

ACHIEVING EXCELLENCE

ISSUE 7 | FEBRUARY 2023

**THE TRIPLE
CROWN AWARD
JOURNEY OF
DEVIN PEARSON**

**TAILORING THE
TOASTMASTERS
EXPERIENCE**

**THREE
PERSPECTIVES
FOR LEADERS**

**LEADING WOMEN
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**D74 ONLINE
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REDEFINING LEADERSHIP IN AFRICA



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Editor-in-Chief
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Managing Editor
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Editor Education
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Rudo Masango

Editor Leadership
Tsungai Manyeza
Sarah Jane Ip
Kwong
Noma Muzunze

Contributing Editor
Martha Mpakula
Wame Namponya

Proofreader Editor
Michael Shackleton,
DTM

Layout & Design
Tshegofatso
Tshilowa

CONTACT THE EDITOR TO FEATURE YOUR STORY

Reach us on email: excellence@toastmaster74.org

TOASTMASTERS SOUTHERN AFRICA EXECUTIVE

District Director
Andrew Tsuro' DTM

Finance Manager
Keamogetswe
Molebalwa, DTM

Past District Director
Njabulo Thela

Program Quality Director
Angie Kivido

Club Growth Directors
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NOTE FROM THE MANAGING EDITOR

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“It’s always amazing to see members give those extra speeches.”

February is customarily considered the month of love. It is also the second and shortest month of the year. This is a time when people send messages to their partners and family, to express the love and affection they have for each other.

In the Toastmasters calendar, this is the time that most Clubs and some Areas are having their speech contests. It’s always amazing to see members give those extra speeches to qualify to compete in the International Speech Contest, or just deciding to take a chance and participate in the Table Topics or Evaluation Contest. When Contest time arrives, it is extraordinary to see the height of growth that members achieve when they participate. Cheering on, taking up roles and inviting friends and family to watch the Contests during this season is another way that we can use the Toastmasters platform to share affection.

It is with this in mind that we have packed this February edition with articles that can help one prepare and get ready for Contest season. If it’s training that you need, then definitely read up on the D74 Online Speech Contest Workshops that are currently ongoing. Enjoy our February edition.

Leya Musunga

FROM THE DISTRICT DIRECTOR’S DESK

Why are you still a member?

Just recently, I met with a corporate that wanted to set up an inhouse Toastmasters club. Before discussing the process, they asked me questions that really made me reflect and review #MyToastmastersStory? These were:

Why did you join?

Why are you still a member?

I joined to monetise my public speaking and I have managed that beyond my wildest dreams. I have even renewed my membership because of the incredible network that continues to develop me as an individual; both personally and professionally. My business has grown and continues to thrive as a result of the Toastmasters training let alone the network of people across the world – you know what they say, your network is your net worth.



As I shared my story with them, I wondered how many other people may benefit from learning about my story. Hence, I started the #MyToastmastersStory challenge on social media. I would like you to join in and share with your network why you joined and why you are still a member.

This month, please reflect on your journey thus far. As you renew your membership, revisit why you are still a member. Go after each of your goals and make every dollar count three-fold!

I look forward to supporting and celebrating your story!

Andrew Tsuro, DTM

LEADERSHIP

LEADERS ARE READERS: WHY TOASTMASTERS SHOULD ADOPT A READING CULTURE

What are you currently reading? Or should we be asking, are you reading anything at all? Due to the influx of digital media, the culture of reading has evolved over the past few decades and traditional interaction with print literature has been dwindling. While the world of books has equally transformed as books are now also available in digital formats, this has not completely redeemed reading culture; therefore individuals today have to intentionally nurture a culture reading of books more often than they scroll through social media.

The old adage says "Leaders are readers" and, in this context, leaders read books, as opposed to social media threads. Why is it important for leaders to be readers, especially Toastmasters? Here are five reasons why we must adopt the reading culture.

1. Reading sharpens the mind. By interacting with words and visualising the images around the words, the mind is exercised and strengthened.
2. Books provide access to in-depth knowledge. While videos and social media provide knowledge, going through a single book focused on a particular topic provides deep seated insights which are of great value for learning.
3. Reading opens up varying life perspectives which is key when it is time to manage diverse teams. As authors speak from their own world views, this makes the reader become familiar with their contexts. This knowledge enhances a leader's sensitivity to diversity and their capacity to be inclusive.
4. Reading widens your vocabulary. As we train to be better speakers, it is imperative to sharpen our language in order to communicate effectively and get the right engagement.
5. Readers are generally good networkers. Because you learn from many authors, it gradually becomes easy for you to be comfortable in any setting with a diverse group of people. In addition, conversations flow more easily.



This year, challenge yourself to read at least one book every month. It would be great to hear from you at the end of the year how this activity has helped to shape you into a better leader.

Tsungie Manyeza

THE ROAD TO DISTINGUISHED

Lao Tzu, the Chinese philosopher, said: "The journey of a thousand miles, begins with a single step."

Every Toastmaster steps into this journey with a desire to be better than they were yesterday, whilst hoping for a brighter future.

But how do you move from just being ok to being distinguished?

Here are some steps we all can take to becoming distinguished:

1) Embrace the journey fully and passionately. Work on your projects and take up opportunities to lead

in your club. Remember to upload your project completion so you can receive your recognition for a job well done

2) Share your story with more individuals and invite them to start their own journey through the Toastmasters programme. As your club grows, your network grows, your opportunities to learn grow and you become part of a greater family of like-minded individuals that support and care for you!

3) Support fellow club members on their journey and work together to create a nurturing, friendly and caring environment for everyone that crosses the threshold of your Toastmasters club. This safe haven you create for others to move from ok to

becoming distinguished can change a life forever. Just think of the positive impact you have on someone's life!

"In service we become distinguished." DTM Dorothy Chanakira says it so beautifully.

As we achieve our personal goals, we unconsciously find ourselves being part of a distinguished club. When that happens, we proudly announce our affiliation to a distinguished club that is successful because of their members' success stories.

Do you want to be part of the Hall of Fame during ThunderCon 2023 in Victoria Falls, Zimbabwe and proudly accept your club's recognition?

Ralph Smedley said it best: "While most of us may have joined Toastmasters to learn

to make speeches, that benefit is but the beginning of the good which may come to us and the good which we may do for mankind."

Angie Kivido





FIVE LANGUAGES OF LOVE

The five love languages are five different ways of expressing and receiving love, which are words of affirmation, quality time, receiving gifts, acts of service, and physical touch. Not everyone communicates love in the same way, and likewise, people have different ways they prefer to receive love. The concept of love languages was developed by Gary Chapman, Ph.D., in his book *The 5 Love Languages: The Secret to Love That Lasts*, where he describes these five unique styles of communicating love; categories he distilled from his experience in marriage counselling and linguistics.

"Discovering you and your partner's primary love language and speaking that language regularly may [create] a better understanding of each other's needs and support each other's growth." This tool can also be used by leaders in the workplace, to understand employee needs leading to a mutually beneficial relationship.

1. Words of Affirmation

People with words of affirmation as a love language value verbal acknowledgments of affection, including frequent "I love you's," compliments, words of appreciation, verbal encouragement, and often frequent digital communication like texting and social media engagement.

2. Quality Time

People whose love language is quality time feel the most adored when their partner actively wants to spend time with them and is always down to hang out. They particularly love when active listening, eye contact, and full presence are prioritised hallmarks in the relationship. This love language is all about giving your undivided attention to that one special person, without the distraction of television, phone screens, or any other outside interference.

3. Acts of Service

"This love language is for people who believe that actions speak louder than words. Unlike those who prefer to hear how much they're cared for, people on this list like to be shown how they're appreciated. Doing the smaller and bigger chores to make their lives easier or more comfortable is highly cherished by these people," shares Mahmud-Syed.

4. Gifts

Gifts is a pretty straightforward love language: You feel loved when people give you "visual symbols of love," as Chapman calls it. It's not about the monetary value, but the symbolic thought behind the item. People with this style recognise and value the gift-giving process: the careful reflection, the deliberate choosing of the object to represent the relationship, and the emotional benefits from receiving the present. "People whose love language is receiving gifts enjoy being gifted something that is both physical and meaningful.

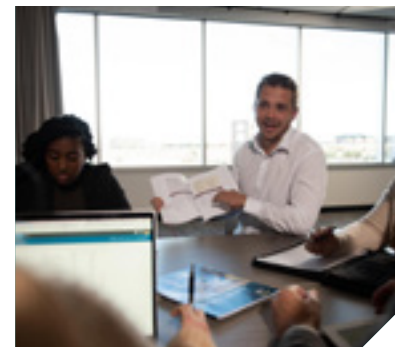
5. Physical Touch

People with physical touch as their love language feel loved when they receive physical signs of affection, including kissing, holding hands, cuddling on the couch and sex. Physical intimacy and touch can be incredibly affirming and serve as a powerful emotional connector for people with this love language. "People who communicate their appreciation through this language, when they consent to it, feel appreciated when they are hugged, kissed or cuddled.

Love languages are a deceptively simple concept, and understanding them can be transformative if you put in the practical work. It invites curiosity, not mind-reading, into the relationship. May you find your love language this February.

Happy Valentines!!!

Noma Muzunze



THE GARMESON TRUST FUND

March 2023 brings the end of the second Toastmasters pay cycle. Payment of our biannual dues is the best way to ensure that we stay on track and meet our speaking and leadership goals. The Joe Garmeson Trust Fund ("the Trust") was created to assist and subsidise the membership dues for Toastmasters enthusiasts who are not able to afford the full membership dues so that they can still benefit from the Toastmasters Programme.

The Trust pays 50% of members' semi-annual dues for a maximum period of two years provided that the member fulfills the Trust requirements on a half-yearly basis.

How to sign up for Garmeson Trust Fund Assistance?

Download and complete the Garmeson Trust Form available on the District 74 website;

Liaise with your club President to sign the application form and;

Submit the form for approval to the Fund.

What is expected of you as a beneficiary?

Members are required to attend at least 75% of all Club meetings; present at least two speeches per payment cycle and take up roles at Club meetings. The Vice President Education monitors progress and submits a report to the Trust to ensure that expectations are met.

Wame Namponya

THREE PERSPECTIVE FOR LEADERS

“Until the lion tells his side of the story, the tale of the hunt will always glorify the hunter.”

African Proverb

I have found that nothing in life is worthwhile unless we take risks, unless we become optimistic people with the intention of shaping the environments we live in, our communities and organisations. Many people never take the risk of finding themselves. The fear of losing or failing has killed many dreams.

As an optimistic people, we are decision makers who make a difference. We are leaders, inventors, entrepreneurs and not your average people. And, I believe, a time has come for leaders to unite and also to build a better world for the next generation of leaders and innovators. It is critical for us leaders to maintain the following three perspectives:

1. External Perspective:

We need to ask ourselves the following questions:

What does value creation look like?

How do we create value in such a time?

How can we create more opportunities?

We need to also continuously scan our environments, to search for potential in others so that we can build a better future.

2. Internal Perspective:

We must look at the organisations that we are leading and ask:

What capabilities do we have?

How can we add value to others?

And what changes can we make?

3. Personal Perspective:

We need to focus more on the leadership abilities that are required for us to be effective in our leadership.

We must commit and demonstrate discipline. We must aim to build more leaders. As we all know, in every

leadership journey, there will be crises and not all leaders are designed to lead in times of crises.

Good leaders flourish in structured environments or stable environments. However, great leaders stand out in times of crises.

To my fellow leader out there who might be discouraged: Remember - You don't quit because you are tired. You must give yourself enough breaks to keep going up the hill. Don't look at how far you must go, look at how far you have come. And, as a great wiseman once said, "Life can only be understood backwards - but it must be lived forwards."

Anthony Malungani

PERSONAL BRANDING (PART 1)

A personal brand is a lifelong project that constantly evolves and changes.

Creating a personal brand can be a daunting, mythical task. One of the easiest ways to get lost in the process is to not know where to start. I will be giving you 10 golden rules for creating an engaging, unique, and inviting personal brand in 2 parts.

1. Have a focus.

"Too many people are unfocused when it comes to press and coverage, trying to be 'everything to everyone.' Decide what your key message is and stick to it," says Cooper Harris, founder and CEO of Slickly. In fact, Adam Smiley Osofsky, author of The Breakthrough Speaker, takes it one step further when he's advising speakers: "Carve a niche, and then carve a niche within your niche. The best personal brands are very specific." The narrower and more focused your brand is, the easier it is for people to remember who you are.

2. Be genuine.

There's an easy way to have an original personal brand - and that is to be genuine and authentic. Millennial influencer and head of marketing at Popular Demand, Monica Lin, says that "People can see right through a disingenuous act." "Be genuine. It



will make it much easier to manage your personal brand on a daily basis," explained William Harris, Facebook ads expert at Element. Your personal brand should be an easy daily filter that you create content and reach out to your audience with.

3. Tell a story.

If your personal brand isn't telling a story, you've already lost half of your potential audience. No one wants to hear you shout about your brand into the social media void, so create a story around your brand that your audience can engage with

4. Be consistent.

Being consistent is very similar to having a narrow focus - it's much easier to get recognised for one topic if you consistently create content and brand voice around it. "Ensure that your personal brand promise stays consistent, both online and offline," explains Fiona Yong, director and millennial leadership coach.

5. Be ready to fail.

Failure is tough, and all of us generally want to avoid it - that's human nature. However, to have a personal brand that rises above the rest, you need to have a failure. Walt Disney is quoted saying "I think it's important to have a good hard failure when you're young. I learnt a lot out of that. Because it makes you kind of aware of what can happen to you." What can happen is never as frightening as not trying at all.

Noma Muzunze



LEADING WOMEN SERIES

MAUD NALE

In this series, we highlight the professional challenges and aspirations of women who serve in Toastmasters. An avid early morning runner and a certified chatterbox, who is a Public Relations Practitioner - registered with the Public Relations Institute of Southern Africa - DTM Maud Nale is our leading woman. She has spent more than a decade developing and implementing integrated communication strategies, building awareness of products or services within consumer markets and creating and maintaining a favourable public image for organisations.

Q: How did you get into the public relations field?

I think the field found me and not the other way around, to be honest.

Growing up, I was quite the chatterbox, but also a strong writer and active member of the school's Debating Team and the Student Representative Council (SRC). I took up numerous opportunities in

Drama and participated in school plays. Due to financial constraints, I was unable to pursue tertiary education immediately after high school, so I worked full time whilst

pursuing a degree in Communication and Media Studies. I really enjoyed and excelled in Public Relations. I started out as a Public Relations Administrator and worked my way up from there. The rest, they say, is history.

Q: In reaching the level of success you have, if anything - what have you sacrificed along the way? Have you experienced any barriers in the journey to becoming a leader?

Anything that one wants to excel in involves a huge level of sacrifice.



In my early years, it was forgoing instant gratification and studying at a pace that I could financially afford. When I finally entered the PR field, I had to appreciate the journey and understand that I needed to start at the bottom and work hard to progress to the next level of my career. As I progress, it's the sacrifice of having a vision, trusting it despite the negative rhetoric, putting in the work, being open to receiving feedback, whilst working with and empowering my team to reach a desired outcome.

Q : What are the traits of leaders you admire?

I have a huge respect for a leader who is goal-driven, has a vision, trusts it viscerally despite what comes against them and sees it through to completion. One who isn't afraid to "get their hands dirty." Empathetic, approachable, a team-player and has the ability to connect with all levels of people they work with. I always say that if you think you will achieve a result by your own strength, you're delusional.

Q: Would you have done anything differently in your life (career or personal) if you knew what you know now?

In both my career and personal life, I would have definitely "put myself out there" more and showcased my skills, because I'm a VERY talented person. Being a fiercely reserved and private person, I now realise that being that way doesn't serve me. In fact, I've lost out on so many great opportunities because of my nature. As author Marianne Williamson says, "Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you." I'm still working on this everyday.

Q: If you could have one superpower, what would you like it to be?

I would make myself the Spokesperson of the United Nations, travelling the world and speaking on their behalf (this is more of a dream than a superpower, but it will do).

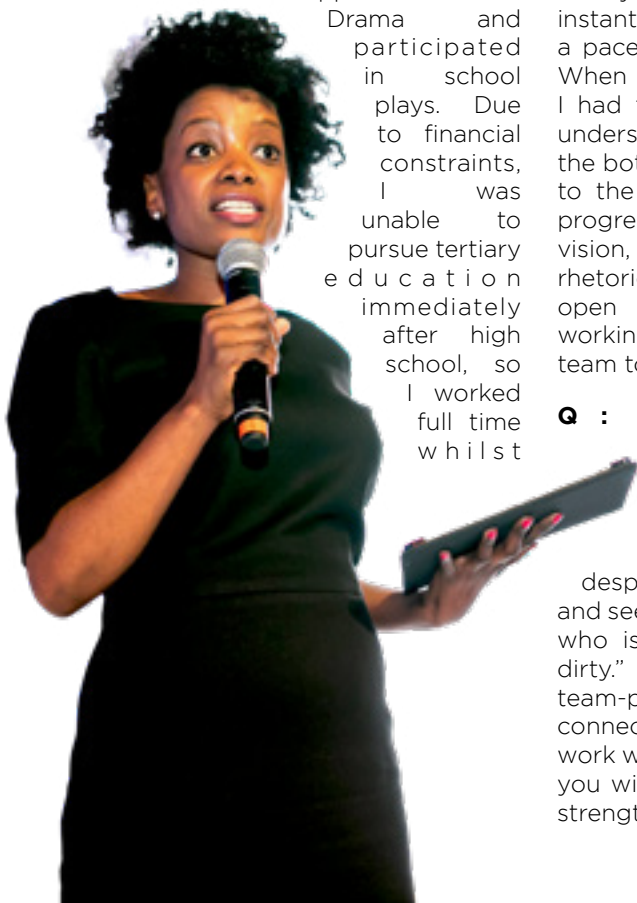
Q: Which one of your personality traits always gets you into trouble?

My mouth has and still gets me into SO much trouble. The joys of being a chatterbox... (laughs)

Q: If you could write a book that was guaranteed to be a bestseller, what would you write?

The book will likely be entitled: "The Unconventional Way." Sometimes, life takes you down a different path but you can still make a success of it, even if it's not via the perceived usual/normal way. This has been the story of my life.

Martha Mpakula



NO NEED TO BALANCE IT, JUST INTEGRATE IT!

Time is a very limited resource – granted! Daily we are faced with the challenge of fitting in countless activities into a few cumulative minutes and hours and sometimes we find it hard to balance. In our weekly schedules, we try to slot in business, family responsibilities, leisure and personal development. However, when the time stash is depleting, most often our personal development tends to be placed in the back burner and we seem to neglect this important agenda for the other competing priorities.

This does not have to be the case when Toastmasters is part of your personal development agenda. Toastmasters is a programme that is set up to be a value adding agent to everyday life. It is also a great catalyst to advance personal goals in all areas of life therefore, it must not be viewed as an extra to our to do list, but the spice that flavours that which is already on our to do list. It is easily integrated.



“Not integrating Toastmasters skills into daily life is actually short changing oneself,” says TM Trynos Dongo who credits the skills and experiences earned from Toastmasters for many of his career strides. “It is like getting a Marketing degree or any degree in any field, and never going out to work in the discipline,” he adds. This sentiment is substantiated by TM Mahwindi Jonas Mashifane from Golden Gavel Advanced Toastmasters Club who says he has seamlessly integrated

Toastmasters into his workplace. He says that he applies meeting coordination, feedback, listening and speaking and communication skills in his work processes, all of which position him as an effective leader in his workplace.

I have personally gained immensely from participating as the Zoom Master during the period when online meetings were the only form of meetings that we



could hold. Overnight, I became the Zoom expert in the company I work for. Even the IT team relied on my support when it came to running online meetings.

DTM Zivanai also says she saw similar value from being a ZOOM Master as she hosted an online baby shower for her sister-in-law. She says, because of her TM experience, she would be creative with small elements such as the virtual backgrounds, demonstrations of how to make mocktails and being a virtual DJ. Thus bringing Toastmasters skills into fulfilling a family role.

You may be wondering how then this integration can be orchestrated to in turn accelerate your Toastmasters goals. DTM Zivai recommends that we look at the whole menu of projects offered on our pathways and appreciate what is on offer. After



this, take note of the compulsory projects then line up your chosen elective projects and analyse these against the backdrop of your everyday life so that you are better placed to pick those that are most likely to be easily integrated into the projects you are already running. This is a brilliant idea! You can therefore advance on the Toastmasters programme while also achieving in your daily life.

There is therefore no need to seek to balance life and Toastmasters, just pursue integration and you will win all round.

Tsungie Manyeza



District 74 | Southern Africa

TALK UP TOASTMASTERS

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TOASTMASTERS SOUTHERN AFRICA
(DISTRICT 74)



District 74 | Southern Africa

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**TOASTMASTERS SOUTHERN AFRICA
(DISTRICT 74)**

EDUCATION

LET'S PICK OURSELVES UP

We are already in the second half of the Toastmasters year – where has all the time gone? Normally by this time of the Toastmasters year, I would have completed at least 3 levels in my Pathways Education Programme and headed to complete the Path by the end of the Toastmasters Year. Since I joined Toastmasters in 2018, every year I have managed to accomplish a Triple Crown Award (this is a prestigious educational award in Toastmasters, presented to members who have achieved three or more educational awards between 1 July and 30 June). This year has been different though. Following a very demanding and eventful previous year, I decided to focus on my mental wellness by slowing down so I could find my centre, recharge my batteries and come back stronger. The break was very well needed, but as time went on, I found myself becoming too comfortable in the lull.

With five months to go, I have a lot of

catching up to do if I am to accomplish a Triple Crown Award and stand in the Hall of Fame alongside fellow Toastmasters who would have stayed the course. I have had to remind myself why I started this personal development journey through Toastmasters. The growth and the sense of accomplishment are what keeps me going year after year.

Perhaps like me, you took a break but the break has become perpetual. Or maybe you keep procrastinating to “next Monday or next month” which never comes. Let's remember why we started, pick ourselves up so we can look back on the year with a sense of pride on having accomplished what we started.

As for me, I am determined to accomplish my Triple Crown Award and more in these few months left. See you in the Hall of Fame!

Rudo Masango



TAILORING THE TOASTMASTERS EXPERIENCE

Toastmasters International has created a standardised Club meeting rubric to be followed by its Clubs. This however does not mean that Clubs are not at liberty to add a personal touch and tailor the Toastmasters experience to create an even more enjoyable atmosphere where guests are more likely to return. Here are a few ways to tailor your Toastmasters meetings to keep guests engaged:

Acknowledge guests and give them an opportunity to participate during your meeting. This can

be done during the guests' introductions portion of the meeting or by encouraging guests to participate in the Table Topics session.

Keep in touch. Once the meeting has ended make sure to follow up with prospective members with a short email or text message asking about their meeting experience. This will make prospective members feel seen and appreciated. This also creates a perfect opportunity to gain some feedback on the meeting through the eyes of a new attendee.

Make the meeting exciting. Incorporate roles such as the Joke Master or the Hark Master into your meeting agenda to elevate the fun factor and keep the meeting interesting.

Wame Namponya

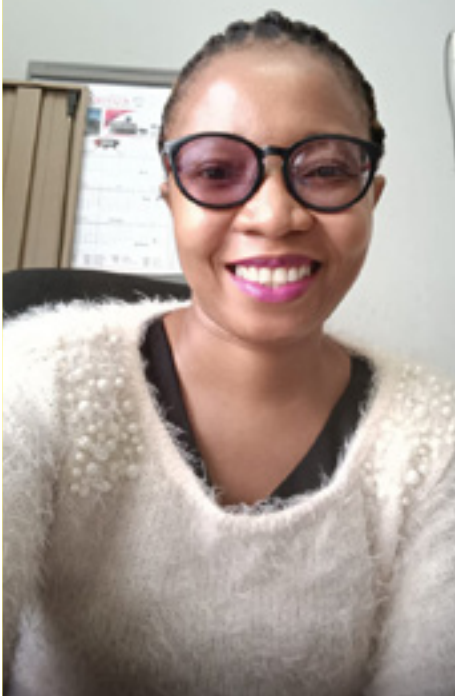


MEMBER SPOTLIGHT : ARNOLD JUNIOR LANGTON MUSONZA

When asked why Arnold Junior Langton Musonza joined Toastmasters, he replied, “ I was impressed by the charisma, eloquence and confidence that the Toastmasters members showed when I attended a meeting and I hoped to be like them some day.” A Toastmaster for the past eight years, with two of them as a Gavel member, when asked what keeps him motivated, he said that, “remembering that we live in a world of infinite possibilities, meaning that even if I fail now, there is a possibility that I can make it eventually, if I am to adjust or alter my current situation to then align with that particular possibility in which I succeed.” Arnold is a member of Victoria Falls Toastmasters Club in Zimbabwe.

Leya Musunga





EDUCATION SEGMENT

BELIEVE IN THE IMPOSSIBLE

Francina Shanana, a member of Victoria Falls Toastmasters Club in Zimbabwe, joined Toastmasters because she wanted to grow in her ability to enunciate and to believe in the impossible becoming possible in life. Francina believes that her education is her responsibility, "I always make an oath to achieve the dream when I set myself on the path to realising it. I see myself having achieved and able to enunciate my beliefs, myself and my story." What keeps her motivated is the ability to exercise self-control, "to be able to control myself, to have self-discipline. It is key to my being as it will come into effect on any path that I choose in life, to press on with pride and to press on with purpose."

Most people do not know that Francina loves having fun, but

that "most people know me as the serious type, which is true, but after all has been said and done in the serious zone, it's fun time."

Francina mentions her mother as her hero, "my mother is the most selfless person I know. Being born in a large family, there are bound to be conflicts of different magnitudes, but amidst all, we remain strong and united because she's the glue that keeps us together, as she strives for peace always." Her mother also does community service to elderly and unwell people. "My mom inspires me to be true to myself and to love others without expectations," she declared.

Leya Musunga

“*My mom inspires me to be true to myself and to love others without expectations*”

HOW TOASTMASTERS SAVED ME FROM MYSELF

August 2022 will forever be memorable to me for that is the month I joined Toastmasters. However, I had known of the prestigious organisation that teaches public speaking and leadership since 2018. I followed Gaborone Toastmasters, in Botswana, on LinkedIn as it was the nearest Club and had made a vow to join as soon as possible then but my internal voice said, "No, not now. You'll join later". For some reason, I listened despite my better judgment. Four years later, I was a shadow of myself, deep seated in crippling anxiety and imposter syndrome.

In my state, I had quit all social media engagements because it seemed to aggravate my state even more. At the time it looked like an opportunity to heal myself. I had left LinkedIn as I was rarely on the platform. Life

without social media is extremely lonely. As I scrolled through LinkedIn, I came across a Gaborone Toastmasters post about a Club meeting to be held the following Tuesday. A link had been provided for registration, I registered without giving it a second thought and attended that meeting as a guest. It was time to face my ghost. It is one thing to grovel about your circumstances but another to take measures to address it. I attended the meeting and lingered around after, then subsequently signed up to the Club. To date, I have absolutely no regrets.

In the five months that I have been a member I have learnt a great deal. First and foremost; about myself. I have rekindled the love for public speaking from my childhood. I compete with no one besides myself and I am well on my way to learning how to be a

collaborative leader under the Team Collaboration Pathway. In addition to this, I have had the honour of rubbing shoulders with wonderful people from various fields. I am indeed perpetually learning.

Lao Tzu once said, "Knowing others is intelligence. Knowing yourself is true wisdom. Mastering others is strength. Mastering yourself is true power." I couldn't agree more as Toastmasters has ushered me on the journey of self-mastery and I am eternally grateful

Tumelo Maphalala



LEADERSHIP AND FEAR OF FINDING OUT

Fear Of Missing Out (FOMO) is something most of us are familiar with, but have you heard of or considered Fear Of Finding Out (FOFO)? The “Fear of Finding Out” or FOFO is a term used in the medical community to describe the psychological barrier that stops people from seeking medical advice for worrying health conditions.

FOFO does not happen in the medical community only; it is rife in many aspects of life. As leaders in various capacities, it is important to interrogate how our fears of finding uncomfortable truths will have an impact on us.

As Toastmasters, the journey starts with our very first speech, the Icebreaker! We are faced with doing something completely new that can expose our deficiencies in speech delivery, gestures, tone, audience engagement and more. Some may be tempted to stop after this encounter.



However, the basis of the Toastmasters experience through Pathways is one of finding out which areas need more attention, how we can improve as we progress and how we can ultimately become better leaders. The evaluation aspect is critical as it interrogates both the positives and negatives in an effort to assist with producing better speeches in future.

With that in mind, leadership incorporates facing hard and often uncomfortable realities, becoming vulnerable in the quest to bring trouble areas to the surface and ultimately becoming proactive in providing solutions. Do not let the Fear Of Finding Out hinder your capacity to achieve excellence.

Edith Utete



IN CONTINUOUS PURSUIT OF EDUCATIONAL GOALS

The second half of the Toastmasters year is upon us and many of us had our educational goals lined up when the year started. As time progresses, it is often easy to lose sight of our initial educational goals. This time of the year is an excellent time to evaluate and review your progress in terms of Pathways. Doing this will be useful in ensuring that you reach your full potential and make the most of the Toastmasters experience. Take this time to consider how you can accomplish your objectives. Here are ten tips to help get you back on track:

- Set and track your educational goals.
- Set realistic goals in light of your personal circumstances.
- Start working on projects early in case of unexpected events that can get in the way of attaining educational goals.
- Work with your Club Mentor and Club VPE in the pursuit of your goals.
- Find someone to help with holding you accountable (even someone outside



- Toastmasters).
- Learn from previous errors and push yourself to do more (taking roles, visiting other Clubs, teaching something to other Toastmasters) within your Club, Area or District.
- Attend training and networking events often.
- Continue practicing and developing new skills.
- Strive for excellence by setting and then exceeding goals.
- Set milestones and reward yourself when you reach them.

Edith Utete



UM, EERR...

How many times have you heard a speaker use the words “basically, you know,” or the infamous, “umm” or “err” far too many times in a speech? Many of us rely on crutch words, phrases and filler sounds to keep us afloat when speaking in public because we want to avoid awkward pauses or silence. We often resort to these filler words and sounds to fill a gap while trying to think of the right words to say. The role of the Ah Counter in Toastmasters meetings is critical in assisting us to be more conscious of the words and sounds we overuse in speech.

The next time you are tempted to use a crutch or filler word, try a momentary pause to gather your thoughts and continue with your speech. Do not be intimidated by the prospect of pauses while speaking. Well timed pauses can be effective in enhancing your speech.”

Rudo Masango

The Triple Crown Award Journey of Devin Pearson

Devin J. Pearson, a member from Honeydew Toastmasters, recently completed eight levels in the current Toastmasters calendar; thereby earning the Triple Crown Award.

A Toastmasters member for three years, he joined Toastmasters as he had an acute fear of public speaking, "when I first started, it took me four years to attend my first meeting." From there, it took him another nine months to give his

him achieve this feat.

Born and raised in Johannesburg, where he still lives, Devin says that he has a quiet nature and is a very introverted person. He has a great love of gadgets and technology and when growing up he feared public speaking and preferred to speak to computers instead of people. That is what led him to choose to become a computer programmer.

He

the thought of doing one speech every few months was daunting," says the same man who has now become comfortable presenting several speeches a week. To help him achieve his goal he conceded that, "at Honeydew Toastmasters, we have a great culture for a beginners Club. It helped me to gain confidence, and becoming an Area Director introduced me to several wonderful Toastmasters that have helped me succeed."

When one is working towards a goal, often, it can be challenging to balance life, Toastmasters leadership and your own Toastmasters goals. Devin has learnt to lean on his fellow Toastmasters for help to balance his goals and duties. His own progress and the progress of those around him keep him motivated.

One thing that he would like to pursue in the future is starting his own Podcast and when he faces self-doubt, he reminds himself that Toastmasters is a journey and he just has to look back at his progress to draw strength to continue on his journey.

first speech, the icebreaker. Through determination and constant meeting attendance where he took up roles, he has gained the confidence to get to where he is now. He describes himself as a persistent person which is a trait that has helped

is currently a Software Architect by trade. He helps design and optimise software systems to solve business problems.

He is very proud to have achieved the Triple Crown Award. "In the beginning

In conclusion, he said that he wants to be remembered for his service to others. "Toastmasters has helped me to become a mentor and a better leader. It is very fulfilling to help others reach their potential."

Leya Musunga

OUT AND ABOUT DISTRICT 74

COTii



EVENTS AND ENTERTAINMENT

FINANCIAL TOASTMASTERS CLUB STAR OF AREA B2 CONTEST

Area B2 in Mauritius held their International Speech Contest on 28 January 2023. For the second time in a row, members from the Financial Toastmasters Club won the International Speech Contest and the Evaluation Contest.



Prior to the Club Contest held in December 2022, training was organised for the Club members in three categories: International Speech, Table Topics and Evaluations. The following Club members went on to represent the Club at the Area level as follows: Hemlesh Greedharry in the International Speech Contest, Priyadarshinee Hurry and Sweta Fowdar in the Evaluation Contest and Bhavish Mohun in the Table Topics Contest.

At the Area Contest, the Club was thrilled to have Hemlesh Greedharry and Sweta Fowdar come out on top.

The contestants were definitely blessed to have great mentors in the form of Bob Ward, Vandita Ladkhoo and Nazra

Emamdee (the star of the Evaluation Contest in 2022), and Vice President Membership and Vice President Education respectively of the Club who mentored and trained them.

New Club stars have been born and we wish them all the luck as they continue to the next stage of the Contest.

Sarah-Jane IP Kwong

D74 ONLINE SPEECH CONTEST WORKSHOPS

Since October 2022, District 74 has been holding workshops on the various aspects regarding Speech Contests. Spearheaded by Kristin Bosworth, the workshops are held every second Wednesday at 17:15 SAT and last for approximately 45 minutes. The sessions are very interactive and a WhatsApp group is available for further questions and interactions.

The workshops were kick started by looking into the 2022/2023 Contest rule book; this is a must read for all contestants, judges, role players and even members familiar with the rules, as they are constantly being amended as a living document.

Multiple topics have been discussed such as Judges Scripts, online and hybrid Contests, briefing of contestants and role players. A total of nine sessions have been held thus far and more are planned for February 2023.

If you are planning or unsure on what it takes to hold a contest, you are encouraged to attend the workshops and since all the previous sessions were recorded you can access the Youtube playlist at <https://bit.ly/D74ContestWorkshops>.

If you have any further questions you are free to join the Whatsapp group at: <https://bit.ly/D74SpeechContestWhatsApp>

Leya Musunga



CONTEST TIME

It is that time of the year where most Clubs are having Club and Area Contests. Our members are willing to represent the Club and the Area up to Division level. Contest time can be a stressful time for members, especially when they win at the Club level. How then does one stay calm during the Contest? Here are some tips:

1. Practice and modify your speech. Record yourself or ask a team member to help you to train to the next level.
2. Get a good night's sleep the day before the Contest and don't panic during the Contest.
3. Remember family, friends and Toastmasters members will be there to support you. You are already a star.
4. Listen to music and relax before the session.
5. If you are doing an international speech try keeping your speech on your phone and practice in the car, or even between breaks in the office.
6. For the Evaluation Contest, watch online speech contests and provide an evaluation.
7. For Table topics, try to obtain a list of questions and answer as many as you can.

Sarah-Jane IP Kwong

ADAPTING TO IN-PERSON MEETINGS



The COVID-19 pandemic has forced Toastmasters to adapt to the changing times, with Clubs taking to online meetings to mitigate the changes and continue reaping the benefits of what Toastmasters has to offer. Many Toastmasters members, as a result, have not had the benefit of attending in-person meetings which is a very different atmosphere from the online environment.

In-person meetings create the perfect place to gauge your audiences' reactions, appreciate facial expressions and make effective use of your space. Depending on the venue and the venue set-up, one has an opportunity to use vocal variety and to project their voice. Most importantly, in-person meetings allow one to network and to get in touch on a personal level with other members who are trying to reach their leadership and communication goals. As daunting as the experience may be, the benefits far outweigh the negatives.

Wame Namponya





District 74 | Southern Africa

February Club Anniversaries

A

- Scientia Toastmasters Club (51)

B

- Mauritius Revenue Authority (2)

E

- Vodacom Cape Town Toastmasters (13)

M

- Lilongwe Club (19)

O

- NAMFISA Toastmasters Club (2)

P

- Transnet Game Changes (3)

S

- Anglo Easy Speakers (26)
- Proconics Toastmasters (2)

Y

- Entrepreneurs Toastmasters (4)
- Telephonix (29)

Z

- Projects Hub Toastmasters (2)
- Zenith Advanced Club (5)



Triple Crown Award



ACHIEVED 3 EDUCATIONAL AWARDS IN A SINGLE YEAR

Congratulations!

Completed 3 levels

Alliah Halifa

Lizzy Moyo

Robin Lunt

Anald Musonza

Lynnette Vermaak

Sabatha Mogoane

Angeline Kivido

Mahlatse A. Lemekwana

Shenitta Mwashita

Bupe Mulenga

Miora Rinamialisoa Ratsima

Viola Dondo

Christopher Bompas

Neelu Hassamal

Willene Venter

Frank M. Tsuro

Ntombekhaya Yalezo

Yonela Motloun

Completed 4 levels

Dan Mukendi

Fannie Olivier

Mekelaye Nghaamwa

Simalumba Nawa

Verity Price

Completed 5 levels

Bryton Masiye

Shaun Wilkinson

Completed 6 levels

Mzonjani Nkomo

Completed 7 levels

Egbert Scherman

Completed 8 levels

Devin J. Pearson

District 74 | Southern Africa

