



THE VOICE

DISTRICT 83 NEWSLETTER

June 2015

The World is Better Because of You! Highlights from the District 83 Spring Conference



Reports by Margarita Estrada, ACB, ALB; and Su Brooks, DTM



Left to right: Evaluation Contest winners Helen Gucwa, first place; Susan Mennella, second place; Bruce Petersel, third place.

Toastmasters International Convention
Las Vegas, Nevada

Join your fellow Toastmasters
August 12-15, 2015
at Caesars Palace Hotel and Casino
<http://www.toastmasters.org/Convention>

Kevin Moulton, the winner of the District 83 International Speech Contest will compete in the Semifinals!

We will be in Round 3 of the Semifinals in Contest 9. One winner from each semifinal speech contest (10 finalists) will participate in the Toastmasters World Championship of Public Speaking on Saturday, August 15.

Here are the districts competing in Semifinal Speech Contest 9: 08, 09, 19, 23, 35, 58, 71, 80, 83, 93.



Left to right: International Speech Contest winners Mark LaVergne, third place; Narayanan Doraswamy, second place; Kevin Moulton, first place.

Contest photography by Margarita Estrada, ACB, ALB

The Beacon Shines! District 83 Club Newsletter Contest Winner

Congratulations to Union City Toastmasters Club, publishers of *The Beacon*, for its award-winning entry. The prize, \$50 in Toastmasters International gift certificates, was presented during the District Business Meeting at the Spring Conference on May 30, 2015. Thank you to all the clubs that submitted entries and to the judging panel. Information about the 2015-2016 Club Newsletter Contest will be announced in the August issue of *The Voice*.



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First Impressions

My favorite part of the conference is that I love how everyone is so inviting and encouraging.

I liked the workshops, the Procrastination one. Dave is a great speaker and has a great sense of humor. He encouraged us to read some books. I met a gentleman, Mark Streitman, who said, "Let's be ProPals." He instantly started talking to me. I'm studying genetics and hope to become a physician someday.

First Timer Ravji Shah, Vice President Education Rutgers University Toastmasters



One of the people I met at the conference who was interesting is Bob Bowes from England. He traveled all around India. I'm from India and he's more Indian than I am!

I also met Dave Cragin. He learned Chinese because he was going to adopt someone from China. He can help Chinese people learning to speak English because he understands them; he is able to relate and understand why they speak English the way they do because he understands their language.

The more you try to learn about other cultures, it makes you more accepting when others are learning to understand your culture.

My favorite part of the conference was during the Business Meeting when I was outside (of the ballroom) networking and met all these interesting people. I thought that I couldn't attend the Business Meeting because I wasn't voting!

First Timer Aisvarya Chandrasekar, Club Secretary Rutgers University Toastmasters



What were your impressions of the conference?

Very intense, jam packed with useful and helpful information for all levels. Everyone was really friendly and enjoying themselves.

What workshop did you attend?

Lisa Panarello. I found her to be open, relatable. She gave easy examples to remember. Best advice from Lisa: "Don't play yourself down."

First Timer Sharon Brown, ACG, ALB Buyer Toastmasters

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How to reach the District 83 Newsletter Co-Editors

Su Brooks: subrooksd83@gmail.com

Lynda Starr: lbstarr@optonline.net

1st Annual Sandy Scharf Summer TLI (Toastmasters Leadership Institute) June 20, 2015

Why Attend?

- Earn DCP Credit for Officer Training.
- Network with officers from other clubs.
- Share ideas for a successful 2015 – 2016 Year.
- Direct Access to District Leadership.
- Get your Toastmasters Year off to a great start.
- Break ground on your Club Success Plan.
- Learn the “Nuts and Bolts” of your newly elected officer position.

Agenda

- 8:30 am – Coffee, bagels, networking in Cafeteria
- 9:00 am – Club Officer Training begins in Lecture Hall
Special presentation by Paul Scharf
- 9:30 am – Club Success Plan overview
- 9:45 am – Each club works on their Success Plan (a printout of members with names and designations only will be available for each club at sign-in)
- 10:00 am – Breakout sessions for each officer position
- 11:00 am – Special sessions (**Choose one**)
 - Running a Club Contest
 - Enhancing Evaluations
 - Creating a Quality Club
- 12:00 pm – Lunch

Note: District officer training will follow from 1:00-4:00 pm.

TOYS R US, INC.

859 Berdan Avenue

Wayne, NJ 07470

June 20th, 2015

8:30 AM – 1:00 PM

Register Online at www.toastmasters83.org

District Officers for 2015-2016

Congratulations to the officers elected at the Spring Conference!

District Director	Bill Hood, DTM
Program Quality Director	Paula Markert, DTM
Club Growth Director	Janice Buffalow, DTM
Division Director A	Janette Alexander, ACS, ALS
Division Director B	Cathie Ruiterman, ACS, ALS
Division Director C	Rasika Venkataraman, CL
Division Director D	Rebecca Marzec, ACB, ALB
Division Director E	Olga Berejnaia, DTM
Division Director F	John Connors, ACS, ALB
Division Director G	Laura Healy Santo, CC, CL
Division Director H	Tom Jenkins, ACB, ALB
Division Director I	Ruby Scotland, ACS, CL

Reminder: Club Officer Elections

Clubs should have elected officers for 2015-2016. If you haven't already, do so before June 30. Remember to submit your officer lists to Toastmasters International on time to earn DCP credit for 2015-2016. Follow up with club officer training and create your Club Success Plan to get the new year off to a great start.

Last Chance: Fifth Annual Staten Island Yankees Baseball Game...and Speakout!

By Su Brooks, DTM

The Staten Island Yankees will play the Brooklyn Cyclones on Sunday, August 9, 2015 at the Richmond County Bank Ballpark at St. George next to the Staten Island Ferry. There will be a “speakout” at 3pm before the game begins at 4pm.

The tickets are \$50. The price includes an air-conditioned suite, all the food you can eat and serves as the annual fundraising event for the No Limits Toastmasters club. By the time you read this article, there may still be a few tickets left, or you may be placed on a waiting list in case anyone who has purchased or reserved a ticket cannot attend. Please contact Fran Okeson for additional information: frantotten@verizon.net.

Here is some more information about the Staten Island Yankees and the ballpark.

<http://www.milb.com/index.jsp?sid=t586>

Pay it Forward

By Margarita Estrada, ACB, ALB and Lynda Starr, ACG, ALB

In the movie, *Pay it Forward*, in an attempt to change the world, a boy concocts the concept of paying a favor not back, but forward – repaying good deeds not with payback, but with new good deeds done for new people.

While in Toastmasters we stress the importance of getting credit for speeches, meeting roles, etc., there are plenty of opportunities to pay it forward or, to borrow from our Spring Conference theme, to make the world a better place because of you.

Serve as a Mentor

On the club level, one can mentor a new member and although you receive Competent Leadership (CL) credit for working with a new member or an existing member, or credit toward earning an ACG, for mentoring a new member for the first three speeches, the experience goes beyond that as the mentor and mentee inspire one another to do their best with the Toastmasters program. The mentor offers the mentee words of encouragement, praise for a job well done and advice on projects although on an informal level, each member should be doing these things for other members.

Help Organize an Open House

There are many ways to help one's club. One way is to organize an Open House, a showcase meeting to which guests are invited to experience what Toastmasters has to offer. The goal is for visitors to become members. Organizing an Open House is similar to organizing a club meeting with the responsibility of publicizing the event and inviting and following up with guests. These tasks can be done by a committee.

Participate in the planning of a Club Contest

Another club event is a club speech contest. A contest chair is needed along with a Toastmaster, contestants, ballot counters,

judges, chief judge, timer and sergeant at arms. It is very important that the chief judge and contest chair are familiar with the contest rules. In addition to the club contest being great preparation for the area/division/district contestants, it is also a way to learn about the roles so that one can pay it forward at the area/division/district levels with those contests.

Volunteer at Training Sessions

A good way to pay it forward at the area/division/district level is to volunteer for your club to host a training session or contest. The club committee works closely with the area or division director on issues relating to the venue, speakers, registration and evaluation.

Assist at a District Conference

At the district level, you can volunteer to help at a conference as a proctor, at the registration table, contest role, or to chair a committee. Whether you can share a small or large amount of time, working on a conference benefits you and the district.

We are all volunteers and have other priorities in our lives; however, the gift of paying it forward is in that it strengthens you, as a member, and the Toastmasters organization as a whole. By saying "yes" to paying it forward, you will build your speaking skills, giving you another opportunity and audience in which to speak; and your leadership skills, giving you the chance to practice delegation, diplomacy and organizational skills. If you become a district officer, you will reap additional benefits of paying it forward as your fellow members remember that you have been there to lend a helping hand and they will likely be more willing to help with your events.

As the saying goes, it takes a village to make Toastmasters successful!

Money Matters

By Monica Helsel, ACS, ALB, District 83 Treasurer

Voucher requests must be received by Anne Gilson no later than Tuesday 6/30/2015. This is the final cut-off date as the fiscal year end for the organization is 6/30. Vouchers submitted after this date cannot be processed, so please make sure to submit your requests as early as possible.

Reimbursement by the District

Leaders may find it necessary to purchase items for different functions within the district for Area Contests, Division Contests, Club Officer Training and other events. You must complete the Voucher Request form available on the District 83 website: <http://toastmasters83.org/> under District Officer Resources- Expense Report. Please don't wait until the last minute!

Reimbursement amounts are as follows:

A. TRAINING

- \$70 for each initial training session (20 attendees required)
- \$2.50 for each additional registered attendee over 20

- Include sign-in sheet AND registration page from district website with each expense form.
- Original receipts must be submitted.

B. AREA CONTEST

- \$50 for each area contest
- Dual contests will be reimbursed at a maximum rate of \$90
- Triple area contests will be reimbursed at a maximum of \$100
- Include sign-in sheet with expense form
- Original receipts must be submitted.

C. DIVISION CONTEST

- \$75 for each division contest
- Include sign-in sheet with expense form
- Original receipts must be submitted.

D. OTHER DISTRICT EVENTS

- Conference expenses and appreciation events are included.
- Original receipts must be submitted.

Toastmasters International Membership Contests

Smedley Award (August 1 to September 30)

Talk Up Toastmasters! (February 1 to March 31)

Beat the Clock! (May 1 to June 30)

In addition to the Beat the Clock incentive award offered by Toastmasters International, District 83 is offering the following:

Want a great way to build up membership at the end of the Toastmasters year to prepare for the beginning of the new year? Add 5 new, dual, or reinstated members between May 1 and 30 June and District 83 will give you \$30 in Toastmasters gift certificate dollars. Join the bandwagon – build your clubs!

Here are the details of the membership incentives offered by Toastmasters International throughout the year as described on their website.

Smedley Award

Program Dates: August 1 – September 30

Can your club add five new, dual, or reinstated members with a join date between August 1 and September 30? Accomplish this goal and you'll qualify to receive a "Smedley Award" ribbon, named in honor of Ralph Smedley, which you can display on your club's banner. Qualifying clubs can also earn a special discount code for 10-percent off their next club order. (The discount code expires six months from the date of issue and is not valid with any other offer.)

Applications and payments for members with a join date between August 1 and September 30 must be received at World Headquarters or online no later than September 30. The addition of transfer and charter members does not count toward "Smedley Award" credit.

The winning clubs will be revealed online within a few weeks of the submission deadline. Winning clubs should allow up to 10 business days to receive their award if they are located in the United States, and up to 21 business days if they are outside of the United States.

Talk Up Toastmasters

Program Dates: February 1 – March 31

Toastmasters love to connect, so take advantage of it. The "Talk Up Toastmasters" membership program is the chance to encourage your members to invite guests to a special meeting where prospective members can learn about Toastmasters' many benefits. Then add five new, dual or reinstated members

with a join date between February 1 and March 31, and you'll receive a special "Talk up Toastmasters" ribbon to display on your club's banner. Qualifying clubs can also earn a special discount code for 10-percent off their next club order. (The discount code expires six months from the date of issue and is not valid with any other offer.)

Applications and payments for members with a join date between February 1 and March 31 must be received at World Headquarters or online no later than March 31. The addition of transfer and charter members does not count for credit toward "Talk Up Toastmasters" credit.

The winning clubs will be revealed online within a few weeks of the submission deadline. Winning clubs should allow up to 10 business days to receive their award if they are located in the United States, and up to 21 business days if they are outside of the United States.

Beat the Clock

Program Dates: May 1 – June 30

Toastmasters are taught to run meetings on time, finish speeches on time and reach membership goals on time. In that spirit, "Beat the Clock" is a great motivator for finishing the year on schedule—on time and with record numbers! Make it your club's goal to earn the "Beat the Clock" award and encourage every member to take part. Clubs adding five new, dual or reinstated members with a join date between May 1 and June 30 receive a "Beat the Clock" ribbon to display on the club's banner. Qualifying clubs also earn a special discount code for 10-percent off their next club order. (The discount code expires six months from the date of issue and is not valid with any other offer.)

Applications and payments for members with a join date between May 1 and June 30 must be received at World Headquarters or online no later than June 30. The addition of transfer and charter members does not count toward "Beat the Clock" credit.

The winning clubs will be revealed online within a few weeks of the submission deadline. Winning clubs should allow up to 10 business days to receive their award if they are located in the United States, and up to 21 business days if they are outside of the United States.



We're in the home stretch!

Fellow Toastmasters, we are now at the middle of June. June 30 is our deadline for accomplishing our goals for this Toastmasters year. That leaves us a few more weeks to wrap everything up.

But you may have some doubts about that. You may be wondering: "But Anne, it's already the end of the year. What is there to wrap up? You say that **Every Member Matters**, but how? What can we do in these last couple of weeks that will matter???" There are still plenty of things that you and your fellow members can do that will make a difference both in this year and the new Toastmasters year that starts on July 1.

Now is the time, if you haven't done it already, to hold your **officer elections** and submit your updated **officer list to TI**. If your officer list gets to TI before July 1, your club will receive credit for DCP Goal #10 for the 2015-2016 Toastmasters year.

It's also not too early to think about officer training. More information about the **First Annual Sandy Scharf Summer TLI** is presented in this issue. This event will give you great information with which to start the next year, and will also give you an opportunity to honor a beloved Toastmaster.

Did you or your club win any awards this year? Register for the **Gratitude and Greetings** event scheduled for July 25. Club and member awards will be distributed at this event. You'll also get to enjoy good food, great networking, and will hear some words of inspiration from our outgoing and incoming District officers. There's also some rumor going around that this event will also include a roast of a certain soon-to-be Past District Governor...

And this year isn't quite over yet. You still have time to add those last few members to earn the **Beat the Clock** award – along with some extra District money. You also still have some time to finish that last educational award. If you can't get on your club's agenda, ask your officers to plan a **Speakout** to give you and other members of your club one last chance to complete a speech.

This is also a good time to challenge yourself. Our **advanced clubs** – Northern Stars, Smedley's Speakers Advanced, ACES, SpeakAbility, Brunswick Advanced, and the fledgling Talk of Monmouth club in Tinton Falls – are always looking for more members. Check out those clubs and set yourself a new goal. Dual is Cool!

It's not too late to finish the year strong and set yourself and your club up for continued success. **Every Member Matters!**

Anne Gilson, DTM
District Governor

District 83 • Distinguished Toastmasters • July 2014-June 2015

7/25/14	Frances C. Okeson	No Limits Toastmasters
7/30/14	Sheldene Millington	Brunswick Advanced
8/7/14	Arthur S. Goldstein	Park Avenue
8/13/14	Karen R. Rittweger	Wayne Toastmasters
8/14/14	Ashley Jeanette Wilson	Speak and Lead Toastmasters Club
10/1/14	Cyndi D. Wilson	Impact 21 Toastmasters Club
10/22/14	Ravi Badge	Somerville Toastmasters
12/9/14	Ainsley A. Reynolds	Dialogue Party Toastmasters Club
12/14/14	Aileen M. Walter	Essex Toastmasters
1/9/15	Daniel M. Karlan	Ridgewood Toastmasters Club
1/27/15	Susan Brooks	Dialogue Party Toastmasters Club
2/9/15	Teresa A. Palmer	SpeakAbility
2/13/15	Rachel Ann Weiss	Speak-UPS Toastmasters
3/4/15	Olga Berejnaia	Merck Achievers Toastmasters Club
5/1/15	Janice L. Buffalow	Tower And Bridge Toastmasters Club
5/15/15	Stuart Kramer	Open Door Club

Distinguished Toastmasters list as of June 3, 2015

Business Leaders Toastmasters Club Celebrates 15th Anniversary

By Fran Okeson, DTM 17, PDG (46)

The Business Leaders Toastmasters club #1033 in Area 13 (Staten Island) was chartered in 2000 by me and Eric Skau and mentored by Dorothy Colt, ACB and Joanne Mathieson. A Certificate of Achievement from Toastmasters International was presented to President Lisa Altamore, ACB by Mary J. Bacheller, ACG, CL in whose home the club meets. Of the 39 new clubs I have helped charter in my 26 years in Toastmasters, this club took the longest to charter (three and a half years) unlike the Smedley's Speakers Advanced club that had 22 members in 26 hours!

Let me explain how it all came about. My friend, Julie Porowski, DTM asked me to charter a club for her fellow realtors and we held a demo meeting and used an acronym for the name of the business. The club would be called PAT for (Prudential Appleseed Agency). That didn't work out, so later Julie asked me to try again. I did and we decided to call the club, F.I.R.E. for Financial, Insurance and Real Estate. I can't tell you how many calls I received from people wanting to join the club since they thought it was for members of the New York City Fire Department! That also didn't pan out so we tried again the following year. We wanted this club to cater to people in the business field so we met and started over again. I was getting frustrated, so I asked everyone if they used money on a daily basis and they all said they did. So I said, "then we'll start this club for anyone who uses money," and I decided to become a member. By the time we held our Charter Party, our president completed his CTM (Competent Toastmaster Award.) We have educational meetings and fun meetings. We all have things to share. Our hostess, Mary, was a teacher in the New York Public School system and she offers suggestions about grammatical issues. She is an American

Of the 39 new clubs I have helped charter in my 26 years in Toastmasters, this club took the longest to charter – three and a half years!

Sign Language interpreter who is the pastor of the only church on Staten Island that has services in ASL – with an interpreter for the "hearing congregants."

Business Leaders meets in a private home and has 11 members with three more "thinking about it." We have achieved eight goals so far and have two months to reach the magic number of 20 members to be a Distinguished Club by June 30. If you'd like to attend a meeting and possibly join our club, please contact me.

Another perk of becoming a member of this club is that you can make manual speeches on my No Limits Toastmasters club's CTV show, "Toastmasters in the Community" and monitor



Dee Alimi, a Toastmaster from the Brighton-Hove Toastmasters club in England, attended our 15th anniversary meeting.



Guest Sally Rossano gave her Ice Breaker speech and will be joining the club soon.

your progress on DVDs. Seven of our members have done this and two of the members are members of the show's crew. We tape two Toastmasters meetings on the first Saturday of each month which air ten times a month on Staten Island. We give speeches on many different subjects, some informative, some funny, some health related, and a few business related.

At the club's party on April 20, we welcomed Dee Alimi, a Toastmaster from the Brighton-Hove Toastmasters club in England and he was invited to appear on our CTV shows before he went home. When I heard that he would be coming back to Staten Island in September, I asked him to join our North Shore Toastmasters club which needs members. He can now tell his fellow members that he's the member in their club who is a member in clubs in two countries! It's like having a "Pen Pal" across the pond.



Mary J. Bacheller, ACG, CL, presented a Certificate of Achievement from Toastmasters International to President Lisa Altamore, ACB.

Fran Okeson, DTM 17, PDG (46), is the Area 13 Governor and the District 83 High Performance Leadership Advisor.

Why Assistants?

By Anne Gilson, DTM and Lynda Starr, ACG, ALB

You've just been elected area or division director — What are you going to do now? While you may want to answer, "I'm going to Disney World," the real answer is it's time to take stock of what you need to accomplish and how you are going to do it. A good place to start is by having a discussion with the person who held the area governor role the year before. This person can offer guidance on the clubs, how to set up visits to corporate clubs or tips for running a contest or training session. While your division director is here to help area directors with these issues as well and division directors have support, you may need or want an assistant AD/DivD because...

- You want to help to give some hands-on experience to someone who may be interested in an AD role in the future. This person may or may not be a member of the director's home club.
- You are planning a long vacation, or expect to have to travel for work, or think you will otherwise be out of commission for part of the year. An assistant AD could serve as your backup for area information, events and activities.
- You want to visit your clubs multiple times, but your schedule will not permit this. An assistant AD can serve as another support person for that club, and could reinforce any recommendations you may have for the club.
- You may want someone to help with administrative tasks within the area or division – for example, preparing meeting minutes, reviewing officer training data for the area/division or planning contests.
- You don't work in your area and find it difficult to plan area visits to corporate clubs that meet during the day.

- You are in a corporate club and don't believe you can provide appropriate support to community clubs in your area – or vice versa.
- Your area includes a club that meets on a weekend, but you cannot attend that club's meetings for religious, personal or work reasons. An assistant could make these visits for you.

What does your assistant gain from this experience?

- The opportunity to gain an idea of what an AD/DivD role entails, for future reference and to experience on-the-job training in the role.
- An opportunity to gain credit for a High Performance Leadership (HPL) project
- A chance to get to know and network with other Toastmasters in the area

Assistants can attend area/division director training to learn more about the role.

Being an assistant area or division director offers the chance to glimpse what the role requires, to make life easier for the area or division director and to increase one's involvement in Toastmasters beyond the club. While the assistants do not receive AL Silver credit for serving in a district officer role, they do benefit from the experience and because not "officially" a district officer, assistant ADs/DivDs ARE allowed to compete in contests; district officers are not. Assistant ADs/DivDs are, however, considered members of the Area/Division Councils. Assistants can be selected by the incoming AD/DivD. These selections must be confirmed by the incoming district director. The assistant will receive a district officer badge.

***"It doesn't matter how many times you have failed,
you only have to be right once."***

– Mark Cuban

We have all failed numerous times whether we didn't lose the weight we wanted, we hit the cone while parallel parking or we froze during a presentation. After such a failure, it is easy to become discouraged and to tell ourselves such things as, "I'm useless, I'm dumb or I never do anything right," but as another saying goes, "it's important to get back on the horse." There are going to be challenges along the Toastmasters way from trembling hands and lack of intonation during an Icebreaker speech to going over time in the International Speech contest or not being elected to a coveted district officer role. Toastmasters is, in part, a learning laboratory, providing a safe haven in which to make mistakes. Please do not let failures stand in the way of improving. The next experience may be the one where you are right.

Compassion Fatigue – Yes! It CAN Happen to You

By Sherri Rase, ACB, ALB

Tell the truth. You are like nearly every one of your American neighbors. We only average about 5 hours of sleep per night when adults should be getting between 6.5 and 8. We don't eat properly, compounding the agita. Americans work more and enjoy it less than our worldly counterparts and what do we get for our trouble? Secondary traumatic stress (STS) or Compassion Fatigue.

We have all seen the Facebook memes about having to care more to care less, or how your emergency is not my emergency. Yet we cannot deny we are all connected. Compassion funds aid to Nepal, brings food to food pantries and digs dimes and folding money out of our pockets for a myriad of good causes. But what happens when you have cared so much about what's happening with others and wake up to find you literally no longer care at all?

Compassion fatigue as a term was first used in the early 1980s describing the "homeless problem," according to Wikipedia. This was during a time when homelessness was thought to be a temporary challenge. The phrase surfaced again in the '90s when the plight of nurses who were continually working with people dealing with emotional pain began to see the toll it was taking on them as well. Now that you know what it is, how do you know whether you've got compassion fatigue?

People without support systems, who have highly stressful jobs or who are continually dealing with crises are prone to suffering compassion fatigue. Are you continually working to support others, or do you work where there is a culture that does not support talking out difficult or stressful events that

People without support systems, who have highly stressful jobs or who are continually dealing with crises are prone to suffering compassion fatigue.

occur? If you are continually the go-to person to solve every problem, whether it's for your office, your house of worship, your Toastmasters club – you need to know it's possible to break the loop. This prevents burning bridges behind or in front of you, and prevents you from burning out.

Better self-care and learning how to say "no" where you can are two good ways to begin combatting compassion fatigue. Focus on nutrition – when we're stressed and time challenged, it is more difficult to make good choices.

Planning ahead when you know what the week will bring will give you peace of mind and prevent you from becoming blood-sugar frantic when you finally hit the wall after not eating. Take a page from families with small children – eat healthy meals and include healthy snacks for in between. Smaller meals and healthy snacks keep your metabolism and blood sugar balanced and keep you at your peak.

Watching TV or doing email (or other computer work) before bedtime activates a portion of your brain that delays or prevents sleep. Get whatever you need to get done an hour or so prior to bedtime. Give yourself solid sleep and reap the benefits of better brain function.

Finally, be sure to diversify your social portfolio as you would your financial one. Your social support should not be drawn from a single place. Family, friends and colleagues all have their place and pets do too. Better self-care and nutrition keep you at your peak to be your best mentally, physically and for your community. There is no one who is worth the effort more than you. Enjoy the balance that freedom from compassion fatigue brings.

The Event of the Summer: Gratitude and Greetings

By Lynda Starr, ACG, ALB

Do you remember those movies about the French Revolution with the newsboys yelling out, "The King is dead; long live the King?" This seemingly contradictory statement can be paraphrased as "when is the end not the end — when it's a new beginning." The concept is one of continuity, the first king died and we hope for long life for the successor. While the Toastmasters transition from one district governor to another, or in this case, from one district governor to a new district director is not quite as harsh, we do celebrate the accomplishments of the outgoing and look ahead to the coming year.

This year, our Hail and Farewell has been renamed Gratitude and Greetings to reflect the appreciation given to outgoing officers and club and individual successes and the welcoming and installation of new 2015-2016 officers. Like the Hail and Farewell, the new summer gathering will be the place to thank the past district, division, area and club officers and committee

chairs and for their service and present them with awards, Toastmasters gift certificates and the like. Anne Gilson, DTM, will deliver the State of the District address and update the crowd on 2014-2015 achievements. The new district director will kick off the year and provide us with the vision for the upcoming year.

The luncheon event will take place on Saturday, July 25, 2015 at 11:30am to 3:00pm at the Crowne Plaza Edison, 2055 Lincoln Highway, Edison NJ, 08817. Admission is \$40 per person (if paid by July 20, 2015), \$50 per person at the door.

One of the highlights of the day is the chance to roast our outgoing district governor, Anne Gilson. This is a great chance for you to make a lighthearted tribute to Anne.

If you're interested, please reach out to Olga Berejnaia: OlgaBDTM@gmail.com. The registration form can be found at [on the following page](#).

DISTRICT 83 YEAR-END CELEBRATION

Join your Fellow Toastmasters! • Celebrate our success!
Gratitude and Greetings!
2014-2015

- **Enjoy** a delicious **lunch**
- **Roast** our outgoing District Governor – **Anne Gilson**
- **Presentation** of Individual, Club, Area, and Division **Awards**
- **Say thank you** to our exiting District 83 **Officers**
- **Welcome** and Install new **Officers**

Saturday, July 25, 2015
11:30am to 3:00pm

Crowne Plaza Edison
2055 Lincoln Highway, Edison NJ, 08817

\$40 per person (if paid by July 20, 2015)
\$50 per person at the door



WHERE LEADERS ARE MADE
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Registration Form

Name: _____

Phone No.: _____ Email: _____

Club you belong to: _____

Cash: _____ Check No.: _____ Amount: _____

Reservations by July 20, 2015 to:

Olga Berejnaia, OlgaBDTM@gmail.com

Payments can be made online: www.toastmasters83.org or mailed: 6 Fawn Lane, Warren, NJ 07059



Toastmaster Eileen Daly, CC, CL, welcomes the audience to "An Evening of Inspiration."



Chief Dan Daly presents "Find Your Voice" while discussing the importance of service to others.



Julie Hafeez persuades the audience to consider international adoption with her presentation "A Gift From Ulan Bator."

An Evening of Inspiration

By Eileen Daly, CC, CL

On May 7, 2015 the Freehold Phrasers hosted an "Evening of Inspiration" at the Red Oak Diner in Hazlet, NJ.

The idea for the event came about last January when Anne Breen, the president of the Freehold Phrasers and Eileen Daly, the sergeant at arms came up with the idea. They decided to have a special meeting and invite all of the nearby Toastmasters clubs. Eileen's brother, Chief Dan Daly, who is a long-time Toastmaster and has spoken to audiences around the world would be the keynote speaker along with three inspirational speeches from the Freehold Phrasers and the Red Bank Toastmasters clubs.

The evening was inspirational and entertaining. Eileen Daly was the Toastmaster. The three speakers were Julie Hafeez from Freehold Phrasers, Theresa Striedl from Red Bank Toastmasters, and Rebecca Marzec, ACB, ALB, Area 41 governor, Red Bank Toastmasters. Julie Hafeez presented her

CC #9 (Persuade with Power) speech entitled "A Gift From Ulan Bator." Theresa Striedl gave CC Speech #10 "Be In This World, Not Of This World." Rebecca Marzec spoke from the Advanced Communication Storytelling manual, Let's Get Personal on "Boats, Fish and Rock and Roll." All the speeches were inspiring. Rebecca Marzec won a ribbon for Best Speaker. Chief Daly inspired us with his speech "Find Your Voice."

There were 31 Toastmasters and guests who dined on delicious hors d'oeuvres and beverages prior to the speeches. The fellowship was warm and friendly. Everyone there agreed to have another night like this one again. I am so happy to be a member of such a positive club with warm and motivating people.

Eileen Daly, CC, CL serves as the sergeant at arms at Freehold Phrasers.



Rebecca Marzec, ACB, ALB, entertains the audience with her award-winning speech, "Boats, Fish and Rock and Roll."



Theresa Striedl moves the audience with her inspirational speech, "Be In This World, Not Of This World" and completes her Competent Communicator designation.



Freehold Phrasers president Anne Breen.

Photography by Charles Mezzadri.

New Heights Toastmasters Club Celebrates Fifth Anniversary

By Polina Opelbaum, CC

On Tuesday, May 12, New Heights Toastmasters Club in Jersey City celebrated its fifth anniversary. The celebration was kicked off with a welcome address from the president of New Heights Toastmasters Club, Umesh Gunjati, CC. He welcomed everyone to the fun-filled event full of Toastmasters members and guests, as well as delicious foods. Viloshanakumaran Veeramani followed Gunjati with a thought-provoking inspirational message, which then led to a joke presented by Patricia Price. However, no Toastmasters celebration would be complete without a Word of the Day, "Tenacious." This word was one that perfectly defined every Toastmasters member and guest sitting in the room, which was why it was so easily incorporated into many of the speeches that were later given.

Prior to introducing the celebration's keynote speakers, club founder Darnelle Richardson, DTM told the story of New Heights Toastmasters Club. She explained the club's five-year journey, and the huge role Tony Figueroa, DTM played in the founding of the club. Figueroa aka The Godfather is not only the club's sponsor, but is also the past Region Advisor and District Governor. Therefore, the celebration could not be complete without a keynote speech from Figueroa. His speech was an infusion of humor and inspiration. He told two stories that captured the attention of the audience. One story was about a woman whose whisper was barely audible when she presented. Yet, she continued to get in front and present until one day she was delivering great speeches. Figueroa's second story was about a man who attended Toastmasters for six years, and during those six years he would sit in the back of each meeting and not participate in the meeting's activities. One day, he volunteered to be timer, but he didn't realize that the timer would need to go in front and present. This was enough to motivate him to continue speaking at meetings and even competing in speech contests!

Every Toastmaster has an inspirational story as to why they made the commitment to improve their public speaking and leadership skills, and the two Toastmasters' stories told by Figueroa are no different. Figueroa emphasized the incredible



impact that becoming a Toastmaster can have on your life, and how it can truly change your life. In addition, he explained how taking on a leadership role, such as District Governor will provide you with an abundance of speaking opportunities. Taking on a leadership role increases your confidence as both a leader and speaker by giving you the chance to talk to large audiences during various events. By the end of Figueroa's speech, you couldn't help but feel a little more honored and grateful for being a part of an organization like Toastmasters.

The celebration continued with an entertaining round of Table Topics led by Mark LaVergne, DTM, PID. The various guests attending the celebration were asked to respond to questions pertaining to key dates for New Heights Toastmasters Club, such as when the club was chartered. Table Topics was followed by an enjoyable meal full of tasty foods and drinks. Prior to closing out the celebration, everyone in the room raised their glasses to New Heights Toastmasters Club and toasted to its success. Cheers to another five wonderful years!

Photography by Polina Opelbaum, CC



Contest Courtesy

By Fran Okeson DTM 17, PDG (46)

Over the years, I have been an observer, member of the judging panel, contest chair and contestant in many contests on every level from club, area, division, district and regional. As a past District 46 Governor, I have seen many things that made me cringe and have been asked to give my opinion about infractions to the standing contest rules as set forth by Toastmasters International. If I'm not certain about a particular question, I go to a "higher power." As "they" say, two heads are better than one!

I thought it might help everyone during contest season if I gave some guidelines for contests. I'm calling this article, "Contest Courtesy" because that's what it boils down to be – a case of courtesy with a capital "C".

• As a Contest Chair:

Do you plan your contest well in advance of the event? Do you consider the difficulty some people will have in getting to your contest? How is the parking? Will you make directional signs for your judging panel and guests so they can find the room you'll be using? Have you checked out the room and all the amenities your venue is offering? Have you checked out the audio system and have a prop table nearby for contestants to use, if necessary? Are there enough tables and chairs? Places to hang coats? Will you make enough agendas for everyone? What refreshments will you have? Does your stopwatch work? The list goes on...

• As a member of the Judging Panel:

Plan to arrive early so you can sign in and take a seat. Remember, the contestants aren't supposed to know beforehand who the judges will be, so don't advertise it at your club meeting. Bring your own pen and paper to make notes. (When I run contests, I send all the participants the judging forms and ask them to review the rules before the contest. I do this because there is no rule against it and I figure that a contestant in a contest may have been a judge in a prior contest and might have an unfair advantage over a first time contestant.) Remember, judges may not sit next to another judge or a contestant.

• As a Contestant:

Have you checked the date, place and time of the next level of your contest? Are you sure that you can attend on that day? If not, your alternate (the second place winner) will be asked to take your place. If your contest speech has not already been evaluated at a club meeting, ask someone to evaluate it now. Fill out your forms clearly and neatly. Make sure your phone number and email address is legible. It's frustrating for a contest chair to try to decipher a contestant's handwriting so he/she can send your paperwork on to the next-level contest chair. If you plan to bring guests to the contest, check with the contest chair to see if there will be room for guests. Ask if you can bring something for the refreshments table. If you want photographs taken, do not have them taken during the



L to R: Mark Brown 1995 (District 46), Darren LaCroix 2001, Fran Okeson, Ed Tate 2000, Lance Miller 2005.

Photo courtesy of Fran Okeson.

contest – the flash might distract the next speaker who might be mentally rehearsing his/her speech. It might also distract a judge who might miss something very important that could shave a point or two off your final score. Photos can always be taken after the contest is over. Another important thing to remember is your appearance. Yes, the judges will also be checking that! Do remember that the winner is chosen not only by the speech, but by the way you present the speech. Are you speaking too loudly for the size of the room? Are you speaking too quickly so that listeners can't follow what you're saying? Are you wearing distracting jewelry? Are you jiggling coins in your pocket? Will your cell phone go off at a critical moment? I have seen all of these things happen during contests. If you talk about someone from your club that elicits many laughs, you will probably not get those same laughs at contests where your audience doesn't know your friend.

One final thing to remember: listen to the reading of the contest rules and procedures and don't be afraid to ask the contest chair to repeat something that you didn't understand. **Let's face it, the prize at the end of the International Speech Contest road is the title of "World Champion of Public Speaking."**

Welcome Aboard

By Lynda Starr, ACG, ALB

Your club just had an Open House or even just a successful club meeting and the good news is you now have one or several new members. How do you make the new Toastmasters' experiences the best they can be?

The first thing to do is to vote the person in. Paul Scharf, DTM 5 likes to say, "If you don't vote them in, you can't vote them out if the need arises." The voting is a simple process. Ask any guests to leave the room along with anyone on whom the club is voting. Take a call for the vote, "All those in favor of admitting X to our club, say aye." The sergeant-at-arms then invites everyone back into the room and the new member is welcomed by cheering, clapping, etc.

At the next meeting, or monthly, however you choose: conduct an induction ceremony. This information can be found in the [Club Leadership Handbook](#).

NEW MEMBER INDUCTION

Inducting officer: "Membership in Toastmasters is a privilege. And the only way to gain the benefits of our program is to actively participate. Do you, (names), promise to be active members of this club, to attend meetings regularly, and prepare fully for your duties? Do you also promise to fulfill the other points in the Toastmaster's Promise?"

(You can list additional points if you wish.)

(Members reply, "Yes.")

Then turn to the club and ask: "Do you, the members of X Toastmasters club, promise to support (names) as they work the Toastmasters program?"

(The club members say, "Yes.")

"It is my pleasure to declare you installed as members of X Toastmasters club."

(If your club presents a Toastmasters pin to members, do it at this time.)

Either individually or as a group, it is beneficial to conduct a new member orientation in which the goals and structure of Toastmasters, Communication and Leadership tracks and



manuals are explained along with meeting roles and how to sign up for them, expectations and any policies specific to the club such as how often a person can speak, how many roles one needs to take before being a speaker or evaluator. The officer roles can also be covered. It is beneficial to provide an overview of the contests, training, conferences and any other district events.

The Icebreaker speech can be explained and a [PDF](#) version is available on the Toastmasters website. By setting the new member on the path to working on the Icebreaker, it creates momentum that would otherwise be stalled waiting for the manuals to arrive in the mail.

Every new member should be assigned a mentor. The mentor can receive CL or ACG credit and acts as a resource for the new member. Moreover, the mentor/mentee relationship builds confidence in both members and can often be the basis for a beautiful friendship. If you have a new club and members do not feel comfortable mentoring, feel free to reach out to a neighboring club; your area governor may be able to facilitate this.

The goal for both new members and existing ones is to keep them motivated and engaged and by onboarding the new members as described above, starts members off on the right foot.

Stock photos courtesy of Toastmasters International.



Shore Speakers Toastmasters Celebrates 15th Anniversary

By John Connors, ACS, ALB

Shore Speakers celebrated its fifteenth anniversary with a grand celebration on April 28. Fourteen current members, two past members and seven guests were in attendance. Among the guests were Area 41 governor Rebecca Marzec, ACS, ALB, and guest Raquel Cartegena who joined Shore Speakers that night.

SAA Donna Szackets, who surely holds a Toastmasters record for consecutive meetings called to order on time, called the meeting to order promptly at 6:30 pm! The first order of business was cutting the beautifully decorated birthday cake that depicted a shoreline and trees. While enjoying refreshments, club members and guests engaged in lively conversations. What else would you expect at a Toastmasters event?

Toastmaster Shira Kirsh read a congratulatory note from district governor Anne Gilson, DTM, and then introduced Area 41 governor, Rebecca Marzec, who extended congratulations to the club.

As an invocation, John Connors delivered a toast, "Here's to Shore Speakers" in which he recalled the efforts of charter member, Rich Jarosz, in forming the club and other memorable moments including a nine and one-half minute Icebreaker speech and the Roman Senate inspired theme meeting led by a toga-clad member. The contributions of the founding and steadfast members were also praised. Connors concluded with "Here's to you Shore Speakers, may we build on our past accomplishments, continue to learn to listen, think and speak and help others to do the same."

Toastmaster Kirsh introduced the two speakers for the evening, Carol Krakower who delivered a wonderfully absorbing speech about "The Spy House" and Troy Hayes who spoke about Pi and other mathematical concepts.

In her Spy House speech, Krakower related some of the myths and legends surrounding Port Monmouth's Seabrook-Wilson House. She spoke of the ghosts that inhabit the historic site particularly at times when the moon is full. Krakower concluded by reminding us that there will be a full moon on May 4.

Troy Hayes described the many instances in nature where Pi and Fibonacci numbers come into play. Striking pictures artfully supported his presentation.



John Steinhilber, ATM-S, CL, led a Jersey Shore-themed Table Topics. The format was a rolling story beginning with lost keys in a car, swimming and shivering in the November cold, then sweating in the summer heat, then, Aw, you get the picture! There was neither rhyme nor reason to the story continuity, but much laughter along the way.

Speech evaluators were John Connors and Alan Lyster. In evaluating Carol Krakower's speech, Connors complimented Carol's captivating retelling of the legends, but reminded all that the Monmouth County Park System that now owns the site instructs docents that there never were any spies or ghosts at the site. Lyster complimented Troy Hayes' speech and jokingly commenting that he himself, a financial advisor, was just trying to come to grips with the rule of 72!

At the conclusion of the meeting, Perry Weyser, a retired member, added to the story of Rich Jarosz's contribution to the founding of Shore Speakers. Weyser pointed out that Rich had indeed viewed a tape of himself on a local TV show and was appalled to find that he had uttered 179 "ahs" and the like in the half-hour TV show. But, Perry continued, after Toastmasters participation, Jarosz was again on another half hour show and used but three "ahs." A tribute to

Toastmasters training!

Shore Speakers is not an insular club. Its members support Toastmasters efforts beyond the club level. During its first 15 years, three members have served as area governor, one has served as district governor and one has earned the DTM designation. Many members have served as judges at the district level; others have presented conference workshops and in other ways supported Toastmasters undertakings.

Toastmasters has recognized the accomplishments of Shore Speakers that achieved Presidents Distinguished in 2000, the club's first year and has achieved at least Distinguished status in each of the last four years. The members of Shore Speakers hope to prosper in the future by attracting new members, retaining old members and encouraging all to listen, think and speak!

Photography by Vicki Kohanek

Sometimes, Memories are All That's Left

By Fran Okeson, DTM 17, PDG (46)

Memories are as important to life as breathing! Did you ever sit back and remember something that made your breath quicken? Did your breathing rate accelerate? Was it a good memory or bad? Did you remember it with fondness or wish it would go away?

I joined my first Toastmasters club (Corner House Toastmasters, club 5757/D46) in October 1988. My Women's Club of Tottenville invited Helen Hayes to our annual Testimonial Dinner at the Beachcomber Restaurant on Staten Island — not for her superb acting abilities, but for her community service that she quietly performed behind the scenes. Our club was founded in 1985 for that same purpose, serving the community. I saw an article in the *Staten Island Advance* about Sister Alma Wedge and Toastmasters and I asked my friend, Julie Porowski, DTM to come to the meeting with me so I'd be prepared when we feted Miss Hayes. As fate would have it, Miss Hayes became ill and couldn't attend, but that first Toastmasters meeting had me hooked! I could write a short story about Sister Alma and one day, I might just do that.

If you are like most people, you grew up knowing your grandparents, aunts, uncles, cousins, etc. As an adoptee, I was always searching. For what, I wasn't sure. For me, when I found Toastmasters, I found a family. Did I like all my "siblings?" If you're a part of my inner circle, you know the answer to that question.

I'm going to introduce you all to your Toastmasters ancestors and tell you some tales that will warm your heart and make you realize why I love this organization the way I do.

It all began, as the story goes, with one man who had an idea. His name was Ralph C. Smedley and his idea became a reality in October 1924. Many people get ideas, but they don't know what to do with them. That's sad and that's where teamwork comes into play. Many people join a Toastmasters club so they can put that fact on their resumes to try to make potential employers think they are professional public speakers. That's partly true, but it's not the whole story. There are books written

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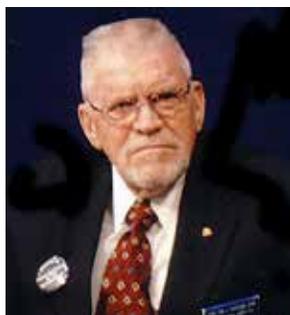


District 46 Governors and District 83 Governor Paul Scharf, DTM, appear on *Toastmasters in the Community* cable TV show in Staten Island.

Top Row: Elaine Rogers, DTM; Radhi Spear, DTM; Paul Scharf, DTM, first District 83 Governor.

Middle Row: Pamela Keyzer Judd, DTM; Fran Okeson, DTM; Nick LoBue, DTM; Brad Shilling, DTM; Bibi Haddad, DTM.

Bottom Row: Jim Friend, DTM; Margaret Flory, DTM, PID; Lee Abramson, DTM; Deanna Brown, DTM; Gregory Batson, DTM; Emmogene James, DTM.



Grafton Dickson

about Dr. Smedley and why he and his friends started the first club so many years ago. I'm going to take you on a trip back in time to the very start of District 46 which encompassed Metropolitan New York and New Jersey. The first eleven PDGs were unknown to me so I'll just list them so you'll know the names of your Toastmasters ancestors:

- Dr. Walter R. Campbell (1955-1956)
- Robert A. Gibney, PID (1956-1957)

G. Henry Leslie (1957-1958)

Thomas R. McDonald, PID (1958-1959)

Karl M. Shaw (1959-1960)

Commander William Gerber (1960-1961)

William J. Costello, DTM (1961-1962)

Cleve L. Campbell, PID (1962-1963)

Peter F. Sarthou (1963-1964)

James G. Kalley, DTM, PID (1964-1965)

Meyer Bronstein Esq. (1965-1966)

Grafton H. Dickson, DTM, PID (1966-1967)

William I. Van Gelder (1967-1968)

Joseph W. Hickbottom (1968-1969)

William J. Winters, DTM (1969-1970)

Major Joseph Boland, DTM (1970-1971)

Robert Lommel, DTM (1971-1972)

Clarence L. "Robby" Roberts, DTM, PID (1972-1973)

Lavern Lee, DTM (1973-1974)

Leroy Schellhardt, DTM (1974-1975)

Rudy Steifel, DTM (1975-1976)

Frank Tully, DTM (1976-1977)

Frank Banks, DTM (1977-1978)

Elias Ezra, DTM (1978-1979)

Morris M. Meislik, DTM (1979-1980)

Carol E. Isselian, DTM (1980-1981)

James Friend, DTM (1981-1982), a Toastmaster so well loved that his club, Brooklynites, renamed the club, the "Jim Friend Toastmasters" club after he died.

Joseph L. Bowen, DTM (1982-1983)

Margaret Flory, DTM, PID (1983-1984) Theme: "Teamwork", a woman so revered by her fellow Toastmasters, she's as much needed now as she was more than 30 years ago.

Sr. Alma M. Wedge, DTM (1984-1985), a fellow adoptee who understood me better than most people and knew how to "push my buttons" better than the best.



Sister Alma Wedge

I once began a speech and when my original evaluator came into the room, I stopped speaking even though another evaluator offered to evaluate my speech. Alma said that I went over time. I said it was my Ice Breaker and I knew that I didn't go over time! As only a person who knows the reputation of the good Sisters of Charity can tell you, she dressed me down for stopping my speech. That's when I learned to NEVER stop speaking when you're "on the clock." Our Richmond County club celebrated Alma's eighty-fourth birthday and many of her Staten Island friends attended to show their affection for her. That was the night in 1996 when she presented me with her Distinguished District plaque telling me to put it on my wall next to mine when I became District Governor one day. Her plaque is still there. She passed away shortly after her 100th birthday.

Lee Abramson DTM (1985-1986) Theme: "Growth Through Synergism" When I was the DG, a friend and I attended one of Lee's club's meetings. I explained to Don Abramson, DTM, the Table Topics chair that I didn't want to respond to a Table Topics question and sound foolish. I saw my friend giving him the eye and I knew that she wanted him to call on me. Just when I thought that part of the meeting was over, I was called to the front of the room. I glared at my friend because I realized that she had set me up. Finally, Lee got up, took my arm and hunched over saying, "Don't worry, Fran, Igor will go up there with you!" He's been one of my heroes ever since.

Dr. Hadassa Legatt, DTM (1986-1987)

Deanna Brown, DTM (1987-1988) Theme: "Pride in Achievement" Deanna has run a Bed & Breakfast in Cape May, New Jersey as long as I've known her.

Neal Gerhard, DTM (1988-1989) Theme: "Keeping Pace With Success" At a District Conference, I encouraged someone to join a club, but I wasn't carrying a new member application. At the next table, Neal heard that and handed me a blank application and I was able to do business. I always carry applications now!

Maria Wojcicki, DTM (1989-1990) I met Maria early in my Toastmasters career and she told me, "Don't speak for free! Whenever you give a speech, hand someone your manual for an evaluation."

Greg Batson, DTM (1990-1991) At my first District Conference in 1990, I did what other first timers did...went around asking more senior Toastmasters to sign my form if they fit into one of the categories. I got so many signatures that I needed extra paper. When my name was called to go up to the stage, I was so nervous that I bumped into the podium and knocked the gavel onto the floor.

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I bent over to pick it up at the same time Greg did and we each almost collided several times until he finally stepped back and let me get it. He gave the best "teddy bear" hugs!! I used to tell women to say, "Fran told me to ask you for a 'teddy bear' hug." When I was the District PRO, I said that to a woman I had never seen before. She got her hug and Greg brought her over to my display and said, "Fran, let me introduce you to my fiance, Linda." In all my years as a Toastmaster, Greg was the only speech contestant to whom I ever gave a score of 100%.

Richard Maemone, DTM (1991-1992)

Theme: "Right Things Right" I have a funny, but true story concerning something that happened at a District Conference that I can't discuss in this article. If I did, Dan Rex would take away my Toastmasters membership card!! Talk about putting a foot in your mouth! WOW!

Laurie Jones, DTM (1992-1993)

Mark LaVergne, DTM, PID (1993-1994) Theme: "Give It All You've Got" It's hard to choose what tales to tell about Mark. I chartered our North Shore club during Mark's year. When I was preparing to mail in my paperwork for my fourth DTM award, Mark told me to do it after July 1st. It was quite a surprise when I received one of the first DTM plaques. My first three DTM awards were paper certificates.

Emmogene James, DTM (1994-1995) Theme: "It's Possible", one of the sweetest people I ever had the pleasure to meet in Toastmasters. If she couldn't say something nice about someone, she just wouldn't say anything at all and her message was loud and clear! We shared a room at events in other states and had a great time on a memorable Amtrak ride to a Regional Conference. We often traveled with Diane King who was my Hospitality Chair. Something happened to our train and we were stuck in a cornfield. Of course, no one would tell us what happened. So Diane called her daughter who worked for New Jersey Transit and we found out the cause for the delay. It really was an adventure!

George Sepsie, DTM (1995-1996) Theme: "Make It Great"

George was a great governor who taught me many things, but more than that, he is a wonderful human being. He worked for the Port Authority when 9/11 happened during my year and he had just bought his coffee and newspaper when a policeman told him to leave the building. At a subsequent convention, the Keynote Speaker mentioned 9/11 in her speech and George realized that I was having trouble hearing about it. Later, he gave me a gift he had brought for me (a piece of Lucite with the New York City skyline embedded inside) He is a dear friend who calls me every month or so just to say "hello." You don't find friendships like this in other organizations.

George Tully, DTM (1996-1997) Theme: "Working Together For Success" Area 13's Joan Maurizio calligraphied the District button for George. The button read, "Working Together 4 Success." This George also worked for the Port Authority during the attack. Everyone was asking, "Have you heard from George?" "Where is George?" Finally, we found that this George was safe. It took a while before Stan Stills at Toastmasters International called to tell me that George Sepsie was safe and

would be calling me. Every time he calls, I remember how he got to work when he did and not a few minutes earlier.

Jim Samuel, DTM (1997-1998) Theme: "Speak As One...Grow Together" We chartered our Smedley's Speakers Advanced club during Jim's year. I asked him to attend an event at our Richmond County club and when the VPE was setting up the next meeting, Ken Raftery, DTM said, "I can never get to make a speech?"

As I was driving Jim back to his car, he told me that I needed to charter an advanced club so people wouldn't have to wait so long to speak. I spent the weekend on the phone and had 22 members in 26 hours and Smedley's became the first advanced club on Staten Island. At the District Conference Jim presented me with a plaque that read, Fran Okeson "Toastmaster of the Century." I was so shocked that the next day, I called California and asked if the plaque was for real. I was told that if the DG ordered it, it was legal and then they congratulated me.

Pamela Keyzer Judd, DTM, PID (1998-1999)

Theme: "Dream It and Do It"

Amelia Abad, DTM (1999-2000)

Theme: "People Building People"

Rose Martino Gerhard, DTM (2000-2001)

Theme: "Believe It And Achieve It" If my memory serves me correctly, these three Past District 46 Governors ended their years of service in fourth place in the world and we were all proud to be declared "Presidents Distinguished Districts" three years in a row.



Fran Okeson shares a photo of Rose Martino Gerhard, DTM, on the Toastmasters in the Community TV show.

Fran Okeson, DTM (2001-2002) Theme: "Share the Light"

A District Theme is something an incoming governor thinks long and hard about since he or she will have to stand behind that theme for 12 months and guide the members to realize their individual reasons for joining a Toastmasters club in the first place. I was a timer at a division speech contest and PDG Jim Samuel came over and told me he had an idea for my theme. He suggested "Share the Light" because most people knew how much I loved lighthouses. I pretended to mull it over and told him I'd think about it. That was the moment my decision was made. I thought about how I felt at the top of the Montauk Point Light, calm, serene, at peace, hopeful, feeling

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that I could conquer the world. PDG Nick LoBue DTM was elected my Lt. Governor Education & Training and he served the district well. We had high hopes and then just two months into our year, time stopped around the world and everyone's eyes and focus was on Districts 46, 27 and 36.

The enemy had come to our shores! They had come and they had taken down the World Trade Center and the five Toastmasters clubs that held their meetings in those Towers. Our district lost 16 members and members of their immediate families. The memories are still in my mind and heart as we hoped for the safety of our fellow Toastmasters who were missing and the joy we felt when they were found. My area governor for the Towers, Bob Share, DTM, later received a "Presidential Citation" from Toastmasters International for the effort he put in trying to relocate his clubs and attending a memorial service in Canada for a new Toastmaster and his wife who didn't make it out of the building. We did not become a Distinguished District on my watch, but Nick brought the honor back the following year by coming in nineteenth in the world.

Nick LoBue, DTM (2002-2003)

Theme: "Dare to Soar" As I previously said, Nick was the right person to work with me during the turmoil of the preceding year. We learned a lot about ourselves and isn't that what the whole idea of the Toastmasters program is all about?

Brad Schilling, DTM (2003-2004)

Theme: "Travel the Road to Success"

Himendu Chaduri, DTM (2004-2005)

Theme: "Toastmasters: The Power to Change"

Tony Figueroa, DTM (2005-2006)

Theme: "Experience the Difference"

Tony, the "Godfather" of District 83, will always have a special place in my heart.

After 9/11, I couldn't face crossing the Outerbridge Crossing to take care of business on the New Jersey side of our district. I called World Headquarters and explained the situation. I asked if Tony could act for me in New Jersey and we got permission to do that until I could handle the task. We had new clubs chartering and Tony took care of all the paperwork for me. Tony had been elected as the first Division "F" Governor when I realigned the district and he has been a "go-to guy" to many people ever since.

Bibi Haddad, DTM (2006-2007) Theme: "Speak to Enlighten, Lead to Empower" I seem to remember that at a Toastmasters convention, Bibi told me to go and talk to Alfred Herzing because he had something to show me. What he showed me took my breath away - taped to the back of his Past International President's badge was a shiny New York quarter and he pointed to its date of issuance (2001)

Radhi Spear, DTM (2007-2008) Theme: "Together We Can" Radhi is the current Region Advisor for Region 9, District 83, who is also a member of a club in District 46. She is not the last District



At the International Convention in 1997 in New Orleans.

Left to right: Jim Samuel, DTM, PDG (46); Pamela Keyzer (Judd) DTM, PDG (46), PID; Amelia Abad, DTM, PDG (46) and International President Bob Barnhill, DTM.

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46 Governor, but she was the pivotal governor who guided the process of splitting District 46 into two smaller districts. I have a tiny part of Radhi's position in Toastmasters of which I am very proud. Quite a few years ago, at a division speech contest and didn't really know Radhi that well, she asked me for some advice. She said, "I'm completing my year as Division Governor, what do you think I should do next year?" I said, "You have three options. You can run for a second year. You can run for Lt. Governor Marketing. Or you can do nothing at all - just stay with your club." She thought for a moment and asked me if she could let me know her decision after the Christmas holidays. I told

her she didn't have to let me know at all, she should talk to her family and go from there.

After the holidays, she called and said she sat down with her family and they told her they would support her while she ran for LGM. The rest is history!

Elaine Rogers, DTM (2008-2009) Theme: "New Beginnings, New Opportunities to Excel" I had been encouraging Elaine to run for LGM for several years and she kept telling me to wait until she retired. Eventually, she called to tell me that she hadn't retired, but the time was right and again, the rest is history!

Paul J. Scharf, DTM (2008-2009) Theme: "Travel the Road to Success" What can I say about Paul? He's like part of my family. I met Paul many years ago, before he was a Toastmaster and we had a very bumpy start! I'll just say that over the years, we grew on each other. Paul is one of the most dependable people I know and he makes a person feel good just by being

Continued on page 20

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in his company. At a District Hail & Farewell event years ago, Paul and his wife, Sandy, sat at my table and he asked me if I thought he should run for LGM. I remembered our beginning, but realized he had grown since then, I told him that it was up to him. Then I started asking Sandy when she was going to join a club. She was still teaching, so she said, "no." Whenever I saw her, I asked her when she was going to join a club. Paul became a part of the crew of the No Limits Toastmasters club's CTV show, "Toastmasters in the Community" and one day he told me that Sandy decided to join his Brunswick club, but she wanted to sign her application on our show and do her Ice Breaker on the air. He wanted to put me down as her sponsor, but I wouldn't let him do that. Several months later, Paul said that Sandy wanted to do her #5 speech on the show so she could get her half CC ribbon. Then he called to say that Sandy had only two speeches left in the basic manual – could she have extra time for the #10 speech on the air. I said she could do #10 at the club meeting and do #9 on the show. The saga didn't end there. After a couple of years, Sandy planned to do her final speech for her AC Bronze on the show. I ordered a badge for her and I asked Paul to buy her a corsage. After her speech, Paul walked up to the podium with the badge and Sandy looked down with pride then said, "they spelled my name wrong!!" (The orders Department had used a lowercase 's' in her last name.) California made her a new badge

We all owe a debt of gratitude to the team that oversaw the transition from the first group of District Leaders in 1955 to the current team taking us into a new world of Toastmastering.

and Sandy became my audio tech for the next few years. Sad to say that Sandy Scharf, DTM passed away last October and District 83 lost its first "First Lady". The joy she brought to everyone who knew her was a bit of magic that we shared with Paul – she will always be in our thoughts.

We all owe a debt of gratitude to the team that oversaw the transition from the first group of District Leaders in 1955 to the current team taking us into a new world of Toastmastering. We can't lose sight of Dr. Ralph C. Smedley's original vision – to help individuals improve their public speaking skills, converse with ease and reach out without fear to their fellow club members for support when needed or requested. Congratulations to all the thousands of people who took up a pen and signed an application to become an integral part of this wonderful international organization. This article covers the fifty-three years of history of the establishment of District 46 up until the time of the split into two smaller districts in 2008.

Special thanks to Don Abramson, Margaret Flory, Jim Samuel and Brad Shilling for filling in the gaps in my memory.

Photos courtesy of Fran Okeson.

Fran Okeson, DTM 17, PDG (46) serves as Area 13 Governor and the District 83 HPL Advisor.

In the Limelight: One Toastmaster's Unexpected Path

By Catherine Ruiterman, ACS, ALS

I can, without a doubt, say that I am not the same person who walked through the door of that first Toastmasters meeting in 2008. My DNA is the same, and maybe I look the same to you, but I can honestly say that Toastmasters has changed me in ways that wouldn't have expected.



In joining Toastmasters, I expected to get over my fear of public speaking. That's it. After joining, my goals expanded to improving my public speaking skills, and to earn my CC and CL. Now, I have my ACS and ALS with my DTM in my crosshairs. So, how did that happen?

In the beginning, I was lucky to join a successful club, Speech Meisters, where the members encourage success both for the club and for the individual. After a few years I became VP of Education. I was not the volunteering type and taking a leadership role definitely was not me. It was a huge responsibility, and to my surprise, I found myself embracing the role and truly enjoyed helping my fellow members succeed in their goals.

After that, it's all kind of a blur. I became an assistant division governor, an area governor, a conference co-chair of education,

and this weekend I was elected as Division B director. In between the blurriness I joined Northern Stars Advanced club, another supportive club, became VPE and earned my ACS and ALS. I guess I am living up to expectations!

In looking back, I can't believe that each time when I was asked to take on a role, my initial reaction was to say "No, NEVER!" No, really! Just ask Anne Gilson, and Bob Share. And didn't Jana Barnhill, a keynote conference speaker this weekend, say that she always said "No, I couldn't possibly"?!

I am learning to never say never in Toastmasters, because otherwise excellent growth opportunities would be missed. I wouldn't trade this experience for the world!

Photo courtesy of Cathie Ruiterman

Hunterdon Speak Easy Celebrates 10 Years and Counting!

By *Kate Lyn Reiter*

The Hunterdon Speak Easy Toastmasters Club celebrated its tenth anniversary at a special meeting in January at the Hunterdon Medical Center in Flemington. The meeting was free and open to the public and featured guest speakers were Cyndi Wilson, DTM 3; William Hood, DTM; and Andrew Smith, DTM.

The club was founded in December 2004 with just a handful of members. Today, the club has 29 active. Their journey has been

a lesson in perseverance. Founding members, Cyndi Wilson, Pam Winter, DTM, and Andrew Smith believed in the club as it moved from its original location, sometimes dwindled to the minimum membership allowable, found its home at Hunterdon Medical Center Auditorium, and now continues year after year as a "Distinguished Club."

Hunterdon Speak Easy is a community club and open to new members. We love visitors and guests so come on by any second or fourth Monday evening of the month at 7:30PM!

Visit njspeakeasy.toastmastersclubs.org

Photography by *Jessica Kretch*



Guest Speaker William Hood, DTM



Guest Speaker Cyndi Wilson, DTM 3



Guest Speaker Andrew Smith, DTM



Hunterdon Speak Easy at 10 Year Anniversary Celebration.

District 83 New Clubs 2014-2015

Dialogue Party Toastmasters	7/14/2014
Celgene	8/14/2014
Talking Genes	11/17/2014
Arch Toastmasters	1/1/2015
Toastmasters of Wyndham	1/1/2015
The Brave Little Toastmasters	2/6/2015
LNH BioSpeakers	4/13/2015
Triple S	5/17/2015
Crum and Toaster	5/18/2015

SAVE THE DATE!

District 83 Fall 2015 Conference

Saturday, November 14, 2015

Hyatt Regency New Brunswick

2 Albany St, New Brunswick, NJ 08901

Registration Fee: \$125.00

See flyer on pages 22 and 23 for details.

TOASTMASTERS DISTRICT 83 2015 FALL CONFERENCE

Watch this Space for Theme

www.toastmasters83.org

SATURDAY, November 14, 2015



Hyatt Regency New Brunswick

2 Albany St, New Brunswick, NJ 08901

PLEASE PRINT OR TYPE ALL INFORMATION

Full Name: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: _____ E-Mail: _____
 Club Name: _____ Div: _____

Status (Check current designation)	<input type="checkbox"/> CTM	<input type="checkbox"/> ATMB	<input type="checkbox"/> ATMS	<input type="checkbox"/> ATMG	<input type="checkbox"/> CL	<input type="checkbox"/> ALB	<input type="checkbox"/> DTM
	<input type="checkbox"/> CC	<input type="checkbox"/> ACB	<input type="checkbox"/> ACS	<input type="checkbox"/> ACG	<input type="checkbox"/> AL	<input type="checkbox"/> ALS	

I would like to work on a committee for this conference () YES () NO

Circle any committee(s) you would like to volunteer for!

Contests	Credentials	Education (workshop proctor)	Repeat Attendees	First-Timers
Fundraising	Hospitality	Parade of Banners	Publications/ Programs	Publicity
Registration	Video/Photography	Volunteers	Facilities	Please contact me

Are you a first time Conference attendee? () YES () NO

Are you bringing your banner for the Parade of Banners? () YES () NO

Registration Fee: \$125.00

Meal Choices Chicken Fish Vegetarian

Mail Registration Form & Payment to:

Lynda Starr, ACG/ALB

Fall Conference Registration Chair

48 Emily Place, Parsippany NJ 07054

lbstarr@optonline.net

(973) 386-5949

Should You Have Any Questions Contact:

Alex Volyand ACG/CL / Emilia Volyand ACG/ALB

Fall Conference Co-Chairs

Email: ebheat@aol.com

(732) 251-8682

Make check payable to: District 83 Toastmasters

Descriptions of Committees

Contests:

The Contests Committee Chair coordinates the International Speech (Spring Conference) and Humorous Speech (Fall Conference), as well as the Evaluation Contest (Spring Conference) and Table Topics (Fall Conference) contests. Volunteers for this committee will be lead by the Committee Chair to serve as judges, sergeant-at-arms, or ballot collectors.

Credentials:

The Credentials Committee Chair records and releases ballots and reports totals during the District business meetings (for both Fall and Spring Conferences). Volunteers for this committee will be asked to assist chair in registering Club Presidents and Vice-Presidents of Education.

Education:

The Education Committee Chair coordinates workshops that are educational, informative or entertaining, according to the goals of the current Lt. Gov. of Education and Conference Chairperson. Volunteers in this committee will be asked to Proctor (assist) the Workshop Presenter they are assigned to.(introduce workshop speaker, present appreciation certificate and/or gift, and collects feedback forms at the end of the workshop).

Facilities:

The Facilities Committee Chair makes sure all logistics function smoothly with the Conference facility. Volunteers in this committee will asked to make sure all equipment needed is provided and that room setups are planned. Makes sure all gavels, microphones, and signage is provided.

First-Timers:

The First-Timers Workshop Chair plans a special session for those attending the Conference for the first time, making sure that they have an enriching experience. Volunteers will be asked to assist in various activities, as assigned by the FT Workshop Chair.

Fundraising:

The Fundraising Chair encourages Toastmaster members to buy ads, either for their clubs, their own businesses or both, in addition to outside ads, for inclusion in the Conference program. Volunteers for this committee will be asked to provide leads to the Fundraising Chair that will raise funds for the conference.

Hospitality:

The Hospitality Committee Chair coordinates the greeting of guests to the conference by providing guidance to events, as indicated in the conference program. Also, the committee makes sure that guests have a place where they can gather during or in between conference activities. Volunteers for this committee will be asked to decorate the Hospitality Room, to greet guests when they arrive, and to be at key areas at the facility to guide guests to conference workshops.

Parade of Banners:

The Parade of Banners Chair makes sure all clubs that brings their banners are recognized (list of those clubs that are bringing their banners is provided by the Registration Chair) during the conference. Volunteers for this committee will assist in publicizing directions as to where to store and pick up banners, as well as directing participants where to hang the banners. Also, volunteers may be asked to help with line-up, and announcements, in a timely manner.

Conference Program Chair:

The Conference Program Chair is a one-person operation, coordinating with all chairs to make sure all necessary material for the conference program is provided. The person in this capacity must know printing computer software and must know printing terminology.

Publications:

The Publications Chair makes sure all announcements (i.e. Parade of Banners, Credentials, etc.) are provided to Registration Chair for inclusion in the Conference package.

Publicity:

The Publicity Chair assures that every club member is aware of the conference, and is motivated to attend. Also, that knowledge of the conference is disseminated through the District website, print media and social media. Volunteers for this committee may be asked to “spread the word” about the conference during area and division contests, as well as to anyone they feel would be interested in attending. They may also be asked to provide media leads to Publicity Chair.

Registration

The Registration Chair is the “bloodline” of the conference, providing information to all chairpersons regarding registrants to the conference, deposit fees, and check-in. Volunteers for this committee will be asked to assist in Check-in of First-time attendees, workshop presenters, walk-ins, etc.

Videography:

The Videography Chair assures that there is sufficient video equipment, and that it is running smoothly. Volunteers for this committee may be asked to make sure all equipment is set, since workshops run simultaneously.

Photography:

The Photography Chair makes sure key, as well as spontaneous pictures are taken during the conference. Volunteers for this committee will be guided by the PC, where needed.

Volunteers:

The Volunteers Chairperson (usually a one-person operation) finds out how many volunteers are needed by each committee chair. Registration Chair will provide list of those attending, then VC contacts those people to see if they would be interested in volunteering. Volunteer Chair must emphasize the benefits of volunteering, such as personal and educational growth