

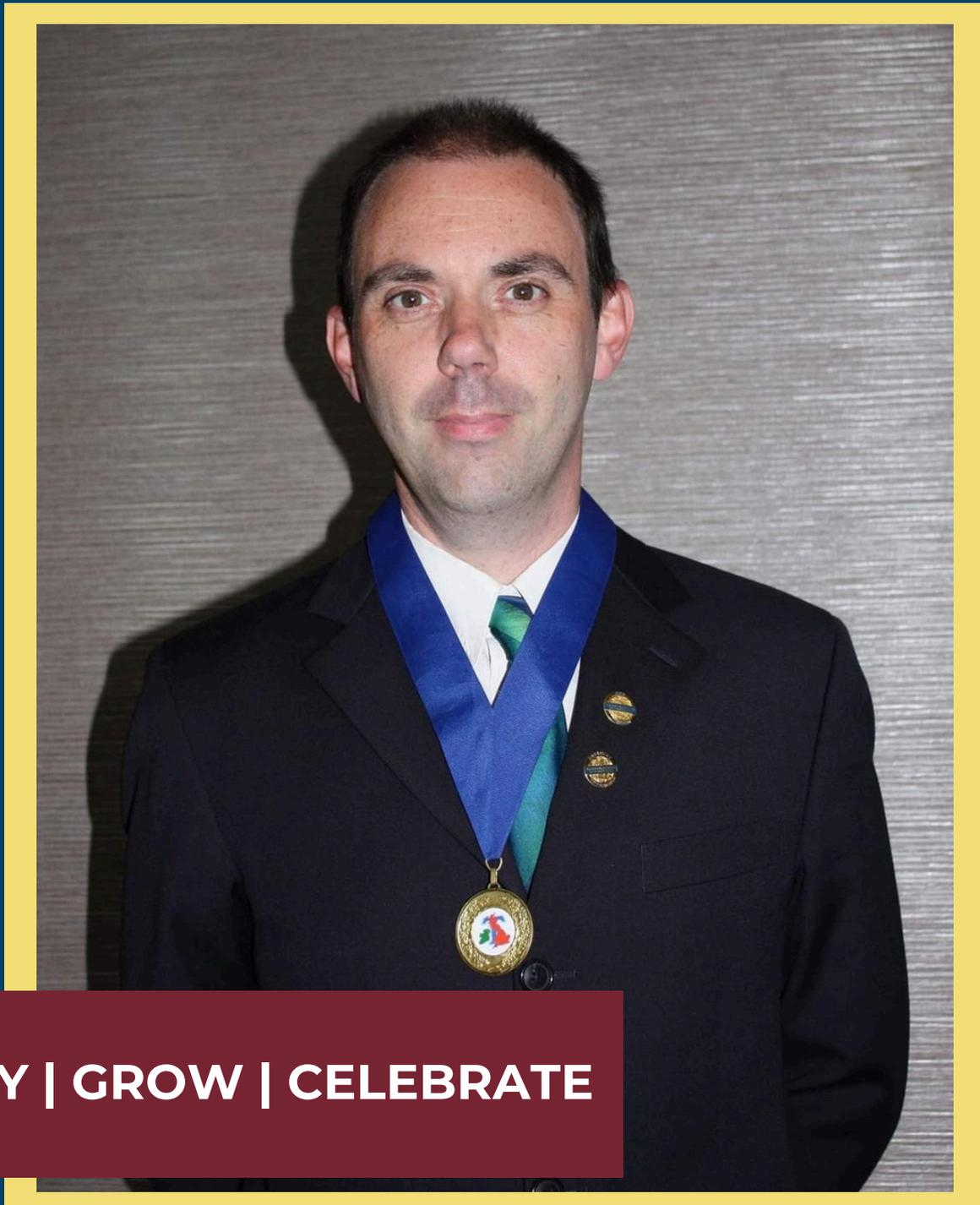
ISSUE 05, November 2024



DISTRICT 71

NEWSLETTER

D71 BRANDBUILDERS



ENJOY | GROW | CELEBRATE

BARRY LANE

Castleknock Toastmasters, Area 16, Division C

WWW.D71TOASTMASTERS.ORG

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FROM THE **DISTRICT DIRECTOR**



“November: The Perfect Month to Grow Together at Toastmasters”

November marks the transition from vibrant autumn colours to the chillier onset of winter, with shorter days, falling temperatures, and the quiet beauty of nature preparing for the cold; what better time to gather with friends and practice our speaking skills?

At Toastmasters, November can be a month for each of us to invite friends along to a meeting—whether they are curious about honing their public speaking skills or simply want to find out more about us.

Bringing friends adds fresh perspectives to our meetings and reminds us of our own first experiences. Each guest has the potential to bring new energy, and in turn, find a supportive community.

This November, take part in Toastmasters’ ‘Pledge to bring a guest,’ initiative which runs until the end of December. Give your friends an early Christmas present and introduce them to the many benefits they will gain from membership of this great organisation.



FROM THE PRM'S DESK



Fellow Toastmasters,

Happy new month.

As we close the first quarter, I am thrilled to reflect on the incredible success we've achieved together in celebrating Toastmasters' centenary. Across the country, our clubs have hosted a series of remarkable events, each showcasing the spirit and dedication that define our vibrant community.

Your enthusiasm and commitment have honored our rich legacy and set a strong foundation for the future. Let's carry this momentum forward as we approach the festive season. The upcoming Christmas period offers a wonderful opportunity to further engage, inspire, and connect with one another, spreading the warmth and camaraderie that are hallmarks of our Toastmasters family.

Let's continue to support each other, share our successes, and strive for new heights. Keep the energy alive and let's make this Christmas season another highlight of our centenary celebrations!

Warm regards,

Angela Afieghe

PR Manager, Toastmasters District 71



DISTRICT 71 LEADERSHIP TEAM

DISTRICT
DIRECTOR

PROGRAM QUALITY
DIRECTOR

CLUB GROWTH
DIRECTOR



DANNY BANKS

MAIREAD DILLON

STEVE CAMPION

IMMEDIATE PAST
DISTRICT DIRECTOR

ADMINISTRATION
MANAGER

FINANCE MANAGER

PUBLIC RELATIONS
MANAGER



ELIZABETH JORDAN

PAIGE SKELTON

WILLIAM KEARNEY

ANGELA AFIEGHE



DISTRICT 71

DIVISION DIRECTORS



TIM LEECH



NICHOLAS O'NEIL



PATRICIA GRAY



GEORGINA
HODGKINSON



RANDY EKAKITIE



KEVIN O'REILLY



OLGA BYRNE



FEMI OLULAJA



PAUL MCCARTHY



DISTRICT 71

PR AMBASSADORS



Rob Partridge
Division F



Claire Downie
Division S



Katuta Lumpa
Division H



**Aparna
Sasikumar**
Division N



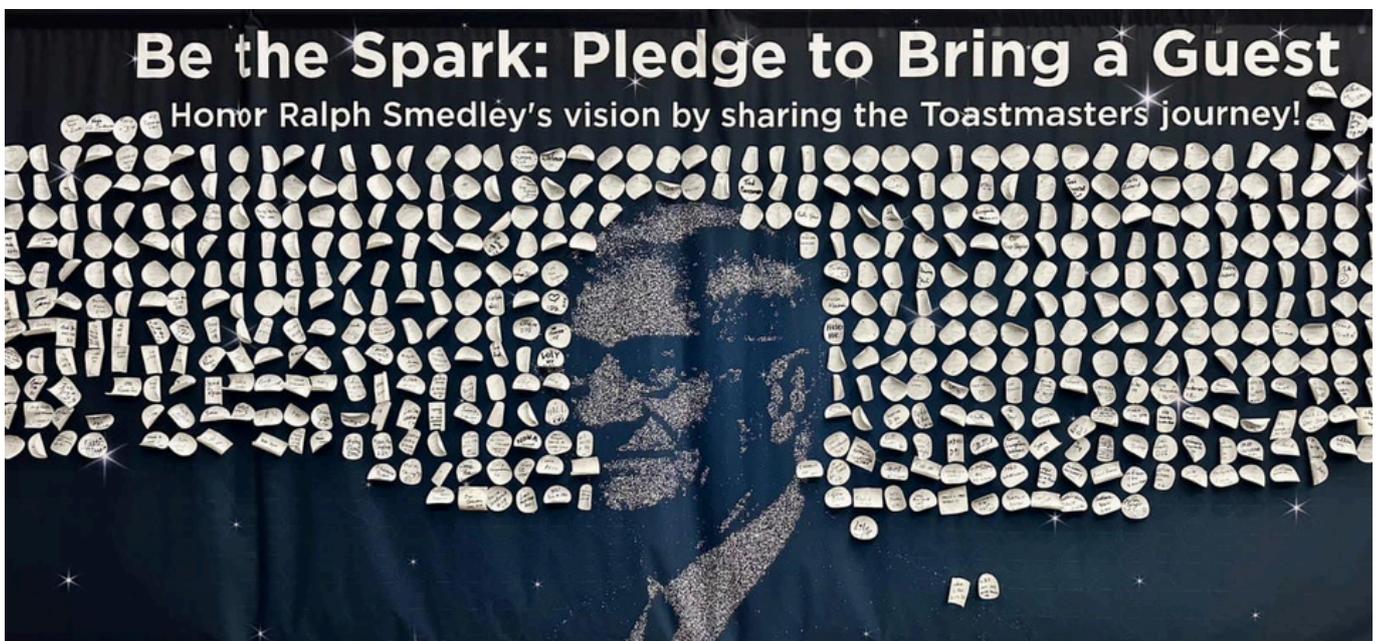
**Shantelle
York**
Division E



**Sudepto
kushary**
Division M



Centennial Plus One Pledge



PATHWAYS BASE CAMP UPDATE



TOASTMASTERS
PATHWAYS
— learning experience —



NOTICE!!!

THE NEW BASE CAMP IS LIVE

- More intuitive navigation
- Optimized mobile access
- Automatic submission of path completions
- Increased accessibility
- Share your accomplishments to social media

For questions or more information send a mail to
d71membershelphub@gmail.com
or contact the district Pathway lead, **Patricia Radley**

TOASTMASTERS
DISTRICT 71

D71 BRAND BUILDERS

**Patricia
Radley**



UPCOMING EVENTS FOR THE MONTH

DISTRICT 71 PRESENTS

TOASTMASTERS 100TH ANNIVERSARY, REFLECT ON THE PAST, EXPLORE THE FUTURE

A panel discussion to celebrate Toastmasters 100th anniversary and explore the possibilities for Toastmasters in the next 100 years.

MODERATOR: [Photo]

PANELISTS: [Photos]

November, 2024 | 08:00 PM (GMT)

08:00 PM

TUE 05

D71 BRANDBUILDERS PRESENTS

CHATGPT: YOUR SECRET WEAPON FOR BUILDING A THRIVING TOASTMASTERS COMMUNITY

Explore how to best use ChatGPT, Gemini, and other AI tools with a clear understanding of their differences, equipping you with practical knowledge to best using a chatbot tool today.

DATE: November, 2024 | 07:00 PM (GMT)

TIME: 07 PM - 08 PM

REGISTRATION: REGISTER FOR FREE NOW

PR MASTERCLASS SERIES #005

07 PM - 08 PM

WED 06

SPEECHCRAFT AND YOUTH LEADERSHIP PROGRAM

Acquire the skills necessary to effectively conduct a Speechcraft and Youth Leadership Program.

DATE: November, 2024 | 07:00 PM (GMT)

TIME: 07 PM - 08 PM

REGISTRATION: REGISTER FOR FREE NOW

Mari Manning
HR Consultant & Coach

07 PM - 08 PM

THURS 07

DIVISION F TABLETOPICS AND HUMUROUS SPEECH CONTEST

Join us live and in person Saturday, 9th November 12:00-17:00 Local time at the hotel. Limited places, book now.

DATE: November 9, 2024 | 12:00 PM - 05:00 PM

TIME: 12 PM - 05:00 PM

REGISTRATION: REGISTER FOR FREE NOW

12 PM - 05:00 PM

SAT 09

District 71 Brand Builders Presents

PROGRESSING WITH PATHWAYS SERIES

Toastmasters for beginners, learn to navigate the Pathways system and Pathways webinar sessions.

DATE: November 13, 2024 | 07:00 PM - 08:00 PM

TIME: 07 - 08:30 PM

REGISTRATION: REGISTER FOR FREE NOW

Patricia Radley

07 - 08:30 PM

WED 13

District 71 UK & Ireland

District Officers Training
Arden Hotel Birmingham

DISTRICT OFFICERS TRAINING (BIRMINGHAM)

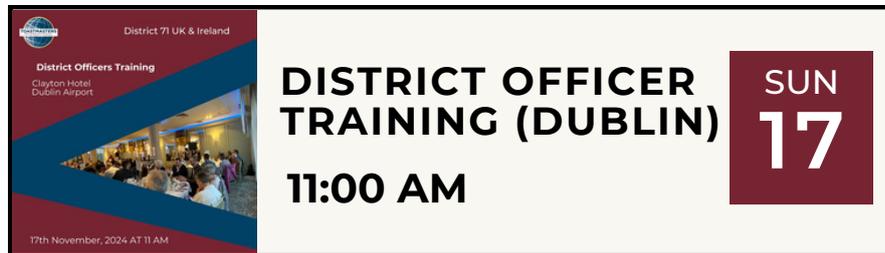
16th November, 2024 AT 11 AM

11:00 AM

SAT 16



UPCOMING EVENTS FOR THE MONTH

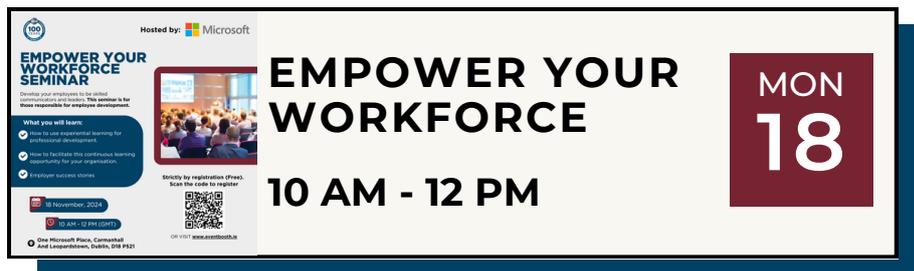


District 71 UK & Ireland
District Officers Training
Clayton Hotel
Dublin Airport
17th November, 2024 AT 11 AM

DISTRICT OFFICER TRAINING (DUBLIN)

11:00 AM

SUN 17



Hosted by: Microsoft

EMPOWER YOUR WORKFORCE SEMINAR

Develop your members to be global communication pros today. This seminar is for those responsible for employee development.

What you will learn:

- How to use experiential learning for professional development
- How to facilitate this continuous learning opportunity for your organisation
- Member success stories

18 November, 2024
10 AM - 12 PM (GMT)

One Microsoft Place, Canalwalk And Leesonbrum, Dublin, D08 P221

EMPOWER YOUR WORKFORCE

10 AM - 12 PM

MON 18



Dublin South Toastmasters Presents

THE ART OF STORYTELLING: 100 YEARS OF TOASTMASTERS

Clayton's largest Continuing Education event

- 1 Storytelling
- 2 Time to make a toast
- 3 A Toast to 100 years

TUESDAY
19 NOVEMBER, 2024
08:00 PM - 10:00 PM

AT
UCD CINEMA
118, BLOOMFIELD ST, DUBLIN 4

Link below for tickets

THE ART OF STORYTELLING: 100 YEARS OF TOASTMASTERS

08 PM - 10 PM

TUE 19



TOASTMASTERS DISTRICT 71

THE MOONLIT PROJECT WITH FRANCESCO FIDELE

The Moonlit project assists clubs with image marketing plans and using social media effectively to attract new members.

20 November, 2024 7 PM - 8 PM (GMT)

Live on Zoom

Francesco Fidele, DTM
International Director
Region 10

THE MOONLIT PROJECT WITH FRANCESCO FIDELE

07 PM - 08 PM

WED 20



D71 BRAND BUILDERS
Presents
"Toastmasters Unplugged" 005
Stand and Deliver!

Join Nigel Smith as he sits down with TEDx Coach Joan Bowling to explore the true meaning of communication.

Joan Bowling
Nigel Smith

Date: 26 November
Time: 6:30 PM GMT

TOASTMASTERS UNPLUGGED EPISODE 5

06:30 - 07:30 PM

THUR 26



UPCOMING EVENT

DUBLIN SOUTH TOASTMASTERS

Dublin South Toastmasters presents a night of entertainment, storytelling and education to commemorate the 100th anniversary of Toastmasters International titled “The Art of Storytelling: Celebrating 100 Years of Toastmasters International” on November 19th, 2024 at the UCD Cinema. The event will explore the rich tradition of storytelling and its evolution over the past century, showcasing skills Toastmasters have honed in public speaking and communication.

The event will feature three renowned speakers sharing their expertise on the art and craft of storytelling, followed by six short story presentations by selected members of Toastmasters. With a focus on experiential learning and the power of storytelling, this event promises to inspire, educate, and entertain both toastmasters members and the general public.

Ticketing and Pricing

Tickets are now available for purchase through Eventbrite. Early bird tickets are available at €5, while regular tickets are priced at €10. Be sure to secure your spot early!



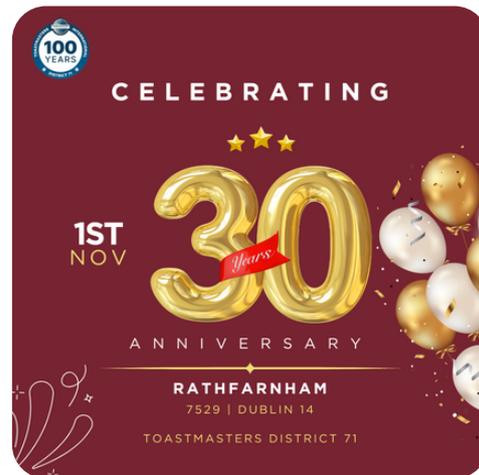
CLUB MILESTONE CELEBRATION



NOVEMBER HONOREES



Wexford Club
1st November - 15 Years



Rathfarnham Club
1st November - 30 Years



Tower Club
1st November - 49 Years



Engineers Club
1st November - 55 Years



CLUB MILESTONE CELEBRATION



NOVEMBER HONOREES



North Highland Speakers
3rd November - 7 Years



Dell EMC Ireland
6th November - 12 Years



Drogheda Club
9th November - 24 Years



Longford Club
17th November - 21 Years



CLUB MILESTONE CELEBRATION



NOVEMBER HONOREES



Lily GBS Cork

18th November - 5 Years



Perth Club

19th November - 12 Years



Hull Speakers

26th November - 12 Years



Ballina Club

28th November - 19 Years



Warwick Speakers & Leaders

30th November - 5 Years



DISTRICT DIALOGUES

WHAT'S NEXT?

My favourite television series ever is "The West Wing". It is about a perhaps idealised version of the life and work of an American President and his Staff. It is also celebrating an Anniversary as it first came out twenty five years ago.

The writing, acting and production values were really top class, and this was back in the time when writers would have had to think up storylines, as opposed to just pulling them from the current headlines, colourful though they are.

At the end of the episode, and whatever crisis had been dealt with, the President would say to his Staff "What's Next?" In other words, whether it had been a success or failure, it had been dealt with, and it was time to move onto the next challenge.

We have had great fun and learned more about Toastmasters origins, ethos and aims as we celebrated our One Hundredth Anniversary. Almost every Club, Area and, of course, our District has held some manner of commemorative event. Hopefully we got some additional local, regional and national media coverage from these celebrations.

Could I strongly recommend that each club print the photos from their events and put them in a Photo Album? I know that is old school, but computers crash and gadgets let you down. Sometimes it is nice to have a tangible memory to hold in one's hand.

While it was interesting and informative to reflect on the successes of the past Century of achievements, it is now time to look forward and ask ourselves where we want to be in the next ten, twenty or even hundred years, not only as a Club, Area, Division and District, but also those individual goals and aspirations for our own Personal Development and Learning, just as Dr Smedley had envisioned for us all those years ago.

After all, as the Chinese proverb reminds us "Every Journey Begins with a Single Step"

- James Finnegan

Tralee Toastmasters and Wordsmiths Online



BEHIND THE BADGE: AREA DIRECTORS STORY

To the members of the District Leadership Team and all Toastmasters, my name is **Kevin Walsh**. I am a member of Bishopstown Toastmasters, and I am currently the Area 49 director. My main objective is to achieve DTM/Distinguished Toastmaster and 1 of the requirements is to be an area director for a complete term.

What I've enjoyed most about the role is where I was facilitating the club officer training with Nick, the Division Director, and the feedback I received from the club officers was positive and encouraging the text message I received from Nick was when he said, "I think you might've missed your call as a teacher".

It is around setting up for the contests and coming from a background of a disability that can't be properly detected, finding the support that I need, and I am the youngest area 49 director of Toastmasters. Hopefully, I have the other area directors who have a bit more experience than I have to help me.

What I have gained from the role is showing that despite having an intellectual disability, I can still do it.

Go for it, but always have help with you.



Kevin Walsh
Area 49 Director

BEHIND THE BADGE: AREA DIRECTORS STORY

Patricia Kelly - VPM of Foyle Speakers and MidUlster Toastmasters, is this year's Area Director of Area 4

"I'm enjoying the Area Director role this year as it's given me a reason to visit all the other clubs in Area 4. I've loved meeting the other Toastmasters from Belfast Toastmasters, Letterkenny, and Lagan Valley, and I'm figuring out strategies for all the members in the Area to meet more regularly. I think the Toastmasters community is a strongly supportive and encouraging community with great expertise in communication and leadership skills. So I'd love for all the members in the Area to have more opportunity to meet more regularly.

The main challenge for me in the Area Director role is to find a balance with my already busy life, but the Area Director role is well supported by this year's Division Director, Kevin O'Reilly. I'm grateful for his support and leadership. I would actively encourage any of my fellow Toastmasters wanting to grow in leadership to consider the Area Director role next year. I think they may surprise themselves with what they can achieve when given the opportunity and support."



Patricia Kelly
Area 4 Director

BEHIND THE BADGE: AREA DIRECTORS STORY

“And I can now announce that Dominic Bascombe is elected as the next Area 15 Director!”

With those words uttered by the outgoing Area Director last April, I was filled with both joy and trepidation for what lay ahead.

It's now been 4 months since I was elected, and those feelings still continue somewhat.

The role has certainly exceeded my expectations.

My favourite part of the role, so far has been the opportunity to work with the various clubs in the area. There are six clubs in Area 15, and although the clubs all follow the standard Toastmasters agenda, each one has its own unique style and quirks. Club visits have given me the opportunity to see the unique camaraderie of an online club, the excitement of a member completing their Level One through song, and come across the repeat visitors at different clubs looking for the one that fits best.

I have met some fantastically devoted Toastmasters with rich knowledge and history of their club and the wider organisation, as well as new and recently joined members whose bountiful enthusiasm is a real reminder to me of why I joined in the first place.

As Area Director I have learned that we are part of a unique organisation that can bring people together, and that needs to be celebrated.

As I prepare to hold my first area contest, I'll no doubt learn even more.

And what would I say to anyone thinking of standing for Area Director? Go for it! Yes, it can be challenging and time-consuming, but it puts you at the heart of local clubs and members.

Dominic Bascombe
Area 15 Director



CLUB CONTEST SEASON

WINNERS FROM THE MULLINGAR CLUB CONTEST.

The results from the club contest:

Humorous Speech:

1. Pat Kenny
2. Brian McLoughlin

TableTopics:

1. Brian McLoughlin
2. Deirdre Bigley

1. Pat Kenny

Pat Kenny is a dedicated and very supportive member of Mullingar Toastmasters, known for his wide-ranging interests and dynamic personality. His compelling articles in the Westmeath Examiner, covering topics from JFK to local affairs, reflect his sharp insights and passion for storytelling. Pat's talents as a speaker and writer shine through in his involvement in Toastmasters and the Inklings writing group, where he inspires various members to always strive for excellence.

Besides representing his community locally, he has also represented it internationally in the UK.

Beyond the pen and podium, Pat is also an amateur photographer and videographer, capturing special moments that add another dimension to his creative expression.

Being active in a variety of literary, public speaking, and creative arts groups makes him an invaluable member of the Toastmasters organization, always ready to offer support and provide insight into the world of the arts.



CLUB CONTEST SEASON

WINNERS FROM THE MULLINGAR CLUB CONTEST.

2. Brian McLoughlin

Brian McLoughlin is a writer and former engineer. He writes stories, poems, plays, speeches, essays. He has written a novel called, 'When you come to a fork in the road...take it,' and a comedy play called, 'The Bull Ring.'

He has performed stand-up comedy, stand-up poetry and has won awards in both. He co-founded Inklings Writing Group, Mullingar, Ireland, a fun group who have a weekly column in the local paper, the Westmeath Examiner.

Several Inklings members have written and are writing novels, poetry collections and memoirs. He has been a memory of Mullingar Toastmasters for many years and is twice a District 71 Humorous Speech winner.

He has been a member of both Maynooth Toastmasters and Speakeasy Toastmasters, Mallow and has achieved Advanced Toastmaster Gold accreditation. He also facilitated a Friday night workshop at the 2009 District 71 Conference.



CLUB CONTEST SEASON

MULLINGAR CLUB CONTEST WINNERS

3. Deirdre Bigley

Deirdre attended her first meeting October '22 with an open mind and closed mouth! Remaining that way for the next few meetings, declining invitations to “try” out a table topic, Deirdre just wished to observe and learn.

Deirdre remembers at the Christmas meeting, being encouraged by the then President Lorraine, to finish the story “It was Christmas morning, everyone was there for the present opening, little did I know what I’d find in the box I was about to open...”.

Deirdre has no recollection of what she said however little did she realise the gift she was giving herself by uttering those unforgettable words!

Deirdre signed up Jan '23 taking on the role of VPE in July '23, and Club President July '24.

Mullingar club is a source of encouragement, support, learning, fun, creativity, pride and most importantly friendship. Joining was one of her better decisions, the only questionable decision is their choice of president!



CLUB CONTEST SEASON

EAST GALWAY SPEAKERS CONTEST



Fiona Mitchell (second in table topics & humorous speech) receiving her certificate from club president, Martin Foran.



Andrea Mullahy (third in humorous speech contest) with Martin Foran.



Christina Hession (winner of humorous speech and table topics contests) with Martin Foran.

CLUB CONTEST SEASON

AREA 28 TABLE TOPICS & HUMUROUS SPEECH CONTEST



Portlaoise 1st Table Topics Place Doreen Gowing and Humorous Speech 2nd Place Garrett Malone showing off their silverware with other Portlaoise members at the contest.



Doreen Gowing (1st place Table Topics) and Garrett Malone (2nd Place Humorous Speech)



Phillip Khan Panni (2nd Place Humorous Speech & 3rd Place Table Topics) with Area Director Mark Bastow



Sean McDermott of Clane Toastmasters receiving an award for exceptional service

CENTENARY CELEBRATION

TRALEE TOASTMASTERS CELEBRATED THE TOSTMASTER INTERNATIONAL CENTENARY



Tralee Toastmasters celebrated the Tostmaster International Centenary with a Dinner at the unique Ballyseede Castle, a 16th century establishment on the outskirts of Tralee.

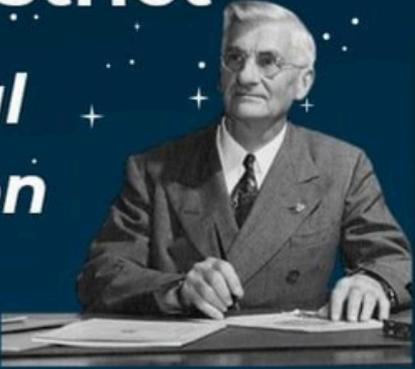
Members past and present, including ten past Club Presidents, enjoyed a convivial evening of conversation, reminiscing and fine dining, plus, of course, a special birthday cake, to mark this special occasion.

CENTENARY CELEBRATION

**JAMES FINNEGAN REPRESENTED D71 IN
THE GLOBAL ANNIVERSARY
SPEAKATHON OF 100 SPEECHES**



Founder's District
*Centennial
Celebration*



100 Speeches for 100 Years

Oct. 20, 2024
8am-8pm PT UTC-7

Speaker
James Finnegan

*"The Needs of the
Many"*



Tralee & Wordsmiths Online



CENTENARY CELEBRATION

GALWAY AREA 12 SPEECH CONTEST



Fiona Mitchell (2nd Humorous Speech Contest) with Gwen Frazer, Contest Chair.



Frances Geoghegan 1st Table Topics with Gwen Frazer, Contest Chair.

CENTENARY CELEBRATION

HERTFORDSHIRE SPEAKERS MARK 100TH ANNIVERSARY IN WELWYN GARDEN CITY



Mayor and Mayoress of Welwyn Hatfield joined members from across Herts at Area20 Centenary Dinner and Awards Ceremony on 19th Oct.

PERT 100TH CELEBRATION



CENTENARY CELEBRATION

GUARDIAN TOASTMASTERS BASED IN UNIVERSITY COLLEGE CORK CELEBRATES



FACE OF DISTRICT 71



Celebrating Barry Lane, Castleknock Toastmasters, Area 16, Division C



After moving into a job in 2004 that involved presenting bad news to groups of grumpy executives, Yikes! I needed help. Enter Toastmasters!!

Attending, Castleknock Toastmasters for the first time, I was impressed with the way the meeting organisers calmly managed last-minute changes (a vital skill in Toastmasters!) After an enjoyable 2 hours, I was accosted by an energetic American lady demanding I join! Long term D71 members will correctly identify this lady as the legendary Luanne Kent!

Within weeks, I had delivered my Icebreaker and knew I had found my tribe. Members told me I was funny(!) and encouraged me to enter the Humorous Speech contest. I even placed in the District Finals.

After dodging committee roles for years, I agreed to be Secretary, then Treasurer and finally President. I loved it! Area Director followed, and I became Castleknock Toastmasters' first DTM. After that came VPE and VPPR.

In 2018-2019 I served as Division C Director and was honoured to be Master of Ceremonies at the District Gala dinner, a role I would have fled from just a few years earlier.

I've visited Toastmasters clubs in Europe, North America and Asia and the warm welcome is always the same. Usually accompanied by being asked to fill a role! I have spoken at several external events and participated in government and voluntary organisations aimed at helping children, students, workers and retirees.

Toastmasters has taken me down roads I never saw myself travelling. And while pins, trophies and plaques are nice, they pale in comparison to the friendships, great times and memories I have collected along the way.



MEMBER SPOTLIGHT



VPPR OF THE MONTH (October 2024)



CHRISTINA HESSION

**EAST GALWAY SPEAKERS
TOASTMASTERS CLUB**

I joined Phoenix-Tara Toastmasters in Dunboyne, Co. Meath, in 2010, after I failed my favourite subject in a college degree, due to having a panic attack the morning of the exam.

This was my tribe. I signed up for my ice-breaker speech immediately on joining. Though I shook from head to toe for the entire six minutes, it was a huge personal achievement. I still have brain freezes during speeches, but I push myself to take every opportunity I can to speak. I recently pushed myself out of my comfort zone when I signed up for an improv workshop with my East Galway Speakers' friend, Sarah Smith, during the Galway Comedy Festival.

I took on the roles of VPPR, VPE & President in Phoenix-Tara. I was also a member of Naas Toastmasters and was a founder member and club officer of Plain Speakers. I was amazed and honoured to receive the Toastmaster of the Year in UK and Ireland in 2014.

I discovered East Galway Speakers online during COVID and joined the club subsequently. I'm currently the club VPPR and thoroughly enjoying the collegiality, creativity and energy of East Galway Speakers.

MEMBER SPOTLIGHT



PR AMBASSADOR OF THE MONTH (October 2024)



GALWAY TOASTMASTERS
CLUB

Katuta joined Toastmasters in July 2019 to improve his public speaking, a requirement that was becoming increasingly important in his role as an IT Professional and as the founder of a work-based educational initiative. His first committee role was Sergeant-at-Arms, a position that helped him gain confidence as he got to speak every week. Over the last 4-5 years, Katuta has held other roles, including 'Pathways Champion', VPE, Assistant Area Director, and Area Director. As Immediate Past Area Director, VPPR, and Division H Brand Ambassador, Katuta is giving back and brings his commitment, willingness to serve, and passion for Toastmasters.

GUEST CONTRIBUTION

LEADERSHIP IS A HARDBOILED EGG.

In these trying times where the only guarantee is that there are no guarantees, leaders need to recognise the importance of tenacity. Everything we do is about being hard on the outside, showing our followers the grit and substance to ignite self-belief, and yet being soft on the inside, embracing the soft skills to encourage and inspire our followers.

When leaders are operating at their optimal best, they extend their influence and stretch the inert capabilities of their followers. In an age of the fast track, leaders need to think ahead and prepare for the future by promoting the shared IQ of the group.

The uncertainty we face calls for a hard stance against all odds, yet we need to put a human face to all our actions. Like a hard-boiled egg, we are resilient on the outside (we face the harsh realities of an unkind world) yet soft on the inside (embracing the pivotal values at the core of humanity). Developing an immutable set of values sets the radar for our operations. Being a hardboiled egg instigates the ability to be proactive and robust in circumstances of stress and uncertainty.

The resources we have should inspire us to make the best use of them. It is vital to recognise the team's inert capabilities. Like a hard-boiled egg, excellent leadership inspires collective intelligence and boosts robustness in capability application. Become a leadership magnifier.

**VALENTINE MURADZIKWA DTM
PRESIDENT GLOBAL ORATORS
TOASTMASTERS CLUB
CEO OF SEBENZANATHI SOLUTIONS (PTY) LTD**



EDUCATIONAL CORNER

BOUNCING BACK FROM BRAIN FREEZE

With Division contest finals approaching, Christina Hession shares tips on how to prevent and recover from brain freeze during a speech.

- 1. Practice:** Only memorise the beginning and the end. Personal stories are easier to remember but have notecards.
- 2. Sleep:** Get good quality sleep and avoid over rehearsing.
- 3. Hydrate:** Replace tea and coffee with herbal teas and lots of water.
- 4. Exercise:** Twenty minutes of aerobic exercise daily will alleviate tension. Use this time to rehearse your speech.
- 5. Focus and be present:** Pre-speech, clear the mind of all irrelevant thoughts.
- 6. Confront your worst-case scenarios:** Write down the worst things that could happen and devise strategies you can use, e.g. pausing, taking a sip of water or having an emergency line ready to get you back into your speech.
- 7. Meditation:** Even five minutes of daily meditation enhances concentration and reduces stress.
- 8. Visualisation:** Visualise delivering a winning speech to an appreciative audience.
- 9. Breathing:** Breathe deeply from your diaphragm to relax you and lower tension.
- 10. Keep Going:** If you go blank, pause, smile and keep going. The audience won't know you've left something out.

WRITTEN BY
CHRISTINA HESSION,
VPPR EAST GALWAY SPEAKERS
TOASTMASTERS CLUB



PURPOSE PIONEERS

JOIN THE JOURNEY

Join Our Visionary Quest for Club Growth!

Step up and be part of an extraordinary movement within District 71 as we embark on a groundbreaking strategy to create new clubs! This is your chance to develop your skills, collaborate with visionary leaders, and play a pivotal role in shaping the future of Toastmasters in our community.

Seize this opportunity to transform your personal and professional landscape. Let's innovate, inspire, and drive success together. To join, send an email to clubgrowthdirector@d71toastmasters.org and contribute to a legacy of excellence and achievement!

Join the Brand Builders Team!

Dive into a world of innovation, connect with fellow leaders, and leave your mark on our district's legacy in this Centennial year.

Supercharge your Toastmasters experience by joining our elite District Public Relations team! This is your golden opportunity to master new skills, influence our community, and accelerate your Pathways projects. Don't just participate—lead and inspire! Send an email to prmanager@d71toastmasters.org to sign up today and transform your Toastmasters journey into an extraordinary adventure.



CHALLENGES & REWARDS

VPPR OF THE MONTH:

Are you ready to showcase your creativity, engage our community, and take your club's public relations to new heights? This is your chance to shine and bring €50 to your club!

How to Participate:

Every month, we're looking for a Vice President of Public Relations who stands out by boosting the club's visibility, engaging members, and innovating communication strategies. If you've got what it takes, dive into this exciting challenge!

Why Join the Challenge?

You will be the winning VPPR gain recognition across the district and increase your PR skills. You will also secure an additional €50 for our club, which can be used to enhance our Toastmasters experience & complete your pathways project!

Get Involved:

Start planning your strategies, engage with your club members, and let's make some noise about the great work you are doing!



VPPR OF THE MONTH



CHALLENGES & REWARDS

Social Media Post of the Quarter Contest!

Ready to showcase your creativity and social media savvy? Enter our Social Media Post of the Quarter contest and you could win **€50** for your club!

Contest Details:

Create a post that embodies the spirit of Toastmasters, engages the community, and reflects your club's unique vibe. Whether it's an inspirational quote, a success story, a clever meme, or an event recap, make it impactful and make it shine!

Winning Criteria:

1. Creativity and Originality: Bring something new and exciting to the table. Surprise us!
2. Alignment with Toastmasters Values & Brand: Your post should be compliant with the TM brand, and embody and promote the values of leadership, communication, and personal growth.
3. Engagement: We're looking for likes, shares, comments, and overall interaction. Get the community talking!
4. Visual Appeal: Make sure your post is visually captivating. Use high-quality images or graphics that grab attention.
5. Message Clarity: Your post should communicate clearly and effectively, delivering its message in a powerful way.

How to Participate:

Simply tag your club's official social media account in your post and use the hashtag **#D71BrandBuilders** and **#D71PostOfTheQuarter**. Posts must be made within the current quarter to qualify. Send a link of your post to prmanager@d71toastmasters.org



CHALLENGES & REWARDS

PR Ambassador of the Month Award:

Are you ready to elevate your Division's profile and showcase your PR prowess? Join the exciting PR Ambassador of the Month challenge and stand a chance to win €50 for your Division!

What's the Challenge?

Each month, we're on the lookout for a PR Ambassador who goes above and beyond to enhance your Division's visibility, engage the VPPRs & community, craft compelling narratives that resonate far and wide & comply with TM Brand guidelines.

Why Participate?

This is your opportunity to make a significant impact, gain recognition across our Toastmasters community, and bring a €50 bonus to help fund Division initiatives. Whether it's through innovative social media campaigns, dynamic press releases, or engaging community outreach, your efforts will not go unnoticed!

How to Win:

Show us how you can lead PR efforts that captivate and inspire. Excellence in communication, creativity in execution, and measurable impact on our community engagement will crown you as the PR Ambassador of the Month.



PR AMBASSADOR OF THE MONTH



CHALLENGES & REWARDS

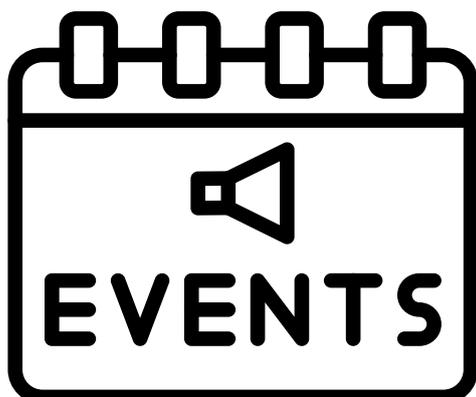
Open Night Incentive

Calling all Toastmasters! Put your event planning and publicity skills to the test. Host an open night within the toastmaster year that not only captivates but also attracts a crowd! If your event draws 20 or more attendees and gets featured in the local newspaper or on the radio, your club wins **€50!**

Incentive Details:

1. Organize an Event: Plan and execute an event that draws at least 20 attendees.
2. Capture the Moment: Take photos and videos to document the event's success.
3. Gain Media Coverage: Get your event published in a local newspaper or broadcast on a local radio station.
4. Submit Your Proof: Send in your pictures, videos, and a copy of the media coverage to claim your prize.

Note: Each club can claim this incentive once, so make it count! This is a fantastic opportunity to boost your club's visibility, engage the community, and showcase the vibrant spirit of Toastmasters.



CHALLENGES & REWARDS

#MyWhy Incentive: Share Your Story, Win €50 for Your Club!

Are you ready to inspire and engage? Participate in our #MyWhy drive by sharing a one-minute video detailing why you joined Toastmasters and why you continue to be a part of our incredible community. The most engaging story of the month will win €50 for their club and gain special recognition!

How to Participate:

1. Create Your Video: In one minute, tell us your Toastmasters journey. What drew you to join? What keeps you coming back? Make it heartfelt and inspiring!
2. Post & Tag: Share your video on social media using the hashtag #MyWhy. Make sure to tag our official page so we don't miss it!
3. Engage Your Audience: Encourage likes, shares, and comments. The post with the most engagement wins!

Prize Details:

The participant whose video garners the most engagement for the month will not only bring €50 to their club but will also be featured in our district communications, showcasing their story and their club.

Deadline: Get your videos posted and rack up engagement throughout the month. Submit the link by email to prmanager@d71toastmasters.org by the 28th of the month. We'll tally the results and announce the winner at month's end.

Why Join the #MyWhy Drive?

This is your chance to highlight the impact Toastmasters has had on your life, connect with others on a similar journey, and contribute directly to your club's success. Let's fill our community with powerful stories and reasons that keep us all coming back for more.

Ready to share your why? Grab your phone, record your story, and let's show the world the power of our Toastmasters community!



CHALLENGES & REWARDS

Celebrate 100 Years with 100 Words!

As we approach the monumental centennial celebration of District 71, we invite you to be a part of a unique literary tribute: #100 Poems or 100 Stories in 100 Words. Share your creativity, encapsulate your experiences, and see your work published in our special Centennial eBook!

What We're Looking For:

We need 100 poems or stories, each precisely 100 words long. Whether it's a poem that moves the soul or a story that captures a moment, your words will contribute to a century of speaking, leading, and inspiring.

How to Participate:

1. Write It: Craft a poem or a story in exactly 100 words.
2. Submit It: Send your entries via email to prmanager@d71toastmasters.org with the subject line "100 Words Entry."
3. Get Published: The first 100 entries will be featured in our exclusive Centennial eBook, a testament to our district's rich history and vibrant community.

Why Join?

This is your chance to be part of District 71's legacy. Imagine your work published alongside fellow Toastmasters, creating a mosaic of voices that celebrates a century of growth and achievement.

Deadline:

Don't miss out! Make sure your submissions are in by **15th October 2024**. Let's make history together with words that echo the spirit of our district!



CHALLENGES & REWARDS

Shine at the D71 Conference in Solihull on Us!

Calling all aspiring writers and Toastmasters enthusiasts! Here's an exciting opportunity to showcase your talents and potentially enjoy the thrill of our next D71 Conference in Solihull – **absolutely free!**

How to Enter:

Simply contribute an article, story, or any creative content to our district newsletter. Whether it's sharing insights, club successes, personal achievements in Toastmasters, or thoughtful reflections, your contribution not only enriches our community but also earns you a chance to win!

Prize Details:

Win a Free Ticket to the D71 Conference in Solihull worth **£300**. Immerse yourself in the vibrant atmosphere of one of the year's most anticipated Toastmasters events.

Drawing Process:

Every contributor's name will be entered into a draw. At the close of the submission period, one lucky winner will be selected to receive a free ticket to the conference, where you can network, learn, and celebrate your Toastmasters journey.

Don't Miss Out:

This is your chance to shine and be recognized. The more you contribute, the richer our newsletter becomes, and the closer you get to experiencing the excitement of the D71 Conference on us!

Ready to contribute and win? Submit your entries now to prmanager@d71toastmasters.org and join us in making the Toastmasters District 71 newsletter a source of pride and information.

Let your words take you places!



PR TIPS & TRICKS

Creating Eye-Catching Visuals for Effective PR with Canva

In today's digital landscape, visuals are key to capturing attention and enhancing PR efforts. For Toastmasters clubs looking to elevate their presence, Canva is a powerful, user-friendly tool for creating professional and engaging visuals.

Start with Templates: Canva offers a wide range of customizable templates for social media, presentations, posters, and newsletters. Simply choose a template that aligns with your club's theme or event, then personalize it with text, images, and other preferred elements.

Incorporate Toastmasters Colors and Fonts: Consistent branding builds recognition. Canva allows you to set specific colors and fonts for your designs, helping maintain a uniform look across all your Toastmasters communications.

Use Quality Imagery: Canva's extensive library of free images and graphics provides high-quality options for all types of visuals. Be mindful to choose images that reflect Toastmasters' professional tone and mission of personal growth.

Experiment with Elements and Icons: Canva offers icons, frames, and shapes that can enhance the look and feel of your design. Icons can help illustrate key points in presentations or flyers, while frames give photos a polished look.

Download and Share: Once your design is complete, Canva makes it easy to download in various formats for social media, print, or email sharing.

With Canva, creating eye-catching visuals is accessible and straightforward, helping Toastmasters clubs attract more interest and effectively communicate their message.

WRITTEN BY
FOLASANMI GEORGE,
KILDARE TOASTMASTERS CLUB



POETIC PALETTE

A CENTURY AGO

Halo, Dia Huit, Hello,
A new dawn begins to below,
A new dawn built on the shoulders of giants,
For a century and more we have formed this alliance,

As we've become the masters of toast,
The masters of cheer, the masters of host,
See what butters our toast is different from most,
So please come near, grab a pen and take notes,

In 1924, we burst through the door,
A century has passed and what a century of course,
At a moment like this it can help to look recap,
To look. Back, and understand the toastmasters impact,

100 years before, we opened the door,
21 years before, the first plane did soar,
And just like that plane, our words took flight,
From the runways of our page,
As we master our stage,

A century ago we burst on the scene,
And a decade either side of that the world waged war,
And we waged war but not on human beings,
But war on the fear to let our voices soar,

You see a century ago, toastmasters set pace,
3 decades after was the race to space,
But our race to space, was learning to raise,
The bar of our speech until we reach the stars,

Oh yes a century ago, was sown the first thread,
60 years after came the world wide Web,
But see we were already a world wide Web,
150 thousand interlinked before Internet,



POETIC PALETTE

You see a century ago, toastmasters touched down,
And almost a century after, the world locked down,
The virus stole our lives, our love, our why,
Toastmasters gave a home, when we were stuck in our homes,

Weather rain or shine,
Through the pain of life,
Through the wars that rage,
For the rest of time,

A century ago our forefathers had a vision,
And step by step we carry on that mission,

We are more than a club,
This is more than some fun,
That is more than a speech,
This is more than a role,

You are more than a member,
You are more than a committee,
You are all something far greater,
That what those titles mean,

Let's continue to plant seeds,
Let's continue to change life's,
Let's continue to prevail,
No matter the strife,

A century ago none of us had met,
But let's stand arm in arm as we take the next steps...

Yes that was a century ago...
Now we have a century to go...



PRINCE ACQUAH
DISTRICT 71 POET-IN-RESIDENCE



POETIC

PALETTE: 100TH ANNIVERSARY POEMS

Where the River meets the Stream.

A spring of water found its way through rugged soil of old.
It trickled down a mountainside 100 years ago.
It carved a groove across the land, its path did unfold.
One spring gave rise to others and then there was a flow.

Like many tiny rivulets, our clubs became strongholds,
as Ralph C Smedley launched his boat with all of us in tow.
100 years on from his spring that broke the mould,
Toastmasters is the people's choice where all of us can grow.

Speaking, listening, taking part, volunteering for all our roles,
giving others courage to see their wisdom go on show.
The power to stand and speak, tell stories yet untold,
from tiny steps our clubs have helped our hearts to come aglow.

So Happy Birthday each and all, 100 candles for us to blow
and thank you Ralph C Smedley from us all, 100-fold!



AINE O'NEILL
DISTRICT 71 POET-IN-RESIDENCE 21/22

POETIC

PALETTE: 100TH ANNIVERSARY POEMS

Toastmasters Anniversary Thoughts

One hundred years ago, it was,
When a man stood to speak, but he stammered,
Red in the face and lips that were moist,
The heart in his chest really hammered.

The malady that had induced glossophobia
Was reaction when trying to reply,
When somebody said, "Say some words, now would-ye",
And he felt duty-bound to comply.

There was, at the time, no place he could stay
To secretly run through the drill,
No Toastmasters club at the YMCA
To gain oratorical skills.

Perceiving the need to dispel such dismay,
Along came the man of the hour,
The great Dr Smedley announced his new way
That would quickly provide a safe harbour.

A programme to grow speaking skills so much faster
With confidence added as well,
That's what you can gain as a practised Toastmaster,
You may even cast a few spells.



PHILLIP KHAN-PANNI
DISTRICT 71 POET-IN-RESIDENCE 22/23

POETIC

PALETTE: 100TH ANNIVERSARY POEMS

History and Her Story

Toastmasters take a bow
Many words between then and now
To announce, profess, to say, to tell
No less water in the well

Each language has its thrill
It's in each word to self fulfil
In each its own full meaning bring
To be silent, to write, to talk, to sing

When words and Toastmasters met
The long haul destiny indelibly set
Each one enriching the other
Each the keeper of her brother

Custodian of a treasure
With skill to make and measure
The kindest word that can be made
Is the unkind word unsaid

We look forward to such words again
As was witnessed by women and men
A bird flies through history
Carrying the Toastmaster story

Here's to those gone before us
Who held the door open for us
The torch is passed from hand to hand
100 years spun and spanned



MIKE KEENAN
DISTRICT 71 POET-IN-RESIDENCE 23/24

FEEDBACK & SUGGESTIONS



WE VALUE YOUR INPUT!

HELP US IMPROVE YOUR NEWSLETTER

We're always striving to make our newsletter more engaging and valuable for you. Your feedback and suggestions play a crucial role in shaping the content and ensuring it meets your needs and interests. Here's how you can contribute:

Share Your Thoughts:

What did you enjoy in this issue? What would you like to see more of? Your insights help us tailor the newsletter to better serve our community.

Suggest Future Content:

Have ideas for articles, features, or topics? Would like to suggest clubs or individuals that are outstanding and deserve to be recognised? Let us know! Your suggestions can help us create content that resonates with you.

How to Provide Feedback:

Email your feedback and suggestions to prmanager@D71toastmasters.org or send us a message on our social media platforms. We're always listening!

Photo of the Month:

Submit your favourite moments captured during club meetings or events. The best photo will be featured in next month's newsletter!

Join the Conversation:

Engage with fellow members by discussing your favourite articles and sharing your thoughts on our [Facebook Group](#). Let's build a vibrant and interactive community!



TOASTMASTERS
DISTRICT

71

HAPPY Diwali



Wishing you a joyous and prosperous Diwali!
May this festival bring you endless happiness and peace.
From all of us at District 71.



THANKS TO OUR EDITORS!

**Angela Afieghe
Folasanmi Ajayi
Elizabeth Jordan**

Share with other members and non-member friends/colleagues that you know.

THANKS FOR READING!

