

TOASTMASTERS



INTERNATIONAL

# The Voice

District 83 Newsletter  
“Better You, Better World”

August 2009

**The Voice** is dedicated to inspiring Toastmasters in District 83 to achieve their goals. Let **The Voice** be *your voice* by sending in your success stories—the way that Toastmasters has helped you either personally or professionally. Everyone has a story to share and your experiences can help others find *their* voice. Please send your submissions to Joanne Callahan, your District 83 Newsletter Editor, at [greenbriar206@yahoo.com](mailto:greenbriar206@yahoo.com). Photos are also welcomed!

## My Toastmasters Transformation

by Barbara Krasner, DTM



I joined Toastmasters, because my boss told me I didn't inspire. It wasn't enough that I wrote speeches and presentations for the group president, which he delivered to more than 10,000 employees. I learned there was a club that met in my own building twice a month during lunchtime. I went with a colleague.

From the first moment, I was hooked. The club president was charismatic and the meeting was such fun. I volunteered immediately for a table topic and couldn't wait to sign up and receive my basic manual. Within just a few short weeks, I found myself speaking up more frequently at my boss's staff meetings, saying fewer ums and ahs, and using more animated gestures.

Within four short years, I have attained my DTM. I have served as a club secretary twice, a treasurer, a VPE, and president. I have sponsored a club. I have served as area governor and division governor and am now the incoming public relations officer for the district. I competed twice in the International Speech Contest and learned so much just by participating, achieving my personal best at that time.

Most importantly, I've met great people. I could not have held my very first photography exhibit without the help of fellow Toastmasters Jim Birnbaum, Pam Winter, and Lisa Pantano.

I could not have authored my first Toastmasters press release without the nudging of Karen Seeman. I could not have built such a great team in Division B without the help of all its area governors and the organic development of our mantra, “Division B Rocks!”

I have transformed from an unhappy marketing director to a full-time writer. Toastmasters allows me to fulfill my creative dreams in so many ways and I'm looking forward to finding even more opportunities in the future.

Thank you, Toastmasters!



## The Techie Toastmaster

*Technology changes at an astounding rate and it can be difficult to keep up with the latest trends in communication. In order to help his fellow Toastmasters, Joel Heffner has volunteered to write a monthly column explaining the latest and greatest that technology has to offer. Never let it be said that District 83 is not on top of it's game!*

### **To Twitter or Not to Twitter** by Joel Heffner, ACB

Twitter (<http://www.twitter.com>) is one of the most popular social networking sites. Articles about it appear in the New York Times and Wall Street Journal. Oprah and Larry King talk about it regularly. Does it have a place for Toastmasters? Surprisingly, the answer is yes.

For those not familiar with Twitter, it's very simple. Anyone can join and it's free. Once you join, you can submit posts, or Tweets as they call them. Each Tweet can be no more than 140 characters at a time. You can submit as many or as few Tweets as you'd like. People who want to see your Tweets are called followers. If you want to follow someone else, you can. Some people, especially celebrities like Oprah have hundreds of thousands of followers. Most people have less than one hundred followers. Like Toastmasters, Twitter is on a world-wide scale. You may find that you are following or are followed by people from all over the world.

Toastmasters can use Twitter in three basic ways. Clubs can disseminate information to members. For example, you can remind members of your meetings. This is especially useful for

clubs that don't have their own Web sites. Another way Twitter helps Toastmasters is that you can get some good advice from people such as Andrew Dlugan (Toastmaster and noted public speaking blogger) and 2001 World Speaking Champion Darren LaCroix, to name a couple of speaking experts you can find on Twitter. Twitter is also a place where you can ask questions on public speaking, help others with their fear of public speaking, and network with other Toastmasters and clubs. If you look up Toastmasters on Twitter, you'll find clubs from London to Brooklyn as well as districts from the east to the west coast.

Twitter is an emerging media that can be helpful to districts, clubs, and individual Toastmasters.

[Joel Heffner is a member of the New Day Toastmasters (Staten Island). You can read his Tweets at <http://www.twitter.com/tipsforspeakers>.]



## **THERE'S A STORY FOR THAT**

By Deborah Clark. ACS

I have been a member of Toastmasters for three years. I have held an officer position each one of those three years. My role as Division A Governor was a culmination of all of my experiences, and without a doubt the hardest one to fulfill. When I joined Toastmasters in October 2006, to be honest, I had never heard of the organization. I had experience speaking in front of small groups. I facilitated training sessions, and I really didn't think I needed it. I didn't need it. I was not afraid to speak. I was always eager to present to the group. I didn't need it.

Well, I thought I didn't need it. In reality, quite often I had been told that I talked fast, and people would have a hard time understanding me. Whenever it happened, I would stop, and repeat, stop and repeat, but it was always with an almost arrogant air, of. "So sorry, you didn't get it".

I was so wrong for so long.

After attending the very first meeting I was amazed to learn what Public Speaking was all about. I was introduced to the three parts of a speech, (opening, body, closing). I learned the importance of introducing yourself. I understood why you should always explain what your objective is.

When I had to give my first speech, I was nervous, I still talked fast, but I DID IT! I was the VPPR for my club at the time. I became a club officer almost from the start of my membership. The position became available, and I took advantage of the opportunity.

I attended the Executive Board Meetings, and presented several ideas to market the club within our company. During my term as VPPR, I hosted a Newsletter, did several club promotions at lunch hour in front of the cafeteria, and distributed flyers to potentially new members.

In 2007 I competed in the Speech Contest for my club with my tenth speech from the CC manual. I represented my club at the Area Contest, and came in second. It was a very exciting experience for me. The same summer of 2007, I became an Area Governor. I had 5 clubs that I was responsible for. It was quite a challenge! I visited other clubs that were both Cor-

porate and Community based. It was quite a different world out there! I had support from my Division Governor, and LGET, both of whom were very helpful.

The speeches that I gave during my club visits were instrumental in being able to complete my speech requirements for the Successful Club Series, and the Better Speaker Series. I continued to give speeches at my home club, and completed my 2nd CL. ACB, and ACS by the end of my term.

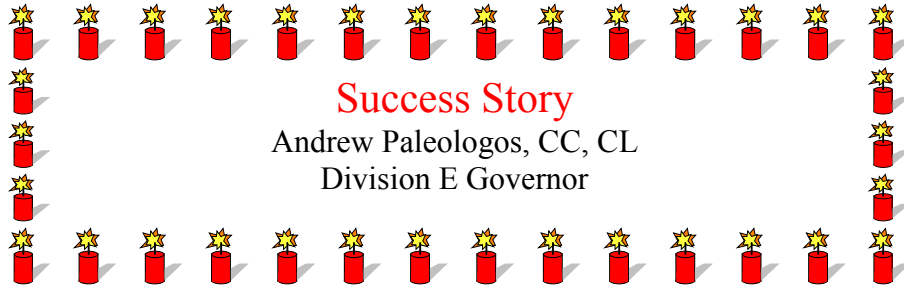
In 2008 I accepted the Division A Governor position. I had 5 Area Governors reporting to me. I was also nominated for President of the Roche Corporate Club. During that year I also completed my Leadership Excellence Award, and presented a SpeechCraft Program to my fellow colleagues. I have continued to train officers, I am a Target Speaker for competitions and I have been a speaker at the Annual Joint Pharma Meeting. My proudest accomplishment was presenting a workshop at the first District 83 Fall Conference in November, 2008.

As I come to the end of my term as the Division A Governor, I have just completed my ALB, and ACG. I am currently working to charter a club for my ALS. I love Toastmasters, and I am continuing the experience by joining a Speakers Bureau. I have also presented at several Adult School Programs.

I would tell anyone to join Toastmasters and don't just join, participate, to experience the growth.

**"Opportunity is missed by most people because it is dressed in overalls and looks like work."**

***Thomas Edison***



## Success Story

Andrew Paleologos, CC, CL  
Division E Governor

I was in the checkout line at ShopRite trying to pay for my order with a personal check, but the cashier would not accept it. My groceries were packed and my family and I were anxious to leave the store as there were many more things on my Saturday ‘to do’ list that still needed to be done. When the manager of the store walked over to offer assistance, I calmly spoke with him in order to clarify the issue and then I listened to his side of the story. I then explained the problem as I saw it and presented my side to him. Because I was able to articulate well and to think on my feet, the issue was successfully resolved to the satisfaction of both of us.

After I left the store I evaluated myself, much as I would evaluate a fellow Toastmaster, and I realized that what had just occurred was a real-life Table Topics session! I effectively used body language, practiced active listening, presented my case with proper eye contact and was able to resolve the conflict amicably. I walked out of the store with a cartful of groceries, which was my original plan, and I felt good that my impromptu speaking skills were so well honed that I was able to respond effectively.

Practicing your public speaking skills and participating in Table Topics has the benefit of helping you in real-life situations. The only way to get better at ‘thinking on your feet’ is to be an active member of Toastmasters. You never know when the skills you acquire will come in handy.

### **We Need Your Input!**

Do you have a photo of a recent Toastmasters event or meeting? Will your club be celebrating an important milestone? Your District wants to know! Please send me pictures and articles for inclusion in upcoming newsletters. You don’t have to be a literary genius or a professional photographer. Just a Toastmaster willing to share with the rest of us what your club already knows—and that is just how special you are! Please send your submissions to Joanne Callahan at [greenbriar206@yahoo.com](mailto:greenbriar206@yahoo.com)



As you are aware, no Toastmasters club runs on its own steam. Each club has a group of dedicated volunteers toiling behind the scenes to make sure each meeting goes off without a hitch. District 83 is no different than any Toastmasters club. If it weren't for the District 83 Officers, there would be no District 83!

Below are the District Officers and Division Governors for the 2009-2010 Toastmasters Year. If you have a moment, drop them a line and let them know you appreciate all their hard work. You never know—someday YOU may be a District 83 Officer!

**\*\*\*District Officers\*\*\***

**District Governor—Brian Lin, DTM**

*leaderd83@gmail.com*

**Lt. Governor Education and Training—Tom Somers, ACS, CL**

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**Lt. Governor Marketing—Karen Seeman,, DTM**

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**Public Relations Officer—Barbara Krasner, DTM**

*barbarakrasner@att.net*

**Immediate Past District 83 Governor—Paul Scharf, DTM, IPDG**

*1964sps@gmail.com*

**Treasurer—Edward Kmiec ATM-B**

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**Secretary—Jane Behan, CC**

*jane\_behan@merck.com*

**Credentials Chair—Don Abramson, DTM**

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**Historian—Sandy Scharf, CC, CL**

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**Newsletter Editor—Joanne Callahan, ACS, CL**

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**Fall Conference Chair—Barbara Krasner, DTM**

*barbarakrasner@att.net*

**Nominating Committee Chair—Paul Scharf—DTM**

*1964sps@gmail.com*

**Parliamentarian—Dan Karlan, ATM-S, ALS**

*dakarlan@earthink.net*

**Photographer—Joseph Shuler, ATM-S**

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**Statistician - Radhi Spear, DM, PDG**

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**Toastmasters Leadership Institute Director—George Corrado,  
DTM**

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**Videographer—Dennis Fokas, DTM**

*dennisfokas@cs.com*

**Webmaster—Michael Friedlander, ACS, ALB**

*webmaster@toastmasters83.org*

**\*\*\*Division Governors\*\*\***

**Division A—Albert Smith, CC**

*albe630@verizon.net*

**Division B—Mamadou Fofana, ACS, CL**

*tsq1mxf@ups.com*

**Division C—Pamela Winter, ACG, ALB**

*pamela.l.winter@verizon.com*

**Division D—Sarah Van Valkenburg, ACL, CL**

*clowes\_s@msn.com*

**Division E—Andrew Paleologos, CC, CL**

