



# District 91 Newsletter

September 2020

## The countdown begins - and it's not too late.

If you've not yet renewed your membership with your club don't delay it's not too late.

Think about the time you entered your first Toastmaster meeting, remember the nerves you had, but look back at how far you have come, remember the elation you had when you delivered your first speech.

We may be online but you can still continue to grow.

- Unlimited personal growth
- Better communication skills
- Improve your self-confidence
- Develop your leadership skills

Reach out to your Club finance manager and discuss how to renew.

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## Set your voice free with Beyond Toast

Ever listened to a podcast or the radio and thought I could do that? Now's your chance as the Beyond Toast podcast is looking for guests. Set your voice free.

Beyond Toast is a podcast where Toastmasters/Public Speakers/Lovers of language are invited to discuss food in an engaging and light-hearted way. It is inspired by the challenge of adequately conveying the strong emotions typically evoked by the senses, particularly taste, through speech.

[Find out more](#)

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## #My why from Gareth Alden



## News from our Trio



**Arnaud Sartre**  
District Director



**Helena Boden Brewer**  
Program Quality Director



**Rupa Datta**  
Club Growth Director



**Arnaud Sartre District Director invites us back to school.**

**Helena Boden-Brewer Program Quality Director Tells us to keep calm and carry on during contest season.**

**Rupa Datta Club Growth Director, Asks do we remember David and Carmen.**

## Running a Club, Area or Division Contest?

Check out our District Chief Judge Neil Coleman's guide to running



an online contest. You'll find everything you'll need with scripts, presentations, certificates and digital forms.

And don't forget to read the rule book and check the eligibility of all your contestants, role holders and judges. Are they paid up members. [www.d91toastmasters.org.uk/contests](http://www.d91toastmasters.org.uk/contests)

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Never miss another learning opportunity, and keep track of competitions, interactive workshops and educational webinars with our [District 91 Calendar](#).



See District 91 in the News.

The relevance of storytelling in making marketing [messages memorable](#).

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