



THE VOICE

District 83 News & Events

JUNE 2017

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WORDS FROM THE DISTRICT DIRECTOR

Welcome to our last issue of the District 83 Newsletter for the 2016-2017 year. I am sure you have enjoyed every edition as much as I have. This edition proves to live up to its name!

I want to thank the editors, the individual contributors, and everyone who has been responsible for putting together the newsletters this year. But my thanks also extend to those of you who have submitted contributions to the newsletters. We couldn't have done it without you.

My special thanks to Eileen Kern, Eileen Inciong, and Su Brooks – without them none of this would have been possible.

Enjoy reading the newsletter – I hope it is not only entertaining, but you also get some tips to help you with your Toastmaster skills.

Thanks for a good year and wishes for a great 2017-2018!

**Paula Markert, DTM,
District 83 Director**



WELCOME 2017-2018 NEWSLETTER EDITORS!



Janette Alexander, DTM, has served as a Division A Director from 2015-2016 and Area 22 Director from 2013-2014. She has provided Officer Training on multiple occasions, and has acted as various committee chairs in District 83 conferences. She is currently an active member of the Solix Toastmasters.

Jeanette "Jen" Fredericks, DTM, has been a member of Power Talkers Toastmasters since 2004, ten years of which serving in various club leadership positions. She earned her DTM in June 2015. She was an Area 26 Director in 2014-2015, served as the District 83 Fall Conference Registration Chair in 2016 and most recently served as the 2017 District 83 Spring Conference Co-Chair.



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The Voice publishes online and via email.
 The 2016-2017 publication schedule is September,
 December, March, and June.

We welcome your comments, contributions, and suggestions!

To submit content and learn more about 2017-2018
 production deadlines, contact next year's editorial team using
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SPEAK UP!

Pay Attention to Readability

It's so wonderful to see a myriad of topics and district/club activities in Toastmasters District 83 newsletter every quarter. I think we can do better if we pay attention to details and readability. I saw several uses of acronyms without explanation. Members, especially newer ones, may be confused. Examples are: In the December 2016 version, on page 21, TLI should be written as "Toastmasters Leadership Institute (TLI)"; How about PDG, IPDD, PRA?; Spring Conference should be written as "Toastmasters District 83 Spring Conference", because it is our district-level conference; Dues – we can add "Membership Dues to Toastmasters International (TI)". Some may think of local club dues, rather than TI dues. It will also be great if we can add interviews or articles about the keynote speaker for district conferences, international leaders, workshop presenters, etc.

Sharon Tu, DTM

Novartis East Hanover Toastmasters and Murray Hill Speakers Club

Resource of Ideas

Our District newsletter, "The Voice," is a terrific resource for ideas (How-To Corner), what's going on in the district, and inspiration from the many articles that spotlight communication and leadership. My only suggestion for improvement is to eliminate the large header ribbon on each page – it takes up too much space.

Janette Alexander, DTM

Solix Toastmasters

RSVP FOR THE HAIL AND FAREWELL: "Shining Stars" Brunch

Saturday, July 22, 2017 | 11 am – 2 pm

Thatcher McGhee's Irish Pub & Eatery
 31 Passaic Avenue | Fairfield, NJ 07004
 \$32 before July 8th, \$40 at the door!

Say **THANK YOU** to our exiting District 83 Officers!

Welcome and Install **NEW OFFICERS!**

Roast our outgoing District Director, **Paula Markert, DTM!**

Receive Individual, Club, Area, and Division Awards!

Register here:

<http://tm83.org/19-hail-and-farewell/124-hail-and-farewell-shining-stars-brunch-celebration-2017>



DISTINGUISHED TOASTMASTERS:

Congratulations to recent DTM award recipients!

- Thomas F. Grady
- Michael J. Rutkowski
- Sunil Robert Vuppula

CLUB UPDATES

Welcome New Clubs!

- Extensis - NIP Toastmasters
- Queen City TM

SAVE THE DATE: TLI

The Summer Toastmasters Leadership Institute (TLI) will take place on **Saturday, June 24** in Cedar Knolls, NJ.

This event kicks off the Summer session of Club Officer training, with **general information for all officers** in addition to **breakout sessions for all seven Club Officer positions**.

There will also be a training session for District Officers.

Additional timing information and registration will be available on the District 83 website: <http://tm83.org/>

Can't attend TLI? Additional training sessions will be scheduled for July and August throughout the district!



IN THE LIMELIGHT: District 83 Spring Conference Keynote Speaker Daniel Ally

The 4 Secrets to Success

Millions of people have asked the question, **“What is the secret to success?”** There are many answers: work hard, stay focused, be humble. However, Daniel Ally went deeper and provided the advice that helped him reach millions of people and become financially independent before the age of 30.

Daniel described the four major resources given to everyone: **Time, Information, Money, and Energy**. If people use these four resources correctly, they will gain success. These resources can either make us or break us. They can lead us into riches or poverty. They can make us happy or sad. These four secrets can give anyone the life they've been searching for:

- **Time:** Time is precious, yet so many people sell their time for such a small price. We have to realize how precious time really is and be ready to look back at our lives and answer the question, “What did you create during the time you had?”
- **Information:** The way we consume, use, and share our information determines where we go in life. You become what you study, and if you study miscellaneous things, you will get miscellaneous results. But if you study Truth, Prosperity, and Success, you will get those kinds of results. Consider what you are studying and where your studies are taking you.
- **Money:** You need money to fulfill your purpose, to live your dreams, and also to be happy. We have to understand the vital role that money plays in our lives. Everything is abundantly provided for us. When the mind is ready, the money will come.
- **Energy:** Most people don't understand where their energy goes. People can end up worrying their entire life, but worrying is the greatest waste of imagination. A successful person is someone who's not trying to get *through* the day, but is trying to get *from* the day.

If you missed Daniel Ally's keynote, check out his related TEDxBergenCommunityCollege Talk on Youtube: <https://www.youtube.com/watch?v=S17oh08lOQI>. Another of his TEDx Talks ([How to Become a Millionaire in 3 Years](#)) has over four million views.

Daniel Ally is an internationally renowned author and business leader. As the CEO of The Ally Way, he has helped tens of millions of people through his work. Daniel also runs Dignify Designs, a strategic marketing firm dedicated to helping individuals and companies build their brands through book publishing, website creation, and social media marketing.



IN THE LIMELIGHT: District 83 Spring Conference
by Allison Lips

The District 83 Spring Conference was a two-day event of meetings, workshops, and speech contests. This year it was held at the DoubleTree by Hilton at Somerset, NJ on May 20-21, 2017. **For the uninitiated, it can be overwhelming, which is why it is important to attend the first timers meeting and find a friendly face.** This person can be someone you know who belongs to more than one club or someone you have not met prior to the conference. Toastmasters are voracious learners with various interests, so you can start a conversation about everything. The first timers meeting will make this process easier.

After introductions at the District 83 Spring 2017 Conference, it was time for the business meeting. If your club's President and Vice President Education do not plan to attend the next conference, the club president should assign a proxy or proxies, so the latter can participate in the District business meeting and vote for district officers. Also, make sure you have your club's banner for the Parade of Banners. **There is nothing like having over a hundred fellow Toastmasters cheering for your club.**

On Day 1, workshops followed the Parade of Banners. Each workshop session allowed attendees to choose between three workshops with three different focuses: personal, professional,

and Toastmasters-related. For session one, I attended the LinkedIn or Left Out! workshop by Lisa Panarello, CC, which provided attendees with invaluable information on how to make their LinkedIn profiles stand out. Afterwards, I listened in on another contemporary workshop by John Miraglia, CC, on 21st Century Career Strategies: Thriving in The Digital Revolution.

Before I knew it, it was time for the Speech Evaluation contest. Linda Friedman gave the target speech. Nine contestants evaluated her speech. Every contestant had a different style and suggestions for Linda. Stacey Greene won first place, with Cyndi Wilson, and Susan Menella rounding out the top three, respectively.

Now that the first contest was over, everyone made his way to dinner. Once the plates were cleared, keynote speaker Daniel Ally took the stage. Founder of the Ally Way and a TEDTalk Speaker, he revealed his four secrets for success: time, information, money, and energy.

Photos, clockwise from top left: DTM Honorees; Keynote Speaker Daniel Ally, Power Talker Toastmasters in the Parade of Banners; District Officers; Stacey Greene (winner of District Evaluation Contest); District Director Paula Markert, DTM.



Day 2 started with an information session on the new educational program set to roll out in our district soon— Toastmasters Pathways Learning Experience or, simply, Pathways. We are getting a clearer picture of what Pathways will entail. Stay tuned for updates.

The workshop on How to become an A+ Speaker by Mushi Bhuiyan, ACB, ALB, completed my workshop experience. And finally, the moment I had been waiting for-- the International Speech Contest. **Every contestant was memorable, but the winners stood out the most.** Stacey Greene won with her speech Dance Your Dance. Michael Madole placed second with his speech called Accepting and Acceptance. Both speeches focused on being yourself and not letting other people get in the way of their happiness. Third place went to Dave Romanchik, who spoke about his wife's ability to will herself to care about things outside her interests just as much as her passions.

With the winners of the international contest announced, the conference was over. The two days were exhausting and, at the same time, rewarding. The workshops taught me things I would never have known otherwise. Watching the best speakers of District 83 provided me with a perspective I will not get at the club level. **And there is nothing better than making new friends and strengthening old friendships over the course of just two days.**

Hope to see you at the next conference!

Allison Lips is the VPPR for Freehold Phrasers. She will serve as the Public Relations Manager for District 83 for the 2017-2018 term.

Photos, clockwise from top:

First Timers & Mentors; LinkedIn or Left Out! with Lisa Panarello, CC; Stacey Greene (winner of the District International Speech Contest); District Banner at Parade of Banners.





FEATURED ARTICLE:

Reflections: An HPL Area 81 New Member Mentoring Program

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

*"We realize that the two most important factors in Toastmasters is **Mentoring and Evaluations**, there is no doubt that if these two are done well and there is a good Mentoring program, your club will be filled with spark plugs ready to fire upon request. **Mentoring and evaluations create enthusiasm, and once you light that fire the only thing it needs is some kindling.**"*

- Dr. Ralph Smedley

When one of my mentors, Avril Lecky, DTM, told me about the High Performance Leadership Project (HPL), I must admit to feeling nervous. What could I do to add the most value to my fellow Toastmasters?

I considered my past experiences in Toastmasters to find my answer. Over the years, I have been fortunate to be a member of several clubs: Markham SweetTalkers (Ontario), Dynamic Speakers, Inspired Speakers (University of Trinidad and Tobago), and Successful Speakers (Rutgers Biomedical and Health Sciences, Newark). **Among these, the clubs with implemented mentoring programs excelled in the Distinguished Club Program and retained their membership.**

As the Area 81 Director for District 83, Division H, I had a unique opportunity to create a program aimed at addressing a particular area of improvement: mentoring. My vision was **"To implement one of the most positively impactful mentoring programs of Toastmasters, strategically focused on assisting new clubs in training and retaining their members."** A debt of gratitude goes to my HPL Committee Members, including my husband Sean Lloyd, CC, CL, and Alton James, ACB, ALB, both of Successful Speaking Toastmasters, as well as David Liptsyn, CL, President of our newly-chartered Toastmasters at New Jersey Institute of Technology (NJIT). My committee met with me every Sunday for two months to review, assess, and help me refine my ideas.

The majority of our mentors came from the Successful Speaking Club, Blue Expressions Club and Toastmasters at NJIT Club whilst our mentees were from Toastmasters at NJIT and the Successful Speakers Club. It was beautiful to witness how my idea transformed into our project.

Our mission was **"To match experienced, dedicated and committed Toastmasters seeking to attain their CL/ALS award to new passionate Toastmasters working on their CC and CL awards."** We decided to do our best to make this initiative as convenient as possible. The New Member Mentoring Program was six weeks in duration with a maximum commitment of fifteen minutes per Skype or phone session. We agreed that we would host our initial meeting as an in person "Mentor/Mentee Meetup." The mentors and mentees discussed their goals during the sessions. Over five weeks these goals were met. The program evolved organically and follow ups were conducted via emails and texts.

Mentees expressed gratitude for the program. They stated their mentors helped prepare them for their educational and leadership roles as well as future mentoring opportunities. **Our new club members spoke of having an increased confidence in developing and implementing their own mentoring program.** We are grateful that our efforts proved to be successful thanks to our HPL committee members, mentors and mentees. Personally, being a part of our Area 81 New Member Mentoring Program helped me to grow. We also created bonds with one another that bridged age, gender, or race. Special acknowledgment must be given to Mark Grebenau, DTM, who mentored four of our mentees.

In conclusion, we all benefited from working together on the Area 81 New Member Mentoring Program. Each mentee completed a CC speech and CL project. **Most importantly, our mentees are willing to pay it forward.**

Tonia Robinson-Lloyd, ACG, ALB is an accomplished Toastmaster and a strong advocate of mentoring.





COMMUNICATION: Candidate Forum – Etiquette for Speakers

by Sherri Rase, DTM

Anyone is capable of being President!

Many of us heard that growing up, and with positions available everywhere from Ward Leader through State Office through Federal seats—starting with the June Primary in New Jersey

and culminating in the opportunity to cast ballots for House and Senate in the Fall—we can all run for the roses. But how do we show grace and style under pressure?

We rely on our Toastmasters training!

I recently ran and emceed a candidate forum where we hosted gubernatorial candidates Bill Brennan, Seth Kaper-Dale, Senator Raymond Lesniak and Mark Zinna. Each of these gentlemen is poised to make change and each answered questions with aplomb. They were well prepared—and here's what they had in common:

- **Arrive early** – this assures that you get rock star parking and **you make the organizers very happy knowing that all of their guests are on time**. Nothing looks worse than being late for an event where you're one of the featured attractions.
- **Dress the part** – each one of these candidates looked like they could be our next Governor. They were neat, dressed for a forum – not for Mystery Date (is he a Dream? Or a Dud?). And that means we were not distracted by differences in dress.
- **Keep within allotted time** – we as organizers wanted to make sure that each of the candidates were able to answer the questions within the time we had the venue available. **We respected their time and they respected ours**. It was truly an evening to remember.



- **Know your audience** – when we introduced the candidates – not by party but by name, how long they have been serving the community and which office they were seeking, we set the tone and let them know what we were looking for in our questions. They answered the questions asked – rare enough in politicians – and were gracious with one another. Major bonus points for graciousness.

Later in the forum, there were candidates for other state office. One of them, the least experienced with public speaking, hit most of the marks above, **but permitted his personal agenda to affect his discussions**. When other candidates were speaking, he repeatedly shook his head and often spoke in a stage whisper to someone next to him who was from his district. This was noted by a number of different members of the audience who discussed it amongst themselves. This is how *not* to get asked back by organizers.

Toastmasters provides all of us with the skills we would need to get involved in our community. Remember as you seek office, start by volunteering for campaigns of people who stand strong on your issues. Begin by making certain that every person who is eligible is registered to vote. We live in a republic that is run by democratic process. We all want to live our lives with a government that reflects our ideals. We are a community, we are one.

Let's show 'em how it's done!

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



LEADERSHIP: Why I Chose to Be a Club Officer

by Manny Reyes, ACG, ALB, Div. D

“Every Toastmaster’s journey starts with a single speech.”
This quote states that the first speech is just the first step in what promises to be a life-changing decision!

When I started with Brunswick Toastmasters back in March 2014, I wasn’t sure if this was going to be for me. I knew it couldn’t hurt but thought it would help me advance my skills in communication and interaction at all levels.

Advancing in my studies helped me to move forward at work. After finishing my Bachelor of Arts Degree in Business Travel and Hospitality Administration in Madrid, Spain eighteen years earlier, I went back to college. I took an Associate Degree at DeVry University in Network and Telecommunications Management. After having been in a supervisory role for a few years, I wanted to keep moving up the ladder. **Many sources, including my boss at the time, pointed me in the direction of Toastmasters International.**

Since day one of Toastmasters, I found the execution of the club meeting to be an eye-opener. In no time, I decided to join. **I was moved and impressed by my learnings and passion as I prepare and present my speeches.** I was more enthusiastic going to a Toastmaster’s meeting than I was going to work-related activities. **In Toastmasters, I could be me.** I could present myself with all my virtues, or lack of, at every chance that I was given.

After being a member for a few months, the club immediate past president at the time talked to me about an officer’s role in the club as the new Toastmaster’s calendar year was going to start. I jumped at the opportunity and accepted the role of Vice President Public Relations (VPPR). I wasn’t sure of the work that it would entail and the level of commitment that I was going to give, but I am one those who always volunteer to help and give his two cents with personal time and efforts to help colleagues and friends.

Within two months as a VPPR, I started writing club newsletters, printing and distributing them to the members. I loved it. I participated in every meeting. I asked club members for articles and feedback and I was able to secure different inserts from club members. I found writing the newsletter was another way to express myself. It was really a tremendous learning and as a result, I started writing my own blog, which is still on going up to the present. I don’t write as much as I did when I was VPPR, but it continues to be a source of inspiration and discovery.

Toastmasters is more than just giving speeches. There is more to communication than spoken words. We communicate through so many other channels. To take full advantage of what this organization has to offer, you should consider giving more than just speeches. **Be an officer. Create a change in you and others.**

Open your Competent Communicator manual to page 2. You will find in bullet 6 of “A Toastmaster’s Promise”: **To serve my club as an officer when called upon to do so.** Should any of the Executive Board members give you a call, please consider serving the club.

Being an officer is more than filling a role to advance your next Competent Leadership Award. **You will learn how to take ownership and responsibility to help other members grow as a Toastmaster and as a person.** You will feel good in immersing yourself in building bridges that will take your members from where they are today, to where they want to be tomorrow.

I had so much fun and pride in being a VPPR, that after 6 months, I accepted the role of Secretary in my dual club. Then, on my second year I became Vice President Education (VPE) for my primary club and President for my dual club membership. I learned that I can do more and be more and, if committed, there are no limitations as to how far my new skills can take me, whether it be at home, at work, or in any other organization that I may get involved in.

There’s another quote I’d like to share. To encourage her to continue her efforts in the face of a setback, former Director of Defense Advanced Research Projects Agency (DARPA) Regina Duncan’s colleague wrote to her:

“There is only time enough to iron your cape, and back to the skies for you.”

If you want to elevate your club and take your club experience to the next level, don’t wait for anyone else. Take it upon yourself to make a difference. You will be rewarded for your efforts. The experience will lift you to a new high for having achieved what you once thought was difficult.

As the ad goes, **“Life is a limited time offer with unlimited possibilities...”** Be involved. Be an officer. And discover where it takes you.

Manny Reyes, ACG, ALB, is the Division D Director. He will serve as the District Program Quality Director for the 2017-2018 year.



CLUB HIGHLIGHT: Wayne Toastmasters Celebrates 55 Years!

by Karen Rittweger, DTM

Wayne Toastmasters celebrated its 55th anniversary on January 10th with an informal meeting and potluck. We enjoyed a delicious selection of appetizers, salads, pizza, drinks, and desserts and had a fabulous time with several rounds of assorted Table Topics.



To start our meeting, Sergeant-at-Arms Kathy Feiggen led us in the flag salute, and Paula Evans inspired us with a short speech on New Year's resolutions.

Rachel Weiss, DTM, District 83 Club Growth Director, then described the larger Toastmasters organization and how the club fits into the district. She also presented Club President Karen Rittweger, DTM, with a certificate from Toastmasters International headquarters congratulating the club on its 55th anniversary. Karen then read a letter from District 83 Director Paula Markert, DTM.

Next, several club members led us in Table Topics activities to improve impromptu speaking skills. First up, Kathy asked club members to come up as a pair; one person was tasked with describing an activity she chose from a hat, and the other had to act out the directions given. To demonstrate, Kathy taught Barbara Keil, ACS, CL how to bake a cake- and it was delicious!

Some of the highlights were Laura Graziano, CC, teaching David Gasior, CC, how to dance—he now has the confidence to showcase his new moves at his next social function. Iavor Totzev instructed Nidhin Chenukandiyil on how to fix a pothole, which he did expertly. Paula then taught Venkatesh Narasimhalu how to train like a Rockette. He was very convincing!

For the next exercise, Barbara handed out classic postcards and asked members to “read” the postcard and describe the place or event depicted. A few examples included Kathy describing a Sumo wrestler and his ‘mini-me.’ David Zonenberg recommended to us which sites we should see while in Rome, and Amanda Ager, CC, CL, explained how her honeymoon unexpectedly ended up in the middle of the desert.

Another activity the club had a lot of fun with was creating a story together. Karen got the ball rolling by introducing the protagonist and setting the scene, and each member contributed another 30 seconds of action. It was a wild and hilarious story involving sharks, zombies and time travel that showed that our club members have very creative imaginations!

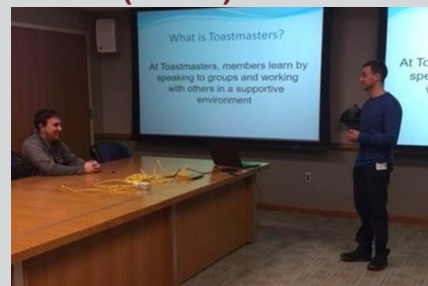
Wayne Toastmasters has been a distinguished club for many years. During the past decade alone, the club was Distinguished four times, Select Distinguished twice, and President's Distinguished once.

Congratulations to Wayne Toastmasters! Here's to a strong future for our club!

Karen Rittweger, DTM, is the President of Wayne Toastmasters.

SPEAKERS OF THE (OPEN) HOUSE

Speakers of the House is a corporate club in Somerset New Jersey at SHI International Corporation, a leading hardware, software and IT solution provider.



The club has 31 members who meet every other Tuesday.

The club sponsored an Open House on April 20, 2017 to explain the non-speech roles in a Toastmasters meeting to non-members. **People were intrigued about the leadership training Toastmasters has to offer and how it translates to the workplace.** The event chair, Adam Sachs, explained each role and how it relates to workplace leadership. For example, when going over the Evaluator roles, he connected evaluating speeches to being a manager who evaluates employees. The event was a half hour long, which included questions and answers and an example of Table Topics.

There were eleven people in attendance, and the club received encouraging feedback like:

“I was wondering how I go about signing up. I’ve seen enough to know I want to join the club.”

Adam did a great job showcasing the club. He has now completed the Help Organize a Club Special Event item in his Competent Leadership manual.

When I asked Adam for comments in chairing this event; he said: “I was surprised I was able to answer some of the questions that were asked as easily as I did. You really don’t know how much you know about something until you get put on the spot.”

Kevin Lombardi, CC, CL, is the President of Speakers of the House.



MEMBER SPOTLIGHT: K. Raj Singh

When and why did you join Toastmasters?

I joined initially in March 2008 because I wanted to speak more on stages as a M.C. for fundraising events, weddings, parties, etc., and wanted to sound as professional as I could. Left in March 2010 because of an extensive traveling schedule.

I returned in March 2016 because I wanted to “sharpen the axe” and tweak my speaking even more so that I could immediately pursue becoming a TEDx speaker, a keynote speaker, and a motivational speaker on huge stages inspiring masses of people. I felt like I was ready for that step, divinely called to do so, and that Toastmasters would give me the skills and confidence to achieve that goal for 2016 and beyond.

Since joining Toastmasters, how have you grown as a communicator and leader?

Since joining Toastmasters, I have grown exponentially as a more effective communicator and an inspiring leader. **I am now comfortable speaking to crowds of people from any stage—especially because of Table Topics, which strengthens my improv speaking muscles.** I remember in the beginning that the Table Topics part of the meeting agenda was my most challenging. Now I am proud to say that I absolutely love it, and have even won Toastmasters speech competitions because of it.

How did you begin collaborating with your co-authors, and what inspired you to write your book?

I was invited to be interviewed by the book publishing company to pitch my book content. They liked it, saw potential in it, and pitched me back the idea of some coauthors. When I heard they were some of my heroes from *The Secret* movie/book, I became super excited just to leave that as my legacy here on this planet, the fact that I was able to collaborate with highly successful people that seemed light years ahead of me, but are now within reach.

Actually what inspired me to write my book originated from Toastmasters, of course! I would livestream my Toastmasters speeches to my social media platforms, without any editing of it, so that I could challenge myself as if it were a live audience, because it really was. The videos were seen by thousands of viewers that could critique me and give their feedback.

The outcome every time was people telling me the content I spoke about “changed their lives” and motivated them. I could feel how much I was able to move them and educate them. That was when I realized I had my own intellectual property that needed to be written in a book so I could do my part and give



back to the world. It’s a humbling feeling, but the bigger picture for me is to demonstrate to others that if I can do it, they can do it even better and bigger!

Do you apply any skills from Toastmasters in your current professional pursuits?

There is not a Toastmaster that can hear a speaker say a crutch word like “um” or “ah” and not mentally count them. Every time I speak on stage, or on social media, I remember not to use crutch words, or if one slips out, I notice it. The leadership that takes place in our one hour Toastmasters meeting has trained me to be a great leader when I run events with the logistics, the flow of the meeting, transition phrases between speakers, and more. **Giving feedback in the Toastmasters way is not only vital in professional environments, but also personally with family and friends as well.** It is hard to believe so much learning can be done on so many levels from a 60-minute meeting!

If you had one piece of advice for another member of Toastmasters, what would it be?

Toastmasters works! It works if we work it! Get through the speeches, volunteer for every role, and challenge yourself by adding one more thing of value to every meeting, to the meeting, and to your own role. That’s more than one piece of advice, but if you’ve ever seen me give a speech, you would know that I am super excited and passionate about Toastmasters, and that energy just oozes through me! :)

K. Raj Singh, CC, went from a corporate job to living his dream of Financial Freedom, and now he is speaking to inspire others. Singh recently released his first book called *The Authorities* with co-authors Dr. John Gray, Marci Shimoff, and Raymond Aaron. More about his work can be found on www.thepassiveincomebook.com.



DISTRICT OFFICER HIGHLIGHT:

with Su Brooks, DTM, Public Relations Manager

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

I became a charter member of a corporate club in Newark in 2000 (when we were part of District 46) after a Toastmaster sent an email to the entire company inviting us to a meeting. **I was comfortable speaking in front of people and was interested in learning how to slow down, how to pause, and how to improve my listening skills.**

I also wanted to increase my confidence when presenting creative design concepts to senior managers at work.

What drew you to the Public Relations Manager role this year?

I was inspired to serve as District Public Relations Manager after working closely with Lynda Starr, DTM; and Margarita Estrada, ACB, ALS during their terms as Public Relations Officer. **I enjoyed the camaraderie working on teams with them and other passionate leaders to help promote the activities in District 83.** Each person brought different experiences to the role from their personal, professional, and Toastmasters backgrounds. I knew I could reach out to them for advice during my term and continue to do so.

What is your most significant accomplishment in Toastmasters?

I would like to share a few:

I served as one of the Club Mentors and worked with a team of dedicated Toastmasters to help Dialogue Party Toastmasters earn President's Distinguished status in its inaugural year, 2014-2015.

I served as one of the Club Sponsors and the President of Talk of Monmouth, an advanced club, that earned President's Distinguished status in its inaugural year, 2015-2016, and will again in 2016-2017. Again, I worked with an amazing team to accomplish this result.

I am grateful for the support and encouragement of everyone who helped me along my journey to achieving my first DTM in 2015. It took 14 and a half years! I will complete my second DTM in July 2017.

How has Toastmasters benefited your life?

I have met many wonderful people I never would have met had I not joined Toastmasters. I have had the opportunity to learn about new topics and ideas from their speeches and presentations. **I have been able to work with and develop friendships with people from diverse backgrounds and cultures beyond just those people I meet in the workplace. My life is rich because of them.** Since I am an avid reader, I have been inspired to read new books from their recommendations. I have become a more confident leader and mentor as well.



YOUR VOICE: A Toast to Friendship!

by **Isagani Tubera, CC**

Looking back almost ten years ago, the very first time I immersed myself in the American culture as a math classroom teacher was very challenging. I was afraid and I did not know how to blend in. I came from working in Papua New Guinea where the culture and the environment are far from similar. I found it difficult to assimilate. In the classroom, communicating to my students was difficult because of my accent. Every day was a struggle to send my message across to my students and I also barely understood them when they talked. It seemed they talked too fast for me. It bothered me.

Soon after, I met Gali Munar, CTM*, in one of our church services. He probably noticed my heavy accent so he encouraged me to join a Toastmasters club. Initially, I thought it was an organization that sells kitchenware. However, I attended the meeting anyway. Only to realize it was a public speaking club, a club that helps improve communication and leadership skills. **I've always been scared of public speaking.**

Nervousness was imminent every time I was asked to speak in front. Then, it was my turn to give my first speech. I was so nervous when I gave my first speech, the "icebreaker" speech, even if I am just expected to talk about myself. I spoke a lot of fillers: "ahs", "hmm", and "you know." The pressure on myself even increased more knowing someone was counting the fillers and timing me. However, I still continued to attend the meeting.

I was introduced to people who did not judge me for my shortcomings and my speech problems. I was amazed at how

my new-found friends support me. **All I got from them were inspiration and support.** My meetings with friends in Toastmasters were not only limited to our club meetings. We would share endless stories of laughter and banter with each other while enjoying a sumptuous dinner at our favorite restaurant in Jersey City after the club meetings. We even travel out of state, including but not limited to Vermont, Pennsylvania and different parts of New York. I enjoy their company a lot. **I notice every time I am with them, I am not afraid to be my comical self.** I develop my self-confidence as if I am coming out of my shell. My communication skills improve the more I spend time with them. My students even noticed how better of a communicator I am.

I found a gold mine with my Toastmaster friends. **They not only help me improve my communication skills but they help me as a person.** Discussions on life and life goals as well as finding humor in struggles and challenges make our friendship more meaningful. I always look forward to see them. We continue to hang out together and go on weekend trips out of state.

My experience with Toastmasters has been more blessed with Toastmaster friends. It is my hope that you experience it too.

Isagani Tubera, CC, has been a member of Jersey Toastmasters Club for 7 years.

**Competent Toastmaster, designation given prior to 2006, now equivalent to a CC (Competent Communicator).*



KEEPING THINGS INTERESTING: Appreciation Is More Than a Twelve Letter Word by Fran Okeson, DTM 18, PDG (46)

No matter where your Toastmasters clubs meet, someone has to make that space available for you. Think about that for a minute. Recently, I did just that.

My Richmond County Toastmasters club, which chartered in 1976, meets on the first two Wednesdays of each month in the Dr. Regina McGinn Educational Center at the north site of Staten Island University Hospital, (Area 64). Because our meeting room is quite a distance from the main entrance, I use my rollator for these meetings.

Usually, as I come up the ramp, Nick Scibilia (Security) comes and opens the double doors for me. Most times, as I approach our conference room, I am greeted by Mary Trabuscio (Environmental) along the hallway. A few minutes later, Don Napalit (Dietary Support Services) rolls in the refreshment cart and sets up the coffee, tea, sodas, water and cookies for us.

A few months ago, I decided to write a letter using my Past District 46 Governor (PDG) letterhead to Donna Proske, RN, MS, Executive Director of the hospital, letting her know how much we appreciate what these employees do to make us comfortable while we're having our meetings.

Ms. Proske sent me a copy of the letter she put in their files for Nick, Mary and Don with a memo thanking me for bringing their service to her attention.

Where am I going with this, you might ask. Let me tell you. At a recent meeting, as I approached the conference room, Mary was waiting in the hall with a big smile on her face and a twinkle in her



eyes as she told me that **all three of the folks I acknowledged in my original letter were recognized at a special event where they each received a silver pin and a certificate for their diligence and work ethic on behalf of the hospital.**

Fellow Toastmasters, where do you hold your club meetings? Who prepares the room and cleans up after you leave? I'd like to encourage everyone to find a way to show your appreciation to these mostly unseen folks who work behind the scenes. They are a very important part of the success of our meetings.

Fran Okeson, DTM 18, PDG (46) is a Staff Writer for The Voice. Reach her via frantotten@verizon.net or 718-984-1339.

Which Is Your Favorite Advanced Manual?

I'm sure most Toastmasters have a favorite Advanced Manual. There are fifteen to choose from. **I'll bet that many of you haven't yet tried the Communicating on Video manual yet, right?** The first four speeches in the manual can be done at a meeting; though it's recommended to give your speech on video, it is not "cut in stone." The fifth speech, however, must be done on camera and be evaluated by a team of evaluators viewing only your video performance.

As the producer/host of District 83's only CTV show, I'd like to invite my fellow Toastmasters to deliver a speech on our No Limits Toastmasters club's CTV show, "Toastmasters in the Community," which tapes two club meetings on the first Saturday of each month which air on Channel 34 at various times during the month (on Staten Island). We are on every Saturday at 7pm. In June, we will be starting our thirteenth year and many Toastmasters and community leaders have made appearances during that time and wanted to return. If you would like to know more about this invitation, please contact me at frantotten@verizon.net or leave a brief message at 718-984-1339. **If you participate, you will receive a DVD of your speech so that you can review what your audience sees.**



HOW-TO CORNER: How Do You Recover When You Forget Your Speech?

Stay Calm

Don't panic. Stay calm. Keep your composure. **Don't tell the audience either verbally or with body language of your situation.** Don't forget you wrote the speech. Remember the last thing you said. It should help trigger your memory to keep going. If this doesn't do it then you find yourself in 'Table Topics' mode!

Do your best to finish up your speech based on the title of the speech. Check the timer and wrap up as soon as you see green.

Gary Tully, ATMB*, ALB
Hillsborough NJ Toastmasters Club
Past Member, Medco Toastmasters Club
Toastmasters Member for 17 years

**Advanced Toastmaster Bronze, designation given prior to 2006, now equivalent to an ACB (Advanced Communicator Bronze).*

Keep Moving Along

Although you may practice and rehearse your speech, sometimes your mind will not allow you to remember a line or a thought in the midst of giving a speech. Don't be dismayed when this happens. Most of the time, you and you alone know that you forgot a line in your speech. Don't stutter or hesitate. **Keep moving along in your speech as if it is going as it is supposed to be delivered.** If you can weave in the point at a later time in your delivery, do so. Just remember that only you will know it's not going as planned. In your club meeting, if you are delivering a project speech, using notes are encouraged. A careful outline of your major points in a large font in which you could glance easily is advised. Simply remember not to fluster at the blunder and muster a speech that is a wonder.

Djuna Barnes, ACB, ALB, Division G Director, Area 73
Director Gold Coast Advanced Toastmasters Club and
Excellent Toastmasters Club
Toastmasters Member for 5 1/2 years

Pause

I try to remind myself that no one else knows the entire content of my speech, so they won't know if I missed something. What I forgot to mention in my speech can be used in a later speech as well. When I start to feel jumbled in my speech delivery, I try to remember to take a pause. **Even a one second pause can help clear the mind.** Another idea is to use notes. Even the most skilled speaker at large events sometimes uses teleprompters to aid them in their speech. The notes can have just a few important details you want to mention.

Kevin Lombardi, CC, CL
Toastmasters Member for 2 years

Use humor

Remember that you are not the first and will not be the last to forget a part of your speech. Take 10 seconds to breathe and see if this helps to organize your thoughts and get you back on track. If this short exercise helps to jog your memory, great! If not, don't fret. **You may need to repeat parts of your speech to help you remember the order in which you intended to give the speech.**

Finally, if you are able to, use humor. **Believe me, a joke may come easier than you think.** Keep in mind that the audience wants to see you do well. Putting a smile on their faces as well as yours, will not only help you to relax, but it will help take the audience's mind off the current situation, even if just for a few seconds.

Lina Boye, CC
Jersey Toastmasters Club
Toastmasters Member for 6 years

For our next issue, let us know:

How Do You Psych Yourself Up Prior to Your Presentation?

Send responses to janette.alexander@solixinc.com

UPCOMING EVENTS & DATES TO REMEMBER

Officer Training:

June 1 – August 31

TLI:

June 24 | start time TBD

Patriots' Path Council - Boy Scouts of America
1 Saddle Road, Cedar Knolls, NJ

Membership-Building Program:

July 1 – September 30

Hail and Farewell:

July 22 from 11 am – 2 pm

Thatcher McGhee's Irish Pub & Eatery
31 Passaic Ave in Fairfield, NJ

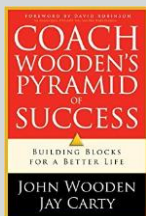
Toastmasters International Convention

August 23 – 26

Vancouver, BC

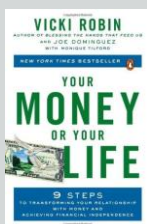


A LEADER IS A READER



Legendary college basketball coach John Wooden believes that success is achieved by going back to the fundamentals. He developed the Pyramid of Success, which became his roadmap to teaching in basketball. It not only helped him win national championships but it was a recipe on how to become a better person. He is a mentor and friends to many including Sportscaster Bill Walton and New York Times bestselling author Don Yaeger, to name a few. He shares his knowledge in this simple yet practical read.

Eileen Inciong, CC, ALB

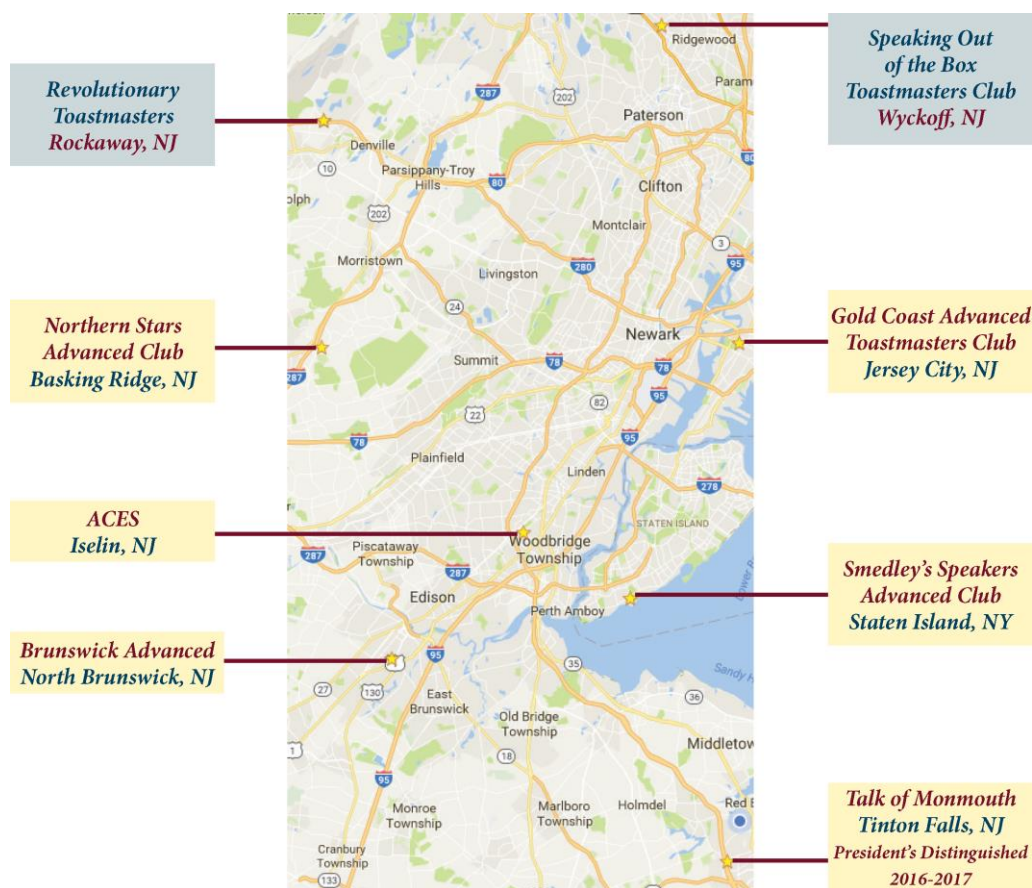


After learning about K. Raj Singh's inspirational story, I wanted to read more about Financial Freedom. I found some inspirational tips in the book *Your Money or Your Life*. This book presents a program to help you evaluate your priorities and make sure you are on the path to your best financial and personal life.

Eileen Kern, ACB, ALB

ADVANCED CLUBS IN DISTRICT 83

There are currently six 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 (May 2017)

CONTACTS FOR CURRENTLY-FORMING ADVANCED CLUBS

Revolutionary Toastmasters:

Janette Alexander, DTM: janette.alexander@solixinc.com, 973-581-5302

Dee Rincon, ACB: dee_rincon@yahoo.com, 973-366-5596

Meetings will take place the second Wednesday of each month from 6:30-8pm at the Rockaway Public Library, 61 Mt. Hope Rd., Rockaway, NJ 07866.

Speaking Out of the Box Toastmasters Club:

Rachel Nuber, DTM: rachel.nuber@gmail.com

Meetings take place on the first Wednesday of each month at the Cedar Hill Christian Reformed Church, 422 Cedar Hill Avenue, Wyckoff, NJ 07481



PHOTO CREDIT

The photographs in this issue were provided courtesy of:

Robert Bugai, CTM:

Pages 1, 4, 5, 11

Daniel Ally:

Page 3

Tonia Robinson-Lloyd,

ACG, ALB, AD 81:

Page 6

Sherri Rase, DTM:

Page 7

Collection of Wayne

Toastmasters:

Page 9

Kevin Lombardi, CC, CL:

Page 9 (bottom)

K. Raj Singh, CC:

Page 10

Collection of Eileen

Inciong, CC, ALB:

Page 12

Fran Okeson, DTM 18,

PDG (46)

Page 13

Writer/Editor photos provided by the individual.

CLUB NEWSLETTER CONTEST 2016-2017: FINAL CALL

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 subrooks@verizon.net



Results will be announced at the District 83 Fall 2017 Business Meeting.

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 Business Meeting 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.

TOASTMASTERS
INTERNATIONAL

District 83
<http://tm83.org/>