



# THE VOICE

## District 83 News & Events

### MARCH 2017

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### WORDS FROM THE DISTRICT DIRECTOR

If March is just around the corner, can April be far away?

Why am I asking about April? Because this is when we collect dues for the next Toastmasters dues cycle. And why is that important? **If you want your club to be considered for the DCP (Distinguished Club Program), and you want credit for the points you have earned, you need to meet the membership requirements.** I think we all would like our club to be distinguished, hence, the emphasis on membership.

To sum things up: If you started out in June of last year with less than charter strength (20 members) – you need to have a net gain of 5 members or make charter strength; if you were at charter strength, you need to maintain that (20 members) or increase your membership; if you were above charter strength (more than 20 members) you need to be at 20 or above during the new dues cycle. So, if you and your club wish to become distinguished – work to get those member numbers up.

While this is important to allow your club to become distinguished, it is also important so that your club functions at its best. **It has been shown that a club at charter strength has better meetings than those not at charter strength AND better meetings mean more benefits to your members.**

We still have time to bolster our numbers. Let's see how well we can do to get all the club memberships so that clubs can participate in the DCP.

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



### CALL FOR NOMINATIONS:

#### All Elected Positions for District 83 Leadership

**Do you know someone who is qualified and would be an awesome leader for our District?** If so, please fill out a nomination form and send it to Bill Hood, DTM, IPDD, 57 Ramapo Mountain Drive, Wanaque, NJ, 07465 or email it: [RamapoMountainBill@gmail.com](mailto:RamapoMountainBill@gmail.com)

**District 83 elects the District Director, Program Quality Director, Club Growth Director and Division Directors at the Spring Conference in May, 2017.** Term of service is from July 1, 2017 to June 30, 2018.

**Bill Hood, DTM, IPDD**

Call for Nominations:

<https://www.toastmasters.org/~media/24562A9E8E1449E7A6900A6676476884.ashx>

Nomination Form (you may nominate yourself):

<https://www.toastmasters.org/~media/2905FD52797C4EFEAFFBCD5B49C11A63.ashx>

Candidates for office 2017/2018 will need to fill out this form:

<https://www.toastmasters.org/~media/7FD991290B8A4167A08E4EF01CF20E26.ashx>

All District Officers 2017/2018 will need to fill out this form:

<https://www.toastmasters.org/~media/5A2B48BB6B3D4E92B994CE666CB84DC8.ashx>



## DISTRICT 83 NEWSLETTER TEAM

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**Sherri Rase, DTM**  
**Manny Reyes, ACG, ALB, Div. D**  
**Paul Scharf, DTM 6, PDG**  
**Lynda Starr, DTM**

*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 **June 2017** issue is **May 5<sup>th</sup>**.

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 the September issue of D83 Newsletter

The layout is what I'd like to call "active" (it's got a lot going on without being "busy"...a good accomplishment!). The volume and variety of information is quite impressive, not something you just breeze through. Being a current club president, my favorites are the items focusing on the clubs.

Featured topics are useful for the clubs. Examples include "The Road to New Pathways," as the upcoming Pathways program is very intriguing to me and it will affect all Toastmasters and clubs; "The Evaluator as a Servant Leader," as I think evaluations are something our club can always improve; and "Is Your Club Ready for a Backward Meeting?" as I myself and the other club officers are always trying to come up with interesting events for our club. We are always looking for that next great idea. I could go on and on.

Overall, it appears you put a lot into these newsletters, and consequently, I get a lot out of them. Keep it up!

**George Bertele, CC, ALB**  
**State Street Princeton Toastmasters**

### A Big Fan

I am a big fan of *The Voice*. It not only informs readers about the various activities going on in the District, but also publishes many articles and real life stories that inspire people to learn from and to serve the Toastmasters community.

One such article is "Toastmasters: There's More to It than Giving Speeches" by Manny Reyes. Also, the article "Live and Lead with Gratitude" by Lelet McGorry, talks about appreciating the kindness and services of others. The latter is always a huge driving force to energize and inspire people to dedicate their services to organizations such as Toastmasters. Also, the series "The Road to New Pathways" by District 83 REP Chief Ambassador Antonio N. Figueroa, is very useful in understanding and preparing for the future changes in the Toastmasters educational system.

**Subhash Harmalker, DTM**  
**Colgate-Palmolive Piscataway Toastmasters**

### On the December Issue of *The Voice*

I always read *The Voice* and every issue has something different and interesting to offer! I feel that the editors included all the important issues of District 83 and concentrated on a lot of individual Toastmasters members from different clubs! It was nice to hear from the District 83 Director, Paula Markert, DTM, and to see the Humorous Speech and Table Topics contestants!

The readers found out how Holidays are celebrated around the world and learned more about their fellow Toastmasters! I think that our members have a lot of different stories to tell, and the editors can find it beneficial to feature one club per issue, learning about the members and the club.

Looking forward to the next issue!

Thank you for a great job Eileen and Eileen!

**Emilia Volyand, DTM**  
**Brunswick Toastmasters and Brunswick Advanced**



## DISTINGUISHED TOASTMASTERS:

Congratulations to recent DTM award recipients!

- Patricia M. Phillips
- Rebecca Jean Marzec
- Ibis M. Roman

## CLUB UPDATES

Welcome New Clubs!

- NJ Meditadians
- Metropark Toastmasters
- Gold Coast Toastmasters

## SPRING CONFERENCE: Silent Auction!

District 83 is having a Silent Auction event at the 2017 Spring Conference to be held on May 20th as part of the fundraising activity. We encourage all Toastmasters members, officers & clubs to consider donating one or more items that could be auctioned. We encourage each one of you to contact a company you know or work for to see if they can donate. Items need to be donated by the first week of May.

Any questions as to what items could be donated and where to deliver, please contact:

Uday Bhoopalam, DTM  
Silent Auction Chairperson  
District 83 Spring Conference  
(631) 921-2447  
ubhoopalam@yahoo.com



## BECOME THE NEXT DISTRICT 83 NEWSLETTER EDITOR!

The District 83 Newsletter Team is looking for editors for the next Toastmasters year! (July 2017-June 2018)

A successful newsletter editor has the chance to hone their **writing, editing, layout, delegation, project management**, and a wide variety of other **leadership and communication skills**. This is the perfect next step for your personal growth with Toastmasters.

The district's next editors should:

- Be ready to work with the district leadership team to promote district events, club milestones, and other educational content.
- Feel comfortable coordinating interested writers and lightly editing materials for publication.
- Feel comfortable delegating tasks among other editors and writers.
- Have access to and basic knowledge of (or interest in learning) any software program suitable for newsletter layout (e.g., Word, InDesign, etc.)
- Enjoy juggling multiple tasks while staying organized!

To apply for consideration, please send a brief email covering your Toastmasters experience to date and why you're interested in this role to [d83newsletter@gmail.com](mailto:d83newsletter@gmail.com) by **March 31<sup>st</sup>**.

**A great opportunity awaits you! We can't wait to hear from you.**





## IN THE LIMELIGHT: District 83 Spring Conference

by Jen Fredericks, DTM

**Do you aspire to inspire?** Then attend the District 83 Spring 2017 Conference on May 20 and 21 at the DoubleTree by Hilton Hotel in Somerset, New Jersey.

**The entire conference will be centered on the theme “Aspire to Inspire” from the perspective of mentoring, working together to help each other achieve our personal and professional goals.** Three workshop tracks (Personal, Professional, and Club Development) will offer a variety of educational opportunities to teach and hone mentoring skills.

Particular attention will be given to First Time attendees, who are invited to experience the excitement and value of a District 83 conference. In fact, an exceptional opportunity will be awarded to each Toastmaster who attends this conference for the first time. Toastmasters experience builds talented and knowledgeable leaders, making these members excellent mentors. **Therefore, to carry out the theme of this conference, each First Timer will have the ability to access previously-selected senior Toastmasters for mentorship from June through September.** These relationships will be established within the district but can be interclub, area, and division.

The list of available skilled mentors will be presented to each First Timer at the First Timer meeting on Saturday morning of the conference. More information will be sent to your club.

Other conference highlights will be the:

- business meeting with the election of 2017-18 district officers;
- district-level International Speech and Evaluation Contests; the winner of the former continues on to International as our district contestant;
- update on the Pathways Educational Program by Tony Figueroa, DTM (D83’s Pathways Chief Ambassador);
- keynote address;
- opportunity for networking and camaraderie in a relaxed and pleasant atmosphere.

Registration fee is \$150 from March 1 through April 30, and \$160 from May 1 through On-Site registration. Please see the district website ([tm83.org](http://tm83.org)) for additional registration information and conference details.

Conference Co-chairs Irene Freeman, DTM, and Jen Fredericks, DTM, are working diligently with other dedicated Toastmasters who serve as chairs of 23 conference committees to make this event special for all.

One key element in effective leadership is the ability to inspire others. The opportunity to learn from experts to gain or sharpen this skill will be offered to you this May at the D83 Spring 2017 Conference. **Don’t miss it!**

**Jen Fredericks, DTM, is a co-chair for the Spring Conference.**



## IN THE LIMELIGHT: What Happens in a District Conference?

*by Su Brooks, DTM*

I started to attend District Conferences many years after I first became a Toastmaster. At first, I only ventured outside the club to attend contests and club officer training where I met people in my area. I finally was inspired to attend a District Conference after I attended the International Convention in Connecticut. My fellow Toastmasters were surprised to hear that I had never attended a District Conference and suggested I attend one.

I learned new skills and heard great speeches, Table Topics, and evaluations. **One of the best things I learned was improving presentations skills by creating compelling visuals to accompany the talk.** I also learned that workshop presenters could complete a project in the Advanced Communication manual, The Professional Speaker.

I further expanded my skill set by serving as a committee chair in several conferences, while meeting more new people and learning more about teamwork and leadership.

**My favorite parts of the District Conferences are the educational workshops, the contests, and the keynote speakers.** The workshops selected appeal to those looking to improve their skills in the Personal Development, Club Development, or Professional Development tracks. Recent keynote speakers at our District Conferences have included Toastmasters International Directors and World Champions of Public Speaking. The keynote address at the last Fall Conference given by Quinn Lemley, DTM, exceeded my expectations.

In the Business Meeting, reports are presented by the district leaders. Scheduling it in the morning this past fall encouraged

increased participation. The Spring Conference business meeting will include selecting the new slate of district officers for the following Toastmasters year.

I was surprised when I heard my friend and co-editor Lynda Starr, DTM and I were each selected for the honor of "District Toastmaster of the Year" at the business meeting. I would like to express my gratitude to the selection committee.

**I am looking forward to the Spring Conference, themed "Aspire to Inspire," on May 20 and 21 at the DoubleTree in Somerset.** Workshop presenters will audition on March 18 in Clark, NJ. The Education committee will select nine presenters whose workshops support the conference theme. The conference will feature three different educational workshop sessions, with a choice of three workshops during each time slot. Two sessions are scheduled for Saturday and one is scheduled for Sunday morning. There will also be a keynote speaker for our Saturday evening banquet. The new Distinguished Toastmaster (DTM) recipients will be recognized and will be awarded with DTM medallions at the banquet.

I look forward to working with Irene Freeman, DTM and Jen Fredericks, DTM, our conference co-chairs, to make the Spring 2017 conference a success!

**Su Brooks, DTM, serves as the Public Relations Manager for District 83. She previously served as a District Newsletter Co-Editor and was recognized for her contributions to the district with a District Toastmaster of the Year award at the Fall 2016 District Conference.**





## NEWS IN BRIEF: District 83 Toastmasters Leadership Institute

by *Manny Reyes, ACG, ALB*

On December 10, 2016, District 83 held its winter Toastmasters Leadership Institute (TLI) Club Officer Training at the Hilton Garden Inn, Rockaway, NJ.

The TLI training offered a light breakfast with pastries, nuts, fruits, juice and coffee—the essentials that one needs to recharge the body and maximize the power of your internal batteries to sharpen your focus.

The attendees met at a large conference room where District 83 Program Quality Director, Janice Buffalow, DTM, greeted the participants and introduced the agenda. The first session was about Advanced Clubs. Past District Governors and the Immediate Past District Director talked about their experiences attending these clubs. **I learned that Advanced Clubs offer a broad range of activities to grow that make these clubs a desirable path to be explored, taking the Toastmaster experience to the next level.**

The next session was about mentoring. I learned that mentoring is paramount to the business of Toastmasters. **Toastmasters is not just another venue for self-development and empowerment but could be one of best possible channels for success through mentoring.** Conflict Resolution and Pathways were the last sessions. Both were full of interesting content and were very well presented. I was amazed at the participation and engagement of the audience.

Once the instructional sessions were completed, we broke out for the Winter Club Officer Training. Every Club Officer role was taught separately. I attended the session for the Vice Presidents Education. It was awesome to listen to the best practices and tremendous variety and the vast amount of wisdom applied by different clubs to excel and create the right synergies to favor their members.

Participating in Club Officer Training is something that I recommend to anyone interested in getting more involved with Toastmasters. **It not only serves you in your personal growth and development but also improves your professional, technical and entrepreneurial skills.**

I found this gathering energizing. It gave me another opportunity to meet guests and encounter leaders. It was a venue to absorb new information, exchange ideas, and learn from colleagues in order to apply new ideas to our clubs. In addition, it gave those in attendance the ability to partner up and coordinate with other officers in propelling action plans.

I have participated in Club Officer Training for three years now. Every year I find new ideas and practices that prove Toastmasters is a dynamic organization. It is always in motion. It continues to adapt to changes with the use of new applications and software programs to serve the club and members' interests and needs. Countless numbers of ideas are exchanged, which, like blueprints, are ready to be tailored and adapted to your club and give you that extra hand that may solve a problem or give you a different perspective.

For those who participated in this TLI, I hope you found new ideas and inspiration to make the rest of your Toastmasters year an outstanding one. If you missed it, watch for the next one and take advantage of it. People say, "You may have a good view of a match on television, but you would never FEEL the emotions and be part of the game as when you are present."

John Quincy Adams said, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

Take action. **Attend the next TLI!**

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



## FEATURED ARTICLE: WHY ATTEND A DISTRICT CONFERENCE?

by *Margarita Estrada, ACB, ALS*

### Investment!

If the first question that comes to mind when you hear about attending the District Conference is, “**What’s in it for me?**” (WIIFM?), you are not alone. Prior to attending my first conference, I asked myself the same question. I have now attended 12 conferences (and volunteered in many of them) and had to change my viewpoint from “WIIFM?” to “Investment.”

The first time I attended a conference was in Spring 2010 with the theme “Aiming Higher!” What drew me to attend this conference? **Curiosity!**

### Curiosity Leads to New Discovery!

The Spring 2010 Conference had three Keynote Speakers: Heath Suddleson, DTM, who at the time served as Region 7 International Director; David Brooks, 1990 World Champion of Public Speaking; and Walt Kane, Emmy Winning TV News Reporter. I have heard of conferences having one keynote speaker, but three? They did not disappoint! All were excellent orators.

### Workshops – The Foundation of a Conference!

A well-delivered workshop that impacts its audience and at the same time provides them with useful information is, at its core, the power of a District Conference! Out of all the workshops offered during this conference, the one delivered by Dr. Ansley LaMar, ACG, CL, entitled, “Enhancing Our Relationships,” has been so useful that I use its tactics five years later! Now that’s power!

### Aspire to Inspire! Spring Conference Theme 2017!

Aspire to Inspire is the theme for Spring Conference 2017, and with good reason. To be inspired is important, but the impetus is

in the aspiration! **The aspiration pushes, nudges, and encourages us to recreate ourselves and ingest the necessary drive so that we can grow.**

The conference will be held on Saturday, May 20th and Sunday, May 21st, 2017, at the DoubleTree by Hilton Hotel, 200 Atrium Drive, in Somerset, NJ.

### Attendance Leads to Improvement!

Why is your presence at a District Conference so important? Each conference brings with it an experience that leads to enhancement of what already exists, or the creation of a completely new idea! Your presence is the inspiration. At the end of a conference, each attendee receives a survey where they are able to express how they feel. You may even be inspired to become a volunteer (that’s what happened to me). If you’re interested in improving your leadership skills through volunteerism, email conference co-chairs Jen Fredericks, DTM, [jfred070784@cs.com](mailto:jfred070784@cs.com), or Irene Freeman, DTM, [irenefreemantm@gmail.com](mailto:irenefreemantm@gmail.com).

**Invest in Yourself! Aspire to Inspire! Come to the District 83 Spring Conference 2017!**

**Margarita Estrada, ACB, ALS, a dual member of Impact 21 and Dining to Speak Toastmasters, currently serves as President of Impact 21 Toastmasters “We Create Winners”. She has served in District Leadership as its Public Relations Manager (2014-2015), and has served in conferences as Registration Chair (2011), Conference Chair (2013), and Workshop Presenter (2015).**





## COMMUNICATION: Remember Your Voice – The Rally at the Women’s March on Trenton

by Sherri Rase, DTM

**January 21, 2017 was a day like no other.** Across the United States and around the world, women and our allies came together to march in protest of the treatment of women in recent politics. Women of all colors, ages, economic status and background and those who are our allies turned out in droves. I serve as the President for a civil rights organization, so the march I attended was in Trenton.

Some follow politics the way fans follow sports, so we were ringside at the Patriots Theater for amazing speeches.

**Toastmasters analyze everything we hear, so this was a feast for rhetoric and what differentiates a good speech from a great one.** Evaluation contests are coming up, and there were three speeches that really stood out for me. How and why they stood out, I'll share with you now.

First up at the podium was the organizer of the Trenton march, Elizabeth Meyer. She is not an organizer by trade, but when she thought about the logistics of taking her two young daughters to Washington DC, she determined she would create something closer to home. **Her speech was compelling because it spoke to her desire to make change and how the right circumstance can move an individual beyond the ordinary to achieve extraordinary things.**

Bonnie Watson-Coleman has been a dedicated New Jersey change-maker for a long time. Recently, she became the first African-American and first woman to ever serve in New Jersey's Congressional delegation. **She is a communicator who is straight to the point and on January 21 she was a firebrand with excellent gestures, vocal variety, and content.** This woman knows how to read a room and her speech was well

crafted, including a call and response that had the audience in the palm of her hand. She gave us the motivation and the means to make change so we could see we have power and a voice.

The speaker who most touched my heart was Dr. Dahlia Fahmy. Dr. Fahmy is an award-winning educator who was born and raised in Clifton, New Jersey, attended Rutgers for her PhD, and is currently an assistant professor of political science at Long Island University. The passion of her paean came from the very core of her being and she is a taker of risks. **Her vocal variety ranged from factual to passionate, sometimes cracking with emotion.** She gave us just enough about her life for us to feel acutely the betrayal of being told daily by mass media that she's not truly an American, even though she was born, raised, and educated right here. Dr. Fahmy is a Muslim and she feels endangered in a way that speaks to the unease many of us feel about the suddenly shifting landscape. Our country was built by immigrants and for most of us, we are at most third-generation from where our great-grands began.

It was thrilling to feel the energy surge through the audience, which ultimately numbered about 10,000 strong. The event was peaceful in every way as we walked out of the Patriots Theatre, formed up and begin marching together. We marched to the State House and we heard more rally speakers, then slowly trickled this way and that and back to our everyday lives.

The experience of gathering with like-minded people in free expression and peaceable assembly is one of the gifts of living in the home of the brave. **Evaluate what you hear.** Get angry? Perhaps. Get active? You bet! **Remember your voice.**

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





## LEADERSHIP: You've Got Mail!

by *Lelet McGorry, CC, ALB*

**Strong leadership is anchored on effective communications, whether face to face, by phone, or electronic mail (email).**

We find ourselves navigating through the digital and global world at our fingertips. It has become inevitable to gravitate towards email communications as they are faster, economical, and more convenient. We can send an email anytime, anywhere, and to one or many recipients. Every day, we are faced with an insurmountable amount of emails. Yet there have been countless times when we feel frustrated when we hear nothing back. Effective email communication, among other things, is vital to being a strong leader.

A new study from the University of Southern California (USC) Viterbi School of Engineering studied the psychology of email response time. One of their key findings was that "Most people reply within a day or two. But after 48 hours have passed, there's little chance of a response." As we get inundated by emails – transforming the paper pile on our desks into its electronic equivalent – we are confronted by an overloaded inbox. **But if we are to succeed as leaders, we need to learn to manage our email communications and practice email etiquette.**

Below are some key components that contribute to effective email communications:

- **Timeliness: Timing is essential.** It is really as important as the message itself. Sending out a timely email that offers ample time for all parties to plan and prepare will often result in a more organized, well-attended, and successful event. It is equally crucial to acknowledge receiving an email. If you are not ready to fully answer, it is recommended to indicate when an answer can be expected. Response time absolutely matters.

- **Tone:** Maintain a friendly and professional tone at all times. A genuine "Hello" in the beginning and a heartfelt "Thank you" at the end goes a long way. Prospective members who inquire about the club will be more likely to attend a club meeting if they receive a warm and friendly response. **First impressions do count.**
- **Brevity:** Brevity is respectful. People have limited time to read everything. Be mindful of this and write emails that are clear, concise, and to the point. Lengthy and roundabout emails that cover extraneous information or irrelevant points are neither practical nor productive. The USC study also has shown that emails that are shorter have a higher chance of getting a response.
- **Beyond Email: Knowing when to stop emailing is valuable.** If you are not hearing back after about 3-5 emails, it's probably time to utilize non-electronic means to connect. If there's a heated discussion happening via email, best to pick up the phone.

Strong leaders take email communications seriously.

**Timeliness, tone, and brevity are key ingredients to effective email communications.** It is essential to great leadership. As the great leader Franklin D. Roosevelt once said about public speeches, "Be sincere, be brief, be seated." He could very well have been talking about email communications, had they existed back then.

**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: Carpe Diem Toastmasters

by Irene Freeman, DTM

On October 27<sup>th</sup> 2016, **Carpe Diem Toastmasters celebrated the 10th anniversary of its charter date** with an "Open House" meeting. Special guests were in attendance, including members of neighboring clubs and district officials.

The meeting's special agenda included a variety of prepared presentations. The club's Vice President of Membership, Santosh Joshi, assembled some inspirational video excerpts of Darren Tay's and Manoj Vasudevan's speeches from recent "World Championship of Public Speaking" competitions. Longtime club member, and club Treasurer, Uday Bhoopalam, DTM, entertained everyone with a unique perspective of our club history, which included a photographic collage of past club members and a recount of when our club achieved President's Distinguished status and won the District's Phoenix award. Everyone enjoyed the insights of our guest speaker Jason Sanders, CC, who spoke about how you can increase your LinkedIn visibility by creating an optimized "Headline."

Following the prepared speeches, the attendees participated in an exciting "Jeopardy" game show themed Table Topics competition. Topics included:

- **Know Your Leadership Team** – Interesting facts about our club leaders,
- **DTM Me** – Speeches that you might encounter on your way to being a Distinguished Toastmaster, and
- **Your Body Speaks** – Toastmasters charades.

The competition was fierce. Team A won by only a very narrow margin.

To top off the festivities, everyone enjoyed refreshments, which included finger sandwiches, cookies, and a celebratory cake. A good time was had by all!

Throughout the years, club membership levels have fluctuated, but with the help of dedicated leaders who believed in how the Toastmasters program can help its members achieve their personal and professional goals, we were able to attract new members and help them and the club grow. The club's greatest strength is its "continuous improvement" philosophy. The leadership team is always looking for ways to optimize members' Toastmasters experience.

**Congratulations Carpe Diem Toastmasters! Wishing you many more successful years!**

**Irene Freeman, DTM, is the VPPR for Carpe Diem Toastmasters.**







## MEMBER SPOTLIGHT: Sunil Robert Vuppula, ACG, ALB

### When and why did you join Toastmasters?

Since the year 1999 when I began my Toastmasters journey in Bangalore, India, I have attended Toastmasters in the UK and in the USA.

I had a love for communications long before I joined Toastmasters but once I joined the "corpo-rat" race I felt I was getting rusty. **I joined Toastmasters to keep learning and building myself as a communicator.**

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

I learnt that in addition to content, there are a myriad other factors that make a compelling speech.

Having served as an Area Director, I have also learned the joys of organizing contests and attending training programs. I have made so many new friends in our district and expanded my horizons.

Conducting a YLP (Youth Leadership Program) for a bunch of inner city kids was also a breakthrough experience for me.

### What is your memorable lesson in Toastmasters?

That I knew so little and there was so much to learn. **The nuances and mechanics of public speaking are so vast that you can never say you have arrived.** There is no finish line. That humbling idea keeps me grounded and I am always searching for that elusive quality to add to my repertoire.

### What is the most important thing you tell others about Toastmasters?

It is the best value for money you can ever get. Just like you cannot learn swimming in a classroom, you cannot develop as a public speaker in one training course. **Meeting after meeting, Toastmasters gives you that learning space where peers who are also on the journey guide you along.** Here is the best part: you can also offer your feedback to others. So it's almost like a cult experience without the negative connotations.

### What are your key accomplishments within your Toastmasters journey?

I am one step away from DTM as I am waiting to complete my mentoring of a newly-chartered club (What Exit?). Presenting a workshop at the District 83 conference was another highlight for me. **But to me the greatest pleasure is meeting a variety of bright and enthusiastic individuals from across the world.** My fabric of experiences is that much colorful because I draw from the colorful tapestry of the Toastmasters family.

**Sunil Robert Vuppula, ACG, ALB, is a member of the Jim Friend Toastmasters, Metuchen and ACES. He is a writer, motivational speaker and a marathon buff. Originally from India, Sunil is now based in Edison, NJ and is an active Toastmaster. His wife Prafulla is also a Toastmaster and along with his boys Aman and Sahil the Vuppulas enjoy travel and trivia. Sunil's mission is to inspire and encourage young people through his story. He has spoken to diverse audiences around the world. He was featured in the Toastmasters International Magazine in December 2016. More about his work can be found on [www.sunilrobert.com](http://www.sunilrobert.com).**



## DISTRICT OFFICER HIGHLIGHT:

*with Rachel Weiss, DTM, Club Growth Director*

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

It was just after my divorce and I was starting a new chapter in my life when a co-worker, Bob Kallenbrun, invited me to the Corporate Toastmasters Club. Bob said, "We're having a Toastmasters meeting today and I think you will find something that you can use right now." *Toastmasters? Am I supposed to be looking for a toaster oven or a toaster? Why not?* I joined Toastmasters at the end of that first meeting and I have grown since then. **Bob knew that Toastmasters would restore my self-confidence, renew, and revive me.**

### What drew you to the Club Growth Director role this year?

I have served as an Assistant Area Governor, Area Governor, and served two terms as a Division Governor. I have worked with struggling clubs to assist them in growing their vision and renewing their sense of purpose. I have served as a Club Officer Trainer and I recognized the work that needs to be done. I was a part of the Club Re-alignment Committee for several years, which has helped me develop a passion to help all of our clubs succeed and be distinguished. **I sought to make that happen by stepping out of my comfort zone and eventually grew into taking the position of Club Growth Director.** I've thought about taking on this role for four years. My dad encouraged me, "Rachel, you have the tools, the training and a great group of Toastmaster friends who are there to work with you. Stop procrastinating and just do it!"

### What is your most significant accomplishment in Toastmasters?

**Being an Ambassador for Toastmasters is one of my greatest accomplishments.** At UPS, I have become the resident expert for six of the UPS Campuses, which means that any questions concerning Toastmasters International (TI) or running a TI club are directed to me. The Human Resources New Employee Orientation (NEO) program has given Toastmasters a 30-minute time slot in an 8-hour orientation program to introduce the new employees and interns to the benefits of Toastmasters. I have worked with Learning and Development resulting in Toastmasters Advanced Workshops being certified to provide Continuing Education Credits in the UPS University. There are now nine Toastmasters Corporate Clubs at UPS; three at Corporate Information Services in New Jersey, three at Corporate Business Offices in Georgia, one at UPS Air Operations in Kentucky one in our Research and Development Office in Maryland and at one of our Regional Offices in Texas.

### How has Toastmasters benefited your life?

Establishing new clubs is hard work for an individual. **Teamwork and learning to delegate is a lesson I am learning that provide rewards in all aspects of my life—at work, in Toastmasters, and in my community.** Toastmasters benefits the lives of those who have come alongside my journey.







## YOUR VOICE: My Journey in Winning the District Humorous Speech Contest

by *Chie Tamaki, DTM*

On August, 2011, I was one of many who were watching the World Championship of Public Speaking. In just under seven minutes, each speaker made me think, cry, and laugh. The experience forever changed my view on how we communicate.

I secretly thought, "I wish I could speak like that." But there was one issue—I did not speak English. Looking back, my insecurity in my head was actively preventing me from applying myself!

**With my fellow Toastmasters' help, I began working on improving my skills.**

In 2013, I was fortunate to study with Ed Tate (2000 World Champion of Public Speaking) as my coach. **I entered the International Speech contest and won in District 27.** Thanks to Ed, I learned a lot that summer.

For the District 83 Humorous Speech Contest in the Fall of 2016, I prepared my speech in a similar manner with basic principles. Additionally, I added more challenges I could not have achieved previously.

Humorous speeches tend to have more light-hearted topics and have more punchlines compared to International speeches. But all speeches, regardless the category, should have **(1) one clear message, (2) clean structure, and (3) good supporting components.** Clarity and brevity are vital when adding humor.

For Humorous topics, some topics are easier to handle. I chose a self-deprecating theme: language barriers. And the topic was convenient—I have countless embarrassing stories to choose from. In addition, the topic has many short components I can add, omit, or improvise.

**Time management is also important in contests.** My original draft speech had approximately 700 words; I reduced the word count each round and my final script had 590 words (5 minute speech). It's because the audience size increases in each round. When you have a larger audience, the laughter will become louder and longer. So the speech script should be edited shorter, especially when it is made funny.

Of course, that's easier said than done. I struggled at times, but I had so much fun on my journey in the Humorous Speech contest. They say the fastest way to improve speaking is entering the contest. It's true. **Getting up and struggling out there is the best thing we can do to improve the art of speaking.**

**Chie Tamaki, DTM won the District 83 Humorous Speech Contest in 2016. She was a semi-finalist in the International Speech Contest in 2013. She is currently a member of Fairleigh Early Birds Toastmasters Club.**



## RECOMMENDED!

### Chie Tamaki's Recommended Publications and Classes:

- Humor 101 (audio program/workshop) by Darren LaCroix
- Stand-Up Comedy, the Book by Judy Carter
- Comedy Improv Classes (Magnet Theater, NYC)



**ASPIRE TO INSPIRE**  
District 83  
Spring  
Conference  
May 20-21, 2017

## DID YOU KNOW?

District 83 has a [traveling gavel!](#) It makes its way through the district. To capture the gavel, arrange to have three or more members of your club participate in a meeting at the club currently in possession of the gavel.

Visit the District 83 website to learn which club has the gavel!



## KEEPING THINGS INTERESTING:

### Every Competent Communicator Is a Gold Nugget in the Stream

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

Have you ever thought about how excited the old miners were in 1849 as they plucked their gold nuggets out of the streams and went on to make "History"?

**No one ever stands alone.** Therefore, I am asking you as fellow Toastmasters to help find the Competent Communicators (CCs) in our District and have them registered with Toastmasters International in time to help the District complete a goal in the DCP (Distinguished Club Program) before June 30, 2017.

**If you have completed at least five speeches in the Basic Communication Manual, you have a GREAT chance of completing your CC in time.** Ask your club VP Education to give you additional speaking opportunities.

Conduct a few "Speakouts" where you only have speeches and evaluations. (Everything else is waived and you can double the number of speakers you usually have.)

Add an extra meeting in the months that have five weeks.

Visit a neighboring club and have a "Pocket Speech" ready in case someone drops off the agenda.

Become a "Dual Member" and give speeches at each of your clubs.

This is a good idea for those of you who are not already at speech # 5. You can advance quickly if you belong to more than one club.

**Will you help us "mine" for those valuable "Gold Nuggets?"** You don't even have to get your feet wet in a stream!!

This is not a contest! This is a challenge!

Let's show the world we can meet our goal and pass it!!!!

**Fran Okeson, DTM 18, PDG (46) is a Staff Writer for The Voice. She is available via [frantotten@verizon.net](mailto:frantotten@verizon.net) or 718-984-1339.**





## HOW-TO CORNER: How Do You Choose a Topic and Develop It into a Speech?

### Passion

"When choosing a topic for a speech, the first thing that I like to focus on is familiarity. How familiar am I with the topic? Is it something that I have a working knowledge of, or do I have to do a lot of research and memorization? With the exception of the projects that specifically call for research, I find that my most successful speeches involve topics that I am passionate about and can speak to, without having to memorize too many new facts. This way, I can focus on my delivery rather than whether or not I forget to include specific subject matter."

**Richard Jackson, ACB, ALB, Area 94 Director**  
**K-Toast**  
**Toastmasters Member for 9 years**

### Topic of Value to Audience

We can choose a topic from: 1) something that we know and are passionate about; 2) holidays, customs and cultures from our heritage background; 3) the stories will give values which can inspire our audiences; 4) current events and interesting places. When we choose a topic, one important thing to keep in mind is to find the topic that has value for our audiences and fit our project's requirements.

Once we chose the topic, we need to think about our key message, then organize our speech with a good introduction, followed by 3 points for supporting details, and then wrap up our speech.

**Qingmei Hong, ALB, ACG, Area 52 Director**  
**Merck Achievers Toastmasters Club**  
**Toastmasters Member for 6 ½ years.**

### Your Life

It's much easier to talk about something for 5-7 minutes when you are passionate about the subject. We all (hopefully!) have lives outside of Toastmasters. Your own life and interests are a rich source of speech topics. What sorts of hobbies do you have? Is there anything about your job that might interest others? Have you read any good books lately?

**Victor Martins, ACS, ALB, Area 62 Director**  
**Old Bridge Toastmasters and Talk of Monmouth**  
**Toastmasters Member for 4 years**

### The Deli Sandwich Approach

As a new Toastmasters member, I thought finding a topic was harder than delivering the speech.

I decided to search online for ways to find a topic. Found a site containing a list of 110 Speech Topics. That topic list = Deli menu. Next, your topic selection = Deli Sandwich. To develop the speech is using all the contents making up that sandwich. Therefore 1<sup>st</sup> slice of bread is the Introduction, the sandwich content is the Body and lastly, the 2<sup>nd</sup> slice of bread is the Conclusion. The Introduction is saying what your speech is about. The Body is the details or points about your speech. The Conclusion is reinforcing again what you just spoke about. *Now you have a speech!!*

**Donna M. St. John, CC, CL**  
**Colgate-Palmolive Piscataway Toastmasters Club**  
**Toastmasters Member for 1 ½ years.**

For our next issue, let us know:

**How Do You Recover When You Forget Part of Your Speech?**

Email: [eileen\\_inciong@yahoo.com](mailto:eileen_inciong@yahoo.com)

## UPCOMING EVENTS & DATES TO REMEMBER

### Spring Conference:

May 20 – 21

DoubleTree Somerset 200 Atrium Drive, Somerset NJ 08873

### Dues:

April 1

### Talk Up Toastmasters! Membership-Building Program:

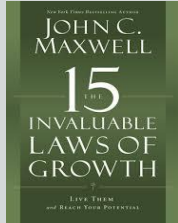
February 1 – March 31

### Beat the Clock Membership-Building Program:

May 1 – June 30



## A LEADER IS A READER



*The 15 Invaluable Laws of Growth* by John Maxwell, creates a simplified guide on becoming the best person you were created to be. John Maxwell, called America's #1 leadership authority, will help you be aware of who you are, how you are, what you want in your life and what it takes for you to get there. His simple stories will leave you reflecting and applying the Laws of Growth in order to help you achieve your fullest potential.

**Eileen Inciong, CC, ALB**



*Creativity, Inc.* is all about creativity and business. Of particular interest for those who manage others—or who hope to manage someday—this book is filled with the ideas that made *Pixar* a success. In particular, Ed Catmull writes about the factors that allowed creativity and problem-solving to flourish in his organization's culture.

**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 (March 2017)

## CONTACTS FOR CURRENTLY-FORMING ADVANCED CLUBS

### Revolutionary Toastmasters:

Janette Alexander, DTM: [jalexan@solixinc.com](mailto:jalexan@solixinc.com), 973-581-5302  
 Dee Rincon, ACB: [dee\\_rincon@yahoo.com](mailto: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](mailto: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.





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Page 14, bottom left

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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](mailto: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://tm83.org/>