



# The Voice

## District 83 News & Events

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### WORDS FROM THE DISTRICT DIRECTOR

#### The Quest for Constant Improvement

By Manny Reyes, DTM



As I am writing this, it's been 145 days since District 83 officially started the 2018–2019 Toastmasters year and since the Proactive Empowerment theme was launched as a beacon of inner determination. Its aims are self-discovery and mastery of “who” many of us want to be in the short-, mid- and long-term. I have heard many times that it is not the

arrival at the finish line but the lesson learned along the road that is important, that part of the journey that teaches us values and the price we have to pay to move ahead to reach, one- by-one, the next educational level, the changes that make us a different person than the one we were when we started.

In Albert Einstein's words, “The more I learn, the more I realize how much I don't know.” When I was in my twenties, I thought I was ready to take on and accomplish any task I could set my mind on. As I advanced in the journey, however, I started to realize that our goals and aspirations are moving objects, and the faster we move the farther away the vision we set for ourselves is moved. I have observed that the way of winning in life is not different from the way of winning in any sport. In any competition, the team that has more goals or scores wins; the team that collaborates more and works for a common outcome gets farther than the ones where one person tries to do all by his- or herself. It is through practice and finding the team that best fits your needs and expectations that makes one “successful” in an endeavor, however one defines successful.



Winning is not about defeating others but in defining what good we can contribute to making the lives and dreams of others more robust and achievable. The only records that one must break are the ones we set up the day before. The only person that I need to make stronger is the one I looked at in the mirror that morning and the one I know can have a better and more meaningful “why” when asking the purpose of being here.

I recently heard someone on a podcast say that “Rome wasn’t built in a day, but every day people were laying brick after brick building it.” To master public speaking and become a truly confident leader, one must practice every day, not only giving speeches but at filling all other roles, from grammarian to timer, evaluator, and toastmaster. Take whatever time you need to develop the confidence and the skills to be comfortable doing the part of the meeting that most attracts you and practice the other roles that will complement the experience. Don’t worry too much about the outcome achieved after each performance but rather about the person you become every time you discover that you

could have done it differently, and promise yourself to try that new way next time.

Since we are not playing a finite game but an ever-evolving and changing one, what matters is the road ahead and the opportunities that will continue to present if we persist in the quest of reaching One Level UP. Whether you are still on the legacy Competent Communication Program or have decided to embrace the new Toastmasters Pathways Program, it’s not the curriculum that determines your growth but what you do every day and the brick that you lay every day on the wall of your success that determine the final structure that will support your new “YOU.”

Counting from the day I am writing, there are 220 days ahead in the road that the District has started under this current team, and the opportunities to become a Distinguished District are everywhere. The real challenge, however, is not what District 83 can do, but what you, the reader, sees as the outcome of your current initiatives and fulfillment goals.



**Congratulations to our newest DTMs!**

**Felix Volyand  
John Zalepka**



## District Quality Director's Message

### Step Out of Your Comfort Zone

By Lynda Starr, DTM



Many of us like to stay within our comfort zone and we convince ourselves that we have everything we need within the zone and do not need to stray from there. Once we take the chance and move beyond our fears of failure, being the center of attention and other issues, and venture outside the borders, we may find that, although it initially makes us ill at ease, we may reap some benefits. This obviously relates to our Toastmasters experience and how it can push us out of our comfort zone. In my September article, I discussed my initiative of "Try something new." New can be Pathways, which is new for all of us, a new role in the club or district, or new speaking techniques.

The benefits of trying something new may be external items such as earning an educational designation or becoming a club or district officer, or internal items such as discovering something about ourselves, gaining self-confidence, and opening the door to new opportunities as our comfort zone expands. The journey of moving outside one's comfort zone is one of discomfort, excitement, one step forward, one step back, and pushing yourself to the edge.

We all have multiple parts to our personalities, and we adapt different personas to fit various situations, such as parent, boss, or enthusiastic mentor. Although we can bring different facets of our lives out, we cannot pretend to be something that we are not, because it is very emotionally draining. Integrating our parts is a lifelong process as we develop new interests, grow and enter new phases of our lives.

Here are some tips when it comes time to step out of the comfort zone:

- Everyone has his/her own problems, issues and responsibilities, and there is no need to be self-conscious because very few people are paying as much attention to you as you think.
- New challenges will help you to grow and learn something new about yourself and the world.
- You can learn from failure. What could you have done differently? How can you take what you learned and use it for the next new comfort-zone expansion?
- Moving out of your comfort zone for one challenge will make you more open to new possibilities and more self-confident about the next change that comes along.



What keeps us in our comfort zones? Is it fear of failure or the potential that you won't like what happens? In either case, the best strategy is to pick yourself up and move on to the next challenge. You may be afraid to compete in a contest because you think you will forget your speech. Preparation is key to success. Find yourself a mentor who can help you practice your speech so that remembering it becomes second-nature.

When writing this article, I came across a [TEDx talk](#) from Ken Hughes. In the talk he explained how every day during 2014 he stepped out of his comfort zone to do something new. While some of his tasks may be beyond the realm of possibility for many of us, such as piercing someone's ears or wearing only a towel to the supermarket, the concept is intriguing and can be applied to our own lives on a smaller scale as we take risks and remain open to new opportunities, find new ways to solve problems, or even just make small changes on a daily basis, such as speaking up at a status meeting, trying a new food, or reading a book instead of watching TV. As PQD, I do new things almost daily, taking a new role at a contest, negotiating contracts with hotels, or needing to apply the wisdom of Solomon to solve a division dilemma. Definitely put the experience in the scary but rewarding category. My advice to you: Find what thing scares you and try to do it, whether in Toastmasters or another part of your life.



**Your comfort zone is beautiful,  
but nothing grows there.**

- Anonymous



## Toastmasters Speech Contests

### Change To Affect the International Speech Contest

By Victor Martin, ACG,ALB - District Chief Judge



Most speech contests have four levels: club, area, division, and district. At this point in the Toastmasters year, we have completed most of the division level contests in Table Topics and Humorous Speeches. Soon we will be starting the contest cycle again at the club level with the Evaluation Contest and the International Speech Contest.

This year for the first time, all four contests will proceed to district level at a single event -- the District 83 Annual Conference at the APA Hotel Woodbridge on May 4 and 5, 2019.

Did you know that the International Speech Contest is the only contest that continues past the district level? In prior years, the district winner participated in a semifinal at the Toastmasters International Convention. The winner of each semifinal contest then competed in the World Championship of Public Speaking. However, with 106 districts and 10 semifinals in 2018, this has become a challenge to administer.

**As of this year, Toastmasters International has introduced an intermediate level to the competition: the region quarterfinal.**

At our District Conference, the International Speech Contest speeches will be videotaped. Afterwards, the video of the winner's speech will be submitted to Toastmasters International for voting in a region quarterfinal. In July 2019, the first-place winner from each 14 Toastmasters regions will be invited to participate in the semifinals (and hopefully the finals) at the 2019 Toastmasters Convention to be held in Denver, Colorado from August 21 to 24, alleviating some of the administrative entanglements currently faced at the international level.



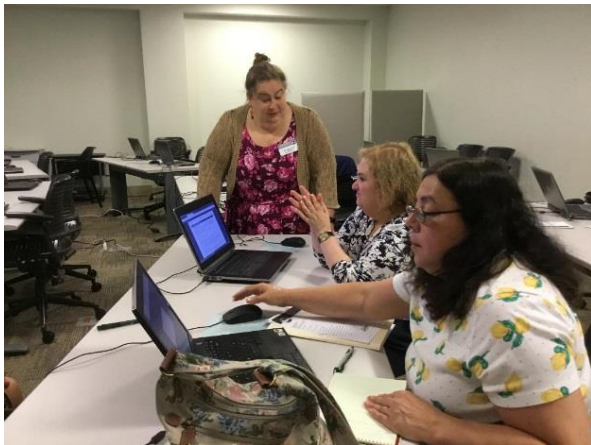
## **Pathways Education**

### **Pathways Live Sessions**

**By Su Brooks, DTM 2; Janice Buffalow, DTM, IPDD; Anne Gilson, DTM, PDG**



On September 22, 2018 District 83 hosted a Pathways Live drop-in, a hands-on learning session to assist Toastmasters eager to explore more of what Pathways offers.



The session was inspired by Geoff Heath, CC,CL, a former member of three clubs in District 83 looking to create a similar session for members in his area as his High Performance Leadership (HPL) project.

This summer Geoff was relocated to Connecticut with his family for his work in the United States Coast Guard. A few of the Pathways Guides in Talk of Monmouth, one of Geoff's clubs, decided to pursue Geoff's idea to be able to ProACTIVELY EmPOWER members of District 83.

**Pathways Guides Anne Gilson, DTM, PDG, Lynda Starr, DTM, PQD, and Janette Alexander, DTM, District Administration Mgr., discuss ideas for Base Camp Managers.**

Pathways rolled out on May 15, 2018 in District 83. We learned that members had questions now that they didn't have when their Guides and Ambassadors visited their clubs before the rollout. New Base Camp Managers

started their terms of office beginning July 1, 2018. Some might not have been officers when the Virtual Support Sessions began prior to the Pathways rollout.

Club members who joined Toastmasters after the May rollout need support, guidance and mentoring, and all members need to be familiar with Pathways to help answer questions.

Twelve people, including District officers and Pathways Guides, participated in the office-hours, drop-in session held at the Middletown Library Computer Lab in Middletown, NJ. Attendees were invited to bring their own laptops/tablets or use a laptop from the library. We had a mix of both options.

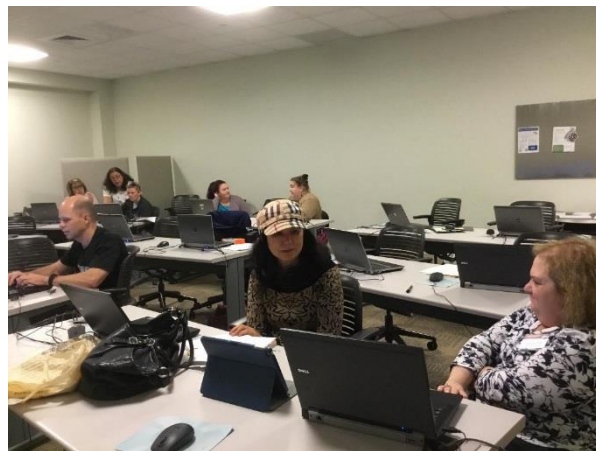




This was followed by an optional 25-minute, lecture-style instructional session in PowerPoint format for Base Camp Managers, facilitated by Anne.

Guides and Ambassadors assisted participants with the following:

- Taking assessments and selecting paths.
- Navigating Base Camp.
- Showing Base Camp Managers resources available to help members of their clubs.
- Sharing best practices with other Guides and Ambassadors to assist club members, as well as providing inspiration for future Pathways Live sessions.
- Discussing the two-step process for Level completion and submitting awards to District Central on the Toastmasters International site for DCP educational credit.
- Displaying use of the E-portfolio to store completed speech evaluations using a meaningful naming convention for files from two different paths in the Level 1 folder.
- Answering frequently asked questions; for instance:



**Participants work in small groups with Pathways Guides and Ambassadors to get specific answers to their questions.**

### **What are the new Pathways education designations along the track to DTM as compared to our traditional designations (CL, ALB, etc)?**

**Answer:** if a member named John Doe, for example, completed Presentation Mastery, Level 1, he would be recognized as John Doe, PM1. As he completes the next Level and advances through Levels 2-4, he earns the next Level number. When John completes a Path (after Level 5), he is considered Proficient and adds the two-letter path abbreviation, John Doe, PM Proficient. Once John completes all the requirements for DTM, he becomes John Doe, DTM.

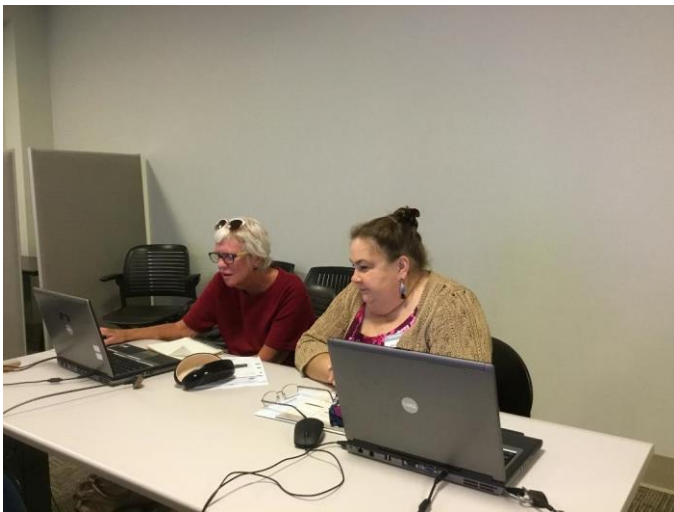
Feedback from the Middletown session will help District 83 plan future sessions. The District plans to host at least one Pathways Live session in each Division, as recommended by Program Quality Director Lynda Starr, DTM.

District Director Manny Reyes, DTM stated, "I am very happy with the outcome today. This is the start of a new course of action that we should embrace and keep moving forward. When we create the grounds for club members to come and be instructed by experts in the subject, progress takes place."



Immediate Past District Director Janice Buffalow, DTM is working with Pathways Guides and Ambassadors who have recently completed their terms of office to help members continue to move forward with Pathways.

She suggests the clubs set aside time to sign up members at a meeting. She has heard some clubs are doing this on a regular basis, and it is working well. Additionally, she has put on both of her clubs' FreeToastHost tool under Member Downloads several of the documents which cover Base Camp, the ten Paths, how-to's, etc. and is trying to spend time with members at each meeting.



**Pathways Guide Anne Gilson (right) assists Diane Rhodes, ACS,CL with navigating Base Camp, completing her online assessment and selecting her path.**



**District Director Manny Reyes, DTM shares some tips with Shelby Holliman, CC,CL**

Future Pathways Live sessions in other Divisions throughout the District will be announced soon through email, the District website, Facebook and Twitter. We hope you can attend.

In the meantime, if you or any other members in your club continue to have questions about Pathways and need immediate help, please contact any of the following: your Pathways Guide or Ambassador; Program Quality Director Lynda Starr; or Immediate Past District Director Janice Buffalow.





## **District Officer Elections**

### **Call for Nominations for District 83 Elected Offices – Term 2019-2020**

**By Bill Hood, DTM, PPD – District Leadership Committee Chair**



**It's time to start thinking about our 2019 District Officer election.**

"The work of the district leadership committee (DLC) is critical to ensuring long-term success for the district. Led by the committee chair, committee members screen district leader candidates for eligibility and ultimately nominate the best individuals. Identifying the best candidates for elected positions takes time and commitment. The committee should not limit itself to considering only those members who have expressed an interest in running, but should seek out qualified individuals"

**We are currently seeking nominations for the following elected positions:**

**DISTRICT DIRECTOR  
PROGRAM QUALITY DIRECTOR  
CLUB GROWTH DIRECTOR  
DIVISION DIRECTOR (currently 9 Divisions)**

**Here are some document links from the TI Elections Toolkit.**

<https://www.toastmasters.org/leadership-central/district-leader-tools/district-management/elections-toolkit>

- For your review, [Leadership position descriptions](#), including the [competencies](#) and [responsibilities](#) for each.
- Please fill out the [District Leader Nominating Form](#) and submit it to Bill Hood at RamapoMountainBill@gmail.com.
- All candidates will need to sign an [Officer Agreement and Release Statement](#).
- And we'll need a District Leader [Biographical Information](#) form for each candidate prior to the interview.
- You can nominate yourself or be nominated by someone else. We only need one nomination form.

**December 15<sup>th</sup> is the deadline for candidates to declare intent to run.**



The candidate interview date is tentatively set for March 2<sup>nd</sup>. More details will be available to the candidates in February.

The DLC Nominations Report will be published on the District website [tm83.org](http://tm83.org) at least four weeks prior to the Annual Meeting.

***Note: Anyone who meets the qualifications may run from the floor at the Annual Meeting in May 2019.***

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## **District Events**

### **District 83 Gathers To Celebrate Success**

**By Lynda Starr, DTM**

On Saturday, November 17, our District had what we expect to be the first Fall Celebration to recognize the success of members, Pathways guides and ambassadors, and clubs. Our newest DTMs, Oscar Ocasio, Victor Martins, and Margarita Estrada, received accolades. Su Brooks and Bruce For were applauded for earning Triple Crowns in educational achievements.

We also honored members who have been a part of Toastmasters for over 25 years. The district appreciates their dedication to the organization.

#### **Congratulations and thank you to our 25+-year Toastmasters members:**

Arnold Card	Carolyn Heiser	Ellen Richbell
Charles Castiglioni	Siva Jonnada	Ken Schaefer
Louise Cluett-Thoresen	Nicholas LoBue	Paul Scharf
Rosemary Collins	Joan Maurizio	Joseph Shuler
Margaret Flory	Frances Okeson	Elizabeth Shuler
Thomas Friend	Robert Pinchak	Philip Weinpel
Phyllis Goldblatt	Julie Porowski	Dori Zarr
Mark Grebenau	Fern Rashkover	



Rachel Nuber, our Awards and Recognition Chair, presented gifts to those receiving CCs, CLs, Pathways-level completions, etc. and to Smedley award club winners during July – September 2018.

Educational Achievements July – September 2018

Pandora Ambe	Jiefan Huang	Rose Proscia
Andrea Arocho	Maggie Huang	Ken Raftery
Michael Beaudoin	Paul Ireifej	Aarati Rajwaide
George Bertele	Linda Isaacs	Karen Rittweger
Michael Berz	Jeremee Johnson	Vanessa Robinson
Sanghita Bhattacharya	June Kellogg	Vanita Rodriguez
Darlene Blanco	Kevin Kennedy	Max Ruddy
Melissa Brown	Veronica Kleinman	Adam Sachs
Wilmor Capuno	Philip LaFrate	Susan Safranek
Michael Carlo	Paul Lee	Patricia Salomone
Elizabeth Cesareo	Andrew Leung	Jason Sanders
Richard Chassen	Mario Lewis	Edward Saur
Emily Cohen	Tina Liu	Angela Schiavo
John Connors	Cassandra Mainiero	Jeffrey Schwalb
Fabio Coppola- di-Canzano	Vidya Manohar	Hemu Shere
Melissa Costas	Joan Maurizio	Thaine Shetter
Brenda Davis	Wayne T. McCullough	Julianne Shillington
Wenny Du	Marty Migton	Digvijay Singh Parmar
Cecile Edwards- Owotoroshe	Richard Modes	Patti Snyder
Terrance Erwin	Angelina Moses	Niloy Talukder
Monika Ethier	Vishal Nagpal	Sunanda Thali
Karl Flores	Marjorie Nazaire	Arlene Trunzo
Fran Ford	Barbara Noyes	Mona Valore
Irene Freeman	Rachel Nuber	Lu Wang
Anne Gilson	Michael O'Brien	Robert Weber
Kelley A. Glass	Frances Okeson	John Weibel
Eliane Grall-Saiki	Kristen Oliveri	Kieran White
Mark Grebenau	Alizeta Ouedraogo- Diallo	Sheila Wiggins
Andrew Greene	Joseph Padilla	Andrew Zerling
Poonam Gupta	Sivakumar Palanisamy	Bin Zhao
Olena Halkowycz	Anthony Panza	Lori Zuck
Anita Hoffman	Ann Marie Pochtar- Galakis	



**25-Year Toastmaster Veterans**



**District Director Manny Reyes, DTM stands with District Awards and Recognition Chair Rachel Nuber, DTM and Program Quality Director Lynda Starr, DTM both holding the sealed envelopes of the award winners.**

Janice Buffalow, Immediate Past District Director and 2018-2019 Pathways chair, and Tony Figueroa, District 83 Chief Ambassador, were on hand to present thank-you gifts to our Pathways ambassadors and guides who have acted as our cheerleaders and experts on the Pathways program and transition. Tony explained the long, arduous process from when the revised education program (REP) was conceived to when Pathways was born at Toastmasters International.

**Ambassadors**

Janette Alexander  
 Susanne Arney  
 Ravi Badge  
 Janice Buffalow  
 Michelle Campbell  
 Anne Goldman Swartz  
 Subhash Harmalker  
 Genevieve Jones  
 Lucy Kahn  
 Brian Lin  
 Patty Loud  
 Gimai Ma  
 Willie Markert  
 Narendra Pondugula  
 Ainsley Reynolds  
 Cynthia Vincenti  
 Rachel Weiss

**Guides**

Janette Alexander  
 Susan Brooks  
 Melissa Brown  
 Janice Buffalow  
 Donald Chong  
 Antonio Figueroa  
 Bruce For  
 Irene Freeman  
 Mindy Goldberger  
 Subhash Harmalker  
 Henry He  
 Arvind Kanda  
 Eileen Kern  
 Scott Lynch  
 John Martoglio  
 Jalpa Purani  
 Manuel Reyes  
 Ainsley Reynolds  
 Michael Rutkowski  
 Jim Samuel  
 Meena Shanmugavel  
 Lynda Starr  
 Michelle Tropper  
 Louis Turenne  
 John Zalepka

The district is planning another awards celebration in February 2019. Please watch the newsletter and TM83.org for more information.



## **The Champ and the Glory of the Story**

Pres (Presiyan) Vasiliev, 2013 World Champion of Public Speaking (WCPS), joined District 83 as the keynote speaker for the District 83 Fall Celebration: Recognizing Success! (for individual members and clubs) on Saturday, November 17. He brought his enthusiasm and personal strategies for successful speaking along with valuable tips on how to deliver our own stories.



In his keynote speech, he talked about his road to the championship, which began with the first speech he made in Toastmasters. After he completed his icebreaker, he wanted to try evaluating a speaker to help with his goal of becoming a better speaker. The evaluation went so well that his club members encouraged him to compete in the Evaluation Contest, which he won. He then began work on a speech for the International competition.

When practicing to be a champion, Pres advises never to pass up an opportunity to deliver your speech. He also notes the importance of finding the message for your speech in your heart and to let that emotion show as you believe in and deliver your speech.

Pres also delivered a workshop, offering seven secrets for successful storytelling. Without giving away too many spoilers, he stressed the following:

Setting: describe the time and place in which the story occurs.

Description: use a combination of abstract and concrete words to describe situations.

Characters: make your characters come alive and connect with your audience.

For more information, please visit <https://www.Pressays.com>





## District Events

### District 83's Heavy Hitters

By Janette Alexander, DTM, D83 Administrative Manager



The Heavy Hitters Speakers' Showcase, hosted by Impact 21 Toastmasters, took place on Saturday, August 11, 2018, at the Agape Family Worship Center, in Rahway, NJ. If you missed this event, you lost a great opportunity to learn some tricks of the trade from the district's recent International Speech Champions!

Featured speakers were [pictured below, left to right]:

- Kevin Moulton, D83 2014, 2015, 2016 Champion;
- Stacey Greene, D83 2017 Champion, 2017 2<sup>nd</sup> place WCPS Semifinalist;
- Mario Lewis, D83 2018 Champion and 2012 World Champion of Public Speaking (WCPS) Finalist;
- Jaswanth Krishnamurthy, D83 2018 finalist (and former member of D82 Toastmasters, Sri Lanka, and competitor against Dananjaya Hetteriachi, 2014 WCPS Champion).



The event was the brainchild of our own District 83 Public Relations Manager, Margarita Estrada, DTM. "A Heavy Hitter speaker is someone who has taken the time to craft, develop, and deliver a message that is so compelling that it takes them to the district finals," said Margarita. "Mario, Stacey, Kevin, and Jaswanth are perfect examples," she added.

The first half of the program featured a panel discussion, led by Cyndi Wilson, DTM4 and VP of Education for Impact 21. This was followed by a question and answer session with the audience. You would have been impressed with the amount of research and development that goes into creating the perfect speech. I was struck by the dedication and the sincerity that each speaker shared about the

speech development and their insistence on stepped, incremental improvement. Practice does make one closer to perfection, but it goes hand in hand with attention to detail. Mario said that he went to club after club to get feedback and suggestions that enabled him to polish his speech into a message that adds value to the audience.

After the panel discussion, each speaker demonstrated his/her skills by delivering impressive presentations of speeches. It was during these speeches that I began to comprehend some of their main strategies and preparation techniques that they communicated during the panel discussion. I picked up a lot tips! It's wonderful that these speakers were willing to share their knowledge, mistakes, and lessons learned. Let's hope we can see more showcases of the district's talent in the future.



## Club News:

### Valley Toastmasters Commemorates 30<sup>th</sup> Anniversary

By Sharon Grosso, CL

"Time Flies when you're having fun"!

Valley Toastmasters, based in Haworth, NJ, celebrated its 30-year anniversary milestone on Monday, September 17th, 2018.



We were founded by Clive Pearce, Ray Connolly and Don Kaufman-- the late husband of current club secretary Maxine Kaufman. After Don passed away nine years ago, Maxine made it her goal to carry on his legacy and attend all the Valley Toastmasters meetings. "Don always credited Toastmasters with changing his life and giving him great confidence," Maxine said. "He continuously inspired and supported the members because he truly understood what it meant to become a public speaker."



Maxine Kaufman, (center) stands with members of Valley Toastmasters as they celebrate the 30<sup>th</sup> anniversary of their club.

With more than 20 members and two guests in attendance, all were treated to a special speech from Maxine, a walk down memory lane with pictures from previous anniversary celebrations, a delicious cake, party fare and balloons, which enhanced the anniversary festivities.

Throughout the past 30 years, Valley Toastmasters has earned Select Distinguished Club five times, Distinguished Club 13 times, and President's Distinguished Club once! Valley Toastmasters is a friendly, supportive club with a diverse group of members who enjoy spending every other Monday "umming and aahing," laughing and speaking, while progressing through the Toastmasters program.



## Club News

### Gateway 2 Toastmasters Commemorates 15<sup>th</sup> Anniversary

By Rich Modes, CC, P1-1 - Club Vice President–Public Relations



The evening temperature may have dipped to 36 degrees, but there was palpable warmth in Newark on the night of October 25<sup>th</sup>, 2018 as Gateway 2 Toastmasters celebrated its 15<sup>th</sup> anniversary in Newark, New Jersey. The festivities were held at the club's current meeting location in the PSEG headquarters building at 80 Park Plaza. Among the 26 in attendance were six past and present club presidents, six alumni and one guest.

Two former club presidents delivered speeches reflecting upon how our Gateway 2 culture has developed over time. One of our charter members, Rochelle Joyner, DTM recounted the club's origin, explaining how after the events of September 11<sup>th</sup>, 2001

employees of the Port Authority of NY/NJ were relocated to Newark, NJ and had need to combine two former Toastmasters clubs into one. She also surprised the newer members in the audience by revealing the simple truth that the club's name had two meanings – while it was founded in the building known as "Gateway Center 2," new members were given the promise of a "Gateway to Toastmasters."

**RIGHT: Former Gateway Toastmasters Presidents gather by the club banner: (l-r) Rochelle Joyner, Nisha Aidasani, Ansley LaMar, Anna Bandzul, Susana Corsino, Poonam Gupta → → →**

Nisha Aidasani, ACB,CL then filled in the gaps between our founding years and present day as the original membership base slowly shifted from mostly Port Authority employees to a diverse mixture of employees from local businesses and community members.



Following a short break for refreshments and socializing, Dr. Ansley LaMar, AGC,CL (Club VP–Education) led us through an engaging and heart-warming round of Table Topics while taking special care to place former club presidents who hadn't yet spoken in the "hot seat," asking them to reflect upon their terms leading our club.

Many thanks to everyone who brought food and drinks; Lena Herzfeld (Club Treasurer) for the decorations, including name tags complete with a question for everyone to answer as an icebreaker; Anna Kochetkova (Club Secretary) for photographing the occasion while serving as the evening's timer; and our alumni who traveled to Newark for the occasion. As our club normally meets weekly from 12N-1:00pm, everyone agreed that it was nice to have a more relaxed timespan to socialize. Here's to another 15 years of success for Gateway 2!





## Club News:

### Nutley Toastmasters Holds Open House

By Andrew DeCotiis-Mauro – Club Vice President-Public Relations

The Nutley Toastmasters Club recently held its annual Open House on November 5, 2018. Khushi Pasquale, DTM, a presentation coach, speechwriter, storyteller, and a member of Moving Speakers Toastmasters in Berlin, Germany, was our guest speaker. In an email to the club after the event, she beautifully described the experience to the team:



**Khushi Pasquale**

"It was a real treat to enter the building and find a warm welcome within. Everything was laid out so beautifully. The weather outside was frightful, but inside those doors, it was delightful.

"Nutley members were mingling with the guests and showing real interest in their goals. Club President Marc Strano's running pirate joke was not only Halloween-appropriate but contained a message reassuring the guests and members that at Toastmasters we have a safe place to make mistakes.



**TM of the evening Andrew DeCotiis-Mauro (left) and Club President Marc Strano**

Club VP-PR, Andrew DeCotiis-Mauro did a super job as the evening's Toastmaster, giving enough information to enlighten without dulling the spirit. Along with Marc and Club secretary Patricia Rosas, CC,CL, Andrew put together a very attractive guest packet which gave more details for the curious, along with an application for the truly motivated. Patricia did triple duty as Ah-Counter, Grammarian and Speech Evaluator, and she did them all with flair. She managed to keep that balance between correction and encouragement. Anupriya Singh, ACB,ALB was supreme in her Table Topics. She called on an experienced member to get us started and then gave "easy" questions to the guests, getting them on their feet. I really liked how Anupriya added short anecdotes or comments after each Table Topics question. That showed she was listening to the responses. Club Sergeant At Arms Paul Lester, CC,CL used his task as speech evaluator to highlight simple skills that new members could readily use, like smiling or using more of the speaking area. I love how Paul makes little drawings to remind him of key points. My Competent Communicator manual evaluation is like a little picture book. And Jay Gavilanes was an energetic and motivating General Evaluator. I thought, when he connected with Andrew as someone who entered Toastmasters on the same day, that really had impact for the guests. They saw how we quickly bond and form a supportive community.

"Congratulations Gurpreet Kaur on doing your Ice Breaker. You've gotten a good start on a marvelous journey.

"It was a great night. I know you've inspired individuals to join and I wish you every success."



## **Club News:**

### **Power Talkers Toastmasters Combines Homecoming and Open House**

**By Tina Dai, ACS,ALB – Club Vice President-Public Relations**

The Friends Day celebration and regular meeting of the Power Takers Club was held on November 14<sup>th</sup>. Seventy-five percent of our total membership attended to welcome past and potential members. The meeting theme was Thanksgiving, in gratitude for our past and current members who have built Power Talkers into the dynamic club it is today, particularly for being named once again a President's Distinguished Club for 2017-2018.

Club President Jason Sanders, CC,CL served as the toastmaster of the meeting. The pre- and post-meeting networking sessions reinforced long-established friendships among us, and the meeting agenda introduced potential members to the Toastmasters educational program.



**Alumni Anju Saran and Gene Burke renew acquaintances.**

Our club meets at 12:15PM at the Morris County Library, 30 East Hanover Road, Whippany, New Jersey on the second and fourth Wednesdays of each month. Chartered in 1994, we look forward to our 25<sup>th</sup> anniversary in 2019!

Power Talkers encourages members to take a bold approach, whether in meeting participation, club officership, or aiming for the “next level up,” as we help each other to increase our leadership and public speaking skills. With a diverse membership, we look forward to another successful year and welcome new members to join us as we prepare ourselves for effective governance and strong communication skills that will enhance our lives and communities.



**VP-Membership Veronica Kleinmann, ACB chats with a guest during a networking session.**



**President Jason Sanders, CC,CL welcomes a guest to Friends Day.**





## **Club News:**

### **Blue Expressions Toastmasters Holds Membership Drives**

**By Melody Zhu, ACB,CL**

On October 1<sup>st</sup> and 3<sup>rd</sup>, the Blue Expressions Toastmasters Club at Horizon Blue Cross Blue Shield of New Jersey hosted a membership drive at Horizon BCBSNJ's annual Diversity Showcase in their Hopewell, Newark and Wall offices.

At the event, Toastmasters information was distributed, contact cards of club officers were handed out; slide shows with Toastmasters

International and club information were displayed; and sparkling cider, grapes, cheese and crackers were served in the spirit of 'toasting' to a self-improvement future.

More than 600 employees participated in the three events, and more than 200 signed up to be guests at future meetings.



**Hopewell office, left to right:**

**Brittany Whitehead; Melody Zhu, ACB,CL; Lauriel Morrison; and Wendy Robbins**



**Newark office, left to right:**

**Servando Rodriguez; Ernie Daw, DTM; Jeff Schwalb, ACS,CL**



## Club News:

### Master the Craft Toastmasters Holds First Free Speaker Series

By Brian King - Club Vice President-Public Relations

Master the Craft Toastmasters of Pompton Plains, formerly known as FRC Toastmasters, held its first "Free Speakers Series" on November 5<sup>th</sup>. The event featured two guest speakers with stories to tell about their roads to fulfillment and success.

The night began with Nick Ilacqua, who learned English as a kindergartener. He shared with the audience his personal journey and how he developed his own career success. Although Ilacqua's father operated a successful landscaping company after the post-World War II era, Ilacqua was asked to create his own future, one that was meaningful and challenging. He did, first as a certified public accountant (CPA), later pursuing his passion for employees, customers and strategy. He remarked that "success does not equal happiness and that everyone has an opportunity to evaluate his/her life's work and see if it provides fulfillment."



(l-r) Nick Ilacqua, Manny Reyes and Jordan Galiano

Jordan Galiano, a native of Pequannock, was the final guest speaker who shared many of his experiences with skateboarding. At a young age he became attracted to this hobby and lifestyle, which ultimately exposed him to a variety of music, art, and photography, in addition to building community. Skateboarding propelled Galiano; in return the efforts delivered to him tools and a powerful mindset, fueled by grit and determination.



Toastmaster of the Meeting  
Andrew Paleologos, ACB,ALB

Master the Craft Toastmasters was happy to host this event and enjoyed having all welcomed guests. It was a successful open house event, with 30 people in attendance, including several guests. Manny Reyes, DTM, our District Director, offered an inspirational message as well.

Look for another speaker series after the New Year.



## **How-To Corner - Opinion**

### **Keys To Your Personal Success**

By Fran Okeson, DTM 19, PDG46



#### **Do You Have a Goal?**

Goals are ends to which effort is directed. Whether your goal is to change the world or to change your attitude about your personal life, work on it with vigor and vitality.

#### **Personal Goals**

To have; To do; To be.

Experiences that provide personal satisfaction.

Preparation of a bucket list

#### **A Little Self-Analysis**

Your *attitude*: get it right, and you can enjoy life with enthusiasm. Put others before yourself.

#### **Review Your Performance**

- What kinds of jobs have you had?
- What were your main functions?
- What prevented you from succeeding in your task?
- What prevented you from using your talents to their fullest? What skills have you acquired that can be used elsewhere? Collaborate with others toward a common goal; and always remember to enjoy what you're doing.

#### **Use Your Communication Skills**

Share your talents ... Share your light.



### **4Q2018 and 1Q2019 Dates to Remember**

12/1/18-- 2/27/18	Club Officer Training (2 <sup>nd</sup> round)
2/1 - 3/31/19	"Talk Up Toastmasters" Membership Contest
2/1 – 3/31/19	Club Level International Speech and Evaluation Contests
3/1 – 3/31/19	Clubs collect and submit membership dues
3/1 – 3/31/19	Area Level International Speech and Evaluation Contests
4/1 – 4/30/19	Division Level International Speech & Evaluation Contests
5/1 – 5/31/19	Clubs Determine Proxy Holders at District Conference
5/4 – 5/5/19	District Conference
5/1 – 6/30/19	Beat the Clock Membership Conference

#### **Welcome New Clubs!**

VZW WN Toastmasters Club 9/17/18

Harborside Financial Center Toastmasters Club 9/28/18

**\*\* Happy Holidays to All ! \*\***





## CELEBRATIONS

### Member Anniversaries – Fourth Quarter 2018

Original Join Date	Last Name	First Name
<b>30 YEARS</b>		
10/1/1988	Weinpel	Philip
10/1/1988	Okeson	Frances
<b>25 YEARS</b>		
11/1/1993	Maurizio	Joan
11/1/1993	Porowski	Julie
<b>20 YEARS</b>		
10/1/1998	Abayasekara	Dilip
10/1/1998	Wenk	Joseph
11/1/1998	Juri	Jose
<b>15 YEARS</b>		
10/1/2003	James	Alton
11/1/2003	Nunez	Ron
12/1/2003	De Stephan	Frank
<b>10 YEARS</b>		
10/1/2008	DeMiglio	Tracy
10/1/2008	Gong	Liezhong
10/1/2008	Brown	Russell
10/1/2008	Peddisetty	Raj
11/1/2008	Hood	William
11/1/2008	Kenny	Thomas
11/1/2008	Freedman	Meri
12/1/2008	Huang	Songling
12/1/2008	Patel	Rakesh
12/1/2008	Ekback	Donald
<b>5 YEARS</b>		
10/1/2013	Glynn	Annie
10/1/2013	Redlich	Michael
10/1/2013	Rose	Dorothy
10/1/2013	Olliges	Kristen
10/1/2013	Ventresca	Yvonne
10/1/2013	Vemulapalli	Priti

Original Join Date	Last Name	First Name
<b>5 YEARS (cont.)</b>		
10/1/2013	Ouyang	Hui
10/1/2013	Leykin	Natalie
10/1/2013	Abazia	Tom
10/1/2013	Webster	Patrick
10/1/2013	DeMeo	Elise
10/1/2013	Nale	Lisette
10/1/2013	Lillard	Andrea
10/1/2013	Burwell	Ed
10/1/2013	Sotto	Euvino
10/1/2013	Huang	Wendy
10/1/2013	Ward	Kenneth
10/1/2013	Bey	Russell
10/1/2013	Hernandez	Miguel
10/1/2013	Kamat	Santosh
10/1/2013	Rai	Pravaker
10/1/2013	Schatz	Lynn
10/1/2013	Testa	Jaine
10/1/2013	Becker	Joseph
10/1/2013	Acosta	Elena
10/1/2013	Frey	Margo
11/1/2013	Santos	Waldemarr
11/1/2013	Allen	Richard
11/1/2013	O'Neal	Sean
11/1/2013	Wijetunga	Sachith
11/1/2013	Fieggen	Kathy
11/1/2013	Milkes	Sharyn
12/1/2013	Reilly	Sharon
12/1/2013	Abraham	Maya
12/1/2013	Sakamoto	Shoko
12/1/2013	Armand	Reginald





## DISTRICT 83 MEMBER NOTES

*In Memoriam*

**Angelica Salomon, CC**  
Union City Toastmasters

### UPDATE ON D. R. ABAYASAKARA, DTM, PIP

Fran Okeson, DTM19,PDG46 reports that Past International President Dilip R. Abayasekara, DTM,AS has moved into a new career: Pastor of the Catawissa Avenue United Methodist Church in Sunbury, Pennsylvania.

Dilip served as International President in 2005-2006 and is a member of the Smedley's Speakers Toastmasters club on Staten Island.

Dilip and his wife Sharon recently welcomed their first grandchild, Eathan Alexander Abayasekara.

Our best wishes go out to Dilip and his growing family. His congregation is very fortunate to have him as their pastor, and we are also fortunate to have him as part of our Toastmasters family.



Manny Reyes	Ann Gilson
Lynda Starr	Fran Okeson
Victor Martin	Brian King
Janette Alexander	Tina Dai
Andrew DeColiis-Mauro	Rich Modes
Bill Hood	Sharon Grosso
Janice Buffalow	Melody Zhu
Su Brooks	

## Photo Credits

Pg 1	Manny Reyes
Pg 3	Lynda Starr
Pg 6	S.Brooks, J.Buffalow, A.Gilson
Pg 7-8	Su Brooks
Pg 9	Bill Hood
Pg 12-14	Margarita Estrada
Pg 14	Janette Alexander
Pg 15	Sharon Birke
Pg 16	A.Kochetkova, S.Mondesir-Wych
Pg 17	K.Pasquale, P.Rosas
Pg 18	Jen Fredericks
Pg 19	Richard O'Brien
Pg 20	Wendy Moses
Pg 21	Fran Okeson



**Your timely articles and club news are welcome!**

## Contact the Newsletter Editor:

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



**Submissions for the March 2019 issue are due February 15<sup>th</sup>**

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

