

OCTOBER 2025

# ACHIEVING EXCELLENCE MAGAZINE



## HERITAGE DAY PRESIDENTIAL CELEBRATION

**Cape Town Toastmasters Welcomes the  
International President**

Spotlight on Lesotho



District 74 Southern Africa Toastmasters

# TOASTMASTERS INTERNATIONAL<sup>®</sup>

## District 74

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**Toastmasters District 74 Mission**  
We build new clubs and support all  
clubs in achieving excellence.

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



## EDITOR'S NOTE



As the end of the year is fast approaching and we have seen the end of a powerful Golden Quarter, as District 74 we continue to celebrate not only our achievements as clubs and club members but also Lesotho's recent Independence Day with great stories from the clubs and some of its members in a special Lesotho feature. Stories that will let not only of longevity but bold visions for Toastmasters in Lesotho.

The Kingdom of Lesotho, though blessed with winters cold enough to produce snow, is filled with warmth. Warmth from the love, care and the pride the Basotho nation holds.

A Toastmasters journey emulates the very nature of Lesotho, through not only the safe and supportive environments offered by our clubs, but also through the pride we have of being Toastmasters on a journey to the top of our own mountains where our victories, voices and stories can be heard by others.

*Khethiwe Malema*

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## DISTRICT DIRECTOR'S NOTE

**A**s we close out the Golden Quarter, I can't help but feel a deep sense of pride and gratitude for what we have achieved together. This has been a season of growth, collaboration, and renewed energy.

We've chartered three new clubs and have two more currently being processed by Toastmasters International – a clear sign that our District is alive with possibility. Each new club represents new voices being discovered, new leaders being developed, and new stories of transformation waiting to be told.

A heartfelt thank you to every member who renewed their membership and to every club that ensured they remain in good standing. Your commitment keeps the heartbeat of Toastmasters strong and creates spaces where personal and professional development can thrive.

To our District Council – thank you for a successful and engaging meeting. Your leadership and participation continue to shape our collective future.

While we celebrate these wins, our work is far from done. Let's keep creating positive, vibrant environments in our clubs, where learning and laughter go hand in hand.



Invite more people to experience Toastmasters. Learn from each other, and share this magazine widely so more can discover the power of this movement.

Together, we are building momentum – as true Catalysts of Success, committed to Achieving Excellence.

**Bhekisisa Ngomane,DTM**

## FROM THE PUBLIC RELATIONS DESK

**S**eptember was a month marked by momentum and meaningful progress. From celebrating club milestones to showcasing member achievements, the focus remained on inspiring excellence and engagement within the Toastmasters community. Key initiatives included preparing DCP and club quality awareness content, creating renewal campaigns to strengthen membership retention, and spotlighting educational achievements.

Each campaign reflected a shared commitment to learning, leadership, and the power of communication. As we close the quarter, excitement is building for the Golden Quarter Hall of Fame Awards, where clubs and members will be recognized for their dedication, creativity, and outstanding accomplishments—a true celebration of the spirit of excellence that defines our community.



And as always don't forget to follow us on our social media pages as they continue to grow, so you never miss an update on what's happening in our district. [\[Link here\]](#)

**Leya Musunga**

# The Mphatlalatsane Story

By Rachel Mathabang Fanyane

The word Mphatlalatsane is a Sotho word meaning “The morning Star”. We view our club as that beacon of hope that emerges and fights its way to illuminate light out of the darkness of the night. Mphatlalatsane pronounces itself as an opportunity to embrace newness and birth fresh opportunities. That’s the basis of our formation as a club.

Mphatlalatsane is one of the youngest babies in District 74. We are currently sitting squarely at 32 members strong and were officially chartered on July 6 2025. The club grew exponentially right after being chartered. Given the club has only been in existence for under 3 months, it has gained on average 1 new member per week since being charted. A lot of our new members are people that are either connected to or in the networks of current members. You will not be surprised to find couples, colleagues and friends within our current member pool.

We have not yet formally advertised the club, neither do we have a social media presence yet but that’s all in the pipeline. What we are discovering is that people are hungry for networking and learning opportunities of this nature. The majority of individuals who express interest tell us they were a member of Toastmasters in the country of their origin, or they were a member at university and have been looking for clubs in-country. The fact that we now have two clubs in a small country like ours is evidence that the hunger is there. Not only that, but the need is there to develop as leaders, as communicators, as public speakers and as Mphatlalatsane, we couldn’t be more ready to extend this opportunity to Basotho.



Although we are closely monitoring the renewals, and if we keep this same growth momentum, we would not be surprised to see another club start forming outside of Mphatlalatsane, however as of now, our biggest mandate is to ensure that every single member of Mphatlalatsane actively takes up their pathways and grow beyond their current potential into their destined greatness. We make it clear to our members that it’s a journey and we need to embrace it, and grow steadily in it. True advancement comes from consistent, incremental efforts, rather than sporadic action. Pace and steady growth is what we aim for. That’s the goal.

## The rite of passage

By Rachel Mathabang Fanyane



Toastmasters for me is an opportunity to cultivate the courage to embrace my strengths and vulnerabilities.

I majored in Communications at University, both undergraduate and post graduate but the biggest thing the classrooms missed was the practical aspect. What I appreciate the most about Toastmasters is how it's a learning laboratory where you actively participate. Everything we do has a practical application. I don't just develop my communication, public speaking or leadership skills, I actually practice them.

I learnt very early on that you need to join Toastmasters with a goal in mind, if you don't have a goal, you will not stay the course, but if you do, the world is your oyster. As a Communications Specialist, I truly consider Toastmasters the rite of passage; a ritual or experience that constitutes a major milestone or change in one's life before they can successfully graduate to the next phase of their professional life. Whatever your profession, Toastmasters is the catalyst that will ensure you stand a head above the rest, "Proudly, a Toastmaster!!"

## The Journey Before Chartering

By Lesedi Masina

The story of Mphatlalatsane Toastmasters Club is one of persistence, collaboration, and belief in the power of community leadership.

When the idea first came up, Lesotho only had one corporate club, and there was a clear need for a community-based club where individuals from all walks of life could grow their communication and leadership skills.

At the time, I was serving as Area Director, and alongside me was Logistics Manager Mojabeng Tigeli, DTM, who was Division Director at that time. Together, we stepped in as both club sponsors and mentors.

Being a sponsor meant more than just helping with paperwork — it meant mentorship, encouragement, and walking the journey with the prospective members. From organizing the first demo meetings, to holding strategy sessions, to personally mentoring early officers, our role was to lay a foundation for sustainability. We also worked to ensure that the right people stepped up as officers, and that they felt supported in taking on these leadership roles.

Through challenges and delays, we kept momentum by fostering partnerships, mentorship, and excitement about the vision for Lesotho. That's why seeing the club finally reach its chartering milestone is so meaningful — it's not just the start of meetings; it's the fruit of a journey of mentorship and leadership growth.

Lesedi Masina  
Division F Director



## Moliehi Makhetha's Path to Empowered Communication

Moliehi Makhetha serves as Treasurer in the executive committee of Mphatlalatsane Toastmasters Club. In her day-to-day job, she leads strategic people initiatives and engages with a wide range of stakeholders.

Since joining Toastmasters four months ago, Moliehi has embarked on a transformative journey of leadership and communication growth. Through active participation in speeches, various club meeting roles and leadership roles, she is developing key communication competencies including structured speech delivery, active listening, persuasive speaking, constructive feedback and confidence in impromptu speaking.

Her decision to join Toastmasters was rooted in the desire to become a more intentional communicator and visionary leader.

Moliehi extends her gratitude to the mentors from Florida and Pinnacle Toastmasters clubs, whose guidance and encouragement have been instrumental in their club's establishment and development.



Their generosity in sharing knowledge, offering feedback and modelling excellence has accelerated her growth and deepened her commitment to the Toastmasters mission.

"To all members and aspiring leaders, step forward, speak up, and lead with purpose. Your transformation journey starts with one speech, one role, one moment of courage. TAKE IT- and grow beyond what you thought possible through Toastmasters."

## My Toastmasters Journey- Reitumetse Tjamela



My journey with Mphatlalatsane Toastmasters has been nothing short of transformative. When I first joined, I was simply looking for a platform to improve my public speaking skills, but I have gained so much more. Toastmasters has given me a safe space to grow in confidence, refine my communication, and challenge myself to think creatively. Every meeting feels like a step forward- whether I'm speaking, listening, or learning from others. The feedback and mentorship I receive have helped me discover my voice and use it with a purpose. Beyond speaking, I am developing leadership skills, learning to collaborate, and building meaningful connections with like-minded individuals. Toastmasters is adding real value to my life by shaping me into a better communicator, a more empathetic listener, and a more confident version of myself.

# Rainbow Toastmasters Club of Maseru

By Retsepile Ntsihlele & Khethiwe Malema

Rainbow Toastmasters Club of Maseru was established in 1994. The club was introduced into Lesotho, the "Kingdom in the Sky", through Rotary International hence it was not a surprise in the beginning to find that a majority of members of the Rotary Club of Maseru were also members of the Rainbow Toastmasters Club.

This club is unique in that it once had, as its member, Toastmaster Evelyn Lebona who was as old as the Toastmasters International. Toastmaster Evelyn was born in October 1924, the exact year and month in which Toastmasters International started uninterrupted existence of Toastmasters. She passed away on the 20th of July 2018, aged 94 years old. Her contribution to the club will remain indelibly etched in our memories as she played a midwifery role when the club could not reach a charter strength and was on the verge of being declared defunct. Despite her old age, she exuded energy and passion which kept the club alive. What an indefatigable person!!

Like the Basotho blanket, Rainbow Toastmasters wraps members in warmth, tradition, and support, empowering growth through shared strength and belonging. It is hence no wonder that the club has made immense contribution in Lesotho as majority of its professionals have undergone the Toastmasters' programme. This club has transformed lives in a positive way in that it inculcates the values of Integrity, Respect, Service and Excellence in the hearts and minds of its members. When these abovementioned values are re-arranged, you get a word "RISE".

In conclusion we say "Rise Rainbow Toastmasters Club Rise and continue to help us overcome fear of public speaking – an art that is feared by many and mastered by few."



## RETSEPILE GLADWIN NTSIHLELE AS THE TOASTMASTER

I became a member of the Rainbow Toastmasters Club of Maseru in 2004, having been introduced to it by the late Toastmaster Evelyn Lebona who was also my paternal aunt. I am proud to be a Toastmaster as it has helped me to live in accordance with some of the Navy Seals principles. Some of those principles are the following;

"Being a Navy Seal is a lifetime commitment to challenge yourself to be the best. As a Navy Seal you don't get ready but stay ready." It pays to consistently partake in the Toastmasters' programme because what you do not use, you lose. Toastmasters is not a spectators' sport.

"Never out of the fight." As a Toastmaster I always have something meaningful to say.

I love Toastmasters because it has enabled me to impact humanity in a positive way. There is nothing as soul gratifying as witnessing a person who could not stand in front of people and deliver a speech, ultimately finding their voice to tell their unique story. This is a feeling that no amount of money can buy.

Horace Mann, an American educational reformer, once said, "Be ashamed to die, until you have won some victory for humanity" and Toastmasters has enabled me to achieve this feat. How soul gratifying!!

# When Leadership Meets Mental Health

— By Tumelo Maphalala

**L**eadership is often celebrated as a position of strength, vision, and influence. Yet behind the titles, responsibilities, and achievements, many leaders carry silent burdens that impact their mental health.

The pressure to perform, the constant decision-making, and the responsibility for others can take a toll in ways that are not always visible. For some, anxiety manifests as overthinking every choice. For others, stress shows up as irritability, exhaustion, or even a sense of isolation, despite being surrounded by people.

What makes these challenges harder is the expectation that leaders should always appear composed and resilient. The truth, however, is that leaders are human. They too wrestle with self-doubt, burnout, and moments of vulnerability. Ignoring these realities doesn't make them disappear, rather it only amplifies the risks of poor judgment, strained relationships, and declining performance.

## Dealing with mental health challenges in leadership requires courage and intentionality.

It begins with self-awareness; noticing the signs of stress before they escalate. Leaders can create healthier routines by setting boundaries, prioritizing rest, and finding safe spaces to talk about their struggles, whether through mentorship, therapy, or peer support.

At the same time, cultivating a culture of openness within teams can lessen the stigma, reminding everyone that seeking help is a mark of strength, not weakness.

Most importantly, leaders should remember that caring for their mental health is not selfish, it is an act of service.

**A leader who is grounded, resilient, and emotionally well is far better equipped to inspire, guide, and support others.**

Leadership is not about carrying the weight of the world alone; it is about modeling balance and humanity. When leaders take their mental health seriously, they give others permission to do the same, creating a healthier, more sustainable future for everyone they lead.



# AI or Die: Tools for Leadership

By Tumelo Maphalala

**T**he phrase may sound dramatic, but in today's world of constant change, leaders really do face a choice: embrace Artificial Intelligence (AI) or risk being left behind.

Too often, AI is framed as a threat, something that will replace jobs, erase creativity, or even dehumanize leadership. But the reality is far less ominous. In my view, AI is not here to take over; it is here to assist. Thus, the leaders who thrive tomorrow will be those who learn to integrate it into their work with wisdom and balance.

AI has the potential to transform leadership in powerful ways. By taking on routine tasks such as drafting reports, organizing schedules, or even summarizing complex information, AI frees leaders to focus on strategy, vision, and people. It enhances communication, offering tools that help leaders sharpen their messaging, craft engaging speeches, or prepare reports with greater efficiency. It also equips leaders with data-driven insights, analyzing trends and feedback faster than any individual ever could, allowing for informed decisions that are grounded in evidence rather than guesswork when done right. Beyond that, AI can support continuous growth, offering leaders access to tailored learning resources that keep them sharp and forward-thinking.

But as leaders adopt AI, it is important to remember what it cannot do. AI cannot replace empathy, vision, or emotional intelligence, which are the qualities that define true leadership. Rather, it serves as a co-pilot, taking on repetitive or technical burdens so leaders can bring their full humanity to the forefront.



Ultimately, the question is not whether AI will shape the future of leadership, but whether leaders will have the courage to use it wisely. The call is clear: AI or die. The leaders of tomorrow will be those who embrace these tools not with fear, but with curiosity, creativity, and conviction.

# IMPORTANT

## >>>ANNOUNCEMENT<<<

### New Member Fee Update

[ First time members ]

**\$20** → **\$25**

From **1st October 2025** the new member fee increases from \$20 to \$25

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## 5 DCP Sprint AWARD

**Achieve 5 DCP Goals by 31 December.**

**Reward: A Trophy OR R300 CFR Voucher**

usable towards stock purchases or May  
Conference.

# When the Leader is Tired: The Quiet Truth About Leadership Fatigue

By Tumelo Maphalala

Leadership is often romanticized, especially in volunteer-driven organizations like Toastmasters. We hear phrases like “step up,” “serve with passion,” and “lead by example.” But what happens when the leader is tired?

Leadership fatigue is real. It's the emotional, mental, and physical exhaustion that builds when you've been giving endlessly, guiding teams, solving problems and motivating others all while suppressing your own frustration, stress, or burnout. In paid roles, this can be mitigated by boundaries or compensation. In volunteer leadership, it often goes unseen.

As a club officer, I've experienced moments where I felt like I was pouring from an empty cup. When teammates disengage or responsibilities mount and the weight becomes heavy not because I don't love the work, but because I care so much that it hurts.

So, what's the solution?

First, we must acknowledge that fatigue is not a failure. It's rather a signal. It means you've been showing up. It means you care deeply.

Second, we need to normalize conversations about rest, support, and sustainable leadership. Delegation is not a weakness. Asking for help is not defeat.

Toastmasters teaches us to grow as communicators and leaders. Let's also grow in compassion for ourselves and for those who lead beside us. Because even leaders need refueling.

Let's build leadership cultures where excellence doesn't come at the cost of exhaustion and where every leader knows: You're allowed to rest too.





# HERITAGE DAY PRESIDENTIAL CELEBRATION

## Cape Town Toastmasters Hosts International President

— By Kerri-Lea Adlam

**O**n 24 September 2025, South Africans celebrated Heritage Day, a public holiday honouring the nation's rich cultural diversity, traditions, languages, and history.

The Cape Town Toastmasters Club hosted an inspiring event celebrating heritage, resilience, and leadership, focusing on Aletta Rochat, the first African elected as Toastmasters International President in its 100-year history. Club President Wayne Robinson summed it up: "This was the perfect day to celebrate heritage and resilience, highlighting leadership through Aletta Rochat Distinguished Toastmaster (DTM)."

### Chris Adlam's Journey: From Reluctance to Leadership

Chris Adlam, DTM, shared how he overcame reluctance to take on leadership roles, crediting Aletta Rochat for inspiring him to aim higher. He recalled her mentorship during the COVID-19 pandemic when she helped save a struggling club. "She showed us the possibilities," he said.

Chris promoted "Cross-Pollination," a collaborative approach across clubs, areas, and districts, developed with 2021 World Champion of Public Speaking Verity Price. Urging members to embrace their potential, he joked, "I feel like an underachiever standing next to Aletta with 17 years under her belt and what she has achieved." He concluded with a toast "to the possibilities."

### A Message of Hope from Shukri Weiner

Toastmaster of the Day, Shukri Weiner, delivered a powerful message: “The news may paint our country’s story as one of struggle, but today reminds us it’s bigger—a story of resilience and strength. A voice from Africa says we can lead the world.” Referring to the Springbok rugby team and African leadership, his words stirred pride and hope in the continent’s potential.

### Aletta Rochat’s Vision for Africa’s Future

Aletta Rochat shared her forward-looking vision for Toastmasters in Africa. Despite challenges such as exchange rates and membership costs, she celebrated Africa’s growth through resilience. “It’s not easy, but our mindset drives us. If I could bottle that resilience and spread it worldwide, I would,” she said.

Her strategy includes boosting membership to strengthen district capabilities. “I’m tired of Africa being overlooked,” she declared. “It’s not about me—it’s about what we can do together to lift each other and find future leaders.” She urged members to seize opportunities, exceed expectations, and support others. “I may be the first African president, but I won’t be the last,” she concluded.

### Engaging the Audience: Fun, Prizes, and Connection

Donovan Will’s lively facilitation of spot prizes kept the audience engaged. His thoughtful questions encouraged active listening, while the prizes rewarded participation. Networking and refreshments afterward fostered camaraderie among members and guests.

### Ripples of Inspiration: Bhekisisa Ngomane’s Reflection

District 74 Division Director, Bhekisisa Ngomane, shared a childhood memory of ripples in water as a metaphor for the lasting impact of one’s actions. Having overcome stage fright through Toastmasters, he encouraged members to inspire others: “Be the pebble that sparks success.”



## Lessons in Leadership: Reflections from Division Directors

Division Director C, Lorna Holtman, spoke about how Toastmasters strengthened her leadership, listening, and empathy skills. “Toastmasters teaches us daily,” she said, advocating for stronger onboarding to support new members.

Division Director B, Willene Venter, shared how her journey began through her husband’s public speaking needs. Mentors like Angie Kivido helped her grow into leadership roles. “In Toastmasters, you’re never alone,” she said, emphasizing the community’s spirit of mentorship and growth.

## Verity Price on the Power of Community and Mentorship

Verity Price asked, “What does it mean for someone from Cape Town to become the first African international president or win a world championship?” Attendees offered answers such as hard work, community, and passion—with “community” resonating most.

Verity attributed her success to practising in 42 clubs across 16 countries, supported by mentors like John Hambleton and Jazzmin Hecht. “Alone I can’t; together we can,” she said, echoing Bhekisisa’s ripple metaphor.



## Gratitude and Acknowledgments

The event embodied Toastmasters’ spirit of growth and collaboration. Thanks were extended to Madeleen Engelbrecht, Aletta Rochat, and Verity Price for their time, effort, and prizes, and to Lagoon Beach Hotel for sponsoring a two-night stay for two with breakfast.

Event chair Kerri-Lea Adlam expressed heartfelt thanks: “A special thank you to my mentor Dawn Corin, DTM, and silent mentor, Chris Adlam, for their unwavering support—not only for this event but throughout my Toastmasters journey. Their passion and wisdom are truly inspiring.” She noted that Chris also captured the event’s “phenomenal photos to remember a historic achievement.”

## Closing Inspiration: Lighting the Way Forward

Wayne Robinson closed with a moving story of a woman whose small lamp lit the darkness as others joined her. “Aletta Rochat, you are that woman shining the light. Thank you,” he said—ending the event on a note of gratitude and inspiration.



# The Unexpected Gifts of Stepping Outside Your Comfort Zone- Matshediso Miso Tamaki

By Modieng Ramekosi

I was inspired to join Toastmasters because I noticed that I needed to improve my leadership skills. Having recently taken on a leadership role in a new environment, I realized the importance of effective communication with my team. I knew I needed to address this skill gap, and I believed Toastmasters was the best option to help me do that.

**Toastmasters has greatly enhanced my leadership and communication skills, making me a more effective communicator.**

This growth has inspired me to help others by creating a weekly virtual platform for my team, where we connect and support each other's self-development goals.

On a personal level, I challenged myself this year by volunteering as the Treasurer on our church's council. I am stepping out of my comfort zone and taking on new responsibilities, and Toastmasters has been key to rebuilding my confidence.

**My biggest fear about public speaking was the overwhelming "what ifs."**

I struggled with anxiety and panic attacks whenever I had to speak in meetings or public gatherings, which led me to shy away from those opportunities.



I am still on this journey to improve my communication skills. To overcome my fears and silence the self-doubt, I actively take on roles in every meeting to practice. As the saying goes, practice makes perfect. It gets easier with each meeting, and I truly enjoy the experience.

My first icebreaker speech in Toastmasters was a memorable experience. I was very nervous and worried about whether the audience would enjoy it. However, I found comfort in knowing I had taken my first step in this journey. I also realized that Toastmasters offers a safe and supportive environment, and I'm grateful to be a part of it.

Matshediso Miso Tamaki,  
SAA Gaborone Toastmasters Club

# District 74 - Join us for the **GOLDEN QUARTER** **HALL OF FAME** **AWARDS**



**Saturday,  
25 Oct 2025**



**Start at  
6:00 pm**



**ONLINE  
ZOOM**

**We are proud to host the  
Golden Quarter Hall of  
Fame Awards, an evening  
dedicated to honoring the  
exceptional contributions  
and successes of our  
members.**

**[RSVP HERE](#)**



# From Self-Doubt to Self-Expression: My Journey to Confidence

By Modieng Ramekosi

**I**n 2023, I was asked to co-host a Women's Day event at work, and I realized I lacked confidence in my public speaking skills. A family member had spoken highly of Toastmasters, sharing how much they had learned from the organization. Consequently, I decided to join Toastmasters, and since then, my confidence in public speaking has significantly improved.

On a personal level, my confidence has significantly improved, enabling me to engage in conversations with people from all walks of life.

**I am now more fluent in impromptu speaking and experience much less of the imposter syndrome that once held me back.**

Professionally, I am part of a team that presents Pre-Retirement workshops, and I can confidently stand in front of an auditorium filled with people to speak passionately.

Before joining Toastmasters, I feared I wouldn't hold the audience's attention. Now, I use icebreakers, jokes, and general knowledge to keep everyone engaged.



I have many memorable experiences from my Toastmasters journey, but my most recent one stands out. It was a Table Topics session with the theme "Murder Mysteries," and I had an absolute blast! I surprised myself with how funny I could be during my speech. I'm even considering trying my hand at stand-up comedy!

Rhulani Mhlongo  
Club President, Gauteng e-Gov Toastmasters

# How One Member Achieved Multiple Awards with Purpose

By Leya Musunga

**I**n Toastmasters, earning one educational award is commendable. Achieving multiple in quick succession takes more than ambition; it requires clarity, discipline, and purpose. We spoke with a member Kamogelo Lesabe, from the Communicators for Good Toastmasters club who has done just that.

## Q: How did you set your goals?

“My aim was never the awards. They came as a by-product of two objectives: sharpening my professional speaking skills and motivating my club. As Vice President of Education of Communicators for Good Toastmasters Club, a TransUnion corporate club, I had a leadership mandate to create momentum.

**I wanted associates to see that strong presentation skills accelerate careers.**

Toastmasters Pathways became the perfect tool, and I chose to lead by example by completing mine swiftly.”

## Q: What kept you motivated?

“I focused on process, not prizes. An accountability partner kept me honest, regularly reflecting my progress back to me. That support system was vital. It’s true ‘If you want to go far, go together.’”



## Q: What advice do you have for others?

“I live by two principles:

1. Start With Why. Inspired by Simon Sinek, your ‘why’ is the engine that fuels persistence. Mine is clear: I’m on a path to become an exceptional speaker. Pathways are the tools—the ‘how’—that bring that belief to life. Without a powerful why, the ‘what’ lacks meaning.
2. Be the Purple Cow, from Seth Godin’s book titled “Purple Cow: Transform Your Business by Being Remarkable”: strive to be remarkable. Skills alone aren’t enough, you must learn to articulate your value. Toastmasters equips you not just with ability, but with the voice to position yourself as extraordinary.”

# Igniting Growth: A Journey from Numbers to Influence

By Phaphama Mhleka

**M**y name is Blessing Dirorimwe, a proud member of Rainbow Toastmasters Club in Lesotho. I was raised in the serene rural community of Arnoldine Mission in Zimbabwe, where my parents served as educators and instilled in me the values of service, learning, and leadership. Today, I live in Maseru, Lesotho with my wife, Ntseiseng, and our two wonderful daughters, Caitlyn and Anashe, who continue to inspire my journey.

Professionally, I hold a Master's degree in Accounting and Finance and I am a Chartered Accountant, Chartered Registered Auditor and Partner at Russell Bedford Lesotho. I actively contribute to the growth of the accounting profession through various leadership roles, including serving as a Council Member and Committee Chair at the Lesotho Institute of Accountants (LIA), and through affiliations with ACCA, ISACA, IIAL, and Toastmasters International.

Inspired by visionary leaders like Vusi Thembekwayo, I am passionate about driving excellence, innovation, and transformation in Lesotho's accounting sector.

**My Toastmasters journey began as a way to grow not only as a professional but also as a husband, father, and community leader.**

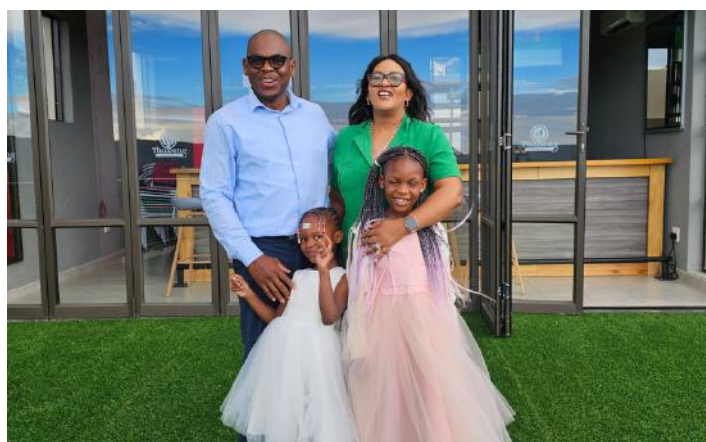
It has empowered me to communicate complex ideas with clarity, empathy, and confidence. Acquired skills that transcend the boardroom and enrich every aspect of my life. I once feared losing my audience in accounting jargon or freezing in high-pressure meetings. Toastmasters taught me that true communication is about authenticity and connection.



I have grown from speaking to spreadsheets to speaking with purpose using structure, storytelling and vocal variety to engage and inspire.

As a catalyst for growth, I believe in the power of feedback both positive and constructive. One of my greatest lessons has been learning to manage conflict with empathy and fairness. In my Vice President Education role, I discovered that respectful dialogue strengthens teams and deepens relationships.

I believe that being a Catalyst of Success means sparking transformation in others, serving with purpose, leading with humility, and creating impact that endures.



# Desiree Lee Son: A Life of Purpose Through Service

By Khethiwe Malema

**D**esiree Lee Son is a woman whose life is defined by her unwavering commitment to people and service. Born in Gqeberha and now based in Johannesburg, she brings warmth, empathy, and purpose to every role she takes on—whether in her professional life, her community, or her personal development journey.

She joined Toastmasters in 2016 when she was seeking an opportunity to help her overcome the nerves that would engulf her just from having to walk past fellow students sitting along a specific pathway in Technikon. Having completed a Youth Leadership Program in high school, she sought out a Toastmasters club she could join nearby.

## **What began as a personal challenge quickly evolved into a platform for service.**

Desiree has since held every club officer role, including President three times, once at St Martin's and twice at Sandton. She has also been Area Director, and through these roles, she has mentored countless individuals, helping them find their voice and confidence.

Her commitment to service extends beyond professional circles. As Treasurer of the Society of St Vincent de Paul at Rosebank Catholic Church, she channels her energy into helping the hungry, the homeless, and the vulnerable—finding deep fulfilment in uplifting those less fortunate.



Whether she's guiding a new speaker or organizing outreach efforts, Desiree leads with heart.

Her life is a testament to the power of service, and her impact continues to ripple through every person she touches.

# From Jo'burg Roots to Global Stages: Nisaa Devnath's Disciplined Journey to Success

— By Khethiwe Malema

**B**orn and raised in Johannesburg, Nisaa Devnath grew up in a household where excellence was the norm—her father a Chartered Accountant, her mother an attorney. Inspired by both, she carved her own path as a Forensic Specialist, blending analytical precision with ethical insight. Now a Certified Fraud Examiner and Ethics Officer, Nisaa is also completing her MBA, all while raising two young children with her husband, an IT professional who hails from KZN.

Her secret weapon? Discipline—refined through years of martial arts training, where she once represented Africa. Though she no longer competes, the mindset remains: train hard, stay focused, and adapt. This fuels her success in Toastmasters, where she's mastering the art of impactful communication.

**“Discipline isn’t just about routine,” Nisaa says. “It’s about showing up for yourself, even when it’s hard.”**



That mindset helps me balance work, family, studies—and Toastmasters. “Recently, Nisaa was invited to speak at the prestigious ACFE Conference at the Sandton Convention Centre, addressing an international audience. Stepping out of her usual role as investigator where she would normally be the one posing the questions, she embraced the challenge, proving that growth lies in discomfort.

Toastmasters has helped her sharpen her delivery, manage feedback, and inspire others. Whether engaging in Toastmasters, running risk and ethics training sessions or delivering speeches at conferences, Nisaa’s journey shows that with discipline, passion, and purpose, you can “balance” it all—and still rise. Toastmasters isn’t just a hobby for her—it’s a strategic tool for leadership and impact.

# CLUB EMISSARY SEPTEMBER 2025 WINNERS

## BEST EMISSARIES (MOST VISITS)

- Salphinah Rantsudu - 5
- Retshidisitse Talafala - 5
- Brenda Joao - 4
- Mfundo Delihlazo - 4
- Sharon Khosa - 3
- Tumelo Maphalala - 3
- Lethibe Mokgwadi - 3

## CLUBS WITH THE MOST EMISSARIES

- Umlazi Toastmasters - 8
- Gaborone Toastmasters - 6
- New Age Orators - 5
- Nedbank Next Gen - 3
- Westlake Toastmasters - 2
- 4th Dimension - 2

## SEPTEMBER 2025 EMISSARY WINNERS

**Salphinah Rantsudu**  
**Eloquent Speakers Club**



**Retshidisitse Talafala**  
**West Rand Toastmasters Club**



# The Membership Journey: From Curiosity to Confidence

By Leya Musunga

Every member comes to Toastmasters with a unique story. Some join to overcome the fear of public speaking, others to sharpen leadership skills, and many simply to grow. While motivations differ, most members follow a similar and inspiring path.

## Curiosity Sparks the First Step

The journey often begins with curiosity. A colleague, friend, or flyer introduces Toastmasters. The idea of a safe space to practice communication and leadership is intriguing—and sometimes it takes real courage to walk through those club doors for the first time.

## The Guest Experience

The first meeting is eye-opening. Guests see a community learning by doing: prepared speeches, constructive evaluations, and the excitement of Table Topics. Many leave thinking, “This is exactly what I need.”

## From Guest to Member

Inspired by what they’ve seen, the next step is joining. This decision is more than paperwork—it’s a commitment to personal growth and discovery. The very first speech, the Icebreaker, is a milestone. Nerve-wracking yet empowering, it marks the start of transformation.

## Growth and Connection

Each meeting builds confidence. Each evaluation sharpens skills. Each leadership role stretches abilities. Along the way, members uncover hidden strengths and build friendships that last far beyond the club.

## A Shared Path, Unique Stories

While members walk a similar journey of curiosity, first meeting, joining, Icebreaker and growth the outcomes are uniquely personal. That’s the beauty of Toastmasters: one shared path, countless stories of courage and confidence.

## Take Your First Step

Membership in Toastmasters isn’t a destination, it’s an ongoing adventure. Whether for months or years, the impact lasts a lifetime.



# Green Speakers Club Celebrates 3 Years of Voices

By Leya Musunga

On Wednesday 3rd September 2025, Green Speakers Toastmasters Club marked a special milestone – its 3rd Anniversary Celebration, themed “Three Years of Voices”. The event was held in a hybrid format, with the majority of members gathering in person at Wildebeest, while others joined virtually. The atmosphere was one of joy, camaraderie, and reflection on how far the club has come in just three years.

## A Dynamic Duo at the Helm

The evening was steered by Portia Shuping and Nandipha Jeke from the Retail Division, who served as Toastmasters (Masters of Ceremony). Their energy, humor, and seamless coordination set the tone for a memorable celebration.

## Voices that Inspired

The highlight of the evening was the speeches – heartfelt, inspiring, and full of life lessons. Each speaker brought their unique voice and perspective, making the event both educational and entertaining.

Adding to the excitement, the club hosted a friendly contest with recognition for both speakers and evaluators.

## Contest Results

### Top 3 Speakers

- 🥇 1st Place: Nokulunga Mlangeni
- 🥈 2nd Place: Nonhlanhla Baloyi
- 🥉 3rd Place: Poello Kgole

### Top 3 Evaluators

- 🥇 1st Place: Tshidiso Moleke
- 🥈 2nd Place: Lihle Mlambo
- 🥉 3rd Place: Silondile Ndlela

## A Word of Wisdom

Division Director Sakhile Mabena, who graced the celebration, reminded everyone of the importance of acknowledging achievements “Recognition of members is essential in every club, for it reinforces the need to belong.”

## Looking Ahead

As Green Speakers celebrates this three-year milestone, the club stands proud of its journey – one built on dedication, growth, and the power of voices united. With such a strong foundation, the next chapter promises even greater impact.



# Congratulations

## Triple Crown Awards - SEPTEMBER 2025

### Members

- Gerben van Niekerk - Bloemfontein Toastmasters
- Kamogelo Lesabe - Communicators For Good
- Khethiwe B. Malema - Nedbank Allstars
- Moeketsi I. Nthombeni - Green Speakers Toastmasters
- Salphinah Rantsudu - Eloquent Speakers Toastmasters



### SEPTEMBER 2025 CLUBS WITH THE MOST COMPLETED PATHWAY LEVELS

| Total Levels | Club Name                        |
|--------------|----------------------------------|
| 12           | Bloemfontein Toastmasters Club   |
| 12           | Rainbow Toastmasters Club        |
| 8            | Eloquent Speakers Club           |
| 8            | Gaborone Toastmasters            |
| 8            | Green Speakers Toastmasters Club |
| 7            | Nedbank Allstars                 |
| 7            | West Rand Toastmasters Club      |
| 6            | Communicators For Good           |
| 6            | Siemens Club                     |
| 5            | Egoli Golden City Club           |
| 5            | Florida Toastmasters Club        |
| 5            | Harties Toastmasters Club        |
| 5            | Honeydew Club                    |
| 5            | Morningside Toastmasters         |
| 5            | Pinelands Club                   |
| 5            | Soweto Positive Speakers Club    |
| 5            | Toasted Toastmaster              |

# CLUB ANNIVERSARIES

## October 2025

### Division

# A

Egoli Golden City Club - 46 Years

ABSA Wakanda - 7 Years

### Division

# B

Winelands Toastmasters Club - 36 Years

### Division

# C

Good Hope Club - 44

Pinelands Club - 36 Years

Tarentaal Club - 29 Years

Universal Speakers Toastmasters - 7 Years

### Division

# D

Umhlanga Club - 32 Years

KPMG Toastmasters Club - 26 Years

### Division

# E

Sandton Toastmasters Club - 36 Years

### Division

# F

# RIDDLE AND QUIZ CORNER

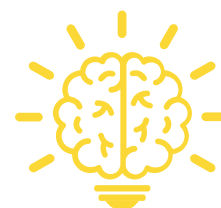


Test your wit! Can you solve these? Send us your answers and stand a chance to be featured in the next issue.

1. I'm feared before I'm faced, but once I'm embraced,  
I vanish into thin air.  
Who am I?
2. I am not one, yet I am many.  
I grow when we gather, and fade when we part.  
What am I?
3. I'm given, not taken. I grow when I'm shared.  
Without me, a leader would be unprepared.  
What am I?
4. I open hearts without a hand, I move minds without a band.  
I'm found in truth, in lies, in art.  
What am I?
5. I do not speak, yet I control the floor.  
With colors I guide, and silence I implore.  
What am I?

## Anagram Unscramble - Unscramble each Toastmasters term

1. UOEAVINTAL
2. KBEAEDFC
3. EDRLSPEAHI
4. RIETM
5. RPIMVO
6. YROST
7. UCBL
8. OHMUR
9. CIOVE
10. TEMRAS



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Think you know the answers?\*

Email us your guesses at email below. Winners will be revealed in the next edition!

Reach us on email:

[pr@toastmaster74.org](mailto:pr@toastmaster74.org)

# **DID YOU KNOW?**

## **2025 Pathways Enhancements**



### **DID YOU KNOW?**

#### **Meeting Roles in Pathways**

- **Members must complete specific meeting roles at each level of Pathways.**
- **Roles start simple (e.g., Table Topics Speaker) and grow more challenging (e.g., Toastmaster of the Day).**
- **Credit is only given when roles are completed within the correct level.**
- **These are minimum requirements—members are encouraged to take on more roles to build skills and support the club.**

**More information is available on [Toastmasters.org](https://www.toastmasters.org)  
Website**

Missed our previous issues you can find them on

[Toastmasters74.org](https://www.toastmasters74.org)



[www.toastmasters.org](https://www.toastmasters.org)