

District 72 Newsletter

December 2021



Connecting **108 Clubs** across the **South Island** and **Lower North Island** of New Zealand

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Read the latest updates from our three highest ranking District Officers.

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Do you have control of your time? Learn some helpful tips with an educational article from our D5 Area Director, Marie Muhl.

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What happens during District Officer Training? Read about the experience of our C2 Area Director, Karen Squires.

▶ **History Fact of the Month**

Read about the history of women in Toastmasters and learn about our sister organisation, Toastmistresses.

Do you know the contest rules?

Every month, we will include one question about the [contest rules](#) to see how familiar you are with them. Here is this month's question:

Can a person be a Contest Chair and compete during the same event?

View the answer on page 5 of this newsletter.

Club Officer Training Round 2

Round two of Club Officer Training will be starting soon! Once again, this will be held entirely online via Zoom.

This time, there will only be five sessions available. Each session will cover the same content, so as a club officer, you only need to attend one to receive credit in the Distinguished Club Programme. Below are the dates:

- ▶ Wednesday 6 - 9pm, 26 January 2022
- ▶ Thursday 6 - 9pm, 27 January 2022
- ▶ Saturday 9am - 12pm, 29 January 2022
- ▶ Monday 6 - 9pm, 14 February 2022
- ▶ Tuesday 6 - 9pm, 15 February 2022

No in-person sessions are currently being planned. The Registration link will be emailed to all Club Officers soon.

District Leadership Nominations

District Leadership Nominations for the 2022/2023 year will be open from 5 December 2021 until 28 January 2022. Information on how to apply will be posted on this webpage soon: <https://www.toastmasters.org.nz/elections>

The following roles are open for nominations:

- ▶ District Director
- ▶ Program Quality Director
- ▶ Club Growth Director
- ▶ Public Relations Manager
- ▶ Division C, D, E, G and J Director

For expressions of interest in the Area Director role, please contact David O'Brien at director.d72@toastmasters.org.nz

R12 End of Year Celebration

The Region 12 End of Year Celebration will be held on Sunday 12 December 2021 at 6pm NZT. Join members from across New Zealand, Australia, Indonesia, Malaysia and Papua New Guinea as we reflect of the year that has been. Register your attendance using [this link](#).

Fridge Magnets

The District have ordered branded fridge magnets for our members to use. These were distributed to Area Directors during District Officer Training. If you would like to get some for your club, please contact Glen Pearce at clubgrowth.d72@toastmasters.org.nz



District Trio Reports



David O'Brien District Director

As we head towards the end of 2021, I would like to thank everyone in the District for their efforts so far this year. I am very aware it has been difficult in this COVID environment to grow our membership, but many of our clubs have done just that and, more importantly, over 90% of our clubs in the District maintained their July membership base levels at the October renewals period, which is awesome.

This shows us that people are still looking at Toastmasters and clubs need to think about how to market themselves in the new year to capture those people.

Members sharing their experiences with the public is still the best way to market ourselves, so if you would like to share your story, please send our PRM Brad a short testimonial that he can upload to the District Facebook page.

We don't know what next year will bring, but I encourage us to accept the challenges that come our way and handle them as well as we have for the last two years and to celebrate the success's that we achieve.

I am looking forward to 2022, I think it's going to be a great year as we move forward from the uncertainty that we have faced as an organisation over the last two years to hopefully a more settled period of growth.

I also can't wait to see everyone at the May conference. I still can't believe the last time we got together I was the conference committee chair and here I am nearly three years later about to attend the conference as the District Director.

As we head into the Christmas break period, please remember to stay safe and enjoy the break.

Wishing you and your family a merry Christmas and a happy new year.



Kathryn Duncan Program Quality Director

District 72 has 88% of our members currently working on Pathways which is fantastic - Our challenge is to get our remaining 12% of members also on to Pathways. This is some new members still to sign up and some of our more seasoned members that are still to take up Pathways. Lets make sure we support all our members and help everyone to achieve educational goals. Just a reminder that if your members have completed a level in Pathways, the base camp manager also needs to go into club central and award the educational level there, otherwise the award doesn't show up towards the club distinguished programme.

Since the last newsletter - congratulations to Richard Taylor for completing level 5 and to Andrew Hardwick who completed his second level 5 in Pathways.

Congratulations to Alison Graham & Matthew Marshall for completing the Mentoring Programme.

I would like to acknowledge the many people that achieved awesome levels in either Pathways or completing goals in the previous legacy system, at the end of June. Eight amazing members achieved their Distinguished Toastmaster Award, which is the highest award in our education system. Congratulations!

Your names have not been published due to an oversight by me. Unfortunately the individual information is no longer easily accessible and I do not want to miss anyone. I do want you to know that your achievement is fantastic - thank you! We appreciate all the hard work that went into achieving this.

Comments on the Traffic Light System

We need to follow

- a) Governments Mandates
- b) Venue Mandates

These are out of our control whether the traffic light is Red, Orange or Green!

With regard to the traffic lights system:

Our regular club meetings are not events, these come into the gatherings category and at Orange are up to 50 people, based on 1 metre physical distancing - this category also applies to Area & Division Contests as long as there are less than 50 people.

I have enquired with Ministry of Health and the person I was talking too, gave the definition of an event as opposed to a gathering as something where the event organisers charge an entry fee. As long as we are not paying for admission we can continue without asking for proof of vaccination at Orange for up to 50 people.

However, as stated above, we are required to abide by our venues requirements - if the venue requires all people who enter to have had their vaccines - then we will need to ask to see vaccine passports.

There is also a level of common sense required - if anyone is not feeling well it is the expectation that they do NOT attend.

We do not want our members missing out, however if the venue and/or whole club decide they want all vaccinated, then please consider offering members that choose not to vaccinate an alternative such as hybrid meetings or clubs that are online.



Glen Pearce Club Growth Director

Congratulations to Nelson Club and Toastmasters Wairarapa, both celebrating 50 year anniversaries in December!

We are starting to wind down at clubs for 2021 with a well deserved Christmas/ New Year break ahead. This year, Covid has affected how we meet and attract new members. The District has since had 250 new members join since 1 July, which is pleasing to see for clubs to add fresh energy and vibrancy.

Going forward to 2022, there will be plenty of people looking at the 'New Year for New Beginnings', and this is a fantastic opportunity to promote the benefits of Toastmasters. I encourage clubs to have these discussions now and make this part of your planning for 2022.

- ▶ Have a think about how and where you wish to advertise and what resources you will need to organize.
- ▶ Reach out in your community/ company for opportunities.
- ▶ Send us a short video on how your members benefit from Toastmasters or something you can gain from joining.

There will be additional promotion of the Toastmasters brand. I have resources available that I can send to you i.e magnets, flyers.

Support is available with the Club Promotional Fund and let us know if you have any questions we can help with.

Educational of the Month

The Red Light



What happens to **YOU** when you run out of time, or don't meet a deadline? Do you freeze, panic, feel anxious, powerless, or overwhelmed? Do you ask the question – where has the time gone?

Think about the thoughts you have when the red light comes on just as you are getting warmed up into a speech. Help! Panic! Why is there not enough time?

In preparing for this article I researched various theories around the subject of time management, and I have extracted three main points that I will discuss.

The first one is about our relationship with time, the second one about some principles of planning and the third one is an easy-to-use tool that can help in situations of overwhelm.

Attitudes Towards Time

Time management or managing how we use our time is largely attitudinal.

The fact is that we have the same amount of time every day. Time management is a worn-out myth. We **cannot** manage time. We can only manage ourselves and what we do in relation to time.

If we blame time *"I don't have enough time"* *"where has the time gone"* *"the last few minutes ran away"* then we are creating a story in our minds that leaves us powerless.

This puts pressure on us, which is OK in small amounts as it motivates us to act. When the pressure gets too much, we can become overwhelmed.

Stop for a moment and think about your relationship with time. Do you feel time poor? Do you blame lack of time for not getting things done? Does time scarcity control your life?

Principles of Planning

"Well begun is half done". If we have an issue with time, then we will have an issue with planning! Let's look at some principles of planning:

- ▶ **Make a plan.** Use a planning tool that suits **YOUR** needs. For meetings we have Easy Speak and Agendas, but for general planning or speech planning – develop a template or a method that works for you.
- ▶ **Be realistic.** For example, when planning a 5–7 minute speech – plan for 5 ½ minutes of content to allow for speaking more slowly and ad-libbing.
- ▶ **Prioritise.** Set deadlines and targets. Stephen Covey's Time Management Matrix¹ is a useful tool for prioritisation.
- ▶ **Have a plan B.** Build flexibility into your plan so that you are not fazed by disruptions.

The Four Ds

I use this simple method in daily planning and also for planning my way out of "overwhelm situations" with great success.

- ▶ **Do** – what do I need to do now/today?
- ▶ **Delay** – what can wait (set a new target date)?
- ▶ **Delegate** – are there tasks that someone else can do?
- ▶ **Dump** – what can I get rid of?

What can you do next?

1. Examine your beliefs and attitudes towards time. If time scarcity controls you – take your power back and manage what you do in the time allocated.
2. Develop a planning method that works for you (eg: calendar, to-do list). Set realistic time frames.
3. Apply the four Ds to each task on your planning list.
4. Think about running a club educational or completing a pathway project to explore this topic further.

¹ The Seven Habits of Highly Successful People – Stephen Covey

Written by Marie Muhl

Area Director for D5
VP Education of Liffey Toastmasters

Spotlight of the Month

District Officer Training

One of the benefits of being an Area Director is attending District Officer Training. This was held from 6 - 7 November at the Angus Inn, Lower Hutt.

It was such an awesome experience and the wealth of knowledge in the room was awe inspiring. I learnt so much from everyone. It wasn't just from the main topics, it was more from the little statements that may not seem important to anyone else but was an "aha" moment for me.

There were a lot of laughs and discussions throughout the weekend. The highlight was on Sunday when we got to listen to Dave, Kathryn and Glen's speeches and then evaluate them.

I originally put my hand up for the Area C2 Director role as I wanted to enhance my networking skills and meet other Toastmasters outside my club in Wanaka. We are only half way through the Toastmasters year and the role has already exceeded my expectations.

I have learnt that it doesn't matter if you have just started your Toastmaster journey or have been on the journey for a while, there is always an opportunity to learn something new from each other.

Written by Karen Squires
*Area Director for C2
President of Wanaka Toastmasters*

Answer

Page 7 of the rulebook says that the following people are ineligible to compete:

A Presenter of an education session, a **contest chair**, a contest Toastmaster, or an event committee chair for the **event at which the contest will be held**, including Area, Division, and District events, as well as the International Convention, cannot compete.



60 Years

Of Toastmasters In
New Zealand

History Fact of the Month

The first female member joined Toastmasters in 1970, originally using a pseudonym as her name. In 1973, Toastmasters International gave clubs the ability to amend their constitutions and decide for themselves if they would include female members.

Although this may seem like an obvious decision today, at the time, it was met with much discussion and debate, especially within District 72. Originally, Toastmistress clubs were set up alongside Toastmasters clubs, so some people did not feel it was necessary to allow mixed membership. However, even though these two groups shared many similarities in the early years and even ran contests together, they were always independent organisations and became increasingly distant as time progressed. In 1985, Toastmistresses adopted the name International Training and Communication (ITC) and also opened their membership to both sexes, thus ending their association with Toastmasters.

2022 Conference

Registrations now for our 2022 District 72 Conference! Over this weekend, we will be celebrating two significant milestones – 60 years since the first Toastmasters club chartered in New Zealand and 50 years since the founding of District 72. This is an event that you do not want to miss!

It is being held from 13 - 15 May 2022 at Rydges Latimer in Christchurch. Learn more and register via our conference website: d72conference2022.org

Celebrating Together

Dine & Dance Dress-up Theme

To celebrate all that we have achieved since the 1962, we are excited to announce that the dress up theme for the Dine and Dance will be **Retro**. This could include the **60's, 70's or even 80's**, with prizes on offer for the best dressed!

RETRO

With only five months to go, we encourage you to start thinking about your outfit for this event.

Draft Programme

The District Executive decided on 7 November that the District Council Meeting will now be held a weekend earlier on **7 May 2022**. This is due to a ruling from Toastmasters International that this must be held virtually and voting delegates cannot be in the same room.

To accommodate this, we have updated the draft programme. You can view the changes [here](#).

Video Recording

Last month, we announced that vaccination certificates will be required for this event. Unfortunately, this is beyond our control since we expect to have more than 100 attendees. However, we have decided that all keynotes, educational sessions and contests will be recorded so that people who are not able to attend can view these afterwards.