



THE VOICE

DISTRICT 83 NEWSLETTER

June 2016

Spring Conference Wrap-up: Conference Steps up to Success

By Lynda Starr, DTM

The District 83 Spring conference lived up to its theme, "Step Up to Success." From the workshops and panel discussion to the two keynote speakers and business meeting, the conference met its goal of unifying the District, entertaining and educating the membership and electing the 2016-2017 district officers.

Workshops offer Valuable Advice

The day-and-a-half conference began with the first-timer and repeat-attendee sessions to teach both groups the lay of the conference and to give a chance for initial networking. The first two of three workshop sessions took place on Saturday morning. Michelle Tropper, ACB, ALS; and Paul Scharf, DTM 6, PDG; conducted a session on Youth Leadership programs and Michelle explained how she conducted a YLP in conjunction with her Girl Scout troop. Brian Lin, DTM, helped his workshop attendees to discover their unique selling propositions. Roberto Sempe, ACS, ALB; offered tips for effective communication and tips such as keep it simple, say it slowly and smile.

Su Brooks, DTM's session on creating an integrated communications plan described how to create the "right message for the right people at the right time." Fred Jacques, ATM-G, CL; stressed CSI—continuous small improvements, a difficult task in a world of instant gratification. William Markert, ACB, CL; explained the basic requirements for starting an entrepreneurial business.

In the third set of workshops, Manny Reyes, ACS, ALB; and Mushi Bhuiyan, ACS, CL; used the mnemonic iPad to explain how to achieve your goals. Dorie Bisanz helped her attendees to learn forgiveness and Maira Pineda, ACS, ALS; explained how first impressions matter.

Below, our very cool incoming Division directors.



Above: Sherri Rase, Anne Gilson, Margarita Estrada and Swathi Karamcheti have fun at the conference.



Steve Chen, DTM, Region 9 International Director was the lunchtime speaker. He explained the core Toastmasters values of Integrity, Respect, Service, and Excellence. Also, at lunch District Director Bill Hood, DTM, introduced the 46 clubs that achieved 20 members paid by March 20. Following the example of the International conference, Bill invited the clubs to march across the dais and be recognized.

Steve also led a panel discussion on Sunday morning on club success with participation by Manny Reyes, Brunswick Toastmasters; Aida Murphy, AT&T Middletown Toastmasters, Allen Chung and Rajvi Shah, Rutgers University Toastmasters; and Oscar Ocasio, Westfield. Following on the example of Toastmasters founder Ralph Smedley, much of the discussion focused on how to make club meetings enjoyable so that members will want to attend and will benefit from what Toastmasters offers.

Election of District Officers

The business meeting—the reason according to Toastmasters that we have the conference—centered on the election of the district director, program quality director, club growth director and division directors.

The newly elected officers are :

District director: Paula Markert, DTM
Program quality director: Janice Buffalow, DTM
Club growth director: Rachel Weiss, DTM

Division directors:

Division A: Tony Snowden, CC, ALB
Division B: William Markert, ACB, CL
Division C: Subhash Harmalker, DTM
Division D: Manuel Reyes, ACS, ALB
Division E: Olga Berejnaia, DTM
Division F: Emilia Volyand, DTM
Division G: Oomadai Rampersaud, CC, ALB
Division H: Thomas Jenkins, ACB, ALB
Division I: Rachel Rowe, ACB, ALB

Area directors and other district officers are appointed by the new district director.

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Above: Keynote Speaker Johnny Campbell, DTM, AS, displays educational material to conference attendees.

Anne Gilson, DTM thanked the nomination committee members: Janette Alexander, DTM; Lisa Pantano, DTM; Paul Scharf, DTM 6; Victor Martins, ACB, ALB; Monica Helsel, ACB, CL; and Gimai Ma, ACS, ALB.

Phyllis Goldblatt, DTM, district realignment chair, reported that the district currently has 166 clubs after a loss of 10 clubs. The district will remain with nine divisions, with a reduction in areas from 40 to 36.

Step up to Success with Johnny Campbell

Johnny Campbell, AKA the Transition Man, offered the keynote address. His message was how to create success via resiliency to eliminate doubt, worry and fear. One must see oneself as being successful and success is based on how one defines oneself.

Kevin Moulton and Lory Nunez are contest winners

For attendees, the highlight of the conference is always the contests. Sherry Hunt, DTM, PQD of District 85, provided the test speech for the Evaluation contest. Lory Nunez of Jersey Toastmasters won the competition; Pamela Winter of Hillsborough Toastmasters earned second and Sherri Rase of Northern Stars, third.

Kevin Moulton of Summit Toastmasters will represent District 83 at the International Speech contest at the International convention in Washington, DC. The semi-final round will be Thursday, August 18 at 8am, round 1, semi-final contest number 4. Mark LaVergne finished second, and Steve West third.

Photo below left, Evaluation Contest winner Lory Nunez (center) is congratulated by Contest Chair Kathryn Timpson (left) and District director Bill Hood (right). Photo below right, International Speech contest winner Kevin Moulton (center) will represent District 83 in Washington, DC in August. Article photography credit: District 83 Toastmasters.



District 83 Newsletter Team

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The Voice will publish online and via email in August, October, December, February, April and June. We welcome your comments, contributions and suggestions. We will assign staggered deadlines prior to publication. **The final deadline for the August 2016 issue is July 17, 2016.**

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In the Limelight: Lucy Kahn, DTM 2

By Lynda Starr, DTM

Lucita Kahn, DTM 2, has been a Toastmaster for 22 years and a member of the American Society for Quality (ASQ) for 33 years, where she is currently a senior member. In both organizations she has achieved much success. Most recently, she was recently awarded ASQ Fellow status along with 23 other members of the worldwide organization. The designation is based on several criteria under which the person has attained distinction. The criteria include:

1. Planning or operation of quality-related work activities.
2. Teaching a major course in a quality-related academic discipline at an accredited school or institution.
3. Developing original theories, principles, or techniques of quality-related work.
4. Expounding useful theories, principles, or methods of quality-related work; and
5. Directing work of significant scope in the application of quality-related work.

In all, the fellow status is a 15-year process to achieve, including workshops and ASQ Team competition judge. An extensive nomination form is to be completed by endorser(s) of the candidate and acted upon by the Examining Committee of the section, division, International Chapter, or Fellow Process Coaches with whom the candidate is affiliated.

Lucy (as she is known to her fellow Toastmasters) originally joined ASQ to help her coworkers become quality professionals and become certified in their chosen field. Through her tenure, she has held positions on the local section and chapter level, including office as chair and chair-elect in ASQ Section. She was active on several committees including the ASQ Section Spring Quality Conference Chair for eight years and an active member of five Divisions. She serves as Electronic and Communication Division (ECD) Chair Elect, Past Secretary and Past Treasurer.

Lucy's ASQ journey led her to Toastmasters. She joined Toastmasters to "improve my public speaking skills and be able to give presentations to my company and my ASQ organization. Being a Toastmaster helped me to become a confident leader and be able to take more responsibility as a leader."

Lucy is a member of Storytelling Club, Union City Club and No Limits Club and a prior member of the Picatinny Club and Dining to Speak. She served twice as then District 46 Area 33

Governor and District 46 Division C Governor before the split between District 46 and District 83. Toastmasters has taught her to "be flexible and improve my public speaking skills." She honed her skills organizing club meetings, and became a leader by volunteering as officers in all positions at various clubs. She has served as a mentor and coach to new members to help them become public speakers and learned to work together as a team with them. She advises fellow Toastmasters to use the organization as "the place to learn and achieve what you want." Specifically, she encourages others to do four things:

1. Become a DTM,
2. Take officer positions
3. Learn to become a leader; and
4. Be a team player helping one another to succeed.

Beyond her association experience, Lucy recently retired from the US Army, RDECOM-ARDEC, Picatinny, NJ. She is also a Retired Master Sergeant in the US Air Force Reserve. She holds a B.S. in Chemistry from the University of Southern Philippines. She has earned two Master's Degrees: Master of Science in Management and Project Management, both from Florida Institute of Technology.

"Toastmasters," she says, "is a way to take a dream, make it a reality, and do not give up. You can get what you want in life! It took me 16 years to get my first DTM and 32 years to get my ASQ Fellow."



Lucy is joined by her fellow ASQ honorees at the Fellows Lunch. Photography by Richard Kahn.



Park Toastmasters, 55 Years of Inspiration and Leadership

By Barbara Puccia, CC, CL

Maxine Cohen, ACS, ALB put her leadership skills to the test when she took on her High Performance Leadership (HPL) project this spring. She decided to plan a 55th anniversary celebration for her club, Park Toastmasters of Ramsey. What made her take on such an involved project? According to Cohen, "Our club's founding father, Ed Fanslau, is 97 and getting frail. Lorene Cox, CTM, CL suggested honoring Ed for his years of leadership and service to our club. I jumped at the chance when I realized our club would celebrate its 55th anniversary on May 1. Club members immediately rallied around this idea."

On Friday, April 29, food, memorabilia, speeches, awards, and even a Table Topics contest made the event a night to remember. Not one to dispense with Toastmaster protocol, Cohen made sure the event had a timer, ah counter, grammarian, and general evaluator. The word of the day was "squander" and Cohen certainly didn't squander her opportunity to lead!

Over 40 attendees, including Ramsey's mayor, Deirdre Dillon, past club members, district, area, and Youth Leadership officers, current club members, and families socialized and networked, reminisced, and forged new friendships. Bill Hood, district director; Roseann Hood, district logistics manager and president, Tri County Toastmasters; Paula Markert, district program quality director; Willie Markert, district club extension chair; and Rachel Weiss, area 95 director, joined in the celebration. With the enormous turnout it was easy to envision how many people's lives had been touched and inspired by Park Toastmasters. The positive energy was electrifying and so was the strobe light flashing around the room!

One of the highlights of the event was a video clip of Ed Fanslau. Despite his age and total blindness from macular degeneration, he still managed to inspire the audience. He reminisced about his favorite speech, "The Martians are Coming" and explained the benefits of helping members "get out and speak to people with ease." When asked how the club

had changed over his 52 year membership, he said "it was originally men with suits and ties but now it's much more relaxed." He attributed the shift to the inclusion of women in the club. Thank you Ed! Filmed in Maryland by his daughter, Carol Rabenhorst, the video elicited smiles, tears, and a standing ovation from the attendees. Fanslau's son, Mark, also attended the event and appreciated the outpouring of love for his father.



Above: Ramsey Mayor Deirdre Dillon (at right) presenting the proclamation to club officers John Moroney, president and Maxine Cohen, vice president public relations.

Mayor Dillon presented a proclamation to the president of the club, John Moroney, ATM-G, CL, stating "the Mayor and Council of the Borough of Ramsey do hereby proclaim April 29, 2016 'Toastmasters Day' in celebration of their 55th Anniversary in May 2016." Inspirational speeches by long-term members followed, highlighting the benefits they derived from Toastmasters. Nicholas Marcatilli, ATM-B, CL reminded us "it's not a podium, it's a lectern" while detailing the club's impact on his life. Samantha Honhart, ACB, ALB explained that Toastmasters brought "balance to her life," and Cohen described



Above: Over 40 attendees celebrating Park Toastmasters' 55th Anniversary in Ramsey.

All photos courtesy of Park Toastmasters.



Above: Founding Father Ed Fanslau, addressing the crowd by video.

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how she fought her fear, persisted, and achieved success “one step at a time.”

During a break, members enjoyed appetizers while socializing and checking out memorabilia. Old newspaper articles and original club flags were on display. After the break, came another highlight, the children’s Table Topics contest. Kids answered questions on the spot about superheroes, TV vs. junk food, (junk food won and was handsomely rewarded with multiple candy bars), and what it’s like to be invisible! These future Toastmasters wowed the audience with their bravery and confidence while reminding everyone of the power of youth.

Not to be outdone by the kids, six attendees participated in the adult Tall Tales Topics contest. Club member Amato Spagnoletti explained that Park Toastmasters was chartered in 1961, but the inaugural meeting in Midland Park didn’t take place until November 22, 1963, the day John F. Kennedy was assassinated. What took Park Toastmasters so long to get going? Nobody knows for sure, but answers ranged from members biking all the way to California to pick up manuals, to Ed Fanslau taking a convoluted route to the wrong address while stopping at scenic overlooks!

To end the evening, Cohen and Moroney, handed out awards to 18 club members who had exhibited excellence during the past few years. Outstanding Toastmaster of the Year awards went to Donnamarie Conenello for her highly successful 2015 Ramsey Day efforts and to Barbara Puccia, CC, CL, for an innovative club program called iSPEAK held at the Ramsey Library. Lorene Cox was recognized with several awards including the Certificate of Excellence Ambassador Award for her superior leadership to the club. According to Maxine, Lorene is “the glue behind Park Toastmasters because she has always been there to ensure our club endures.” Additionally, Maxine recognized her three HPL



Above: Lorene Cox, CTM, CL, sergeant at arms, (far right) accepts the Certificate of Excellence Award. She is joined by John Moroney, president (left); and Maxine Cohen, vice president public relations (center.)

guidance committee members, Samantha Honhart, Sharon Hearn, CC, CL and Donald Trapp, CC, who all worked hard to ensure the success of the event.

How did Cohen pull all this off? “The celebration was truly a whole club effort. Many members suggested creative ideas taking the event to a much higher level. For example, Donald Trapp helped publicize the event by securing a wonderful article in the local *Suburban News*.” The event ended with a standing ovation for Cohen.

Congratulations Maxine! You really know how to throw a party!

EDUCATIONALLY SPEAKING

Let Us Never Forget

By Fran Okeson, DTM 18, PDG (46)

For the past eleven years, many Toastmasters from Districts 38, 46 and 83 have enjoyed appearing on our No Limits Toastmasters club’s CTV show, “Toastmasters in the Community.” On our two shows being taped on September 3rd, we will be remembering how District 46 was plunged into the world’s center of attention when two planes dove into the World Trade Center and brought the Towers down on that fateful day. As the Producer/Host of the show, I am gathering memories from people who were involved in that horrific event. I was the District 46 Governor that year and my memories are as clear to me today as they were fifteen years ago. Do you have a memory that you’d like to share? If you do, please contact me and we’ll “talk.”

Fran Okeson, DTM 18, PDG (46), serves as a staff writer for The Voice. She can be reached at frantotten@verizon.net or (718) 984-1339.

**Welcome
District 83’s
Newest Club**

**Bloomberg Princeton
Toastmasters**

Club 5446935

Area 41, Division D

Chartered 04/29/16

Dream to Vision to NJ Transit

By Sherri Rase, DTM

I remember it like it was yesterday.

We all sat rapt in the Business Meeting at the Fall Conference in 2015 while Janice Buffalow, DTM, spun her vision of March Membership Madness. There was much spirited discussion around the idea – Janice’s idea of putting Toastmasters ads for District 83 was like nothing we have ever considered possible as a district. No one we knew in a neighboring district or anywhere we’d heard of had done anything like this! Something in me caught fire and I volunteered immediately to work with her, once the proposed finances were approved by the membership.

Remember that a dream can be real when the right minds are behind it. Sometimes a dream remains a dream. Dreams become visions and visions become bus and train posters when the powers we have learned to persuade others are put to good use. Use your power for good, and the sky is the limit.

Janice’s vision for greater exposure of District 83’s clubs included billboards like those on the New Jersey Turnpike and other major roadways. We began to explore the details associated with that when It Happened – would we reach more people, more safely with something a bit different? What if we created materials that could be used around and ON mass transit?! It was then the Plain Bus and Train Campaign was born!

A big of Googling revealed the company that creates, schedules and manages the advertisements for New Jersey Transit for the areas we wanted to target. We met with our account executive and Christina had excellent information for us including timelines, a full presentation that gave us the scope of the options available to us and the costs associated with each. While we had initially presented her with a modest budget, she showed us that with a bit more of an investment (about double, to be honest) we could reach more people in more ways for longer. When you increase your reach, there are not only economies of scale involved, but there are deal

Below and below right: Advertising campaign shown on the NJ Transit train platform at Metropark station on the Northeast Corridor Line.



sweeteners that provide a great deal more value that give your campaigns wider scope and greater longevity.

We worked with Toastmasters International to get the images we needed, then needed some assistance from its graphic artists to assure the dimensions were correct for the non-standard spaces they would appear on. TI had not worked with a district that wanted to embark on a transit adventure, so it took us a bit of time to get everything in proper order so everyone had what they needed.

Here are a few of the tips we recommend when planning a new venture:

- Create your launch date, making it far enough out to accommodate:
 - Calendar – there are other companies and contracts ahead of you – begin earlier still if your target date is something special to your group
 - Production – how long will it take to create the art and the actual material you need?
 - Venues – where are you putting this advertising?
- We targeted buses and train platforms in very specific high-volume areas to gain the greatest impact with the least expenditure
- The routes we chose were selected based upon where we most wanted and needed to drive member numbers
- Budget – remember to treat the funds as if they come from your own pocket
- Communicate – keep stirring the pot to make sure that all parties have all information. It’s so easy to put the one person whose task needs to be done on an email or a text only to realize later than other parties should have been looped in.

Remember that a dream can be real when the right minds are behind it. Sometimes a dream remains a dream. Dreams become visions and visions become bus and train posters when the powers we have learned to persuade others are put to good use. Use your power for good, and the sky is the limit.

It’s a BUS! It’s a TRAIN! It’s Toastmasters District 83! And District 83 is for ME!



Rutgers Toastmasters Honored with University Award

By Rebecca Marzec, ACS, ALS

Allen Chung, ACB, ALB, accepted the Spirit of Rutgers Award on behalf of Rutgers University Toastmasters on May 3, 2016 at the Chancellor's Student Leadership Gala. This was the first such leadership awards ceremony, celebrated in conjunction with the 250th anniversary of Rutgers University. A total of 40 students and student organizations were honored at the gala, which was followed by a performance by a student jazz band and a dessert reception.

As its division director, I nominated the club for this first-ever prestigious award. Rutgers University Toastmasters received a Phoenix Award from District 83 Toastmasters in 2015. The club nearly disbanded two years ago before Kaila Lim, CC, the immediate past president and current Area 43 director, revived it. Currently, the club is Select Distinguished for the first time in its eight-year history, with a net growth of five members to 14 and seven DCP goals achieved.

The text of the official awards presentation was posted on the webpage, <http://studentawards.rutgers.edu/2016/05/03/rutgers-university-toastmasters/>:

Rutgers University Toastmasters is an organization that promotes education in public speaking and leadership as part of the non-profit organization Toastmasters International. For the first time in their eight-year history they have reached [Select] Distinguished Club status by meeting [7] or more of the goals set by Toastmasters International for club excellence in relation to membership growth and educational accomplishments. Over two years ago, this club nearly disbanded due to lack of members but through the strong efforts of Kaila Lim (Immediate Past President) and Allen Chung (current president) the club has come back to win a Phoenix award from the district and has forged strong relationships with other clubs in NJ – both community and corporate. The spirit, energy and enthusiasm shown by the members of this club have been an inspiration to our entire district (which covers most of NJ) and promoted Rutgers and Rutgers students



Above: (left to right) Joseph Young; Rebecca Marzec, ACS, ALS; Allen Chung, ACB, ALB; and Kaila Lim, CC, enjoying the dessert reception following the gala.

to the greater community in NJ in a positive light.

During the academic year, the club hosted a public speaking workshop for students in the American Medical Association chapter at Robert Wood Johnson Medical School. Club member Tom Gill, winner of the club's Tall Tales contest, was featured as a student speaker at TEDxRutgers in April. Kaila Lim also participated in the Speechcraft event hosted by TEDxRutgers in November. The club held a Tall Tales contest with Theta Tau in April.

The club regularly sends contestants to the area competitions. Kaila Lim presented a workshop at the District 83 Fall 2014 conference. Allen Chung, the club president, attended the 2015 Toastmasters International Convention in Las Vegas, where he met fellow Toastmasters from all over the world and learned of the scope of this global organization. The club has also partnered with other corporate and community clubs in the District, and the club executive officers regularly invite District 83 officers to attend their meetings.

Both Allen Chung and Kaila Lim graduated from Rutgers in May, 2016. What's next? Kaila will work at Sprinklr, a social media management company in New York City, in their People and Places division. She credits Toastmasters with helping her find her path to work in human resources, training, and onboarding. Allen Chung will start a two-year stint with the Peace Corps in Sierra Leone in January of 2017, educating 7-to-14 year-old children in leadership skills.

We hope that the new club officer team next year, led by Rajvi Shah, can continue the momentum and improve upon the success of the club.

Photography by Kaitlyn Zullo, Associate Director of Marketing, Student Engagement at Rutgers University.

Source: <http://studentawards.rutgers.edu/>



Above: Allen Chung, ACB, ALB receives the Spirit of Rutgers Award from James H. Whitney III, Ed. D., the Assistant Vice Chancellor for Undergraduate Academic Affairs.

Last Call: Club Newsletter Contest 2015-2016

Does your club have a newsletter? If so, consider entering our newsletter contest! If not, consider creating one. While providing club information, the newsletter team may earn credit toward goals in the Competent Leader manual. We have provided the opportunity for as many clubs as possible to enter and participate.

Contest Criteria:

- Must use current TI logo
- May use TI templates or create your own layouts.
- Club must be in good standing.
- Issues dated between July 1, 2015 and June 30, 2016 are eligible.
- **Deadline for submissions: July 15, 2016.**
- Submit a pdf to d83newsletter@gmail.com
- Include correct Toastmasters branding standards (colors, use of logo, fonts, images, design devices.)
- Minimum of 2 pages; no maximum number of pages.
- Maximum of one entry per club.
- Results will be announced at the District 83 Fall 2016 Conference.
- Perpetual "Club Newsletter of The Year" award. 27" trophy with the winning club and year engraved on one of the smaller plates. Winning club will take possession of the trophy at the Fall Conference and return it to the District at the Spring Conference.



The judges will evaluate the newsletters using these guidelines:

Maximum points per category are shown at right.

Does the newsletter contain educational articles, recognition of member and club achievements, and promote participation in Toastmasters' activities?	25
Is the newsletter informative and entertaining?	25
Does content appear to be well-compiled?	20
Does text follow rules of grammar, free from typos?	10
Is layout attractive?	10
Do graphics provide logical connection to story or provide valuable information?.....	10

District 83 Fall 2016 Conference

Plan your Dreams

Saturday, November 5, 2016

DoubleTree by Hilton
Somerset, NJ

Conference Co-chairs
Irene Freeman, DTM and Lynda Starr, DTM

Sign up on the website: <http://toastmasters83.org/>

Inspirational Quote and Interpretation:

“Leaders lead but in the end it’s the people who deliver.” – Tony Blair

Tony Blair served as Prime Minister of Great Britain and Northern Ireland from 1997 to 2007. During his time in office, the UK economy enjoyed record growth and he was able to deliver major improvements in Britain’s public services, particularly healthcare and education. This quote came from his final speech to the Labour Party in September 2006. He commended the staff of the National Health Service for “cutting waiting time, improving care, transforming and saving tens of thousands of lives every day.”

The Toastmasters motto is “Where Leaders are Made” and this is definitely true. We learn to motivate ourselves, to push ourselves to achieve and to go beyond what we thought we could do. The Toastmasters organization also stresses that the concept of “servant leadership.” “Servant leadership” was coined by Robert K. Greenleaf in *The Servant as Leader*, an essay that he first published in 1970. According to Greenleaf, “a servant-leader focuses primarily on the growth and well-being of people and the communities to which they belong.” This concept is demonstrated by Toastmasters in the inverted pyramid in which the member is at the top. Whether in clubs, areas, division or district, the officers serve the members with the goal of helping members to succeed. Without committed members to make speeches, take roles, participate in contests, conferences, etc. Toastmasters and its leaders are nothing. In the words of past district governor Anne Gilson, DTM, “every member matters.”

Last Chance!!!

Are you going to International Convention 2016?

**2016 INTERNATIONAL CONVENTION • AUGUST 17-20, 2016
MARRIOTT MARQUIS • WASHINGTON, D.C.**

We have a few seats left on the **District 83 bus** that are available on a first come-first serve basis. Details are as follows:

Depart: Tuesday, August 16, 2016

Return: Sunday, August 21, 2016

Cost: Anticipated approximately \$200 per person (to cover two-way travel)

If you are interested in riding on the bus to International Convention, please contact **Anne Gilson at d83anne@gmail.com** as soon as possible and note which of the following options you are interested in:

- You will travel **BOTH WAYS to D.C.** and back on the bus
- You have your own transportation **TO D.C.** but will ride **BACK TO NJ** on the bus
- You will ride **TO D.C.** on the bus, but have your own transportation back to NJ

Registration for the International Convention is open on the Toastmasters International website.

<https://www.toastmasters.org/Events/2016-International-Convention>

Electing Club Officers

By Lynda Starr, DTM

The Toastmaster year ends June 30, therefore now is the time to nominate and elect club officers for the 2016-2017 year. Being a club officer is a chance to develop leadership skills, to help one's club members to succeed and to renew one's commitment to Toastmasters, but first one must be elected.

The club officers consist of

President—the chief executive officer of the club responsible for fulfilling the mission of this club

Vice President of Education—the second ranking club officer and is responsible for planning, organizing and directing the educational needs of the individual members. If the president is not available, the VP-Ed fills in

Vice President of Membership—responsible for individual member retention and growth in club individual membership

Vice President of Public Relations—responsible for developing and directing club publicity

Secretary—responsible for club records and correspondence

Treasurer—responsible for club finances; collects and submits dues, pays bills and keeps an accurate account of all transactions

Sergeant at Arms—responsible for club property management, meeting room preparation, and hospitality.

Clubs may customize roles to meet specific needs. As long as everyone agrees and roles are covered, responsibilities can be allocated to best fit the club. Usually a nominating committee is created, chaired by the immediate past president or other senior club member. The nominating committee may recommend members for offices, solicit for nominations or members may step forward. The nominating committee then confirms the nominations with the individuals and presents the slate to the club. An election is held if 50 percent of the

membership is present to create a quorum. A paper vote is taken and ballot counters count the votes and the winners are announced. Officers can be installed with the Toastmasters script and it is special if one asks a friend of the club such as the area or division director to conduct the installation.

Every officer has a role to fulfill with the mission of helping to achieve specific goals on the Distinguished Club Program (DCP). New members are encouraged to take roles such as secretary or sergeant at arms to learn the ropes, though nothing prohibits anyone from taking any role. Every officer in addition to assigned responsibilities is also part of the executive committee and has a responsibility to be especially

supportive for members. For example, officers should show enthusiasm during meeting, clap, and talk to visitors if seated near one.

Officers are expected to attend training sessions in the summer (June-August) and winter (December-February) to learn about their roles and share best practices with fellow officers in the same roles in other clubs. District 83 offers several options for training from a large Toastmasters Leadership Institute (TLI) to sessions sponsored by clubs scheduled in evenings,

daytime or weekends.

Being an officer gives one a chance to develop leadership skills such as planning and organization, managing people and projects, giving feedback, resolving conflicts and learning to work with different types of people with different workstyles. Being an officer helps to build a stake in the success of the club, helps one to celebrate in the success of the club and members. If you are interested in an office, it is best to chat with the person who currently has the office about the tasks he/she performs, if he/she likes the position and if he/she thinks you'd be a good replacement.

Officers are expected to attend training sessions in the summer (June-August) and winter (December-February) to learn about their roles and share best practices with fellow officers in the same roles in other clubs.

DTM Award Recipients • Congrats to recent DTMs (Source: TI)

• *Janette Alexander* • *Irene Freeman* • *Subhash Harmalker* • *Sherri Rase* •

Summer 2016 Toastmasters Leadership Institute (TLI)

Saturday, June 25, 2016

By Paula Markert, DTM

This morning I looked up the meaning of TLI – I had it wrong: Training/Leadership Institute. I kind of like my understanding better than the “correct” version.

Our summer training will be kicked off with the “Summer 2016 TLI.” It will be held at PSE&G, 4000 Hadley Road, South Plainfield, NJ 07080. Registration is required in advance and a valid ID is necessary. <http://toastmasters83.org/officer-training/club-officer-training.html>

There are three parts to the TLI:

The morning session is for training of club officers and will run from 8:30 (light breakfast) through approximately 11:30.

The “elective session” will be held from approximately 11:30 until 12:15. We will again offer two to three programs to help enhance the quality of program for our district clubs (we are looking at effective evaluations, running a good contest, and “where do I go to find what I need on the internet”). These are only tentative, but they offer a great resource to the clubs.

LUNCH will be served for anyone who is staying *both* for the morning session AND for the district officers afternoon session.

The afternoon session is for training of district officers and will run from approximately 1:00 until 3:30.

The purpose of this “large” TLI session is to get as many officers trained up front so we can all hit the ground running. When a large number of officers-elect can get together, there is a lot of give-and-take with information and a great training can be expected.

The registration form will be up on the website in the beginning of June – please look for it and sign up. Last year we had approximately 100 positions trained at the TLI – we are looking for 150 this year.

Oh – I forgot – did I mention “MONEY!”

We have an incentive for any club that sends 4 or members to the TLI on the 25th: \$50 in TI certificates! Start the year off right – earning your money and achieving your training points.

Paula Markert, DTM, is the program quality director and the incoming District director, District 83.

NEW CLUB SPOTLIGHT: T AND M TOASTMASTERS

Rina Dalal, president of T and M Toastmasters, shared some information about the corporate club, chartered January 4, 2016. Located at the offices of T&M Associates in Middletown, New Jersey, the organization specializes in construction, government, energy, transportation, real estate and environmental sectors.

T and M Toastmasters has enjoyed an excellent relationship with AT&T Middletown Toastmasters, whose members provide mentorship and advice.

Q. How often do you meet?

A. Every 3 weeks.

Q. How have your club mentors helped your club thrive?

A. Our club mentors, Frank Schuck and Deb Hodge have helped us in enumerable ways. They assisted us in the mentoring process, coordinated introductions to the greater Toastmasters community and served as terrific examples of successful public speakers and leaders. Most importantly, they have generated interest and enthusiasm within the club and across our organization.

Q. What are some of the challenges your club faces?

A. Like all clubs, we have peaks and valleys as far as having interest for delivering speeches every week. So far, we have at least one speaker a week and we are striving to have at least

three per week so our members can continue to grow..

Q. Are members of your club interested in participating in events outside of the corporate club environment with other local clubs?

A. Yes, as we grow, gain confidence, and practice our public speaking, some members are interested in events outside of our club. Our mentors encourage this on a regular basis.

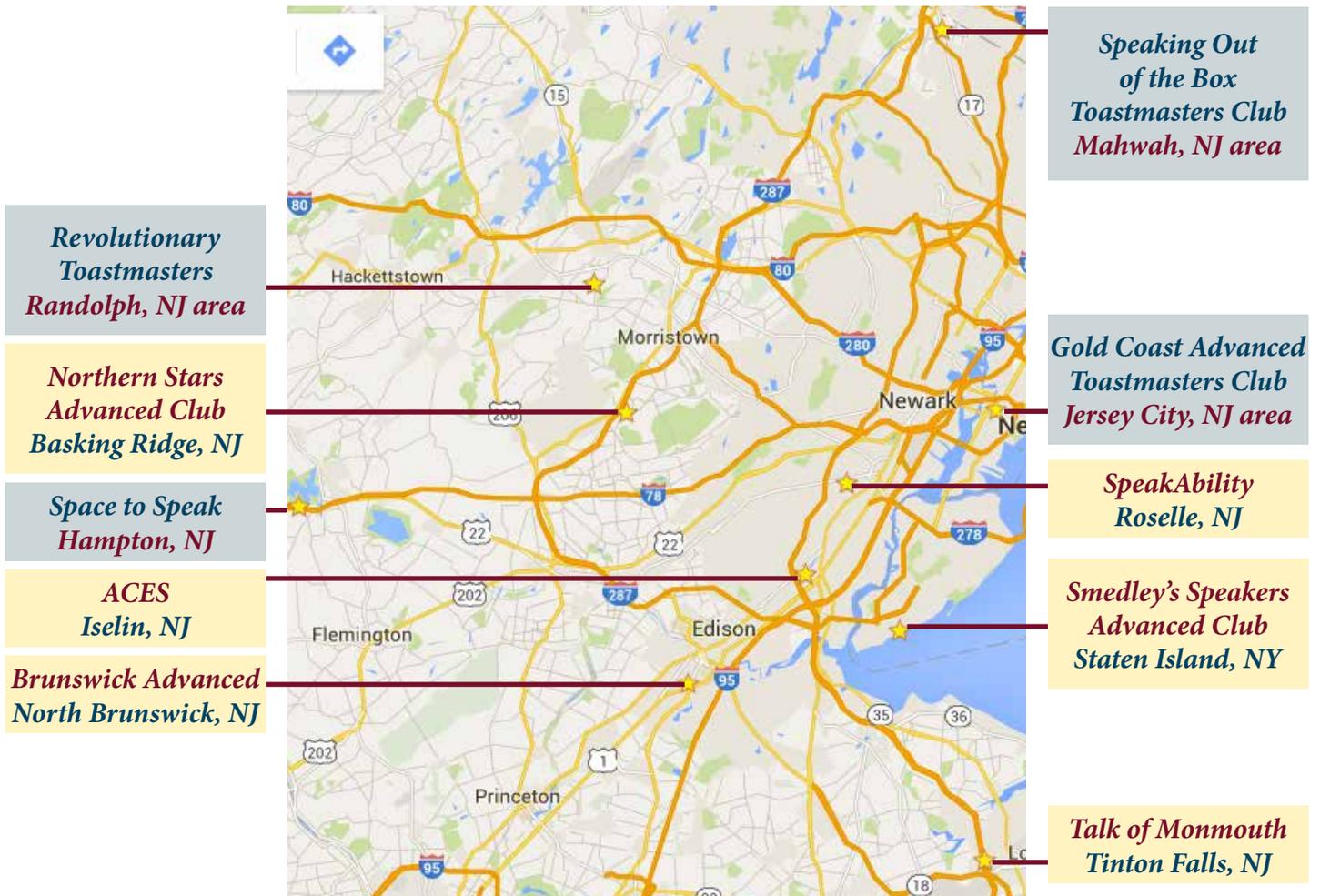
Q. What do you have planned for future meetings?

A. For future meetings we are considering changing the meeting time so that we could accommodate more people across the company. We are also planning on using technology to our advantage and inviting remote offices to our meetings to generate more interest.

(Editors' note: T&M has 50 years of experience and operates in 19 offices throughout Delaware, Indiana, Kentucky, Massachusetts, Michigan, New Jersey, Pennsylvania, and Ohio.)

Looking for an Advanced Club in District 83?

Currently, there are six advanced clubs in District 83 (shown in yellow tinted boxes.)
Four more advanced clubs are forming and are expected to charter soon
(shown in gray tinted boxes.)



For more information about new clubs forming:

Revolutionary Toastmasters:

Janette Alexander, DTM, jalexan@solixinc.com,
973-581-5302 or
Dee Rincon, ACB, dee_rincon@yahoo.com, 973-366-5596

Space to Speak:

Linda Friedman, linda@hunterdonsharedspace.com or
814-360-1950. Mike Rutkowski: mrutkowski01@comcast.net.
Location: 33 Rupell Road, Hampton, NJ (exit 12 E off 78 or Exit
13 W off 78) 1st and 3rd Mondays - 7:30-9:00 pm.

We are recruiting current Toastmasters who have earned their
Competent Communications award and live or work within a
30-mile radius of this location in Hunterdon County to join us.

It is a short drive from Pennsylvania too!

Gold Coast Advanced Toastmasters Club:

Tony Figueroa, DTM, 551-998-9988 or
Darnelle Richardson, DTM, 201-424-9090

Speaking Out of the Box Toastmasters Club:

Rachel Weiss, DTM: D83RachelW@gmail.com



DISTRICT 83



YEAR-END CELEBRATION!

Join your Fellow Toastmasters! • Celebrate our success!

Hail and Farewell Western Style Pig Roast!

(Note: There will be other dishes for those that do not eat pork)

2015-2016

- **ENJOY** delicious **LUNCH**
- **ROAST** our outgoing District Director – **BILL HOOD**
- PRESENTATION** of Individual, Club, Area, and Division **AWARDS**
- **SAY THANK YOU** to our exiting District 83 **OFFICERS**
- **WELCOME** and Install new **OFFICERS**

Saturday, July 23, 2016
11:30am to 3:00pm

The Bill & Roseann Hood Hacienda
57 Ramapo Mountain Drive
Wanaque, NJ 07465-1635

\$40 per person (if paid by July 20, 2016) \$50 per person at the door

Registration Form

Name: _____ Are you roasting Bill? _____

Phone No.: _____ Email: _____

Club you belong to: _____

Cash: _____ Check No.: _____ Amount: _____

Reservations by July 20, 2016 to:

Margarita Estrada (impact21estrada@gmail.com)

Payments can be made online: www.toastmasters83.org or mailed to:

1603 N Wood Avenue, Unit D2, Roselle, NJ 07203

Perfect Practice Makes Perfect Speeches!

By Margarita Estrada, ACB, ALS

Perfect practice makes perfect speeches! Consequently, before a speech is ready for presentation, you must work on it, craft it, and own it. It's your story and only you can tell it.

Whether you are delivering a speech for your club, for a competition, or for your job, there are techniques that I learned from my friend and mentor, Mario Lewis, that can help you, as well. It's a lot of work (at least one-to-two hours a day, for me), but well worth the effort.

Make sure that each word in your speech is significant to you. Dale Carnegie said, "Deliver a speech that you have the right to deliver." It means that, since you have lived it, you will, more than likely, put your heart and soul into making sure the message is clear. Most importantly, your body language will naturally reflect your words.

Practice character development. When I was practicing my speech, "Never Give Up," for competition, the one problem that kept coming up, no matter where I delivered my speech, was voice intonation. In other words, my voice sounded the same, regardless of the character I was trying to portray. I practiced delivering my speech at a very high volume, very low volume, and whispering. After a while, voice intonation for each character happened naturally. Three other problems I had (and at times, still have) are using the power of the pause effectively, allowing my audience to laugh, and pronouncing words with 'th' endings.

It's important to exercise. Delivering a speech may not seem like physical work, but it is. Walking, dancing, breathing exercises help maintain your stamina. **Sing as much as you can**, even if you are a shower singer! The more you sing, the better your speaking voice will be.

Do mirror work! Practice your speech in front of a mirror, for each character. After a while, you'll really like what you see. Your characters will come to life! All those times that, as a child, I spent looking at the mirror and playing pretend came in handy.

Assign each character a place. Put three large pieces of paper on the floor (left, center, right). Think about the space you want to assign each character, and write the first word of each paragraph accordingly. Then go through your speech. This exercise helps in the stage presentation of your speech and helps you envision how the audience will see it. Remember that the timeline runs from left to right from the audience's perspective (for you, it will be right to left).

Practice your speech at a very fast pace to help create muscle memory. Also, write parts of your speech on index cards; then, pick a card and deliver your speech from that starting point. This is very helpful because if you forget a part of the speech, you can still ad lib.

Make sure that your props are an asset, and not a hindrance to your speech. As some of you know, my speech required me to use a bar of soap, and two chairs. I had to search many stores for a women's jacket whose pockets were wide and

deep enough to accommodate a bar of soap! In addition, since I didn't know what types of chairs would be available at the competition site; I had to practice my speech using different types of chairs. As a result, I was ready, regardless of chairs available, and earned an added bonus – strong biceps and triceps!

Deliver your speech outside your club. Your fellow club Toastmasters know you well and will give you excellent speech evaluations; however, when you deliver your speech outside your club, you are able to practice in different venues from small to large. Also, exposure to different audiences allows you to gauge different personalities, and adjust to them. Some clubs are more subdued than others; that doesn't mean that they didn't like your speech, it is simply their style. It is also important to be humble and remember that others see a different perspective than you. Have a notebook ready, and write down suggestions given to you. In the end, you are the CEO of your speech, and you make the final decision as to what you accept or reject. Also, save those evaluations for future reference.

Your speech belongs to everyone. The beauty of this process is that, by the time you deliver your speech, it belongs to everyone. If those who offered a critique attend the competition, and they see their suggestion as part of your speech, they will say to themselves, "I remember when I suggested that to her."

For example in my competition speech: Lynda Wonski, Woodbridge Toastmasters, suggested I sit in one of the chairs at the end (I resisted it for a while, but when I finally tried it, it felt right.); Oscar Ocasio, SpeakAbility Toastmasters, suggested I point to the chair representing my father, then to the audience, and say, "This is your man."; Cyndi Wilson, Impact 21 Toastmasters, suggested I pinch my nose when I say, "The women are not gonna come after you 'smelling like that!'"

Have several dress rehearsals. Practice your speech with the clothes and shoes you will wear to ensure that you are comfortable.

Lip Synch. The day before delivering your speech, save your voice by lip synching your speech. Also, keep hydrated, drink water at room temperature, but do not drink coffee, as it constricts your vocal cords.

Have a ritual to help you be calm. For me, pressing my thumb against my index finger helps me relax and stay focused. Then I repeat the opening statement of my speech. Some people use quotes, wear different color socks, or think of something funny. Also, don't pay attention to the other speakers, focus on yourself (I must admit, this one is hard for me to do).

If you are delivering your speech for competition, try to visit the stage you are competing on ahead of time. For example, prior to delivering my speech for competition, I stood on the stage, breathed in, and felt the energy of the room. I was

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Inspiring Youth through Toastmasters

By Michelle Tropper, ACB, ALS

As a Toastmaster, one of the most rewarding experiences is inspiring others to develop their communication and leadership skills. Once you achieve your own personal goals of Competent Communicator and Competent Leader, the Toastmasters Communication and Leadership Track encourages you to go beyond the walls of your club and reach into your community to help inspire others in improving their skills.

Every young person has the potential to become a good communicator and leader, but this potential needs to be developed. Toastmasters Youth Leadership Programs (YLP) provides opportunities for both Toastmasters and young people to improve their public speaking and leadership skills. There are many youth in our communities who are interested in participating in these programs to help them gain confidence and develop valuable skills.

This past fall, my Ambassador Girl Scout troop of 10 high

school juniors were looking to get something more out of their meetings. Many of them were contemplating community engagement projects to achieve the highest level in Girl Scouts, the Gold Award. I mentioned that I was also looking to achieve my own Gold Award in Toastmasters and suggested that the troop consider participating in an eight-week Toastmasters YLP to both improve their skills and help them prepare for the numerous public speaking opportunities they'd be encountering as they prepare for college. The girls loved the idea of taking on Toastmasters for Girl Scouts, and also wanted to open the program up to others in the community.

We partnered with our local Girl Scouts Heart of NJ Council, which provided meeting space for the program, and CEO Patricia Carroll was also a guest speaker at one of our meetings. Of the 19 high school students who originally signed up, 17 completed the program. All 17 participants attended six or more sessions. There were only four students who missed more than two sessions, and they were able to do a "makeup"



Above: The photos where the girls are holding objects is from a Table Topics session where they were each asked to reach into a bag, pull out an object and describe it. The other photos are of the girls participating in other Toastmasters roles, either as Toastmaster, Evaluator or a prepared Speaker.

This collage represents the girls who participated in the YLP High School Program at the Girl Scout Council in Westfield between November 2015 and February 2016. Most of the photos in my collage were taken on January 31, 2016, at our second to last meeting. The girls in the photos are members of Fanwood Scotch Plains Girl Scout Ambassador Troops 40704 (11th grade) and 40052 (12th grade), and Senior Troop 40274 (9th grade). We also had three daughters of fellow Toastmasters participate. Participants in the program attend Scotch Plains Fanwood High School, Union County Vocational-Technical High School, Union Catholic High School and John P. Stevens High School. On the bottom left side of my collage is GSHNJ CEO, Patricia Carroll addressing the girls.

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session at regular Toastmasters clubs, and participated in their Table Topics, thanks to club presidents, Namrata Wong, CC of Toastmasters of Westfield and Kevin Moulton, DTM of Summit Toastmasters. One of the girls who attended the Summit meeting received the Top Vote Getter Award for Table Topics.

As a Toastmaster, one of the most valuable parts of the experience was using the YLP as my High Performance Leadership Program (HPL) project. My HPL committee was comprised of fellow Toastmasters, Paul Scharf, DTM 6, PDG and current District 83 YLP Committee chair, Patricia Phillips, ACS, ALS, VP of education, SpeakAbility Toastmasters, and Meera Kamdar, co-leader of my Girl Scout troop and YLP co-coordinator. The HPL committee served both as a sounding board and guidance committee, and provided a dimension of quality to the program that would not have been possible if the program had been delivered in the absence of being done as an HPL.

The HPL Committee provided valuable feedback and strategies for the YLP program including:

- Suggestions on integrating Toastmasters and other guests into the program
- Suggestions for recognizing club members and club officers who went above and beyond. Examples of awards we gave were MVP awards to participants who came up with speeches the day of a meeting and stepped in at the last minute to cover for someone who had a last-minute cancellation. Certificates of Appreciation were given to the club officers. We also recognized the six participants who attended all meetings with Perfect Attendance Certificates.

Keys to the success of this program were:

1. It was done as part of an HPL project, with strong committee support.
2. A great, central meeting location from the Girl Scout Council, and support of the Council's CEO.
3. Ability to market the program to the local Girl Scout community and Toastmasters.
4. HPL mentor, Paul Scharf, DTM 6, PDG introduced the group to the principles of Toastmasters and shared communication tips and strategies. Members of Toastmasters of Westfield and SpeakAbility participated as guest speakers, provided interactive sessions, and demonstrated speeches to inspire the participants to grow as speakers.

- Michelle Williams, CC led the group in electing officers.
 - Philip Munkacsy, ATM-B delivered an inspirational speech.
 - Elizabeth Geller, CC delivered her CC-9 speech and inspired the participants to think about how they title a speech or a paper.
 - Oscar Ocasio, ACS, ALB provided an introduction to Table Topics.
 - Robin Patric, ACB, ALB demonstrated an opening speech and provided a Table Topics Strategy session
 - Namrata Wong, CC provided Evaluation Strategies.
5. Dates were set and communicated in advance. Participants were asked to commit to attend 6 out of 8 sessions and make up any sessions that they missed if they missed more than 2. Participants were held accountable to this expectation.
 6. Participants were given opportunities to participate in every meeting. The program met the goals of having each participant fulfill the following roles at least once:
 - deliver a prepared speech
 - be an evaluator
 - be a Toastmaster, Topics Master or General Evaluator
 - participate as a Timer, Ah Counter or Listener at each meetingParticipants volunteered for their roles and then were assigned as needed.
 7. Program Coordinators put the needs of the participants first, to develop their confidence and speaking abilities. Guests and roles of guests were determined based on the interests of the participants.
 8. Participants committed to the program and their participation, and followed through. They saw how they were being helped and helping each other through their participation. The program was important to them and they made it a priority to attend the meetings.

For the students, it was a fun way to improve their public speaking skills amongst their peers. The overwhelming sentiment of all participants: students, parents and Toastmasters, was that it is imperative that our youth develop their ability in public speaking, and that more programs are needed. The next time you're contemplating an advancement in your Toastmasters journey, consider delivering a TI YLP. It may very well be the most important thing you ever do as a Toastmaster.

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also able to notice certain things: the stage, rather than in the middle, was set way to the right, and off center. Also, the riser we had to walk on were two platforms put together, and there was a small gap in the middle. Heels don't work too well on this type of riser because if a heel gets caught in the gap, I could have hurt myself. Since my speech required a lot of movement, I chose to wear shoes with a wedge heel.

Deliver your speech with confidence. You have put in the work, effort, and energy. Now have fun! Know that your words, used effectively, can forever transform a life.

Margarita Estrada, ACB, ALS, is a staff writer for The Voice.