



The Voice

District 83 News & Events

WORDS FROM THE DISTRICT DIRECTOR

SEPTEMBER

2018

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Welcome to the September 2018 edition of *The Voice*!

Remember the old quip, "Time flies when you are having fun"? Well, it seems true to me; we're three months into Toastmasters Year 2018–2019, and it has been a roller coaster ride so far.

The new District 83 Executive Board, now known as the D83-XT [Executive Team], has been working on different initiatives; and, as part of our year's Success Plan, I asked District 83 Destination DTM Chair Anne Gilson, DTM to help our district reach 40 new DTMs among our members by June 30, 2020 when the now-legacy Competent Communication and Competent Leadership programs will phase out for good. At the time of writing this article, we have already four new DTMs, and they are acknowledged by name on the next page. If you are working to achieve a DTM by June 30, 2020, please contact our Destination DTM Chair. Remember: you can reach your goals if you plan ahead and are consistent in the process of checking to complete each step as you move forward one objective at a time.

Pathways is here now, and it is the new educational program. Any new member, and we need many of these, is automatically enrolled in it. That means every club in the District that is interested in growth and achieving a DCP (Distinguished Club Program) rank has to allocate resources to develop and train members in the use of it. These are very exciting times; and for almost two years, until June 30, 2020, many of us will to be able to explore and enhance our talents in both the traditional and in the new educational program. That can only happen if you plan, practice and invest time in what Toastmasters has to offer. Wherever you are today, decide to move one level up. If you are new to Pathways, complete your Level One and commit to achieve more. Of course, that is also true for those in the traditional program.



We understand that Pathways is new to all of us and this is where the district is going to invest more time and resources. I have asked Immediate Past District Director Janice Buffalow, DTM to work with D83-XT and form a Committee that will be instrumental in continuing with the Virtual Support Sessions and creating learning opportunities to D83 Club Members. Please stay tuned: more to come from this important project in the coming days.

On a different note, allow me the opportunity to comment on what was expressed to district leaders during our most recent training after the International Convention. The message is clear that everything starts at the Club level. Our most important and precious asset is our club members, who are at the top of our priorities. I keep hearing about helping others reach their goals, and even the Toastmasters International Golden Gavel Award winner talked about “co-elevating” - growing together and elevating our educational and leadership skills by practicing collaboration, tackling issues and challenges as one team, imagining a group of individuals that

can find synergy and achieve goals as one that would be an unstoppable force for good. Teaming is one of the pillars that has made us who we are today, practicing our communication skills. Leadership cannot happen in a vacuum; we need each other to guide our steps, to receive feedback and put new ideas into practice. As the Japanese author Ryunosuke Satoro says: “Individually, we are one drop. Together, we are an ocean.”

As we enter the second quarter of this Toastmasters Year, may I ask you to volunteer on a committee, help new members understand the core values of Toastmasters: “Integrity, Respect, Service and Excellence.” Start today to work on your personal success plan and the blueprint that will take you from where you are today to where you want to be in the next nine months or two to three years. What matters is not that you arrive at your destination too soon, but that you enjoy the journey. There is nothing more important than to have a vision of how things will look when you finally feel confident, that “impossible” only means one thing: **I’m possible.**



Congratulations to our newest DTMs!

**Yelena Bobovnikova
Margarita Estrada
Victor Martins
Oscar Ocasio**



Meet Our 2018-2019 Program Quality Director Try Something New

By Lynda Starr, DTM

Hello fellow Toastmasters and readers. We are all familiar with the icebreaker speech, during which we introduce ourselves. In this article—my icebreaker article as Program Quality Director (PQD), I would introduce my role this year. Whether you call it P-Q-D. Pe-Cue-Dee or, by its previous name, Lieutenant Governor—Education and Training, the chief responsibility of the role is education and training for the district.

The job also includes working closely with the District Director, Club Growth Director and the full executive team (XT). The elements of the role include:



Promoting the Distinguished Club Program (DCP). It is the goal of every club to be distinguished and therefore the club officers need to be educated on the DCP, which has changed this year with the advent of Pathways. Until June 30, 2020, the educational part of the DCP will have two tracks, the traditional that is in-place with two CCs, etc. The other track has the new Pathways elements such as four Level 1s. Clubs can mix the elements, but not the components of the elements. This means that a club can have two CCs, four Level 1s, four new members, paid the dues on time, had four officers trained and be distinguished.

Supporting quality club-programming effort. In order for members to garner the full benefits of the Toastmasters program, the clubs need to follow the program, members need to do manual or Pathways projects and receive oral and written evaluations. The PQD assures that the area directors know what constitutes a quality club and how to help clubs achieve quality. As a district, we are also working on a content calendar that includes blogs, webinars, workshops and social media posts to give members new ways to be trained.

Planning, organizing and directing the district's training programs. Districts conduct club officer training in the summer and winter—and, yes, you do need to attend both sessions--to help officers learn what they need to do to help their clubs succeed. Training ended on August 31, and we are still tallying the total number of officers trained. By the end of July, we did achieve 100% of district officers trained.

Planning, organizing and executing the district conference. Toastmasters International has ruled that district-level contests can only take place at district conferences; and, because the Fall conference has been eliminated, all four contests—Humorous, Table Topics, Evaluation, and International—will each have their final rounds at the annual district conference, formerly known as the Spring conference. Because of this, the format for the annual conference will need to change from what we did at prior



Spring conferences to have time for the contests to occur. Planning contests, along with the division and area directors, is also in the PQD's bailiwick.

Promoting all members in achieving education awards and recognizing those achievements. We all work hard and for some of us this may mean overcoming challenges to complete speeches and projects leading to a CC, ACB, DTM or Pathways level. As we are in the transition to full Pathways implementation, District 83 has implemented Destination DTM chaired by Anne Gilson, DTM, PDG. Destination DTM will work with members to help them accomplish what they need to achieve for their DTM. Anne can be reached at d83anne@gmail.com

The other initiative I am working on for the district falls under the theme of "Try something new." Obviously, Pathways is new for all of us, but there are also new things we can try such as taking on a new role in the club or district, challenging yourself with a new way of delivering a speech—using more gestures or vocal variety. For me, being PQD is certainly something new and it is already a rewarding experience, but there is so much more to do. Join me and together we can achieve success.

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Toastmasters Tip

**By Janette Alexander, DTM
District Administration Manager**



Are you receiving notices from District 83? If you are not, it may be because you unsubscribed to Constant Contact. Constant Contact is the service the district uses to communicate with the general membership and officers. If you believe that you have unsubscribed or are not on the district email list, please contact the District Administration Manager, Janette Alexander, at jalexansolixinc.com, so that you can be added back and start receiving notices and information. Conversely, if you are receiving multiple copies of each district mailing, contact Janette to let her know which email address to receive the messages and which to delete.



Meet Our 2018-2019 Club Growth Director

Growth and Retention = Club Progress

By William Markert, DTM

It truly is an honor for me to serve District 83 as the Club Growth Director this year. Many of you have met me, but few know much about me. My purpose in this article is to tell you a little about my background and my vision for club and membership growth in District 83.



My working career started as a meteorologist with the US Air Force, serving our country for 23 years. My second career focuses on finance. I served for five years as treasurer for a family printing business and for the last 18 years as its controller and chief financial officer.

Over the last few years, our district has struggled with club and membership growth issues. I believe we need to exploit technology to grow clubs and membership within the district. To facilitate meeting this goal, the district will aggressively invest in an internet marketing campaign this year. Many marketing professionals will tell you that you can reach a larger audience at a lower cost with internet marketing versus traditional advertising. We will also build a portion of our website specifically for visitors. The web page will explain the Toastmasters educational program and outline the features and benefits. The district's Public Relations Manager, Margarita Estrada, is working to expand our footprint on social media, letting the public know who we are and what Toastmasters can do for them. Finally, I am encouraging clubs to use Meet-up to grow club membership. Meet-up is an online platform that allows people with similar interests to meet and share ideas. This is a great tool for attracting new members to your club. Our Club Retention Chair, Bill Atkins, has used Meet-up with great success in his club and is willing to help other clubs replicate his experience. For a struggling community club with 12 or fewer members, District 83 will subsidize a portion of the monthly fee after reviewing the club's plans for implementation use of Meet-up.

Traditionally, a great deal of emphasis is placed on growing clubs and membership. An equally important goal is to retain our current membership. Clubs come and go for a variety of reasons; membership declines and businesses move. Sometimes clubs struggle because of membership or program issues. When a club has 12 or fewer members, a club coach can be assigned if the club president asks for a coach. Coaches help the club effectively plan for successful meetings, work with the Vice President-Membership to analyze why members are leaving and solve the problem, suggest ways to meaningfully recognize member achievements, etc. If you are an experienced Toastmaster who is passionate about the program and motivated to help other people, this is the job for you. My team and I assign club sponsors, mentors and coaches. Contact me at William.markert@scouting.org or on my cell at 973-960-4898 if you would like to discuss any of these opportunities. Finally, let me wish you all the best for success this year.



International Toastmasters Convention: Reflections

Toastmasters Convene in Chicago for Inspiration, Laughter and Camaraderie

By Lynda Starr, DTM – Program Quality Director

What do you get when you combine 2,000 Toastmasters, nine inspiring speakers, a dance-party business meeting, a banquet, and three women who rocked the crowd? Answer: the 87th annual Toastmasters International Convention in Chicago, August 22-25. As a district officer, the convention actually began for me on Sunday, August 19 as district director Manny Reyes, DTM; and district club growth director William Markert, ACB/CL; and I arrived in Chicago to meet with international director and officer candidates and to attend district officer training. The best part of the training was the opportunity to connect with our district officer counterparts from the other 105 districts.

The convention was also very meaningful, providing a sense of community with other Toastmasters and a chance to consider and recommit myself to my goals as a Toastmaster.

The convention's opening ceremony featured the parade of flags with Manny Reyes as the Costa Rica flag bearer. It is very moving to stand shoulder to shoulder and sing the Star Spangled Banner and listen to the national anthem of Sri Lanka, the home country of Toastmasters International president 2017-2018 Balraj Arunasalam, DTM. Jana Barnhill, DTM, past international president 2008-2009 and speaker at District 83's Spring Conference 2015, shared an Inspiration calling for hope and positivity.

Keynote speaker, Steve Gilliland, focused on positivity and passion. He asked the audience to think about who would put you on their list of

people who made a difference in their lives. He also stressed finding one's purpose, passion and pride in what defines you.

Pat Johnson, DTM and international president 2010-2011, who visited District 83 and was a keynote speaker at the Fall 2013 conference, conducted a workshop on forming corporate clubs and the language we need to use when speaking with companies about forming clubs. I purchased her book, *A Handbook for Building and Sustaining Vibrant Corporate Clubs*, which she autographed for me.

Lark Doley, DTM was installed as international president. She shared her journey that began with a visit to a club, which she left never expecting to return to Toastmasters, and her journey began for real three clubs later. She told the convention, "Toastmasters is so much more than communication and leadership, it is about friendship and the membership treasure that is unexpected, but gratefully accepted. She called upon club officers to fulfill the needs of members and to make every club a 'golden club' in terms of club quality."

At the Hall of Fame ceremony, Tony Figueroa, DTM was honored with a Presidential Citation for his dedication to Toastmasters and hard work as Pathways chief ambassador for District 83. Manny Reyes received an Excellence in Program Quality Award for his accomplishments as Program Quality Director 2017-2018. Congratulations, gentlemen, and know that your efforts are appreciated.



(1st row, l-r) Manny Reyes, DTM and Tony Figueroa, DTM display their awards with Raoul Yacinte, DTM, District 46 Director, and Patricia Kidwingira, DTM, District 46 Club Growth Director

A highlight of every convention are the rounds of the International Speech contest. District 83 joined together to cheer for Mario Lewis, who placed second in his semi-final with his "Let it Go" speech on creating moments for those who matter in our lives. I heard his speech several times throughout the contest season and watched him hone his message and delivery until it was stellar. Not everyone could move forward though and Mario did not make it to the big stage. Mario remains a contender and, while he had to "let it go" for this year, rest assured he will return. He did a great job and made District 83 proud. Thank you, Mario, for representing the district.

The World Championship of Public Speaking reached a historic ending with three women as finalists. Ramona J. Smith, a high school teacher from Houston, TX, is only the fifth

woman to capture the World Champion of Public Speaking title since the contest began in 1938. Her speech entitled "Still Standing" used boxing analogies to chronicle how divorce and dropping out of college knocked her down, but she was able to stand up and keep fighting. Second-place winners Zifang "Sherrie" Su, a teacher from Tianjin, China, spoke about "Turn Around" and salvaging personal relationships and meeting her husband in Toastmasters. Anita Fain Taylor, a consultant from Pembroke Pines, FL earned third place with her speech "It Is What It Is, It Ain't What It Ain't."



World Championship of Public Speaking winners: (l-r): 3rd place: Anita Fain Taylor; 1st place: Ramona J. Smith; 2nd place: Zifang Su

Attending the convention provided me with a feeling of kinship both among our fellow District 83 Toastmasters and the broader membership. Past and present international presidents and directors are as friendly as members from various parts of the US, Europe, Asia and Africa. Toastmasters is a global organization with a small town feel. It's great to be a Toastmaster.



Member Spotlight:

An interview with Mario Lewis, District 83 International Speech Contest Winner

By Jeanette Fredericks, DTM – 2018-19 Newsletter Editor



[Editor's Note: Mario Lewis, ACG/ALB was the first-place winner in the 2018 District 83 International Speech Contest. He represented our district at the 2018 World Championship of Public Speaking in August, placing second in semi-final contest 9].

Congratulations, Mario, on capturing top prize at a district international speech contest. This is not a first-time district win for you; you have earned this same award in 2012 and 2017 for District 46 as well as this year for District 83. How long have you been a Toastmaster and what motivates you to continue to excel in competitive public speaking?

Thank you. I re-joined Toastmasters over eight years ago with a focus on strengthening my speaking skills and improving confidence as a speaker, which had deteriorated over the prior years. Knowing that participating in the Toastmasters contest would accelerate my development, I made a commitment to regularly participate in all the contests, with a longer term goal of winning the district contest. It took me three consecutive years of trying before winning the District-level international speech contest in 2012. After the experience of competing at the international level, I realized that I had so much more to learn as a speaker, so I then re-set my target on winning the World Championship of Public Speaking contest. Due to the high level of competition in the New York and New Jersey districts, I am motivated to continue sharpening my speaking and writing skills in order to achieve this long-term goal.

You were interviewed at last year's international contest by Natsuyo Lipschutz, a Toastmaster and professional speaker in her own right [www.YouTube.com/watch?v=RYnGnsxc0yM], during which you made a very interesting comment: "Don't get ready to speak; stay ready to speak." That had high impact on me and no doubt on many others as well. How can a non-professional speaker maintain the ever-ready energy and concentration needed to design and deliver high-quality discourse?

To excel as a speaker, whether you are a professional or an amateur enthusiast like me, you must continue to sharpen all aspects of your craft, including your writing, your delivery, and stage presence. I get energized when I can use my speeches to connect with an audience. As a result, I have integrated public speaking practice into my regular routine, which benefits me at work and in my Toastmasters contests. Getting stage time in front of new and diverse audiences is critical to transforming your speeches into world-class messages. Therefore, I belong to two Toastmasters clubs—Impact 21 and



Federal Reserve Oratory Group (FROG) -- and visit other clubs frequently so I have the opportunity “to stay ready to speak.”

Do you prepare for the semi-final contests any differently than you do for those at earlier levels?

I prepare intensely for each level of the speech contest; however, I prepare differently, depending on the level. Losing previously at each level of a speech contest, including club level, has taught me the importance of being totally prepared every time you get on stage. You owe it to the audience and to yourself to deliver the best possible message.

I use the earlier speech rounds to refine the message and the later rounds to sharpen my delivery of the message. Due to the large gap of time between the district and the semi-final contest, I visit as many clubs as possible with a focus on refining and enhancing the connection of the message and the delivery to the audience. I have developed a targeted evaluation form that I give my evaluators to help me understand where the connection is strongest and where I need to improve. With this feedback, I practice until the speech is nearly perfect, it can be delivered near perfectly, and the audience feels 100% connected.

Every contestant feels a degree of apprehension before presenting. How do you overcome yours so successfully?

I still feel a certain level of nervousness every time I get on stage, but I am so accustomed to the feeling that I anticipate it. It usually happens two to three minutes before I go on stage, and it typically lasts for a minute or two. This helps me to know that I am excited to give the speech and gives me the adrenaline and energy to show the audience that I am excited to be presenting. Become familiar with how your body responds to these moments of pressure, and then you are better able to control your nervousness.

Beyond that, my practice and preparation routine helps me to overcome any degree of apprehension. When you spend so much time crafting and refining your message, you inevitably fall in love with it and want to share it with others. When you are this excited to give your speech and connect it with the audience, your nervousness quickly goes away and is replaced with enjoyment. I highly recommend getting as much stage time as possible ahead of the contests, so that your speech will be fully internalized by contest time



Your performance at the International level ranks you among the Top 20 Toastmasters speakers for 2018. Please comment on this experience versus those of the previous years at International.

Considering this was my third trip to the international speech contest semi-final round, I was much better prepared and more at ease than in prior years. I had practiced my speeches at over 20 clubs and to large and small audiences. I didn't have the nervousness or anxiety that typically comes with these pressure-filled moments. I enjoyed the preparation process even more this year because I believed in the messages within my speeches, and I was thrilled to share them. As a result, I learned a tremendous amount while increasing my confidence as a speaker.

I am happy I placed second in my semi-final contest, which does rank me among the top speakers in Toastmasters worldwide for 2018. This experience, based on everything that I have learned, positions me well to return to the championship stage and claim the top prize. There were a few speakers in this year's World Championship of Public Speaking who have been in the final round multiple times. This demonstrates the patience and perseverance required to become a world class speaker. As a result, I have begun the process of brainstorming for speech ideas for next year's competition with the hope that I can achieve the ultimate prize.



Augustine Lee presents the 2nd place trophy to Mario Lewis following Semi-final 9.

Any final comments about this International Toastmasters contest experience?

Watching this year's World Championship of Public Speaking was quite a memorable experience. This was the first time that the top three winners were women. I hope that, going forward, this will result in more women competing in contests and more women reaching the highest level of public speaking.

**A champ is afraid of losing.
Everyone else is afraid of winning.**

-- Billie Jean King
Former World No. 1 Professional Tennis Player



Toastmasters International Convention

What I Didn't Know

By Margarita Estrada, DTM – Public Relations Manager

In my 12 years as a Toastmaster, this was the first year I attended the International Convention. My trip there was totally unconventional! I had to be at the airport at 5:00 AM because my plane was leaving at 7:00 AM. I had a 2.5 hour layover in Charlotte, North Carolina (I didn't mind this particular layover, because the Charlotte airport is like a mall!), then onto Chi-Town (nickname for Chicago).

I decided that upon arriving in Chi-Town I would use Uber (for the first time!). I called District Director Manny Reyes to help me use the app. Guess what? He was not available! So I did the next best thing: I called my Impact 21 mentor, Mario Lewis, and he walked me through it. I didn't realize there were so many choices: jalopy, two-door sedan, shared SUV, and the ultimate: A limousine! I decided on the shared SUV.

My driver, Ulysses, arrived on time. The traffic was horrendous, just like New Jersey! Rush hour is the same EVERYWHERE! When I arrived, my roommate, Anne Gilson, had left the key for me. I went to take the elevator, pushed the button, and it wasn't moving. Why? Because I had to swipe my key over a sensor! This assures my safety (Yes, I know some of you knew about that, but I was oblivious to this experience.)

I received a text from Anne saying, "Wanna go eat?." My answer: "I'm exhausted"! I rested for a half-hour; and, when I woke up, I was famished. However, Anne was exhausted (she was one of the hundreds of Helping Hands volunteers during the convention.) Can you spot her in the picture to the right?



Here is the list of things I didn't know:



1. Your District Trio travel dollars are well invested! They start working at 7:00 AM and don't end until almost 9:00 PM. They arrive three days before the actual convention date. When I arrived, they were interviewing the candidates for International Director, and that lasted until 9:30 PM. However, Begonia Reyes (Manny's wife) was able to go on tours and see the sites!



2. Long-term Toastmaster from Hawaii, Reny, was born in 1913 and has been a Toastmaster since 1960 (do the math!).



3. During the President's Inauguration, the outgoing International Directors take off their pins and put them on the incoming International Directors as a symbol of passing the torch.



4. The majority of the members of Centraler Toastmasters Club in Hong Kong, China, are under 25!



5. The roast for the outgoing Region Advisor (RA) is held during the International Convention. This event is hosted by the incoming Region Advisor.



6. The voting machines given during the business meeting look like old cellphones:



7. No matter where anyone lives, they love pictures!



Toastmasters International Convention

Through Fresh Eyes

By Sherri Rase, DTM – Social Media Strategist

I was thrilled to discover that my friend Niloy Talukder would be attending the Toastmasters International Convention, held this year in the Windy City – Chicago! I knew Niloy would make it a great experience – he’s strongly committed to excellence but had never attended such a convention. Since I’ve never attended one either, I asked him to be my “boots on the ground” and lend me the value of his experience. He is as gracious as he is committed, and his interview below says it all.

Niloy, what was your first impression of the space, the sessions and the experience as a whole?

When I entered the Marriott Marquis Chicago, I was intimidated by its grandeur and elegance. I began looking for a Toastmasters badge on people’s coats, and, when I found them, it was like finding family members!

Registration was smooth. I learned about the networking lunch, for which I had not registered online. Tickets were sold out and I was upset. I naively asked, “Would not I be able to network in this convention? That’s why I came here.” I amused the pretty lady in the registration booth, who laughed and said “The Networking Lunch is more of a lunch than networking itself. Real networking is outside during events, going from one event to another, approaching a new face.” And she was so right! I have connected with more than a hundred Toastmasters, learned about them and shared my story. We built connections that will grow with time and make us all more rich. I am not talking about money.

What was most memorable?



I loved the opening ceremony. There were flags representing 114 countries. It was a humbling experience. I realized the world is not just the US, or my home country Bangladesh. People from different corners of the world share the same emotions and want to connect with others. I took a picture with my national flag!



I am a Toastmaster



Keynote speeches were hilarious and highly informative. I bought three books and connected with the speakers. They were patient in answering my questions. They talked about leadership, communication, diversity, empathy, relationship, networking, negotiation, the success mindset and last, but not the least, the importance of making time for family and dear ones.

Next were semi-finals. Our own District 83 champion Mario Lewis made it to the top 2 in the semi-finals. His speech was great, but the competition was very tight. I attended the Region 9 get-together, and we cheered Raisa Serebrenik, our past Region Advisor, for her great success. I met and connected with fellow Toastmasters from other districts as well.

The big event was on Saturday: the World Championship of Public Speaking! We witnessed ten exceptional speeches. It was a breathtaking experience. All the speeches were winning speeches, but the judges had to pick only the top three to give awards. In 2018 we became part of history when for the first time ever the top three awards went to all women! There were only four contestants who were female.

I attended the President's inauguration and then the dinner. Then there was a D.J. dance party where we danced our heart out to celebrate a successful convention, and I came to see wild part of fellow Toastmasters (just kidding).

What was most difficult part of the experience?

On the first day of the event, I met a pretty girl. I was shy to talk to her. But I took courage and carried a conversation when I was waiting behind her to talk to a keynote speaker. She was friendly. We attended keynote speeches together and discussed what we have learned. We shared our stories. We became friends. I made friends from many different parts of the US as well as Portugal, Peru, Puerto Rico, India, Taiwan, Iran, Africa, Mexico, and the list goes on and on.

What surprised you the most?

I took this opportunity to talk about my photo-storytelling project with Toastmasters from different parts of the world. I want to create a bridge between different cultures and show that, although we are different, we share the same story of love, rejection, dreams, failure and the hope to start again. Our stories bring us together, and adding photos to stories evokes emotion and connects us all. I began a while ago, when I documented some stories of mostly immigrants studying or working at Rutgers University in NJ, and collected them in a Facebook page called Story-teller (<https://www.facebook.com/storyteller11/>). I got great feedback and motivation from others regarding my project.



Going forward, what will you do differently?

Going forward I want to leverage my new network to reach out to a bigger community across the world and, through photo-storytelling, make the world more connected.

Would you do it again?

Can't wait for next year's convention!

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Niloy went to Chicago truly with a beginner's mind, as our Buddhist friends call it. He went to a brand new place, full of the passion of new experience, fearlessly embracing the beautiful and awesome power of community that connects us all. Raise a toast to friends new and of long standing, as we all begin what may be our best Toastmasters year so far. Happy New Year!

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Your Voice: Opinion

Where Is Everyone?

By Jeanette Fredericks, DTM

Fourteen years ago I joined Power Talkers Toastmasters and, as I settled in and began advancing in the educational program, I expanded my sights and acquaintances by attending area and division contests. I was impressed at the outpouring of support by club members for their contestants and the friendly competitive air that pervaded these events. The contest venues were packed with both club and family members who came to cheer their favorites on.

What happened? Some clubs are not even represented at area contests, and many of these competitions have only 20-30 attendees, most of whom are there either to compete or to work the various assignments.

I am hoping for a renewal of support in the upcoming fall contests that will motivate us to have all clubs represented at area contests and to fill the chairs with encouragement for the "home team."



Toastmaster Annual Awards

By Rachel Nuber, DTM – Awards and Recognition Chair



Each Toastmasters club has talented, hard-working and dedicated members. Last year, District 83 had 154 clubs and over 7,500 members. With such a large talent pool, the members of District 83 have many accomplishments to be proud of and celebrate. Each year the district leadership recognizes three of its members whose dedication, commitment, and efforts significantly contributed towards attaining the district mission of building new clubs and supporting all clubs in achieving excellence. These awards are for the Toastmaster of the Year, Area Director of the Year, and Division Director of the year.

The winners of these awards for the 2017 - 2018 Toastmaster year are:

Danielle Mazza, ACS, ALS - Area Director of the Year

Aida Murphy, DTM - Division Director of the Year

Michelle Tropper, DTM - Toastmaster of the Year

Below are words of wisdom from our three honored Toastmasters.

Aida, what is the secret to your passion and success in Toastmasters?



Teamwork. I am motivated by helping others succeed. I'm very proud that all four of the area directors in my division were Distinguished or better. We had coaches, sponsors, and mentors who were successful in achieving their goals; and, when I encouraged and recommended them for their positions, I was intent on ensuring success. Yes, we have goals for Distinguished, Select Distinguished, and President's Distinguished from the club level and up, but to be successful we must communicate these goals in a way that is meaningful to the clubs so members can see the benefit. The focus is always on the Toastmasters member.

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

Embrace fear and discomfort! All great accomplishments are preceded by butterflies in the stomach, sweaty palms, and a feeling of unease – it means you are willing to step outside your comfort zone to grow. Think of that as a small comfort next time you step up to give a speech.





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

The biggest change I have noticed in my journey is that I've stopped being afraid of my own voice. I've always had a nagging feeling to end conversations and presentations as quickly as possible because "I just wasn't any good at it." But now that I've realized no one else is avoiding the sound of my voice (even when I'm talking too much!), I can embrace that I have valuable things to say and the tools to encourage people to hear me out.



Michelle, when you faced challenges over the year, how were you able to push past them?

A former colleague used to swear by the "24-hour rule". If/when you find yourself in a challenging situation, give yourself 24 hours to think things through before taking action. Having a day to reflect back on how to address the challenges helps you to think more objectively and push past the challenges. This was definitely a lesson learned that I incorporated over the past year and continue to use.

Aida, what are you looking forward to or focusing on next?

As a repeat Division Director, this time where I live and work, I'm looking forward to starting new clubs. This is outside of my comfort zone because it means approaching people outside of Toastmasters and doing some cold calling. I also want to grow more by improving my delegation and motivation skills.

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Third Quarter 2018 Dates to Remember

August 1-Sept. 30	Smedley Award Membership Contest (submission deadline: 9/30/18)
September 1-30	Club-level Humorous Speech and Table Topics Contests
September 1-30	Clubs collect and submit member dues for DCP credit (deadline: 9/30)
October 1-31	Area-level Humorous Speech and Table Topics Contests
November 1-30	Division-level Humorous Speech and Table Topics Contests
November 17	District Open House
Dec. '18-Feb. '19	Club Officer Training (2 nd round)



Toastmasters Education

Mentoring Matters

By Su Brooks, DTM 2, District Training Coordinator and a Social Media Strategist



District Public Relations Manager Margarita Estrada, DTM challenged us to embrace the concept of ProACTIVE EmPOWERment for 2018-2019. *The Voice's* Newsletter Editor Jen Fredericks, DTM reminded me that, with mentoring, a person must be empowered herself before she can proactively empower others.

A few of my mentoring experiences relating to ProACTIVE EmPOWERment include three important people who made an impact on me. In alphabetical order, they are, Anne, Bill and Paul.

Anne Gilson, DTM, PDG

Past District Governor Anne Gilson brought out leadership qualities in me I did not know existed. I worked closely with Anne when I served as one of the newsletter co-editors, along with Lynda Starr, DTM a few years ago.

"What about that advanced club you were discussing with Annie (O'Rourke, DTM) a few years ago? Let's get that started here in Monmouth County since we are looking to start more clubs. You and Rebecca (Marzec-Young, DTM) can be the club sponsors and you can use the credit towards your next DTM," said Anne.

I thought, "What? Next DTM? Who said anything about a next DTM? I just finished a DTM. Why do I need another DTM?"

I thought about what Anne suggested. Her idea made sense. We DID need new clubs. We DID talk about that a few years before. It would be fun to have an advanced club in Monmouth County.

AND, another DTM would not be too hard to achieve since I already finished most of the

speeches. I would need another district leadership role though and, yes, I could be a club sponsor.

We worked hard to attract potential members from clubs in the geographical area. In addition, we reached out to Toastmasters friends living nearby who were members of clubs at work. Anne wisely advised that it would be beneficial to submit the charter for Talk of Monmouth with 23 members in the new Toastmasters year. I was elected president of the club, supported by dynamic leaders, including Anne who served as Treasurer.

Results:

The club has held fun and innovative meetings and events, including backwards meetings, a debate meeting (inspired by Brian Lin, DTM, PDG), Table Topics "murder mystery" meetings inspired by the game "Clue," and presentations of educational modules at evenings of learning and training.

Through the dedication of many advanced speakers and leaders during the year, the club achieved President's Distinguished designation



in its inaugural year and every year since we chartered in 2015. Talk of Monmouth recently celebrated its three-year anniversary.

Bill Atkins, DTM

Last year our advanced club began a mentoring program, facilitated by then-VPE Frank Schuck, ACG, ALB, pairing members interested in completing a DTM with experienced mentors to help guide them to achieving their goal. I was paired with Bill. Over coffee, I showed him a few techniques I used to create a plan, matching speech and leadership projects with the club meeting dates and an idea book. I showed him how I signed up for meeting roles, in addition to speeches, committed the dates to the calendar and prepared accordingly.

Bill likes using his iPhone to keep track of his meeting roles and speech ideas. The choice of recordkeeping method works best based on what makes sense to you, whether it is on an electronic device or on paper.

However, I was stuck on a sales training speech while working through The Professional Speaker Advanced Communication manual. I had **one more** speech to go. What was I going to talk about and still sound authentic? I read the project over and over.

I decided to reach out to Bill, my protégé, and ask for help during one of our carpool rides to a Toastmasters district event. In this instance, the mentor became the protégé. Bill is a successful businessman with an extensive career and had recently sold his limousine business. Bill encouraged me to speak about something I knew AND make it about helping the other person rather than selling.

I was inspired by a December 2017 Pathways presentation by District Director Manny Reyes, DTM at a Toastmasters Leadership Institute (TLI). At the time, Manny served the district as its Program Quality Director. I applied to serve the district as a Pathways Guide and was accepted. I was learning all about Pathways and decided to discuss Pathways for my final speech, since Bill suggested I talk about something I knew. The night of the speech, I told the audience to listen as if they were selected as Pathways Ambassadors and Guides preparing to visit clubs to inform and inspire them about Pathways.

Results:

One advanced club member was persuaded to become involved with Pathways and immediately applied to become a Pathways Guide. He was accepted. Bill worked hard and earned his DTM. I completed my speech and earned an additional Advanced Communicator Bronze.

Paul Scharf, DTM 6, PDG

A few years ago when I was a district officer, I sat at dinner with Past District Governor Paul Scharf and a few other dignitaries during our District Spring Conference. We were discussing leadership roles, and I mentioned that I needed a mentoring assignment to complete an ALS and subsequently a DTM.

Paul provided some advice based on his leadership experience during his years as a Toastmaster. He stated, "Become a club mentor. It's easy. You visit the club meetings and observe. There may even be another mentor assigned to the club. This way, you do not have to attend every meeting."



He continued, “You don’t even have to join the club unless you want to. You give them a little bit of advice at each meeting. Don’t discuss everything all at once since that would overwhelm new members.”

I spoke to the district leaders and let them know about my interest and availability for a club mentor position. At the beginning of the next Toastmasters year in 2014, I was paired with Dialogue Party Toastmasters, a newly chartered club in Somerset, NJ. During the six-month mentorship, I visited the club meetings and applied the ideas Paul shared with me.

Results:

After my club mentorship was complete, I decided to join the club. In January 2015 I completed my final requirement for my ALS and DTM awards; in July 2015, through the efforts of

the new and the experienced Toastmasters, the club attained President’s Distinguished status in its inaugural year.

Looking Ahead

In the past, the Toastmasters program used the terms mentor and mentee to describe the relationship between members. Going forward, we will use the word protégé, the new name for mentee in the Pathways educational program. All members have a required speech about mentoring in their role as a protégé in Level 2 in all paths.

Those interested in pursuing additional mentoring opportunities through the Pathways Mentor Program can proactively empower themselves and others as soon as they become eligible. Complete details are available in your Pathways curriculum.



**Never apologize for having high standards.
Those who want to be in your life
will rise to meet them.**

-- Ziad K. Abdelnour
Corporate founder and author



Club News:

Ridgewood Toastmasters Commemorates 60th Anniversary

By Tricia Queen, CC, Club VP-Public Relations

“Embrace each new day and receive the gifts it has to offer...” These were inspirational words keynote speaker David Romanchick, ACB, frequent speech contest winner, delivered in Ridgewood, New Jersey on June 26, when Ridgewood Toastmasters embraced and celebrated the accomplishment of the 60-year milestone attained by our club. With more than 40 guests in attendance, current and former members mingled with township dignitaries, division and district directors, and former club officers.

Along with making new friends and sharing memories, guests were treated to a walk down memory lane as they strolled through a photo gallery. James Cosenza, ACB, our resident photographer and VP-Membership, put together a collection of former club presidents and officers, spanning a considerable time frame. What a nice way to acknowledge this milestone while sampling a fine selection of tasty appetizers!



Former president Meri Freedman, ACB/CL made sure the club was duly recognized with outstanding food, drink and a full program of the night's speeches and acknowledgements.



Along with celebrating, we inducted our officers for the upcoming year while honoring Akhil Kumar, CC as our Toastmaster of the Year for his outstanding service to the club.

As we said goodbye to current officers, we embraced a new year of fostering Toastmasters values, remembering what it took to get us to this 60-year observance. Thank you to all who made it such a memorable night!

Akhil Kumar, Club Toastmaster of the Year, is congratulated by the toastmaster John Citti, ATM-S*/CL and outgoing president Jeff Bart, ACB/ALB.

* pre-7/1/2006 designation for AC-S



Club News:

No Limits Toastmasters: Beginnings to 20th Anniversary

By Fran Okeson, DTM 19, PDG46



When a dream finally becomes a reality, people usually wonder what sparked the dream in the first place. The dream I'm alluding to is the formation of No Limits Toastmasters, a club for the developmentally disabled and people with special needs.

In January 1997 when I served as Area 91 Governor I found that, when I took the residents of our state licensed Adult Foster Home to Toastmasters meetings, they seemed to enjoy the speeches. They thought Table Topics was great fun and began asking if they could give speeches too.

I contacted a friend who had adopted four boys with Down Syndrome and invited her and her boys to a meeting at my house.

I then asked a fellow member of North Shore Toastmasters, a ham radio instructor at a local intermediate school, to make a speech at the meeting. A friend of many of the astronauts at the Kennedy Space Center in Florida, Carole spoke about how she "met" some astronauts over the airways and had already applied to become part of the space program. She showed a space program video and shared her experiences with the young men, who ranged in age from 19 to 48 years. There was great laughter that night, and it was decided to plan another meeting to see if more people would attend.

Knowing I needed help with the club, I enlisted the assistance of members of other Toastmasters clubs on Staten Island as well as several friends who worked with the disabled. Several members came to make speeches and some of them decided to join the club as dual members and help out on a regular basis.

It took many months for the club to grow to charter numbers, and District 46 was very supportive. There were frustrations; it seemed that every time the club neared 20 members, somebody would have a scheduling conflict and drop out. Finally, I remembered an old friend, Manny Peralta, CTM from Richmond County Toastmasters who had to leave Toastmasters because of his job demands. I called Manny, who was happy to join the fledgling group, bringing along a fellow teacher. The club finally had 22 members!

Robert Germain, CTM, from Richmond County Toastmasters, and I became the new club's sponsors. With the approval of District Governor Pam Keyzer, DTM, Susanne Broughton, CTM2 and Ken Raftery, CTM3 were assigned as mentors. Since all four belong to Smedley's Speakers Advanced Toastmasters, Smedley's became the sponsoring club.



Since most of the club's members have to rely on small salaries from their shelter workshops and monthly SSI [Supplemental Security Income] payments, dues were a big problem for the new group. As always, the Staten Island community came to the rescue in the form of financial support. Local banks offset membership dues, and individuals and other groups underwrote costs ranging from the charter fee to club officer pins and everything in between.

These are the early memories of our No Limits Toastmasters club summarized from notes I wrote twenty years ago.

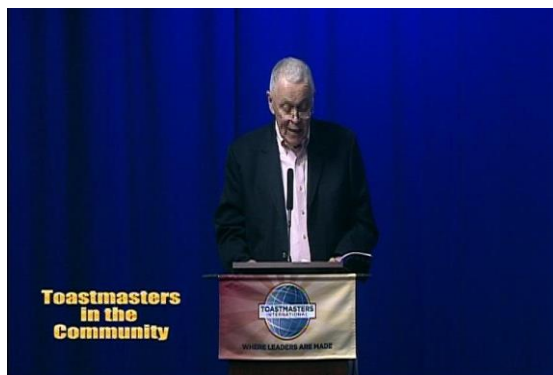
The Club has been conducting two meetings on the first Saturday of each month for the past fourteen years and invites other Toastmasters from the district to give a speech here, especially if they are working with the "Communicating on Video" advanced manual. As producer of these "Toastmasters in the Community" shows at the Staten Island Community Television Studio, I am very proud to have so many members from District 83 now presenting speeches on this CTV programming.



At our September 1st meeting, certificates from Toastmasters International were presented to the members who celebrated the club's 20th Anniversary at the Staten Island Community Television Studio.

Attendees at that celebration were (left, 1st row):
(1st row, l-r): Joan Mauizio, Tony Figueroa, Fran Okeson,
(2nd row, l-r): Su Brooks, Fern Rashkover, Rachel Weiss,
Margarita Estrada, Kevin J. Thompson, Ken Raftery;
Lucy Kahn; Diane Vevurka, Paul J. Scharf, George Hopkins

George R. Hopkins (right) reads an excerpt from his latest (7th) thriller *The Staten Island Butcher*."



No Limits Toastmasters has a very rich and productive history. We look to the future with enthusiasm.



District Events



HAIL AND FAREWELL

is an annual district event at which the outgoing district officers are acknowledged and thanked, the incoming officers are welcomed, and high-achieving Toastmasters are recognized. The 2018 event was held on July 21 in Edison, NJ.



Outgoing District Director Janice Buffalow, DTM addresses incoming District 83 officers (left to right) William Markert, ACB,CL, Club Growth Director; Lynda Starr, DTM, Program Quality Director; and Manny Reyes, DTM, District Director.



How-To Corner

Guests Are Coming, Now What?



By Bill Atkins, DTM – Club Retention Chair

A guest's first-time visit to a Toastmasters club meeting is a big deal. There can be various reasons for that visit but one underlying theme: fear of public speaking. When a guest visits your club to see if he or she would like to join, it's important to make a great first impression. Here are some ideas for the welcome.

Pre-Arrival: Be prepared. Be ready before each meeting in case a guest visits. The first step is to have a checklist of what you'll have ready.

Greeter: Every club has someone who is friendly and welcoming. Appoint that person as the greeter who smiles and shakes your guest's hand. This person can alternately be the VP-Membership or the Sergeant-at-Arms.

How to greet: Keep in mind that it's all about them. Introduce yourself by name, then ask some open-ended questions, such as: How did you hear about Toastmasters?; What do you do for work or fun?; Do you live locally?; and/or What brings you here today? You can try out questions that you are comfortable with, keeping the emphasis on the guest, not yourself.



Guest Packet Folder: Have a guest packet made up in advance. This could include your meeting agenda, a one-sheeter about your club, and some Toastmasters Magazines. You can also download a lot of great flyers from the Toastmasters.org website and print them out to include in the guest packet. Collect the guest's name, email and phone contact. Make sure the VP-Membership or designated person follows up with the person after the meeting.

Name tags: Have name tags for your guest to wear during the meeting. It makes it easier for the members of your club to use the guest's name during introductions. Always use the guest's name when speaking with him or her for the first time. People love hearing their name.

"Befriend a guest:" Appoint a member to befriend the guest for the meeting. That person can sit next the guest and explain how the meeting works and answer any questions.



Invite the guest to speak three times: When the meeting starts, introduce the guest. “We have a guest. Mary could you please stand and introduce yourself, let us know how you found out about us.” Next, have the Table Topics Master first call upon an existing member during Table Topics; next call your guest up for Table Topics. Always have an experienced member speak first at Table Topics so not to put the guest on the spot. Just before the end of the meeting, ask the guest to “Tell us what you like best about the meeting.” This gives the guest three opportunities to speak in a positive environment.

Intermission: Here’s a bonus tip for a successful meeting. If time allows, schedule an intermission during your meeting. Ten minutes is fine. During the intermission, your speech evaluators can huddle together outside the meeting room and share their thoughts on the speeches they heard and seek input from the other evaluators. This makes for better evaluations and helps new evaluators get real-life experience.

During this intermission, make sure to talk with the guests and introduce your guest to more club members. Again, don’t ignore the guest or leave him or her standing or sitting alone.

Follow-up: Every guest needs to have a follow-up thank-you note for attending the meeting, along with an invitation to the next meeting. List the date, day of the week and meeting time. Offer to answer any questions. Two days before the next meeting, a reminder/invite to that meeting is helpful, as people are busy.

These are just some ideas that have been successful. There are many more ideas that work too. The important thing is to have a repeatable system that you implement over and over.

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I raise my voice, not so I can shout,
but so that those without a voice can be heard...
we cannot succeed when half of us are held back.

—Malala Yousafza
Pakistani activist for female education, the youngest Nobel Prize laureate.



CELEBRATIONS

Member Anniversaries – Third Quarter 2018

Orig Join Date	Last Name	First Name
30 Years		
8/1/1988	Richbell	Ellen
25 Years		
7/1/1993	Shuler	Elizabeth
20 Years		
6/1/1998	Matera	Michael
6/1/1998	Sharpe	Allan
6/1/1998	Williams	Bonnie
15 Years		
7/1/2003	Beroff	Arlene
7/1/2003	Flatley	John
7/1/2003	Carrera	Julian
7/1/2003	Higgins	Heather
8/1/2003	Peddi	Pramodh
8/1/2003	Fine	Harold
10 Years		
7/1/2008	Ruiterman	Catherine
7/1/2008	Vuppula	Sunil Robert
7/1/2008	Garcia	Ricardo
7/1/2008	Hoopes	Sean
7/1/2008	Zhao	Bin
8/1/2008	Hutchinson	Christine
8/1/2008	Mont	Michelle
8/1/2008	Jones	David
9/1/2008	O'Halloran	Patrick
9/1/2008	Tremml	Karl

Orig Join Date	Last Name	First Name
5 Years		
7/1/2013	Srivatsa	Vijaya
7/1/2013	Frost	Susan
7/1/2013	Shillington	Julianne
7/1/2013	Piperno	Daniela
7/1/2013	Hopkins	George
7/1/2013	Ramos	Leonida
7/1/2013	King	David
7/1/2013	Stefanelli	Michael
7/1/2013	Lee	Jennifer
7/1/2013	Edi	Landry
7/1/2013	Latimer	Charlyene
7/1/2013	Sheridan	Jillian
7/1/2013	Hadzimichalis	Norell
7/1/2013	Ziegler	Jessica
8/1/2013	Koch	Colleen
8/1/2013	Zakrzewski	Jill
8/1/2013	Miller	Camille
8/1/2013	Shah	Shivani
8/1/2013	Johnson	Maria
8/1/2013	Schuck	Frank
8/1/2013	Clarke	Jeffrey
8/1/2013	Konar	Brian
8/1/2013	Morales	Jessica
8/1/2013	Ponnurangam	Rajesh
9/1/2013	Smith	Nicole
9/1/2013	Crawley-Ojo	Shenequa
9/1/2013	Damle	Vaishali
9/1/2013	Yankus	Jessica

Welcome New Clubs!

TRAC Intermodal Toastmasters 6/21/18
Hudson County Community College Toastmasters 7/2/18
Rutgers 33KB Toastmasters 7/24/18



Contributors to this edition

Manny Reyes	Rachel Nuber
Lynda Starr	Sherri Rase
William Markert	Fran Okeson
Janette Alexander	Tricia Queen
Margarita Estrada	Bill Atkins
Su Brooks	Jeanette Fredericks

Photo Credits

Pg 1	Manny Reyes
Pg 3	Lynda Starr
Pg 4	Janette Alexander
Pg 5	William Markert
Pg 8,10	Mario Lewis
Pg 7,11,12	Margarita Estrada
Pg 13	Sherri Rase
Pg. 16	R. Nuber/A. Murphy/ D. Mazza
Pg 17	M. Tropper
Pg. 18	Su Brooks
Pg. 21	James Cosenza
Pg. 22	Fran Okeson
Pg. 23	Richard Kahn
Pg. 24	Margarita Estrada
Pg. 25	Bill Atkins

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Your timely stories and club news are welcome!

Contact the Newsletter Editor:

Jeanette (Jen) Fredericks, DTM
Jfred070784@cs.com



Submissions for the December issue are due November 15th

All submissions should include:

- author's name, photo (if desired), and achievement designation (CC, CL, etc.);
 - achievement designations of all members mentioned in the article;
 - photos with captions and accreditation information.

District 83

TOASTMASTERS
INTERNATIONAL