

# Talking Feds Newsletter

**Federal Toastmasters Club No. 8927**  
**Area 52, Division E, District 46**  
**Volume 7 Issue \* August 2013**



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## Breaking News!

Check out our website!

As you may already know, Federal Toastmasters now has its very own website: <http://8927.toastmastersclubs.org/>

We encourage you to visit our website and please click around to see all that the page has to offer!

All members should have already received an email granting them access to the webpage. Members can login to the page and use the Agendas section to sign up for roles at our weekly meetings. Members can also create their own profiles and include links to their social media pages.

Please feel free to share any ideas on how we can make our page better! We also request that you share with us any pictures that you have taken at our meetings or events so that we may add them to our page.

If you have questions on how to use the webpage, or if you are having problems logging in, please contact the Web Administrator, Gina Nappi.

### Executive Board

#### President:

Seth Greenwald

#### VP Education:

Henry Guzman

#### VP Membership:

Frank Parker

#### VP Public Relations:

Gina Nappi

#### Sergeant At Arms:

Daniel Lawrence

#### Treasurer:

Adie Koby

#### Secretary:

Mabel Garcia

## Upcoming Events

- ♦ **August 21**  
Humorous  
Speech Contest
- ♦ **August 28**  
Table Topics  
Speech Contest



# Note Worthy Highlights (continued)



## Upcoming Meeting Dates

August 21, 2013 - Room 10 - Humorous Speech Contest

August 28, 2013 - Room 10 - Table Topics Speech Contest

September 4, 2013 - Room 10

September 11, 2013 - Room 10

September 18, 2013 - Room 10 - SPEAK OUT Wednesday!

**\*\*Please note that roles are still available for both speech contests. Please contact Gina Nappi to sign up for a role on 8/21, and Frank Parker to sign up for a role on 8/28.\*\***

## WELCOME TO THE CLUB

Welcome



Federal Toastmasters gives a great big welcome to our newest members **Lavi Patel, Mengye Yi (Juliet), and Cavy Chu!**

Please be sure to introduce yourselves to our newest members at our next meeting!

## A message from VP of Membership

By Frank Parker

What do Mengye Yi, Lavi Mathai, and Cavy Chu have in common? They are the newest members of Federal Toastmasters. Please give them all a warm welcome at our next meeting and be ready to cheer as they each present their Ice-Breaker.

Membership is not only about inviting prospective members; it is also about helping our current members, both new and old, to achieve their personal goals. For each individual those goals may be somewhat different - overcoming fear of public speaking, sharpening speaking skills, a forum to present new material, the desire to make new friends - whatever the reason, we are here for one another not only through our mentoring and educational programs, but at our weekly meetings.

Our weekly meetings! This is where we come together, this is where we all did our Ice Breaker, this is where we share a part of ourselves and our experiences, and this is where we shine. Membership is about ensuring that each meeting provides an atmosphere where all feel welcome, and all may be heard. In my newly appointed capacity as VP of Membership, my goal is to ensure that your experience in our club remains a positive one.

As you consider all the things that Federal Toastmasters strives to provide you with, please also remember that 'tis the Season - No, not *that* season - Dues season. I just want to remind our members to please pay your dues on time before the September deadline. If you have any questions about dues, Adie Koby, our Treasurer, will be happy to assist you.

And don't forget - bring your friends, bring you colleagues, and let them see firsthand what it means to be a member of Federal Toastmasters.

*If your actions  
inspire others to  
dream more, learn  
more, do more  
and become more,  
you are a leader.  
—John Quincy  
Adams*

## “The Prez Sez”

### We're Here To Help You, NOW

Off-the-cuff or by the book? Spur-of-the-moment or advanced planning? Impromptu or preparation? It's not easy to choose between these opposing approaches. Well lucky for you it's not a choice you'll be required to make as your Toastmasters club is about both.

Table Topics is all about spontaneity. Letting out whatever comes to mind can be thrilling. You maintain the intention to not edit your thoughts as you express yourself with sincerity, transparency and honesty. Outside of Toastmasters, you need to be ready to respond quickly and coherently to situations where there is no time to prepare. Improvisational skills are a key ingredient in every facet of your life.

On the other hand, preparing for a speech will bring you closer to achieving your goals. A little practice can go a long way. Do you have an inspirational message you want to convey? Is there a certain posture, gesture or expression you want to experiment with? Is there a creative way of arranging your speech you want to try? Having objectives in mind can accelerate your speaking skills, and ultimately kick your career into high gear.

Toastmasters gives you the opportunity to discover what works for you. Toastmasters gives you the opportunity to reach your true leadership and communication potential. And most importantly, your Toastmasters club gives you the opportunity to PARTICIPATE. So go for it. Sitting and watching will not help you grow nearly as quickly as when you volunteer to take on a role at our next meeting. And, by the way, on our new website you can sign up for five months in advance. First come, first serve. It's about initiative. It's about commitment. It's about improvement. So visit [8927.toastmastersclubs.org](http://8927.toastmastersclubs.org) and sign up now!

“Never leave till tomorrow that which you can do today.”  
- Benjamin Franklin

“Realize deeply that the present moment is all you have. Make the NOW the primary focus of your life.”  
- Eckhart Tolle



*FTM President, Seth Greenwald*

## THE PREZ AWARD

This month's PREZ AWARD goes to:

**MABEL GARCIA**

Mabel is a vital member to our club and is awarded this month's Prez Award for reaching out to former members of Federal Toastmasters and asking them to join in our meetings. Many thanks to Mabel for always getting the word out about Federal Toastmasters!



## It's Time for What's Due!

It's dues time folks! Please don't forget to submit your dues to one of the club officers by no later than September 30<sup>th</sup>. Dues are:

FEDERAL  
TOASTMASTERS  
290 Broadway  
New York,  
New York  
10007



T.E.A.M.  
TOGETHER  
EVERYONE  
ACHIEVES  
MORE

## Get Involved!

We're looking for volunteers to join the Finance Committee. Members will have substantial input into developing a budget to include special events and expenditures which will benefit our club. Next meeting will occur in mid-September. Interested? Contact President, Seth at [sethb1@me.com](mailto:sethb1@me.com).

We're on the Web!  
<http://8927.toastmastersclubs.org/>

## Fall 2013 Conference

You can join the World Champion of Public Speaking 2005, **Lance Miller**, at our District's Fall Conference on 11/23 (Saturday) at LaGuardia Marriott. The current price will end on Aug 31<sup>st</sup>. Register at: <http://tm46fallconference.eventbrite.com/>

## About Talking Feds

Talking Feds, 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).



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*We will help you to become  
a better leader and public speaker...  
Guaranteed.*

**Federal Toastmasters meets every  
Wednesday from noon to 1:00  
290 Broadway at Duane St.  
30th Floor, Room 10**

*Come join us any Wednesday or contact our  
VP of Membership for further information:  
Frank Parker, [zetatauri@yahoo.com](mailto:zetatauri@yahoo.com)*

***[8927.toastmastersclubs.org](http://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.*

