



Club No. 8927
Area 52
Division E
District 46
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<http://8927.toastmastersclubs.org/>

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FEDERAL TOASTMASTERS NEWSLETTER

Club News And Events



OCTOBER NEWSLETTER THEME – ENTHUSIASM!

Success is the ability to go from failure to failure without losing your enthusiasm.
-Winston Churchill



BREAKING NEWS!

THE CC CHALLENGE IS BACK!

Complete any one of Toastmasters educational goal (CC, AC, ACB or ALB) by December 31, 2013, and you'll contribute to club's Distinguished Club Program (DCP) goals and be recognized at year-end award ceremony. First member to complete a goal and have it certified by Henry Guzman (VP of Education) will win grand prize worth \$25 minimum!

MARK YOUR CALENDARS!

Save the Upcoming Dates

****Wednesday, October 16, 2013 -- 12pm**

Special Workshop, "Strategies to Achieve Your Peak Performance as a Public Speaker," with Dan Schaefer, PhD, Founder of Peak Performance Strategies

****Tuesday, November 5, 2013 -- 6pm**

Support Oswald Lewis in the Division E Topics Speech Competition at MetLife

****Saturday, November 23, 2013 -- All Day**

District 46 Conference at LaGuardia Marriot
Register here: <http://tm46fallconference.eventbrite.com/>



Oswald winning the Area 52 Table Topics Contest on October 2!!

MEMBER NEWS!

Congratulations to Sonia Satra's husband, Stephen David! Stephen won two Emmy Awards for sound and costume for the show "Men Who Built America." The show was an 8 part miniseries on the History Channel.

Congratulations to Lee, son of our President, Seth Greenwald! Lee recently earned the award of "Best Scientist of the Year for all of 8th Grade" at Pleasantville Middle School!

Congratulations to our Vice President of Education, Henry Guzman (seen below), for his outstanding performances at the Empire Dance Championship! And for taking 2nd Place at the Area 52 Humorous Speech Competition on October 2nd!



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

Enthusiasm – Make Sure to Live It!

By Gina Nappi, VPR

In August, I had the opportunity to attend a training session led by John C. Maxwell, one of the world's leading experts on leadership. Throughout the weekend, John kept alluding to the fact that his father, Melvin, would be speaking to us at one of the weekend sessions. As participants we were all very excited to see Melvin speak! I mean, how incredible is it that we would be able to learn from the man who raised John C. Maxwell? Even more incredible, is that Melvin, at 91 years old, is still speaking in front of large audiences!

Melvin came and spoke to a room of about 700 people on a Sunday morning. He walked himself up on a stage and spoke for about 15 minutes, leaving every single one of us in awe of his abilities! Even though Melvin's much older, he took complete control of the stage! He walked around, engaging us all, often shouting to prove his point. Ironically enough, Melvin spoke to us that day about the importance of enthusiasm. It's no wonder that he's lived the long, fulfilling, healthy life that he has—it's all thanks to the enthusiasm he shows in everything he does!

So, how does enthusiasm help us as leaders? Well...

- **Enthusiasm = The Power of Attraction**
By being enthusiastic, we pass on encouragement to everyone we meet! We may not even realize it, but showing enthusiasm to others can help to boost someone when they are feeling low! As leaders, we should always ask ourselves, who can I help today that really needs a boost?
- **Enthusiasm provides us with a positive mental attitude!**
A mental attitude like this allows us to see good in everything and everybody. This is essential as leaders! Often we tend to focus on the negative traits that people display, or the traits that people need to improve. However, we should remember to always look for the good, to find what people do well and compliment them on those positive traits!
- **Enthusiasm gives us a spirit of persistence!**
By being positive and enthusiastic, we can overcome any situation. Sure, there may be times when things are truly tough, but with an enthusiastic attitude, we can see every situation through till the end. In difficult situations, it is only by the leader's example that a team will be motivated to stay positive and focus on the future.

I am grateful for seeing Melvin speak! He taught us that when leaders set a positive example in the way they take a real interest in people's successes, it makes a genuine difference in the team's attitudes and behaviors and energizes the whole team!

"The Prez Sez"

Full-On Engagement

By Seth Greenwald, President

There's a big difference between watching and participating. At Toastmasters, we encourage your participation so you may take full advantage of the club's programs. The next level up on the participation scale is enthusiasm. There's a big difference between doing things half-heartedly and acting with gusto. Giving your full engagement will take you where you want to go in the quickest possible manner. Here are 3 common obstacles preventing you from reaching full-on engagement:

1. Mental

How often do you hear that little voice in your head that says "I can't do it because (blank)?" Your mind fills in the blank with various random reasons. I used to hear it often. But instead of ignoring it, I focus on it. I focus on it because that's the only way to defeat that annoying little voice. Head on. That voice is not you talking. It's just a pre-recorded taped message that you can choose to listen to or not. To move forward with full-on engagement you must turn the recording off as soon as you hear it.

2. Social

"The only thing we have to fear is fear itself." President Roosevelt certainly understood our plight as public speakers. When we stand up in front of an audience, our fear has various channels to travel to our mind. Fear of making a mistake, fear of being seen as a phony, and fear of looking like a fool are just a few of the ways we let fear hamper us. The solution is to remember that you're not alone. Everyone feels fear when doing something for the first time. There was a very popular television show devoted to our nemesis called "Fear Factor." Besides eating spiders and jumping off tall buildings, it showed us how to face our fears by taking action. The more you work with your fear the more you can overcome it. And then one day, believe it or not, it'll be gone.

3. Physical

One of my favorite slogans is Nike's "Just Do It." It's message is simple and direct...just get up and do something, anything. It doesn't say to just sit and think it. It doesn't say just do it later. The message is about action. The most effective way to engage yourself is to just do something. You may be asking yourself, 'do what?' Well that's completely up to you. But whatever you choose to do make sure you have a clear goal in mind. Be specific...I want to complete the 10 projects in my Competent Communicator manual. Be timely...I want to complete the CC manual by June 30. Setting a goal for yourself, and really wanting to achieve it, will awaken your body to do what it needs to do to get you where you want to go.

Before you can overcome your obstacles, you need to be aware of them. Mental, social and physical obstacles will always be waiting for you as you travel on the Toastmasters path. Just remember to treat them as mere speed bumps on the road to reaching your goals. The key to accelerating your public speaking skills and leadership competency is to practice full-on engagement.



FTM President
Seth Greenwald

**ENTHUSIASM
IS THE MOTHER OF EFFORT,
AND WITHOUT IT
NOTHING GREAT
WAS EVER ACHIEVED**



RALPH EMERSON

THE PREZ AWARD

This month's PREZ AWARD goes to:

**GINA NAPPI
AND
FRANK PARKER**

Gina served as Chairperson for our club's Humorous Speech Contest on August 21. Frank was Chairperson for the Table Topics Contest on August 28. Each of these outstanding leaders led their respective contest team to prepare for and conduct a highly successful, professional and thoroughly enjoyable speech contest. Federal Toastmasters is grateful for all of the hard work and valuable time that Frank and Gina have given, which has contributed greatly to the betterment of the Club.





Help Contribute to Next Month's Newsletter!

Our theme for the November newsletter
will be:

VISION

Send us your thoughts on Vision! Do you
have a vision for Federal Toastmasters?
Have you found your vision after years of
searching? Got any good tips to share on
finding your Vision? Share any and all
thoughts on Vision with us!

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 or gnappi@gmail.com

Welcome to our newest Federal Toastmaster!



Joe Chin

Joe is a career entrepreneur who occasionally speaks
about entrepreneurship or his company's business at
industry events. Joe says he is looking to (i) improve
his public speaking capabilities and (ii) enjoy the
experience of being a part of each week's
Toastmasters meeting.

Welcome Joe!

DISTRICT 46 FALL CONFERENCE - November 23

President, Seth Greenwald will be presenting a workshop
entitled, "Secrets of a Creative Leader" during the
morning educational session. All club members are
invited to attend by registering at
www.toastmasters46.org



TOASTMASTERS
INTERNATIONAL

WHERE LEADERS
ARE MADE

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

Our next Special Membership-Building Event is on October 16...
Bring a friend or a guest or both!

Strategies to Achieve Your Peak Performance as a Public Speaker

Tired of feeling super stressed out before a major presentation?

Imagine if you never had to feel that way again!



Join Federal Toastmasters for this one-time only
special workshop on Wednesday, October 16, 2013

At 290 Broadway, 30th Floor, Room 3, from 12pm - 1pm

Come calm your nerves with Dan Schaefer, PhD, founder of Peak
Performance Strategies!

- *Learn Instant Stress Reduction
- *Learn to Identify and Control Distraction
- *Identify and Control Negative Self-Talk
- *How to Prepare Mentally for Presentations
- *Discover Intense & Quick Focus
- *Utilize Power Visualization
- *Recover Quickly

Please RSVP to President, Seth Greenwald at: sethbl@me.com by October 11, 2013



Dan Schaefer, PhD, is a noted performance consultant, author, speaker and executive coach. He is founder of Peak Performance Strategies, an organization dedicated to assisting individuals, management, teams and companies in achieving the competitive edge quickly through enhancing both personal and business performance. Dan teaches individuals how to apply psychology to call up one's best performance whenever and wherever needed regardless of the situation. His clients include executives, entrepreneurs, professional athletes and performers throughout the United States, Asia, South America and Europe. He is a guest faculty member of the College of Physicians and Surgeons, Columbia University and the graduate schools of New York University, Adelphi University, Hofstra University and Rutgers.