



THE VOICE

District 83 News & Events

DECEMBER 2016

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WORDS FROM THE DISTRICT DIRECTOR

Fellow Toastmasters,
Two months ago, I had the opportunity to spend 2 days in Orlando at the Universal "Islands of Adventure." It was fun but what struck me was the ancient – or medieval – coat of arms that I could purchase that presented the "values" of each family.

I thought long and hard about what my own personal coat of arms – or shield – would present to the rest of the world.

Many companies today use these values as their "code of ethics" or "core values." For Toastmasters, we have integrity, dedication to excellence, service to the member, and respect for the individual. **Integrity, Excellence, Service, and Respect.** Have you ever thought about what your core values are? What would you put on a shield to tell the whole world about your family and what they believe in?

We could spend a lot of time on this topic, but I just wanted to send it out for your thoughts.

Wishing you the best of holiday seasons and a good New Year.

Paula Markert, DTM, District 83 Director



YOUTH LEADERSHIP PROGRAM: GET INVOLVED!

Many towns in District 83 have residents who are interested in holding a Toastmasters Youth Leadership Program:

- Clifton
- Wayne
- Paramus
- Summit
- Scotch Plains
- North Plainfield
- North Brunswick
- Hillsborough

Want to get involved? Reach out to Michelle Tropper at michelletropper@verizon.net

The Youth Leadership Program is sponsored by a Toastmasters club and consists of eight one- to two-hour sessions that enable participants to develop communication and leadership skills through practical experience.

Two individuals are needed to run a program: A Coordinator and Co-Coordinator. Any Toastmaster who has completed at least 6 projects in the Competent Communicator manual can be a Youth Leadership Program Coordinator. The Co-Coordinator can be any adult (does not need to be a member of Toastmasters).

A minimum of 8 participating students is needed in order to run a program. Program materials are available for purchase on the Toastmasters International website. This is a very rewarding opportunity for Toastmasters - both in terms of your own personal development as a Toastmaster, and in terms of what you will experience in helping the students!

To learn more about a recent Youth Leadership Program, see Page 15.



DISTRICT 83 NEWSLETTER TEAM

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The Voice publishes online and via email in September, December, March, and June. We welcome your comments, contributions, and suggestions.

The final deadline for the **March 2016** issue is **February 5th**.

Submit your opinions and thoughts on this issue to our **Speak Up!** section and you may see your name in print. Selected submissions may be edited for clarity and length.

CONTACT THE EDITORS

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SPEAK UP!

On "Leadership: The Evaluator as a Servant Leader" by Lory Nuñez

Lory's piece on the District 83 Newsletter of the September issue on how an evaluator acts as a servant leader was powerful. A warm, cozy feeling came over me, as memories of how much the evaluations from my fellow Toastmasters from Canada, Trinidad, and New Jersey aided my communication development. Will be sure to use Lory's technique of incorporating even more Empathy, Interest and Encouragement (E.I.E.) during my evaluations. Thank you for your share Lory, it was brilliant!

Tonia Robinson-Lloyd, ACG, ALB Successful Speaking Club

On District 83 Newsletter June issue

In reviewing the articles in the June edition, there are many good topics and ideas. I liked the article of Lucy Kahn, DTM. There was a lot there that helped me understand her better and made me appreciate how much value she has received from Toastmasters.

Having pictures and personal stories is very appealing, and inspirational. I can't discard fascinating topics and stories and anecdotes that were so full of energy. In my view, interviewing and taking the time to share personal stories is valuable, because stories resonate with me. One may even find a person who is like-minded and possibly could be a mentor or a partner in a High Performance Leadership (HPL) project.

Humanizing stories bring joy and curiosity. I believe this is an excellent way to recognize our members and make them feel appreciated and respected members of a growing and engaged organization.

Manuel A. Reyes, ACG, ALB Brunswick Toastmasters

► CONGRATULATIONS!

The District 83 Newsletter team would like to extend our deepest congratulations to **Su Brooks, DTM**, and **Lynda Starr, DTM**, who were honored as Toastmasters of the Year for their service as Immediate Past District Newsletter Co-Editors.

Thank you for everything you've done to set our district up for success!





DISTRICT CONTEST WINNERS

Table Topics

First Place - Sherri Rase
Second Place - Frank Schuck
Third Place - Raj Singh

Humorous Speech Contest

First Place - Chie Tamaki
Second Place - Dori Zarr
Third Place - Michael Gilmore



DISTINGUISHED TOASTMASTERS:

Congratulations to recent DTM award recipients!
(Source: Toastmasters International)

- **Frances Lynn Williams**
- **Cyndi D. Wilson**
- **Lynda A. Wonski**
- **Douglas G. Harrell**
- **Michelle Tropper**
- **Swathi Karamcheti**

CLUB UPDATES

Welcome New Clubs!

- **JJSC Toastmasters**
- **JPMorgan Toastmaster Jersey City**
- **What Exit?**
- **Commvault Toastmasters Club**

IN THE LIMELIGHT: Toastmasters Leadership Institute

by Su Brooks, DTM

Toastmasters Leadership Institute (TLI) kicks off the winter session of Club Officer Training.

Club officers attend training twice a year, once in the summer and once in the winter. In the summer, officers learn about their jobs. **During the breakout sessions for club officers in the winter, officers discuss what is going well and address any challenges they may be facing.** Attendance at Club Officer Training during both time frames by a minimum of four officers will help a club earn Distinguished Club Program point 9 for training.

As an extra District 83 incentive, if all seven officers are trained during the summer and the winter, a club earns \$50 in Toastmasters International (TI) gift certificates. In addition, when four officers are trained at a TLI training session, the club will earn \$50 in TI gift certificates; both will be awarded after the end of the Toastmasters year.

WINTER TLI EDUCATIONAL SESSIONS

Mark your calendars for the Toastmasters Leadership Institute (TLI) from 8 am to noon on Saturday, December 10, 2016 at Hilton Garden Inn, Rockaway, NJ.

Winter Club Officer Training takes place at this event, hosted by District 83 and is free of charge to attendees. Three consecutive educational sessions will be presented:

- Advanced Clubs
- Mentoring
- Conflict Resolution

Breakout sessions for all seven club officer roles will take place to provide your leaders with an opportunity to discuss what is going well and to address any challenges they may have encountered.

RSVP via the District 83 website tm83.org to confirm your attendance.

This event is for club officers, district officers, and Toastmasters who are interested in becoming officers.

For those who cannot make the TLI, additional training opportunities will be announced on the district website as available.



NEWSLETTER CONTEST WINNERS

Congratulations to Jersey Toastmasters for winning the 2015-2016 Newsletter Contest with their [June 2016](#) issue!

All district clubs in good standing were eligible to compete in the newsletter contest, and eleven clubs submitted entries. The judging of entries was conducted by Toastmasters outside of District 83 to ensure impartiality.

Jersey Toastmasters is the first club to receive the new District 83 Newsletter Perpetual Trophy and has had their name engraved on the nameplate.

The award was accepted at the Fall Conference on behalf of the club by Antonio N. Figueroa, DTM, PDG, PRA, and Carolyn Bosa, Club President.

Jersey Toastmasters will keep this trophy until the Spring Conference, when they will bring it back to the District leadership team to be awarded in the fall to next year's winning club.

GET INVOLVED!

Assisting with a club newsletter can count toward projects 6 or 10 in the Competent Leadership manual. Please consult with your club's VPE and VPPR as well as the Competent Leadership manual for detail.

Please see Page 23 for details about the Newsletter Contest.



IN THE LIMELIGHT: Jersey Toastmasters: Winning Newsletter

by Carolyn Bosa

The Jersey Toastmasters team decided to enter the newsletter contest as the first endeavor of the new leaders for the Toastmasters 2016-2017 year. **Our goal was to commemorate 20 years of fellowship and leadership of the club.** It was helpful that we reviewed our last published newsletter dated January 2015 to serve as a guide.

In a short span of time, we were able to put together a newsletter we were proud of through the collaboration of the present and past officers. I believe that having a team comprising of individuals with different skills, each contributing to the development of the newsletter made it a success. **We were fortunate to have writers, editors, contributors, and computer-savvy members willing to put their best effort in this commemorative issue of our newsletter.** Meeting times could be challenging as everybody had busy schedules, but this did not deter us from sharing ideas and collecting information via video chat, conference calls, or email communication.

We recognize that written communication skills are equally important as the oral communication skills. Writing can just be as effective as speaking in connecting with an audience. In addition, having projects like this with results you are proud of can even make your members more engaged with Toastmasters. It is for this reason that I challenge all the other clubs to organize publishing a club newsletter they can be proud of.

Carolyn Bosa is President of the Jersey Toastmasters Club.





IN THE LIMELIGHT: Quinn Lemley Entertains Conference with “From Acorn to Oak Tree”

by Lynda Starr, DTM

Imagine that you have a dream, just a little seedling or perhaps an acorn of an idea; you can plant your acorn/idea, water it, believe in it, add a little manure to it, and with patience and opportunity, it may grow to be a mighty oak. This metaphor was the theme of actress, performer, DTM and District 46 Division Director Quinn Lemley’s keynote speech at the District 83 Fall Conference on Saturday, November 5, 2016.

Quinn is the star of *Burlesque to Broadway* and *The Heat Is On! A Life in Concert*, celebrating Rita Hayworth. She has been featured on *Good Morning America*, *Oprah* and was a Season 5 Finalist for *Shark Tank*. She is also a speaker and coach for companies and individuals. In *Burlesque to Broadway*, Quinn performs songs from Irving Berlin to Leslie Gore. Quinn is also a member of Douglas Elliman Toastmasters in Manhattan. She uses her Toastmasters skills during her stage work, focusing on mastering the skills we use at Toastmasters: skills of body language, vocal variety, listening, eye contact, props and more, and leadership skills such as delegating roles and responsibilities as the show producer.

Quinn’s topic exemplified the Plan Your Dream theme of the conference. She explained that a dream is an aspiration or goal to be, to do, or to have something. **Dreams can be big or small and can relate to Toastmasters or any aspects of our lives.** Quinn’s dream was to be on Broadway. As a child, however, her mother pushed her to be an opera singer. After a health scare, she realized that she was so busy trying to do what her mother wanted her to do and instead she pledged to live her authentic life. She decided to move to New York to study theatre and pursue her Broadway dream.

The oak tree did not always grow smoothly for Quinn. She was able to learn from professional and personal experiences and make the most of opportunities that came her way. She pushed herself to try new things and to be open to people who could help her “water” her acorn and help her with her dream. **Learning from personal experiences and failures is key, noted Quinn:** “It’s not about the fear of failure; it’s what you do with the fear.” She advised her audience not to let money stand in the way of your dream. She had a show that failed and lost money, but she was able to regroup, hire a new staff and revamp the story. The lesson here is that it’s not that she failed, but that she picked herself up after a failure and turned it into a success.

At the end of her talk, Quinn asked everyone to look to the person next to them and say, **“I can change your life.”** People need to be open to how people can help each other. She also reminded us to use our voices. We each have a story to tell. Quinn gave everyone in the audience an acorn, handpicked from Riverside Park in Manhattan, and told us to keep the acorn to remind us of our dreams.

Lynda Starr, DTM, was a co-chair for the Fall Conference.





NEWS IN BRIEF: Photos from the Fall Conference



Stuart Kramer, DTM, speaks at the Business Meeting



Brunswick Toastmasters had a great turnout at the Fall Conference!



Mario Lewis demonstrates his techniques at his workshop, "How to Engage Your Audience and Deliver a World Championship Message"



Division Director of the Year, Rebecca Marzec, ACS, ALS, with members of Dialogue Party Toastmasters



Participants in the District Table Topics Contest



Participants in the District Humorous Speech Contest



THE ROAD TO NEW PATHWAYS: Part Two

by District 83 REP Chief Ambassador Antonio N. Figueroa, DTM, PDG, PRA

In a previous Q & A, we introduced the Revitalized Education Program of Toastmasters. The program is now formally called

“Toastmasters Pathways, A

Learning Experience” or Pathways, for short. We provided a general idea of what is coming with Pathways and how, potentially, it will help us with more specific educational paths designed to address present and future needs of our members.

Since then, a lot of progress has been achieved by our Pathways team at Toastmasters International. The program is almost ready to begin to roll out to the first Districts.

The Base Camp. We are entering a most exciting period in our Toastmasters experience. Pathways will be pilot tested in 3 districts strategically located in diverse locations worldwide. The pilot districts will test the new educational materials, its capacity and the Base Camp. Base Camp is the online platform that will house the Needs Assessment Tool for the new members, enable the members to track their progress within Toastmasters and house all member materials, tools and resources, including member feedback and formal evaluations. It can also house any videos that the member may create. This is also where Base Camp managers will track and approve member progress. Testing of Base Camp is going on currently and should be completed by the time the program roll out begins.

Phased Roll Out. The phased roll out will be by Regions and will begin in early 2017. It is expected to be completed for all Regions around the end of the 2017 or early 2018. Based on the roll out schedule, Regions 8 and 9 will be the last Regions to implement Pathways. **As part of Region 9, District 83 will be among the last Districts that will adopt Pathways.**

Levels of Achievement. Pathways have five levels of achievement that build in complexity. They are (Source: www.toastmasters.org):

- Level 1: Mastering Fundamentals
- Level 2: Learning Your Style
- Level 3: Increasing Knowledge
- Level 4: Building Skills
- Level 5: Demonstrating Expertise

Learning Paths. There will also be 10 learning paths. A path consists of 14 learning projects, including a mix of required and elective projects. In each path, members will progress through the five levels of achievement. These learning paths are (Source: www.toastmasters.org):

Path Names

- ▶ Motivational Strategies
- ▶ Presentation Mastery
- ▶ Leadership Development
- ▶ Innovative Planning
- ▶ Visionary Communication
- ▶ Strategic Relationships
- ▶ Dynamic Leadership
- ▶ Persuasive Influence
- ▶ Effective Coaching
- ▶ Team Collaboration

These changes will result in major changes to the Distinguished Club Program (DCP). The changes will affect solely the educational requirements of the DCP.

The present educational requirements of the DCP are the following (Source: www.toastmasters.org):

DCP

CURRENT	PROGRAM	EDUCATION	GOALS
1.	Two (CC) awards		
2.	Two more CC awards		
3.	One ACB, ACS, or ACG award		
4.	One more ACB, ACS, or ACG award		
5.	One CL, ALB, ALS, or DTM award		
6.	One more CL, ALB, ALS, or DTM award		

Continued on Next Page



The new DCP educational goals will be the following:

TOASTMASTERS INTERNATIONAL	
DCP	
PATHWAYS EDUCATION	GOALS
1.	Four Level 1's
2.	Two Level 2's
3.	Two more Level 2's
4.	Two Level 3's
5.	One Level 4
6.	One Level 5

Here is how clubs will transition to the new DCP:

TOASTMASTERS INTERNATIONAL	
Transition DCP	
Education (select six of 12 goals)	
... Two CC awards	... Four Level 1's
... Two more CC awards	... Two Level 2's
... One ACB, ACS, or ACG award	... Two more Level 2's
... One more ACB, ACS, or ACG award	... Two Level 3's
... One CL, ALB, ALS, or DTM award	... One Level 4
... One more CL, ALB, ALS, or DTM award	... One Level 5

The Ambassadors. Pathways Ambassadors have been appointed to “spread the word” about the revitalized educational program. We expect that they will become more active in the coming months, when the preparations for our District launch will be expected to intensify. Each Ambassador will be assigned to no more than 10 clubs.

The Guides. Complementing the Ambassadors will be Pathways Guides who will be appointed very soon. They are likewise an integral member of the Pathways launch team. Working with the Chief Ambassador and the Program Quality Director, the Pathways Guide will partner with an Ambassador to prepare their assigned clubs for the launch of Pathways. They are the first point of contact to bring the clubs up to speed and get them on board seamlessly. This will involve at least one visit to their assigned clubs with the Ambassador to raise awareness, build excitement and educate club members. Pathways Guides will also provide support to Vice Presidents Education (VPEs) of their assigned clubs through regular virtual support sessions. Pathways Guides will serve for six months and will receive DTM credit for the service. The detailed position requirements and qualifications will be posted in the District website and newsletter. **We encourage everyone who meets the qualifications to apply.** This will be a great opportunity for learning and gaining education credits.

Antonio N. Figueroa, DTM, currently serves as the REP Chief Ambassador of District 83. He served as the Region 9 Advisor in 2013-2014. He has also been serving District 46 and District 83 in various positions for many years. He may be reached at anfigueroa@yahoo.com.

Toastmasters Pathways

Further information on the **Toastmasters Pathways Learning Experience** can be found on the Toastmasters International Website at

<https://www.toastmasters.org/Resources/Pathways>





FEATURED ARTICLE:

Toastmasters: There's More to It than Giving Speeches

by *Manny Reyes, ACG, ALB*

I joined Toastmasters to advance my communication skills and develop my critical thinking, but I have stayed on because I have discovered that the real value as a member resides not in advancing alone, but in bringing others along in my adventure.

On a 2011 Ted Talk entitled "Bill Ford: A Future beyond Traffic Gridlock," Bill talked about his great grandfather, Henry Ford, who founded The Ford Motor Company. Bill claimed, "My great grandfather once said before he invented the Model T –'If I had asked people then what they wanted, they would have answered, 'We want faster horses.'" Steve Jobs created products that people did not know they wanted and needed. Many people join Toastmasters to become better communicators, just to discover that communication is more than just giving public speeches.

The theme of the 2016 District 83 Fall Conference was "Plan Your Dreams." The last thing I did when I joined my club was to plan anything. I was curious and I was open to learning anything that would help me advance my career. I did not plan to give ten speeches to have a CC (Competent Communicator) added to my name. After a few meetings and listening to the club leaders, I started to figure out that there was a more robust structure than the speaking area in the room.

People encouraged me to return to keep on expressing these limitless feelings that kept trying to merge out of my voice depicting sensations, expectations, and frustrations. I met people who served as my mentors or coaches. **These Toastmasters were the heroes who develop individuals in our communities to their fullest potential.**

It is disheartening to see how few participants have been in the Area and District Contests these days. I wish I had the magic potion that would revert this trend. But let us not be discouraged, instead let us understand that when any of us is excited about what we are doing in Toastmasters, we can propel others to be more connected and committed to advancing their communication and leadership skills as well. Let us plan based not on what we saw yesterday but on what we expect to see tomorrow.

I firmly believe that what keeps the clubs going is not a large group of Toastmasters, but a few, which like tall columns support the whole structure. These are the people who glue us together and keep the District moving forward. I don't think everyone was meant to run the marathon of life twenty-four-seven. Some were meant to run for a few minutes, while others were intended to run for hours or even days, but the few that keep the torch up and moving forward ensure the lasting effect of a cohesive and trustworthy organization that we all belong to.

Being born on an island, I always have the expectation that if I keep moving in a direction, soon, I will see the ocean. My roots taught me to believe that I will get to a destination sooner. As I keep moving forward, circumstances may force me to confront the pain of possibly needing to turn back even after so much work and effort. I begin to think, "How can I keep going?"

It takes courage and patience to persevere through this commitment. As the saying goes, "Rome was not built in a day." The satisfaction of listening to a clear voice and confident tone of a member who once was timid and nervous is rewarding enough to keep on. We await the future member who is searching online for the experience, to run alongside with those who believe there is more to give than there is to receive. I invite you to "Plan Your Dreams" not only with the expectation of cashing in your success, but also to enjoy the adventure with others as they fulfill their dreams with you. The rewards and excitement are exponentially greater when we give to others the empowerment to express themselves and to help them discover the purpose of this wonderful organization. Wherever you are in your Toastmaster journey, don't dismay if you feel you are not reaping all the benefits and rewards it has to offer. Keep on and you'll discover how steadily this organization will help you grow and how you will help others grow.

Toastmasters, after all is not just about giving public speeches, it is "**where leaders are made.**"

Manny Reyes, ACG, ALB, is the Division D Director.



COMMUNICATION: The A-B-Cs of Holiday Communication

by *Sherri Rase, DTM*

Mid-July, the stores featured Back to School. “REALLY?!” my sister and I said on the phone to one another. “Those poor kids just finished celebrating the Fourth of July and they turn the corner to face notebooks and pencils,” Debbi said.

The rush you hear in your ears is the riffling of calendar pages. Reaching out to family members, even those in the same household, sometimes only seems possible by social media. So how do we get that warm contact when you look for one more row of Halloween only to find ChrismaHanuKwanzaa-kah?

If you’re like me, you may remember sitting at your grandparents’ or aunts’ and uncles’ feet to listen to stories of holidays gone-by. “Remember that Thanksgiving where Mom (your Grandmom) finally made us come in from playing football to eat?” Or, “When your Uncle Jim and I were dating (your cousins begin to blush) we used to go to Clementon Park to roller skate – you should have seen me dance!” Why? Because, as humans, we are wired to learn from other people’s experiences. **We thrive on stories.** And whether your favorite storyteller is Garrison Keillor or Maya Angelou, the root of how we can enjoy more meaningful holiday communication is in their styles.

Consider this – in physics, for sound to occur, you need something to create the sound, then a medium through which the sound passes, then something to receive the sound. If any of this is missing, no sound occurs. So if a tree falls in the forest but no

one hears it... you get the idea. It’s the same with communication.

Time for the A-B-Cs:

Are you listening? It’s not a conversation if you’re just waiting for the other person to breathe so YOU can speak.

Be present. Buddhists speak of being in the moment. Be present in each moment you’re with those you love. Having lost people very close to me this summer, I treasure the time we had together.

Converse. Respond to what your loved one is saying. Listen closely also to what’s behind their words. A conversation is give and take based on what the other person says. Otherwise, we’re back to “A,” just waiting for someone to breathe.

The heart of communication lies in these three aspects.

Remember, you won’t get this time back, ever. Make some loving memories that will last a lifetime!

Sherri Rase, DTM, is a Staff Writer for The Voice.



LEADERSHIP: Live and Lead with Gratitude

by *Lelet McGorry, CC, ALB*

A successful Toastmasters meeting starts and ends with gratitude. Gratitude, by definition, is the “readiness to show appreciation for and to return kindness.”

Imagine a meeting room filled with empty chairs. It is just a space. Nothing important or transformative takes place in a space filled with empty chairs. Now suppose it is filled with participants. Imagine an engaging and productive meeting taking place with individuals who intentionally commit to share their time, energy, and inspiration with each other.

“Good evening fellow Toastmasters and welcome guests,” a Toastmaster of the Evening said. “Thank you all for being here.” The Toastmaster of the Evening sets the tone of the meeting that comes from a place of gratitude. **A Toastmasters meeting is special because of gracious participants like you.**

Gratitude is an integral part of being a great human being. Parents strive to teach their children at a young age to develop a grateful spirit, and to appreciate the love that they receive and friendships that they build. There has been an increasing amount of research that links gratitude with happiness, productivity, and well-being. Some findings have reported that children who demonstrate high level of gratitude perform better in school, both academically and socially. Grateful people seem to be generally happier and healthier.

About a year ago, a fellow Toastmaster told me how much I had encouraged her and inspired her not to use notes during presentations. “Up to this day,” she said, “I don’t use notes and that’s because of you. Thank you!” How many of us have been touched or inspired by a fellow Toastmaster, friend, family, or colleague? Yet how many of us have taken the time to go back to them and express even the slightest hint of gratitude? Unfortunately, these days, the expressions of gratitude seem to come fewer and far between. The competitive world around us

has everybody focused on goals, action plan, and results. **Rarely do we take the time to acknowledge the contributions that other people have given us along the way.**

Gratitude is essential to being a great leader. A leader with a strong sense of appreciation for his or her team is a strong leader. Research company Gallup declares that the lack of engagement in the workplace for example is a direct result of not feeling appreciated. No matter how fast our world spins, it is important to take a step back to acknowledge and appreciate the people and circumstances that are part of our journey, our Toastmasters journey. A strong leader is a grateful leader.

We have so many reasons to be thankful for in Toastmasters: the meeting room, the chairs, the agenda, the leaders, and most of all the participants. When we are grateful, we are more likely to be engaged and enriched by our Toastmasters experience. At the end of one meeting, I walked up to a member, shook his hand and said, “Thank you for coming.” He looked at me perplexed and asked, “Why do you always say that to me? I’m no longer a guest.” True, but without him and the other attendees, there would be no meeting and no opportunity for learning.

As we celebrate this holiday season, I encourage you to ask your club’s members one powerful question-What are you thankful for in your life and about your Toastmasters club? As American writer William Arthur Ward wrote, **“Gratitude can transform common days into Thanksgivings, turn routine jobs into joys, and change ordinary opportunities into blessings.”**

Lelet McGorry, CC, ALB, served as President of Jersey Toastmasters Club from 2015-2016. She led the club to achieve President’s Distinguished Recognition in 2016. She continues to serve as a club mentor.



CLUB HIGHLIGHT: Union City Toastmasters & Toastmasters en Español

by Julian Hernandez, DTM

Union City Toastmasters Club has been serving the community for more than thirteen years and Toastmasters en Español Club has been for more than twelve. From their inception in 2003 and 2004, respectively, the concept was not to have one bilingual club (English and Spanish), but to have two clubs, each one of them focusing on the Toastmasters International educational program in one language or the other.

In addition, the premise of the clubs was for them to be based in Union City, NJ, serving the community at large. Guided by the mission of the club, all members benefit from communication and leadership skills whether they are ELL (English Language Learners) and whether Spanish is their first language or not. The success of the clubs after all these years is due in great part to so many great leaders who have continued to build on this foundation while focusing on the Distinguished Club programs, education, and training.

What has made the clubs last for twelve and thirteen years is the fact that club leaders and members have kept the concept and the premise alive. The clubs are still going strong. The Vision Lives On!

Julian Hernandez, DTM, co-founded Union City Toastmasters and Toastmasters en Español.





**AROUND THE DISTRICT:
Dialogue Party Toastmasters at
Franklin Day Festival**

by Scott Johnson

On Saturday September 24, 2016 the Dialogue Party Toastmasters Club took part in the Franklin Day Festival in Franklin Township, NJ. A booth was set up with various marketing materials, the club banner, and the club flyer which detailed the meeting cadences. Club members took turns manning the table and informing people of the great benefits of Toastmasters.

This was a great public relations event as we were able to gather information from over 25 potential new members and four people interested in our Youth Leadership Program. Toastmasters members from other clubs even stopped by to say hello once they saw our booth.

We look forward to expanding our membership and letting the people in the community where our club resides know about the advantages of Toastmasters.

Scott Johnson is VPPR of Dialogue Party Toastmasters.



TOASTMASTERS IN ACTION:



Winners and Area Directors pose for a picture after the Area 81 & 82 Humorous Speech & Table Topics Contest



Hospitality volunteers made sure everyone felt welcome at the Fall Conference



Networking and learning at the Fall Conference



DISTRICT OFFICER HIGHLIGHT:

with Janice Buffalow, DTM, Program Quality Director

How did you find out about Toastmasters International and decide to join a club?

I joined Toastmasters to support my husband's desire to achieve his dream of becoming a professional speaker. Not only was it to support him but it was an opportunity for us to do something together as a couple.

What drew you to the Program Quality Director role this year?

I caught the Toastmaster "bug" after becoming involved as a club officer within 2 months of joining and volunteering in past District conferences. I went on to chair committees in the District conferences. One of the most important opportunity provided to me was that I was able to connect with people in the District and find out more of the inner workings of the district. I became an Area Governor twice, Awards and Recognition chair twice and a District Chief Judge. I was hooked and excited to take the next step towards being a member of the District Trio in 2015-2016 when I was elected as the Club Growth Director. I am committed to help make this a successful District in the organization of Toastmasters International and am honored to serve the District in achieving this goal.

What is your most significant accomplishment in Toastmasters?

One significant accomplishment was taking the chance to promote the District through the "March Madness Advertising" project I worked on with Sherri Rase, DTM, who was the 2015-2016 Club Retention Chair. At the 2015 Fall Conference, I put forth a recommendation to add \$20,000 for the marketing budget. The original thought was to host an event but after discussions, I reflected on my District Training where other Districts spoke about their advertising efforts. I contacted Sherri and she went to work with Intersection, the advertising group for NJ Transit. The ads were put on the back of buses from 2 garages and at 3 train stations beginning in April 2016. On a personal level, I received the Toastmaster of the Year award on the same year. I was very surprised and extremely honored to have been selected.

How has Toastmasters benefited your life?

Toastmasters has provided me with the skills and opportunities to become a better communicator and leader and I still do continue to learn. I enjoy helping, teaching and coaching others through their life's journey. Toastmasters provides me the opportunity to give back to those who have the desire for learning on how to become a better communicator or leader. I am looking forward to the future of Toastmasters through the new program and most of all the success of District 83.



Paid Clubs		Payments	
Base	To Date	Base	To Date
166	146	8,411	7,593
Goals		Goals	
Distinguished	171	Distinguished	8,664
Select Distinguished	175	Select Distinguished	8,832
President's Distinguished	180	President's Distinguished	9,084

Membership Payments				Charter		Active Clubs	
Oct	Apr	Total	New	Total	Total	Total	Active Clubs
2,888	2,974	5,862	1,381	292	1,673	1,673	1,673



KEEPING THINGS INTERESTING: Youth Leadership Rocks!

by Lynda Wonski, DTM

During the hot and humid summer of 2016, I was busy teaching 30+ youth a sampling of Public Speaking and Leadership skills in a Toastmasters Youth Leadership Program. As happens in the summertime, several students had vacations during this 6 week time period, yet the classes still averaged 22 students per session. I was able to incorporate these 2 hour meetings (from 2 to 4 pm) with a 5 minute break in between each hour. The break brought with it a needed sugary treat to pump up the energy level at the 3 pm siesta time!

One criterion I gave the youth to challenge them was to use visual aids that they created since summer provided more leisure time to do so. There were many speeches that incorporated beautifully drawn accompaniments. There was a very simple yet profound speech given on an avocado's benefits with visual aid which was beautifully drawn. Then, there was another speech about the 7 Wonders of the World complete with a huge board of the wonders with hidden doors that could slide open. These youth took the challenge and delivered in the end. Several speech topics were covered, including an inspirational speech on Mahala called, "The Girl Who Changed the World," a controversial speech entitled, "Should the Death Penalty be Abolished?" and an informative speech named, "Do Contacts Hurt Your Eyes?" These youth took the challenge seriously as they prepared their speeches and visual aids to enhance the Youth Leadership Program.

Another way I tried to encourage them was by collecting feedback from the youth. In two different surveys, I asked them questions to see if they were getting what they expected to receive from my teaching. The first was at the 3rd week and the second was at the 5th week. The reason I did this was to adjust what the group felt was missing from the teaching to more aptly accommodate their needs. Both surveys were addressed in the group in order to let the youth know that every word they wrote

was read and valuable. In this way, I feel the concept of the *esprit de corps* was motivating them to push forward.

I tried to offer one written encouragement of what I felt each student did well each week to build their self-esteem. One student wrote to me in the survey, "I like that I am given cards telling me what I did right." Of course, these surveys were done anonymously, and I felt that the feedback was vital toward a positive learning experience.

Overall, the goal of whetting the appetites of youth for public speaking and leadership was accomplished. The participants ranged from 7th through 12th graders; they were a wonderful sampling of teenagers whom I thoroughly enjoyed spending time with in honing skills in both leadership and public speaking.

I believe working with a Toastmaster Youth Leadership Program was a "perfect fit" since I am currently in graduate school studying to earn a Master Degree in Executive Leadership. I was able to bring many concepts I've learned in academia to the program in order to better help the participants develop as speakers and leaders.

Lynda Wonski, DTM, is a member and the VPPR of both Jim Friend Toastmasters & Woodbridge Toastmasters.





CLUB BEST PRACTICES: Mastering the Membership Drive

by George Bertele, CC, CL

State Street Princeton Toastmasters is a corporate club. To bring in guests and future members, we put up poster advertisements throughout the building. Our company also sends out a company-wide newsletter via email called "Today @ State Street," where we advertise our membership drives.

In the past, we have held unique themed meetings. Some were specifically advertised and targeted as membership drive meetings. Having these themed meetings has certainly been a plus when attracting prospective members (and current members enjoy them too). Themed meetings have included an Improv meeting, an offsite meeting at the Trenton Thunder AA Baseball game, and a "Meeting and Greeting" event with beer and wine served afterwards. These all helped to show that learning about speaking and leadership can be done in a fun and interesting environment.

As President, I have a list of events in the pipeline. This year, we are planning a number of special meetings: a video conference joint meeting with our sister club in Boston, an upcoming holiday party, and a special video viewing party of the Finalists of the World Championship of Public Speaking. To make it more interesting, we plan to have the members pick out their winner from the latter videos.

Our most recent membership drive was held on October 27, 2016, which was co-chaired by myself, along with VP Membership Harshit Dhawan. The theme was a potluck luncheon and had our members bring in special dishes they wanted to share. We figured it was a more effectual way of getting to know the members even before the meeting has formally begun.

Guests and members were treated to a Competent Communicator project speech and a gastronomic round of Table Topics. Wasim Kalwa won Best Table Topics speaker by explaining to us the most clever way to cook a delicious dish--- by getting your wife to help!

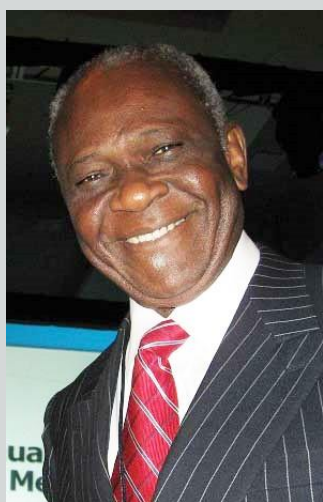
These specially planned meetings and membership drives have definitely propelled guests to become members or at least return for a second look at our club. They give the opportunity for members to bond with each other and with guests to create a more supportive group.

George Bertele, CC, CL, serves as the President of State Street Princeton Toastmasters





PUTTING A FACE TO THE NAME: Across the Miles



**Ambassador
Vincent S. Okobi**



**Frances C. Okeson,
DTM 18, PDG (46)**

Physical Map of the World, January 2015



DISTRICT HISTORY: Across the Miles

by Fran Okeson, DTM 18, PDG (46)

In August 2005, at the Toastmasters International Convention in Toronto, Canada, a very unusual meeting took place. I was invited to sit with the new International President, Dr. Dilip R. Abayasekara, DTM, AS, for the luncheon because I was one of his five club presidents. He is a member of Smedley's Speakers Advanced club on Staten Island and has appeared on several of our No Limits club's CTV shows over the years.

A gentleman came to the table and said he wanted to bring the Toastmasters experience to Africa. I explained to Dilip that I'd rather hear what the man had to say than to have lunch, so Vincent and I excused ourselves and went out to the hotel lobby to talk. Ours has been a friendship across the miles and I've enjoyed the experience tremendously!

Eagle Toastmasters club was chartered in Lagos, Nigeria on December 9, 2005. Vincent was its first President.

Vincent spends time at the United Nations in New York City and at his embassy in Washington DC, so he usually calls me when he's in the states.

Some months ago, we joked about the things my clubs do outside of the regular meetings and he said, "Maybe I should join one of your clubs." The rest is history: In July, he became the newest member of my No Limits club.

The big surprise came when he told me that two years ago, he received the Presidential Citation for developing a new Toastmasters District in Africa - District 94. I am so proud of his achievements in his country since we first met at the luncheon.

At this year's convention in Washington DC, our District 83 Quality Growth Director, Rachel Weiss, DTM, filmed an interview with Vincent to be aired at an upcoming meeting of "Toastmasters in the Community" on CTV. Rachel is one of my crew members. Dilip conducted the interview.

Toastmasters opens so many doors. I'm glad I was in a position to walk through this particular door.

**Fran Okeson, DTM 18, PDG (46) is a Staff
Writer for The Voice.**



YOUR VOICE: Reflections on the Holidays

compiled by Fran Okeson, DTM 18, PDG (46)

The 1984 Christmas Tree

**by Fran Okeson, DTM 18, PDG (46)
President, No Limits Toastmasters**

Three days after graduating from high school, my daughter, Nancy, was picked up in a white car with a uniformed driver who was taking her to Newark Airport. This was the biggest step she had ever taken in her life so far. The driver was taking my daughter to the airport to begin her next journey into adulthood. The plane took her to Florida where she began her career as a recruit in the United States Navy. All she was permitted to take with her was a duffle bag with only the items from a list she was given.

That first Christmas without her was hard for my husband Emil and me. We knew she would be home for a visit in a few months, so, as parents do, we started buying presents and putting them away to celebrate Christmas when she came home on leave.

Then, my husband had a memory of his homecoming from World War 11 in 1945. His mother decided to keep the decorations up, including the Christmas tree. I also thought that was a great idea. Looking back, I think that year was the most poignant Christmas we ever celebrated.

Sharing a Holiday Memory

**by Joyce Markowitz, CC
Business Leaders Toastmasters**

In the evening, we light the Chanukah candle for eight nights. Then, every night while we eat, I tell everyone something new I learned about Chanuka.

Last year, on the first night, I told everyone, just like G-d helped a few Jews win the battle, if we start helping ourselves solve a problem, then G-d will help us too.

This year, on the first night, I plan to ask, "Why is Chanuka for eight days?" There was enough oil for one day and the menorah stayed lit for seven more days. Really the miracle was those seven days.

The answer is that the light of the first day was natural. We should appreciate everything that happens in the world. Everything natural that happens is really a miracle also.

After we eat, we enjoy playing the dreidel game. Jewish children used to play with a dreidel when the Greek soldiers came around, to hide the fact that they were studying the bible.

Continued on Next Page



Christmas in the Philippines by Lucy Kahn, DTM 2

Christmas in the Philippines started before the month of December. It was the best holiday of my life. Why? Because it was a very long holiday.

I remember when I was five years old, I received two walking dolls. Then, the following year, I got lots of toys from my uncles. I got two presents from everyone since my birthday was twelve days before Christmas.

I loved the Christmas decorations all over the stores. I would help my cousins make the "Parol" which was made with a bamboo pole and a frame made of sticks with a five pointed star on top. The star was covered with beautiful colored cellophane papers. I would go with some of my friends to sing Christmas carols at some of our other friend's houses.

It was everyone's family tradition that we attended Midnight Mass on Christmas Eve. Then we went to our family's relatives and had the "Noche Buena" good night. It was a big open house celebration with family, friends and neighbors dropping in to wish everyone a "Merry Christmas."

Most families would have several dishes set out that would normally include lechon (roasted pig), ham, fruit salad, rice cakes and other traditional Christmas foods. We had sweets, steamed rice and many types of drinks.

Christmas morning was gift giving and receiving. In the afternoon, we went to see the movies and visited our relatives and had dinner with more traditional Christmas food. I would be very stuffed since I went to so many aunts' and uncles' homes and of course, I had to eat dinner with them.

Celebrating Christmas was very exciting and very tiring. Whenever I think of Christmas in the Philippines, I always think of the family togetherness, lots of food and lots of gifts. Usually,

Christmas ends on January 6th the following year when we celebrate the Three Kings Day.

New Year's Eve in the Ukraine by Emilia Volyand, DTM, Div. F Director

We did not celebrate Christmas or Chanukah in the Ukraine, but New Year's Eve was celebrated with a tree which my mom and I bought a few days before and decorated on New Year's Eve. We put gifts under the tree and dressed up as "Grandpa Frost" and the "Snow Princess."

When we moved to America, we were so happy and surprised to find a perfect tree on the sidewalk on December 31st. We brought it in and bought decorations (for some reason my family and I didn't know, they were marked down 50% off). It was a very happy New Year. When I started my own family a few years later, we realized why the trees were on the sidewalk and the decorations were on sale!

This is when my family got a white tree decorated with blue stockings that had dreidels on them. The tree stays till after New Year's, this way, we celebrate all the Holidays. Life needs to be celebrated!

Chanukah, Festival of Light by Ruth Sebag, ACB, CL

Holidays are not a commemoration of the past, but rather an opportunity to tap into the unique energies that exist at a specific point in time that we call "holidays." With this in mind, holidays are called "days of power." Holidays are power sources that we can access using tools of meditations, ceremonies, and connections of prayers.

Traditionally, Chanukah is considered a joyous festive holiday. It is known as the Festival of Light that occurs on the 25th of Kislev, which is the month of Sagittarius. It celebrates the Victory of the Maccabees Tribe over their Greek oppressors. The Greeks ruled

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the land and forbade the Israelites to practice their spirituality. The Maccabees defeated the Greeks - a mere army of a few men against a mighty army.

And so, on Chanukah, we light a candle for eight days to remember the miracle that occurred. We light with oil, preferably because a very small vial of pure oil from the temple that was destroyed by the Greeks remained in the rubble. This oil lit a Menorah which was the candelabra that was used to light all

eight lights for eight consecutive days. This window of opportunity for a miracle is recreated every year on Chanukah, the 25th of Kislev- the month of December.

We tap into that energy of free will and wisdom, of sharing and of higher consciousness. We eat potato latkes, jelly donuts and play a game of dreidel (which is a top that we spin). Every night we light a candle, we elevate our consciousness to a higher standing of sharing.

HOW-TO CORNER: How Do You Prepare to Give a Speech?

Live your speech

Live, then prepare. Dale Carnegie once said that in order “**To deliver a speech, we must have earned the right to deliver it to our public.**” In other words, we must have lived it! I found his advice to be true. Having ‘lived’ my speech makes practice easier because the right body language, voice intonation, and eye contact will naturally happen.

Margarita Estrada, ACB, ALS
Dining to Speak Toastmasters & Impact 21 Toastmasters
Toastmaster Member for 10 years

Don't memorize your speech

I first conceive it in my head. **I visualize the delivery, my voice and my tone.** I feel it. Then I write down my speech. I don't memorize it. I think of the outline and I practice in front of a mirror and in front of my children.

Djadi Sylla-Samassa, CC, CL
Gold Coast Advanced Toastmasters
& Jersey Toastmasters Club
Toastmaster Member for 6 years

The 5 Ws

Mark Twain said, “**It usually takes me more than 3 weeks to prepare a good impromptu speech.**”

I follow 4 steps: I decide on the topic and think of the purpose of my speech. I start with a powerful introduction. I then link the body of my speech with supporting ideas and examples. And then give a strong conclusion. I answer the 5 Ws: Who, what, when, where, why and how? i.e. Who am I writing the speech for? What is my speech topic? When will I give the speech? Why am I giving a speech? How much time am I allowed to speak?

The most important thing is I edit my speech. I read it aloud and test it with someone to evaluate and time my speech.

Lucy Kahn, DTM 2
Storytelling Club, Union City Club & No Limits Club
Toastmaster Member for 22 years

For our next issue, let us know:

How Do You Choose a Topic and Develop It into a Speech?

Email us: eileen_inciong@yahoo.com &
eileenkern83@gmail.com

Planning a Speech, Step by Step

by *Tonia Robinson-Lloyd, ACG, ALB, AD 81*

There are three strategies that have helped me to win several best speech awards and Area Contests. My first step starts with my desire to speak.

Next the following strategies are applied: (1) Set your date to speak, (2) review the objectives of the speech and theme of the meeting and (3) Ask yourself, “What is the one message my audience would value most?” I call this “the moment of impact.”

Set your date to speak

Setting a date to speak helps to create a sense of urgency to fulfill your Toastmaster's promise to give a prepared speech. This helps you to carve out time to write your ideas on a piece of paper and allow those ideas to marinate in your mind. For example, if you are a new Toastmaster, your first speech would be your Ice Breaker speech. This speech gives you the opportunity to introduce yourself to your fellow Toastmasters.

Continued on Next Page



Once you set your date to speak, allocate time to get your ideas flowing by writing them down, reviewing your accomplishments, and reflecting on your purpose and what matters to you most.

This time may be found by substituting “dead time” with “speech idea generation time.” For example: substitute standing in line doing nothing with using your phone to YouTube Ice Breakers. Your mind should be buzzing with ideas; to order those ideas in the most impactful way, review your manual for the speech objectives.

Review the objectives of the speech and theme of the meeting

You have a million ideas! Which do you share? Reviewing the objectives of your speech would help you eliminate or park certain ideas for a next speech.

The rule of thumb is to share three main ideas. Let’s keep using the example of a new Toastmaster. I have witnessed new Toastmasters presenting very traumatic experiences for their first speech almost verging on “too much information” and literally never returning to the club. We want to encourage our new Toastmasters to identify three aspects of themselves they are most proud to share with us.

You may also want to reflect on the theme of the meeting to help you incorporate the word of the day into your speech.

When you have more or less organized our speech into a draft we are satisfied with, ask yourself what is the one message that your audience would value most?

The moment of impact

You have your draft ready. As you review it, ask yourself where is your moment of impact, or the message that your audience would value most. How do you know what your audience would value? Well, you have been sitting amongst them for at least two or three meetings. What makes them laugh or express positive reaction to previous messages?

In my experience, my fellow Toastmasters appreciate encouragement to attain their goals or tips to solve a problem.

Does your speech have a call to action or a message of encouragement? For your Ice Breaker, you would be probably facing one of your greatest fears or opening the door to one of your greatest talents. Use it to encourage someone else to do the same and practice until you nail it!

In conclusion, these three strategies have always served me well. It starts with a desire to speak, no matter how small. Then, approach your VP Education to select your speaking date. Use your Toastmaster manual to review the objectives of your speech, they would help refine it. When your draft is ready, find your “moment of impact” for your audience. Practice until you are ready, and when your date for delivery is upon you- deliver. Remember, your speech does not have to be perfect, just impactful.

Tonia S. Robinson-Lloyd, ACG, ALB, has been a Toastmaster since 2009. She is the Sponsor of Inspired Speakers Club, the first University based Toastmaster’s club in Trinidad and Tobago. She is the winner of several Toastmaster of the Year awards, best speaker, best evaluator, best table topics, club contests and area contests. She hopes to inspire her clubs to continue providing safe learning experiences for their members to excel. She believes in strong new-member orientation and mentorship programs, as her achievements reflect the mutual commitment of her mentors and her desire to learn.



UPCOMING EVENTS & DATES TO REMEMBER

TLI:

December 10th from 8 am to noon
Hilton Garden Inn, Rockaway, NJ

Spring Conference:

May 20 – 21
DoubleTree Somerset 200 Atrium Drive, Somerset NJ 08873

Talk Up Toastmasters! Membership-Building Program:

February 1 – March 31

Dues:

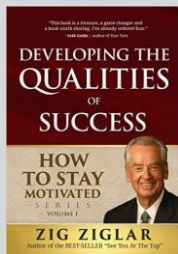
April 1

Beat the Clock Membership-Building Program:

May 1 – June 30

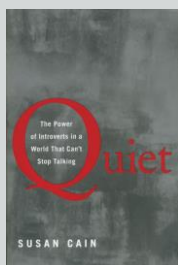


A LEADER IS A READER



Zig Ziglar makes the secrets of success simpler. His anecdotes and wisdom in personal development is timeless. *Developing the Qualities of Success* is a book you want to read over and over again to devour the fundamentals of achieving success. It is no wonder why present day motivational speakers and authors such as Tony Robbins, Darren Hardy, Seth Godin and Dave Ramsey saw him as a mentor and an inspiration.

Eileen Inciong, CC, ALB



I'm a proud introvert, and I know a number of introverts join Toastmasters because they want to better relate in an outgoing world. *Quiet* by Susan Cain shows the value of introverts in our society. I really enjoyed reading about successful introverts in areas that are usually associated with extroverts, like public speaking and sales.

Eileen Kern, CC, ALB

ADVANCED CLUBS IN DISTRICT 83

There are currently seven advanced clubs in our district (yellow boxes). Two more are forming and are expected to charter soon (gray boxes).



Map courtesy of Talk of Monmouth and Northern Stars (October 2016)

CONTACTS FOR CURRENTLY-FORMING ADVANCED CLUBS

Revolutionary Toastmasters:

Janette Alexander, DTM: jalexan@solixinc.com, 973-581-5302
 Dee Rincon, ACB: dee_rincon@yahoo.com, 973-366-5596
 Randolph, NJ area

Speaking out of the Box Toastmasters Club:

Rachel Weiss, DTM, Club Growth Director: D83RachelW@gmail.com
 Cedar Hill Christian Reformed Church, 422 Cedar Hill Avenue, Wyckoff, NJ 07481
 Meetings take place in the basement in the Deacon's room on the first Wednesday of the month. Club is open to Toastmasters who have completed a CC or above. Dual membership required.



PHOTO CREDIT

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CLUB NEWSLETTER CONTEST 2016-2017

Does your club have a newsletter? If so, consider entering our newsletter contest! If not, consider creating one. While providing club information, the newsletter team may earn credit toward goals in the Competent Leader manual. We have provided the opportunity for as many clubs as possible to enter and participate.

Contest Criteria:

- Must use current Toastmasters International logo.
- Must include correct Toastmasters International branding standards (i.e., colors, use of logo, fonts, images, design devices, etc.)
- May use Toastmasters International templates or your own layout.
- Minimum of two pages; no maximum number of pages.
- Your club must be in good standing.
- Maximum one entry per club.
- Issues dated between July 1, 2016 and June 30, 2017 are eligible.
- Deadline for submissions: **July 15, 2017.**
- Submit a PDF to d83newsletter@gmail.com



Results will be announced at the District 83 Fall 2017 Conference.

There is a perpetual **Club Newsletter of the Year** award, a 27" trophy with the winning club and year engraved on one of the smaller plates. The winning club will take possession of the trophy at the Fall Conference and return it to the District at the Spring Conference.

CLUB NEWSLETTER CONTEST: EVALUATION CRITERIA

CATEGORY	MAXIMUM POINTS
Does the newsletter include educational articles, recognition of member and club achievements, and promote participation in Toastmasters activities?	25
Is the newsletter informative and entertaining?	25
Does the content appear to be well-compiled?	20
Does the text follow the rules of grammar? Is it free from typos?	10
Is the layout attractive?	10
Do the graphics/images provide a logical connection to articles or other valuable information?	10

Judges will be selected from outside the district. All District 83 clubs are invited to submit.



District 83
<http://toastmasters83.org/>