



Newsletter

November 2022

Hello District Member,

Welcome to the District 91 Newsletter!

This is the fifth newsletter of the year! Where does all the time go!? It is the changing of the season and we're now embroiled in the excitement and nerves of the contest season! Just so you can get to the right content more quickly...

What this newsletter contains is:

- Our District Director, Rupa, on contests, Club Growth and opportunities
- Club Growth Wisdom, from Debbie Williams, our Club Growth Director
- A video on how to start a Corporate Club from KPMG Kommunikators
- Introducing the 'Creative Division', Division C, by Emily McQuillen
- PR Manager, Chris Arning update on the upcoming LinkedIn Live event
- Laughing Toastmaster Sonia Aste on the benefits and perils of teamwork
- D91 Calendar: packed diary of Area & Division Contests ++ this month
- Join us. Help us get to 5000 Members – roles available in Vacancies
- November 2022 Toastmasters Magazine - hot off the press is Out Now!

Aside from this newsletter, another way to stay in touch is [Join the District 91 Slack Channel](#) - a place to connect and collaborate together with other leaders in our district including the District Leadership team. You can follow channels that interest you from general information to recognition, contests, and events.

November Message from our District Director, Rupa



News from Debbie and Emily

November: Club Growth Wisdom

As of the end of October 2022, District 91 had achieved a total of 628 new members. A huge welcome to all new members and a big congratulations to all clubs. As such I would like to remind everyone of the Toastmasters' promises:



[Read More...](#)

Debbie Williams
Club Growth Director



It has been a busy period in Club Growth world and one great piece of news from the District is the return post summer of a mighty corporate club: KPMG Kommunikators. We caught up with Club President Catalina Guillen-Rozo in

this video on how it came about, what it is like starting a Club at your work place and the value that fellow employees are getting out of Toastmasters... [See More...](#)

Division News from the Creative Division

This year, Division C is feeling creative. We want to create a super community with our corporate and community clubs in Central London. Let me introduce you to a few of our clubs here in Division C:



Emily McQuillen
Division C Director

[Read More...](#)

PR News from PR Manager, Chris Arning



District 91

"We need to talk about the F Word"

Does competing and not winning leave you feeling sad, angry, envious, anguished and wanting to use the F word?

Do you struggle to have the courage to try for big things because you worry you cannot handle the feelings that come with failure?

In this fourth LinkedIn live from District 91 we talk about failure, how to handle it, how not to handle it, and why swearing might not be the answer.

18th November
1pm BST

Sonia Asta, Riverside Communicators

Errol Williamson, Riverside Communicators

Chris Arning, District PR Manager

Harishov Srivastav, Birmingham Speakers

Glen Savage, Riverside Communicators

The first thing to say is that the Linked In Lives we have been running every month since August have been a success. Last month was called 'Myths of Toastmasters' amongst others. We have had good engagement from the wider community, so we would encourage you all to come and see us. The next one THIS WEEK Friday is on the F-Word - that is FAILURE - and given we are in contest season and not everyone can win, it is worth joining us and tuning in.

So come join us on Friday 18th November at 1pm UK. It is a relatively informal session - you can even bring your lunch if you wish. You can sign up for it here:

<https://www.linkedin.com/video/event/urn:li:ugcPost:6995716172260220928/>

You can view the previous ones they are archived here:

The Myth of Toastmasters - Friday 14th October

<https://www.linkedin.com/video/event/urn:li:ugcPost:6980487470886887424/>

How Competing Improves Us (and You!) - Friday 16th September

<https://www.linkedin.com/video/event/urn:li:ugcPost:6972843395618586624/>

Make Toastmasters Work for You! - Friday 12th August

<https://www.linkedin.com/video/event/urn:li:ugcPost:6962354121953714176/>

Sonia Aste, Laughing Toastmaster on Team Work



A new illness is sweeping through the corporate world causing havoc and creating what experts call 'angry job desertion'. 'I quit! You know why they call it teamwork? Because it's a lot of work!' Known as TPSD (Team Player Stress Disorder), symptoms include shortness of breath, racing heart, sense of terror or impending doom and an urge to laugh and cry hysterically whenever you're in the presence of fellow team members. [Read More...](#)

D91 Events in This Month of November

Events (loads of contests!)

- **08 November** - Area H15 - Humorous & Table Topics Contest
- **08 November** - Club Growth Webinar - New Member Orientation Guide
- **09 November** - Area C5 Humorous Speech and Table Topics Contest
- **09 November** - J4 Humorous Speech and Table Topics Contests
- **10 November** - Area K13 Table Topics and Humorous Speech Contests
- **10 November** - 'Connect! How to inspire, influence & energise anyone, anywhere, anytime.' by Simon Lancaster
- **12 November** - Area H35 Humorous and Table Topics Contest
- **12 November** - Division D Humorous Speech Contest
- **14 November** - Area Contest C58
- **16 November** - LHH Demo meeting
- **17 November** - Division L Humorous Speech and Table Topics Contest
- **19 November** - Division K Humorous Speech and Table Topics Contests
- **19 November** - Thame Speakers Club Founder's Dinner
- **20 November** - Div J Humorous Speech and Table Topics contests
- **23 November** - Club Coach Webinar - How to be a Club Coach
- **26 November** - Division H Humorous & Table Topics Contest
- **27 November** - Division B & Division C presents "Contest Day"
- **28 November** - Winter Corporate COT Spring 2022-23: Session 1/10
- **29 November** - Winter Corporate COT Spring 2022-23: Session 2/10
- **30 November** - Winter Corporate COT Spring 2022-23: Session 3/10



Save the Date



Help us Reach 5000 - D91 Current Vacancies

Do you want to grow your talents while supporting a club, area, division or even district? Then explore our vacancies! Various previous experience and time commitments needed. Vacancies currently available to serve alongside Amy in Admin or Chris in the PR team. Click on the link to see what's available!

[Choose an Exciting Role](#)



The November issue of the [Toastmaster magazine](#) is full of news, advice and inspiration.

- Meet the 2022 World Championship winners!
- Seven Tips for Brushing up Your Small Talk
- Diversity and Inclusion: What's in a Name?
- Meet the 2022 Video Speech Contest winners!
- Presenting in Today's Virtual World

[Read the Magazine](#)

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