

# DISTRICT 72



Toastmasters International - New Zealand South Island  
and Wellington Region

## What's inside this issue

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Dear Diary

Looking for ideas to grow your club?

3 great recordings of workshops are  
available on the D72 website.

Club Growth Workshops

[Resources - Videos](#)

## Important Dates

### COT Round 2

There will be 2 sessions in  
December and 3 sessions in early  
2023.

Dates and registration will be  
available next week.

Check out the D72 website and  
Facebook page for more  
information.



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# Local Focus

## Joining together "Ways Forward"

On Saturday 15 October, Greymouth and Westport Toastmaster Clubs met at Punakaiki village, Paparoa National Park to share in a meeting of Table Topics and discussion. Our theme for the discussion was "Ways Forward."

The gathering was held at our Toastmaster, Bernadette Costelloe's whānau bach, 'Wai Wurri.'

The sun was beaming, a gentle westerly breeze was blowing and the meeting and pot luck dishes, especially the whitebait were enjoyed by all. Both Westport and Greymouth banners were displayed and a good standard of meeting protocol was followed as was confirmed by our valued stalwarts, Carl Horn and John Sullivan.



**Westport club** has had a challenging time of late due to devastating flooding in the town in July. Meetings, however, have resumed; membership has not fallen and guests have recently attended.

**Greymouth Club** has also a small membership but has not lost any members in the past two years, which is encouraging.

## Working together on the West Coast



## Different Areas!

Despite both West Coast clubs having been zoned in different areas, we agreed that we will continue to support each other by staging joint meetings and assisting with judging and trainings when necessary.

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The fun filled meeting ended with a pleasant walk on Truman Track through the Nikau forest to the sea.

Denise Henley, Westport Toastmasters Club member reported, "It was great to meet with our closest neighbouring Toastmaster club, Greymouth and enjoy yummy food, thought provoking Table Topics and discussion and a walk in the sun at Punakaiki.



Mary Prendergast  
VP PR  
Greymouth

What is your club up to?  
Please share your news

email: [prm.d72@toastmasters.org.nz](mailto:prm.d72@toastmasters.org.nz)

# Local Focus

## Celebrating Halloween

Upper Hutt Club celebrated Halloween at their meeting on Monday 31 October

Check out this agenda!!

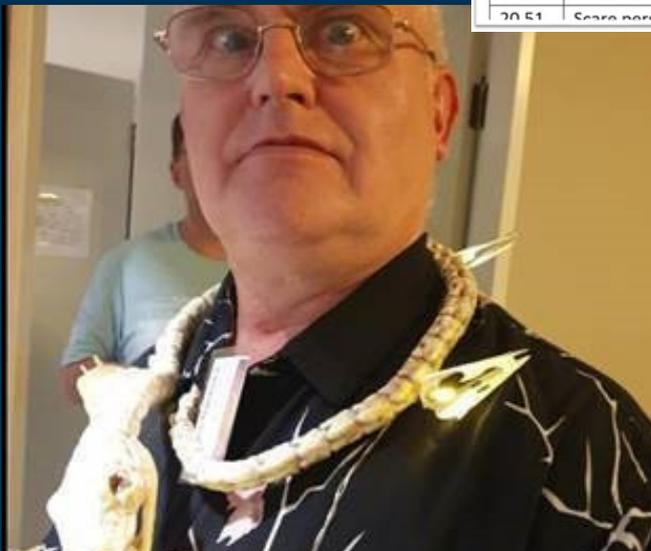


### Upper Hutt

District 72, Division J, Area 3, Club Number 2782  
2nd, 3rd, 4th & 5th Monday of the month at 19:30



| Time  | Role                        | Event            | Presenter | Duration |        |       |
|-------|-----------------------------|------------------|-----------|----------|--------|-------|
|       |                             |                  |           | Green    | Orange | Dead  |
| 19.30 | Scare person                | Open meeting     | Karen     | 2.00     | 2.30   | 3.00  |
| 19.33 | Running out of Timer        | Introduction     | Rachel    | 1.00     | 1.30   | 2.00  |
| 19.35 | Grimmarian                  | Word of the slay | Glenys    | 1.00     | 1.30   | 2.00  |
| 19.37 | 1 <sup>st</sup> Eviscerator | Intro Spectre 1  | Michael   | 1.00     | 1.30   | 2.00  |
| 19.39 | Spectre 1                   | Speech 1         | Susan     | 5.00     | 6.00   | 7.00  |
| 19.46 | 2 <sup>nd</sup> Eviscerator | Intro Spectre 2  | Steve     | 1.00     | 1.30   | 2.00  |
| 19.48 | Spectre 2                   | Speech 2         | Andrew    | 18.00    | 20.00  | 22.00 |
| 20.11 | 3 <sup>rd</sup> Eviscerator | Intro Spectre 3  | Karl      | 1.00     | 1.30   | 2.00  |
| 20.13 | Spectre 3                   | Speech 3         | Kim       | 5.00     | 6.00   | 7.00  |
| 20.21 | Terror Topics               | 4-6 Spectres     | John      | 1.00     | 1.30   | 2.00  |
| 20.35 | Sacrificial Supper          |                  | Steve     |          |        | 15.00 |
| 20.51 | Scare person                | Recess           | Karen     | 1.00     | 1.30   | 2.00  |



And these outfits  
Even the supper was scary



# Contest Focus

## Contests on a Page

### TOASTMASTER SPEECH CONTESTS

#### ARE

- **The International Speech Contest** these tend to be inspirational or motivational speeches
- **The Humorous Speech contest** entertaining speeches
- **The Evaluation Contest** where contestants evaluate the same speech
- **The Table Topics Contest** where contestants are given the same topic to speak on

#### HAVE

- A formal process with rules
- Set requirements – e.g. you can be disqualified for going over time
- Judging considerations to guide you
- External judges (other Toastmasters)
- Online or in person options
- Other roles to fulfil – Chairperson, timers, ballot counters, Sargent at Arms

#### OFFER

- A new challenge
- An opportunity for growth
- Chance to present to an unfamiliar audience
- Testing of your skills in a competitive environment
- A chance to progress to higher and higher levels of contests
- Development of your speech and presenting skills as you progress

Club

Area

Division

District

Region  
(NZ, Australia,  
Indonesia)

World  
Championship  
Semi-finals

World  
Championship  
Finals



One-page contest description  
Prepared by Karen Lynley  
Available on D72 website -  
[Resources - Contests](#)



Hybrid Contests guide

# Contest Focus

## Hybrid Contests

### Resources on D72 website

1. Technical requirements for hybrid contests - [video](#)
2. Tips for running hybrid contests - [Resources - Contests](#)

## Key Points

### Technology

- Make sure you get people with experience in running hybrid meetings to look after the technology. Contests are not a place for beginners.
- Triple check you have everything you need and have spares of as many components as you can get.
- Have backups for internet access, namely mobile phones with data plans that can be used to hot spot all onsite laptops.

### Contest Administration

- Contest Chairs should be carefully briefed and use the same scripts for checking systems and introducing onsite and online contestants
- Conduct Contestants' and Judges' briefings prior to the contest day – it saves a lot of hassle and stress
- Contestants should be briefed on how to present to both an onsite and online audience (Judges).

### Contestants

- Remember that you will have judges both onsite and online so camera craft will be important
- Onsite contestants need to be really clear about the speaking area – it should be taped off
- Familiarise yourself with how you present online, even if you're presenting onsite.



Written by Harry Fox  
Training Team



# Evaluation Variations

## Enhance Table Topics - apply feedback there and then

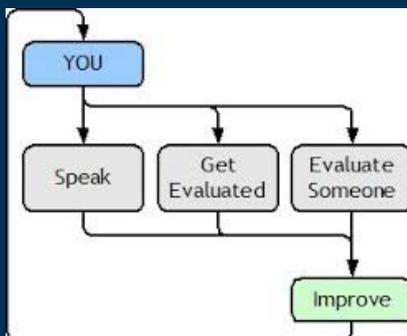
If you have some extra time to kill, or if you want to give extra focus to impromptu speaking in the lead-up to the Table Topics Contest, give this one a go. Essentially, you run a normal Table Topics session, but in-between each speaker you call on audience members to provide quick commendations and recommendations to the speaker. Then, the speaker presents the same Table Topic again straight away, aiming to improve it using some of the suggestions received.

Often, we receive excellent feedback from our peers, but by the time the next speaking opportunity rolls around it has slipped to the back of our minds. This activity is a good chance to practise applying the feedback instantly, and we almost always notice an improvement the second time around.

Anyone can run this session, but it could be ideal for a member completing the Pathways Active Listening project. The facilitator just needs to ensure that the speaker is not overwhelmed with too much feedback, and try to make the suggestions as specific as possible.

This activity is particularly great for clubs with very few members, as you can get everyone to have a turn and it saves the need for a Table Topics evaluator.

## Turn the Evaluation section into a group discussion



This one is easy, and ideal if you have low attendance at a meeting or just want to try something different. Instead of assigning individual members to each evaluation role, we occasionally run a group evaluation session. In this, the General Evaluator facilitates group evaluations for each section, calling for commendations and recommendations from various members of the audience. This gives the General Evaluator good practise at moderating a group discussion and can lead to some interesting insights as you encourage people to elaborate on their ideas. It's also a nice way to ease newer members into evaluating as you can invite them to share their thoughts without the pressure of presenting a structured evaluation.

# Semi-prepared speeches

If you find yourself without a speaker at short notice, why not ask two or three speakers to present semi-prepared 3-4 minute impromptu speeches? Give them a topic before the meeting, or offer them a choice of three. If you have a meeting theme, try to choose topics that tie in with it. Lowering the time limit takes some of the pressure off, and providing the topic helps with one of the biggest challenges for many speakers – deciding what on Earth to talk about! This activity helps speakers to practise drafting a speech outline in a short space of time and is a great last-minute alternative for your meeting.

Alternatively, take the opportunity to get your members working together to create a speech. Chuck a few topics in a pot, or get each member to write down a topic and jumble them up. Split attendees into teams and ask each team to pick out a topic at random. Start the timer for five or ten minutes and challenge each team to quickly put together a structured speech on their assigned topic. Once the time is up, each team comes up to the stage and presents their speech; ideally, every team member will have a turn speaking. You can adjust the timings to suit your meeting, and if you want to add an extra challenge you can specify certain types of speech: entertaining, persuasive, informative etc. Although Toastmasters meetings offer plenty of opportunities to practise public speaking, we don't always get the chance to practise collaborating, but this activity does both.



These are just a few ways to easily inject some new ideas into your meetings without needing a lot of preparation. Don't be afraid to get creative; adding variety and introducing new activities will keep your meetings vibrant and memorable, and will foster improvement in your members and keep them coming back week after week.

Written by  
Helen Gregory  
Dunedin

# Trio Thoughts

## DTM

### What is needed?

The Distinguished Toastmaster (DTM) award represents the highest level of educational achievement in Toastmasters.

Do you wonder what you would need to do to become a Distinguished Toastmaster?

You might be closer to achieving this than you think.

Here's the brief overview of what is required

The steps to a DTM:

1. Complete two paths.
2. Serve as a club officer for a year, participate in the preparation of a Club Success Plan, and participate in a District-sponsored Club Officer Training.
3. Serve a complete one-year term as a District Officer.
4. Serve successfully as a club mentor or coach.
5. Serve successfully as a club sponsor or conduct a Speechcraft or Youth Leadership programme.
6. Complete the DTM project.

Once you have completed one path and Levels 1, 2, and 3 in a second, unique path, email [educationprogram@toastmasters.org](mailto:educationprogram@toastmasters.org) to receive the project.

Please refer to the Distinguished Toastmaster Award Application for a complete list of requirements.

Is the Distinguished Toastmaster award a goal you have for yourself?

If you have any questions regarding the Distinguished Toastmaster Award, please feel free to contact me - [director.d72@toastmasters.org.nz](mailto:director.d72@toastmasters.org.nz)

**Area Director**  
a great way to be a District Officer

**Club Coach**  
places available now

**Club Sponsor / Mentor**  
be part of starting a new club.

**DTM Project**  
show your new skills and expertise

Kathryn Duncan  
District Director

# Trio Thoughts

## Quality Clubs

### What is a Quality Club?

The response can be different for every member.

Here are some ideas to consider to add to the experience at meetings for clubs and members.

### Don't be afraid to mix it up!

- Themed meetings can bring fun!
- Creative and novel Table Topics sessions
- Invite speakers/ evaluators from other clubs visit and reciprocate.

**Quality Evaluations /Feedback** is part of what makes Toastmasters effective and powerful.

Giving and receiving feedback makes everything we do at Toastmasters a unique/ valuable learning opportunity and contributes to many other areas in our lives.



Glen Pearce  
Programme Quality Director

### Editor's Note:

How to make meetings interesting and different is a topic often discussed when Toastmasters gather.

**What is your club doing to mix-it-up?**

Please share with us -  
email: [prm.d72@toastmasters.org.nz](mailto:prm.d72@toastmasters.org.nz)

# Trio Thoughts

## Internal Goals - Character Goals

When you look at your life, how do you want it to develop?  
Do you want to become more confident or more compassionate?  
Do you want to become a better communicator and leader?

I think it's a good idea to write down what aspects of your personality you want to develop in the next few years. This is a form of goal-setting all about your internal goals. Internal - or character-goals - are about how you feel about yourself and the good you can do in the world.

Internal goals don't have measurable indicators. They are not about achievement but focus on ways of being.

Let me give you an example of becoming more compassionate.

When you feel angry at someone, remind yourself that hurtful words and actions signify someone's insecurity or suffering. If you keep on reminding yourself of the vulnerability of others, you will become more compassionate. If you want to become more confident, start to celebrate even tiny victories over discomfort or fear.

Many centuries ago, sailors navigated by the sun and stars. If you determine your internal goals, you can set your personal loadstar to find direction in life.

Toastmasters is an excellent tool for self-development. Every project in Pathways is an opportunity to focus on your loadstar goals. In this way, you can use your Toastmasters speeches to develop skills as a speaker and leader and foster the best aspects of your character.



# Dear Diary

## **NOV 2019**

I've decided to become a club coach. My thinking is that it is better to help a club than start another club. There is a club in our region that needs the support, and we hope to be Distinguished within the year.

## **JULY 2020**

Things have changed to say the least. Covid and on-line meetings are making the club coach role and growing membership an unexpected challenge. The main thing at the moment is to be there for the club.

## **APRIL 2021**

Club coaching has been an enlightening experience for me. Managing the needs and personalities of the club, guiding the committee, finding the best way to connect to the community. My strengths have been highlighted but it has also offered me challenges. It is an uphill battle; are we starting to make progress?

## **MARCH 2022**

Today, I achieved a feat that for a long time I thought would be impossible. The club has achieved Presidents Distinguished. At times I was lying face down partway up the rise, kicking my feet and with flaying fist wondering what I got myself into.

I rose to the challenge, I would not give up, Watching the group get stronger and stronger spurred me on.

I think I would even do it



Written by  
a successful club  
coach

## **Club Coach**

places available now

take a step into the unknown and see what you can achieve!

Email: [programquality.d72@toastmasters.org.nz](mailto:programquality.d72@toastmasters.org.nz)