

ACHIEVING EXCELLENCE

ISSUE 3 | OCTOBER 2022

SIMALUMBA

NAWA

**AGAINST ALL
ODDS**

EDUCATIONAL

10 WAYS TO

GROW YOUR CLUB

**EVENTS AND
ENTERTAINMENT**

VIRTUAL TOASTMASTERS
JOURNEY

THE FIRST TOASTMASTERS
DEBATE CLUB

LEADERSHIP

LEADING WITH
SOCIAL COURAGE

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REDEFINING LEADERSHIP IN AFRICA



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NOTE FROM THE MANAGING EDITOR

“*Spring can be the chance to hit the reset button*”

Did you know that everyone experiences mental health problems, from minor to acute, from stress to anxiety? I have certainly felt the heat of both self-imposed and external pressures before, felt like I was burning the candle at both ends. I have been emotionally and physically fatigued, felt like my goals were suddenly out of reach and it has resulted in discouragement and believing that I may not achieve my goals. And it is true, sometimes our best-laid plans fall through, projects fail and no one shows up to an event.

I have learnt that rest is vital for better mental health, it is good to unplug once in a while, from the busy world we live in. Besides my bigger goals, I have a list of easy to accomplish short-term goals that says; be a good friend, be a better listener, call family more often, volunteer at church, read a book, remember to say thank you and so on. As silly as they may sound, I have discovered that they help me relax, broaden my perspective and enrich my daily life because I can realistically conquer them, which lifts a weight off my shoulders and mentally prepares me for bigger challenges.

Eleanor Roosevelt says, “With the new day comes new strength and new thoughts,” a reminder that each day is an opportunity to do things better. Our current issue is filled with stories to encourage and inspire you to keep on pursuing your goals and we hope that it will ignite new ideas for you to keep moving forward and conquer too. Cheers! **Leya Musunga**

FROM THE DISTRICT DIRECTOR'S DESK

It ain't over, let's finish strong, together

We have just started the last lap of the 2022 calendar year and if you are like me, you are exhausted and cannot wait for the year to end! Fridays are slow and Mondays too quick to show up, right? Aren't you ready to just start from a clean slate, come 2023?

I thought so, until I came across my notebook where I wrote my personal goals for 2022. I have achieved a few them, but I still have some that I need to tick off. I called a few of my friends and asked them to help me tick them off. Others will hold me accountable, and still others will help me accelerate them. Did I mention that these friends are Toastmasters?

“Toastmasters” is not a building. It's a community of supportive and positive people who are dedicated to personal



Andrew Tsuro, DTM
District 74 District Director

and professional development and your development is my growth opportunity. Have you shared your personal and professional goals with your Toastmasters club members and fellows? I want to encourage you to do so. If they don't help, reach out to me: districtdirector@toastmasters74.org – I will do all I can to help you catch up to your 2022 goals.

I am after all being supported, so why not extend the courtesy to you too?

It ain't over, let's finish 2022 strong together!

LEADERSHIP

THE CLUB LEADERSHIP TRIO

One of the more conventional Toastmasters leadership roles is to serve as a member of the 7-person executive committee of a Club. Toastmasters, however, offers a number of ancillary leadership roles for more experienced Toastmasters such as the Club coach, Club mentor and Club sponsor.

1 Club coach

The primary role of a Club coach is to assist Clubs to rebuild membership and restore Club quality. Active Clubs which have a minimum of three but no more than twelve members qualify to be allocated a Club coach who will serve along-side the Club executive committee to assist the Club to reach Distinguished Club or better status.

2 Club mentor

Newly chartered Clubs are assigned a Club mentor to serve as an advisor to the Club for a period of six months. A

Club mentor bestows wisdom, imparts knowledge and uses their experience to guide the new Club through the initial months and lays a firm foundation for the future conduct of the Club.

3 Club sponsor

A Club sponsor is someone who has identified a need and assists in the chartering of a new Club. The Club sponsor is responsible for completing all of the necessary leg work to identify potential Club members, organise meetings and completing all of the documentation required to successfully charter Clubs.

Successful completion of any one of the above assignments is recognised towards obtaining Distinguished Toastmaster status.

Wame Namponya



YOUTHFUL AND READY TO ROAR IN THE CITY OF KINGS

Angela Sibusiso Moyo, the current President of Supreme Toastmasters Club, defines herself as an inspirational, authentic, powerful young lady who aspires to be a Motivational Speaker, Author and Transformational Life Coach. Her dream is to travel around the world and help other people find their voices too.

How has Toastmasters helped you find your voice?

Toastmasters is one platform that has helped me elevate, grow and evolve. Finding my voice has been one of the transformations that has led me to redefine who I've been, re-create a better world for myself and the next person I encounter. It has provided the safe learning space that is conducive for growth, with the presence of great vibrant souls who keep you on the

edge, support you, hold you accountable, reminding you that it's possible!

As a young President, how are you going to redefine leadership in your Club and your community?

The world still needs competent communicators and leaders in various fields. I plan on helping members to develop and nurture these world-class skills. Instinctively, I feel this is the time to make history, make noise, spread the word out there and gain more new members. I believe every one of us is a leader in their own area of gifting, so, the more we can get our confidence back, talk better, with more clarity and conviction of our truth, productivity is inevitable.

I'm actually planning on engaging all the members and finding a different place where we can meet up, get to know each other more and share our thoughts. The aim is to learn, grow and be ready for the next best seasons of our lives.

What encouragement would

you give other young non-Toastmasters?

"The journey of a thousand miles begins with an ice-breaker" - a mentor said this when I presented my first speech in Toastmasters. That was the day when my life took a huge shift, both inwardly and outwardly. A flame was ignited in me. To young non-Toastmasters, I would say hop in, your greatness awaits. The earlier you can wear your confidence and come to know that everything is available to you, the better. All you have to do is just go after it and get it, then you become a force to be reckoned with. It's all a step-by-step journey. You are more than capable. But through it all, you need a hand. One hand is picking yourself up, accepting full responsibility that you are the one to take yourself to where you want to be. The other hand is allowing the giants who have gone ahead to teach you, lead you, show you, stretch you and it will save you a lot. Alone you can go fast, but together we go far.

What sort of challenges are your members facing?

Generally young people have highly demanding and conflicting personal commitments resulting in absence in the meetings / trainings and finances.

As a young and dynamic leader, how do you intend to tackle these challenges

I will connect with my mentors and leaders for guidance. I'm also planning on actually engaging all the members through something like a braai. So far I've discovered that we don't really know each other and we need to close that gap.

Noma Muzunze



Angela Moyo
President of Supreme Toastmasters Club



MAXIMISE YOUR INCOME POTENTIAL THROUGH REMOTE FREELANCE WORK

As we become accustomed to the Toastmasters journey, we may grow to lose sight of opportunities that await us in the freelance market space; we may undervalue the benefits that come with being a Toastmasters member, such as improved communication abilities. Freelancing can be financially rewarding and provide flexibility to work when you want. Freelancers can choose what they want to do and still make a competitive salary.

Suppose you're looking for a way to make an additional income or want to measure the worth of your communication skills in the economic context. In that case, here are three of many remote freelance gigs currently on the online market.

Speech Writing

You not only provide speechwriting services, but you also can write and prepare presentations and other communication materials. You develop a message, craft the ideal tone and ensure every word that you write is tailored to your client's audience's needs.

Public Speaking

Since the Covid pandemic, most professions have had to go online. Public speaking is one of them. Most companies need to boost the morale of their staff to help improve work productivity and some companies require a public speaker to promote their product, emphasising their best qualities. As a public speaker, you could tailor your offerings to a specific need or in a particular niche.

Sales Closing

Want to test your skills of persuasive communication in the real world? Become a sale closer and make a quick buck while at it. You can do it all in the comfort of your home or while relaxing on a yacht somewhere. Cold-call closers make cold calls for their companies, depending on who their clients are. Some of them only set appointments with customers they reach by calling telephonically or via LinkedIn; others sell products or services through those same cold calls.

Zesipho Canca

STABLE AND SOUND MIND - THE BACKBONE OF LEADERSHIP

Mental health has profound implications for workplace performance and the employee experience and thus must be top priority for every leader. One leader who has dedicated herself this year to bring light into this topic is Area D1 Director Nerissa Mnemba from Cape Town. Ms Mnemba decided to start a Club, Stable and Sound Mind Toastmasters, which was launched in August 2022 as a way to have more conversations on this topic.

Nerissa is a wife and mum to three children. Her middle child, diagnosed seven years ago, is on the Autism Spectrum, has ADHD and Tourettes and recently received a depression diagnosis as well. This is what has inspired Nerissa to start the new Club. She stated, "For years I struggled with accepting the diagnosis, and it took a toll on my sanity. When I joined Toastmasters, I realised that I have a voice to help millions of mums around the globe. The more I shared my story through speeches, the more I realised the need to raise awareness about mental health issues."

Since embarking on her Toastmasters journey, she has gained the skill to compartmentalise her life - everyday there's a portion of her 24 hours dedicated to Self-Care - and that's the most important time of her day as it determines how impactful she is going to be in her other roles of mom, wife, student and business woman.

The Club's maiden meeting was graced with two speakers. The first speaker Desderia Matara, a Toastmaster, shared how she lost her confidence due to gender-



Nerissa Mnemba, Area D1 Director

based violence. She reached a point where she could not recognise herself and she credits Toastmasters for giving her the opportunity to share her story and to be vulnerable which has aided her on her road to recovery. The meeting also had a guest Speaker, Zandile Samkange-Bwoni, a mental health recovery coach, founder of Mental Health Zimbabwe who lost her child 13 years ago, and was diagnosed with bipolar. She shared her own story of living with the diagnosis and the daily challenges that she encounters. The audience kept the Zoom chatbox busy with engaging questions.

Nerissa's wish is that Stable and Sound Minds Toastmasters will be an oasis of refreshment for women and girls. She added, "It goes without saying that women are always encouraged to be strong, but how strong can a woman be without mental stability and a sound mind?" A sound and stable mind is very possible. The earlier we create a safe environment for people to be vulnerable, the earlier we can deal with this social issue, without side-lining others.

In the words of Glenn Close, "What mental health needs is more sunlight, more candour and more unashamed conversation."

Noma Muzunze



LEADING WITH SOCIAL COURAGE

Going on a first date, taking a leadership role, or giving a public speech all require a type of courage. In our previous issue, we looked at empathetic courage as a type of courage leaders need to foster unity and resolutions...but how about when faced with uncomfortable first time experiences or when having an opinion that doesn't tickle the fancy of the majority? In this article, we are looking at another type of courage, known as Social Courage.

Have you found yourself not speaking up because you feared your ideas would not be accepted? I have, on many occasions. Social courage is about standing up tall.

Social courage means not conforming to the expectations of others, being willing to show your true self even if it means risking social disapproval or punishment. It also means being comfortable in your own skin, expressing relevant opinions and preferences without checking to see if they are in line with "everyone else's".

People with social anxiety need this courage. Leaders at different levels need this courage whenever they enter a social situation. I've had my share of Imposter Syndrome as a result of being ambitious and some rooms, roles and positions that I've held have made me cultivate social courage because without it, I would not freely experience myself and lead with a personal touch to do what I do. Many people who lack social courage are copies of different people without a sense of personal expression or style.

Social courage seems to be about freedom of expression but don't get it twisted, it also speaks about knowing when not to speak. In the words of Winston Churchill, "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

Clinton Kadochi



Interesting facts about a woman who strongly believes that, "It always seems impossible until it is done," include being an avid hiker and trekker who is also a pescaterian. Her first ever flight, the second international trip, in 2005, took her on one of her many "impossible" dreams; that of climbing Mount Kilimanjaro. The first time Angie had ever left South Africa was by road, to the second largest canyon in the world, the Fish River Canyon in Namibia. Since then, her original wishlist of "impossible" dreams has been ticked off, one at a time. There are new adventures still in the pipeline. Where to next? We will see..

In this month's Leading Women series, I spoke to Angie Kivido, the Port Elizabeth born Club Growth Director for Toastmasters Southern Africa who has been a Toastmaster since 2010. With a whopping 28 years of service in the same organisation, Angie is in the finance sector of a local government environment.

Angie Kivito
Club Growth Director
Toastmasters Southern Africa

Leading Women Series

ANGIE KIVIDO

As a leader, how do you empower others on the team?

Whether in my professional life or my Toastmasters journey, I provide enough guidance to team members on what is expected from them, and allow them the space to be innovative and to problem solve; not to just meet the outcome required but to exceed their own expectations. It has been highly rewarding to see them succeed.

What are some of the challenges for future female leaders?

Leaders are not defined by gender, but by their ability to inspire others to greatness. As leaders, whether male or female, young or mature, professional or non-professional, we can impact our spheres of influence.

There are many challenges facing the world today, but the greatest weapon we have is being aware that our actions have a ripple effect in the lives of others around us, hence we should endeavour to tread lightly and always try our best to leave this world better

than we found it.

What leadership traits resonate with you the most?

Servant leadership. Being of service to others brings me so much joy, it resonates with my purpose to impact even just one life in a meaningful way.

What is the best leadership lesson that you have learnt in your Toastmasters journey to date?

Patience and kindness - We don't know what challenges individuals face, being cognisant that Toastmasters is a voluntary learning organisation where members don't get paid. They participate because they are working on self-development skills. This is a learning organisation and we should embrace the sweet and not-so-sweet moments in our growth journeys.

Can you walk us through the moment when you think you were bravest?

Wow, there are many! In hindsight, not sure if it was bravery, my first time standing on a stage, speaking to over 200 exceptional Toastmasters, asking them to elect me as Division E Director in 2018. This unplanned moment set the scene for my journey to becoming Club Growth Director in 2021/2022 and currently the Program Quality Director. This is the bravest thing I have ever done, but I am navigating my way with the help of Toastmasters from across Southern Africa and the broader international community.

If you were a brand, which one would you be and why?

Never thought of myself as a brand before, but, if kindness was a brand, I would want to be remembered by this trait. Kindness costs nothing, but its value increases over time in the lives of others, as it is replicated through their actions.

Martha Mpakula

NURTURING MENTAL WELLBEING

Mental health issues have become very topical in recent years. In the post COVID-19 era, general anxiety levels among individuals have been recorded to be on the rise as people are adjusting to the new normal.

September was Suicide Prevention Month and the world over, communities were engaged in programmes to raise awareness around mental health issues as a key factor in suicide rates. As Toastmasters, mental wellbeing is of key importance because we are leaders in grooming leaders and our attitudes

and positions around mental health determine the quality of teams that we build. The writer caught up with some members and requested them to share the tactics they implement to nurture their personal wellbeing. Because Toastmasters is a great learning space, we take this opportunity to learn from each other how other leaders keep their heads fixed above their shoulders!

Nobantu Lebona - Mbambane Toastmasters Club, Swaziland - I have found reading books by Robin Sharma very inspiring. When you are at your wits' end you sometimes just need a road map telling you exactly what to do. His morning routine helps me. Hiking in nature or gardening is also a beautiful way to regroup.

Caroline Muyambi - Metropolitan Toastmasters Club, Zimbabwe - As a Christian I draw a lot of

inspiration from the Bible. I also do exercises during which I focus on breathing and stretching. It keeps me centered. Lastly, I am constantly practicing mindfulness, being in the moment and savouring it.

Faso Ramangamihanta - The First Toastmasters Club of Madagascar - I like praying, it refreshes my mind. I also take walks, smile at everyone I meet along the way, it's rejuvenating. I contact my friends to find out about their health or general situations. Listening to someone else makes me feel valuable.

Mahwidi Jonas Mashifane - Golden Gavel Toastmasters Club - South Africa - I take time to play with my children. I also rest and step back to take a break. I work hard to make a living. I would like to afford a comfortable lifestyle.

Nqobile Dube - Bulawayo Diamonds - Zimbabwe - I choose to dream and see a big and better future regardless of my current circumstances. I also connect quite regularly with my mentors, spend more time where I am celebrated more than tolerated and focus and concentrate on what brings great joy to my heart.

Boitumelo Mothoagae - Vodacom Toastmasters Club - South Africa - I actually write five daily affirmations on post-it notes that I keep in a small jar and re-read them as the day goes by. I also listen to podcasts and TEDTalks that speak on mental agility and self mastery. Reading fiction aids me to get my mind to focus on something else when I'm not in a good mental state.

Tsungai Manyeza

EDUCATION

TIME MANAGEMENT IN SPEECH DELIVERY

It is every speaker's greatest ambition to maintain a captive audience throughout their speech; that ultimate "TED Talk" type of delivery in which the audience is attentive and engaged. This very positive relationship is achievable through developing a high quality speech that is rich in content and is well structured. Additionally, one key weapon in your arsenal to ace this target is found in managing your speaking time.

Here is how you can improve managing your time effectively so that it is long enough to cover the essentials and short enough to maintain interest:

1. If you have been invited to speak, engage with the convener to clarify how much speaking time has been allocated to you and whether this also includes questions and answers. This helps you to correctly budget the time that you have to speak when you prepare your content.
2. Prepare your speech and practice it with a timer. This will help you to practice the pace of your speech appropriately and make necessary adjustments. Without this practice, some speakers end up spending too much time on their introduction and then racing through the rest of the speech. This can be very discomforting to the audience as it leaves them inadequately served.
3. When presenting the speech, it is recommended to find a creative sentence to declare to the audience that, "Over the next ten minutes I shall be sharing with you my insights on.... (stating your topic)." This is a smart way of entering into an unwritten mutually binding contract with the audience, confirming that you will need a set amount of time for their attention in order to give them this wealth of knowledge. Most audiences will settle down with ease and full concentration at this announcement.
4. In the event of it being a humorous speech, be mindful not to allow the laughter to spiral you out of time. Through gestures and vocal techniques, bring back the audience's attention to your speech so that you do not lose out on your time.
5. Avoid being unnecessarily wordy. According to kindcongress.com you can save significant time for better use in your speech by rephrasing your sentences to make them more direct and succinct. Below are examples.
 - Example: So, what I'm wondering though is how you apply the medication?



Suggestion: How do you apply the medication?

- Example: We really like to say like two hours max of TV a day.

Suggestion: We recommend children watch only 2 hours of TV a day.

6. Lastly, use visual aids where possible. Exhibits, PowerPoint presentations or artefacts relevant to your speech may help you to save time as you will not be required to engage in protracted attempts at describing.

Audience concentration spans will differ, depending on the age of the audience, the context in which the speech is delivered and the perceived value of the content being delivered. Being respectful of time will go a long way to increase the levels of engagement of the audience across the board and the probability of their anticipation to listen to you again in the future is heightened.

Tsungai Manyeza

WINNING WAYS TO GET MORE RENEWALS IN CLUBS

How does a Club ensure that its members renew their Toastmasters membership? A masterclass was recently organised to this effect and below are some of the ways that the Club executives can use to do exactly that.

Start by finding out if members are happy by:

Carry out a survey and interact with members to see if they are happy with their Toastmasters journey to date. Have a WhatsApp call with individual members. Share a document to gather information on what their position is right now.

How do we make our members happy?

Offer incentives. Give discounts, gifts, prizes and so on. Understand your econ-

omy and how best to support finances. Have at least one Open House during each membership drive season. Convert prospects into members by having an introduction to Toastmasters with an overview of benefits during meetings. Follow up with them a day after the meeting. Then after a week follow up again. Check if they're happy to keep receiving information from you. Then send emails every two weeks, then monthly. Email prospects once or twice a month with updates. Share your personal story to as many people as possible highlighting your successes as a Toastmaster. Run a lead generation on Facebook to attract more prospects.

Edith Utete

FOCUS ON SOFT SKILLS

Soft skills are interpersonal attributes that are essential for one to succeed in the workplace. Unlike hard skills which are specific technical skills for varied professions, soft skills are critical in all professions and at all levels. Examples of soft skills include the ability to effectively communicate, time management, problem solving, teamwork, leadership, critical thinking and listening skills.

According to the National Soft Skills Website, research conducted by Harvard University, the Carnegie Foundation and the Stanford Research Center concluded that 85% of job success comes from having well developed soft and people skills, and only 15% of job success comes from technical skills and knowledge.

Hard skills are acquired through formal training but soft skills, although not necessarily acquired through formal learning, can be learnt and developed. A tried and tested avenue that one can use to develop soft skills is through the Toastmasters Education programme. Here, one can develop over 300 competencies such as leading teams, interpersonal communication, oral and written communication, among others.



Rudo Masango

EDUCATION SEGMENT



Omega Brown

MEMBER SPOTLIGHT - OMEGA BROWN

Omega Brown from Eloquent Toastmasters Club in Malawi joined Toastmasters because she felt she needed to do something worthwhile other than work. "In return I got loyal friends and became a better speaker! Of course, I was already a chatterbox but now with structure," Omega said about her life as a Toastmaster.

A Toastmaster for the past ten years, she sees Toastmasters as part of her life agenda and hopes to continue to work on being a better speaker and marketer that can sell anything. She has previously served as Vice President Education, President, Area Director and Division M Director.

Leya Musunga

MEMBER SPOTLIGHT CLARA MALUNGA

A Toastmaster for the past 10 years, Clara Malunga is a member of Eloquent Toastmasters Club from Malawi. She joined Toastmasters to learn communication and leadership skills, which are vital to her personal and professional development in our competitive world. Different people have described her as a leader who commands authority, but very few know that one of her biggest challenges in life is procrastination, which she says has robbed her of many opportunities. She hopes to conquer this challenge within the next twelve months.

"All obstacles reveal what you really believe and who you really are. They introduce you to yourself." This is one of the many

quotes from *You're born an original - don't die a copy*, a book by John Mason which continues to challenge Clara and is helping her in changing her attitude to life. She has previously served as an Area Director, President and Vice President Education.

Leya Musunga



Clara Malunga

THE 77-DAY CHALLENGE

The 77 day challenge was devised by the 2001 World Champion of Public Speaking, Darren LaCroix, as a way to exponentially increase your speaking skills. The challenge consists of recording live, short daily videos on any topic and sharing it on a chosen social media platform every day for 77 days. Paying homage to the number of days he had to write his winning international contest speech, LaCroix challenges all of us to take up the challenge and watch our skills grow as we become more comfortable in front of the camera, in collecting our thoughts and in expressing ourselves. Will you be taking up the challenge?

Wame Namponya

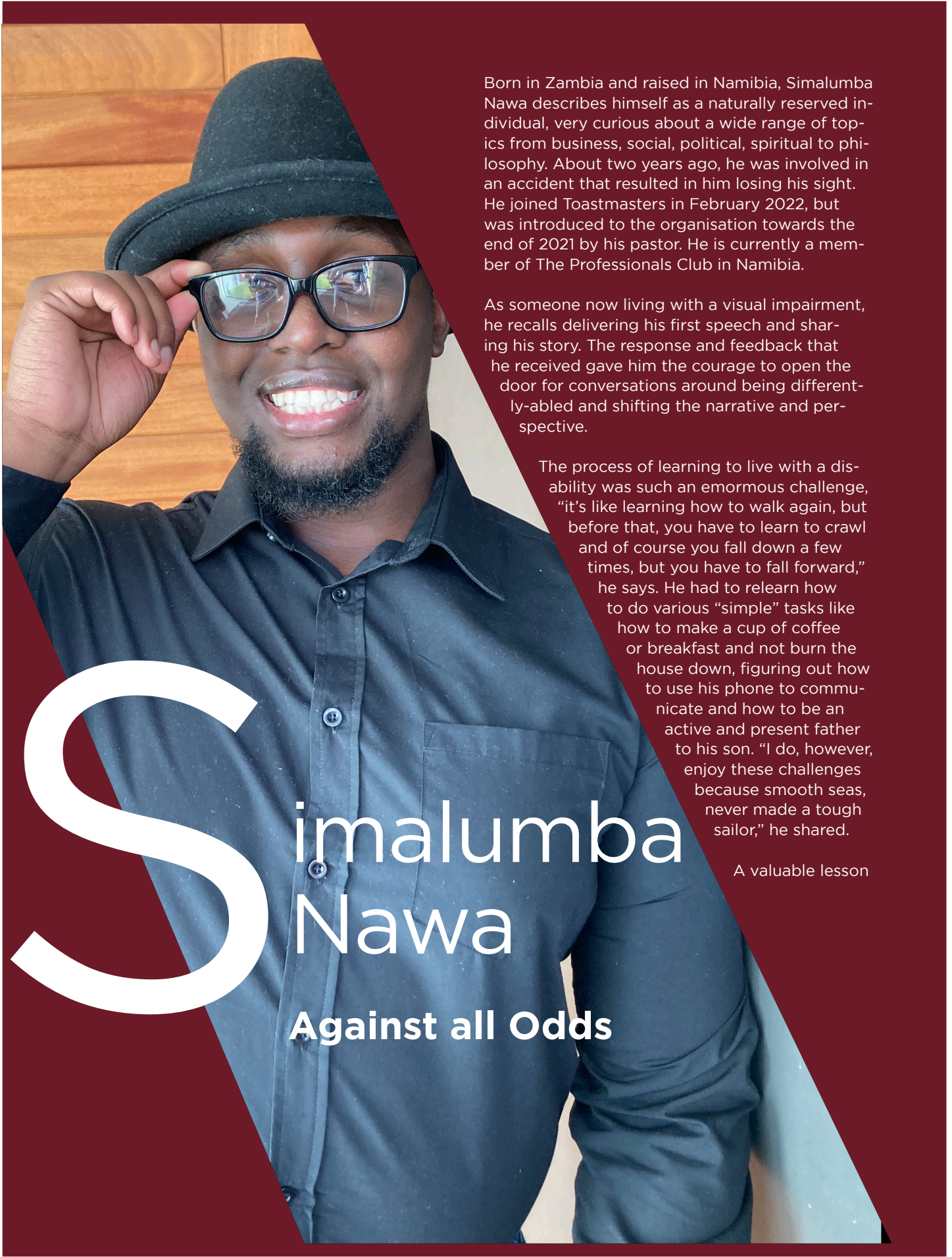
REIGNITING YOUR WHY?

There are a myriad of reasons for joining Toastmasters. For some, it is simply to give better presentations, for others it is to take up space in a leadership position, which without intervention of Toastmasters might be daunting.

No matter the reason, the Toastmasters journey is one that can be fulfilling, exciting, exhilarating and equally taxing on the individual. Fully immersing yourself in everything Toastmasters may require sacrificing personal and family time, sacrificing personal growth for your Club members and now that we are more digitally connected than ever before, you might find yourself spending more time and taking on more roles and tasks and in such instances it's easy to burnout and lose sight of what propelled you to join the organisation in the first place.

If you ever find yourself in such a position, remember your WHY, and most importantly, remember how far you have come on your journey and just how much further Toastmasters can take you.

Wame Namponya

A portrait of Simalumba Nawa, a man with a beard and glasses, wearing a dark shirt and a black bowler hat. He is smiling and adjusting his glasses with his right hand. The background is a warm, wooden wall. The image is partially overlaid by a dark red geometric shape on the right side, which contains text.

Born in Zambia and raised in Namibia, Simalumba Nawa describes himself as a naturally reserved individual, very curious about a wide range of topics from business, social, political, spiritual to philosophy. About two years ago, he was involved in an accident that resulted in him losing his sight. He joined Toastmasters in February 2022, but was introduced to the organisation towards the end of 2021 by his pastor. He is currently a member of The Professionals Club in Namibia.

As someone now living with a visual impairment, he recalls delivering his first speech and sharing his story. The response and feedback that he received gave him the courage to open the door for conversations around being differently-abled and shifting the narrative and perspective.

The process of learning to live with a disability was such an enormous challenge, "it's like learning how to walk again, but before that, you have to learn to crawl and of course you fall down a few times, but you have to fall forward," he says. He had to relearn how to do various "simple" tasks like how to make a cup of coffee or breakfast and not burn the house down, figuring out how to use his phone to communicate and how to be an active and present father to his son. "I do, however, enjoy these challenges because smooth seas, never made a tough sailor," he shared.

A valuable lesson

Simalumba Nawa

Against all Odds

learnt during this ordeal is that, “we can not control what life might throw at us, but we control how we respond to challenges, failure and opposition, that when handled in the right way can become a powerful asset.”

His son, born shortly after he lost his sight, is what keeps him motivated and that was one of the biggest catalysts for him to get back up on his feet and find meaning and purpose despite his difficult situation.

With his family being his cornerstone, he shared that he would not be able to do what he does without their love and support; having them as a solid support system has been invaluable.

He is also extremely lucky to have an empathetic Toastmasters mentor in Jarri Virere, who has walked the journey with him from the beginning, “she has committed herself to my process and continues to guide me on my path.”

With an academic background in information technology, which has pivoted to youth development, mentoring and community development, he now visits different educational institutions to give motivational talks, sharing his story in order to inspire, influence and impact the community positively. Simalumba is also a mentor for an NGO called Tulonga Foundation, which is dedicated to providing opportunities for marginalised youth through various educational programmes.

He is already exploring ways in which he can use his knowledge in technology to help the visually impaired through assistive technology.

Simalumba is most proud of making the decision to choose life and really

live, “I’m really humbled that I can be just one of many that transform the narrative and perspective around not only the visually impaired but differently abled persons as a whole and rehumanise our community.”

He was recently selected as one of the speakers at the TEDx University of Namibia event in October

2022 this year. “I pinch myself daily because I still can’t believe it,” he excitedly said.

“I would like to be remembered as someone who served his community, and was of significant value

to others and someone who opened doors for others to better themselves,” he concluded.

Leya Musunga

“Smooth seas never made a tough sailor”

DIGITAL WELLBEING TIPS FOR TOASTMASTERS

As Toastmasters, we spend a lot of time on our digital devices for trainings, Club meetings, networking events and so much more. While all these areas are critical for our growth as leaders and communicators, we need to be mindful of the impact of being connected to our holistic wellbeing. Here are five steps to get you started:

- 1. Step away from the screen.** Allocate times everyday to disconnect from your digital devices. Give yourself time to stretch your legs, rest your eyes, neck and back and to do other things that are off screen.
- 2. Turn off devices at least an hour before bed.** Turning your devices off an hour before you plan to go to sleep will allow for a more restful and relaxed sleep. Try reading a book, meditating or taking a relaxing bath before bed to prepare yourself for deep and relaxing sleep.
- 3. Set boundaries.** The internet never sleeps but you need to. Silence notifications, put your phone on flight mode or switch it off from time to time. Let the people in your life know the times that they can or cannot reach you online. Set boundaries for yourself and others and stick to them.
- 4. Opt for offline where applicable.** When possible, try to book in person meetings as much as you can. Reducing online interactions by even one meeting a week is sure to make a difference. There is no one-size-fits-all approach for productivity and efficiency but keep a close eye on your overall well-being. You can also make use of flexible hybrid meeting options. With the available options to choose between virtual, physical and hybrid meetings pick what works best for you.
- 5. Disconnect.** Unplug completely from time to time. Make time to connect with friends, family and colleagues in person and get to share the many wonderful benefits of being a Toastmaster.

Edith Utete

TEN WAYS TO GROW YOUR CLUB

Growing membership in Clubs is always important. Here are a few tips that one can employ to grow membership:

- 1. Take your show on the road.** Schedule your meeting in a new location where it will get new visibility. Suggestions: community centre, library, retirement community, bookstore and so on. Get the facility to help promote your special appearance. Invite guests.
- 2. Appreciation night:** Honour a community member at a special meeting. Ask the guest to say a few words promoting Toastmasters. Be sure to have lots of guests to help express your appreciation.
- 3. Design a Club brochure** and distribute it to prospective members.
- 4. Sponsor a Toastmasters booth** at community events. Follow up with people who express an interest.
- 5. Promote Toastmasters at Career Fairs and Employment Fairs.** Have a plan to follow up with interested individuals and groups.
- 6. When someone compliments you on a presentation or a speech,** be sure to mention that you developed your skills in Toastmasters. Ask if they would

be interested in doing the same.

7. Ask your doctor, dentist, optometrist and other service providers if you can leave Toastmaster brochures in their offices. Make sure there is a phone number to call for more information.

8. Write articles for your local newspaper. Make sure your biographical information includes your Toastmasters membership.

9. Listen to your guests talk about their interests and reasons for visiting your club. Then match them up with a Club member who has similar interests. Ask them to join.

10. Read your Toastmaster magazine each month. There are good membership ideas in it.

*Extracted from the article Hundreds of Membership Building Ideas
<http://www.larkdoley.com/LDCD/3.Clubs/MembershipBuildingIdeas.htm>
From Mary Jo Manzanarez, LGET of District 32 Courtesy of Mike Raffety, DTM*

Edith Utete

EVENTS AND ENTERTAINMENT

Virtual Toastmasters Journey

The enriching and memorable Emissary journey for Fannie Oliver and Priya Tooree started in February 2022, while attending the virtual cup of tea with the now Immediate Past District Director who encouraged the pair to start the Emissary Programme.

The Easy Speak software/platform greatly enhances the tasks of learning about the various clubs in District 74. By the end of April 2022, they had visited thirteen clubs in three weeks and were overjoyed by the experience. "As we were thirsty and addicted to visiting other clubs we decided to try the daunting Full Circle Passport Programme before the deadline of 30 June 2022," they said.

They were able to complete both programmes in three months and visited more than thirty clubs. They can definitely attest to the increase in knowledge that has resulted due to the task they undertook. "Our confidence and performance can be seen and our

network keeps growing. Toastmasters is a living-learning lab," they stated. "We were seeing the big picture and great learning opportunities of being a Toastmaster. The only thing we had to do was to open our eyes, ears and minds and see the magic," they said in recollection. An important lesson learnt was to always be ready with a speech in their pockets.

The pair declared that, "we firmly believe that being a Toastmaster Emissary is a sensational adventure to be lived. We will cherish these memorable moments forever."

Leya Musunga

EMISSARY FOR THE FIRST QUARTER

Our Southern Africa top emissary for the golden quarter, Bashati Mathape from Firstmasters Toastmasters in Botswana had this to say; "As a Toastmaster for the past three and a half years, I have learnt the power of networking and participation. Visiting other Clubs' events/meetings and participating in the Table Topics sessions, has really helped me to speak better and to arrange my thoughts during impromptu situations. I have seen that participating and taking up a vacant role during meetings helps the meeting to flow seamlessly. I also get an opportunity to bring a different flavour, energy and ideas to the meeting, which my home Club can adopt.

As the other role players and evaluators give reports, I take notes which I use at any event and our home club. Visiting other clubs helps me become a better speaker, a better feedback provider, team player and Area Director. Lastly there is a prize one gets at the end of the year, the Top Emissary of the Year Award, which I am aiming to get this year, as I have learnt the power of club visiting through one of our helpful and seasoned Toastmasters, Leya Musunga."

Leya Musunga

RHODES UNIVERSITY TOASTMASTERS ENDING THE YEAR ON A HIGH NOTE

On September 24, Rhodes University Toastmasters (RU) held its successful end-of-year braai party. The members received T-shirts emblazoned with the Toastmasters logo; signifying their commitment to membership.

RU Toastmasters Club is a relatively new club that has already accomplished much recognition within Rhodes University and the community of Joza. Two days before the braai event, Community Engagement Officer Tebogo Malatjie and Club President Bonolo Moché received a nomination for a Rhodes University Community

Engagement award in recognition of the Club's efforts to connect with high school learners from different backgrounds, equipping them with necessary communication skills and leadership etiquette. Prior to the nomination, Rhodes University Toastmasters Public Relations sponsored RU Hustlers Market; a joint project in partnership with Rhodes Business School and other stakeholders. It was designed to celebrate both small businesses and young student entrepreneurs. Vice President Education Nomakhosi Letsoalo acknowledged that the Club had learnt

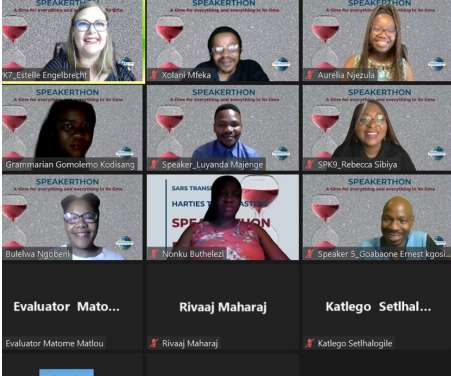
many lessons from its current season, "I have learnt that teamwork and communication are essential. You can't expect to steer a ship alone without a clear vision in sight".

Zesipho Canca



**Rhodes University
Toastmasters
Club Committee**

EVENTS AND ENTERTAINMENT SEGMENT



HARTIES AND SARS TRANSFORMERS JOINT SPEAKERTHON

30th September marked the end of the first quarter of the Toastmasters year and to ensure that members have all the opportunities to meet their public speaking goals, Harties Toastmasters and SARS Transformers held a joint Speakerthon event on the day, with nine speakers on the agenda. It was an evening dedicated to speeches ranging from level 1 to level 5 giving the audience a range of the various Toastmasters projects that one will undertake.

The “Managing a Difficult Audience” project proved to be hilarious. There was also variety in the speech length from the regular seven to twenty-two minutes. Despite a few technological challenges that some role players experienced, the night was a resounding success for all that attended the meeting.

Leya Musunga

TOASTMASTERS BOTSWANA GRACES THE SETSWANA WIKIPEDIA CHALLENGE LAUNCH

The University of Botswana saw a couple of dozen people gather for the Setswana Wikipedia Challenge launch on September 28, 2022. This auspicious event was organised by the Wikimedia Community User Group Botswana, whose aim was to kick-start a community-oriented participation in the development of, and translation into, Setswana Wikipedia pages.

Among the speakers at the event were members of the Wikimedia Community User Group Botswana, a university professor, as well as some Toastmasters. In attendance were members of the community from various fields, having answered the call to come together under the theme “The Evolution of Open Source and Power of Localisation.”

In opening the workshop, the Project Coordinator, Ms Candy Khohliwe, emphasised the importance of the availability of information for building an informed and knowledgeable society. She also highlighted the need for community contributions in the information generation and sharing framework, especially with regards to development and editing of Wikipedia pages.

Toastmasters representatives present highlighted in their speeches the importance of collaboration for a better-informed community. The speakers also emphasised

the need for public speaking in society development and the role of Toastmasters in the development of speaking skills. In her speech, The Toastmasters Division O Director, Ms Bame Motsumi, enthused over the potential of having a Setswana-based Toastmasters Club in the country. This, she said, has precedence where there are Clubs around the world, which are based on local and native languages.

By the close of the workshop, there was interest in the potential for collaborations between Wikimedia User Group Botswana and Toastmasters. A welcome highlight at the close of the workshop was when participants expressed interest in the requirements for joining Toastmasters.

Omphile Mononga



THE FIRST TOASTMASTERS DEBATE CLUB

As the first debating Toastmasters Club in Africa, the Club uses a mix of established public speaking tools whilst also testing logical reasoning and deduction and other core debating skills. The motion for this session: Wills are only appropriate for those who are married in civil marriages.

Participants valiantly debated both sides of the argument and were evaluated on their abilities to use practical Toastmasters skills integrated with debating. The debate was preceded by Toastmasters giving Pathways speeches and receiving evaluations on those

speeches. This Club model certainly provides a great opportunity to not only make use of traditional speaking competencies but to also develop core-debating skills.

Wame Namponya





D74 New Clubs

Division	Area	Charter Date	Name	Location
Z	4	09/22/2022	ProPreneurs Toastmasters Club	Cape Town
Y	2	09/30/2022	African Pioneering Leaders	Centurion
E	3	07/01/2022	Rhodes University Toastmasters Club	Makhanda
I	5	08/30/2022	SSA Mondelez Toastmasters Club	Woodmead
Z	2	07/12/2022	Simba reDzidzo (SrD) Toastmasters Club	Dubbo
B	4	09/22/2022	RSS Toastmasters Academy	Ebane
I	2	09/28/2022	Green Speakers Toastmasters Club	Johannesburg
Z	1	09/02/2022	Nedbank Zimbabwe Toastmasters Club	Harare
M	3	09/30/2022	Old Mutual Malawi	Blantyre
I	2	09/28/2022	Mutualite Masters Toastmasters Club	Johannesburg
A	2	09/23/2022	Caterpillar Debate Club	Pretoria
B	1	09/30/2022	Tsingy Toastmasters Club	Antananarivo
B	1	09/30/2022	CRS Toastmasters Club of Madagascar	Antananarivo 101
B	1	09/30/2022	Polytechnics Mauritius	Moka
B	4	09/30/2022	NBA Toastmasters Club	Port Louis



Bashathi Mathape
Best Emissary October 2022

Upcoming District Training

Date	Time (GMT+2)	Topic
Wednesday, September 28, 2022	17h15-18h00	Speech Contests International Prepared
Tuesday, October 4, 2022	17:00 - 18:00	Pathways for Members- Getting started
Saturday, October 29, 2022	8hr15 - 10hr15	Mini COTI - For New Clubs
Wednesday, November 9, 2022	17h15-18h00	Speech Contests The Rule Book
Wednesday, November 16, 2022	17hr15 - 18hr - 15	What is an HPL? How to create Opportunities for HPLs in your Clubs: For VPEs and Presidents
Wednesday, November 23, 2022	17h15-18h00	Speech Contests International Prepared
Saturday, November 26, 2022	8hr15 - 10hr15	Moments of Truth Workshop

Celebrating our Emissaries

Best Emissary	Most Visited Club	Club with the most emissaries
Mathape, Bashathi 22	O3; Eloquent Speakers 19	O3; Firstmasters Botswana 29
Matizanhau, Joselyn 13	O4; Aqualogic 19	Z4; Extraordinary Global Women 18
Ngorima, Kudzanai 10	Z2; Global Women Extraordinaire 13	Z3; Evolving Ladies 16
Takayindisa, Shungu 9	O3; Gaborone 12	O3; Eloquent Speakers 13
Kutoana, Mpho 9		Z2; Global Women Extraordinaire 13
Kabelo, Mpho 8		
Kgonodi, Mamagadi 8		
Moyo, Lizzy 8		
Nkosi, Mbali 8		
Nkosi, Nocawe 8		