

AUGUST 2025

ACHIEVING EXCELLENCE MAGAZINE

**AUTHENTICITY
OVER PERFECTION**

**UNLEASH YOUR INNER
SPEAKER WITH
YOODLI**

Purpose in Motion
BONISWA "BONNIE" SIYOTULA

District 74 Southern Africa Toastmasters

TOASTMASTERS INTERNATIONAL

District 74

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Toastmasters District 74 Mission

We build new clubs and support all clubs
in achieving excellence.

toastmasters74.org



With it being Women's Month in South Africa, the significance of this month, this year for us as Southern African Toastmasters, is very profound as this month Toastmasters

International, will be installing our very own Aletta Rochat, DTM as International President and she will be the first Southern African and African Toastmaster to be installed as an International President.

Although this month is often focused mainly around women, Toastmasters is a great example of how with the right supportive community, belief in one's self and ones ability to grow with each challenge pursued, one can become who they were meant to be, no matter your gender.

Since joining Toastmasters in 2023, I have had the privilege of seeing both powerful women and men serve us as District Directors, Cabinet members and all the way through to Club Officers and I have learnt so much from all those I have been led by.

Toastmasters has taught me that there is no such thing as one gender is better than the other when it comes to leadership, rather that it is about the heart of the leader themselves and their ability to connect with those that they lead. If you are unsure whether you can be a great leader, first find what makes you, you and lead those around you with that in mind and you will surprise even yourself.

Khethiwe Malema

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DISTRICT DIRECTOR'S NOTE

July was a month that reminded me just how special District 74 is. We celebrated the induction of our leaders, ordinary members who stepped up to serve with extraordinary hearts. We successfully completed the club realignment thanks to the dedication of our Area Directors and Council. We launched our Club Fitness Rewards (CFR) program, laying the groundwork for stronger, healthier clubs.

And there's more to celebrate! We welcomed two new clubs! One in Lesotho, the first addition there in over 30 years, and another in Ballito, bringing fresh voices and new possibilities to our District.

All this happened because of some individuals who were not willing to stand in the sidelines, and wait for things to happen. But it was individuals who chose to be Catalysts of Success. I will forever be grateful to be working with such leaders.

As we step into August, I'm reminded of John Maxwell's words: "Change is inevitable. Growth is optional." This month, I invite you to choose growth by recommitting to your personal development. Renewal isn't just ticking a box; it's saying, "I still have more to learn, more to give, and more to become."



May I also challenge you to invite one more person to your club. A bigger club means more energy, more opportunities, and more lives changed. And remember, "When you light a lamp for someone else, it will also brighten your path."

We are the Catalyst of Success... and together, we are Achieving Excellence.

Bhekisisa Ngomane,DTM

FROM THE PUBLIC RELATIONS DESK

This July marked exciting strides for District 74! We launched the Emissary Program to empower brand ambassadors and celebrated member journeys through the thriving [#MyWhyD74](#) campaign. What's your reason for joining Toastmasters? Share your story and inspire others. These stories are powerful reminders of the impact of communication, connection, and personal growth.

Website Update Alert

Our District 74 website is currently undergoing an exciting refresh, with new resources and tools being added to support your growth and engagement. We invite you to explore the updated site [HERE](#) and discover what's new.



Upcoming Branding & Canva Training - Looking to elevate your visual storytelling? Join us this for our two part PR Lab for our hands-on Training Sessions.

Let's continue to celebrate excellence, amplify our voices, and inspire action together.

Leya Musunga

THE SECRET WEAPON OF GREAT COMMUNICATORS

By Khaka Gomba

Have you ever noticed that “listen” and “silent” are spelled with the same letters?

These are not just anagrams but words that share the same value and meaning. We all want our voice to be heard, but do we take time to hear other people’s voices?

In the art of communication, speaking often takes the spotlight but true mastery lies in listening. More specifically active listening. It is the secret ingredient to becoming a great speaker. Active listening goes beyond simply hearing words. It’s the conscious act of being fully present, paying attention not only to what is said, but also how it is said, through tone, body language, and emotion. It’s about understanding before responding and listening with the intention to connect not to just respond.

In Toastmasters, active listening plays a vital role. Whether you are evaluating a speech, responding to a table topic, or you are a grammarian, your ability to listen determines your ability to perform any task at Toastmasters or even outside of Toastmasters meaningfully. Members who actively listen offer more meaningful evaluations, ask better questions, and build deeper rapport with their audience



“Active listening is the secret ingredient to becoming a great speaker”

To become an active listener

- Maintain eye contact and give the speaker your undivided attention.
- Avoid interrupting or thinking about the response while the other person is speaking.
- Acknowledge the speaker’s message by paraphrasing or asking clarifying questions.
- Be aware of non-verbal cues, both from you and the other person.

In today’s fast paced, distracted world, the ability to actively listen is rare and powerful. As Toastmasters, we strive to communicate with impact. Let’s remember before we can be heard, we must first learn to hear. So, the next time you walk into a meeting, remember that your ears may be your most valuable speaking tool. Listen actively, connect deeply, communicate powerfully.

USING YOUR VOICE TO EMPOWER OTHERS: A CONVERSATION WITH GRANNY BE007

By Lame Mthethwa

In an inspiring conversation with Granny Be, we explored the power of speaking to serve. Granny Be's reflections are thought provoking they, offer a blueprint for anyone seeking to lead and speak with deeper care and intention. Granny Be believes the way we speak matters now more than ever.

"In today's life," Granny Be began, "people are experiencing pressure at levels we have never seen before. The emotional and mental load is far greater than it was 20 or even 10 years ago, hence the importance of being mindful with our voices. Every time we speak, we should always ask ourselves if our words are encouraging or inspiring? "

Granny Be believes in the power of feedback that builds, an approach deeply nurtured through her journey in Toastmasters. One of the most valuable lessons from Toastmasters, she says, is how to give constructive feedback that motivates rather than wounds. In her words she says 'We can be honest and still be empowering'. "Let's learn to be caring when we are sharing."

Using your voice as a leader is not just about authority — it's about meaningful engagement. True leadership happens when you take time to understand the dreams, desires, and motivations of the people you lead."

By aligning team goals with individual purpose, leaders create authentic buy-in. "When that happens, not only have you used your voice to inspire people into action, but you've helped them move toward their own futures."



In closing

Granny Be's message is clear, as leaders and speakers, our voices carry power. The goal is not perfection. The goal is to care. 'Care enough to speak with kindness, to lead with integrity, and to listen with empathy.'

**"Every time we speak,
we should always ask
ourselves if our words
are encouraging or
inspiring? "**

A Shy Introvert's Guide to Thriving in Toastmasters

By Modieng Ramekosi

While in a taxi, I encountered a confident young man who captivated everyone with his engaging speech and hand gestures. I realized he possessed not just speaking skills but also authority and leadership. When he mentioned Toastmasters, I was immediately interested. I joined and have enjoyed over 13 years of growth in this journey!

Here are a few key benefits I gained from Toastmasters:

1. During the COVID-19 pandemic, I was able to guide my team through the transition to remote work thanks to my experience with online meetings in Toastmasters.
2. As an introvert, Toastmasters has boosted my confidence such that I have become a serial networker, creating valuable and lasting connections and relationships both locally and internationally.
3. I have improved my speaking and listening skills.
4. I am assisting my children in building their confidence using the skills I've learned.
5. My writing skills for speeches and articles in my Marketing and Public Relations work have greatly improved.
6. I can now run effective, concise meetings due to enhanced time and meeting management skills.
7. I've successfully aced interviews and served as a keynote speaker at conferences.

Toastmasters has truly transformed my life! In the next issue I will be sharing a few more stories of how Toastmasters has transformed my life so look out for the September issue.



“My writing skills for speeches and articles in my Marketing and Public Relations work have greatly improved.”

Joel Gombera (DTM), is a former District 74 Division Director, currently serving as District 129, Division B Director and a dual member of Sell the Sizzle Club in District 74, Secretary Capital Toastmasters Club in District 129

Embark on a Speaking Adventure!

District 74 proudly launches Around the District in 80 Days, an exhilarating emissary program running from August to October 2025. This cross-border initiative spans 6 divisions in 4 countries, inviting Toastmasters to step beyond their home clubs and embrace a global speaking journey.

Participants will deliver speeches, take on meeting roles, and immerse themselves in diverse club cultures all while building confidence and international presence. Whether you're a seasoned speaker or just starting out, this is your chance to grow, connect, and shine across the district.

The adventure is officially live, and the stage is yours. Let's make every visit count.

Follow the journey and get involved via by clicking

[Emissary Link](#)

THE AROUND DISTRICT IN 80 DAYS

WE ARE LIVE

AS EASY AS

STEP
01

Visit a club outside of your area /division/country.

STEP
02

Give a speech or Take up a role as Toastmaster of the Day/ Table Topics Master an/ Evaluator/ General evaluator.

STEP
03

Complete the emissary form.

District 74 Launches Club Fitness Rewards (Incentives) to Celebrate Excellence

DISTRICT 74

Club Fitness Rewards



Available to view on the website

toastmasters74.org

DISTRICT 74 SOUTHERN AFRICA TOASTMASTERS

District 74 launched the Club Fitness Rewards program to celebrate clubs excelling in engagement, leadership, and meeting quality.

Through tailored incentives like pins, certificates, store discounts, trophies, and public recognition, the program rewards milestones such as educational achievements, membership growth, and Distinguished Club status.

More than just rewards, it's a movement to inspire excellence, fuel motivation, and spotlight outstanding efforts across the district. Discover all the rewards and details at the provided link.

[Incentives](#)

Authenticity Over Perfection: Why 'You' Wins Audiences

By Modieng Ramekosi

I joined Toastmasters because I saw communication as a powerful tool for career advancement and confidence building. I wanted a supportive environment to grow at my own pace. Although I had ideas to share, I struggled to express them clearly in front of groups. Toastmasters felt like the ideal place to overcome that challenge.

Toastmasters has significantly contributed to my personal growth by enhancing my self-awareness and confidence. I have learned to express myself clearly and authentically, and I no longer feel held back by the fear of being judged while speaking. On a professional level, it has improved my leadership skills, taught me how to give and receive feedback constructively, and helped me communicate more persuasively in meetings, presentations, and interviews.

Toastmasters has also helped me handle my fear of freezing and avoiding speaking opportunities with grace, teaching me impromptu speaking skills, breathing techniques, and how to recover quickly. I learned that it's okay to pause or make mistakes—the audience is often more supportive than we think.

“I learned that it's okay to pause or make mistakes—the audience is often more supportive than we think.”



During a humorous speech contest, I made a joke that completely flopped. Instead of panicking, I smiled and turned it into a self-deprecating remark about my “experimental comedy career.” The audience laughed, and I realized that authenticity and adaptability are more valuable than perfection. That experience turned my failure into an uplifting victory.

Joseph Cosma, is a member of 4th Dimension Toastmasters Club, in South Africa.

AMPLIFY YOUR SPEAKING SKILLS WITH YOODLI

By Khethiwe Malema

Yoodli is a powerful AI-driven speech coaching tool designed to help Toastmasters members refine their public speaking from the comfort of a camera-enabled laptop, phone, or computer instead of in front of their mirrors.

By simply recording yourself using Yoodli, the platform provides personalized, constructive feedback—analysing everything from filler words and pacing to body language and facial expressions. The tool doesn't replace the powerful impact of personal feedback from fellow Toastmasters, mentors and coaches, its real-time insight enables users to pinpoint areas of improvement and build confidence with each practice session.

What sets Yoodli apart is its play-back feature, allowing speakers to review their performance and visually observe where delivery, tone, or gestures could be enhanced. Whether preparing for a contest, keynote, or club speech, Yoodli acts as a silent yet insightful coach.

The best part? Yoodli is available at no additional cost to paid members of Toastmasters International. It's a modern speech companion that makes growth accessible, practical, and measurable—one recording at a time.



ThriveCon 2026: All Roads Lead to Lesotho!

Get ready for an unforgettable 3-day experience at the D74 Conference in Lesotho from 30 April to 03 May 2026! With energy, inspiration, and connection at its core, ThriveCon promises to be the ultimate Toastmasters gathering.

Secure your spot with a deposit of **R1,500** (or R1,000 for locals) by **31 August 2025**. Monthly instalments make it easy R800 with accommodation, R500 without.

Total package: R5,500. Don't miss the early bird special ending 30 January 2026. Pack your bags, rally your club, and let's Thrive together! Register for conference [HERE](#)



30 April - 3 May 2026

Leadership skills I never knew I'd gain from Table Topics

By Modieng Ramekosi

In my finance role, I often present financial results. I've noticed that some colleagues excel at turning numbers into captivating stories. Inspired by their skill, I aim to interpret data in a way that engages the audience and brings the figures to life, rather than making them dull.

I used to shy away from any speaking engagements, both personally and professionally. However, since joining Toastmasters, I now eagerly seek out opportunities to speak. Whether it is at family gatherings or professional events, I have found the confidence to speak where previously I would have avoided speaking due to my fear of public speaking.

I used to be most afraid of going blank and not knowing what to say once I was on stage. However, participating in Table Topics has given me the confidence to speak even when I'm unprepared. Now, when I can't remember what to say, I take the opportunity to come up with ideas on the spot. When I'm stuck, I always think of the five W's and H: who, what, where, when, why, and how.

"When I'm stuck, I always think of the five W's and H: who, what, where, when, why, and how."



I once spoke at a staff meeting with about 100 attendees, where all seven managers presented about our teams. Concerned that the audience might lose interest due to the technical nature of our work, I used the analogy of a relay race, with the baton symbolizing our deliverables.

This not only kept everyone engaged but also added humor. The other managers adopted my analogy, and months later, they used it to explain our team process to the entire company.

Sipokazi Swana is a Toastmasters from West Rand Toastmasters Club in South Africa



LEADING WITH PURPOSE

By Nomthandazo Miselo

Ongezwa's experience as president of a newly chartered Toastmasters club is a powerful testament to growth through challenge. Stepping into the role as both a new member and club leader, she quickly realized that effective leadership required twice the commitment—balancing personal goals with the evolving needs of her club.

Her journey offered rich lessons in decisiveness and authenticity. She learned to stand firmly behind her choices, allowing her "no" to carry conviction and her "yes" to feel intentional, not burdensome. In a fast-paced digital world, Ongezwa recognized the value of seemingly simple acts—making calls, checking in, and building a culture of care and accountability.

Time, while scarce, became less intimidating with clarity of purpose. Her ability to revisit the "why" behind her leadership gave her strength to rise to occasions she never thought she could navigate. Crucially, she discovered the importance of support—mentors, sponsors, and club members who reminded her that leadership is never a solo journey.

For future club presidents, Ongezwa offers heartfelt advice: have a clear reason for stepping into the role, build the culture early, lean on others, and extend grace to yourself. Leadership is both personal and communal—a dual path that requires trust, communication, and consistent reflection.

HOW HIGH CAN YOU JUMP?

By Lame Mthethwa

I remember the day I found out that I can jump really high, like it was yesterday. Growing up, our neighbours had fruit trees. Like little kids, we would occasionally crawl under the fence to feast on the fruits. One day while I was on their side of the fence right under the tree, their vicious dog suddenly appeared. As I carefully considered the distance between the fence, the dog, and myself, I knew I had to make a run for it. I ran towards the fence with the dog close behind me. As I neared the fence, all I could think was "jump." As I left the ground, my heart pounding and my chest feeling like an arcade full of shouting people, I jumped as high as I could. As I landed, on the other side of the fence and I turned around to look at the angry barking dog, I just thought, "Yea, good for you."

Suddenly I became very proud because I had gotten away from him. When I started to realize what I had done, I looked at the fence and thought, "How did I do that?". I have never jumped that high before. I discovered that day that there is a lot more potential in me than I realized was there.

The same might be true for you. You might not be doing more because you have never challenged yourself to do more. I want to challenge you and encourage you to challenge yourself. Make a demand on yourself, don't wait for a dog to teach you how to jump. Jump by your own challenge. Say to yourself, "Look, I am going to do the best in this area no matter what" Then go after that.

You will accomplish anything you set out to do.



Purpose in Motion: A Transformational Leadership Journey

BONISWA SIYOTULA

— By Khethiwe Malema

Boniswa “Bonnie” Siyotula is a visionary South African creative professional whose leadership ethos is grounded in passion, service, and multidimensional impact. Raised in Cape Town, her academic journey reflects a deep curiosity and global perspective, from earning South Africa’s first postgraduate qualification in Travel, Events, and Tourism, to studying Architecture in the Netherlands, and later deepening her understanding of diplomacy through International Relations in Gauteng.

Today, Bonnie serves as a Project Specialist at a leading financial institution, where she fuses her expertise in architecture and

regulatory strategy with a keen eye for design, planning, and compliance. Yet her professional scope extends far beyond her corporate role.

As the founder of three diverse ventures—Bon Voyage Events, Nancy Holdings, and Youth Diplomacy South Africa (YDSA)—Bonnie embodies entrepreneurial agility and social consciousness. Her work in sustainable event planning, functional interior design, and youth development initiatives reflects her commitment to creating spaces that uplift, inspire, and drive positive change.

Central to her growth has been Toastmasters. Since joining in 2019, Bonnie credits the organization with refining her leadership style, sharpening her communication skills, and enabling authentic self-expression across every domain. Whether mentoring youth, pitching projects, or facilitating boardroom discussions, Toastmasters has equipped her with the tools to listen actively, respond intentionally, and speak with clarity and conviction.

Her journey is marked by memorable moments, including a nerve-wracking but empowering Ice Breaker speech and transformative experiences like serving as the RoarCon Convener for District's 2025 May Conference. That leadership role challenged her to embrace service over control, foster trust within a team, and balance meticulous planning with adaptive thinking. RoarCon, she says, was more than an event—it was a leadership boot camp that crystallized the power of resilience and collaboration.

Bonnie's approach to leadership is shaped by her admiration for global icons like Dr. Ngozi Okonjo-Iweala, whose strength, grace, and integrity remind her of the courage required to lead with purpose. Inspired by Okonjo-Iweala's journey, Bonnie channels her own energy into creating platforms where creativity, community, and advocacy intersect.

Balancing a high-impact career, business ventures, family and her Toastmasters commitments demands discipline but Bonnie views it as synergy rather than sacrifice.

Toastmasters is not a side pursuit; it's a strategic tool for personal and professional elevation.



Toastmasters is not a side pursuit; it's a strategic tool for personal and professional elevation. It keeps her grounded, sharpens her voice, and strengthens the thread that weaves through all areas of her work.

Her advice to new Toastmasters is simple yet profound and a message shared by so many other experienced Toastmasters: "Start where you are and show up consistently. Don't worry about being perfect." It's a philosophy she lives by daily—through imperfect action and intentional growth.

Ultimately, Bonnie aspires to be a transformational leader who uplifts others while building ethical, innovative platforms. She envisions a life that merges design, diplomacy, storytelling, and community development into a force for lasting impact—especially for women, youth, and underserved communities.

For Bonnie Siyotula, leadership is not just a destination. It's a lived journey—powered by passion, anchored by service, and lit by the belief that one voice, well used, can move mountains.



WELCOME TO DISTRICT 74

District 74

NEW CLUB ANNOUNCEMENT

WELCOME

**MPHATLALATSANE
TOASTMASTERS CLUB**

Division F | Area F1

Club Mentors	Club Sponsors
Mojabeng Tigeli Lesedi Masina	Mojabeng Tigeli Lesedi Masina

Club meetings Zoom Online
2nd & 4th Wednesday @18:00 CAT

Club #1
2025/26

FROM THE DESK OF THE CLUB GROWTH DIRECTOR

District 74

NEW CLUB ANNOUNCEMENT

WELCOME

**BALLITO
TOASTMASTERS CLUB**

Division D | Area D1

Club Mentors	Club Sponsors
Vivien Boddy,DTM Todd M. Atterbury	Vivien Boddy,DTM Gil Harper

Club meetings Hybrid
1st & 3rd Wednesday @18:00 CAT

Club #2
2025/26

FROM THE DESK OF THE CLUB GROWTH DIRECTOR

Congratulations

Triple Crown Awards- July 2025

Moegamat Tofa - Siemens Club



CLUBS WITH THE MOST COMPLETED PATHWAY LEVELS

5 LEVELS

West Rand Toastmasters Club

4 LEVELS

Siemens Club
Algoa Club 2457

3 LEVELS

Pinelands Club
4th Dimension Club
Harties Toastmasters Club
Northern Star Toastmasters Club
Soweto Positive Speakers Club
Anrol International Advanced Toastmasters Club

THRIVING IN A SUPPORTIVE TOASTMASTERS CLUB

By Modieng Ramekosi

Toastmasters has greatly contributed to my personal and professional growth. It has helped me develop the self-confidence and skills needed to speak in front of an audience, whether at social events or during my sales presentations.

Before joining, my biggest fear about public speaking was the fear of criticism. I often worried, "What if the audience isn't interested in my talk? Or worse, what if I freeze on stage?"

During my third speech, my worst nightmare came true: I froze on stage after stumbling over my speech introduction. What happened afterward motivated me to become the Distinguished Toastmaster I am now. The support I received from my fellow club members at Scientia Toastmasters, particularly from Toastmaster Jutta Knoll, was incredible. This experience reinforced the idea that Toastmasters is truly a supportive and safe learning environment.

Thato Majela DTM, West Rand Toastmasters Club



LEADERS ARE READERS

By Tumelo Maphalala

Harry S. Truman once said that, "Not all readers are leaders, but all leaders are readers."

This quote rings true to this day as leaders are expected to be continuously abreast of all pertinent issues. Great leaders constantly seek knowledge and refine their decision-making through reading. One great example from a historic context can be drawn from how Nelson Mandela was constantly reading even during his imprisonment.

Reading enhances knowledge, critical thinking, and strengthens leadership influence. Leaders must stay informed in a rapidly changing world and books, articles, and research provide insights beyond personal experience. Reading about different industries, cultures, and leadership styles can help leaders make informed decisions.

Leaders are problem-solvers, and reading exposes them to different problem-solving approaches. It fosters analytical thinking, distinguishing fact from opinion, and seeing connections between ideas.

Effective leaders should be able to articulate their vision clearly. Reading enhances vocabulary, comprehension, and storytelling skills for this purpose. It can be observed that great speeches and leadership communication are often inspired by literature and historical texts. For example, Martin Luther King Jr.'s speeches drew from philosophy, religious texts, and poetry.

Since leadership is a journey of continuous learning, reading fuels personal growth and resilience. Moreover, this can be achieved by intentional reading. To do this, set reading goals, maintain a reading journal, or even join book discussions, where possible.

A leader who does not read is like a warrior without a weapon and such is not desirable. As parting words, "If knowledge is power, how powerful do you want to be?"



A DECADE OF GROWTH: LESSONS FROM A LEADERSHIP JOURNEY

By Nomthandazo Miselo

When I asked Distinguished Toastmaster Njabulo to share some of his leadership wisdom with us, I didn't anticipate receiving such practical, everyday lessons—insights that one can genuinely commit to applying. One of the most profound takeaways for me was the power of saying “yes” to growth. Even when you're unsure of what a role entails, embracing the opportunity with a hunger for learning can lead to remarkable personal and professional development. Below is what he shared, and I sincerely hope you will heed his call, just as I am committed to doing the same



aligned to John Quincy Adams' quote “If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” – John Quincy Adams

Njabulo Thela, DTM: Two months into my Toastmasters journey, I was asked to serve as the Sergeant at Arms at my club. I had no idea what the role entailed. I was hungry for growth and ready to learn. I said yes. That led to a ten-year journey of active leadership, from the club level to serving as a Region Advisor just this past 2024/25 Toastmaster year. This has been the most transformative journey, both personally and professionally. I have learned a plethora of lessons and I share just three of these leadership lessons with you today:

1. **Leadership is service.** True impact comes from lifting others. Whether you are supporting a new member with their Ice Breaker speech or serving as a club officer. Do what you can and start where you are. As *Desmond Tutu said: “Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.”*
2. **Consistency builds credibility.** Showing up, even when it's hard, earns trust. When you are scheduled for a speech or to take a club meeting role, honour your commitment, even when it is challenging. Be dependable. *“Success is the sum of small efforts, repeated day in and day out.” – Robert Collier*
3. **Empowerment multiplies influence.** When we mentor, we multiply. When I started my leadership journey, I really struggled with delegation. I wanted to do everything myself. I soon realised this was not sustainable and that I was limiting myself and my team. A good leader grooms other leaders. something

Toastmasters has been the most transformative personal development journey I have ever embarked on. From knowing little about the program and fumbling in the beginning, I've grown to lead beyond my club to now supporting leaders who are serving clubs across the continent. Being an active member has also transformed my career. I moved from IT to making an impact in the Learning & Development space. I've grown in confidence and have intentionally planted seeds in the lives of all those I have touched.

Toastmasters changes lives. I challenge you to maximise your investment by actively participating in the Toastmasters program and leveraging the incredible opportunities available at your club and indeed within District 74. Your future will thank you for this investment.

It starts with YOU!

WINNING THE UNSEEN BATTLE

By Lame Mthethwa

The greatest battles we fight are not the ones the world sees, they are the ones that happen within.

No applause. No cameras. Just you and your thoughts. The battle of self-doubts. The battle with your fear of failure.

The unseen battle you either win or you surrender to everyday.

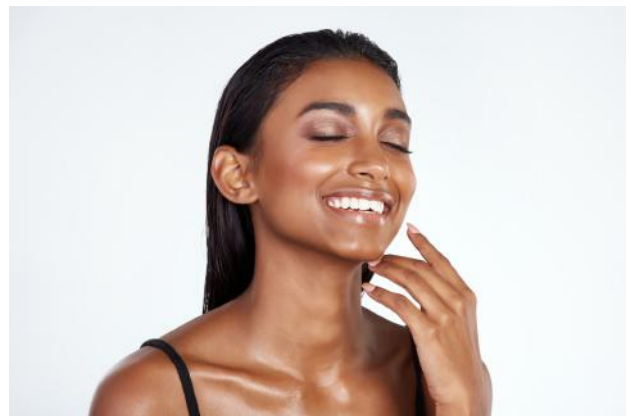
Winning the unseen battles means learning to:

- Silence the inner critic that tells you, you can never be a great leader.
- Choose growth over comfort by choosing to give that speech.
- Set boundaries that support your personal growth.
- Embrace feedback and learning from it.

Every time you win these unseen battles you unlock a life of purpose

This kind of victory is the kind that transforms yet isn't loud. Although so silent, over time it begins to show in your confidence to stand in front of your colleagues and deliver a presentation. It shows in your confidence and energy to deliver a speech you have been hesitating to give. Over time it is shown in your decision to take up a leadership role to challenge your potential.

Over time that transformation that has been happening behind closed doors shows up in you showing up for others by mentoring other members to also support them in their personal growth journey.



Every time you choose to learn by doing when it's easier to sit and not show up, you win.

Every time you choose discipline over excuses, you win.

Every time you face your fear of public speaking instead of running, you win.

Every time you embrace failure not as a setback but as a stepping stone, you win.

These small, quiet wins will add up. Eventually they lead to external victories the world can't ignore.

**Keep going. Keep choosing growth.
Keep choosing you**



FROM CAKE TIERS TO CLUB LEADERSHIP: THE MULTIFACETED JOURNEY OF **WILLENE CLAIR VENTER**

By Khethiwe Malema

Born in De Doorns and raised in Despatch, Eastern Cape, Willene Clair Venter's path to Toastmasters began humorously—with her husband seeking public speaking guidance. What started as moral support at his first meeting soon blossomed into a shared journey that began in 2020 and continues to enrich their lives.

A seasoned baker and entrepreneur behind Insprd Creations, Willene also a dog trainer at two puppy schools—roles that demand clear communication, structure, and confidence. Through Toastmasters, she has refined her presentation and teaching skills, integrating learnings from Paths like Presentation Mastery, Effective Coaching, and Strategic Relationships into her business strategies.

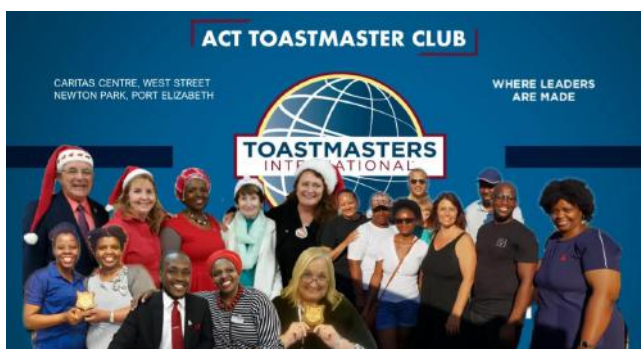
Willene has embraced leadership fully, serving as VPE twice, Club President, Area Director and is now Division B's Division Director. These roles have taught her the value of effective planning and execution—skills she calls “game changers.” She credits much of her Toastmasters inspiration to Thomas Horne, a veteran Toastmaster whose legacy continues to guide her.



“Participate often every small role builds remarkable strength.”

Whether sharing her story at an online club meeting in Bahrain celebrating the strong women in her lineage and their legacy that culminated in her existence and resilience, or celebrating her home club Act Toastmaster's Club's 40th Birthday,

Willene remains committed to growth and community. Her advice to newcomers? Participate often every small role builds remarkable strength. For her, Toastmasters is not just a club it's a catalyst for transformation.



EMPOWERING WELLNESS THROUGH VOICE AND VISION: THE JOURNEY OF KEITUMETSE MOEKETSI

By Khethiwe Malema

Born and raised in Pimville, Soweto, Keitumetse Moeketsi is a passionate health and lifestyle coach who champions holistic wellness through her venture, Phenomenal Health and Wellness. As the youngest of four siblings, Keitumetse blends her expertise in gut health education, somatology, and business development to empower individuals toward meaningful transformation starting from within.

Guided by the motivational wisdom of Les Brown, her life's mission centers around impact, growth, and authentic connection. With aspirations to become a globally recognized speaker, moderator, and facilitator, Keitumetse is on a journey not only to inspire through powerful storytelling, but also to elevate others by helping them find and refine their voice.

Toastmasters has played a pivotal role in this mission. A dedicated member for over a year, and twice elected Vice President Membership of Soweto Positive Speakers, she has found in Toastmasters far more than a speaking platform—it's a thriving community. Through speeches and the leadership series, she's experienced remarkable personal growth.

"Never give up on your dreams and never be afraid to begin again. Rejection is feedback, not failure."



She embraces feedback and reflection as tools for continuous evolution. Her advice is resolute: Never give up on your dreams and never be afraid to begin again. Rejection is feedback, not failure.

Toastmasters has strengthened her professional confidence, enhancing her ability to connect with audiences during corporate engagements and public talks. Above all, Keitumetse lives by a powerful motto that fuels both her coaching and communication: Imperfect action is better than perfect inaction.

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DISTRICT DIRECTOR BHEKISISA NGOMANE

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