

# DIVISION C DIGEST



MAY 2021 VOLUME 1 ISSUE 10



## MAY IS...

The month of May is an important one that causes many to pause and reflect for many reasons. Memorial Day, Mental Health Awareness, the one year anniversary of the murder of George Floyd, the 100 year anniversary of the Tulsa Massacre, and Asian American and Pacific Islander Heritage, are a few reasons that come to mind. Like the previously mentioned reasons, this year's Spring conference also provided a chance for Toastmasters to reflect on their journey and next steps.

Identifying your superpower and breaking through your kryptonite requires a lot of self-reflection and courage to take your goal of becoming a better public speaker to the next level. It can be a bit daunting at times, but nothing that is worth attaining is ever easy, and much needed change rarely comes about without some uncomfortable growing pains. Consider where you might be holding back and make the decision today to unleash your super power!

*Temica*

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# A TOASTMASTERS STORY



**Q: How long have you been a member of Toastmasters and what is your current designation (i.e. Competent Communicator, Advanced Leader Silver, etc.)?**

A: I joined Toastmasters in March 2018. I have completed the Visionary Communication and Engaging Humor paths as I pursue DTM designation by the end of this calendar year. I plan to complete Level 1 of Motivational Strategies by 6/30/2021.

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

A: President; Vice President Membership; VP Education

**Q: Describe something new that you have created or have been able to accomplish during the pandemic that you were putting off until now.**

A: I have become very intentional about creating, implementing, and honoring a personal self-care routine. As a wife and mom who works full-time, I've learned to regularly remind myself that self-care is NOT selfish. And it helps that a doctor friend affirms, "Self-care is health care!"

**Q: Share a fun fact about you.**

A: I am a glitter FANATIC – a glitterholic, if you will. I LOVE anything and everything sparkly, shiny, and shimmery – especially nail polish, lip gloss, gel pens, notebooks, stickers, blinged-out t-shirts...you get the picture!

**Q: Name 1 to 2 things that you learned while serving in the Club President role. Was serving in this office what you expected?**

A: Serving as Club President was WAY MORE AWESOME and rewarding than I expected. I worked with a fantastic team of officers who supported our club with grace and strength through the turbulence of a global pandemic. Not only did we stay afloat, but we adjusted, thrived, and had FUN. I know it's due to the team's effort, because I couldn't have done it alone (nor would I have wanted to)! I learned that I'm super-passionate about helping others grow and develop. I'm happiest when I'm cheering members to reach their goals and supporting them while they do. The icing on the cake for me will be passing the gavel to my mentee, Nick Brewer – I am so proud of his maturity as a communicator and as a leader! Our club is in good hands and I look forward to serving under his leadership this upcoming year.

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

A: As a church choir director for 10 years, I love classic gospel hymns. I learned to harmonize by listening to my grandma sing alto in church, and hearing hymns lifts my spirits and brings back fond memories of my childhood summers spent with her in Greensboro, NC.

**Q: What is your word, mantra, or quote for 2021?**

A: "Done is better than perfect!" As a recovering overachiever and people-pleaser, I am learning to settle into the joy of the journey instead of focusing so much on reaching a specific destination. I'm having more fun, too!

# A TOASTMASTERS STORY CONT'D.

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

A: I will continue to GROW (even though I'm "grown" and approaching the "empty nest" season of life LOL). This year, I became a Club Coach (for two clubs) and I also became a Certified Master Life Coach because I found out how much I am energized when helping others maximize their potential. Before the pandemic, I was rather content to be like a duck bobbing on the water, floating wherever the waves took me. Now, I'm proactively charting my course - and intentionally bringing others with me!

**Q: Please share any parting thoughts / advice that you would like to leave with readers:**

A: The sky's the limit for your Toastmasters trajectory - so take the brakes off! Though my undergraduate degree is in Leadership Studies and Speech Communication, I have learned so much as a Toastmaster that complements and builds upon both areas of study. I'm glad I didn't settle into the complacency of what I THOUGHT I knew! I'm committed to ongoing growth as a member of Toastmasters, and I'm so thankful for the people in this dynamic organization who truly enrich my life!

## TABLE TOPICS

Practicing impromptu speaking is an important part of being a Toastmaster. Use the next few minutes to practice your response to the following questions. Remember to time yourself. You only have 1 - 2 minutes, but if you happen to go over a bit, there is a thirty-second grace period.

- Would you consider competing in an upcoming Toastmasters contest? If yes, when? If no, why not?
- If you were to start a podcast, who would be your first guest?



*"It usually takes more than three weeks to prepare a good impromptu speech" - Mark Twain*

# WORD OF THE DAY

## **SOCKDOLAGER**

pronunciation: **sahk-DOL-e-jär**

Part of speech: noun

Origin: American English, mid 19th century

- An exceptional person or thing.
- A forceful blow.

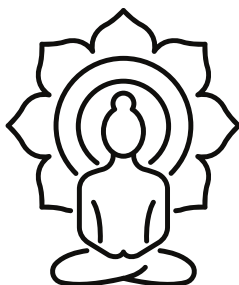
Example of Sockdolager in a sentence

- "All of the nominees tonight are well-accomplished sockdolagers."

"What mental health needs is more sunlight, more candor, and more unashamed conversation."  
– Glenn Close

## MENTAL HEALTH AWARENESS

May is **Mental Health Awareness Month**.



Real Simple- Sept. 2019

We often equate taking a deep breath with a long inhale, but there is a lot of value in a deep exhale. Breathe out through your nose, going all the way to the end of your exhale, and pause. Then just wait – your body will tell you when it's time to breathe in again. Let the breath in, feeling the space your body finds for the inhale. Give yourself another long, patient exhale, exhale.

# WOULD YOU TRY?

## **CHICKEN POTPIE**

Melt 2 Tbsp. butter in a large oven-safe skillet over medium-high. Stir in 2 Tbsp. flour, then 3 cups shredded cooked chicken. 2 1/2 cups frozen vegetable blend. 2 cups chick broth, 1/2 cup heavy cream, and 2 tsp. fresh thyme. Bring to a boil. Top with 1 thawed puff pastry sheet. Bake at 425 degrees F until browned, about 18 minutes.

Recipe by Anna Theoktisto



CLICK LINKS TO REGISTER!

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# UPCOMING EVENTS

## **DISTRICT 37 TLI TRAINING**

**Monday, June 21 @ 7pm**

- Club President

**Tuesday June 22 @ 7pm**

- Club VP of Education

**Wednesday, June 23 @ 7pm**

- Club VP of Membership

**Thursday, June 24 @ 7pm**

- Club VP of Public Relations

**Monday, June 28 @ 7pm**

- Club Secretary

**Tuesday, June 29 @ 7pm**

- Club Treasurer

**Wednesday, June 30 @ 7pm**

- Club Sergeant at Arms



# DISTRICT 37 CONFERENCE RECAP

WHAT ARE YOU DOING WITH YOUR SUPER POWER?

The District 37 Spring Conference was an amazing experience from the intentional theme: **Super Leaders: Break Through Your Kryptonite!**, the impactful speeches and table topics, the keynote speaker, **Aaron W. Beverly**, and powerful learning sessions.



There was so much to unpack from the keynote speaker's address on Friday regarding being an introvert, and *The Process* that all speakers can take to identify new subjects to speak about. I attended The Five Languages of Appreciation with **Monique Levesque-Pharoah**, and The Power Formula for LinkedIn Success with **Wayne Breitbarth**. I learned some amazing techniques in both sessions that I am putting to use immediately! The Spring Conference was full of great content, lots of energy, and powerful examples of professional speaking techniques to take my public speaking ability to the next level. Special thanks to the team of Toastmasters who planned and organized the conference. It is not easy feat to pull off such an event to this magnitude!

## NEW DISTRICT OFFICERS



During the Spring Conference, a new round of officers were elected. Join me in giving a round of applause to all of the outgoing District 37 officers:

- **Michael Beach**, DTM District Director
- **Tim Edwards**, DTM Program Quality Director
- **Jody Koonce**, DTM Club Growth Director
- **Kruttika Ashtekar**, Area 21
- **Tyler Emery**, Area 22
- **Vincent Burris**, Area 23
- **Roy Lewis**, Area 24
- **Wray Ledford**, Area 25
- **Deb Lee**, DTM Division A Director
- **Charleston Carter**, Division B Director
- **Tomica Lindsey**, DTM Division C Director
- **Gary Cohen\***, Division D Director
- **Aaron Mandzak**, Division E Director
- **Ruth Friddle**, Division F Director

Now give a round of applause for the newly elected District 37 officers known so far:

- **Tim Edwards**, DTM District Director
- **Jody Koonce**, DTM Program Quality Director
- **Rhonda Walthall**, DTM Club Growth Director
- **Open**, Division A Director
- **Nadine Wynn**, Division B Director
- **Gayle Plum**, Division C Director
- **Julie Richards**, Division D Director
- **Open**, Division E Director
- **Joyce Morant**, Division F Director

\*We would also like to wish Division D Director, **Gary Cohen**, well as he and his family relocate to California. Gary, you will be greatly missed and wish you safe travels.

# DIVISION C SHOUTOUTS

Toastmasters in Division C are doing great things! **CONGRATULATIONS** to Area 21 Director, **KRUTTIKA ASHETAK**, for achieving DISTINGUISHED AREA! This is no small feat and your leadership and service to all clubs in Area 21 is appreciated.



**CONGRATULATIONS** to the following clubs for achieving:

*President's Distinguished* - **Gateway to Speaking Excellence Club**

*Select Distinguished* - **Wells Fargo Stagecoach Speakers Uptown Charlotte**

*Select Distinguished* - **Bank of America Uptown Toastmasters Club**

*Select Distinguished* - **Queen City Toastmasters Club**

## SPRING CONTEST WINNERS

### Evaluation Contest:

3rd - John Bowen

2nd - Patricia Hurdle

**1st - Nehal Tanna - WINNER**

### Humorous Speech:

3rd - Hudson Griffin

2nd - Allen Assaid

**1st. - Joy Scott - WINNER**

### Table Topics:

3rd - Corie Rudisill

2nd Kate McLoughlin

**1st - Shawn Gaudet de Lestard - WINNER**

### International Speech:

3rd - LaQuvia Johnson

2nd - David Soltley

**1st - Phyllis Kombol - WINNER**



## Contest Challenge!

Have you ever competed in a club contest? If not, WHY NOT? This is a great way to practice public speaking and to receive valuable feedback that will help you to improve your speech for an award winning presentation! In this upcoming Toastmasters year, I am challenging YOU (and me) to compete in the next club contest. We can do this! Let's make it happen.