

# Labor Toastmasters



## ORATOR

Volume 2, Issue 6 May June 2006

A bi-monthly newsletter Liz Villanueva, Editor

[www.toastmasters.org](http://www.toastmasters.org)

### THE ORATOR

Welcome to the Labor Toastmasters newsletter, The Orator, winner of the 2005 & 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.

### MESSAGE FROM OUR PRESIDENT

In my first President's message a year ago, my theme was "The journey of a thousand miles begins with one step". I said that our club had come a long way since chartering in 2003, and we planned to cover even more ground this fiscal year. I had no idea then just how true those words would turn out to be!

Over the course of the past 12 months, our club has advanced from achieving Distinguished Club status (5 of 10 goals met), to reaching Select Distinguished level (7 goals met). 100% of our officers were trained to carry out their roles, and we put on a fabulous showcase/open house event that drew lots of attendees. This newsletter was awarded the Golden Quill award for best club newsletter in the entire District for the third time straight! And just a few months ago we started a club website, with an eye on winning the Platinum Page award.

Labor Toastmasters held two rounds of exciting speech contests this year, hosted the Area's Fall and Spring speech contests, and participated in contest judging at the Division and District levels. Along the way, our club and its very enthusiastic members have made their mark on the District. Believe me when I say they know who we are and that we are doing great things at Labor Toastmasters!

The credit for the club's success this year belongs to each of our officers and members. Thanks for all of your hard work and commitment. As I end my term as President and pass the reins to Kathryn Dougherty, I would like to encourage each club member to keep working on developing speaking and leadership skills. And as always, I extend the invitation to anyone who is interested in joining Toastmasters: Come and see what the club has to offer.

### Competent Leader Awards



Rashawn Morine (President), and Liz Villanueva (Vice President of Public Relations), received their Competent Leader awards.

What makes a Competent Leader? You must have served as an officer of the club, attended officers training, achieved Competent Toastmaster (CTM), and conducted two programs from the Successful Club Series. Congratulations to Rashawn and Liz for a job well done!



Wayne Lee (Immediate Past President) with the Club's ribbon for 100% Officers Trained in 2006

The District rewarded our club for 100% of our officers trained. This is an achievement of both training and leadership. It is a recognition of the District's serious commitment to leadership training on the one hand, and on the other the club officers' commitment to self development and team achievement. Kudos to all!

**Labor Toastmasters "The Orator" Newsletter  
wins the Golden Quill Award!!**



Linda Berzins (District Public Relations Officer) presents the Golden Quill Award to Liz Villanueva, editor of The Orator



(Top right to left: Joyce Jones, Roxane Staller, Wayne Lee and Matthew Gavlak, Division E Governor

Bottom right to left: Celine Mui, Area E1 Governor, Liz Villanueva and Kathryn Dougherty)

At the District 4 Toastmasters conference on May 20, 2006, Labor Toastmasters was awarded the Golden Quill Award for the best club newsletter in the District. Liz Villanueva, the editor of "The Orator," proudly accepted the plaque for our club.

"I am so proud of our club and am glad to share the greatness of our club with all in the District. I want to thank all of my family and Toastmasters comrades for all the patience while I worried and fretted over the newsletter every other month. I am honored to accept the Golden Quill Award and honored most of all to represent such a truly great club. Hooray for Labor Toastmasters!!  
- Liz Villanueva, outgoing VP of PR



Congratulations to the incoming officers!!  
The election results are as follows:

- President: Kathryn Dougherty
- Vice President of Education: Brad Mayberry
- Vice President of Membership: Wayne Lee
- Vice President of Public Relations: Josephine Koh
- Treasurer: Woody Gonsalves
- Secretary: Pat Morgan
- Sergeant-at-arms: Peter Berzins

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**DISTINGUISHED CLUB PLAN**

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- 1) CTMs (Competent Toastmasters) - 2
- 2) CL (Competent Leader) - 1
- 3) Additional CLs (Competent Leader) - 1
- 4) Four New Members Added - 4
- 5) Four Additional New Members - 4
- 6) Officers Trained (both required)
  - June-August - 4
  - and December-February - 4
- 7) Submitted Dues Renewal and Officer List on time (both required) October and April Renewal - met and Officers List - met

Total Goals Achieved: 7  
Recognition: Select Distinguished Club Award



## ***Toastmasters Mission Statement:***

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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.



### **WHAT SKILLS DID YOU GAIN DURING YOUR TERM AS AN OFFICER?**

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**Rashawn Morine (President):** I never planned on being the club's President, but I found it to be a very challenging and rewarding experience. I developed valuable skills in setting goals, motivating people and measuring success. Our recognition as a Select Distinguished Club this year reflects the level of commitment and support among the officers and members of the club that made my term as President so worthwhile.

**Kathryn Dougherty (VP Education):** This past year has been a challenging one at Labor Toastmasters. As Vice President of Education, I set up a member data base to keep track of members' education programs (speeches and leadership programs), established a mentor program for our club, and assigned mentors to new members as they joined. We also met our club's education goal for the year, including two Competent Toastmaster (CTM) and two Competent Leader (CL) awards. I look forward to continuing to develop my skills next year in Labor Toastmasters.

**Wayne Lee (Immediate Past President):** The hardest part about being the IP President is that one must have served as Club President for one year to be eligible. The second hardest part is the realization that the job is not a retirement, but an active contributing part of the club leadership. On the one hand, I found myself serving as a mentor, having "been there and done that". On

the other hand, I found myself serving as a team player, supporting the club and its leadership. I will have to say that I have learned a lot this past year, not by being passive, but by actively doing.

**Liz Villanueva (VP Public Relations):** Henry Ward Beecher once stated, "The ability to convert ideas to things is the secret to outward success." When I started as VP of PR, I did not know anything about public relations, much less how to publish a newsletter. One year and two Golden Quill Awards later, I have found the secret to being a PR officer – working closely with friends who bring a wealth of ideas in everything that they do. As I begin a new venture with mastering the Labor Toastmaster's website, I will continue to rely on the friends I have found in Toastmasters to ensure the successfulness of our club.



### **LABOR TOASTMASTER'S WEBSITE**

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Our very own club website is up and running!!  
Check us out at:

[http://www.geocities.com/laborclub1/Labor\\_Toastmasters.html](http://www.geocities.com/laborclub1/Labor_Toastmasters.html).

The great thing is that it has links to Turbobase, our online meeting scheduling tool. You can view meeting dates, what's on the agenda, sign up for roles, and maybe even schedule your next speech!!

### **WHAT IS TOASTMASTERS?**

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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.

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## SPRING DISTRICT 4 CONFERENCE

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District 4 of Toastmasters held its Spring Conference and Speech Contests on May 20, 2006 in Sunnyvale.

### Table Topics Contest:

First Place: Duncan Fife

Second Place: Clara Chorley

Third Place: Edward Paluch

### International Speech Contest:

First Place: Henry Miller

Second Place: Vance Thurston

Third Place: Nancy Lowe

Congratulations to all the contestants, and especially to Henry Miller who will be representing District 4 at the Region II International Speech Contest June 24th.

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### MARK YOUR CALENDARS!

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On July 19, 2006, at our regularly scheduled club meeting, we will be inducting our new officers for the 2006 – 2007 term! Please come and enjoy the festivities!

**Mr. George Friday**, Regional Administrator for the U. S. Department of Labor Wage and Hour Division in San Francisco, will be the keynote speaker.

Please join us on August 2, 2006 as **Mr. Richard Holden**, Regional Commissioner of the U. S. Department of Labor –Bureau of Labor Statistics will also be our guest speaker.

Get ready for a great summer season of Labor Toastmasters!!

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### LABOR TOASTMASTERS OFFICERS JULY 2005 TO JUNE 2006

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*Feel free to contact us if you have any questions about the club.*

**President Rashawn Morine, OWCP**  
415-848-6806

**VP of Education Kathryn Dougherty, OASAM**  
415-975-4013

**VP of Membership Joyce Jones, OWCP**  
415-848-6928

**VP of Public Relations Liz Villanueva, OWCP**  
415-848-6721

**Secretary Maria Mayrand, OWCP**  
415-848-6675

**Treasurer Roxane Staller, OWCP**  
415-848-6737

**Sergeant-at-Arms Woody Gonsalves, ESA**  
415-848-6718

**Immediate Past President Wayne Lee, BLS**  
415-975-4434

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### JOIN THE CLUB

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It's very simple to join. For \$57.55 you get a handsome speech manual, a leadership manual, guides on the use of voice, gestures, and feedback, and a subscription to Toastmasters Magazine. The price also includes 6 months dues. You can renew your membership every 6 months after that for only \$36.00. Ask your supervisor about getting reimbursed. Toastmasters is supported by may employer, including the Department of Labor, as low cost, practical training in communication and leadership.

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### SCHEDULE OF MEETINGS

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We meet on the first and third Wednesdays of the month:

**11:30 A.M. – 12:30 P.M.**  
**Room 1730 unless otherwise noted**

July 5, 2006  
July 19, 2006 (Room 420)  
August 2 and 16, 2006  
September 6 and 20, 2006

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### MEMBERSHIP ROSTER

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Peter Berzins, OWCP  
Kathryn Dougherty, OASAM  
Woody Gonsalves, ESA  
Charles Hill, OASAM  
Joyce Jones, OWCP  
Josephine Koh, WELLS FARGO  
Thomas Leahy, EBSA  
Wayne Lee, BLS  
Merrilee Mason, DOD  
Brad Mayberry, OWCP  
Maria Mayrand, OWCP  
Pat Morgan, OWCP  
Rashawn Morine, OWCP  
Kelly Nguyen, WB  
Anthony Parber, BLS  
Amisha Patel, OWCP  
Francine Szymanoski, OASAM  
Roxane Staller, OWCP  
Liz Villanueva, OWCP  
Karen Wilsey, BLS  
Carol Wilson, BLS