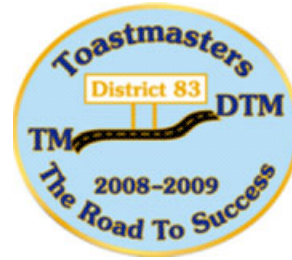
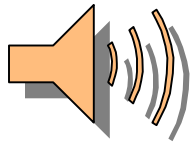


TOASTMASTERS DISTRICT 83 "TOASTMASTERS, THE ROAD TO SUCCESS"



December/January,
2008-2009

Volume 1, Issue 2,
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

Irene Rosado, DTM,
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Willie Markert, CC/CL,
Treasurer

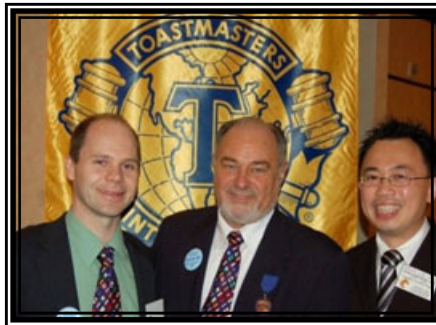
Subhash Harmalker, CC/CL,
Sergeant At Arms

OFFICER TRAINING; SPEECH CONTESTS

Paul Scharf, DTM, District 83 Governor



**Kristin Nicholson, DTM4, International
Director, and Paul Scharf,
District 83 Conference**
Joe Shuler, D83 Photographer



**The Top 3: Tom, Paul, & Brian:
District 83 Conference**
Joe Shuler, D83 Photographer

District 83 and "Toastmasters, The Road To Success"

Many of you have joined Toastmasters to better your communication skills. Many of you have joined Toastmasters to better your leadership skills. Every time you give a speech or fill a duty position, you are increasing your communication or leadership skills. In these uncertain times, it is more important to be able to communicate effectively. If you are preparing for a promotion, or even changing jobs and careers, the ability to communicate and lead is even more important. What better place than at a Toastmasters meeting can you get constructive feedback, on the spot, or answer a question on the spot?

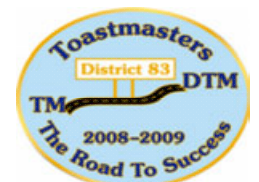
During December, January and February, Club Officers attend winter training in various venues around the district. This second training not only reviews the roles of the position, but there is plenty of give and take to assist in solving current situations and improve the roles of the officer. If you are interested in becoming an officer next year, why not attend one of these training sessions?

February starts the spring Speech Contests. The Evaluation and International Speech Contests assist members in developing skills for better listening and speaking. While certificates and trophies are handed out

to the winners, each contestant is a winner. If you want to better your communication skills, participate in your club contest. Don't be concerned about beating the next person, just try to do better than you did last time. Review your evaluations and take the next step. Participating in contests will help make you a better speaker. Continue to complete your manuals and bring friends or relatives to your next meeting. You will be exposing them to the Toastmasters family and you will be helping others develop their skills. Whatever your goals and whatever their goals remember...

"Toastmasters, The Road to Success"

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.



DISTRICT 83 CONFERENCE: *November 2008*

Congratulations to all contestants in District 83's first Humorous Speech and Table Topics Contest held on November 8, 2008.

For your viewing pleasure, here are photos of the trophy winners, group photos of each contest's participants, and pictures of conference attendees in general.

Please use these photos to promote the Toastmaster program in your local weekly newspaper, club newsletter or web site. If you need help in composing a media release please contact our District Public Relations Officer, Karen Seeman at kdseeman@optonline.net

Thank you for providing an entertaining evening.
Joe Shuler, Dist. 83 Photographer.

HUMOROUS SPEECH CONTEST:

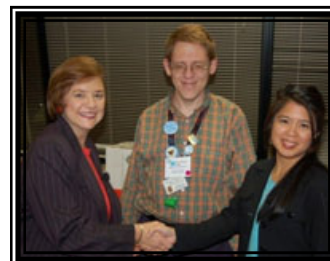
- Winner (1st)-Phillip Munkacsy
- 2nd place-Celsius Rebello
- 3rd place-Tommy Hilcken

Humorous Speech contestants: Larry Kaplowitz, John Moroney, Celsius Rebello, Phillip Munkacsy, Tommy Hilcken

TABLE TOPICS CONTEST:

- Winner (1st)-Chinor Lee
- 2nd place-Sue Kujawski
- 3rd place-Jennifer Villanueva

Table Topics Contestants: Jennifer Villanueva, Sue Kujawski, Jill Usher, Tommy Hilcken, Chinor Lee



LOOKS LIKE DISTRICT 83 ROCKS!

Division B Governor, Barbara Krasner, ACS/CL says "Division B Rocks!"

Division B, covering Morris County and dipping into Sussex and Essex, has three goals this Toastmasters year: (1) stimulate fun; (2) stimulate learning; and (3) stimulate growth. Our "Night at the Improv" in October was a huge success and helped us meet our "fun" goal. To stimulate learning, we're exploring a special evening event to help club members develop evaluation skills and we're focusing on membership and contest preparation at our winter training and Leadership Institute sessions (check the district website www.toastmasters83.org for information on dates and places). We've also set up an Advanced Mentoring database to help members identify others who have completed advanced manuals and could guide them to successful completion. To stimulate growth, Project Millennial is underway to recruit new members from the area colleges and we've formed a grooming pool of all those identified through either officer training forms or area governor club visit reports who are interested in future district leadership roles. Finally, through our Project Bolster, we stand ready to nurture and support new and struggling clubs.



Division A Governor, Deborah Clark, DTM says "We have had a few events in our (Roche) club":

- We had member Jennifer Villanueva compete in the Fall Conference Table Topics Contest. She placed third.
- We captured the Gavel from the Rutherford club on December 8th.
- Lisa Pantano, Area 34 Governor, visited the Roche club on December 10th

Division D - Area 41 Governor, Fran Okeson, DTM13-PDG says "Area 41 is alive and well":

Club Officer Training has begun and semi-annual Area Visits are in the planning stage. I am looking for Judges for my Area Contests which will be held on Tuesday, March 31, 2009 at Staten Island University Hospital (375 Seaguine Avenue, Staten Island NY 10309) Briefing will begin at 6:30PM, hosted by Smedley's Speakers Advanced club.

Business Leaders held its annual Christmas/Holiday Party on December 8th and Mary Bacheller, who joined at last year's party, completed her CC. Our president, Arlene Trunzo and I invited a possible new member to the party and he and his wife attended and showed a great interest in joining the club. *(At the party, we bring grab bag gifts and after opening them, during the courses, we make speeches about the gifts.)*

No Limits TM, "The Club On Wheels" has been having great fun with its Cable TV Show, "Toastmasters In The Community." On the December 6th shows, three of our recent District Conference Workshop Presenters, (Richard Cavanaugh, Deborah Clark and Isaak Gelbinovich) gave fantastic speeches that showed another side of their speaking abilities. I will be inviting the other presenters to appear on future shows. We tape two one hour shows on the first Saturday of each month and each show "airs" four times.

On our 51st show, in October, we held a Trivia Contest (three of my clubs against three of my other clubs.) On March 3rd, we will have another Trivia Contest - (of Staten Island Toastmasters, Fern Rashkover, Captain, against members of our Area's clubs, International Director and club member, Kristin Nicholson, Captain.) On May 2nd, we will be having a "Toastmasters Talent Review" with members of the District blending their talents with speeches. In the next few months, Dr. Dilip R. Abayasekara, DTM, AS, PIP, and member of Smedley's Speakers Advanced will be appearing on our show. I have developed a team to take over the technical operations of producing and directing our show. Toastmasters will be producing the show beginning on April 4th. If anyone would like to make a speech, evaluate a speaker, or respond to a Table Topic question, please let me know.

Staten Island Toastmasters and Liberty Toastmasters have merged and will retain the SIT club number. The club's new name is, "Staten Island-Liberty Toastmasters." As I said in the beginning, Area 41 is alive and well and if any Toastmaster would like to join us in any of our activities, please let me know. *Fran Okeson DTM 13, PDG, Area 41 Governor, (h) 718-984-1339 or (e) OKIEDOKIE@SI.RR.COM*

District 83 Celebrates New Distinguished Toastmasters at the Inaugural Fall Conference

by Karen Seeman, DTM, Public Relations Officer

International Director Kristin Nicholson DTM4 (a member of *No Limits Toastmasters*, "The Club On Wheels") awarded Toastmasters International's highest designation Distinguished Toastmaster (DTM) to two attendees at the Fall Conference. That accomplishment requires 40 oral presentations and many leadership roles both within the Club and outside the Club. Integral to the successful completion is the High Performance Leadership (HPL) project, a proven, 5-part program focusing on study, action, and feedback while working with a project team and a guidance committee.

Two recipients were awarded medals: Rochelle Joyner, DTM, charter member February 2003 of Gateway 2 Toastmasters and 20+ year veteran Fran Okeson, DTM charter sponsor September 1998 of *No Limits Toastmasters*, "The Club On Wheels". Toastmasters International commemorates this milestone by mailing an impressive plaque to the recipients of this award. The following are the highlights of each member's accomplishment to receiving this award:

ROCHELLE JOYNER, DTM

Rochelle Joyner, DTM has held many officer positions at her *Gateway 2 Toastmasters*. Although she was asked what her favorite speech was, she could not choose. But, she easily said that the most rewarding part of this journey was the leadership track. It fired her great passion for helping others.

Coaching *Nutley Toastmasters* from November 2006 until June 2008 was both challenging and eye-opening. A Coach must lead its Club to Distinguished status; meaning that they have managed the Club wisely and have progressed the members on their

education and leadership tracks. Rochelle assisted the Club to grow the membership by 50% from 10 to 15 members. Although *Nutley Toastmasters* already had 12 new members signed on initially, many relocated and then there were 10. New leadership filled by new members can sometimes reinvigorate Clubs. She inspired new members to show them that Toastmasters Leadership is very valuable.

Although Rochelle was an Area 11 Governor 2005-2006, 2006-2007 and Division A Governor 2007-2008, her HPL project included other areas of interest. She was Raffle Chair for District 46's Spring 2007 Conference. The conclusion was to be team focused instead of goal focused. Rochelle's 2 goals were to 1) help Clubs get a library of the various advanced manuals and 2) promote private business donations, allowing for the conference raffle to become close to self supporting.

FRAN OKESON, DTM13, PDG

Fran Okeson, DTM has been every officer at her seven Staten Island Clubs. Past District 46 Governor from 2001-2002 and Area Governor several times, Fran is the epitome of leadership. This is her 13th DTM award. Her secret is that every year she sets even higher goals to achieve. Her goal this year was to make sure that all seven of her Clubs received Distinguished status. Six out of her seven clubs achieved Distinguished status or higher.

Many Distinguished Toastmasters sponsor, mentor or coach a new Club as part of the Distinguished Program. Spreading her wings internationally, Fran chartered a Club in Lagos, Nigeria in 2005. Over the years, she sponsored 31 new clubs and mentored 4

new clubs. Fran has sponsored more than 435 new members and sixteen more since July 1. Fran, and one of her clubs *No Limits Toastmasters*, "The Club On Wheels", hosts a cable TV Show on Staten Island called, "Toastmasters In The Community", now in its third year. She welcomes Toastmasters around the District to appear on the show. Fran's 26th HPL project will be completed on her next TV show as she "PRESENTS THE RESULTS" of her project - being the Education Chair for the District 83 Fall Conference. Her club also has a Speakers Bureau. She has conducted more than 30 Youth Leadership Programs (the latest, in July, for the Staten Island Chapter of the New York Urban League with the assistance of District Governor, Paul Scharf; District Historian, Sandy Scharf; and District Secretary, Irene Rosado; along with fellow members Tonya Kerry, and Dwight Hutchinson.) Of course it was well received and much appreciated. She has also conducted more than 25 Speechcrafts.

Toastmasters provides many opportunities to excel in communication and leadership skills.



Kristin Nicholson, DTM4, International Director;
Rochelle Joyner, DTM, and
Fran Okeson, DTM13-PDG.
Joe Shuler, D83, Photographer

“JOANNE’S TALKING”

by Joanne Callahan, ATM-B, Novartis Toastmasters
CLUB NEWSLETTER CONTEST WINNERS - NOVEMBER, 2008



I am pleased to announce the winners of our District 83 Newsletter Contest, which ended on November 15th, 2008. It was tough judging this contest as we had many great entries, but we made it through! The newsletters were judged by the following criteria:

Most Motivational
Most Inspirational
Best Title
Best Pictures/Graphics
Best Overall

And the winners are:

For Most Motivational:
Freehold Phrasers Press
Freehold Toastmasters Club

For Best Title and
Best Pictures/Graphics:
Speaker's Edge
Brunswick Toastmasters Club

For Most Inspirational and
Best Overall:
Sunset Sentinel
Sunset Toastmasters Club

Congratulations To Everyone

I know how much hard work goes into creating these newsletters but judging from the winners it was definitely worth the effort. You will be receiving your awards at the Spring convention in May, 2009.

Curious about what the winning newsletters look like? Check them out at the District website

www.Toastmasters83.org

It is District Club Newsletter Contest time again! Club newsletters are a great way to not only promote your club and its activities, but also to motivate, encourage and lead members to

achieve their goals. As the Vice President of Public Relations you will find that your club newsletter can speak volumes to those who are interested in joining, as well as current members. Newsletters can be personalized specifically for your club, such as mentioning members who have won awards or who have competed in area contests, and they help set the 'tone' of your club so guests know what to expect. Pass them out at meetings, send them to all your members via e-mail, and even leave them in your doctor's office (with permission). Newsletters help spread the word in an informative and fun way. If you don't currently distribute a club newsletter, now would be a great time to start. Your club could win a prize just for this effort.

The cut-off date for this second contest is February 1, 2009. Below are the rules:

- Only electronic submissions will be accepted, preferably as an MSWord document or a pdf file.
- Files sent in that are not Windows compatible will be disqualified.
- Entries received after the cut-off date will not be accepted.
- There will be five categories in which to compete:
 - 1) Best Overall Newsletter
 - 2) Most Motivational
 - 3) Most Informational
 - 4) Best graphics/pictures
 - 5) Best Title

Please note that the VPPR of each club does not need to be wholly responsible for compiling the newsletter. If your club has never had a newsletter before, or if it has been ages since one has been written, now is a good time to brainstorm with fellow members, collect articles and

ideas, and put them all together. For example, your newsletter could include personal quotes from members explaining why he or she joined Toastmasters, or even why they keep coming back! You can mention who has won awards each month, i.e. best Speaker, best Table Topic, etc. and anything else that you think other members of your club might like to read. Public speaking articles can be gleaned from the internet by doing a search under 'public speaking'. Just make sure to cite your source, and you are good to go. Also visit the www.toastmasters.org website for more useful information.

When I was VPPR of my club, I learned so much about speaking in public just from researching for articles for my monthly newsletter. I could not wait to get started on the next issue. It is a fun and creative way to motivate your club members and to entice guests to join. The winners of the Newsletter Contest will receive a \$10 gift certificate good for purchases from the Toastmasters International catalog. I would like to encourage all clubs in the district to compete in this contest. Check out the winning newsletters from the November contest. This is your competition! Now, go out and show us what you've got! Your newsletter could turn out to be an award winner! Now, wouldn't that make you feel proud?

Joanne Callahan, ATM-B
District 83 Club Newsletter Chair
President
Novartis East Hanover Toastmasters
<http://novartis.freetoasthost.biz>



How Can I Be More Charismatic When I Speak?

by Susan Berkley



Charisma, it's a quality we associate with movie stars, leaders and sports figures. But ever

wish you could have more of it yourself? Ever wish you could give a presentation so memorable people will be talking about it for days, weeks, months and even years to come? Sadly, most presentations are all too easily forgotten. Psychologists say we forget about 50% of what we hear in a presentation within 48 hours. Two weeks later we can barely remember we were even in the room. Some people study charisma. They think it can be learned and affected in mannerisms, facial expressions and body language. They frequent cosmetic den-

tists for a million-dollar smile. Or undergo plastic surgery to achieve dazzling good looks. Others try to acquire charisma through fashion or a sense of personal style. And many people say that when it comes to charisma, you either have it or you don't. Actually, charisma comes from none of the above. It's an inner quality that all of us have. Charisma is something that shines from within. It cannot be acquired, learned or pasted on. Problem is, most people's natural charisma is deeply buried beneath layers and layer of psychological stuff. One of the greatest enemies of charisma is narcissism. Here's why.....

The narcissistic speaker is more concerned with looking good and speaking for glory than they are with giving to the audience. They speak to get noticed and to pull

energy towards them, rather than speaking to radiate energy outwards in the form of information, motivation, affection and inspiration. True, charisma is nurtured and enhanced by selflessness and a dedication to higher ideals. Every presentation, even the most dry and businesslike, can be enhanced by this paradigm shift. So, next time you have to give a talk, don't merely hope and pray that you get through it as quickly as possible. Look for any opportunity to improve someone's life through the information and unique perspective you bring.

For help gaining the confidence that will make you a more charismatic communicator, check out my website at <http://www.greatvoice.com> From The VoiceCoach Newsletter by Susan Berkley. Reprinted with permission. Copyright 2008. All Rights reserved. Susan Berkley is the author of "Speak To Influence:How To Unlock The Hidden Power of Your Voice." Available from your favorite bookseller. For a free subscription to The Voice Coach newsletter visit : www.speaktoinfluence.com.

NOTICES, ANNOUNCEMENTS...

send your submissions to: IsabelHershey@yahoo.com

Fear of Public Speaking is the #1 fear

Fear of Death is #2!



Ummm. I ummmm. My name is, um I have to sit down now.



We are here to help! AND it's fun

Judy Stadt, Illustrator
JStadt6graphics@aol.com

TOASTMASTERS INTERNATIONAL CONVENTION, MGM Grand at Foxwoods, Mashantucket, Connecticut: Aug. 12 - 15, 2009, 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

-District 83 will re-establish the position of District Condolence Chair. Please contact Area 41 Governor 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 or call her at 718-984-1339.

FELLOW TOASTMASTERS...

TOASTMASTERS DISTRICT 83 "TOASTMASTERS, THE ROAD TO SUCCESS" ISABEL HERSHEY NEWSLETTER CHAIR ISABELHERSHEY@YAHOO.COM



*Speech is civilization
itself. The word, even the most
contradictory word, preserves
contact – it is
silence which isolates*
– Thomas Mann

In anticipation of what was expected to be a painfully long and exhaustive Conference day, on November 8th, I prepared by throwing a number of *Red Bull*™ drinks in my bag; packed a few "pick me up" snacks and a change of flat shoes to relieve the pain that was sure to come by the day's end. Upon my prompt arrival to the first timers workshop, which was followed by more workshops, breaks, laughter, meeting people, and learning, I was witness to the true meaning of supportive environment. My departure was planned for shortly after dinner, but much to my surprise, and delight, the entire day was thoroughly enjoyed; the end arrived too soon and not a single glance was taken towards my beloved power drink! As a first timer, I am proud to say that leaving the day's events made way for a feeling of awe over a job well done, a group supportive in nature, intently focused on its ideals. Rory Vaden is a Superstar! The day was so enriching, it kept us all enthused, and engaged. As we approach the holiday season, we witness how this month in spite of its cold temperatures, is the warmest in spirit. The events of the season, cross barriers, religions, cultures, and nationalities. We all seem so intent in spreading cheer, doing good will, living in the spirit...In this one month of the year, people everywhere seem to muster up the energy to portray that which we experience, at least once or twice each month, with a simple Toastmaster cheer. In other words, every time Toastmasters get together is a time for celebration. Hear ye! Hear ye!
-Extending best wishes for a wonderful holiday!

YES VIRGINIA, THERE IS A SANTA CLAUS! by Francis P. Church

From the Editorial Page of
The New York Sun,
written by [Francis P. Church](#),
September 21, 1897

We take pleasure in answering thus prominently the communication below, expressing at the same time our great gratification that its faithful author is numbered among the friends of The Sun:

"Dear Editor--I am 8 years old."
"Some of my little friends say there is no Santa Claus."
"Papa says, 'If you see it in The Sun, it's so.' 'Please tell me the truth, is there a Santa Claus?'"

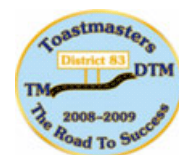
[Virginia O'Hanlon](#)
115 West Ninety-fifth Street

Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's are little. In this great universe of ours man is

a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge. Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no child-like faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished. Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas eve to catch Santa Claus, but even if you did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the strongest men that ever lived, could tear apart. Only faith, fancy, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding. No Santa Claus! Thank God! he lives, and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.

*"Toastmasters,
The Road To Success"*



Toastmasters83.org