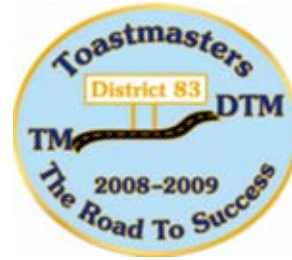


# TOASTMASTERS DISTRICT 83 "TOASTMASTERS, THE ROAD TO SUCCESS"



February/March  
2009

Volume 1, Issue 3,  
District 83

## TOAST TALK

### District 83 Officers

Paul Scharf, DTM,  
District Governor

Brian Lin, DTM,  
Lieutenant Governor,  
Education & Training

Tom Somers, ACS/CL,  
Lieutenant Governor,  
Marketing

Karen Seeman, DTM,  
Public Relations Officer

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Sergeant At Arms

*Please note that the Editorial Staff reserves the right to make changes to your submissions to correct for grammar & spelling, update content, & to allow for space. Thank you for your understanding.*

### Your New Year's Resolution

Paul Scharf, DTM, District 83 Governor



Are these some of your resolutions?

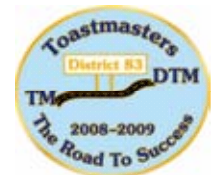
- spend more time with family & friends.
- tame the bulge.
- quit smoking.
- enjoy life more.
- quit drinking.
- get out of debt.
- learn something new.
- help others.
- get organized.

How about being part of a Distinguished District? Stand on the stage at the International Convention in Connecticut on August 14? Complete another CC? Complete another AC? Consider taking on a leadership role or moving up the leadership ladder?

Do you remember the day you joined Toastmasters? The day you gave your first speech? or the day you took the first duty position or leadership role? If you've given a few speeches, you probably feel less nervous standing behind the lectern, giving presentations at work, discussions with family and friends, speaking off the cuff anytime, etc. If you have taken on a leadership role, then you are starting to learn such skills as time control, planning, delegation, motivation, and other skills in becoming a leader.

Let us look at the first nine resolutions. How many can be accomplished, achieved or overcome by becoming better at communications and by developing more leadership skills? In order to complete some or all of your resolutions, continue or increase your club activities. Schedule more speeches and complete that manual by June. Volunteer for those duty positions and follow the CL manual to complete them.

Completing the Toastmasters communication and leadership ladder will not only make you a better person, but will assist you in completing your resolutions. Toastmasters is The Road to Success, even to completing your New Year's Resolutions.





**District 83's Toastmasters  
Inaugural Spring 2009 Conference  
THE SWEET TASTE OF SUCCESS  
The Woodbridge Hilton  
120 Wood Ave. South, Iselin, NJ 08830  
May 15-16, 2009**

5:00pm-12:00am

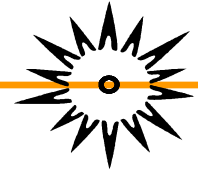
**Friday**

2000's World Champion of Public Speaking

- Ed Tate's Energizing Workshop

**The Evaluation Contest: the best of 5 Divisions**

Fun Night ...Mix and mingle with your fellow Toastmasters



8:00am-10:00pm

**Saturday**

First Timers Orientation

Incredible Eye-Opening Workshops morning &amp; afternoon

Lunch Buffet

- Key Note: Ed Tate, World Champion Public Speaker 2000

Business Meeting &amp; District Elections

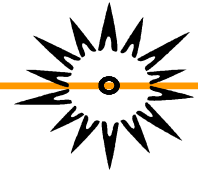
Parade of Banners: The Pride of District 83

Distinguished Toastmaster Recognition

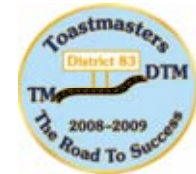
Dinner Banquet

- Key Note: International Director Annalie Weber

District 83 Awards Ceremony

**International Speech Contest: the best of 5 Divisions**

**Registration form available at  
<http://tinyurl.com/D83Spring2009>  
General registration \$80 per person (March 15, 2009)  
Late registration \$90 per person (May 1, 2009)  
Speech Contests Registration \$100 per person  
(includes Banquet)  
[www.toastmasters83.org](http://www.toastmasters83.org)**



**A Toastmaster Student Sends Thanks:** by Jing Ouyang *A former student sends thanks to Fern Rashkover, DTM, member of Elmer Sperry Toastmasters Club in New Hyde Park, NY. Fern taught a Youth Leadership Program for the New York Academy of Finance (New York City High School Students) for ten years. [Fernbyrd@aol.com](mailto:Fernbyrd@aol.com)*

Hi! I'm Jing Ouyang, your former student in TOASTMASTERS of 2007, remember? It has been a long time. Are you still teaching at Baruch for TOASTMASTERS? Are there many students from John Dewey HS, which is my former high school? I am currently studying at Boston College as a Finance major. I really have to work hard to get the best possible grade within my capability, and since I live in a nurturing environment where everybody works diligently, I am constantly motivated and encouraged to give my best shot in every endeavor. Given the communication skills I learned from you, I realize how precious the TOASTMASTERS experience has been to me. Not only am I able to expel approaching anxiety in public speaking, but I also grow more confident in dealing with people. It's a year to be remembered, and it's also a year to be appreciated. *Thank you, Ms. Fern,* for having led me to a world of unknown and for having instilled infinite confidence in my personality through your teaching. I appreciate everything that you have given me. Best wishes for you!



District 83 is pleased to sponsor  
“**BREAKFAST WITH A CHAMPION**”

**Sunday, May 17**

At the Woodbridge Hilton

Iselin, NJ

9:00 – 11:00 AM

Featuring 2000 World Champion of Public Speaking

**Ed Tate, CSP**



Ed has earned the reputation as the “speaker who energizes, educates and entertains.”

Come and enjoy a morning with Ed!

Cost is **\$40 per person** and includes a breakfast buffet.

**This event is limited to the first 40 people to register.**

Please send the form and check to:

*Diana LeBron*

**BREAKFAST WITH CHAMPION**

*102-3A Montgomery St.*

*Highland Park, NJ 08904*

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*PLEASE PRINT OR TYPE ALL INFORMATION*

Full Name: \_\_\_\_\_

Spouse/Guest Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Club Name: \_\_\_\_\_ Club: # \_\_\_\_\_

Make check payable to: District 83 Toastmasters - Total Enclosed: \_\_\_\_\_



## THIS IS YOUR DISTRICT 83!

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### **Division A. Division A Governor, Deborah Clark, DTM**

**We are on our way to a repeat of last year. YAHOO!** The Roche Club in Nutley continues to be the keeper of the gavel. We had 2 club visits cancelled this month after a heated race to secure an appointment. The Roche Club is a corporate club that meets every 2 weeks on Wednesday at 12 noon. If your club is in the mood for a road trip, please contact our SAA, Glenn Pogharian @ [glenn.pogharian@roche.com](mailto:glenn.pogharian@roche.com) The Roche club will be hosting an information table in the lobby of the cafeteria building this month. Club members will have a chance to complete a module from the CL manual. We will also have old *Toastmasters* magazines on the table for visitors to read. The magazines are a great way to elaborate on the benefits on being a member of Toastmasters International. The Roche club contest has been scheduled for February 16. We are having an open joint meeting with another large organization on the Nutley campus. This will give the club more exposure, and it will also serve as good practice for contest participants to speak in front of a mixed audience. The Roche club has already completed 5 of the ten DCP requirements.

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### **Division B Rocks! Division B Governor, Barbara Krasner, ACS/CL**

Division B had an outstanding Leadership Institute at New York Life Investments, in Parsippany, on January 21. In addition to officer position training, we had special breakout sessions on driving membership in corporate and community clubs, moderated respectively by Brian Lin, DTM, District 83 LGET; and Steve Lord, DTM, a former area governor in what's now Division B. Dave Romanchick, ATM, of the Morristown club gave a general session on separating yourself from the pack as a contest participant. Our next Leadership Institute will take place on February 10, at Wyeth Madison, in Madison. Special sessions include "The Art of Evaluation" by Jim Birnbaum, ACB/CL, Area 23 Governor, and Spring Conference Chair; and "Club Elections," by Alex Brown, DTM, Division C Governor. Our training season concludes with a traditional officer training session hosted by Prudential, in Roseland, on February 23. Visit [www.toastmasters83.org](http://www.toastmasters83.org) for details. **What's up next for Division B? Lots! Contests** – Area contests have been scheduled. The contest for Areas 21/22/25, sponsored by UPS and the Motown SpeakUPS club, will be held at UPS, in Morristown, on March 18. The contest for Areas 23/24, sponsored by Solix and the Solix club, will be held in Whippany, on March 11. The division contest, hosted by the NYLIM club in Parsippany, will take place on April 22. We're expecting, as always for Division B, passionate participation! Free Job Skills Seminar – "Putting Your Best Foot Forward" – Division B will host a membership-building event in the Morristown/Parsippany area featuring Chris Miller of the Robert Half staffing firm, The Creative Group. No date has been set yet, so stay tuned for news! Club Coaching, Sponsorship, and Mentorship – We're committed to helping our struggling and new clubs do well. We've identified the clubs we need to support and are reaching out to the division leadership and clubs for volunteers. Don't forget – serving as a club coach, sponsor or mentor can earn you ALS credit. *If you're interested, please contact me at [barbarakrasner@att.net](mailto:barbarakrasner@att.net).*

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**Division C. Murray Hill Speakers Club News.** The Murray Hill Speakers Club has two exciting events to report. "Putting Your Best Foot Forward in These Economic Times" OPEN HOUSE, February 27<sup>th</sup> – To help drive new membership, we're offering this free seminar to Alcatel-Lucent employees and the community. We have two guest speakers, Paul Scharf, DTM, District 83 Governor and Robert Pestreich, a member of the Freehold Toastmasters club in Division D, an executive recruiter. "How to Conduct Productive Meetings," a two-part Toastmasters Success/Leadership seminar, March 18 and March 25, featuring Marty Finston, ACS, and Murray Hill Speakers Club Secretary. These 45-minute seminars will help our club drive membership, provide value to our community, and help Marty achieve his ACG! *All events will be held at noon at Alcatel-Lucent, 600 Mountain Ave., Murray Hill. Contact Barbara at [barbarakrasner@att.net](mailto:barbarakrasner@att.net) for details*

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### **"Here's What's Happening in AREA 41", Area 41 Governor, Fran Okeson, DTM 13,-PDG**

Business Leaders Toastmasters: For the second year, President/VPPR Arlene Trunzo and VPM Fran Okeson will be representing the club at the 11th "Annual Staten Island Conference 2009" to be held on April 28th at the Hilton Garden Inn, Staten Island. The conference will feature America's top life coach, Mel Robbins. The conference will feature the Honorable Mayor of New York City, Michael Bloomberg as the Keynote Speaker. It is organized as a networking tool by the Staten Island Economic Development Corporation. Richmond County Toastmasters: President, John Weibel is planning a "Special Event" to celebrate the club's 33rd anniversary at its March 4th meeting. The club is looking for new members and any former members are invited to join the festivities. Please let John know if you'd like to attend at [weibelj@ddc.nyc.gov](mailto:weibelj@ddc.nyc.gov). North Shore Toastmasters: If you want to join a culturally diversified club with more than twenty members, let VPM/VPPR Irene Rosado know. Members hail from three boroughs as well as the far shores of Panama, Nigeria, Ghana, Taiwan and Germany.

## “Here’s What’s Happening in AREA 41” (continued)

Smedley's Speakers Advanced Toastmasters: The premier advanced club on Staten Island. It has the honor of having Dr. Dilip R. Abayasekara DTM, AS, PIP as a member. Dilip was the Toastmasters International President during 2005 and 2006. He presented the club with his President's Banner in Toronto at the International Convention. The club recently hosted The Area 41 Club Officers Training and will host the Area 41 Contests on March 31st. (We could use Judges if anyone is interested.)

No Limits Toastmasters, "The Club On Wheels": This club has many meetings during the month at various venues. It was formed to bring the Toastmasters program to the disabled and homebound community and also has dual members from other clubs including Kristin Nicholson, DTM, who is completing her two year term as International Director for Region VII, and the District 83 Historian, Sandy Scharf. The club hosts a Cable TV show and invites Toastmasters as well as non-Toastmasters to appear and make manual speeches. Contact President, Fran Okeson, Area 41 Governor, at [okiedokie@si.rr.com](mailto:okiedokie@si.rr.com) if you'd like to appear on the show as a speaker, evaluator or a responder to a Table Topic question. The club also has Staten Island's only "Speakers Bureau."

Staten Island - Liberty Toastmasters: In December 2008, Staten Island Toastmasters and Liberty Toastmasters merged to become one viable club. It now has 21 members and is growing into what it was in its heyday!

*Fran Okeson, Distinguished Toastmaster (DTM 13, PDG), Area 41 Governor 2008-2009*

*Speech Coach and Trainer, Host of Cable TV Show, "TOASTMASTERS IN THE COMMUNITY"  
(H) (718) 984-1339 (E) [OkieDokie@si.rr.com](mailto:OkieDokie@si.rr.com)*

## How Our District Grows: Tom Somers, ACS/CL, LGM

“The mission of the district is to enhance the performance and extend the network of clubs, thereby offering greater numbers of people the opportunity to benefit from the Toastmasters educational program...” I am happy to tell you that District 83 is focused on that mission and we are seeing results. We have six new clubs that are taking off and we are providing the members the benefits that Toastmasters has to offer.

What has been happening with new clubs? A lot! District 83 had its first demonstration meeting at GE Healthcare on July 8<sup>th</sup>. In front of an enthusiastic crowd, Dennis Fokas gave an inspirational speech. Jennie Steinhagen led table topics; the audience was impressed. On Oct 1<sup>st</sup> GE Healthcare chartered and became the very first club that chartered in District 83. Next up was GSK Speakeasy. Paula Markert, and Benjamin Costa had been working to start this club last year and on November 1<sup>st</sup>, 2008 they chartered.

In August, Division E Governor, Andrew Paleologos, and Area 52 Governor, Raj Balaraman, setup an outstanding demo meeting for the Hertz corporation. The Toastmaster for the meeting was Eric Purdum of BMW NA Toastmasters club. Eric facilitated the meeting and provided Hertz with the information to effectively run a Toastmasters meeting. On November 25<sup>th</sup> they chartered.

Our next Demonstration meeting was at Toys R Us. What a great job they are doing. Alex Brown, Lisa Pantano, Glen Pogharian, and Pamela Winter all helped out with the demonstration meeting. Lisa Pantano stepped up and gave an Ice Breaker at the last moment and also facilitated table topics. Ruby Scotland volunteered to mentor and has been instrumental in getting started in the right direction. They chartered on November 14<sup>th</sup> and they already have enrolled five new members.

In December we were surprised by one of our newest clubs, Cordis Speaks Easy. Toastmasters was so successful at Cordis Miami Lakes Toastmasters in District 47, that they wanted to bring a club to their office in New Jersey. They did just that, and on December 1<sup>st</sup> they chartered.

DeVry Networking is our most recent charter. They are an enthusiastic club comprised of both faculty and students. The faculty at DeVry is genuinely involved in the club, and strongly supports the students in their efforts to improve communication and leadership skills.

That is where we stand on clubs at this time. Let's welcome these new clubs to our district, support them at contests. If you are a club officer, attend officer training, and share with them what you have learned. They need our support. If you would like to help out with a new club, feel free to contact me. I can be reached via e-mail at [somertm@yahoo.com](mailto:somertm@yahoo.com).



## “JOANNE’S TALKING”

by Joanne Callahan, ATM-B, Novartis Toastmasters

### “THE HARDER THEY FALL”

One of the great things about Toastmasters is that it constantly provides a learning experience for me and keeps me grounded in reality. If I get too sure of myself, all I need to do is give a speech with PowerPoint slides and I will be brought back to reality in a heartbeat. Working with props is difficult no matter how many times it is done because there always seems to be some glitch that occurs when you least expect it. Last month I gave a training from the Better Speaker Series complete with slides. I like working with PowerPoint because it is a fun and creative way to get my point across. I really thought I had this speech down (actually I did – it was the props that threw me off).

I arrived at the meeting a half hour early and set up the computer and projector before people starting drifting in, never giving any thought to the fact that I hadn’t planned on how I was going to advance the slides. I just thought I would press the ‘down’ arrow on my keyboard and all would be right with the world.

When the time came for me to speak, I launched into my speech with my first slide already showing. Perfect. Then, when I went to advance the slide I realized my mistake. The computer was so far away from me that I had to reach in front of the projector to advance it, casting a shadow on the screen behind me. I knew this was wrong but at that point there was nothing I could do. I could not ask some-

one to advance the slides for me because they would not know when to do it. My evaluator had a ball that day pointing out this error, as if I was oblivious to it, and I vowed to never let it happen again.

I had the chance to redeem myself at a recent Toastmasters meeting. I had secured a remote slide advancer (a pen-like contraption that advances slides from wherever you are in the room) and thought this was the answer. More secure than the last time I spoke with props, I again showed up a half hour early to the meeting in order to set up. Since I had some extra time, I decided to run through my speech once again, and this is when I found out that the slide advancer didn’t advance the slides each time I pressed the button. Sometimes I had to press the button twice, which meant that from where I was standing I was never quite sure if I was on the correct screen. Since I could not see the slides on my computer screen in front of me, this was definitely a problem.

When it came time for me to speak, I was so intent on making sure the slides were advancing properly that I kept glancing back at the screen to make sure I was on the right slide. As I did this I knew this was wrong, and a few times I even pressed the wrong button and the slides were going backward rather than forward. Then, my hands started shaking and I started to lose my train of thought. And I was doing a train-

ing on Take The Terror Out of a Talk!

My evaluator did touch on this and even thought my nervousness during the speech was simply my imitating how nervous some people can be. The moral of the story? You can never be too prepared and props should be used before the meeting to make sure they work, rather than just relying on technology to do what it is supposed to do. I am a work in progress, and I learn something new at every Toastmasters meeting – even if it is at my own expense.

The most important thing I learn is that not only will I get through my speech, even while I am struggling with technology, but that the audience will forgive any mistake I make. This is why I keep coming back. It is better to make these mistakes in a non-threatening environment rather than in front of the Executive Committee at work. You can’t ask for a better reason to practice your public speaking skills.

**“Practice is the best of all instructors”**

-Publilius Syrus

**Joanne Callahan, ATM-B**  
**District 83 Club Newsletter Chair**  
**President**  
**Novartis East Hanover**  
**Toastmasters**

<http://novartis.freetoasthost.biz>




Toastmasters Region 7 Conference

**Courage to Shine**

Improved communication and leadership skills help you shine in dark times and bright.

<b>District 45 is honored to host the 2009 Toastmasters Region 7 Conference</b>	
<b>Join us!</b>	<p><b>June 5-6, 2009</b></p> <p><b>Moncton, New Brunswick, Canada</b></p>
<b>Highlights:</b>	<p><b>INTERNATIONAL SPEECH CONTEST</b> Hear the speakers vying to represent Region 7 at the 2009 World Championship of Public Speaking!</p>
	<p><b>HUMOROUS SPEECH SHOWCASE</b> Get your "ha-ha" on! Laugh, giggle, chortle...</p>
	<p><b>LEARN A THING OR TWO!</b> Participate in educational sessions (four tracks)</p>
	<p><b>NETWORK!</b> Meet fellow Toastmasters from Northern West Virginia to Northern New Brunswick!</p>
<b>For more:</b>	<p><a href="http://www.r7tm.org">www.r7tm.org</a></p>



**LIMITED OPPORTUNITY: COMMUNICATION WORKSHOPS**

Don't take chances in this economy! Ensure your communication skills are honed by registering for either or both of Division B's Communication Workshops. Both new and experienced Toastmasters can benefit. Each workshop is LIMITED to 40 participants! **"Taking the Terror out of Table Topics"**: *Saturday, Feb. 28, 2009 from 9 AM - Noon.* This workshop includes training for being a Table Topics Master as well as different speaking approaches to Table Topics. Featured as a **guest speaker is, 2006-2007 Area Governor of the Year, Steve Lord**, who will enlighten and entertain us with his experiences with Table Topics. There will be a break out practice session, as well as an open discussion forum to share your own thoughts and experiences. *Drinks and snacks will be provided.* **"The Art of Effective Evaluation"**: *Saturday, Mar. 7, 2009 from 9 AM - Noon.* We evaluate every day of our lives, at work, at home, and in our leisure activities. This workshop will give Toastmasters the knowledge, motivation and skills they need to become more effective evaluators. Featured will be training from the Toastmasters "Success/Communications" program as well as guest speaker Steve Lord, 2008 District 46 Evaluation Champion, providing his insights for being a highly effective evaluator. As part of the session, practice giving evaluations for a target speaker and participate in an open discussion forum. *Drinks and snacks will be provided.* **LOCATION for both workshops:** *United Methodist Church, 190 Diamond Spring Road, Denville, NJ*, **Directions here:** <http://opendoor.freetoasthost.net/directions.html> Starting time will be 9:00 AM SHARP. **TO REGISTER:** email Jim Birnbaum at [jim.birnbaum@effem.com](mailto:jim.birnbaum@effem.com); follow up with a \$10 per workshop check (2 workshops = \$20) payable to "District 83 Toastmasters" & mail to: Jim Birnbaum, 93 Countryside Apts, Hackettstown, NJ 07840-1544. Your confirmed registration will be acknowledged by email once your check is received. These workshops are FREE. Your check(s) will be returned to you when you arrive. Your check will be cashed if you do not attend.



## Toastmasters Gives

When we think of beginning a New Year, we create resolutions to change our lives: Spend more time with the family, lose 10 lbs., get in shape, or register for a class. In this brief article we will hear from a few colleagues how a commitment to improving their communication and/or leadership skills has changed their lives.

### Carmalee Foster

An aspiring individual with the Service Company, has been a member of New York Life Investments (NYLIM) Toastmasters Club for over a year. She has delivered six speeches and has served in many meeting

roles for the club. Carmalee says, "Toastmaster meetings for me have been a way to practice the skills needed to thrive in our industry as well as in life. Toastmaster meetings provided me with opportunities to:

- Develop my ability to articulate my thoughts in a clear and precise manner;
- Practice acting in a professional manner when fulfilling a meeting role;
- Enhance my organizing, planning and managing skills;
- Develop the confidence to speak my mind. Through practice, my personal nervousness or fears have subsided;
- Add to my professional profile, as it demonstrates initiative and the persistence to do well."

Carmalee encourages anyone looking to develop their professional skills as well as interpersonal skills to "give Toastmasters a chance. By attending one meeting you will know if it's right for you!"

### Robert Deprizio

A PSC representative for Retirement Plan Services, who is a newcomer to Toastmasters, and a relative newcomer to NYLIM, has this to say: "I feel I haven't been in Toastmasters long enough to see its full effects, but so far it has confirmed that the more often a person uses public speaking the easier it does become."

### Tom Nieman

A Small Plan Relationship Manager for Retirement Plan Services, has been having a great experience with Toastmasters. Tom tells us he is "frequently and pleasantly surprised by how much fun meetings are and how much I get to learn about colleagues that I'd otherwise never have the opportunity to get to know." Toastmasters has given him the opportunity to "improve his own communication skills and simultaneously help dozens of fellow colleagues do the same. He shares one possibly overlooked fact about "Toastmasters: You can work at your own pace. So, there is plenty of flexibility within the program to allow members to pursue goals that fit within their unique schedules."

Toastmasters gives men and women a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills.

You have heard from two members about how Toastmasters has changed their lives. As Tom mentions, the program allows each member to identify their own goals and pace themselves accordingly. There are 40 more members with 40 different stories. Toastmasters gives each member their own unique experience!

***Toastmasters has clubs in two of New York Life's major locations, and each has its own meeting schedule:***

**Parsippany:** NYLIM Toastmaster meets the 2nd and 4th Tuesday each month in C1 A and B. Meetings begin promptly at 12:00 pm and are over at 1:00 pm. For more information, contact Tim Murphy (VP of Membership), at (973) 394-3269 in Parsippany.

**New York:** The "Mad Toasters" group meets every Tuesday at 12:00 noon. For more information, check its website: <http://madtoasters.freetoasthost.biz/>

**Westwood, Massachusetts:** Contact Brian Fornuto (781) 619-2489 for meeting details.

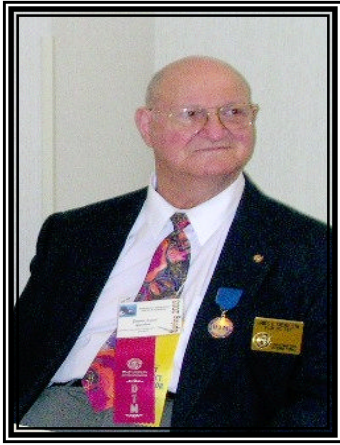
For more information on Toastmasters International, please visit: <http://>





# A TOASTMASTERS LEGEND

by Fran Okeson DTM 13,-PDG (46) District Condolence Chair



James A. Friend, DTM, PDG  
Photo by Joe Shuler,  
D83 Photographer

Past District 46 Governor James A. Friend, DTM, passed away on January 14, 2009, and was laid to rest on January 19th. Jim was a forty-eight year member of District 46 and District 83 Toastmasters, including membership in Gaveliers, ACES, Woodbridge, Brooklynites and several other clubs over the years. Jim was an active participant in Demo Meetings for new clubs around the District, and was always available to help train club officers. At the Fall 2001 Conference, as District 46 Governor, I presented Jim with a trophy in recognition of his many years of valued service to District 46. At its twentieth anniversary on March 26, 2007, the ACES Advanced Club conducted a "Roast," honoring Jim, which was talked about for months afterward. He was also known for participating in several comedy skits at the ACES Club, playing the recurring character, "Dr. Phlugenheimer." Jim is survived by his wife, Martha; son, Tom; and daughter, Kathy.

**"Contributing to this notice were PDG (46), Lee Abramson, DTM, and District 83 Auditor, Ken Schaefer, DTM"**

**Condolence cards can be sent to:  
Thomas A. Friend ATMB (31 Adams Street, Edison NJ 08820)**

A donation to the Smedley Foundation in Jim's memory is being planned. Donations from all of the clubs that Jim was a member of during his 48 years as a Toastmaster, would be greatly appreciated. Please make all checks out to **The Ralph Smedley Foundation**, and send them to: **Noreen Ryan, 24 Second Ave. Garwood NJ 07027**. Submitted by Noreen Ryan, President, Gaveliers Club 2311, District 83

## NOTICES, ANNOUNCEMENTS...

send your submissions to: [IsabelHershey@yahoo.com](mailto:IsabelHershey@yahoo.com)

Grab your audience's attention right away by starting each speech with a **bang!**



A special thank you to the Assistant Editorial Staff: District 83 Governor, Paul Scharf, DTM; Division B Governor Barbara Krasner, ACS/CL; Public Relations Officer, Karen Seeman, DTM; & Joanne Callahan, ATM-B.


**TOASTMASTERS INTERNATIONAL CONVENTION, MGM Grand at Foxwoods, Mashantucket, Connecticut: Aug. 12 - 15, 2009, [www.foxwoods.com](http://www.foxwoods.com)**

A warm thank you is extended to all of the Officers, Division Governors, Area Governors, and members who contributed to this issue of TOAST TALK.

### A NOTE TO ALL OF OUR CLUBS:

-Please submit to the District Newsletter, "TOAST TALK", any club accomplishments, membership accomplishments, and future contest information. Pictures of club events are also welcome. Publicity, and acknowledgement are the life force of our clubs, and what better channel is there to communicate within your District; among current friends, and those waiting to be made. You may submit any of your news for publication & email distribution to: [IsabelHershey@yahoo.com](mailto:IsabelHershey@yahoo.com)

-Please contact District Condolence Chair, Fran Okeson, DTM 13, PDG, if your club suffers the loss of a club member or an immediate family member. You can email Fran at [okiedokie@si.rr.com](mailto:okiedokie@si.rr.com) or call her at 718-984-1339.



**TOASTMASTERS  
DISTRICT 83  
"TOASTMASTERS,  
THE ROAD TO  
SUCCESS"  
ISABEL HERSHEY  
NEWSLETTER  
CHAIR**

ISABELHERSHEY@YAHOO.COM



A real leader faces the music, even when he doesn't like the tune.

-Anonymous

## FELLOW TOASTMASTERS...

*In several months past, going back to the presidential campaign, people became keenly aware of the importance of proper communication. We are judged, perceived, and believed when we speak in a manner that is eloquent, that draws influence, and instills confidence. We have seen in the new leadership, now emerging in our country, that communication is the key to all the "goods." This is an important factor. Whether you are a clerk, secretary, assistant or head of the highest office in the land, the President of the United States, communication is not only a required skill, but an imperative ability to attain.*

*Although we may not connect the reasoning directly to a future in public speaking, for some time now, we have seen the importance of learning proper speech. Parents are often advised to speak to their babies in proper form so as to not alter the speaking patterns that their children will automatically emulate and subsequently learn. When a child speaks properly, adults are often drawn by the charisma they exude, and the parents become the recipients of high praise for the adequate training. Start them young, and the child's speech and language can only improve with time.*

*It is the strength of our words, and the subsequent follow through of such words that, in most cases, defines us. How we put those words out into the world, has just as much weight as what we say. The great news is that excellent speech, adequate variety, and appropriate tone, can be learned, and perfected; Toastmasters has proven such, and continues to lead the way.*

## VOCAL COSMETICS: A NEW TREND IN VOICE IMPROVEMENT?

By Susan Berkley

*Do you ever wish you could sound like someone else? Have a really great voice like a movie star or that colleague down the hall? Do you lament that your own voice is boring, lackluster or indistinct? Some people have such a complex about the way they sound, they won't even put their own voice on their answering machine! They choose the default message with the metallic guy that says: "The party you are calling is not here. Please leave a message." Reporters are talking about a trend in vocal makeovers, in cosmetically improving the sound of the voice. And if a "voice lift" were surgically possible, I bet people would be standing on line to have one. After all, every other part of the body can be lifted, sucked or injected to achieve perfection. Why not the voice? Of*

*course the voice can be enhanced. Accents can be minimized and articulation improved so that your speech is clear and easy to understand. We can, and should, learn to find our optimal pitch, control our pacing and speak in a way that is pleasing to the ear. But keep this in mind. When it comes to your voice, the thing you may need to change the most is your attitude. The qualities we admire in others are often the qualities we fail to value or appreciate in ourselves. Why? Because we got them for free. We didn't create them. We don't want to be grateful to the source. Haven't you ever seen a little kid trash a gift or break a shiny new toy? Many of us unconsciously do the adult equivalent with our inner gifts and that could be the gift of your voice. It took me 5 years of getting paid for speaking as a voiceover artist and broadcaster before I realized my voice was probably okay. What a relief! I had been waiting for someone to*

*call me up and say: "Susan, it's all been a horrible, terrible mistake." So if you are trying to hide behind that mechanical man on your answering machine, if you are avoiding speaking opportunities or beating yourself up about the sound of your voice, please give it up. Learn good speaking techniques and use these skills to enhance what you have been given. And maybe someday soon someone will say to you "I wish I could have a voice like yours." And then you'll smile, thank them for the complement and say to yourself: "If they only really knew".*

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