



FEDERAL TOASTMASTERS NEWSLETTER

Club No. 8927

Area 52

Division E

District 46

Volume 10 Issue

February 2014

<http://8927.toastmastersclubs.org/>

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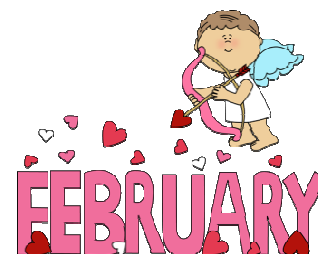
Mabel Garcia
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FEBRUARY 2014

This month's theme: TENACITY

"If you fell down yesterday, stand up today." — H.G. Wells

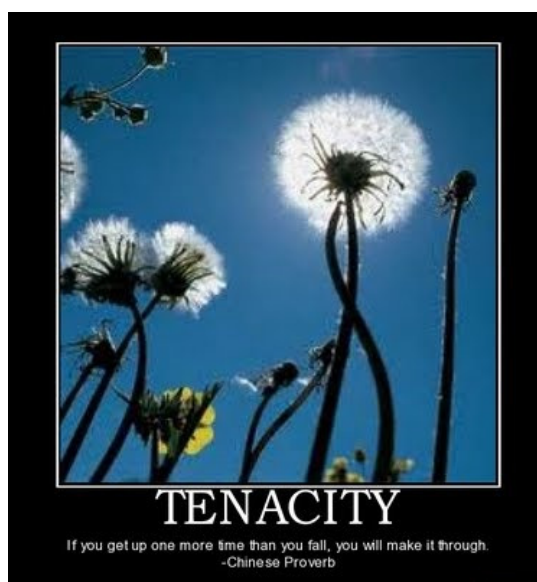


NEWS

WELCOME to our newest members, *Jerry Sachs*, and *Lauren Abuouf*!

CONGRATS to *Anh Do*, our Evaluation Speech Contest Winner!

CONGRATS to *Dorcia Goodridge*, our International Speech Contest Winner!



SAVE THE DATE

COMING
UP

CLUB CALENDAR

Wednesday, February 12, 2014 at 12pm

Membership Building Event entitled, "Romance." Bring a friend! Please contact Chairman, Frank Parker at zetatauri@yahoo.com to learn how you can participate in this event!

Wednesday, February 19, 2014 at 12pm

Successful Club Series Talk, "Keeping the Commitment," by Club Secretary, Mabel Garcia

Wednesday, February 26, 2014 at 12pm

Successful Club Series Talk, "Creating the Best Club Climate," by Sergeant of Arms, Grettie Fingal

Wednesday, March 5, 2014 at 6pm

Cheer on Anh Do and Dorcia Goodridge as participants in the Area's Evaluation and International Speech Contests at World Financial Center!

Club Get Together!

Federal Toastmasters would like to arrange an after work outing this winter/spring. Please visit the link below to share your availability so we can determine what date works best!

<http://doodle.com/9gpaft5cbcusy75q>

IMPORTANT NOTICE TO ALL MEMBERS!

Please note the only way to sign up for speeches and roles at our weekly meetings is through our website:

<http://8927.toastmastersclubs.org/>

If you are having problems accessing the site or need assistance in signing up, please contact Gina Nappi at gnappi@gmail.com.

SPRING 2014 CONFERENCE INFO



Evelyn Marrero, Member of Club T.I.P., visits Federal Toastmasters on Wednesday, January 12, to share about the District's upcoming Spring Conference. The Conference will take place on Saturday, May 3, 2014 in Tarrytown, NY. Registration is currently \$139. To register, fill out the form at the end of the newsletter or visit the site below for more information:

<https://www.eventbrite.com/e/district-46-2014-spring-conference-registration-9390761019>



GET INVOLVED!

Looking for a mentor? Or are you interested in mentoring new members of Federal Toastmasters?

If so, please contact, Henry Guzman, Vice President of Education at:

guzman.henry@epa.gov

The More You Put In, The More You
Get Out

By Joshua Spodek
(joshuaspedek.com)

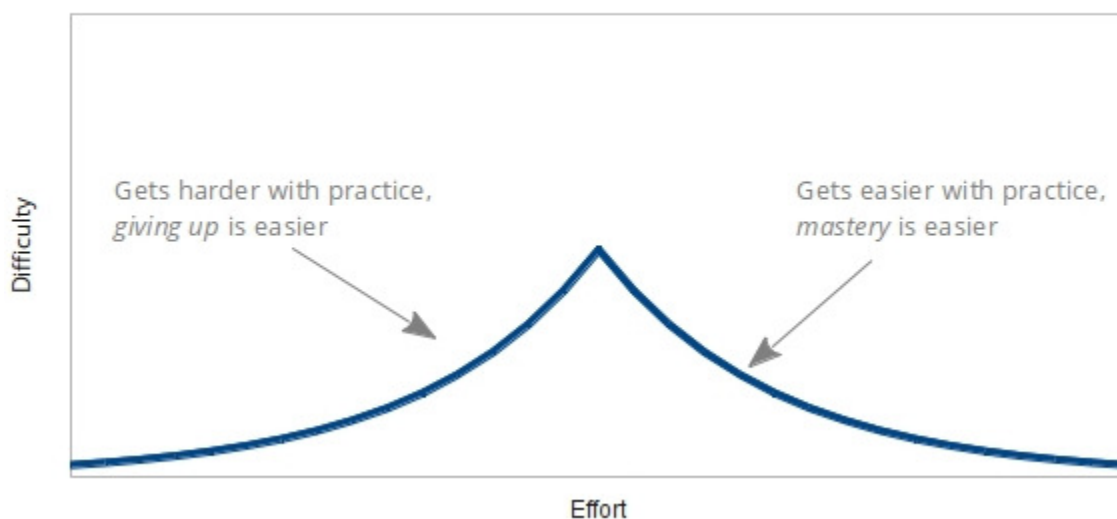
“YOUR LEVEL
OF **SUCCESS**
IS ONLY PRE
DETERMINED BY
YOUR LEVEL OF
EFFORT”

Today’s model is a simple picture that illustrates the difficulty in getting good at a complex skill. It motivates me to put in the effort to get good at something and prepares me for the challenges.

A model for how hard it is to get good at something

This graph illustrates how hard I think getting good at something is. It shows that before you put significant effort into learning a new skill, it doesn’t create any difficulty in your life. (By the way, I’m more than a little proud at having made the graph myself, thank you very much.)

Difficulty of a skill as a function of effort put into learning it



As you put in more effort, that skill creates more and more difficulty in your life.

Consider, for example, if you want to improve your public speaking. Before you try to improve, you don’t speak in public, so it doesn’t cause any difficulty. As you start to put in effort, it makes your life harder — you speak in front of more people, you try techniques that risk making you look silly, you realize nuances you didn’t know before that you’re doing wrong, and so on.

While you’re still ramping up, more effort makes your life more difficult. It doesn’t seem worth it. Except for that cusp. After that cusp, more effort makes you life easier.

Reaching that cusp doesn’t necessarily mean you’ve mastered the skill, but once you reach it, you tend to want to practice that activity *more* instead of less. So reaching mastery from there is like rolling downhill.

For example, think of people you know who find playing a musical instrument relaxing. For them to improve is easy since they like it. They are past the cusp. My music lessons growing up never got me to the cusp, so I never took to playing. I was always going uphill. On the other hand, learning math and physics got me over the cusp somewhere in college, so that I liked working on those problems.

Same with sports. When I first starting playing ultimate, my skills weren't great. I enjoyed playing, but it was hard to improve. I wasn't a complete player, so playing better only exposed other weaknesses. If I did improve, it didn't stick. After I reached a certain level, improvements got me more playing time and I enjoyed improving more.

Same with romantic relationships. When you first meet someone, you are nervous to share things about yourself. It's scary risking rejection. After you share a certain amount you pass that cusp and you find yourself wanting to share things you haven't before. Then you *want* to put in more effort.

Same with getting in shape. If you don't try, no problem. Once you start trying it gets harder — you newly have to pay attention to what you eat, you have to exercise when you didn't before, people might suggest you can't do it, you have to work before you see results. The cusp may come when you start seeing definition you didn't before, or people start to compliment you, or you start enjoying what you eat more, etc. Then you enjoy working harder at it, or cooking with more fresh fruits and vegetables, or whatever made things easier and more enjoyable for you.

When I use this belief

I use this belief when I'm on the left side of the cusp learning a skill. It makes me feel calm about how things keep getting more difficult because I expect it and it motivates me to get over the cusp, because then I know the skill or activity will make my life easier and more fun.

What this belief replaces

This belief replaces feelings of frustration that come when trying to learn something hard with the expectation that it will get easier. Not just easier later, but increasingly easier.

Where this belief leads

This belief leads to putting in the effort to get good at challenging skills and enjoying the process more.

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President's Note: Federal Toastmasters meets every week. We're one of the few clubs in District 46 to meet so frequently. Why do we put this extra effort into our club? Simple...to give you, our valued member, the maximum opportunity to improve your public speaking and leadership skills. However, we can't force you to take advantage of this golden opportunity to enhance every aspect of your life. Only you can. So come to the next meeting and the next one after that. Volunteer to give a speech, take on a role and just get up there and do it. **The more you put into Federal Toastmasters, the more you'll get out of it! Now go to our website, 8927.toastmastersclubs.org, and sign up for something today!**

NURTURING CONFIDENCE
FOSTERING LEADERSHIP



"The Prez Sez" Page

You've Got to Start Where You Are

By Seth Greenwald, President

Not long ago the thought of speaking in front of a group larger than three people made me physically ill. Seriously. So finding myself ready to talk to an audience of more than fifty top executives from my firm made no sense at all. Jumping out of a plane without a parachute would have been more enjoyable. At least I'd enjoy the scenery on the way down. The view from the stage was terrifying. I saw no friendly faces nor any sympathetic gestures. I readied myself for the inevitable shower of tomatoes and rotten eggs that would ensue soon after opening my extremely dry mouth to speak. At this point, you're probably wondering how did I reach this lowest level of hell and why. I owe you an explanation...

(This article is a work in progress. If you'd like to receive the rest of it, please email me at sethb1@me.com)



FTM President
Seth Greenwald



FEBRUARY 2014

This award for TENACITY goes to:



**YOCASTA
DEJESUS**



An Interview with Yocasta DeJesus – recipient of this month's Prez Award

We learned of your experience of coming to the United States at a young age, how did you stay determined in your quest to learn English and get an education?

"Not being able to speak English was very frustration for me at the beginning and the fact that some people treated me like a was retarded just because I couldn't speak the language, made me even more determined to learn English as fast as I could. Thanks to my mother, I grew up with the idea that education was the key to everything, that was all she talked about. When I moved to the United States at 17 I said to myself, there is no better place to get a good education than here, but when I was told that people don't come to this country to get an education but to work, I was devastated. But I wasn't going to let anybody contradict what my mother told me all my life, so I ended up being on my own. It wasn't an easy decision, but I knew it was the right one. It took me about 5 years to graduate from college because I needed to learn English first, but I did it! Looking back now, I would not change anything about my decision."

What was your reason for joining Toastmasters?

"My job involves attending a lot of meetings and interacting with a lot of people and I felt that public speaking was my biggest weakness. Joining toastmaster was one of the best decisions I have ever made, I wish I had joined sooner, but it is better late than never..."

We know that you worked hard to complete your Competent Communicator Manual, what advice would you give to someone who is trying to complete theirs?

"Everything is always hard at the beginning and it was difficult for me to think that I was going to be able to complete ten speeches, when it took forever for me to write my ice breaker, but the more speeches you do the easier they become. When you have a hard time coming up with a topic, just think of something in your life that you would like to share with the group and start building your speech around it, that always worked for me."

How do you feel Toastmasters has helped you in your professional career or personal life?

"I feel a lot more confident every time I step into a meeting now and I'm a bit less shy when meeting new people."

IF IT DOESN'T **CHALLENGE** YOU
IT DOESN'T **CHANGE** YOU

- FRED DEVITO

Help Contribute to Next Month's Newsletter!

Our theme for the April newsletter will be:

CHANGE

We all know that Change can be difficult, but it can also be a catalyst for growth! What are your thoughts on Change? Send us your thoughts, ideas, pictures, stories and we will share them in our next newsletter!



About Our Newsletter

The Monthly Newsletter of Federal Toastmasters, welcomes your ideas, comments, articles and pictures! Please contact Gina Nappi, VP Public Relations at nappi.gina@epa.gov or gnappi@gmail.com



Member Spotlight



JERRY SACHS

What is your occupation and where do you work?

"I am a Clinical Social Worker and psychotherapist. My practice is in Manhattan on 7th Avenue near Penn Station. I work with individual clients and couples experiencing difficulties and helping them to find solutions. I also am forming a group for clients who want to get support from others with their problems."

What are your hobbies?

"I am a passionate bicyclist as you can tell from my first speech to the Club. I ride for transportation in New York and for pleasure in and around the city. I also use the bicycle for touring other places in this country and other countries."

Why did you join Toastmasters?

"I joined Toastmasters to overcome my terror at speaking in front of groups of people and to be able to do workshops and presentations on topics of professional interest to me. I am interested in how relationships work and want to do workshops on this and other topics."

Why did you choose Federal Toastmasters?

"I belonged to another club at 2 Broadway. That club met every other week and had a large number of attendees. It made getting to know the people hard and tough to get time to make a speech."

I like the people and the atmosphere at Federal Toastmasters. It is warm and welcoming. I am looking forward to knowing the people better. I like that we meet weekly and there is an opportunity to regularly give speeches and participate in other ways."



TOASTMASTERS
INTERNATIONAL

WHERE LEADERS
ARE MADE

Federal Toastmasters
290 Broadway, 30th Flr, Rm 10
New York, New York 10007
Meets every Wednesday at noon

WHERE LEADERS ARE MADE



TOASTMASTERS DISTRICT 46 - Spring 2014 CONFERENCE

Saturday, May 3rd, 2014

DoubleTree by HILTON

455 South Broadway • Tarrytown • NY • 10591

JANUARY 2014 REGISTRATION PRICE: \$129 (until Jan 31)

Register online: <https://tm46springconference.eventbrite.com> or submit this form with payment

PLEASE PRINT LEGIBLE:

Full name: _____ TI Education level: (e.g., CC, CL) _____

Member ☐ Guest ☐

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Home Club Name: _____ Club Number: _____

Other Club Name(s): _____ Club Number (s): _____

CHECK ALL THAT APPLY:

- ☐ This will be my first District 46 conference ☐
- ☐ I will be bringing my home club banner *for the Parade of Banners (list club)*
- ☐ I need special services due to a disability *(please specify):* _____
- ☐ I have dietary restrictions *(please specify):* _____
- ☐ I would like information about Transportation options *(please specify mode of travel):* _____
- ☐ I can recommend or obtain ☐ Workshop Presenters ☐ Raffle Prizes and ☐ Corporate Sponsorships
- ☐ I would like to help out on the following Conference committee(s): ☐ No Preference ☐ Facilities ☐ Registration
☐ Fund Raising ☐ Raffle ☐ Parade of Banners ☐ Education (workshops) ☐ Hospitality ☐ First Timers ☐ Publicity
☐ Program Layout ☐ Graphics ☐ Credentials ☐ Internal Marketing ☐ Transportation ☐ Video/Photography
☐ Program Editor

Full Conference Pass includes all Saturday conference events: *Workshops, 2 Contests, General Session, Keynote Speech, Hall of Fame Ceremony, Continental Breakfast, Buffet Lunch and Buffet Dinner.*

PLEASE PRINT LEGIBLY

Please make checks payable to: Toastmasters District 46 ☐ Check # _____ for \$ _____

OR Charge my credit card: ☐ Master Card ☐ Visa ☐ American Express for \$ _____

Name on Credit Card: _____

Billing Address: _____

Account Number: _____ Exp. Date: _____ CVV2 _____

Please mail registration form with \$129 (Payable to Toastmasters District 46 or credit card info) to Mark Baker, 50 Mt Pleasant Road, Newtown, CT 06470 by **January 31st**. **Refund Policy:** 100% up to 1 week before event. 50% up to 48 hours before event

General Inquiries:

Neerja Purang, DTM, LGET

Phone: (732) 275-7394

Email: neerja.purang.tm@gmail.com

Conference Inquiries:

Mark Baker, Conference Chair

Phone: (312) 286-9058

Email: mark.baker.tm@gmail.com

Kazuo Noguchi, DTM, District 46 Governor



TOASTMASTERS
INTERNATIONAL

WHERE LEADERS
ARE MADE

*Join us as we celebrate the language of
Romance with three speeches laced with
LOVE...*

Federal Toastmasters

Wednesday, February 12

Noon to 1:00

290 Broadway at Duane St.

30th Floor, Pre-Function Room



RSVP by February 10

Frank Parker, VP of Membership

zetatauri@yahoo.com



8927.toastmastersclubs.org

Toastmasters Mission: We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

