

# ACHIEVING EXCELLENCE

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## EDITORIAL TEAM



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SOUTHERN AFRICA TOASTMASTERS



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# EDITORIAL

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## TOASTMASTERS CORE VALUES

**Integrity**  
**Respect**  
**Service**  
**Excellence**

## CONTACT

 [www.toastmasters74.org](http://www.toastmasters74.org)



## NOTE FROM THE MANAGING EDITOR

“ I was exposed to the world that is Toastmasters and the many leadership opportunities that are available ”

As I write my final message as the Managing Editor of this magazine, I feel both proud and bittersweet. Over the past year, my team and I have strived to bring you the best content, covering a wide range of topics that we hope have informed, entertained and inspired you.

I am grateful to have had the opportunity to work with a team of talented people who have poured their hearts and souls into each issue. Together, we have created a publication that we believe represents the best of what Toastmasters has to offer.

To our readers, thank you for your loyalty and support. You are the reason we do what we do, and we hope that our stories have brought you joy, challenged your thinking and encouraged you to explore new ideas.

As I pass the torch to the next managing editor, Bright Salijeni, I am confident that this magazine will continue to thrive and evolve, bringing you the stories that matter most. I wish the team all the best and look forward to seeing what they will achieve in the future.

Thank you for being a part of this journey with us. It has been an honour to serve you as managing editor.

**Leya Musunga**

## FROM THE DISTRICT DIRECTOR'S DESK

This note was difficult to put together.

Firstly, because it is coming at crunch time and secondly, because it is the last one. A conundrum somewhat.

As I write this, I am filled with a deep sense of gratitude to every stakeholder of this District who has contributed to redefining leadership. In Toastmasters, you may not have realized this, but; just by:

- becoming a member,
- renewing your membership, and
- participating in your Pathways projects

you have helped us change the narrative of the leadership landscape in our continent.

The journey has not been a walk in the park. It may have appeared so, but do not be fooled, it was not. It is not. However, when I set a goal, I set it so I can achieve it and that is what keeps me going! Have you achieved the goal you set for yourself? If not, guess what?



We have more than enough time to achieve all our goals in the remaining days, up to 30 June. As you finish your year strong, remember, you are setting a precedence. Let us set a precedence we will appreciate seeing emulated.

I want to ask you to help your club set a precedence. Will you help your club be one of the clubs in the Hall of Fame as a Distinguished Club or better...if already President's Distinguished, will you challenge your club to be a Top Club?

I look forward to celebrating with you come 1 July 2023.

Lets continue to redefine leadership in Africa, together.

**Andrew Tsuru, DTM**

# LEADERSHIP GLAD I RAISED MY HAND TO SERVE

**B**eing a contributing editor to the *Achieving Excellence* magazine was beyond imaginable.

I absolutely enjoyed the experience, looking for stories monthly. I connected with a lot of people in District 74 and therefore it meant I told their untold stories.

My best moments were when my interviewees saw their stories in the magazine. The excitement was electric. Some of the comments included, "I thought magazines were for only a select few." Some confessed that the appearance in the magazine helped boost their confidence and it also opened doors in high offices. I enjoyed learning about their beautiful leadership journeys and how Toastmasters has helped them shape their destinies.

Looking for stories meant that on a daily basis, I had to be alert. I had to join various meetings across the District, read a lot of current affairs, read on leadership and interact with leaders from across the District.

I grew both as an individual and as a leader. We were stretched by our leaders to go beyond our comfort zone and we were applauded for great work. It was during this period that I published my first book as a result of the skills that I learnt as a leadership editor.

Working behind the scenes as an editor meant that I had to walk in the shoes of the readers and therefore we continuously reinvented the magazine.

I am glad I raised my hand to serve this Toastmasters year. I encourage other Toasties to raise their hands



too. Please note that you do not need any experience, but your willingness to serve wholeheartedly. You will be equipped as you go.

It's not goodbye but a "see you later." I hope to see you in the Hall of Fame soon because Africa needs leaders, so raise your hand today.

**Noma Muzunze**

## A GREAT EXPERIENCE

**H**ello District 74, Sarah-Jane IP Kwong here, I currently work in a family printing business. I joined Toastmasters in 2021 for many reasons; to meet people, work on my public speaking and also to get the chance to share my story. Over the past twelve months I have had a great opportunity to be part of the *Achieving Excellence Magazine*. I decided to be a part of the team as I saw this as another way to help me to find my own voice; to learn to work on deadlines, and to be able to share inspiring stories from the District.

In the beginning it was difficult having to think on what to write about. After thinking about some struggles that people may have, for example, time management and writing speeches, these gave me ideas on what I could write about. This has been a great opportunity for me to then share tips and stories that challenged and inspired people.

I have enjoyed writing various articles for the magazine. Some that come to mind include the Mauritius Toastmasters Week, where our special guests were the District Director Andrew Tsuro, DTM and the Club Growth Director, Zivai Matondo. I was very excited when two members from my

home Club went on to the District Contest. The opportunity to celebrate a long standing Toastmaster Robert Ward, DTM aka Bob Ward, was also highly memorable. These and more stories are still on my mind.

Finally, I am thankful to our Editor Leya Musunga who is always ensuring that we meet our deadlines and to the whole team as we all strove to make the magazine a success every month. It has been great working with you all. On a last note, thank you to the readers for taking the time to read the articles.

**Sarah-Jane IP Kwong**



# FROM AWOL TO “PLUS ONE”: A DTM’S APOLOGY

I’ve been listening to a podcast by John Maxwell in which he talks about a “plus one” performance. This is when you’ve given your best or achieved your best and so can afford to relax - but then you give great effort one more time or continue to put in effort for the good of the team. I thought about this in relation to my own performance in Toastmasters, and realised I owe my two Clubs an apology for going AWOL (Absent Without Official Leave).

When I joined Toastmasters in March 2020, my goal was to equip myself for a change in career which would focus more on public speaking and training/facilitation. With this in mind, I was determined to do my best to achieve the DTM (Distinguished Toastmaster) award in the shortest time I could. I gave this goal my whole focus: I attended every meeting of my Clubs and as many as four or five Toastmasters meetings a week; I took on the most demanding Club exco role of them all, VP Education, and strived to excel at it; I gave a speech at any given opportunity and soon learnt to fashion a coherent 5-7 minute speech given only minutes to prepare; I coached a Club, mentored another and helped found yet another. I became a member of two Clubs and a de facto member of two more; I mentored Club members; I took on the role of Area Director and made a point to visit all my Clubs MORE than what

was required; and I took part in as well as officiated at Speech Contests. In

assessor and moderator and 2) to grow my training and coaching business focusing on diversity management, strategy and leadership development. Towards this end, I’ve already completed the work and submitted my portfolio of evidence for the facilitator course. I’ve almost finished writing a book on diversity which I hope to publish this month or latest in June and I’m contemplating writing another book on leadership by the end of the year. I also regularly attend virtual and in-person seminars and workshops related to my goals.

These endeavours have kept me busy, not to mention a heavy workload in my ‘normal’ work, and I’ve refused to be drawn into anything else, including Toastmasters. However, John Maxwell leads me to consider that when I think I’ve given my all, such as in Toastmasters, the concept of the “plus one” performance challenges me to continue to give my best for the good of the team.

Choosing to be teachable, I’m going to change my ways. To my two VPs of Education, feel free to put me down for meeting roles as you need and I’ll attend.

To my fellow Club members, I apologise for having slacked and I commit to do better. To build on John Maxwell, when the going gets tough, the REALLY tough give “Plus One” performance. See you all soon!!

**S’bo Vilakazi, DTM**

short, Toastmasters took centre stage in my life.

Lo and behold, by the time I came up for air in June 2022, I’d met (actually exceeded) the requirements for the DTM. I decided to take my foot off the pedal with Toastmasters and prepare for my next set of goals. I submitted my application for DTM in early 2023 and got the plaque in April.

For 2023, my big goals are 1) to get SETA accreditation as a facilitator,

“ I apologise for having slacked and I commit to do better. ”



## SHADOW TEAM

As we are nearly at the end of the year, a new board is taking over for the next mandate. Some Clubs already have their next board and some still haven't decided. To those who have already chosen their next executive group, some tips for handing over are:

- **The new executive members' responsibilities**

Give the new executive member the responsibilities that should be given for the year. For example, for the role of secretaries, what should be expected? Taking the minutes during the executive meetings and attendance during the sessions.

- **A guide on how to use certain software**

Give tips on which software to use, especially for the Vice President Public Relations, the executive member can use New Meta business to post Facebook and Instagram at the same time and even use canva for creating posters.

- **Information on key processes and systems**

Hand over emails and passwords for social media pages like Facebook, Instagram and any other platform that the Club uses as well as all the materials that were used to create certificates, banners, medals, ballots and the like.

**Sarah- Jane Ip Kwong**

## PONGAL'S POSITIVE PEARLS PODCAST

Pongal has been a Toastmaster for the past one and a half years and currently serves as a Club President with two Pathways completed and recently launched her Podcast, Pongal's Positive Pearls on Spotify.

Pongal is someone who loves to talk and has served as an English teacher and headed schools for the past 20+ years. She was motivated by her students to deliver a motivational message everyday as a way to support them as if she were physically with them. After having written her morning messages for the past 8 years, she has compiled and released a book titled Dive Deep Within, which is available on Amazon.

She expressed her interest in starting a podcast at a Toastmasters Club meeting and was referred to someone who helped with the editing which she eventually learned to do on her own. Toastmasters has helped her podcast go beyond boundaries and evolve as a speaker by helping her improve her use of verbal fillers and crutch words and gain a better flow of ideas, which have now become coherent with excellent coordination and transitions.

She encourages us to start where we are and not let anything hold us back. With new technology we can all learn to podcast without waiting for the perfect time when finances, skills or a team are available. She believes that waiting for the optimum time to start could mean that you will always be waiting. She has seen herself progress and learn the skills as she goes and has seen her podcast being hailed as the best Podcast in India for Students because it caters to them for self-development on a regular basis.

**Wame Namponya**



## NO TIME FOR HESITATION

My late dear cousin, Dr. Farai Shoniwa's mantra was, "There is too much to be done and no time for hesitation." She truly lived by that and accomplished so much in her short 42 years. As we are about to close off this Toastmasters year and stand on the verge of another, what is it that you have been hesitant about? Are you debilitated by the fear of delivering your very first Icebreaker? Perhaps you are second guessing yourself and are about to talk yourself out of raising your hand to serve at Club, Area, Division or District level? Opportunities for personal growth and serving others abound in Toastmasters.

If you are waiting for the time you will be ready, that time will never come. I encourage you to do it afraid, do it unsure, do it anyway. This time next year, you will be astounded at who you will have evolved into. There is too much to be done and no time for hesitation.

**Rudo Masango**

.....

# LEADING WOMEN SERIES

## TEBOGO RAMAAHLO

In this series, we highlight the professional challenges and aspirations of women who serve in Toastmasters. This month's leading lady strongly believes that those we spend time with - family and friends - are the best people to tell us who we are because they get to experience us as we evolve. Self introspection, she thinks, leads to flaws or bias to what someone thinks they are or aspire to be.

When Tebogo Ramaahlo joined Toastmasters, just a few months in, she served as the KPMG Toastmasters Club Secretary, then the VPE and the Club President for the same Club. She then sponsored the Johannesburg Entrepreneurs Club and served as the VPE, Club President and VPM. The first ever District 74 online conference, dubbed *Lekgotla La District 74*, was convened by her as she also served as the Conference Coordinator for the Beyond Borders Conference team. She is the outgoing District 74 Logistics Manager.

**Before your current role, have you ever thought of yourself as a future leader?**

In high school I was the Student Representative Council (SRC) President, the first female student to be voted into that role at my high school and within the region, yet if you ask if I am a leader I will unfortunately or fortunately say I am not a future leader. When my paternal family history is narrated, my grandfather was next in the Chieftainship line under the Rain Queen's leadership. It could be that leadership is in my DNA and it is who I am when I fully embrace certain aspects of my life and show up fully. Those around me then see me as a leader because maybe there is something that I do or have that others aspire to cultivate within themselves for their own environment. I guess I connect more with the unglorified version of leadership versus the glamorised version.

**How have you managed to build confidence over the years?**

The secret ingredient for me has been the community of people around me, my family and particularly my mother as the leading lady, as far as building my confidence is concerned. It always works out as long as I am able to show up as Tebogo Ramaahlo because I don't have to remember who I am then it is automatic to appear and be confident.



**What is the best advice you have for someone to differentiate themselves?**

Be yourself and never underestimate the beauty and art of bringing out confidence from others, their win is also your win. And just because you love something, hard work is still part of the process, I think motivational speakers only stop at "do what you love" and I am here still struggling with the hard work.

.....  
“I connect more with the unglorified version of leadership versus the glamorised version”  
.....

**What's one thing you learnt recently that you would not have believed in just six months ago?**

The other day a friend showed me a Tik Tok video of mice trapped in a pack of fresh chicken from an affluent retailer. Okay, on a serious note the fact that one has to constantly build their confidence, as you evolve, your confidence, similar to your skills, needs to be cultivated to match the new you and you will not be able to tap into the previous confidence chamber because it will not match the new level you are operating from.

**What is the best advice you've ever received?**

Let me paraphrase a quote from W.E.B. Du Bois's advice to his daughter...

Read the big stuff, the challenging stuff...and read the fun stuff too. Visit galleries, look at paintings, watch movies, listen to music, go to concerts. Be a little vampire, suck up all the art and ideas you can find. Get awed on a regular basis so that getting awed is habitual and becomes a state of being. Fully understand your enormous value in the scheme of things because the planet needs people who look like you, full of awe, who can minister to

the world with positive mischievous energy.

**Martha Mpakula**



## EXTREMELY GRATEFUL

When our current Public Relations Manager, Bhekisisa Ngomane, flighted an advertisement for editors for the *Achieving Excellence* magazine, I immediately raised my hand to tackle this opportunity which was pregnant with prospects to further develop my writing skills. I had worked as a freelance writer for one of the top Zimbabwean magazines and had recently resurrected my blog ([myheadspacediaries.blogspot.com](http://myheadspacediaries.blogspot.com)) as part of my Pathways, "Write a Compelling Blog" project. I enjoy writing so being appointed as one of the Education editors for *Achieving Excellence* was an immense honour and privilege to share my love for writing with District 74 and beyond.

I was very impressed by the dedication of the entire team of editors, lay-out designers and proofreaders and all who worked tirelessly behind the scenes to bring to life outstanding productions month after month. On a few occasions I suffered some severe writer's block. With looming deadlines for article submission, I repeatedly had to delve into my own personal experiences for material and it worked every time! One lesson that I learnt through my 12 months at *Achieving Excellence* is that **authentic writing often comes from personal experiences.**

I am extremely grateful for the opportunity to serve District 74 in the past 12 months. I now have the Education Editor notch on my belt. Now onto the next personal development adventure!

**Rudo Masango**

## A REWARDING AND UPLIFTING EXPERIENCE

My name is Edith Utete and I am an attorney, author and digital wellness advocate. When I joined Toastmasters in 2021 my goal was solely to improve my public speaking skills. I did not realise that there was so much more awaiting me in the areas of service and personal growth. I was introduced to Toastmasters and the *Achieving Excellence* Magazine by my friend, Martha Mpakula, who always urged me to try new things and give my best.

I have, thankfully, experienced so many wonderful things from being part of the magazine's team. I learnt new ways of editing, organising and publishing a magazine and working seamlessly with other skilled writers. I also improved on the scope and depth of my research and writing. I struggled a lot with meeting deadlines due to all the other work that I do but I continue to work on my time management using the skills learnt through Toastmasters. My greatest triumph was having two of my articles featured on the cover of the May 2023 edition. All in all, it has been a truly rewarding and uplifting experience and I am excited to be part of future editions.

**Edith Utete**



## KEEP TOASTMASTERS FLYING HIGH

My term as proofreader has been valuable and rewarding. I have kept abreast of what is happening across the District (even before almost anyone else has), and have helped to ensure that the articles are readable and appreciated. I joined Toastmasters in 2011 and have served in all capacities at Club level, have served on Cabinet as the District Administration Manager and have won the award as the Area Director of the Year for the District. I have most enjoyed my time serving as VPPR (on numerous occasions) and have served as my Division's PR Manager. Throughout the current Toastmasters term, I have also served as one of two Assistant Division Directors in Division Y and will take up the challenging and daunting task of becoming the Division Director from 1 July onwards. Certainly, the outgoing Division Director set the pace and his achievements have been extraordinary. I hope to keep Toastmasters flying high.

**Michael Shackleton DTM**

# YOU CAN LEARN TO ACE ANY SKILL IN TOASTMASTERS

**T**he average age of a best selling author is said to be 55, so I am definitely on track to becoming one, being a midlifer myself. I took the role of editor for the first time, three years ago, not really knowing what I was getting myself into, except that I love writing. However, I took it anyway because Toastmasters has taught me to trust the process and to rely on mentors; the go-to persons when you get stuck.

Getting that second person perspective amalgamated with honest feedback for every single publication did wonders to my writing and editing calibre. Thank you to DTM Maud Nale.

It is the same with every skill that you learn. When you take mentorship from the right person, you always gain the possibility of filling yourself with insights for improvement that you would have got nowhere else. You get the benefit of expert assistance to ace that skill.

Today, after another successful year of writing, editing and proofreading, I am quite satisfied with my steadfast growth. Not to say that I am great, but I am definitely better than when I started.

“...the basic foundation of Toastmasters can be used to develop and ace just about any skill...”

Over the years, I also learnt something from this organisation that I never thought I would, in my wildest dreams.

Being a Toastmaster for the past 4 years, I learnt that the basic foundation of Toastmasters can be used to develop and ace just about any skill.

Publishing the Achieving Excellence magazine was done every month,

with the same process, sourcing content, writing, submitting, editing, proofreading, layout, quality check, then finally, publication.

Come to think of it, if like this, we can devote a certain time each week or each day for a specific skill, we can surely make improvements in its development.

For example, each week you can practise dancing for an hour or you can write every day for 20 minutes.

A constant drop of water wears a rock. And when you devote your time to a certain skill consistently, you are certainly going to make progress.

Always having something to look forward to is something I love about Toastmasters. Another speech, another role, another milestone.

I'm off to conquer new territories.

**Martha Mpakula**



## LEARNING INTO LEADERSHIP

**W**ith the Toastmasters year set to end on the 30th of June 2023, leadership will also be changing hands at every level of the Toastmasters hierarchy. Whilst Toastmasters has official Club, Area, Division and District roles that go through a rigorous selection process, here are three other lesser known roles that you can undertake to enhance your leadership:

**Mentor** – new Toastmasters members require guidance to start their Toastmasters journey. Serving as a mentor can help new members acclimate to Toastmasters whilst also enhancing your leadership and networking skills;

**Zoom Master** – with most Toastmasters meetings going online, the role of the Zoom Master has become ever so important. Although it is not one of the official Toastmasters roles, serving as a Club Zoom Master can help impart critical skills in this now ever advancing digital world;

**Toastmasters Learning Institute Trainer** – this role allows Toastmasters to gain skills and proficiencies through training Toastmasters on the various leadership roles.

**Wame Namponya**



# EDUCATION

## TOASTMASTERS IS A “SAFE SPACE”

The origin of the term “safe space” is not exactly known but some trace it back to the '60s movements. At the time, it meant any platform available for free speech without discrimination. It was subsequently a collaborative call to action to make change.

Today, safe spaces exist in many shapes and forms. They are still true to their spirit of freedom from bias, conflict, criticism, potentially threatening actions, ideas, or conversations. I'd like to say that Toastmasters International is a safe space. It is indeed a space without discrimination, criticism and any other emotional or physical harm.

Toastmasters is such that it manifests as both a physical and mental safe space for individuals on a journey of self-improvement. I attribute this to why it has been able to penetrate into 144 countries and counting.

It is on this platform that you can find diverse individuals from extensive backgrounds as there is absolutely no prejudice whatsoever. Diversity is embraced and the collaboration and networking of these individuals is fostered through meetings, mentorship and coaching.

Ideas and opinions are expressed free of judgement and the courage to do so for individual development is encouraged. At Toastmasters, personal boundaries are respected yet different views are also encouraged.

This absence of bias is important for both personal and professional development. One important start for anyone who may be wondering is to join Toastmasters International today.

**Tumelo Maphalala**



greatness. As the African proverb says: **“If you want to go fast, go alone, if you want to go further, go together.”**

When asked what keeps him motivated, he said, “I have a desire to learn, and Toastmasters gives me the opportunity to grow in the face of failures and find inspiration in others’ successes.”

As to how he confronts doubt, “I confront my fears and repeat the process until I feel confident or comfortable.”

Joao would like to be remembered as a man who helped the world to be a better place by investing time in developing others and making better leaders especially in the areas of **mindset, heartset and soulset**.

**Leya Musunga**

## MEMBER SPORTLIGHT: JOAO CARVALHO

**J**oao Carvalho recently completed his Effective Coaching pathway. He has been a member of Cascatas Toastmasters, the first Club of Angola, for the past seven years. Joao describes himself as a devoted Christian, a family-centric person, an enthusiast, a music lover and passionate about the basketball sport's evolution in areas of analytics and athletes' leadership inside and outside the court. A proud father of five, happily married for a decade, he resides between Luanda in Angola and Lisbon in Portugal.

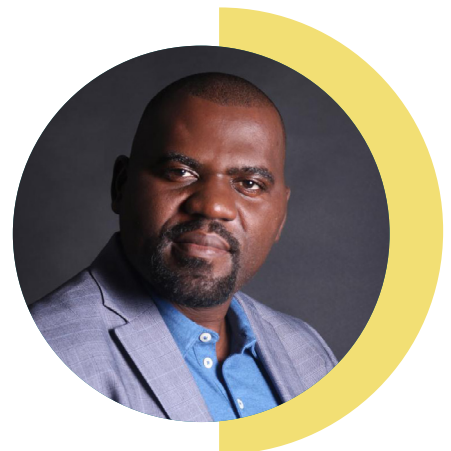
Joao is obsessive about human capital with a genuine interest in developing others by inspiring and guiding them to the best of his ability. He is on a mission to build environments where visions are developed and individuals'

or teams' goals are met.

In his Toastmasters journey he has been able to sponsor other Clubs in the region (Luanda and Kizomba) and mentored more than 15 people along the way. He is most proud of being able to lead his club to achieve the Distinguished Club Award in 2019.

In recent years, some challenges he has faced include having to move from a corporate to a community Club during the COVID-19 pandemic. “I found it difficult to motivate myself and others and adapt to unprecedented times. We had to say goodbye to many fellow Toastmasters due to layoffs and uncertainties.”

A valuable lesson learnt during this period is that working together is not negotiable for those who strive for



# EDUCATION SEGMENT



“

*... to be successful in doing the work you love, you need to be confident and take risks...*

”

## GIVE EVERY PROJECT YOUR ALL

When one joins Toastmasters, they come with the expectations to only improve their public speaking and communication skills. However, there is so much more to walk away with than one could ever expect. Towards the end of last year, I was asked to join the magazine team as a graphic designer to assist with the design and layout of the magazine. This was a new challenge I was excited about because I love putting my skills to the test. I must be honest and say the first two or three magazines I've done with the team felt like they lacked my personal touch because I lacked the confidence to be myself during the design and layout phase. However, with the great support and encouragement of the editor, Leya, and other members of the District when they found I was

part of the team, I started taking more risks by adding my personality and touch to the magazine. The feedback I received from the editor gave me the confidence I needed to add my personal touch to the magazine and genuinely feel like a contributing member of the team.

John Maxwell mentioned that “Everything rises and falls on leadership,” I've learnt that by giving people the confidence to be themselves in any team structure pushes them and allows them to give you their very best. Secondly, I've learnt that to be successful in doing the work you love, you need to be confident and take risks so that you can give every project your all.

**Tshagofatso Tshilowa**

## MEMBER SPOTLIGHT: MAMAGADI KGONODI

Mamagadi Kgonodi started her Toastmasters journey during the lockdown period in February 2021. A nurse by profession and an entrepreneur by partnership, she co-owns Tsapitori Travelling Experience with a friend. Mamagadi was one of the founding members of the Accelerators Toastmasters Club in South Africa. She later on became a dual member when she joined the Breaking Barriers Toastmasters Club, which is the Club that she currently belongs to. She describes herself as a Jesus girl, who loves life, enjoys spending time with family and friends and travels during her spare time. She is a go-getter who constantly pursues what she believes in.

When she joined Toastmasters, she was immediately put in a leadership position as the Secretary of the Accelerators Toastmasters Club. “That changed my perspective about being only a member of Toastmasters. Not understanding what I needed to do as a secretary was very frustrating at the beginning of my term,

but when I finally got the hang of things, the term had come to an end.” This is when Mamagadi took on her greatest challenge, that of Vice President of Education (VPE) of Breaking Barriers. Besides having to ensure that she achieved her goals she now had to oversee the Club's educational goals, motivate members to participate in Club meetings to make sure they achieved their goals and maximised their investment in Toastmasters. Being a contestant in the Clubs Table Topics Contest made her realise that she could do things she never dreamt of doing.

“Being a Toastmaster, you must be willing to move from your comfort zone and search for information daily. Read, research, take part in other Club's meetings, do not be isolated and make sure that you are not selfish about the information.”

What keeps Mamagadi going is seeing the people she mentored or still mentoring becoming mentors. “One day I would like to look back and be proud of all that

I have been able to achieve. When I feel overwhelmed, I try to take a step back, sit and reassess so I can gather enough strength to continue. I ask myself this question: What is the worst thing that could happen to you if you do this? And remember the only person I am competing with is myself.”

With Mamagadi, the sky is not even the limit.

**Leya Musunga**



# HANDS-ON EXPERIENCE WITH TOASTMASTERS



If you are waiting until you are ready to start something you are already too late, you just have to go for it and get started. These are wise words that were shared with Stanley Phiri who would describe himself as an adaptive person. "If three or five years ago you had told me that I would be doing the things that I'm doing now, I would have laughed, because everything that I'm doing now is something that I had told myself that I couldn't do." A digital marketer and entrepreneur from Lusaka, Zambia, he has been a

“... this is a place where you do not learn by observing or taking a backseat. You learn by doing.”

.....  
Toastmaster since October 2020.

He states that his Christian faith influenced what Club he eventually joined. Although he was first introduced to Lusaka Executive Toastmasters, the meeting time was clashing with a

standing midweek service he attends, he therefore had to find a Club that was more convenient for him, and that is how he joined the Eagles Toastmasters Club.

Due to his passion for digital marketing, after joining Toastmasters he was introduced to the then District 74 PR manager Maude Nale, DTM. Stanley got to be part of the District PR Team and had the chance to create and run digital marketing campaigns across the different countries of District 74. He is extremely grateful for the opportunity, as he got to learn and grow during this period. "I came to learn that Toastmasters is a very hands-on experience; this is a place where you do not learn by observing or taking a backseat. You learn by doing." He then went on to serve his Club as the VP Education (VPE). Being his first Club executive role, he was scared of taking up the role but this was another learning experience. He got to relate with people, learnt how to organise and make a programme work. Being able to rally people to achieve their goals showed him that he could stretch himself further then he would have thought possible.

Stanley credits mentorship as a vital aspect that helped him to achieve his goals. He therefore took the initiative and assigned himself the previous Area M1 director Kabanda Chilekwa as his mentor as he knew she would have a great impact on his role. "She helped me understand what was important in my Toastmasters' journey and to know that if I really wanted to grow in Toastmasters, it is up to me. I have to take responsibility for my growth."

The most valuable lessons learnt during this process is that life will not wait for you. "Life will not take a step back, take a backseat and say because you have made a resolution or because you have set a goal for yourself I'm going to wait for you to achieve it and then I'm going to come back and throw the other things that I intended to throw at you." You have to learn to navigate it, learn to make it work because life will not wait for you.

**Leya Musunga**



## DID YOU KNOW?

The Toastmasters name has existed over a 98-year history. Toastmasters was initially a series of speaking Clubs created by Ralph C. Smedley, which were set up as a place where skills could be imparted in a social environment. Ralph Smedley then coined the term "Toastmaster" as it referred to a person who gave toasts at banquets and other such occasions. The slogan of Toastmasters International, "Where Leaders are Made" was first adopted in 2011 paying homage to the Toastmasters mission of empowering individuals to become more effective communicators and leaders.

**Wame Namponya**

# TOASTMASTERS ROLES AND ACRONYMS

**A**re you considering taking up a Club, Area, Division or District role? Here is a bit of information about them as well as the relevant acronyms:

**AD: Area Director** — Serves as a liaison between the District and its Clubs via semi-annual Area Club visits to understand how Clubs are fulfilling members' needs and how the District is supporting each Club.

**CGD: Club Growth Director** — third-in-command leadership position in a District. This role promotes Club-building and membership-building efforts throughout the District and oversees Club coaches and mentors.

**DCP: Distinguished Club Program** — a set of 10 goals each Club strives to meet between July 1 and 30 June of the following year. A Club's ability to meet these goals is directly related to the overall health of the Club.

**DD: District Director** — the top leadership position in a District. Toastmasters International has 90+ Districts worldwide, encompassing 14,000+ clubs in 120+ countries.

**DivD: Division Director** — top leadership role in a Division.

**Pres: President (Club Officer role)** — responsible for providing the supportive Club environment members need to fulfill their self-development goals, making sure that members benefit from the Toastmasters educational program, and helping the Club recruit new members and retain current ones.

**PQD: Program Quality Director** — second-in command leadership position in a District. This role spearheads education/training events such as the Toastmasters Leadership Institute and other Club Officer trainings, conferences and encourages educational award achievement throughout the District.

**SAA: Sergeant at Arms (Club Officer, Contest or District role)** — responsible for maintaining Club/District property, arranging the meeting room and welcoming members and guests at each meeting.

**Sec: Secretary (Club or District role)** — keeps clear and accurate records of Club/District business, including membership records, and corresponds with Toastmasters International's World Headquarters and others on behalf of the Club/District.

**Treas: Treasurer (Club or District role)** — keeps clear and accurate financial records of Club/District business and for seeing that the Club/District remains financially stable.

**VPE: Vice President Education (Club Officer role)** — in charge of a Club's educational program scheduling speakers and other meeting roles, promoting the Toastmasters educational program and reporting on members' educational award progress.

**VPM: Vice President Membership (Club Officer role)** — responsible for building membership and ensuring a strong membership base by satisfying the needs of all members.

**VPPR: Vice President Public Relations (Club Officer role)** — coordinating an active public relations and publicity program that promotes the flow of guests and publicises Club and member achievements.

*Edith Ute*

## AN INCREDIBLE JOURNEY

**A**s my time as a writer and editor for this magazine comes to a close, I want to take a moment to reflect on my experience.

Working on this publication has been an incredible journey, one that has allowed me to grow both personally and professionally. I have had the privilege of working with a team of talented individuals who are passionate about their craft and dedicated to bringing you the best stories.

As a writer, I have had the opportunity to interview a variety of people from District 74. Each story has been a



chance to learn something new, to expand my perspective and to share my discoveries with you; our readers.

As an editor, I have been challenged to bring out the best in every piece, to help our writers tell their stories in the most compelling way possible. I have learnt the importance of collaboration, of listening to different perspectives and of working together to create something greater than the sum of its parts.

Through it all, I have been inspired by the power of storytelling, by the way that words can connect us, move us, and help us to understand each other better. I am grateful for the opportunity to have been a part of this process, to have shared my voice and to have heard yours in return.

To our readers, thank you for your support and for allowing me to be a part of your lives. I hope that our stories have inspired you, challenged you and brought you joy. And to my colleagues, thank you for your dedication, your talent and your friendship. It has been an honour to work alongside you.

As I move on to new adventures, I carry with me the lessons I have learnt and the memories I have created. I am excited to see what the future holds, both for myself and for this magazine.

Thank you for the opportunity to be a part of this incredible journey.

*Leya Musunga*

# Southern Africa Toastmasters

Presents

## District Club Officer Training



**Date:**  
**24 June 2023**

**JOIN US TO PLAY  
YOUR ROLE WITH:**

**EMPOWERMENT**

**EFFECTIVENESS**

**OWNERSHIP**



**[HTTPS://BIT.LY/DCOTI24JUN](https://bit.ly/dcoti24jun)**

**Time:**

**8am for 8:30am CAT**

**7am for 7:30am WAT**

**9am for 9:30am EAT**

**10am for 10:30am MUT**



## New Clubs

### Discovery Insure Toastmasters

**Charter Date**      **24 May 2023**

**Division**        **Y**

**Location**        **Sandton, Gauteng**

# WHAT TOASTMASTERS EDUCATIONAL PATHWAYS CAN DO FOR YOU

Education is one of the most important and powerful tools that can help individuals achieve their goals and aspirations. Whether it's pursuing a career, gaining new skills or knowledge, or simply improving one's quality of life, education can open doors and provide opportunities for growth and development. In this article, we'll explore the ways in which educational goals can impact personal success and happiness.

First and foremost, setting educational goals can help individuals stay motivated and focused on their future plans. By identifying specific learning objectives and career paths, individuals can create a roadmap for their futures that emphasises their passions, interests and strengths. This can help them stay committed to their goals and avoid getting side-tracked by distractions or setbacks along the way.

Setting and achieving educational goals can provide a sense of accomplishment and satisfaction. It can be incredibly rewarding to work hard and see the results of one's efforts pay off in the form of new skills, knowledge or opportunities. This can help individuals feel more confident, competent and self-assured, which can in turn lead to greater happiness and success in all areas of life.

In addition, pursuing educational goals can help individuals stay adaptable and resilient in the face of change. In today's rapidly evolving world, it's essential to be able to learn new things and adapt to new situations in order to stay relevant and successful. Pursuing educational goals can help individuals develop these skills, which can serve them well throughout their lives and careers.

Finally, education can help individuals expand their horizons and gain new perspectives on the world around them. By exploring new subjects and engaging with people from diverse backgrounds and cultures, members can broaden their understanding of the

world and develop greater empathy, compassion and curiosity. This can help them to lead richer, more fulfilling lives, and contribute meaningfully to their communities and society as a whole.

In summary, Toastmasters' educational goals can have a profound impact on personal success and happiness, providing motivation, satisfaction, adaptability, and perspective. By setting specific goals and pursuing them with a spirit of passion and dedication, members can unlock new opportunities and achieve their dreams. Whether it's pursuing a career, learning a new skill, or improving research skills, educational pathways are powerful tools.

**Edith Utete**

## THE PERILS OF SELF-DEVELOPMENT

Everyone praises how good and well self or personal development is. No doubt, it's extremely important. True to this is the statement made by Ralph Waldo Emerson when he said, "The only person you are destined to become is the person you decide to be."

However, no one talks about how difficult it actually is to show up for yourself, consistently. No talk is made about how challenging that is. How one must constantly motivate themselves to do it for self-betterment. Met with challenges of life, one can lose sight of the end goal of the process. Which is, the overall development of self and ultimately life.

The era of COVID-19 was one such challenge which put survival at the top of everyone's list. Everything else was placed on the back burner. The aftermath of COVID-19 has also seen an increase in the cost of living due to an eminent financial recession and life



has completely changed. The efforts which were easier to make before are now even more restricted.

COVID-19 is the best example as most people can relate. However, other obstacles of life exist and continuously bar people from reaching their self-development goals. There is a need to decide and internalise the mission to better one's self daily despite all of life's current challenges. Zig Ziglar had this to say about it; "Outstanding people have one thing in common: an absolute sense of mission."

Another quote comes to mind by Stephen R. Covey when he said, "But until a person can say deeply and honestly, 'I am what I am today because of the choices I made yesterday,' that person cannot say, 'I choose otherwise.'"

The benefits of prioritising self-development remain; allowing one to escape their comfort zone, cultivating self-awareness, improving one's strengths and boosting self-confidence. Thus, it will always remain important. Make the choice to continue to better yourself because even amidst the challenges today, you shall thank yourself tomorrow.

**Tumelo Maphalala**

# MAKING THE MOST OF EDUCATIONAL PATHWAYS

**A**s a new Toastmaster, there are a few things you can do to make the most of the educational Pathways in Toastmasters:

1. Start by familiarising yourself with the different Pathways available. There are currently 11 different Pathways to choose from, so take some time to review each one and see which one best aligns with your personal and professional goals.

2. Once you've chosen a Pathway, review the requirements for each project carefully. Each project is designed to build specific skills, so make sure you understand what's expected of you before you begin.

3. Take advantage of the online resources available through the Basecamp portal. In addition to the project guidelines and evaluation forms, there are also videos, articles and worksheets available to help you prepare and deliver your speeches.

4. Practice, practice, practice. The more you speak in front of others, the more comfortable and confident you'll become. Take advantage of every opportunity to practise your speaking skills, whether it's at a Toastmasters meeting or in your personal life.

5. Seek feedback from others. One of the most valuable aspects of Toastmasters is the feedback you receive from others. Take advantage of the evaluation forms provided on Basecamp and ask other members for constructive feedback on your speeches and presentations.

6. Finally, don't be afraid to ask for help. Toastmasters is a supportive community, and members are always willing to help others achieve their goals. If you're struggling with a particular project or skill, reach out to other members for guidance and support.

By following these tips, you can make the most of the educational Pathways in Toastmasters and achieve your public speaking goals. Remember: the key to success is practice, persistence and a willingness to learn from others

**Edith Utete**



## MY JOURNEY AS A WRITER FOR THE DISTRICT 74 MAGAZINE

**T**oastmasters offers great opportunities not just for communication growth but also leadership growth through doing. Having this knowledge, I did not hesitate to take up the role of Contributing Editor of the magazine when encouraged to do so by the magazine's Managing Editor, Leya Musunga. Through this journey, I have connected with people from all over the District and learnt how to write engaging, thoughtful content. I have also been able to translate my love for speaking into a written format.

One of the greatest challenges that I have overcome through this journey is in understanding the subtle nuances and differences that come with writing for the purpose of delivering a speech and writing for print media. The time serving the magazine has been a great honour and I enthusiastically recommend that anyone take up the role to learn, network and grow.

**Wame Namponya**





# Triple Crown Award



**ACHIEVED 3 EDUCATIONAL AWARDS IN A SINGLE YEAR**

## *Congratulations!*

### Completed 3 levels

Angelina M. Mazibia  
 Antonin Ulrich van der Merw  
 Bayanda Mkhathshwa  
 Cathrine R. Chitsunge  
 Chantalé Bester  
 Charl Francies  
 Domingos Novela, DTM  
 Edith Utete  
 Edmund Khoaseb  
 Enias T. Chingwe, DTM  
 Fadziso B. Mango  
 Fanantenana Randriamahanintsoa  
 Fernando J. Azevedo  
 Filomena Borrageiro  
 Florence Mudzingwa  
 Forgive M. Mutende  
 Frances Kazan, DTM  
 Grace Liwewe  
 Hannah B. Toofanee  
 Helder Y. Sa  
 Heshna Sobha  
 Hope Thebe  
 Houmdah Tajoo  
 Irina Nambininandro  
 Ishwaree Subramanien  
 Jeeana Appadoo, DTM  
 Josette Boesak  
 Judy Sunasky  
 Julie Abdul  
 Karim Meghani  
 Kirsten Vagle  
 Lee-Ann Sinden, DTM  
 Liosa R. Hodzi

Lorraine Penduka, DTM  
 Lwazi Ntshingila  
 Madhvee Subramanien  
 Mark Beverley  
 Mfundo Delihlazo  
 Mildred Mashingaidze  
 Mojabeng Tigeli  
 Mona-Lisa Mpofo  
 Motlatjo M. Mahlo  
 Muriel R. Chitehwe  
 Nadeem Oozer  
 Nicholas Bush  
 Nonofho Kgotlaetsho  
 Noxolo M. Ngoako-Thomas  
 Prishani Nundkisun  
 Rachel-Leigh Audier  
 Raul Chacumba  
 Rita Ravelojaona  
 Rossana Ebraim  
 Ruth E. Enock  
 Saron Lengana  
**SHAUKAT BHUNNOO-CHITAMUN**  
 Shazeea Choychoo  
 Sizwakele Ndlovu  
 Sophia K. Misplon  
 Stewart Chibanda  
 Tahiana Rakotomahatratra Nary  
 Tenielle Buchler  
 Thembinkosi Ndlovu  
 Tsietsi Madileng  
**ULINDA STEWARD MPONELA**  
 Urvesh SUSTY  
 Valentine Muradzikwa, DTM  
 Zaina Limalia  
 Zeenat Fugurally



# Triple Crown Award



**ACHIEVED 3 EDUCATIONAL AWARDS IN A SINGLE YEAR**

***Congratulations!***

## Completed 4 levels

Anald Musonza  
Anesu I. Chatyoka  
Aroona Mugon  
Carla Wasserfall, DTM  
Frazer Matonga Dzonzi  
Gabriel S. Khumalo  
Jan B. Hlatshwayo  
Johan P. Viljoen, DTM  
Jorge Munguambe

Katlego Phage  
Khathutshelo Tshikovhi  
Lame Mthethwa  
Laza Randriamifidimanana  
Leya Musunga  
Lizzy Moyo  
Mandy Moyo  
Movan C. Mahanya  
Mpho Makgatho

Norma E. Daniels  
Nthathi B. Mokhantso  
Oscar Maisiri  
Robert Ward, DTM  
Sonia Morele  
Tracy Ushe  
Vashuda Devi Degnarain  
Vyankoj S. Mulloo  
Willene Venter

## Completed 5 levels

Chantelle Ashley  
Hawa Ibrahim  
Juanita Scott  
Kobie Lottering  
Kudzanai P. Ngorima

Kudzanai P. Ngorima  
Luciano M. Joan  
Martha Kgonodi  
Njabulo Thela, DTM  
Prince B. Beza

## Completed 6 levels

Elaine O'Gorman, DTM  
Esau Kasonda  
Isaac C. Ziba  
Nocawe Nkosi  
Vusi Nkosi

## Completed 7 levels

Mzonjani Nkomo

## Completed 8 levels

Bryton Masiye  
Dilshaad Rajabalee

## Completed 10 levels

João Sarmento  
Joselyn Matizanhau  
Natalie Thomas

## Completed 12 levels

Egbert J. Scherma

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[www.toastmasters74.org](http://www.toastmasters74.org)



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