

Labor Toastmasters



ORATOR

Volume 3, Issue 1 July / August 2006

A bi-monthly newsletter Josephine Koh, Editor

www.toastmasters.org

THE ORATOR

Welcome to another issue of the Labor Toastmasters newsletter, **The Orator, winner of the 2006 Golden Quill Award**. Bi-monthly we'll share the latest in club events and meetings. We will spotlight members, as well as share tips on effective public speaking.

A MESSAGE FROM OUR CLUB PRESIDENT

Waiting for the Other Shoe to Drop

When we embarked on our Distinguished Club Program last July, little did we know that we will be sitting on the edge of our seats right this moment waiting for the second member to achieve CTM, and in so doing, put us over the last hurdle to achieving the Distinguished Club award. Whether or not this happens does not matter because we have already achieved many goals thought improbable for a club recently chartered. We have members achieving goals in speeches, communication, training, and membership. Next year, which starts July, we hope to build on our successes and shoot for the next level by achieving goals in club leadership and advanced speeches. We are a club with a mission; we set goals and help each other achieve them. How about you? What are your goals and ambitions in life, and in your career? Why not join our club, and make them happen?



Woody Gonsalves, Kathryn Dougherty, Rashawn Morine

"I am so thrilled to have achieved my CTM. It was a long journey, and now I realize that it was just the beginning of the path to becoming an accomplished speaker. I could not have done it without the support and encouragement of my fellow Toastmasters, especially the ones who continually reminded me to "breathe" when delivering my speech. I am looking forward to working on my ATM-B and continuing to hone my speaking skills."

– Kathryn Dougherty

COMPETENT TOASTMASTER (CTM)

We congratulate **Kathryn Dougherty**, Club Secretary of Labor Toastmasters, who completed her Basic Manual of 10 speeches. Rashawn Morine, Vice President of Education, presented her with a TM paperweight, a TM pin, and a personalized engraved TM name tag, at the May 18 meeting, as Woody Gonsalves, Toastmaster of Ceremony, looked on.

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INCOMING OFFICERS

Congratulations to the incoming officers:

- **Rashawn Morine**
President
- **Kathryn Dougherty**
Vice President of Education
- **Joyce Jones**
Vice President of Membership
- **Liz Villanueva**
Vice President of Public Relations
- **Roxane Staller**
Treasurer
- **Maria Mayrand**
Secretary
- **Woody Gonsalves**
Sergeant at Arms

INDUCTION OF A CLUB MEMBER

Fellow Toastmaster, you are joining a worldwide organization that has helped nearly three million people learn to communicate more effectively. As members of the Labor Toastmasters Club, you will benefit from a proven program of self-development. You will become part of an outstanding group of people who are dedicated to helping one another in a spirit of sharing and enjoyment.

Membership in this club and in Toastmasters International is a privilege that carries with it many rewards. Yet it also places certain obligations upon you. We are a group of people brought together to do things we could not accomplish alone. Our collective obligation is to grow and improve ourselves and to share our knowledge and experience with fellow members in a spirit of enjoyment. This means you must work diligently toward your own self-development, evaluate others' speeches in a spirit of support and sharing, assist the club in reaching its goals, remain positive, and keep a smile on your face.

KELLY NGUYEN WINS GOLDEN QUILL

At the Hall of Fame Luncheon of the Toastmasters District Conference on Saturday, May 14, 2005, the Public Relations Officer announced that the 2005 winner of the Golden Quill Award goes to Ms. Kelly Nguyen, editor of the Labor Toastmasters newsletter "The Orator".

The award is given to the editor of the best club newsletter in the Peninsula, with over 200 clubs that stretch from San Francisco to Monterey. The newsletter is judged by the following criteria:

1. The content should promote Toastmasters goals in speaking, communication, and leadership.
2. Articles should appeal to any reader.
3. Layout and design should be visually appealing.

In short, our newsletter was judged for style and substance. It was a product that grew out of a group of people having the desire to come together for mutual development, to motivate each other to succeed, and to take pride in its achievements. Kelly captured our moments of success, enshrined them on the newsletter, and reminded us to take time to look back at our accomplishments, see where we are and where we've been, even as we look ahead to our next challenge.

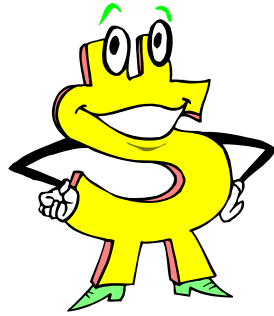
The newsletter was an individual achievement, as much as it was a team product. Anyone who had even tried to create a flyer or a form knows how much time, patience, and skills are needed. To create an award-winning newsletter? It requires leadership in gathering information, in motivating others to contribute articles and stories, in facilitating the formats and layout of the newsletter; and ultimately, it requires the time, patience, and creative skills of editing.

Kelly's exemplary efforts and contributions speak for themselves through each issue of the newsletter, and fully deserve this formal recognition by Toastmasters district wide.

Congratulations, Kelly!

JOKE OF THE DAY

Dad,
\$chool i\$ really great. I am making lot\$ of friend\$
and \$tuding very hard. With all my \$tuff, I
\$imply can` t think of anything I need. \$o if you
would like, you can ju\$t
\$end me a card, a\$ I
would love to hear from
you.



Love,
Your \$on

The Reply:

Dear Son,
I **KNOW** that astro**NO**my, eco**NO**mics, and
ocea**NO**graphy are e**NO**ugh to keep even an
ho**NO**r student busy. Do **NO**t forget that the
pursuit of **KNOW**ledge is a **NO**ble task, and you
can never study e**NO**ugh.

Love,
Dad

-AJokeADay.com # 507, Irene Anderson

WHAT IS TOASTMASTERS?

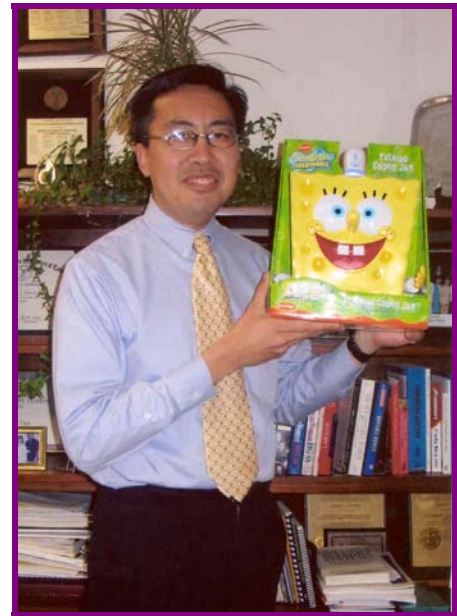
Toastmasters is an international non-profit organization dedicated to helping you overcome your fear of public speaking. You will learn by presenting prepared speeches in a supportive environment, giving impromptu speeches, offering and receiving constructive criticism, and acquiring self-confidence and leadership skills.

JOIN THE CLUB

It's very simple to join. For \$41 you get a handsome speech manual plus guides on the use of voice, gestures, and feedback. The price also includes 6 months dues. You can renew your membership every 6 months after for only \$24. Ask your supervisor about getting reimbursed. Toastmasters is fully supported by the Department of Labor as a low cost, practical, training in communication and leadership.



At the bake sale in suite 525



Todd Yamamoto of ETA won the raffle drawing prize, a talking Sponge Bob cookie jar

MAY 4TH BAKE SALE WAS A HUGE SUCCESS

Labor Toastmasters thanks you for all your support at our club bake sale. The bake sale profit was \$193.00.

SCHEDULE OF MEETINGS

We meet on the first and third Wednesdays of the month from 11:30 A.M. – 12:30 P.M. Suite 1730.

June 1, 2005 & June 15, 2005-
July 6, 2005 & July 20, 2005

WHY JOIN TOASTMASTERS?

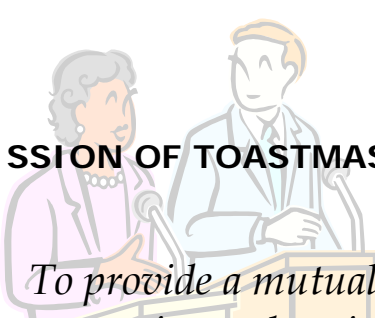
"We are going to start this meeting a little differently today. Here's a stick of gum. I'm going to pass it around. When it gets to you, you will have up to a minute to tell the rest of group some other use for the gum. You can invent a product, give us a home-making tip, whatever... Here we go!" Your boss has decided to become creative. You look around at the pained faces around the table and smile a satisfied smile. *You've participated in Table Topics before.*

"I have to fly to Cleveland tomorrow," your supervisor informs you. "I'd like you to take my place in the meeting." No problem. *You've been Toastmaster of a meeting.*

The keynote speaker has arrived for your association meeting. At the last minute, the president asks you to introduce her. You feel confident. *You are a Toastmaster. You have introduced many speakers and participants.* Your Toastmasters experience is an invaluable guide as you navigate through various community and professional meetings. So join today and start on your road to successful speaking!

-Originally appearing in the March 2005 Toastmaster Magazine, submitted by Kathryn Dougherty, Secretary of Labor Toastmasters

MISSION OF TOASTMASTERS



To provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

Feel free to contact us if you have any questions.

President Wayne Lee, BLS
415-975-4434

VP of Education Rashawn Morine, OWCP
415-848-6806

VP of Membership Tom Leahy, EBSA
415-975-4590 ext. 133

VP of Public Relations Kelly Nguyen, WB
415-975-4750

Secretary Kathryn Dougherty, OSHA
415-975-4806

Treasurer Karen Wilsey, BLS
415-975-4454

Sergeant-at-Arms Maria Mayrand, OWCP
415-848-6675

IP President Rodney Hamlet, ETA
415-975-4719

MEMBERSHIP ROSTER

1. Rod Andres, OASAM
2. Peter Berzins, OWCP
3. Eva Cooper, EBSA
4. Marie Dawkins, OWCP
5. Neville, D'Cunha, OWCP
6. Kathryn Dougherty, OSHA
7. Norma Estrada, OIG
8. Melanie Galan, OWCP
9. Woody Gonsalves, ESA
10. Rodney Hamlet, ETA
11. Sabrina Hernandez
12. Heather Hesik, EBSA
13. Joyce Jones, OWCP
14. Thomas Leahy, EBSA
15. Wayne Lee, BLS
16. Maria Mayrand, OWCP
17. Pat Morgan, OWCP
18. Rashawn Morine, OWCP
19. Steve Narolewski, ETA
20. Kelly Nguyen, WB
21. Anthony Parber, BLS
22. Amisha Patel, OWCP
23. David Polonsky, OWCP
24. Roxane Staller, OWCP
25. Tammy Vance, OASAM
26. Liz Villanueva, OWCP
27. Karen Wilsey, BLS