



# FEDERAL TOASTMASTERS NEWSLETTER

**Club No. 8927**

**Area 52**

**Division E**

**District 46**

**Volume 11 Issue**

**May 2014**

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

## Executive Board

### Contact Us!

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**MAY 2014**

This month's theme: **CHANGE**



*"Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge."*  
– Eckhart Tolle

## **CLUB NEWS**

**WELCOME** to our newest members, **Donna Arking, Chelsea Davis, Joseline Rey,** and **Mike Veny!**

**CONGRATS** to **Anh Do** and **Dorcia Goodridge** for competing in the Area 52/53 Contest in March!

**CONGRATS** to **Grettle Fingal** for completing her 10<sup>th</sup> Advanced Speech!

**CONGRATS** to **Gina Nappi** and **Frank Parker** for receiving their Competent Leader (CL) awards!

**CONGRATS** to **Seth Greenwald** for his appointment as Area Governor for the 2014/2015 year!

SAVE THE DATE

COMING  
UP

## CLUB CALENDAR

**Wednesday, May 21, 2014**

Please submit your nominations for Club Officers to Grette Fingal by today! See the end of newsletter for the official nomination form.

**Wednesday, May 28, 2014 at 12pm**

Be sure to attend this meeting as we will be holding elections for Club Officers for 2014/2015!

**Wednesday, June 25, 2014 at 12pm**

Join us for a special event organized by Immediate Past President, Oswald Lewis! Oswald is organizing this event in order to complete his Distinguished Toastmaster (DTM) award!



"Change is the essence of life. Be willing to surrender what you are, for what you could become".

### **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](mailto:gnappi@gmail.com).



## THE PERFECT 10 CHALLENGE!

Federal Toastmasters recognizes members Andrea Hodge and Mellissa Offoha for accepting the Perfect 10 Challenge! Andrea has 3 speeches left and Mellissa 5, to complete by June 30<sup>th</sup>! With each of them completing their 10 speeches, our club can achieve a historic milestone as we've never completed all 10 Distinguished Club Goals in our 21 year existence! This is a huge accomplishment as only 10 percent of the 180 clubs in District 46 will be perfect this year! We will achieve this goal because we are a club filled with the motivated, team-oriented members in the area! Let's go Andrea and Mellissa!



## 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](mailto:guzman.henry@epa.gov)

# 20 REASONS WHY CHANGE IS GOOD

By Allan Karl - [www.allankarl.com](http://www.allankarl.com)



Though it's often difficult to see when you're in the middle of it, change is good. So I thought I'd share a few things about how important change is in business and life. And without getting into an entire treatise on change, change management or transition, I opted for a more simple approach. I hope you enjoy these 20 facts about change you need to understand.

- Without change, things stay the same and ultimately will stagnate and die.
- Most people are afraid of change because it forces them outside their comfort zone. *(go there it's not that uncomfortable)*
- Without change there is no adventure in life.
- It takes much more energy and effort to resist change than it does to accept it.
- It's much easier to embrace change than to fight it.
- Since most will resist change, successful people will use this fact to their advantage.
- Change is learning. Learning is growing. Growing is living. So live.
- When you complain about change, the energy you're wasting will turn you into a curmudgeon. (is that what you want to be?)
- Change is opportunity.
- Status quo is boring and gets you nowhere.
- Change is exciting and forces you to move.
- Change can be scary and uncomfortable only when you look at it that way.
- Fear of change is a feeling you can change.
- It's okay to change your feelings.
- People resist change because it brings feelings of fear of the unknown.
- The unknown will be uncomfortable unless you shift your position.
- Change is a harbinger of possibilities.
- Everything must change.
- When we change we adapt and move forward, when we don't we move backward.
- The weather will change, so don't worry about it and stop talking about it!

## Member Spotlight

**MIKE VENY**



**What is your occupation and where do you work?** *"I'm a drummer and a speaker."*

**What are your hobbies?**  
*"Hiking, camping, and reading."*

**Why did you join Toastmasters?**  
*"Communication skills are important and Toastmaster's helped me in the past."*

**Who is your favorite public speaker and why?**  
*"Dave Ramsey - he's himself, on point, and memorizes everything."*

**Do you have any favorite quotes regarding leadership?**  
*"Set people up for success and get the f\*\*k out of the way."*





**TOASTMASTERS**  
INTERNATIONAL

WHERE LEADERS  
ARE MADE

Volume 1, Issue 2

# *The Prez Page*

*News about members, for members, by members*  
*Federal Toastmasters club #8927*

"Tips on How to Succeed at being a Toastmaster" by Mellissa Offoha

1. Online communication and encouragement to fill out the online agenda is important. My goal was to fill it in as much as possible before the meeting. Sending out an email to everyone also helped people feel involved and want to help or take a role now that they were being asked.

2. At the meeting, following the agenda and jumping up as Toastmaster whenever the agenda allows was also important. Just knowing when to jump up and help smooth transitions along. Rolling with punches and not being afraid to assertively assign roles or fix things that weren't readied on the agenda beforehand was important as well.

3. Being upbeat whenever it was my turn to speak as Toastmaster was essential, because since I'd be speaking the most, it would help all others who'd have to speak at least once or twice during the meeting to feed off of the upbeat-ness in kind.

***Your valuable contribution makes our Club rock!***  
***Go to [8927.toastmastersclubs.org](http://8927.toastmastersclubs.org) for more news and to sign up to participate at our weekly meetings***



# Help Contribute to Next Month's Newsletter!

Our theme for the June newsletter will be:

## GRATITUDE

As summer approaches, so does another year for Toastmasters! As we enter the 2014/2015 Program Year, let's think about what we've been through this year and what we're grateful for. Share your thoughts with us!

### 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](mailto:nappi.gina@epa.gov) or [gnappi@gmail.com](mailto:gnappi@gmail.com)

### TOASTMASTERS IN ACTION!



President, Seth Greenwald, delivered a presentation to a group of kids on April 24 entitled, "Engineering is Fun!" Read more about it [here](#).

## Member Spotlight



**JOSELINE REY**

### What is your occupation and where do you work?

*"I work at Life Empowerment Ministries as a Life Coach."*

### What are your hobbies?

*"My hobbies include reading, singing and listening to music."*

### Why did you join Toastmasters?

*"I joined Toastmasters to become a better public speaker and overcome the initial fear of beginning my any speech."*

### Why did you choose Federal Toastmasters?

*"Federal Toastmasters is a location I thought would be beneficial for me a place that would stimulate my progress."*

### Who is your favorite public speaker and why?

*"Dr. Todd M. Hall is a phenomenal leader and speaker. His ability to relate with people from various cultures and background is a true gift. He takes real life issues and somehow gives you the answers that you need answered."*

### Do you have any favorite quotes regarding leadership?

*"Where there is no vision, the people perish." Proverbs 29:18*



**TOASTMASTERS**  
INTERNATIONAL

WHERE LEADERS  
ARE MADE

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

## **Toastmasters Club Officer Positions**

### **1-President**

As the person who sets the tone for the club, you are expected to provide helpful, supportive leadership for all of the club's activities. You motivate, make peace, and facilitate as required. Though you must occasionally step in and make a difficult decision, rarely do so without consulting your members and other club officers. Strive to show respect for all members, even when you do not agree with them, and provide leadership for all.

The club president is the chief executive officer of this club and is responsible for fulfilling the mission of this club. The president presides at meetings of this club and the club executive committee; appoints all committees; and has general supervision of the operation of this club.

### **2-Vice President Education**

As vice president education, you schedule members' speeches and projects and serve as a resource for questions about education awards, speech contests, and the mentor program. You are an important source of Toastmasters knowledge for club members, and it is your job to become familiar with all aspects of the Toastmasters education program.

The vice president education is the second ranking club officer and is responsible for planning, organizing and directing a club program which meets the educational needs of the individual members. The vice president education chairs the education committee.

### **3-Vice President Membership**

You promote the club and manage the process of bringing in guests and transforming them into members. By initiating contact with guests, making them feel welcome, and providing them with the information they need to join, you help maintain a constant influx of new people into your club. You also attentively monitor membership levels and strategize with the rest of the executive committee about how to overcome membership challenges when they occur.

The vice president membership is the third ranking club officer and is responsible for planning, organizing and directing a program that ensures individual member retention and growth in club individual membership. The vice president membership chairs the membership committee.

### **4-Vice President Public Relations**

You publicize the club to the outside world and are in charge of notifying the public about the club's existence and benefits it provides. You promote the club, update web content, and safeguard the Toastmasters brand identity. It's your job to notify the media whenever your club does something newsworthy. As vice president public relations, you'll find yourself writing news releases, creating and distributing fliers, and maintaining the club's presence at various key places on the Web and in the community.

The vice president public relations is the fourth ranking club officer and is responsible for developing and directing a publicity program that informs individual members and the general public about Toastmasters International. The vice president public relations chairs the public relations committee.



## 5-Secretary

You maintain all club records, manage club files, handle club correspondence, and take the minutes at each club and executive committee meeting. You are also in charge of updating and distributing a roster of the current paid membership, and keeping the club officer list current at World Headquarters.

The club secretary is responsible for club records and correspondence. The club secretary has custody of the club's charter, constitution, and bylaws and all other records and documents of this club; keeps an accurate record of the meetings and activities of this club and of the club executive committee; maintains an accurate and complete roster of individual members of this club, including the address and status of each individual member; and transmits the same to the successor in office. The club secretary provides notices of meetings as required by this constitution, and immediately notifies World Headquarters of Toastmasters International of any change in the roster of individual members.

## 6-Treasurer

You are the club's accountant. You manage the club's bank account, writing checks as approved by the executive committee and depositing dues and other club revenues. You are also in charge of submitting membership-renewal dues to World Headquarters (accompanied by the names of renewing members), filing necessary tax documents, and keeping timely, accurate, up-to-date financial records for the club.

The treasurer is responsible for club financial policies, procedures, and controls. The club treasurer receives and disburses, with the approval of this club, all club funds; pays to Toastmasters International all financial obligations of this club as they come due; and keeps an accurate account of all transactions. The club treasurer shall make financial reports to this club and to the club executive Committee quarterly and upon request, and shall transmit the accounts and all undistributed funds to the successor in office at the end of the club treasurer's term.

## 7-Sergeant at Arms

You keep track of the club's physical property, such as the banner, lectern, timing device, and other meeting materials. You arrive early to prepare the meeting place for members, and you stay late to stow all of the club's equipment. You are also in charge of the meeting place itself, obtaining a new space when necessary, and maintaining contact with the people who allow you to use the space for your club meetings.

The sergeant at arms is responsible for club property management, meeting room preparation, and hospitality. The sergeant at arms chairs the social and reception committee.

**FEDERAL TOASTMASTERS 8927**  
**NOMINATION FORM**  
**EXECUTIVE BOARD MEMBERS**  
**ELECTION BALLOT FOR JULY 2014 – JUNE 2015**

**Statement of Intent to Run for Office**

*District No: 46*

*Division: E*

*Area: 52*

*Club Name: Federal Toastmasters 8927*

**I, (insert name), hereby state my willingness to run for  
Executive Board position of:**

*(indicate which position you are running for)*

*(write a brief statement on why you are running for this position and what'd you do for club if elected)*

**Name:**

**Date:**

Please email this nomination form to: Grettie Fingal @  
[fingal.grettie@epa.gov](mailto:fingal.grettie@epa.gov) no later than May 21, 2014.

Executive Board/Officer Positions Available\*:

1-President

2-Vice President Education

3-Vice President Membership

4-Vice President Public Relations

5-Secretary

6-Treasurer

7-Sergeant at Arms

\*See descriptions of role and responsibilities on next pages