



FIRST QUARTER 2023



Suffolk Toastmasters

**A PUBLIC
SPEAKING CLUB**



**MESSAGES
FROM CLUB
OFFICERS**



**INTERVIEW
WITH A
MEMBER**



*Read and publish
fun, inspiring facts
about club members
and our club*



4530.toastmastersclubs.org

SUCCESSFUL SPEECHES

Whether you're talking to a small group of people or speaking to a large audience, you want to be sure your speech is memorable and enjoyable. Follow these five easy tips to help ensure your speech delivers:

- Be prepared. Your audience is giving you their time and consideration, so rehearse enough to be confident you'll leave a good impression.
- Start strong. Begin your speech with a powerful opening that will grab your audience's attention, such as a startling fact or statistic, an interesting story or a funny joke.
- Be conversational. Avoid reading your speech word for word. Instead, refer to notes or points from an outline to help your speech have a more free-flowing, conversational tone.
- Speak with passion. If you're truly invested in what you're saying, you'll be better able to keep your audience's attention.
- Be patient. It's easy to get frustrated if you make a mistake. But remember that public speaking is not easy and it takes time to hone your skills. Keep practicing and you will reach your goals.



Speak for Yourself!
Webinar Replay



Lose the Fear, Learn the Relevance
Webinar



Read Toastmasters International
Magazine here



FROM THE CLUB MEMBERS



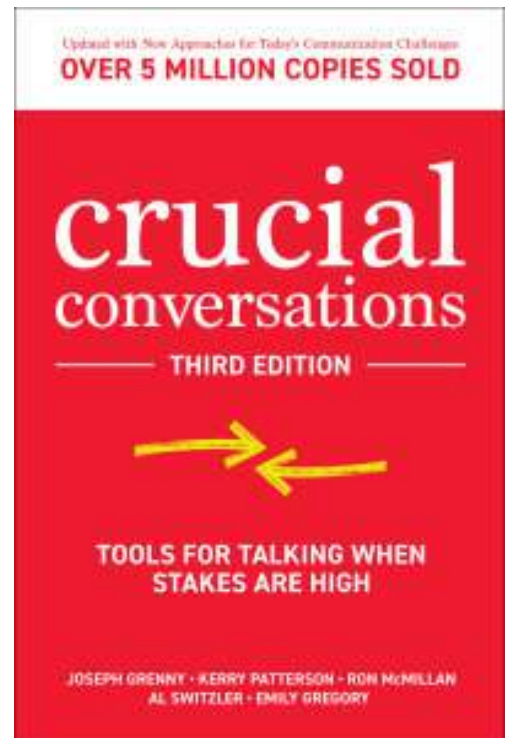
CONFLICT RESOLUTION

Randy Fowler

With all the conflict and division going on in our nation, I thought I would present steps from the book, *Crucial Conversations*. It details seven steps to resolving conflict successfully.

The steps are:

1. Start with the heart - what's your motivation? To win, to make your point or create a win/win outcome that improves the relationship?
2. Notice when safety is at risk: body language, tone of voice, etc.
3. Make it safe to share. Be curious over judgemental.
4. Master your stories - dealing with strong emotions. Check if you have any story in your head that puts the other person in a negative light. Try to imagine why they may have done what they did other than some permanent personality flaw within them. You have this skill; you use it on yourself all the time!
5. Speak honestly without offending: Use "I" messages rather than "You" messages. Don't exaggerate using words like "always" and "never."
6. Explore others' paths - develop an attitude of curiosity over debate. Ask clarifying questions.
7. Turning crucial conversations into actions.



INTERVIEW WITH A CLUB MEMBER



James P. Manganiello
VP Membership

Let's get to know James a little bit better.

Can you please tell us a bit about your background? Personal life details that you care to share with your fellow TI members.

I was born in Canada, raised on Long Island, graduated from college in New Jersey, and worked various types of jobs in my life. I had a passion for performing, especially in theater plays, working as a deejay on the radio station in high school and college. I've always been involved in performance, either in front or behind the scenes.

What is your profession?

I work in retail at Home Depot. I'm on the MET (merchandize execution) team. Its physical. Setting bays, moving beams, dropping pallets, organizing and maintaining bays, setting up or breaking down seasonal resets, bay maintenance, downstocking product, and completing projects.

When did you first hear about toastmasters?

In 2003, I was singing in a barbershop chorus in New Jersey, and the chapter president recommended Toastmasters to me. I was involved in too many activities outside of work, so my free time was limited. But the concept of speaking publicly always had my attention. I listened to several audio programs by Earl Nightingale, who mentioned Toastmasters. In 2019, I had more free time on my hand, so I attended an in-person Suffolk club meeting and have been with them since.

Describe your first public speaking experience.

My grandmother's eulogy, 1993. There were things my mom wanted to say but couldn't. So, she wrote everything down and asked me to read it, which I did. I was going to write something small and read it but didn't get a chance to. Instead, I spoke off the cuff, which wasn't rehearsed, and it showed because I was very wordy (fortunately, there was not a grammarian). I was a little embarrassed. I needed to work it.

INTERVIEW WITH A CLUB MEMBER

Describe your ideal public speaking experience.

My ideal public speaking experience would be sharing something I am passionate about, which I learned, and teach it with the hope of inspiring others that its possible for them to do the same activity as well.

What other interests and hobbies do you have, other than public speaking?

Cooking, exercising (when I can), video editing, podcasting, and voiceover. Before the pandemic, I used to do a lot of obstacle courses (Tough Mudder, Spartan) because they challenged me mentally and physically. I miss doing them. I also started practicing piano again.

How does TI fit in your life and how can it support your personal and professional growth?

Joining Toastmasters and going through Pathways training has made me a better podcaster. Prior to Toastmasters, I would write everything out I wanted to say and speak it into the microphone. After going through different levels of the path, I became more confident in my own words and speaking impromptu. Now, instead of writing out an entire podcast, I'll jot down a topic, and three aspects of it to cover. When I record, I speak freely on each angle.

It helped me personally, because I am more concise in my words when I do speak.

What are you desired results expected from your membership to Suffolk Toastmasters?

As an officer, my goal is to help improve membership by helping people achieve their speaking goals. I'm at a point now where I'd like to help others, and give back, sharing the knowledge and lessons I've learned over the years to inspire and encourage them to improve their speeches.

As a member, my goal is to continue giving speeches and growing as a speaker. Ultimately, I would really enjoy sharing my knowledge of performance and Toastmasters to help others enhance their speaking and improve as speakers (and leaders).

What are the most important things that you can suggest for the success of our TI club?

I think it's important for you to just be show up and be present. Come to a meeting, even if it's just to watch. You're still learning. When the time comes where you want to contribute either as a speaker or functionary, you're always welcome to. Yes, I know, the idea of it may seem daunting stepping into a new role or giving a speech for the first time. Look, you're not alone. We've all been through it, and we are here to help you succeed at it. Everyone has to start somewhere. I've learned more working behind the scenes helping out at different events because it's made me more of a proficient speaker.

WE ARE HYBRID!

Pictures from our recent meetings:



James Manganielo starting Engaging Humor Pathway



Tony Jin in Presentation Mastery Pathway



Screenshot from our Zoom Meeting



Hybrid Club meeting

Congratulations!

- Randy Fowler and Andrea Blaga are representing our club in the area contest.
- James will be zoom master for several area contests and all division contests.

CREATIVE SPOTLIGHT



Naz Cocker Overcome Your Stage Fears

The hall was packed with guests and people who had come to enjoy this most talked about wedding of my best friend. In the midst of illuminated dazzling lights, exotic drapery, and the huge crowd with eyes digging into my soul, set a dizzy spell. I had never spoken in front of a huge crowd of this capacity.

My brain had seized to work, my hands and feet were clammy I was looking for an escape, an alibi to run from this predicament. My heart pounding and stomach rumbling. Suddenly I felt a friendly tap on my back .my common friend Rose, smiling with a glass of wine, Hi, have this you will need it . you are the MC. are you looking forward to that? It was like all hell broke loose, This reminded of Jerry Seinfeld, who said fear of public speaking is more fearful than death, people say would rather be in that casket than read the eulogy, and my situation was very similar.

Then came the final call .the call that send my head into a whirlpool. I saw the podium, and silence in the hall. At that moment the words of a fellow toastmasters . came resonating as a rescue, I remember him sighting example of Franklin D Roosevelt, the incredible man whose great words came as a tipping point and changed the trajectory of the Great Depression in 1933, when he energized the strength of the people and transformed fear into the strength. His great expression , that only thing you have to fear is fear itself. That was perfect anodyne to help me gain my strength and relax. I geared up strength and hit the road, pulled the mike and made the evening fun and energetic. This was a true test of fighting stage fear and facing the fear itself, a true self discovery and thanks to Toastmasters, for providing strategies to overcome the stage fear and facilitating you with the plethora of opportunities.

The fear of public speaking arises from two primary sources. PERSONALITY, AND UNCERTAINTY' Some of us are comfortable with our own social situations, we are complacent in our own settings and sometimes resolute and introvert. Others are high strung, they experience anxiety and claustrophobic, when they are in social gatherings or are put on a platform, which is unnerving. The obvious element responsible for this disposition can be attributed to our DNA, responsible for shaping our composure.

The most common fears listed are, fear of spiders, snakes, claustrophobia and the stage fear. The great philosophers and speakers believe in the fact, that fear is a necessary evil. It is like an impetuous that gives you incentive to get on and go for it. Toastmasters is one such organization that affords the platform to overcome anxiety and fear of speaking, gain confidence and have a better self image. In conclusion remember there is a real joy in embracing and mastering your passion. Great leaders went through the same Predicament and with their dedication and perseverance, overcame it. The flight or fight reaction is very natural and true, but it sets the stage to be tenacious and fight. Trust your intuitions and be positive.

CLUB REPORT

TOASTMASTERS
INTERNATIONAL

Club Status
2022-2023

Month of February
As of 03/09/2023

| 00004539 Suffolk Toastmasters Club | | | |
|------------------------------------|--|---------------|--------------------------------|
| Club Alignment | Membership | | Goals |
| Region 9 | Base 20 | To Date 16 | Goals Met 4 |
| District 119 | Required 20 | | Distinguished 5 |
| Division E | 20 members or a net growth of 3 new members | | Select Distinguished 7 |
| Area 55 | Chartered 09/01/1997 | | President's Distinguished 9 |

| Goals to Achieve | | Goal | To Date | Status |
|-----------------------|---|------|---------|----------------------|
| Education | | | | |
| 1 | Level 1 awards | 4 | 3 | 1 Level 1 needed |
| 2 | Level 2 awards | 2 | 1 | 1 Level 2 needed |
| 3 | More Level 2 awards | 2 | 0 | 2 Level 2s needed |
| 4 | Level 3 awards | 2 | 0 | 2 Level 3s needed |
| 5 | Level 4, Level 5, or DTM award | 1 | 1 | ✓ |
| 6 | One more Level 4, Level 5, or DTM award | 1 | 2 | ✓ |
| Membership | | | | |
| 7 | New members | 4 | 0 | 4 New Members needed |
| 8 | More new members | 4 | 0 | 4 New Members needed |
| Training | | | | |
| 9 | Club officers trained June-August | 4 | 6 | ✓ |
| | Club officers trained November-February | 4 | 7 | |
| Administration | | | | |
| 10 | Membership-renewal dues on time | Y | 1 | ✓ |
| | Club officer list on time | Y | 1 | |

CLUB NEWS AND ANNOUNCEMENTS

We have an instagram account!



Below are the next meeting dates and locations:

Emma Clark Library, 120 Main Street, Setauket, NY, 11733
<https://us02web.zoom.us/j82924712496>

March 25, 2023- Zoom only
April 8, 2023 – Emma Clark & Zoom
April 22, 2023 – Zoom Only
May 11, 2023 – Emma Clark & Zoom
May 27, 2023 – Zoom Only
June 10, 2023 – Emma Clark & Zoom
June 24, 2023 – Zoom Only



District 119 contest Schedule

Wednesday, March 15 – Area 34 & 44 contest
Thursday, March 16 – Area 55 contest
Tuesday, March 21 - Area 41 & 45 contest
Friday, March 24 – Combined Area 11-15 contest
Tuesday, March 28 – Area 42 & 43 contest

Tuesday, April 4 – Division D contest
Friday, April 7 – Division A contest
Tuesday, April 11 – Division C contest
Wednesday, April 12 – Division B contest
Friday, April 14 – Division A contest

Saturday, April 29 – District 119 contest

Area 55 Contest: March 16, 2023
Please contact Joseph Miller, President of Suffolk Toastmasters,
josephmiller@yahoo.com to register as a contestant or functionary.

[HTTPS://DISTRICT119TM.ORG/CONTEST-SCHEDULE/](https://district119tm.org/contest-schedule/)



Please submit your materials for our next newsletter (pictures, creative outlets, suggestions)
suffolktoastmastersclub@gmail.com, attn. Andrea Blaga - VP Public Relations
4539.toastmastersclubs.org
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