



Division C Digest



Happy Spring!

March is a month of renewal. Spring flowers return, grass begins to grow again, Toastmasters renew for another membership season; there is no shortage of activity happening in March. This is also a great time to **Hop to a new path!** Did you know that you are entitled to a **FREE** path until March 31st? Read more about this on page 2. Also, are you aware that the **D37 Bingo Game** is still available to win until July 15th and that the District 37 Conference is coming up in May? There is so much to plan for, participate in and to celebrate. Let March be the **renewal** of your commitment to your Toastmasters goals. **Spring into action and let's make it happen.**

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Inside:

Free Path • P2

A Toastmaster's Story • P3

Table Topics • P5

Division C Shoutouts • P6

District 37 Updates • P7

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Free Path offer from Toastmasters International - thru March 31st

Have you signed up for your new **free** path yet? If not, you only have a few more days to take advantage of this great offer. A \$20 savings is too good to pass up. Invest in yourself and kickstart your goals into high gear with Toastmasters.

For members who renewed their membership for the October renewal period by December 31, 2020, a free Pathways path is being offered until March 31, 2021. Visit your Toastmasters profile, click the “**Choose A Path**” button, and follow the normal path selection process to redeem your free path before March 31, 2021. (*Thanks to Ellen Tennill, with Stadium Overlook, for this update verbiage!*)

Preparation clears a pathway for success!

Ron Kaufman

Q: How long have you been a member of Toastmasters?

A: I have been a member of Toastmasters since October 1, 2008.

Q: How many club officer roles have you held? (check all that may apply):

A: Secretary and Coach of the Met Life Club in 2016.

Q: Describe an ideal vacation (post pandemic) :)

A: I am the oldest brother and I have three younger sisters. I come from a large family and when we get together in Argentina it is interesting given the number of cousins, which already have kids of their own.

Q: How do you encourage new (or existing) members of the Wells Fargo Stagecoach Toastmasters club who may be stalled in their public speaking journey?

A: Coincidentally, I joined this club on October 1, 2020, twelve years since initially joining this great organization. I have always looked to support the clubs I have been member of by taking different roles each week, you get to learn not only more about the group and dynamic, but about yourself. That exposure allows you to both lead by example and also encourage others to do the same.

Q: Share a song, and / or musician, and what makes it / him / her your favorite.

A: Definitely British Pop. But over time, I have have fallen in love the music of Mark Knopfler (Dire Straits), very rich lyrics, well studied, for some reason I find a connection with his music. My favorite? Telegraph Road, which reflects on the development of America, with its ups and downs. I have lived in many boom and bust cities in Argentina, all related with petroleum, I grew up in that environment and learned to value sacrifice and dedication to goals.

Q: What is your word for 2021?

A: I am in between transition and reinvention, both reflecting the same... so many people needing to dig deeper -due to the COVID crisis- to stay afloat. I have the hope that something better will emerge.

Q: What is one activity introduced during the pandemic that you will continue post pandemic?

A: Meditation. And enjoying each moment next to my wife and my son, life is too short.

Q: Comments (please share any parting thoughts / advice that you would like to leave with readers):

A: Personal bobbies: I am an avid reader, I have been writing my granny since moving to the US in 2000, and I also enjoy spinning. I want to thank each individual and friend I made over the years as part of the Toastmasters roles in different clubs around the Queen City, all of them have helped me tremendously, for which I am always thankful. Thank you for this opportunity.

10 OF THE MOST COMMON MEDITATION TECHNIQUES

1. Breathing Meditations
2. Mindfulness Meditations
3. Focus Meditations
4. Movement Meditation or Walking Meditations
5. Mantra Meditations
6. Buddhist Meditations such as Loving Kindness
7. Christian Meditation or Spiritual Meditations
8. Guided Meditations
9. Transcendental Meditations
10. Progressive Relaxation Meditations



[28 Best Meditation Techniques for Beginners to Learn \(positivepsychology.com\)](https://positivepsychology.com)

WOULD YOU TRY?

Pizza Croissants

Cut 1 thawed **puff pastry** sheet into 6 triangles. Top evenly with 3 Tbsp. **marinara sauce**. 1/2 cup **shredded Italian cheese** blend, and 1/4 cup **pepperoni slices** (optional). Starting with widest end, roll each triangle. Place, tip side down, on a **parchment**-lined pan. Brush with 1 **beaten egg** and sprinkle with 1/4 tsp. **oregano**. Bake at 325 degrees F until golden. 40 minutes.



Word of the month!

- COEVAL

koh-EE-vəl

- a person of roughly the same age as oneself; a contemporary

Examples of Coeval in a sentence

"It was hard to believe that level-headed Margaret is a coeval to those wild children."

"Only your coevals would understand that pop culture reference."

TABLE TOPICS - PRACTICE IMPROMPTU SPEAKING FOR 1-2 MINUTES

Table topics allows Toastmasters to practice speaking "off the cuff" on a variety of topics. Take the next couple of questions below to practice. Time yourself for 1-2 minutes while responding to the following questions. In your evaluation, ask yourself if you had a clear opening, middle and strong ending? Did you go over time? Remember, you have a 30 second grace period before being disqualified for going over time. :)

- If your life story was made into a movie, who would play you as the main character any why?
- Who is the most admired woman in your life and why?



Congratulations to Area Contest winners...

Area 21 – International Speech Contest

- **Janette Henry**

Area 23 – International Speech Contest

- **Turker Bulut**

Area 21 – Table Topics Contest

- **Corie Rudisill**

Area 22 – Table Topics Contest

- **Shahid Rahu**

Area 23 – Table Topics Contest

- **Karla Jones**

Area 24 – International Speech Contest

- **David Horwitz**

Area 24 – Table Topics Contest

1. **Kevonna Martin**
2. **David Mitchell**
3. **David Horitz**



Contestant winners in the Area Contests will compete at the Division C contest on Thursday, April 15th at 6:30 p.m.* Register [here](#) to attend.

***Briefings begin at 6 p.m.**

Thank you **to ALL contestants** in the Club, Area, and upcoming Division contests. You all are **amazing** speakers and should be extremely proud of your representation of your club / Area and Division!



District 37 *Virtual* Conference - May 2021



Program Quality Director **Tim Edwards**, and committee have a lot of great surprises in store for conference attendees this year! There will be recognition, contests, keynote speakers and more! Mark your calendar and plan to attend the District 37 **Virtual** Toastmasters Conference on **Saturday, May 22, 2021. Register [here](#)**. You will not want to miss!



UPCOMING TRAINING

Asking for Membership

How do you position Toastmasters?
How do you convert guests into members.

New Member Orientation

Do you have a process for welcoming new members into your club. This training will help you create a new member orientation process.

Corporate Programming

How do you sell the Toastmaster Corporate Program to your employer?
Learn business acumen that will help you position the Toastmasters program.