



# Talking Feds Newsletter

Federal Toastmasters Club #8927 Areas 53, Division E. District 46

VOLUME 6 ISSUE

JUNE 27, 2013

## Executive Board

### President:

Oswald Lewis

### VP Education:

Seth Greenwald

### VP Membership:

Henry Guzman

### VP Public Relations:

Barbara Cunningham

### Sergeant of Arms:

Daniel Lawrence

### Treasurer:

Adie Koby

### Secretary:

Mabel Garcia

## • Executive Board 2013 – 2014

## • We're Great!

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## Note Worthy Highlights

### Congregations!

Meet Newly Elected Federal Toastmasters Officers for year July 2013 – June 2014



Frank Parker, VP Membership, Oswald Lewis, Immediate Past President  
Seth Greenwald, President, Gina Nappi, VP Public Relations, Henry Guzman, VP Education  
Not Shown - Daniel Lawrence, Sergeant of Arms, Adie Koby, Treasure, and Mabel Garcia, Secretary

Let Us all wish our Federal Toastmasters Exertive Board a well deserved best wishes and support as they do their best to develop our club to grow in the upcoming year. They have volunteered to lead Federal Toastmasters Club and are committed to seeing that our club achieve its goals and vision within their specific areas of responsibility. To help make this a reality, we as members must help as well with our participation, support and encouragement.

### Congratulations to us!

Federal Toastmasters has been given a huge recognition ... "This is one of the few great clubs in New York City"... Recognized by Area Governor Lisa Qu.

### Meeting Dates - Meeting room subject to change

July 03, 12:05 - Room 10 (Happy 4th of July Holiday)

July 10, 12:05 - Room TBD

July 17, 12:05 - Room 10 Speak Out every third Wednesday of the month

July 24, 12:05 - Room 10

July 31, 12:05 - Room 10

Talking Feds, Federal Toastmasters District 46 welcome your ideas, comments and articles.

Contact Barbara Cunningham, VP Public Relations at  
cunningham-r2.barbara@epa.gov—

Federal Toastmasters Club 290 Broadway, New York, NY 10007



## A Year in Review

## Club Pride Photos

### Year in Review

#### Federal Toastmasters Accomplishments June 2012 – 2013

We had a great deal to celebrate over the past year. We have reached many successful goals and accomplishments. Contests, Awards, Mentoring Program, 3CC Challenge, Training/Workshops, Guest speakers, and more.

**Special Recognition** goes to Outgoing VP of Education, Author, Seth Greenwald. He has been enormously active this term in promoting workshops, special events and saw that members remained committed. Seth has been a great mentor and cheer leader for the club; even more so to the executive board assuring officers were accountable. Seth has done lots of other great things; Mr. Seth, went above and beyond and personally, with his own funds, purchased awards, books, etc. to present to our members as a recognition to their accomplishments. Therefore Seth Greenwald has been selected **Federal Toastmaster of the Year**. Great Job Seth!

**Awards:** This year's Awards have been presented to members that have completed 10 speeches in the past year July 2012 through June 2013. Let's Congratulate – Grette Fingal, Kazi Ahmed, Gina Nappi, Yocasta DeJesus, Frank Parker, and Debra Brooks. This means that each have reached the level of Competent Communicator (CC), which allows them opportunity to move forward towards the next level Advanced Communicator Bronze (ACB)

**Contests:** A proud spotlight is given to Federal Toastmasters Members that very successfully participated in Humorous and Table Topic contests and later others participated in International Speech and Evaluation Contests.

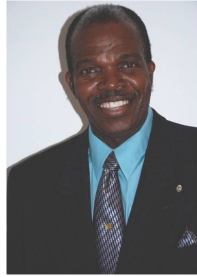
**Mentoring:** Mentoring Makes a Difference; this program gave members a chance to be a mentor, mentee or both. The benefit is, A Mentor got the opportunity to coach and guide members to accomplish goals, A Mentee got a chance to work with a more experienced members along the path to Competent Communicator and Leader.

**3CC Challenge:** The Mission was simple; Participating members completed three speeches within the three months of November 21, 2012 and February 21, 2013. This challenge allowed members to move forward towards their personal goals. Mission Successfully Accomplished.

**Training Workshops:** Leaders as Coach Workshop There is time to be a Leader and or a Coach, what the difference is and when is each role appropriate. Also, there was an overview of the laws of leadership, particularly when laws are combined with coaching techniques. The Art of Comedy Workshop Attendees learned how to add humor to their speech. The process was how to write jokes, pointers on breaking down the joke and fixing problems, timing and how to outline a style of funny, which could be incorporated within a speech.



## Message from Outgoing President



DR. Ralph Smedley our founder states that: "The well-balanced, intelligent speaker is the natural leader in any group of which he is a part." I have enjoyed immensely being a member of "Federal Toastmasters Club" and being given the opportunity to serve as President for this term. As a TEAM, we were able to achieve the honor of being 'Select Distinguished'. I have learned a lot about people and their idiosyncrasies, their willingness to learn and their commitment. I was afforded the opportunity to join Federal Toastmasters in 2009 and using the skills gained through Toastmasters i.e. Effective Communication, Parliamentary Procedures and Leadership have found it very easy and fun loving to assist others in achieving their goals. I will continue to ardently support my club in all aspects of my capability and trusts that you will do the same. Sir Francis Bacon (English Poet) said "Reading maketh a full man . Conference, a ready man and Writing an exact man". May GOD richly bless you in your endeavors.

Sincerely in Your Service  
Oswald Lewis  
Immediate Past President

## Education

### Education

Submitted by Seth Greenwald, Outgoing VP Education

#### Change from Accidental to Intentional growth.

People tend to get into ruts in life. They get in an easy groove, and they don't try to break out of it—even when it's taking them in the wrong direction. After a while, they just get by. If they learn something, it's because of a happy accident. Don't let that happen to you!... How do you know if you've slipped into a rut? Take a look at the differences between accidental growth and intentional growth:

#### Accidental Growth

Plans to start tomorrow, Waits for growth to come, Learns only from mistakes, Depends on good luck, Quits early and often  
Falls into bad habits, Talks big, Plays it safe, Thinks like a victim, Relies on talent, Stops learning after graduation.

#### Intentional Growth

insists on starting today, Takes complete responsibility to grow, Often learns before mistakes, Relies on hard work, Perseveres long and hard, Fights for good habits, Follows through, Takes risks, Thinks like a learner, Relies on character, Never stops growing

If you want to reach your potential and become the person you were created to be, you must do much more than just experiencing life and hoping that you learn what you need along the way. You must go out of your way to seize growth opportunities as if your future depended on it. Why? Because it does. Growth doesn't just happen—not for me, not for you, not for anybody. You have to go after it!

## Quote

Quote: Eleanor Roosevelt said, "One's philosophy is not best expressed in words; it is expressed in the choices one makes.... In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility."



**T.E.A.M.  
Together Everyone Achieves More**

**“We work together to bring out the best in each of us and then we apply our skills to help others” — Toastmasters**