



CONGRATULATIONS to the following clubs, who have achieved all 7 club officers who have attended training to date.

- Cook Strait Club
- Cup Cake Communicators
- Dunedin Toastmasters Club
- Foveaux Club
- Kura Korero Toastmasters



Area and Division Contest Dates:

AREA CONTESTS

IN PERSON

Areas C2 & C3 - 22 February 2025
 Areas C4 & C6 - 15 February 2025
 Area D1 - 11 February 2025 (International Speech Contest)
 Area D6 - 15 & 16 February 2025
 Area G6 - International - February 2025 (date TBC)
 Area G7 - 15 February 2025 (all contests)
 Areas J1 & J2 - 15 February 2025
 Area J3 - Saturday 1 February 2025

Resources:
[Contest Resources](#)

ONLINE

Area J3 - 18 February 2025
 Areas C4 & C6 - 1 March 2025
 Areas C2 & C3 - 19 February 2025
 Area D6 - 16 February 2025

- Resources:**
- [Online Contest Kit - Running the Online Speech Contest 2024-2025](#)
 - [Online and Hybrid Speech Contest Best Practices](#)
 - [How to Appear Your Best While Delivering an Online Speech](#)
 - [Virtual Background Lights](#)

[Rule Book - Speech Contest Rulebook](#)

DIVISION CONTESTS

Division C, 22 March 2025
 Division D, 29 March 2025
 Divisions G & J, 5 April 2025

Club Leadership:

Are you thinking about becoming a club officer in the next Toastmasters year? Or are you in a role and thinking about who your replacement will be? A couple of exciting roles to consider:

Role	Responsibilities including	Resources
President	Represent the club members when needed, provide a connection between members and the District, responsible for the overall quality of the club programs, chair meetings of the club and the committee. Is a Pathways Basecamp manager	For more detailed information, log into Toastmasters International, click on the Membership tab /Leadership/Club Officer Tools/Club Officer Roles
VP Education (i.e. Your Club Path Master) <u>VP Education</u>	Provides oversight of members' education, keeps in touch with members to make sure they receive support, keeps and updates records of education progress, responsible for the club roster and ensuring that it is filled, and members have opportunities for taking on a range of roles suitable for their education and progress.	

Mark your diary and schedule your club's Annual Business Meeting for the first week of May.

Are you new to running an Annual Business Meeting? Join us for sessions on how to effectively manage your club's annual meeting, scheduled for April 9 and April 13.

Club Excellence:

Club excellence is not just about meeting specific standards (DCP), it's about creating an environment where members can grow, lead, and thrive. By focusing on quality meetings, member engagement in Pathways, club leadership, etc., clubs can achieve excellence. Another useful tool for clubs - Toastmasters International has created a fantastic document that compiles all available tools and information directly at your fingertips, ready for your club to tap into and identify the area/s in which your club might need additional support to enhance the quality of your club. Click on this link to access the document [Club Excellence Initiative Curriculum](#).

Kayleen Gilder
Program Quality Director 2024-2025
District 72

3. CLUB GROWTH DIRECTOR UPDATE

Congratulations to Marie Fox who has won a copy of Confident Voices: The Story of Toastmasters, a newly revised and expanded chronicle of the organisation's rich history. Marie entered the #PlusOneWhanauPledge with Foveaux Toastmasters in October, by posting photos of their bring a guest meeting where they had 10 guests. Well done Marie and Foveaux Toastmasters.



With the next Toastmasters membership building programme, 'Talk up Toastmasters', approaching, I have designed some brochures that are available for clubs planning to hold open meetings. The brochures include quotes from members and a link via a QR code to a video of them speaking about their experiences. At the moment we have members mainly from Division D, but if you would be interested in sharing your experience please get in touch with your Area or Division Director so we can share more stories of you, our members!



TOASTMASTERS INTERNATIONAL | Since 1924

TALK UP TOASTMASTERS

February 1st - March 31st

Add five new, dual, or reinstated members between February 1 and March 31. To receive a Talk Up Toastmasters ribbon, which you can display on your club's banner.

Help to inspire others to give Toastmasters a go! You can watch the videos here - [Member Experiences](#).

If you would like to secure some brochures for your club please get in touch with me so I can get some sent out to you. We also have some magnetic note pads, and a limited number of pens available as well. First in first served!

Lisa Coppins, DTM
CGD District 72

4. PUBLIC RELATIONS MANAGER UPDATE

The RISE Podcast Series aims to highlight the stories of Toastmasters in the South Island and Wellington region and Toastmasters' impact. RISE stands for Toastmasters values of Respect, Integrity, Service, and Excellence. I also hope the podcasting series will highlight our organisation's relevance to NZ society and make people aware that we exist.

In the most recent episode, Maria recounts her survival story, the role that communication played in her job as a UN interpreter and as a fellow human being seeking to survive, and her pick of the Toastmaster values.

Maria's story may disturb some viewers. For help, please contact Lifeline (0800 543 354), or try another option on the Mental Health Foundation website.

UC Toastmaster member Reuben Painter filmed this podcast and Maria's 11-year-old son Moses also helped out. Thanks to you all. It was a team effort.

Please share this article and publication and help spread the word of this nascent platform and widen its and the organisation's appeal.

Watch episode #1 with CWC member and novelist, Megan O'Neill



Send all constructive feedback and story suggestions to me at prm.d72@toastmasters.org.nz.

It's crucial to know that the District is here to help you promote your club for yourself. In this digital age, club officers need to make sure the public are aware that our clubs and organisation exist AND that our Toastmaster club experiences are relevant to them right now.

These 5 online workshops are intended to upskill your PR skills and take you on a step-by-step guide to developing:

- * #1 [Instagram reels](#) (short videos)
- * #2 [Smart-phone friendly surveys for data gathering](#).
- * #3 [Editing posters, videos and flyers on Canva](#)
- * #4 [Club newsletters on Substack](#)
- * #5 [Club podcasts](#)



We also cover developing a marketing strategy and QR codes that take people from posters, flyers to a website, survey, or other platform or place.

If you think you have skills sussed out, skip it. If something's new, give it a go and try it out with your club and see what happens.

If you'd like to ask me a question, reach out.

In 2024 the District undertook a member survey to find out members' thoughts on the District's online presence and how it could be improved.

The full survey results can be viewed here: [District Public Relations Survey](#). The survey results will be open for discussion and input at the District Executive Meeting on 16 February 2025.

Peter Simmonds
Public Relations Manager



5. DISTRICT 72 CONFERENCE - MAY 2025



\$200 Front Bencher Pricing Ends 31 March 2025!

Secure your spot at the best rate before it's too late.

Register here

<https://www.toastmasters.org.nz/conference>

Get ready for an unforgettable experience! Join us at the District 72 Conference from 9–11 May 2025, hosted at the prestigious Parliament Buildings, Wellington.

This year's conference is packed with opportunities to grow and connect:

- A formal opening ceremony celebrating leadership and community - details TBA
- Powerful keynote speeches to inspire! - including:
- Presentations from Toastmasters International President Radhi Spear
- Practical and engaging workshops designed to strengthen your club and boost its success
- Friday night and Saturday night social events at the Atura Hotel, Thorndon.
- Contests! The inaugural D72 Online Contest*, International Speech, Evaluation, and Table Topics in person only

*The Online Contest will be held on 8 May 2025 in the evening.



Accommodation - Atura Hotel

Accommodation Deals at the Atura Hotel Thorndon:

Booking for conference will give you 15% discount.
To book: email reservations_thorndonhotel@evt.com
or use the Atura Thorndon website

Tell them it is for Toastmasters Conference 9-11 May 2025.
<https://www.aturahotels.com/private-page/toastmasters-district-72/>



Key Note Speaker - Radhi Spear



We are excited to announce that this year's conference will be attended by **Toastmasters International President, Radhi Spear!** Throughout the weekend, she will be giving a keynote speech, running an educational workshop and taking some time to get to know the members. Don't miss this opportunity to meet one of the key figures in our organisation!



What do YOU want at Conference?

We need your help to deliver meaningful workshops at Conference. **Click here to fill in a short survey** to give your inputs. There are several choices plus the option to add your own.

The most popular options so far are:

Comedy skills

How to bring out the best in anybody

How to get members fully engaged

Using Te Reo in your club



6. REMEMBERING KHORSHED (1929 - 2024)

It is with deep sadness that I am writing to let you know that Khorshed Irani, who many of you would know, died on Christmas Eve in Brisbane, surrounded by her family. As the grand old lady and matriarch of the clubs she belonged to, she set a high standard in terms of our Toastmasters values. She loved helping others, devoting herself completely to every speech she delivered and competing, right up until a few weeks ago.

Not only was Khorshed warm, gracious and exceptionally kind but she had a steely side to her. She often spoke passionately about the inequities in the world but was just as capable of using her self-deprecating sense of humour to deliver entertaining speeches about her life in both India and New Zealand, her adopted home, which she loved immensely.

She will be missed for her biryani and other delicious dishes which she treated her club members to at celebratory events, her determination to always do her very best and the joy she brought into the lives of all who knew her. She was one of a kind! We have lost a wonderful woman, a beautiful spirit and a true Toastmaster.

Helen Cartmell, DTM
Division J Director



Khorshed was an enthusiastic contestant, and this is one of her speeches from the 2016 International Speech contest.

Title: “Forever Young” by Khorshed Irani

Time marches on, in the words of Rudyard Kipling, by each unforgiving minute. There was a time when I blushed under admiring glances. I was not ravishingly beautiful; I was young

Contest Chair, Fellow Toastmasters and Guests,

Time spares no one. I accept that sunken cheeks and sagging jowls are now my lot, but I challenge Father Time to conquer my indomitable spirit. Let me share with you the framing of my formula to stay ‘Forever Young’.

My son planned to migrate to this country in 1999. “Mom, you’re coming with us. Dad has passed away; we can’t leave you behind.” “Okay son, I’ll come with you.”

“Silly woman – you’ll be lonely at the other end of nowhere.”

An encouraging inner voice said – “Take heart lady. You don’t know your own strength.” New Zealand – here I come.

Settled in, I enjoyed new experiences, faced challenges. My partner at the Scrabble club put in the word “yew” – Y E W... “It’s a tree.” How condescending could she get! How would you have felt in my place, friends?

When I told people that I was from India, I heard the clichéd, tiresome comment, “How come you speak good English?” Did I mention challenges?

Tai Chi and Aerobics kept me fit. Volunteering at the CAB and the Hospice were satisfying. Toastmasters capped it all. Weekly, Fortnightly, Advanced - the Clubs became my life. My sister was amazed at this giddy round of activities. “Khorshed, did any astrologer tell you that you’d be doing all this, in old age, in a faraway land?”

YOLO Rhoda. “Now what’s that supposed to mean?” Y O L O – you only live once. “Rhoda?” “Rhoda?” My sister is lost for words.

I had arrived at the first rule in the formula for staying young. Try out new ventures.

The magic of the moment stayed – rule No. 2 came in a flash. – flow with the youngsters, share their interests. I watched cricket, football, netball, rugby, with the family. My grandson asked “Grandma, be honest. Do you understand rugby beyond a try and a penalty?” “You rascal - but, I enjoy the game, isn’t that enough?”

I was the great grandmother who stayed up till one in the morning to watch the finals of the Australian Open between Andy Murray and Novak Djokovic. I live by the motto – FOMO – fear of missing out.

My grandson once hugged my seventy-year old friend with - “Hello my sweet”. “Shirzad! Haven’t I taught you manners”? My friend was thrilled to bits. “Cool mate – if elders here want to be addressed by their first names, I’m with you.” I was getting to be ‘awesome’ as you say.

A successful formula has to have three guidelines. Two were in place. The third came as a revelation.

Souls were laid bare at Toastmaster Clubs. Audrey was a mother at fourteen, took to drugs and alcohol at sixteen, joined a gang and went to prison at twenty-one. I was moved to tears. Why talk about it? This is fodder for gossip?”

I cast a glance around - There wasn’t a dry eye.

Sue sought counselling. There was a triumphant ring in her voice as she said that she was now a grandmother and clean. From that defining evening on, each encounter broadened my vision just that much more.

Out with the judgemental dogma “What will people say? What will neighbours think?” “Learn to accept the unfortunate” was the way to go for the Young at heart. With this Rule No.3, my formula was complete.

Warm friendships are a corollary to the formula of Staying Young. Friends are a treasure - hold them close. As for laughs – they make life worth living.

My three guidelines bear repetition –

1. Explore new ventures.
2. Adopt fresh attitudes.
3. Help the unfortunate.

I gift this wondrous formula to my Young and ‘Forever Young’ friends.



7. DISTRICT 72 Leadership Series (Youtube Videos)

Revisit the recent District 72 Leadership Series, a fantastic opportunity for both personal and professional development. These videos feature enriching workshops led by experienced Toastmasters and servant leaders from around the world. Their extensive experience and leadership insights are sure to inspire you to achieve new milestones.

Dan Magill: A well-known UX Writer and Communications Consultant, Dan will reveal the keys to successful storytelling. His extensive work with leading organizations like Apple, Netflix, British Airways, Microsoft, and Vodafone serves as the foundation for his insights.

Manzoor Moideen: With 23 years of membership in Toastmasters International and twice honored as a Distinguished Toastmaster, Manzoor has served as the Past District Director of District 116. He is an entrepreneur, event manager, entertainer, Quiz Master, trainer, and coach, having hosted over 50 major quizzes across the Gulf Cooperation Council. Manzoor is also a co-author of the Amazon best-seller *Decoding Communication* and has recently launched *Master Mentor*, a brand focused on Corporate Training, Personal Coaching, and Quiz Shows.

Verity Price: Curious about how World Champions consistently impress judges? After becoming the 2021 World Champion of Public Speaking, Verity delved deep into what makes winning speeches tick. She will share four essential steps to creating a speech that captivates and engages. Get ready to uncover some secrets in her workshop, "4 STEPS TO WRITING A WINNING SPEECH."



Toastmasters District 72
INSPIRE AND LEAD
November 9th
Saturday
7:30-9:00 PM
Dan Magill
SEMIFINALIST AT THE INTERNATIONAL SPEECH CONTEST IN 2022 AND 2024
KEYNOTE SPEECH SECRETS TO STORYTELLING SUCCESS
COPYWRITER & COMMUNICATION CONSULTANT
DISTRICT 72 A transformative leadership workshop
RSVP LINK 



Toastmasters District 72
INSPIRE AND LEAD
December 7th
Saturday
7:30-9:00 PM
Manzoor Moideen, DTM
INSPIRING WORKSHOP
SERVANT LEADERSHIP
DISTRICT 72 A transformative leadership workshop
RSVP LINK 



Toastmasters District 72
INSPIRE AND LEAD
25th Jan, 2025
Saturday
7:30-9:00 PM
Verity Price
WORKSHOP
4 STEPS TO WRITING A WINNING SPEECH
2021 WORLD CHAMPION OF PUBLIC SPEAKING
DISTRICT 72 A transformative leadership workshop
RSVP LINK 

8. TOP TIPS: Taking a different approach - Toastmasters Mentoring Project (Level 2)

These ideas were generated from the quality meetings discussions in the last Club Officer Training (COT) sessions. Thank you to everyone who contributed to the list – let's keep adding to it!



Note: Every member in a Toastmasters Pathway must complete this project.

Are you struggling with doing the mentor project yet again? Here are just a few ideas for how to take a fresh approach to this project.

Purpose of the project: Clearly define how Toastmasters envisions mentoring
Task: Write and present a 5- to 7-minute speech about a time when you were a protégé. Include:

- Definition of mentoring
- Purpose of mentoring
- Benefits of mentoring



If you are doing this speech for the first time, definition, purpose, and benefits could be the structure of your speech. You might include personal anecdotes about how mentoring has worked for you so far in Toastmasters or what you have appreciated about your mentor. You will likely take an informative approach which is very effective.

If you are doing the mentoring speech for the third, fourth, or ninth time you may wish to take a fresh approach, changing your perspective, challenging yourself and getting more creative. While the purpose should be met there are many ways to achieve this including taking a metaphorical approach, using stories or language that are different, i.e. not literally true. Remember the person introducing you can provide the context of your speech, so that you don't even have to mention Toastmasters mentoring if it doesn't fit the speech – they can make that connection for the audience for you. Alternatively, you can parody, use humour to make your point (many of these speech ideas could be humorous speeches). Or you can pitch an idea, do some research, get emotional or just make it up.

Propose a new mentoring programme for your club, practice your skills in persuasion to get the club to do something new.

Tell someone else's story as an example e.g. someone you know or do some research into an area of interest to you (sports, science, fashion). Google 'Famous mentoring relationships'. For example, Audrey Hepburn mentored Elizabeth Taylor. Bill Gates was mentored by Warren Buffet, Christian Dior mentored Yves Saint-Laurent.

Why I am a terrible protégé/ Why mentoring failed for me. Talking about what didn't work is a good way to highlight the important things about mentoring.

Tell a story about an unexpected mentor (a child, a pet, a celebrity), how they taught you, what you learned. BONUS idea, keep the audience guessing about who it is until the end of the speech.

Did you know?

There is a free Mentoring Pathway in Basecamp that members can register for once you have finished a Level 2 award

A fairy tale...once upon a time there was a... Use all the language and characters of fairy tales to tell a whimsical or humorous story.

A tall tale (made-up) about mentoring - the time I won the Olympics? When I was an international spy? My magic powers? How outrageous can you make it?

Mentors in the movies – use a movie example to illustrate how mentoring works. Movies like Karate Kid, Star Wars, Kung Fu Panda, The Hunger Games, Dead Poets Society all use mentoring relationships.

Debate for and against mentoring OR which is better: protégé or mentor. You could do this on your own or team up with another Toastmaster/s and get competitive. The audience could decide who made the better case at the end.

Get vulnerable. Tell a story that shares something personal about yourself. Focus on the emotions, opening up and connecting with the audience.

Who do you wish could be your mentor and why. Think about someone you admire dead or alive and how they have helped you or could help you, e.g. being mentored in creativity by Leonardo da Vinci. ALTERNATIVELY, a ridiculous example of someone that could mentor you in something unusual. e.g. How Genghis Khan can help me take over the world.

Mentoring in different areas. Describe mentoring (being helped to achieve something or someone role modelling something) at work, in sport, as a child, for a bad habit, for a crime, for learning to drive or cook, or be a parent. Think about a skill, talent, job, hobby or habits good or bad and who taught or influenced you in them.

For the very brave: A Random Title. Get a fellow Toastmaster to give you a random title and write your speech to fit the title. Alternatively there are lots of randomisers online that can help, here is one I found: <https://blog.reedsy.com/book-title-generator/> If you are very, very brave do it as an impromptu 5-7 minute table topic speech. Some ideas it generated:

There are lots of different ways you can approach a topic like mentoring. Challenge yourself to get experimental and take a risk. It is a great way to learn, to push yourself and to grow skills in sometimes unexpected ways.

Creativity takes courage and if you need support to get creative – find yourself a mentor who can help! Don't know what to do? LUCKY DIP! Print the list above. Cut up so each idea is on a separate piece of paper. Draw one idea and you MUST complete it (no double dipping!).

Karen Lynley, DTM

Member of Upper Hutt Toastmasters and Kura Kōrero Toastmasters



Did you know?

You can interact and post questions with other members/District Officers in the District Facebook group <https://www.facebook.com/groups/729184510847991>



9. 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, Wānaka
 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: Lyn Harris-Hogan*
 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 Kōrero, Terrace@12
 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, Ōhāriu, Wadestown
 Cup Cake Communicators, Gracefield, Silverstream, Wairarapa, Upper Hutt
 Hutt City, Hutt Valley, Phoenix, Wainuiomata, Sunday Afternoon