



TOASTMASTERS

INTERNATIONAL

The Voice

District 83 Newsletter

Toastmasters—Achieving Greatness Together
Dedication, Determination and Desire
November 2010

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. Photos are welcomed!

Jim Friend Toastmasters **Chartered 5 Years October 19, 2005-2010** **Interview With Ricardo Garcia, VPM** **Metuchen, NJ**

Club name and location and when you meet. Are you a closed club?

Jim Friend Toastmasters meets on the 1st and 3rd Tuesday of every month at Metuchen Borough Hall, Second floor, from 7:00 - 8:00 p.m.

How many members do you currently have?

We are growing at about 18-20 members.

Can you tell me a little bit about your club's achievements?

Our main achievement is that we have been chartered for 5 years. Our club was formed in 2005 as the Brooklynites, which was named after the restaurant in Edison where you used to meet. In 2009 one of our founders, Jim Friend, passed away and we decided to change the name of the club to honor Jim who was a long-time Toastmaster and who had held different offices at both the District and Area levels.

Our club used to have the issue of low membership and we have been able to keep the club growing because we always are able to bring in new members and fill in places that have been vacated. It is challenging to be in a small club with membership that tends to fluctuate, but we are still enduring and still growing. A few of the ways in which we try to get new members is

by having membership drives and by advertising in The Metuchen Criterion and in local corporate newsletters.

What do you plan on doing or what have you done to celebrate this milestone?

At the end of our meeting on September 21st, we had a party to celebrate our 5 year anniversary. The meeting that day was also a Table Topics and Humorous Speech contest for the District so we had guests from other Toastmasters clubs in attendance to help us celebrate.

Do you have anything else you would like to add or mention in the newsletter?

We welcome everyone who wants to improve their communication and leadership skills. We offer the warmth of a small club where everyone is treated equally and has the opportunity to speak. Please join us at our next Toastmasters meeting!



Novartis Hosts Joint Pharmaceuticals Toastmasters Meeting

by Joanne Callahan

Novartis Pharmaceuticals in East Hanover, NJ hosted the annual Joint Pharmaceuticals Toastmasters Meeting on Wednesday, October 13, 2010. Each year, this event is hosted by a different District 83 Pharmaceutical Company and is a chance for Toastmasters in the same industry to meet each other. With over 60 guests in attendance representing 13 area companies, (an impressive turnout for any Toastmasters meeting), it was an excellent opportunity to learn how other clubs are run and how Novartis Toastmasters shapes up by comparison.

The evening started off with a Meet and Greet where Toastmasters mingled over appetizers in one of Novartis' newly renovated cafeterias. This was followed by a buffet dinner where everyone got a chance to sit down and relax with new friends and colleagues. The evening was capped off with a fantastic Toastmasters meeting in an auditorium just steps from the cafeteria. Novartis Toastmasters meetings are generally held in conference rooms so this was a treat for us.

Equally impressive was the number of people who volunteered to take on roles for the meeting. We had representatives from GlaxoSmithKline, Roche, Forest Labs, Bristol-Myers Squibb, Merck, Pfizer, Sanofi-Aventis, Morristown Toastmasters, and Novartis who secured a role for the evening, while others from Becton Dickinson, Johnson and Johnson, and Novo Nordisk were wait listed in case someone dropped out at the last minute.

The theme of the meeting was Public Speaking Humor, and the Toastmaster, Joanne Callahan, kept the laughter going by using humorous public speaking quotes throughout the hour. Our Joke Master, William Markert, started off the meeting with an amusing anecdote, followed by the word of the day, Bespoke, presented by our Word Master, Greg Geib.

Our speakers included Brian Lin, former District 83 Governor who presented speech #10, Naresh Chennamsetty who presented speech #9 and Tom Meyer who also presented speech #9, all from the Competent Communicator manual. Our Table Topics Master, Neal Collins, asked people to talk about a memorable vacation and some very humorous responses were received. Evaluators Paula Markert, Baruch Sheinson and Mark Grebenau gave informative and constructive speech evaluations using the sandwich method endorsed by Toastmasters International. Our Timer Japun Bhavsar did a great job of keeping track of everyone's time. Our Grammarian, Sharon Tu, gave a very comprehensive report by pointing out grammatical errors regarding sentence structure, rather than the usual run down of how many 'um's' and 'ah's' slipped out during the meeting. Nina Fleishman stepped in as Ballot Counter at the last minute as our scheduled Ballot Counter had failed to attend, and the votes were quickly and efficiently tallied. Tom Meyer won the Best Speaker ribbon, while Mark Grebenau won for both Best Evaluator and Best Table Topics Participant. Our General Evaluator, Chandra Patel, gave his report of how the meeting was run and his overall impression of the evening and how everyone performed their roles. This was followed by Lisa Pantano, our Lt. Governor of Education and Training, who encouraged everyone to sign the 'Me, Too' board and committing to a particular goal for the current Toastmasters year.

All Toastmasters were presented with a Novartis tote bag filled with goodies donated from various departments throughout the company. I'd like to take this opportunity to thank my Joint Pharma Planning Committee. The evening would not have run half as smoothly as it did without these folks: David Cheng, Janice Ferraro, Nina Fleishman, Karen Killary and Ken West.

I encourage everyone who is a Toastmaster in a Pharmaceutical company to attend this event next year. It's an opportunity to attend a Toastmasters meeting outside of work and is a fun way to network with others who are also looking to improve their communication and leadership skills.



Success Story

Mark Grebenau, DTM

How long have you been a member of Toastmasters and what is your home club?

I was invited to join the Sandoz Toastmasters in late 1985, and became a member soon after. The club, number 2371, has since become Novartis Toastmasters, and remains my home club.

What made you join Toastmasters in the first place?

I enjoy public speaking, and saw it as an opportunity to develop my speaking skills, and to help others to develop theirs.

How has being a member of the club helped you either personally or professionally?

I view my purpose in life to be a teacher, and I have used Toastmasters to develop my extemporaneous and impromptu speaking abilities. I have also developed my skills as an evaluator, which is very helpful to me in the capacity of teacher.

What are your goals as a seasoned Toastmaster ?

To use my talents to help others to have lives of meaning and beauty.



K-Toast Club Celebrates 5-Year Anniversary

On Thursday night June 17, 2010, the K-Toast Club held their annual dinner meeting, which this year included a special 5-year anniversary celebration. K-Toast is the Toastmasters corporate club located at KPMG in Montvale, New Jersey, and the event was held in KPMG's onsite Training Dining Room. On hand were present and founding members along with special District 83 guests - Tom Somers and Karen Seeman.

K-Toast has a tradition of a dinner meeting to welcome newly elected club officers, and this year's event committee (Marcie Parpan, Craig Kanouse, Chair Andrew Paleologos, Gina Piazza, and Chih-yu Lin) endeavored to do something special for to honor the milestone.

A recap of the meeting:

- The all important food menu included Chicken Piccata, Baked Ziti, assorted pizza, tossed salad and a personalized sheet cake for the occasion.
- Sergeant at Arms Chih-yu Lin called the meeting to order, read the Club Mission Statement and then served as Timer.
- Current K-Toast President and meeting Toastmaster, Andrew Paleologos, welcomed everyone.
- Karen Seeman, District 83 Lt. Governor of Marketing, performed the New Officer Induction ceremony.
- Gina Piazza gave her #10 CC Competent Communicator Speech on "Creativity", passing out a personal 'Idea Journal' to each attendee, encouraging everyone to recapture their suppressed creativity. Gina received a standing ovation for her efforts!
- Break . . . Time for the cake!
- The innovative and humorous Table Topics were presented by charter K-Toast member, Michael Orth who focused his questions around a "5-year" theme.
- Keynote Speaker Tom Somers, District 83 Lt. Governor of Education, gave an inspiring speech about his personal experience of the value of Toastmasters.
- Andrew distributed awards and acknowledgements to all outgoing officers, to Gina for her CC and to new Club President Craig Kanouse for completing his CL. In addition, a Club Trivia quiz included on the agenda asked questions such as: who gave the first K-Toast speech at the first meeting (charter member John Britt on July 14, 2005), how many times has the club achieved Distinguished Status (each year since inception!) and who presented the most speeches in the clubs 5-year history (past President Raj Balaraman)

Carolyn Heiser, the club's first President, provided some history of K-Toast and the closing remarks.

Andrew Paleologos thanked the committee for all their efforts supporting the event and adjourned the meeting.

Enjoy the pictures . . . no one remembered to take a group photo that night!

This was a wonderful Toastmasters experience and celebration event.



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

