

ISSUE #10

MARCH 2024

# TOASTMASTERS TALK #10

Monthly Updates From Around the District  
Editor: Susan Burnett



## #pulltogetherwithpurpose



# Happy St. Patrick's Day

Wishing you a very happy St. Patrick's Day  
~ CGD Mairead Dillon

St. Patrick's Day is a time to celebrate the rich and diverse heritage of Irish people throughout the world. We are celebrating this important day by dedicating our newsletter this month to St Patrick's day festivities throughout District 71.

A little bit about this Irish patron saint....St. Patrick was born in Roman Britain around the year 385 and was kidnapped by Irish raiders when he was 16. He spent six years as a slave in Ireland, where he learned the Irish language and culture. He escaped and returned to Britain, but felt called by God to go back to Ireland as a missionary.

St Patrick used the shamrock, a three-leafed plant, to explain the concept of the Holy Trinity to the pagan Irish. Traditionally, the Taoiseach (Prime Minister) of Ireland travels to the States and presents a bowl of shamrock to the US President on the 17 th March.

St Patrick's Day is a wonderful international celebration and I wish you a very happycelebration in the UK and Ireland, along with all our fellow Toastmasters across the globe.



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## #PullTogetherWithPurpose

# St Patrick's Day Special



# Happy St. Patrick's Day

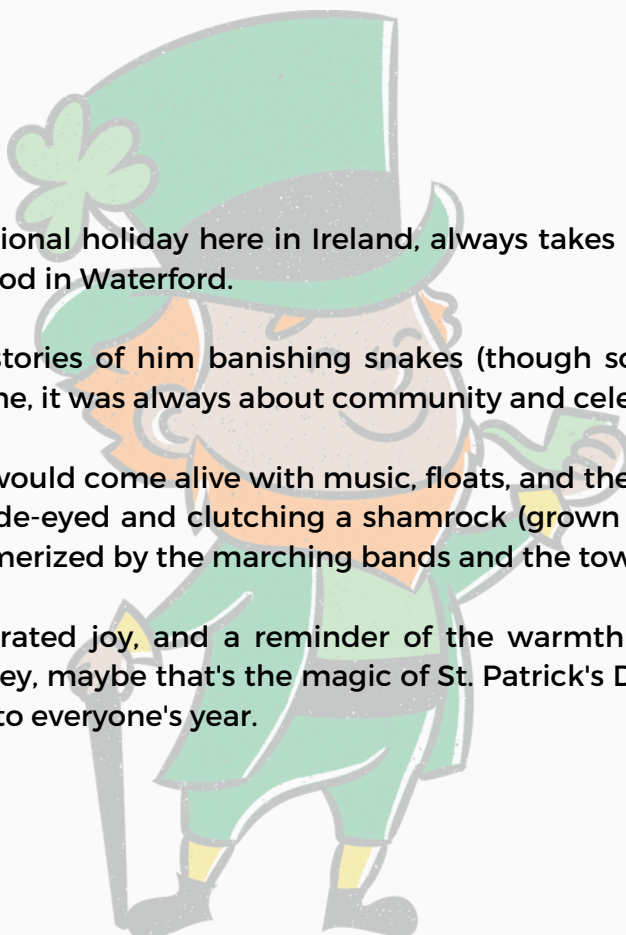
## St. Patrick's Day Memories by District Finance Manager Antony Phelan

St. Patrick's Day, a national holiday here in Ireland, always takes me back to the vibrant parades of my childhood in Waterford.

Sure, you'll hear the stories of him banishing snakes (though some scholars say there weren't any!), but for me, it was always about community and celebration.

Every March, the city would come alive with music, floats, and the infectious cheer of the crowds. As a child, wide-eyed and clutching a shamrock (grown in my granny's garden, of course!), I'd be mesmerized by the marching bands and the towering leprechauns.

It was pure, unadulterated joy, and a reminder of the warmth and spirit that makes Ireland special. And hey, maybe that's the magic of St. Patrick's Day after all - bringing a little bit of brightness to everyone's year.



# St Patricks Day Special



Happy  
St. Patrick's  
Day

James Finnegan

~ Division B Director & Occasional St Patrick

On 17th March (St Patrick's Day) world wide attention turns to a small island between Europe and America for a special day of Festivities.

For Irish Toastmasters, it gives us the opportunity to have a specific Themed Meeting with related Table Topics and Pathways Speeches based on all manner of things Irish. Many of us receive invitations from Toastmaster Clubs all around the world (via Zoom alas) to bring a Gaelic feel to their March meetings.

At local level, it gives us the opportunity to promote Toastmasters in the many local parades, festivals and events. Every city, town and village has its own unique St Patrick Celebration, and we are delighted to contribute and participate in them - especially if we get the opportunity to dress up!

So "Lá fhiéile Pádraig sona dhuit" to all our friends and colleagues around the world and have a wonderful time.

James Finnegan Division B Director and occasional St Patrick



# St Patricks Day Special

Happy  
St. Patrick's  
Day

On Croghan Hill  
Division F Director - Charles Malone



Div F Director Charles Malone climbing up Croghan Hill on St Patrick's Day.

Croghan Hill, a site strongly associated with St Patrick and St Brigid.

As legend goes the well at the side of the hill sprung up when St Patrick and his horse landed when the jumped off the hill.

Today the site is a popular destination for St Patrick Day Celebrations.

# St Patricks Day Special

## MEMORIES OF SAINT PATRICK'S DAY

My early school days were spent in a mixed national school of 72 pupils. An annual ritual for us was to learn the hymn "Hail Glorious Saint Patrick" which was performed at Mass on the 17th March.

All the pupils wore a celebration badge on that occasion. A photo of mine is attached which was the decoration when I was seven years old. It has been with me in all the different homes I had and definitely shows signs of maturity.

We, as a family have always had great pride in our Irishness. The family prayers e.g. "The Rosary" were recited in the native Irish, Gaelic language.

More than likely Mom cooked bacon and cabbage on the feast day to be topped off with dessert of the colours green, white and gold reminiscent of the National Flag. Green-the jelly, White-the cooked rice pudding and Gold-the custard.

Life was very simple then and we did not have parades at the cross roads or television to watch the Hudson River flow green.

## Lá fhiéile Pádraig sona dhuit



Gerard Mannix DTM, PDD

# News From Across the District

The graphic features the Toastmasters International logo and 'DISTRICT 71' text. The main title '100 VOICES' is in large blue letters. Below it is a grid of 16 diverse individuals. On the left, a dark blue vertical banner contains the text '14 February', 'SHARE YOUR STORIES', and 'CELEBRATE' written vertically. A QR code is positioned at the bottom left of this banner. At the bottom of the graphic is a yellow bar with the text '#ILoveToastmasters'.

On the 14th of February we launched the I love Toastmasters campaign.

We invite your contributions no matter how great or small success every member matters, every voice matters, all ages and lengths of service can make a contribution.

Monthly draw the lucky winner wins

€ 100 for their club

Share your 'I ♥ Toastmasters' stories

Video, poems, short stories, achievements, etc.

Share on social media ♥#ILoveToastmasters #District71 #100Voices  
#PullTogetherWithpurpose

**[Submit your 15-30 second video here](#)**

# Poem for March - Mastering the Toast



## Poet In Residence - Mike Keenan

### Mastering the Toast

I

To speak to crowds was new to me  
To speak to crowds can feel so free  
The nerves are jingling then are jangling  
Then reduced to mumbling  
You take a deep breath, you steady yourself  
Look straight ahead, now pace yourself  
Now you have the wind in your sails  
You're ready now, so off you go

II

You raise your voice, you lower your tone  
Sure most of this you learnt at home  
You learn your pause, you learn your stance  
You learn to look and listen  
Make a connection with one face out there  
You're anchored now in a sea of words  
And now you have the wind in your sails  
You're ready now so off you go

III

Then you hone the finer skills  
It's here you see some thrills and spills  
You create drama and mystery  
Turn of phrase and subtlety  
Similes and similar words  
Paradoxes and metaphors  
And very important in every speech  
A beginning, middle and end

IV

Next step you're ready to compete  
You've done your time, you're now elite  
You're flying freely through the air  
It's verbal acrobatics  
You pit your wits, you summon pride  
You empty all that is inside  
And now you have the wind in your sails  
You're ready now so off you go

# Toastmasters Week 19-25th Feb - Highlights!



**Stamford Speakers** celebrated “Toastmasters 100 years pop quiz” at their Stamford Speakers club meeting Monday 19th February, hosted by Greg Pogonowski IPP

Pictured : Club President Matt Griffin, IPP Greg Pogonowski and quiz winner Ali Sanaei



**Limerick Lilts Corporate Club** celebrated Toastmasters 100 years at their club meeting Friday 23rd February, hosted by Nicola Lowry Club President with an opening quote by Dr Ralph C Smedley. Guests and members attended this event.



# Toastmasters Week 19-25th Feb - Highlights!

## Creating Stunning Designs: The Power of Z & F Patterns

Learn how to:  
Turn an average unstructured poster into an attention-grabbing one.

Use Key elements in graphic design.

Use Z and F Reading Patterns in your websites and social media posts.



Led by Paola Perini

Wednesday 21st Feb 7-8PM.

District 71 Wednesday webinar



## Celebration of Toastmasters Week District 71 Lunchtime Corporate Event 22nd February 2024, 12:00-12:55



How to Build Vibrant Toastmaster Programs in Corporate Clubs

Keynote Speaker  
Past International President  
Pat Johnson, DTM

Hurry and Register!

<https://bit.ly/3SRd1xx>




<https://d71toastmasters.org/2024/03/13/webinar-wednesday-series/>



<https://d71toastmasters.org/2024/03/13/corporate-leadership/>

## Click the links to view the recordings



### District 71

Let's Celebrate the Birthday of  
**Dr Ralph Smedley**  
Founder of Toastmasters International  
on 22nd February at 19:00

Event Hosted by  
**Phillip & Evelyn Khan-Panni,**  
Wordsmiths Online


**Come, Share & Enjoy**  
\*\*\*Stories, Songs, Poems, Table Topics\*\*\*

<https://bit.ly/49uGzGD>

*"We Learn Best In Moments of Enjoyment"*




<https://d71toastmasters.org/2024/03/13/dr-ralph-c-smedley-birthday-anniversary-celebration/>



### District 71 Leadership Series

**Sunday 25th February 2024**  
18:00-19:00 GMT



**Lark Doley, DTM**  
"Collaborative Leadership - Toastmasters & Rotary"

Register here: <https://bit.ly/492O7R3>























<https://d71toastmasters.org/2024/03/13/sunday-leadership-series-collaborative-leadership/>



IRISH TALKERS  
BY THE TALK SHOW FOR TALKERS  
FROM TOASTMASTERS IN CORK  
IRELAND, "THE TALK SHOW FOR  
TALKERS" IS HOSTED BY  
TOASTMASTERS MOIRA O'BRIEN DTM  
& PAUL O'MAHONY AND JAMES  
FINNIGAN TOGETHER WITH GUESTS.  
ALL ABOUT COMMUNICATIONS,  
CONFIDENCE, LEADERSHIP AND  
PUBLIC SPEAKING - THE  
TOASTMASTERS INTERNATIONAL  
WAY.

## [Podcasts to Listen click here](#)

-  Interview with Evelyn Khan-Panni   
  Share
-  Interview with Michael McCann   
  Share
-  Interview with Olga Byrne   
  Share
-  Interview with International Presiden...   
  Share
-  Interview with David Clinton   
  Share

# DISRICT 71 IN THE LOCAL NEWS



Speakeasy Toastmasters hosted a public meeting at Malrow Library last Saturday, and invited everyone to attend to their meetings which are held every second Thursday in the Hibernian Hotel. Pictured is Speakeasy President Patrick Sexton speaking at the meeting.



**Speakeasy**



**Toastmasters**  
 Tullamore Toastmasters achieved President's Distinguished Award last year and committee members received certificates at last Thursday night's meeting. Receiving certificates from President Mary McKernan were Catherine Ryan, Des Regan, Gretta Flynn and Charles Malone.  
 Also receiving certificates were Daniel Wallace, Timothy Green and Ray Lacey. Next meeting is on Thursday 18 February at 8pm in St Mary's Youth Centre, Tullamore. All are welcome.



President Mary McKernan presents Charles Malone with his certificate.



**Tullamore**



Speakeasy and Toastmasters members at a public meeting.



Ms. Marie L. Green, M. Richard



**Speakeasy**

# D71 DISTRICT INCENTIVES HURRY & CLAIM YOURS!



## District 71 CLUB GROWTH CAMPAIGN

RENEW EARLY &  
BE APPRECIATED



Campaign Period:  
Now until 31 March 24

(Early Renewal Campaign)



Weekly Draw:

- A Chance to receive an extra 6 months membership if you renew your membership between now and 31st of March 2024\*
- Payment renewal must be received by Thursday midnight each week between now and 31st of March 2024\*

\*Limited to 1 unit per week, for the qualifying club member whose membership fits the criteria. Subject to TI & District 71 Approval.

FOR MORE INFO PLEASE CONTACT :

CLUB GROWTH DIRECTOR MAIREAD DILLON  
[clubgrowthdirector@d71toastmasters.org](mailto:clubgrowthdirector@d71toastmasters.org)



Early Renewal  
Winners



## District 71 CLUB GROWTH CAMPAIGN

80/20

Club Renewal Incentive



Campaign Period:  
Now until 20th March 24

(Early Club Renewal Campaign)



- The first 20 clubs that renew at least 80% of their club base members by 20th March 2024 will be eligible for the 80/20 incentive award of 50 euros\*

\*Limited to the first 20 Clubs, for the qualifying clubs fits this criteria. Subject to TI & District 71 Approval.

FOR MORE INFO PLEASE CONTACT :

CLUB GROWTH DIRECTOR MAIREAD DILLON  
[clubgrowthdirector@d71toastmasters.org](mailto:clubgrowthdirector@d71toastmasters.org)

## DISTRICT 71 LET'S 'TALK UP' TOASTMASTERS

1 Feb - 31 Mar 2024



Talk Up Toastmasters!  
5 NEW MEMBERS

Add 5 New, Dual or Reinstated members between 1 Feb and 31 March, and you will receive a ribbon and a \$50 credit in the Toastmasters online store.



Read more about incentives....

# D71 CELEBRATES INTERNATIONAL WOMEN'S DAY(IWD)



## Celebrating DLT Women On IWD2024



DD Elizabeth Jordan



PRM Sue Burnett



IPDD Brenda Lannon



CGD Mairead Dillon



HAPPY  
**INTERNATIONAL**  
WOMEN'S DAY

**08**  
MARCH, 2024

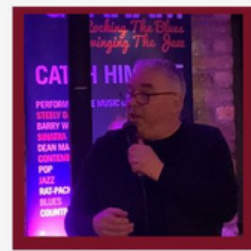
Toastmasters4golf



***#InspireInclusion***

**#PullTogetherWithPurpose**

# Register Now for the District 71 Convention [thefort2024.com](http://thefort2024.com)



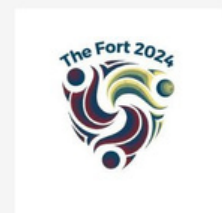
D71 TOASTMASTERS  
INTERNATIONAL CONFERENCE  
THE FORT 2024

**Join us!**  
**Early Bird Tickets end**  
**31st March! Book now!**  
**[www.thefort2024.com](http://www.thefort2024.com)**

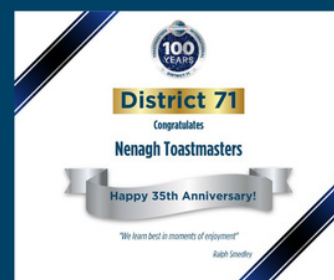
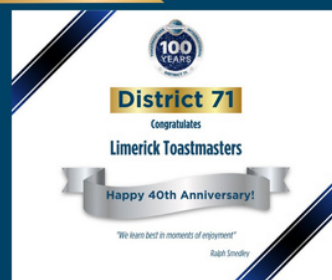
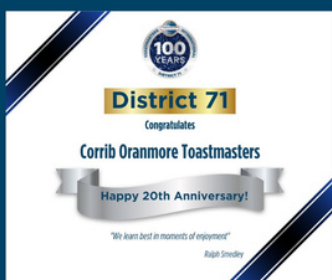
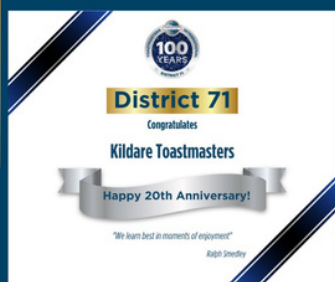
A weekend of friendly competition ,  
dancing, good music and the best  
networking! Open to all!

**May 10-12, 2024**

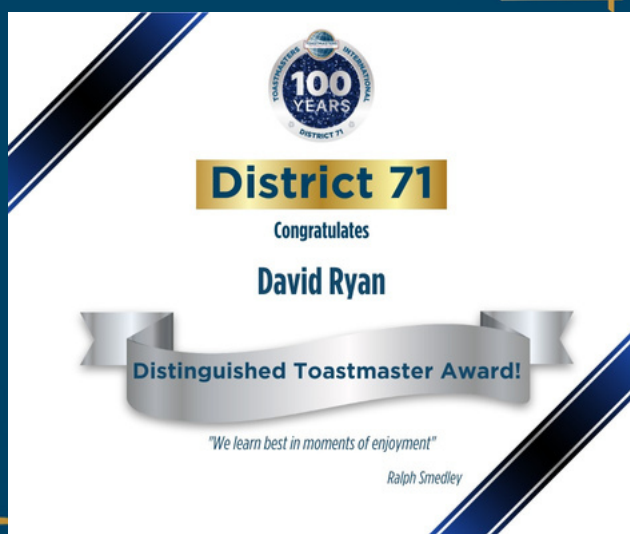
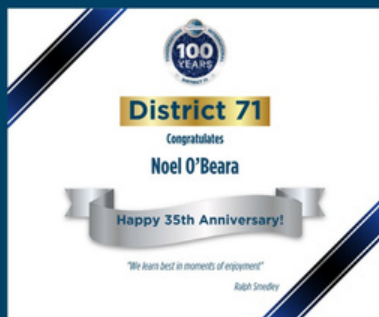
**The Kileshin Hotel Portlaoise**



# District 71 Celebrates its Members & Clubs Recognition Chairs Olga Byrne & Nigel Smith, DTM



Noel O'Beara  
Celebrating 35 Years!



"JUST SOME OF THE AMAZING MOMENTS WE HAVE CELEBRATED THIS TOASTMASTER YEAR!!!

THE ENDURING SUCCESS OF SOME OF OUR ESTEEMED CLUBS, MARKING SIGNIFICANT ANNIVERSARIES THIS YEAR!

NOEL O'BEARA, WHO HAS ILLUMINATED OUR TOASTMASTER COMMUNITY WITH HIS STELLAR PRESENCE FOR AN INCREDIBLE 35 YEARS!

OUR HARD WORKING MEMBERS WHO HAVE ACHIEVED SIGNIFICANT AWARDS ON THEIR TOASTMASTER JOURNEY!

THE UNVEILING OF OUR NEWEST DISTINGUISHED TOASTMASTER (DTM) - DAVID RYAN OF ANALOGUE D'VOICES"

~~~~~

OLGA BYRNE RECOGNITION CHAIR

# District 71 Level 5s , Triple Crown Awards, C Recognition by Award Chairs 2024



## District 71

|                                                               |                                                    |
|---------------------------------------------------------------|----------------------------------------------------|
| <b>Satya Morarji</b><br>Liverpool City Toastmasters           | <b>Emily Gallagher</b><br>Dublin 18 Toastmasters   |
| <b>Phillip Khan-Panni</b><br>Naas Toastmasters                | <b>Magdalena Gruszka</b><br>Dublin 18 Toastmasters |
| <b>Sreeganesh Kaninghat</b><br>Jaquar Land Rover Toastmasters | <b>Nuala O'Connor</b><br>Phoenix Tara Toastmasters |
| <b>Áine O'Neill</b><br>Irish Life Toastmasters                | <b>Sharon Dooley</b><br>Athlone Toastmasters       |
|                                                               | <b>Ged Byrne</b><br>West Herts Speakers            |
|                                                               | <b>Joanna Sarsfield</b><br>Irish Life Toastmasters |
|                                                               | <b>Alun Rees DTM</b><br>West Cork Toastmasters     |

**January Level 5 Awards!**

## District 71

|                                                     |                                                    |                                            |
|-----------------------------------------------------|----------------------------------------------------|--------------------------------------------|
| <b>Michael Magee</b><br>Belfast Toastmasters        | <b>Stephen Harper</b><br>Dublin South Toastmasters | <b>Patricia Radley</b><br>Powdermills Club |
| <b>Maggie Zimmermann</b><br>East Midland Speakers   | <b>Alexandra O'Sullivan</b><br>VMWARE Toastmasters | <b>Olga Byrne</b><br>Fingal Toastmasters   |
| <b>Mohamed Omar Mohamed</b><br>Clonmel Toastmasters | <b>Yvonne Kearney</b><br>Clonmel Toastmasters      | <b>Phillip O'Brien DTM</b><br>Speak Easy   |

**February Level 5 Awards!**

## District 71

|                                                      |                                                    |                                                   |
|------------------------------------------------------|----------------------------------------------------|---------------------------------------------------|
| <b>Aidan O'Connor</b><br>Wicklow Toastmasters        | <b>Ged Byrne</b><br>West Herts Speakers            | <b>Phillip O'Brien DTM</b><br>Speak Easy          |
| <b>Marie McNamee DTM</b><br>Castleknock Toastmasters | <b>Leo Reilly</b><br>Drogheda Toastmasters         | <b>Gina Dallison</b><br>Pegasus Speakers          |
| <b>Christopher Baker</b><br>West Herts Speakers      | <b>Howard Balkind</b><br>Salford Speakers          | <b>Jennifer Elevique</b><br>International Orators |
| <b>Mohamed Omar Mohamed</b><br>Clonmel Toastmasters  | <b>Alexandra O'Sullivan</b><br>VMWARE Toastmasters | <b>Áine O'Neill</b><br>Irishlife Toastmasters     |
| <b>Bobby Buckely DTM</b><br>Rathfarnham Toastmasters |                                                    | <b>Yvonne Kearney</b><br>Clonmel Toastmasters     |
|                                                      |                                                    | <b>Sam Defriez</b><br>West Herts Speakers         |

**2024 Triple Crowns!**





## Celebrating 100 Years of Communication Excellence

Get excited for 2024—the hundredth anniversary of Toastmasters—a year to be filled with grand ceremony and celebration!

Order Your Gifts from the TI Store: <https://www.toastmasters.org/shop/gifts>

### Limited-Edition Souvenirs

Mark this milestone year by collecting exclusive centennial memorabilia.

Shop now



## Centennial Resources



### From the Toastmasters Vault

Watch an archival video showcase, including footage of our founder.



### 100 Years Logos

Use these dazzling logos all year long to commemorate everything Toastmasters.

# Your News Articles



NEW  
NEW  
NEW  
**NEW**



You can now submit your club, area or division news to the District 71 website for consideration for our next newsletter please add your newsworthy article here:

<https://d71toastmasters.org/share-with-the-district/share-a-news-article/>

# Dates for Your Diary

**Dates for Your Diary**

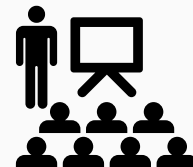
**Division Spring Contests**



Deadline for  
Division Contests  
**24th April 2024**

| Division | Contest Date   |
|----------|----------------|
| A        | Mon 15th April |
| B        | Sat 13th April |
| C        | Sat 20th April |
| D        | Sun 14th April |
| E        | Sat 20th April |
| F        | Sat 20th April |
| G        | Sat 20th April |
| H        | Sat 20th April |
| J        | Sun 14th April |
| M        | Sat 23rd Mar   |
| N        | Sat 6th April  |
| S        | Sat 20th April |

<https://d71toastmasters.org/home/events/>



**Talk Up Toastmasters Program Dates:**  
**February 1 - March 31**

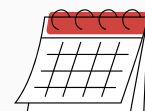


- **International Speech Contest (ISC) and Evaluation Contest. Start planning now!**
- Must complete L1 and L2 Pathways to be eligible to compete in the ISC

**Feb/March 2024 - Area Contests**

**March/April 2024 - Division Contests**

**10-12 May 2024 - District Contests at the District Conference in Portlaoise**



**You can view events on the District Calendar**

<https://d71toastmasters.org/home/events/>

**You can submit events to the District Calendar**

<https://d71toastmasters.org/home/events/submit-an-event/>



# Happy St. Patrick's Day

LÁ FHÉILE PÁDRAIG SONA DHUIT!

TO OUR IRISH MEMBERS IN DISTRICT 71

Start the celebration today, 16th March, with  
Roscrea Toastmasters & Texas Stars!

The poster features a green background with a pattern of shamrocks. In the top left corner is the Toastmasters International logo, which consists of a globe with the text 'TOASTMASTERS INTERNATIONAL' below it. The main text is centered in a white diamond shape. At the bottom center, there is an illustration of a pot of gold with coins spilling out. In the bottom right corner, there is a QR code with the text 'Scan to Join Zoom Meeting' above it.

**TOASTMASTERS  
INTERNATIONAL**

**Joint  
Cultural Exchange  
Meeting**

**Texas Stars Toastmasters  
&  
Roscrea Toastmasters**

March 16 2024  
2 pm CDT - 7 pm GMT

Scan to Join  
Zoom Meeting

<https://us06web.zoom.us/j/86583106244?pwd=UeYhJcQDpmbTbmhGu5xwUs3RBJnzzyy.1>