



Fourth Newsletter  
**JUNE, 2026**

Leaders Pass,  
Clubs Remain.

**District 109**

# Peaks to Shores, United in Growth.

(Issue 4/25-26)

**109 Ways To Lead With Your Voice !**

# Editor's note

**This is a transition issue. Katia hands over the District Director role to Laor. Petra hands over Harmony Team leadership to Yafit. The Administration Manager corner is built around handover by design. Even the cover line says it. We are entering a new season of leadership.**

**That makes this edition different from the last three. It is less about what is coming and more about what was built and who is carrying it forward.**

**Inside, you will find the outgoing and incoming District Director messages side by side, a full picture of what the Harmony Team accomplished this year, division updates from across the district, and the usual PhotoBooth and member stories that remind us why any of this matters.**

**We are also opening up the PR team. If you want to write, design, manage social media, or just tell us we got something wrong, there is a place for you. Details are inside.**

**District 109 had a year worth writing down. Thank you to everyone who gave us a story to tell.**

**Also, a conference recap issue follows in July, stay tuned!**

**Yannis Kanlis, PRM**



109 Ways To Lead With Your Voice!

# Farewell from the Outgoing 2025-2026 District Core Team



**AM**  
Franceska  
Davidhi

**FM**  
Damien  
Gautier

**PQD**  
Laor  
Glukhovsky

**DD**  
Katia  
Burdet

**CGD**  
Meltem  
Altinay

**IPDD**  
Francesca  
Gammicchia

**PRM**  
Yannis  
Kanlis

**R10 International**  
Director  
Francesco  
Fedele

# District 109 Core Team

and their presentations for DCM  
2025-2026 (click on the link)



109 Ways To Lead With Your Voice!

# District 109

## District Director's Message



As I write these final words as your District Director, my heart is filled with gratitude.

Thank you!

*Thank you for welcoming me, supporting me, encouraging me, and sometimes even patiently bearing with me throughout this extraordinary year.*

It has been a journey I could never have walked alone. When I say we did this together, I truly mean it. Through every success, challenge, doubt, and vulnerability, I felt your presence and your support. Together, we experienced moments of learning, leadership development, club growth, competitions, celebrations, and friendship. We witnessed new clubs being born, members achieving goals they once thought impossible, and leaders discovering strengths they did not know they possessed.

And yet, our journey is not over.

There is still one final sprint ahead of us. New clubs are still emerging, opportunities are still being created, and we invite every club to give one last effort toward achieving the highest number of Distinguished Clubs possible. Every member, every speech, every guest, every renewal can make a difference.



# District 109

## District Director's Message

Soon we will meet again at the Hall of Fame, where we will celebrate the incredible contributions of so many members who have helped make District 109 stronger, more vibrant, and more connected.

As I prepare to pass the torch to Laor, the youngest District Director in the history of District 109 and the first to serve after completing both the CGD and PQD roles, I do so with joy and confidence. Leadership changes, but our mission continues.

Because this is the thought I would like to leave with you: Leaders pass, clubs remain.

I now return wholeheartedly to club life, the place where everything begins, where seeds are planted and growth becomes possible thanks to the contribution of many. As our dear IPDD Francesca Gammicchia often reminds us through her beautiful gardening metaphors, growth happens when many hands care for the same garden.

If, in my small way, I have helped build a bridge between people, ideas, and opportunities, then I leave this role with immense joy.

Thank you for allowing me to serve.  
With gratitude,

**Katia Burdet**  
**District Director 2025-2026**  
**District 109**

DD

# A Season of Energy, Growth, and Leadership



Dear District 109,

Most of us join Toastmasters for one fundamental reason: the deep-seated desire to grow into the best versions of ourselves. As we step into this new Toastmasters year together, that shared journey of personal development remains the heartbeat of our District.

Our landscape is vast, and this year, our horizons are expanding even further. I am absolutely thrilled to officially welcome our three newest geographies into the District 109 family: Bosnia and Herzegovina, Croatia, and Kosovo.

I believe that true growth happens fastest when we meet each other with *trust, collaboration, and shared responsibility*. Whether you are a long-standing member or joining us for the first time, my commitment to you is to ensure that no talent goes unnoticed and no opportunity is out of reach.

Let us bridge our gaps, learn from one another, and unlock the greatness lurking within each of us. Together, we are *District 109: Peaks to Shores, United in Growth*.

Warm regards,

Laor Glukhovsky, DTM  
District Director 2026-2027  
District 109

109 Ways To Lead With Your Voice!

# Thank you CGD Team. Your support & commitment made growth possible!



**Meltem Altınay, DTM**  
Club Growth Director



**Nina Kuentz Carrasco**  
CDG Asisstant



**Karina Castella**  
Club Extension Chair



**Christoph Aublinger**  
Corporate



**Alexander Firlus**  
Community Support



**Doruk Orbay**  
Design Support



**Özge Genç**  
Statistics Support



**Evrin Şengüleş**  
Data Research Chair



**Kent Slemmons**  
Data Research Team



**Giannis Kanlis**  
CG Cafe Chair



**Tuana Arikboğa**  
CG Cafe Support



**Godela U. Bittcher**  
Sponsor Chair



**Anastasia Salichou**  
Club Mentor Chair



**Helene Kristrom**  
Retention Chair



**Slyvicley Figueira da Silva**  
Club Coach Chair



**Bethelhem Biru**  
Club Coach Assistant



**Alan Kikuchi-White**  
YLP Chair



**Hülya Kurt**  
Team Trainer



**Lino Sbraccia**  
Speechcraft Chair



**Matt Podgorski**  
Speechcraft Team



**Allison Turner**  
Speechcraft Team



**Roderick R K Grech**  
Speechcraft Team



**Damien Gautier**  
Speechcraft Team



**Lance Webster**  
Speechcraft Team



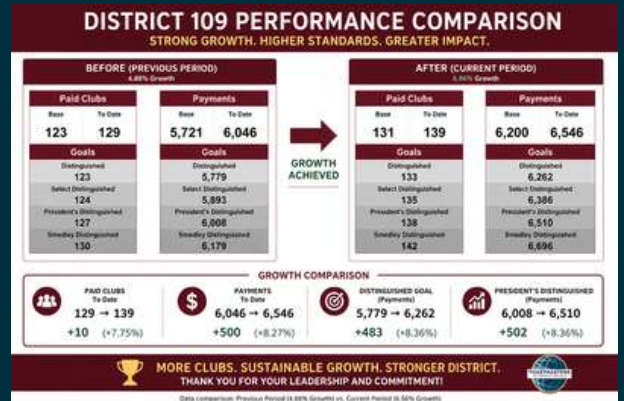
**Burak Malkoc**  
CG Advisor

# Ending the Term with 109 ways to grow!

District 109 has proudly achieved Select Distinguished District status, standing among only three Distinguished Districts in Region 10.

This milestone is a testament to the dedication, leadership, and collective effort of every member, club officer, and district leader who continues to empower people to find their voice and realize their potential.

District 109's success didn't happen by chance. The commitment and hard work of its members made it happen. Clubs grow when members appreciate their **Toastmasters experience** and want to **share it with others**



The Club Growth Team has been here to support our fellow Toastmasters to recruit new members, retain current members, and build new clubs, in cooperation with the Area and Division Directors and the District Leadership Team.

The regular peer-to-peer sessions hosted by CGD Meltem Altinay, DTM have been a pillar of District 109. The guest speakers from within D109 and around the world have demonstrated the support and inspiration that makes Toastmasters such an inspiring organization.

The Corporate Summit hosted in Istanbul strengthened D109's presence within the target companies.



Our focus now is on working to end the year as a **Smedley Distinguished District** by June 30th Club Growth two metrics. Let's go!



# D109 PhotoBooth

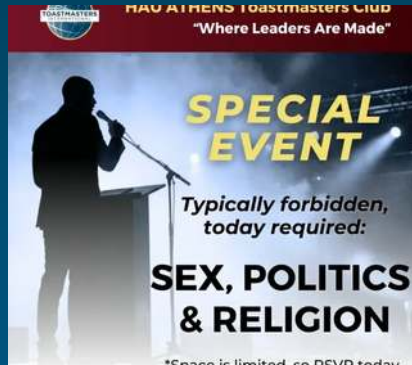
Trivia, Photos, and Happy Faces



## Bosporus Toastmasters Club



## HAU Athens Toastmasters Club Special Event: Sex, Religion, and Politics



**PRM  
TEAM**

# D109 PhotoBooth

**Trivia, Photos, and Happy Faces**

## **Division B Conference**



**Rhodes Island  
16-19/4/2026**

**109 Ways To Lead With Your Voice!**

# In Their Own Words

AREA A5 CONTEST AND BEYOND (1/2)

One Day. All the Magic of Toastmasters.

We experienced the full Toastmasters experience in one unforgettable day.

The morning? Contests with speeches, evaluations, table topics and the kind of energy that reminds us why we step on stage.



The afternoon? Something nobody expected...

**WE SANG IN CIRCLE!**

Because after the contest, instead of going home... we said “why not?” and we tried something bold.

With singer and teacher Costanza Sansoni Baratella guiding us, we jumped into circle singing— a musical practice where voices blend, improvise, move, and play

No stage. No script. Just presence, rhythm, and connection.

And suddenly, everything Toastmasters trains us for came alive in a whole new form:

- Listening deeply,
- Using vocal variety with intention,
- Impromptu singing and moving,
- Stepping beyond comfort zones,
- Letting go and having fun

# In Their Own Words

**AREA A5 CONTEST AND BEYOND (2/2)**

**\*\* IMAGINE THIS...**

You're not in the shower, you're surrounded by Toastmasters singing and cheering you on. You're improvising beyond your comfort zone, not with a speech, but with sound, melody, and movement. You start off hesitant and shy, then you become suddenly free and energized,



**\*THE LESSON? EMBRACE RISK!**

This workshop was a leap into the unknown. Would people enjoy it? Would it fall flat? We didn't know. We did it anyway. Because growth doesn't come from staying safe. It comes from saying: "Let's try this crazy idea and hope nobody posts a video about it !

**Author : Cristina Guglielmini AD A5**

**Area Contest Team Fiore Lux & Contest Chair, Mario Stefanini  
Chief Judge**

# In Their Own Words

## Unfiltered Members Experience

### Alexandra Nasopoulou

❤️ Once upon a time in Athens, life offered me a gentle headstart: my 75-year-old grandmother taught me to read before I reached the classroom.

This set me free to be a quiet tomboy, happily wandering in the school garden, unnoticed. It also set me up as a "perfect 10" on the school register - physically present, but mentally miles away.

At 16, my mother gifted me the book that would shape my life: 'Jonathan Livingston Seagull'. It became my manifesto. Within a month, my mission was set: I would be the seagull who transformed from a perceived outcast to a purpose-driven individual.

Thus, I set out to find myself; first as a student of English literature, then as an overly-earnest beginner teacher. Which sounds poetic, until you're actually standing in a classroom trying to explain the Present Perfect to thirty bored teenagers.

Five years later, the flight hit major turbulence...

😊 For the warm and supportive audience at [HAU Athens Toastmasters Club](#), the story continued!

For those who know, giving an Icebreaker is always a rite of passage; but when the environment is so rich and inspiring, it becomes a magnificent experience!



# In Their Own Words

A District Conference True Story

The Tourist by Alan Kikuchi-White

(Member of Epic Voices, B7)

Istanbul, May 2024, D109 Conference



# In Their Own Words

A District Conference True Story (1/3)

**The Tourist by Alan Kikuchi-White (Member of Epic Voices, B7)**  
**Istanbul, May 2024, D109 Conference**

In an inexplicable flash this downfall befalls me!  
"WHY?" comes the immediate piercing shriek from some panicked internal monologue as my descent begins.

A brisk march, yes, with purpose, yes, but with no apparent impediment or hurdle!

Not pushed! No sabotage! No sense of tripping over my own feet. Not self-inflicted! "So, what the actual...WHY?"  
Only now, in this split second, the panicked realisation that gravity is the master. This downfall, unforeseen, acquires an inevitable momentum of its own. The only agency left being to resign myself to this fate and, simply, roll with it!

On lift-off, a lightning bolt of pain, from a right knee twisting to unnatural form, flashes. That jolt shooting up the leg instantly searing concerns onto my mind. Has my knee, already prosthetic, simply failed? Is this my WHY? Uncertain but, either way, I'm airborne! In free fall, the imminent landing now the pressing concern. "How much is this going to hurt? What if I land on my head? Will I, in a vain attempt to break the fall, only end up breaking an arm? What of my ego? This is humiliating!" Given such a right-sided failure, my body follows the natural momentum from this twisting limb into a barrel roll. In this moment of delightfully inelegant acrobatics the scenery slides away in delicious slow motion. The geometry of the brick-paved plaza, the ticket kiosk with its impatient line, twisting from horizontal towards the vertical and exiting the stage diagonally. As they slip off stage a clear blue sky, sporting one solitary cloud, slowly fills the view underlined by a sun-bleached wall. As the barrel roll flattens, this blue sky holds sway and the crash landing beckons.

# In Their Own Words

## A District Conference True Story (2/3)

"Going down backwards then! At least I won't break an arm. My knee, please not more surgery! Just don't smack the back of your head on the ground! Please!"

Ooft, that hurts!"

Winded, yet immediately grateful for landing on my back without apparent concussion! Somewhere in that barrel roll, more by luck than judgement, an instinctual arching of the back proving my saving grace. Supine, stunned and in a state of almost speechless shock, yet instantly surrounded by a sea of one, two, four, eight concerned faces all offering condolence.

One young woman, announcing herself as an off-duty nurse, asks if I hit my head. "I don't think so. I'm more concerned about my knee! It's prosthetic." Finding no injury, she departs. Some others drift away leaving me with the faces, and helping hands, of three young people from the ticket office. Someone unknown quietly slips a folded jacket under my head.

To my right, a plainclothes policeman breaks cover, returning into my shaking hands the wallet that had spilled during the descent.

"Can we help you up sir?"

"No, I need a minute."

My hands fumble for my knee. Painful to the touch, yet mobile and, mercifully, all in one piece. Someone presses a small bottle of water into my trembling hands. The seal is broken for me. I drink, greedily, quenching this sudden thirst borne of shock.

"Sorry, I still need a moment to gather my thoughts. I had a fall."

"Really?" chides that inner voice. "What did you just say? You didn't simply fall? You 'had a fall'! Have you really already gotten to an age where you feel the need to say that? Surely that sad narrative shift comes later in life?"

Sitting up, thanks to helping hands, drawing my knees to my chest, I contemplate the next act. Glancing to my left, I spy the culprit. Now I know WHY!

# In Their Own Words

## A District Conference True Story (3/3)

"I think I'm OK! Just a taxi to my hotel please."

"Geçmiş olsun!" His parting wish as he reclaims his jacket, returning to his duties.

"Thank you!" I fully comprehend his meaning and those words float softly on the cusp of an embarrassed but grateful tear.

Grasping offered hands, favouring my left leg, I rise. Supported and escorted, limping gingerly, to a low wall. What a splendid view of the domes and minarets I had been hoping to visit. There too, the long expectant line, where I had already passed an hour shuffling forward fruitlessly, before coming a cropper on the red brick plaza.

A tea tray emerges unbidden from the kiosk, the pot shining silver, the bowl brimming with sugar cubes, fresh mint leaves on the side.

Over tea I confess. Scanning my QR code only to be thrice denied by a screeching klaxon. Of how, on inspection, my entry code was exposed, valid for the museum not the mosque. Of myself, a digital klutz! Of the sympathetic security officer pointing me towards the kiosk, assuring me I could come straight back without waiting, again! Of setting off briskly, eyes fixed on the prize. Of simply failing to spot a thoroughly villainous two-centimetre kerb marking the traffic lane across the plaza.

Thus was I toppled. Thus did I, for the first time in life, deign to "have a fall."

Circling the city walls, we pull up at my hotel. My taxi driver, Adem, dashes inside and returns with two porters whom, together, ease me onto a well cushioned sofa in reception. More tea arrives, again unbidden, with painkillers on the side.

In such welcome comfort, in some pain, my heart wells up. Gratitude, for the simple, yet extraordinary, kindness of strangers.

# PR TIPS & HINTS

## Five Social Media Habits That Actually Grow Your Club

In our algorithm-dominated screens, learning how to use social media to attract guests and gain members effectively is more crucial than ever. Here are some of my favorite techniques.

A coherent social media approach starts with **a single clear objective**. Do you want more guests? More engagement from current members? Pick one and build everything else around it. Assign a point person, typically the VPPR, and give them two or three helpers for photography and design. Distribute the work. Protect the consistency.

### **Know whom you are talking to.**

A business account on any platform provides audience data, including when your followers are active and how they engage. Use that information. Post at the right times. Share content your specific audience finds useful, not content you assume they want.

### **Build three content pillars and commit to them.**

Member achievements, club activities, and testimonials are a reliable starting set. Canva is free and effective for visual consistency. Stick to the Toastmasters color palette and logo standards. Familiarity builds recognition faster than novelty does.

### **Tag members in your posts.**

When they share content with their own networks, your reach multiplies at no cost. Ask members to post about their own progress and tag the club. A short personal post from a real member outperforms any institutional announcement.

### **Finally, check your analytics.**

Reach, reactions, and shares tell you what is working. Adjust accordingly. Social media is not complicated. It is a discipline.

The clubs that treat it like one see the results.

# D109 Educational Material

## Workshops and Webinars

Peer to Peer  
Mentor  
Community

Alleta Rochat, An invitation worth saying.yes to  
Ted Corcoran, Better bottom-up purpose

Club Loyalty  
Program

Fireside Chat with PIP Deepak Menon  
moderated by Carol Bausor, DTM

Club Growth  
Cafe 2026

How to Make a Great Toastmasters Club  
From Visibility to Visitors  
What actually works

Club Growth  
Cafe 2025

Speechcrafts and Demo Meetings  
Unlocking Growth  
Using Tech and PR for Club Growth  
Transforming Guests into Lifelong Members  
Club Growth with Lisa

# AM in 4 steps

## Administration Manager Corner

As District 109 enters the final phase of the program year, administration continues working behind the scenes to keep handover processes clear and organized.

Here's what happened behind the scenes:

### 1

## District Meetings

- Administrative preparation for DECM and DCM meetings.
- Management of agendas, documentation, minutes, voting processes, and follow-up actions.
- MoMs can be found [Here](#).

### 2

## Calendar & Website:

- Keeping the district calendar, event page, and website information up to date so members always know what's happening and when.
- New events and sessions are happening every day in our district
- Check here: [District 109 Calendar](#)

### 3

## District Conference

- Working with the District leadership team to support the administrative preparation for the District Conference.
- Ensuring a smooth experience for leaders, volunteers, speakers, and attendees.

### 4

## Handover

- Building continuity beyond the current term.
- Handover activities with incoming district leaders.
- Preparing transition materials, processes, and documentation.
- Shared lessons learned and recommendations to support a strong start for the next team.

*"Our work continues through those who follow." 😊*



# Divisions page NEWS

Click on your **division link** to see the latest news.



[Division A](#)



[Division B](#)



[Division C](#)



[Division D](#)



[Division E](#)



[Division F](#)

# Your Harmony Team

## Feel heard, respected, and supported

### MOVING FORWARD WITH TRUST by Petra

#### Harmony Team – A Year of Listening, Learning, and Connection

As Harmony Team Chair this year, I (Petra), together with the team, focused on creating space for dialogue, understanding, and constructive conversations across our District. In many conversations, one insight stood out:

**when people feel heard, things can move forward.**

I am grateful everyone who reached out, shared openly, and engaged in dialogue. This openness made a real difference. I am happy to hand over to Yafit, I do so with great trust and appreciation. With her experience and focus on Nonviolent Communication, she and the Harmony Team members will continue to strengthen a culture of understanding and connection in our District.

It has been a pleasure to be part of this journey together.

### GET INVOLVED OR REACH OUT

Whether you're facing a challenge, want to learn more, or are interested in supporting the initiative, we are here for you. You can contact us via the District website <https://district109.org/leadership-team-2025-2026/> or email (see below).

Let's have a District where every voice is heard, every concern is respected, and every member feels supported.

**With harmony,**

**Petra Salmutter – Harmony Team Chair**

**Yafit Gabai – Harmony Team Trainer**

**Matt Podgorski – Harmony Team Mediator**

**info@petrasalmutter.com | yaq016217@gmail.com | matt.podgorski@gmail.com**



**Petra Salmutter**  
Harmony Team Chair



**Yafit Gabai**  
Harmony Team Trainer



**Matt Podgorski**  
Harmony Team Mediator

**109 Ways To Lead With Your Voice!**

# Your Harmony Team - feel heard, respected, and supported

## CONTINUING THE JOURNEY by Yafit

This year, it was a privilege to serve on the District Harmony Team, offering confidential and impartial support to members and leaders facing interpersonal and collaboration challenges.

One of the most valuable ways we support is by being present - listening and creating a safe space before moving toward solutions. Often, this alone brings clarity.

I also had the pleasure of leading Nonviolent Communication training for district leaders, providing practical tools to navigate disagreements, strengthen relationships, and support effective collaboration.

I am excited to continue this journey next year as Chair of the Harmony Team, working with a new team to further strengthen a culture of connection, trust, and constructive dialogue across our District.

I encourage everyone to make use of this resource. It does not have to be a major conflict - addressing concerns early, even when something just feels off internally, can prevent misunderstandings. Whenever something arises, feel free to reach out. We are here to listen, support, and help you move forward.

“

*Great leadership is not measured by the absence of conflict, but by the ability to create spaces where people feel heard, respected, and valued. (Katia Burdet, DTM, District Director 109)*

”

“

*As a people-focused organization, we navigate a rich variety of dynamics. Our Harmony Team supports us in turning these into opportunities for growth and collaboration. As Ralph Smedley reminds us, we learn best in moments of joy, and this is exactly what we strive to create. (Laor Glukhovsky, DTM, District Director 109 elect)*

”

## FIND OUT MORE

<https://district109.org/harmony-team/>

With the Harmony Team website section growing step by step, members will have access to practical tools, case insights, and guidance on how to enrich their club cultures.

## PLEASE REMEMBER

**Strong communities are built one conversation at a time. Make space for dialogue.**

**109 Ways To Lead With Your Voice!**

# Your Harmony Team

## Feel heard, respected, and supported

### When Voices Clash: Why Mediation Belongs in Every Leader's Toolkit

By Matt Podgorski, D109 Harmony Team

In the last newsletter, you got to know a bit about who I am and what I do.

Having recently joined the Harmony Team, I've been reflecting on what mediation can offer in our District and why it matters for leaders at every level.

Clubs, Areas, Divisions, and the District itself are wonderful places, full of energy, ambition, and people who genuinely care. But put passionate people together around shared goals, and something else inevitably shows up too: friction. A disagreement over how to run an event. A clash between a long-standing tradition and a fresh idea. A misunderstanding that quietly grows into a wall.

This is not a sign that something is broken. It is a sign that something is alive. At every level of our organisation, we bring together people from very different backgrounds, languages, generations, and leadership styles. We have members who joined last month sitting next to members who joined twenty years ago. We have introverts and extroverts, planners and improvisers, idealists and pragmatists. Each one arrives with their own needs, expectations, and ways of being heard. That diversity is our greatest strength, and the very reason conflict will, sooner or later, appear.

The question is not whether tension will arise. The question is whether we, as leaders, are equipped to hold it.

For me, mediation is about creating a space where people feel safe enough to be honest, curious enough to listen, and respected enough to stay at the table. It is not about deciding who is right, but about helping different perspectives meet. These are learnable skills, and among the most underrated in leadership. A leader who can mediate keeps teams together, protects volunteer energy, and turns potential breaking points into moments of growth.

This is where the D109 Harmony Team comes in. We are here to support you confidentially, without judgment, and at no cost. Whether you are facing a difficult dynamic or simply want to strengthen your own conflict skills, reach out. Sometimes a neutral third voice is all it takes to turn a stuck conversation into a moving one.

**Leadership grows in difficult moments. You do not have to face them alone.**

**As a leader, take the next step. Reach out and create space for understanding.**

**109 Ways To Lead With Your Voice!**

# What happened in D109 Conference?

**SPECIAL  
EDITION**

**Conference-only  
newsletter in July.  
Stay Tuned !!!**



**109 Ways To Lead With Your Voice!**

# **Vienna Calling '27 A Symphony of Voices District 109 - Annual Conference | 21-23 May 2027 | Austria**

**The organizing team of Vienna Calling '27 invites Toastmasters from across District 109 and beyond to gather in the heart of Vienna for a truly special Annual Conference. Over one inspiring weekend, voices unite, stories resonate, and leadership comes alive.**

**Expect a vibrant symphony of voices:  
best-in-district speech contests,  
engaging workshops, and  
meaningful networking**

**✨ Get involved – shape the conference**

**Vienna Calling '27 thrives on the passion and talent of its members.**

**The conference offers inspiring opportunities to:**

**contribute as a workshop leader,**

**co-create memorable experiences, and**

**Join the organizing team that brings this Symphony of Voices to life.**

** Plan your Vienna experience**

**We recommend reserving the period 19-27 May 2027.**

**This extended timeframe opens the door to an inspiring social program in Vienna before and/or after the conference.**

**More connection, more culture, more shared memories.**

** Be among the first**

**By expressing your interest now, you join the VIP list and receive access to early updates along the way.**

**No payment is required, just your name and email address.**

**Register here: <https://vc2027.zite.so/>**

**Vienna is calling.**

**And your voice is part of the symphony.**

# We are building something

## Join the PR Executive Team

District 109 is raising the bar on how it communicates.

Starting now, we are building a PR team that operates like a real media operation.

Consistent content, sharp visuals, active social channels, and a newsletter that members actually look forward to reading.

That takes people who want to develop real skills in writing, design, digital communication, and strategy.

If that sounds like you, read on.

### We are looking for

#### **Newsletter Proofreaders**

You read carefully, catch what others miss, and care about getting it right. No experience required.

#### **Graphic Designers**

You work in Canva or similar tools and have an instinct for brand-compliant layouts.

#### **Social Media Manager**

You will manage posting schedules and help grow D109's presence online.

#### **PR Consulting Team**

You will advise on strategy, review our direction, and help us think bigger

These roles are open to any member across D109. Just send a message, tell us what you want to do, and we will find the right place for you.

[prm@district109.org](mailto:prm@district109.org) or find me directly on any messaging app:

+306972920554

# The people behind this issue

A newsletter is only as good as the people who trust it with their stories. These are the people who made this issue possible.

## Editor-in-Chief

**Yannis Kanlis, PRM**

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**Néstor A. Bartolomei**

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**Alan Kikuchi-White**

**Doruk Orbay**

**Cristina Guglielmini**

## Proofreader

**Harshita Mistry**

## Special Thanks

**Every member who shared their story, tagged us on social media, or showed up and let us photograph it.**

***Want to contribute to edition 5? Contact [prm@district109.org](mailto:prm@district109.org)***

**Our 01/26-27 edition will  
be released on  
30 September 2026**



Please don't forget to follow us



**109 Ways To Lead With Your Voice!**