



TOASTMASTERS

INTERNATIONAL

# The Voice

*District 83 Newsletter*  
“Better You, Better World”  
November 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 welcomed!

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## On the Hook to Hooked

By Donna Juzva

“Who from your club will be entering the Area Humorous Speech Contest”, asked Lisa, our Area Governor. “Well, um, ah...” I was glad there was no ‘ah’ counter monitoring the phone call. “Just let me know by the end of the week” she said. With few experienced members, our club had not had a club speech contest, and I was on the hook. As president, I had to set a good example for my club. I would have to bite the bullet and represent my club in the Area Contest.

After pulling numbers from a hat to determine the speaking order, I learned that I would speak third. I went to my seat in the audience, next to my club mate, Darryln, who would be participating in the Table Topics contest. At that moment, I envied her; she would only have to speak on that huge stage for one to two minutes. I would be up there for five to seven minutes.

I sat back on the metal folding chair and tried to enjoy the first speech., which was really good. The audience was very attentive and positive, generous with its laughter and bountiful with its applause. There was a brief minute between speeches for the judges to total their scores before the second speaker was introduced. “This is ok”, I thought and I sat back to enjoy the second speech, which was even better than the first. “How could I follow that?”, I thought. As the speaker left the stage and the judges tallied their scores, my heart started racing; I felt a wave of heat wash over my body. I wanted to bolt out of the room. Could I get away with it? Was it too late to run?

And then I heard “... our next speaker, Donna Juzva”. It was too late! The entire audience was applauding loudly. I could still run out of the room”, I thought. But I found myself walking toward the stage, feigning calm and confidence.

As I walked up the polished wooden steps, I felt my knees shaking and my high heeled boots wobbling beneath my feet. I shook the hand of the person who had introduced me and walked to the center of the stage. It seemed so surreal, as if I were in a dream.

Surveying the audience I could see that all eyes were on me. I hoped I looked poised and self-assured. I was wearing a black blouse with a long black skirt which hid my knocking knees and a pointed black hat, a witch’s hat. I began my story, ‘A Halloween Party.’

It was so exciting to be on that big stage in front of such a welcoming crowd. Toastmasters make the best audiences, assiduously attentive and unflagging in their enthusiasm. Having rehearsed my humorous speech in front of my club and having received timing tips from my friend Mary, a stage director trained in comedy, I felt fairly comfortable with my humorous tale. But I wasn't prepared for the excitement of being on such a huge stage in front of an auditorium full of people.

I felt exhilarated as I moved around the stage telling my story. Adrenaline pumping, I followed Mary's instructions. I delivered funny lines as if throwing out a ball for the audience to catch. And catch it they did. Not with phony ha-ha's or patronizing chuckles but with sincere enjoyment, the audience responded with heartfelt laughter. Wow, that felt good and bolstered my confidence!

With my little story about a Halloween party, sprinkled with carefully placed one liners, I was able to entertain a room full of people. That felt really good. I was hooked!



#### **Area 32 & 36 Tall Tales & Table Topic Contest was a Great Success!**

Participants and officials traveled from all over the District to participate in this wonderful event. Hosted by Area Governors, Roopa Rudrapatna and Teresa Palmer, the contest was a lot of fun. Congratulations to all the winners

**Area 32 and Area 36 Tall Tales Contest Winners:** Rebecca George and Kevin Moulton

**Area 32 and Area 36 Table Topics Contest Winners:** Rebecca George and Wendy Mc Cahil

We wish the Best of Luck to all of you in the upcoming Division C Contest and in the subsequent District 83 Contest.

Thanks so much to our wonderful volunteers, without whom the contest could not have taken place. Thanks to all of our district officials, Brian Lin, Barbara Krasner, Pamela Winter, Andrew Smith, Judges, Timers, Sergeant At Arms, Ballot Counter who did a superb job in their roles, ensuring that our contest ran smoothly and professionally. It is an honor to work with these outstanding and generous individuals. Thanks to our audience members for lending their ears, and sharing their laughter and applause.

Thanks & Congratulations to all for a job well done!

Roopa Rudrapatna  
Area 36 Governor, District 83  
Toastmasters International

Teresa Palmer  
Area 32 Governor, District 83  
Toastmasters International

## TRAVELERS INSURANCE CHARTERS NEW TOASTMASTERS CLUB IN PARSIPPANY, NJ



“Nothing liberates our greatness like the desire to help, the desire to serve.” Marianne Williamson.

The goal was to demonstrate a typical Toastmasters club meeting and thereby encourage a group of people to form a new club and become ‘Chartered’ by having a least 20 members join.

The meeting held on Wednesday, August 26, 2009, resulted from a truly district-wide effort, led by Lieutenant Governor of Marketing Karen Seeman, Division B Governor Mamadou Fofana, Area 25 Governor John E. Harvey Jr., Area 25 Assistant Governor Julie Tanis, Division C Governor Pamela Winter, and Area 24 Governor Molly Brummer. Bonita Napier and Cathy Wallace of North-eastern Toastmasters rounded out the demo team. What Area 25 Governor John E. Harvey Jr. wrote to his demonstration team reflects the spirit of commitment and dedication of Toastmasters:

“I wanted to take a moment to express my deep gratitude to you all for volunteering to ‘serve’ at the demo meeting at Travelers Insurance. Some of you were given very late notice, some of you had to stretch yourselves to overcome your nerves after seeing such a full room of people, and some of you had to take a much longer lunch break than planned! But ALL of you stepped up to the plate and really did a fantastic job!”

Within 24 hours of the demo meeting new club President Peter Jennings stated that, “Travelers Toastmasters has submitted their charter documents to Toastmasters International and has paid for 24 new Toastmasters members!”



Karen Seeman, Peter Jennings & John Harvey Jr. completing charter documents.

## The Technie Toastmaster



*In order to help his fellow Toastmaster become technologically saavy rather than watching us become technologically challenged, Joel Heffner has volunteered to write a monthly column explaining the latest and greatest that technology has to offer*

### How to Create Your Own Web Page...in 5 minutes or less! No kidding

There are many ways to create a Web page. Web pages are the best place to provide handouts when you speak. It's much better to refer the members of the audience to a Web site than carrying around a ream of paper. If you are a do-it-yourselfer, you're going to love this one. The World Wide Web was created by Tim Berners-Lee. He wanted to create a way to communicate with other scientists online. He created a type of computer language for creating Web pages. The language he created is called HTML (Hyper-Text Markup Language). Web pages are created with text editors, the simplest type of software to create words. Windows users have Notepad and Mac users have TextEdit. Both are free text editors. To create a simple Web page using Notepad or TextEdit all you do is type the following:

```
<html>
<head>
<title> Yikes, this is my page! </title>
</head>
<body>
This is really a Web page. No kidding. I did it!
</body>
</html>
```

When you type it using Notepad or TextEdit, you won't be able to use colors. I added the red words to show you what you can change. The stuff in black has to stay exactly as it is. The <html> stuff are called tags that tell the browser (i.e. software used to view Web pages such as Internet Explorer, Firefox, Safari, etc.) what to do.

If you type what I have above, save it with a name like mypage.htm. Once you save it, open your favorite browser and open the file. It will look like this:



For more details on how to make your own Web pages, check out <http://www.lissaexplains.com>.

Next month, I'll show you how to get online in minutes by creating your own blog...for free.



## Success Story

**Steve Lord**

**DTM**



This is my second term as Division B, Area 23 Governor. You learn a lot the first time around and it helps you be a much better leader the second time around. Working with people is a skill that you can never practice enough or learn enough. It is an amazing privilege to be a district officer. Sometimes we think it is just a requirement to fill, but even if it wasn't it is a tremendous opportunity to learn and practice leadership skills.

Because I am an executive coach who teaches presentation skills to members of Fortune 500 companies, being a member of Toastmasters is a chance to practice what I do for a living. And it is also a great way to network. Not that I go promoting my business at Toastmasters meetings, but it naturally comes up as you form relationships. Toastmasters has been an amazing organization to be with. I've attended meetings in Montreal and Victoria, Canada, as well as in Knoxville, TN and wherever I have gone I've been enthusiastically welcomed. Individual Toastmasters everywhere want to go out of their way to help out. I have even seen that in the Linked-In Toastmasters group for the number of months since its been set up and I see that all the time – people helping each other.

I received my DTM certificate in the mail on April Fools Day 2008 and it took me a long time to achieve it. I am what I like to refer to as a “retread”, because I belonged to Toastmasters, dropped out for a while and then came back. I originally joined Toastmasters in January of 1989 and was a member for 4 years before I had to drop out. Then I came back in January of 2001. It took 12 years to earn my DTM although it will only take three years to earn my second one.

As a beginning Toastmaster, I never planned to go all the way to DTM - that looked way too far off with way too much work. How I got there is simple. I just gave one more speech, then just one more speech, and gave just one more speech from the Better Speakers Series module and before I knew it there it was! Just stay involved and give your speeches and you can't help but make progress.

*Steve is the Sergeant-At Arms in the Hackettstown Club in Hackettstown, Vice President Membership in the Open Door Club in Denville, and President of Northern Stars in Morristown.*

# Toastmasters Joint Pharma Meeting

By Paula Markert  
Area 21 Governor

On October 7<sup>th</sup>, the Joint Pharma Toastmasters Meeting was held at Roche in Nutley. The Joint Pharma Toastmasters Meeting is an annual event, hosted by various Pharmaceutical companies throughout New Jersey and New York.

This year's event was attended by representatives from Merck, Schering-Plough, Novartis, Bristol-Myers Squibb, Forrest Labs, Wyeth, GlaxoSmithKline, Becton Dickinson, Sanofi-Aventis, and of course Roche.

The evening started with a meet-and-greet session. This time was well spent for the attendees - networking is an important part of the lives of Toastmasters, as well as anyone involved in an industry such as Pharmaceuticals. Immediately following was a buffet dinner catered by the dining staff at Roche who outdid themselves.

A regular Toastmasters meeting was held after dinner with approximately 65 attendees participating. Formal speeches, table topics and speech evaluations were - of course - integral to the meeting. I had volunteered to help and was an evaluator for one of the prepared speeches. To put it mildly, it was interesting to evaluate someone you had never met before. All the skills you are taught must be put into play in this kind of situation!

Awards were presented - gifts were given to attendees - the evening ended on a high note.

This kind of event was a good experience for the newest Toastmaster as well as the most seasoned member. We put networking skills to use. We were able to use our impromptu speaking skills. We were part of a meeting that was familiar to most of us, yet different - the venue, the attendees, the agenda. We could be confident that we were a part of the whole experience. May I strongly suggest that if you are invited next year - ATTEND!!!

Roche - thank you for being the sponsor for this year's meeting. You will be a hard act to follow. Who will step up to the plate for 2010?



**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 your editor, Joanne Callahan, at [greenbriar206@yahoo.com](mailto:greenbriar206@yahoo.com)

