

FOSTER CITY TOASTMASTERS

WHERE LEADERS ARE MADE



August Social Gathering at Starbucks with guest Winfred from the Netherlands



FCTM CLUB OFFICERS 2022-23

President: Po Han Tseng

VP Education: Po Han Tseng (assisted by Robyn Adams)

VP Membership: Oshrat Gotesman

VP Public Relations: John Gill

Secretary: Robyn Adams

Treasurer: Robert Tang

Sergeant-At-Arms: Dashmeet Kaur

Immediate Past President: Debra Gruber

FOLLOW FOSTER CITY TOASTMASTERS ON SOCIAL MEDIA!



@fctoastmasters



/FosterCity
Toastmasters

President's message

By Po Han Tseng

Happy New Toastmasters Year 2022-2023!

Welcome to the 2022–2023 Toastmasters program year! Just like with any new year, this is a time to simultaneously look back on the previous year and make plans for the new one.

What goals did you set for yourself this past program year? Did you complete one or more paths in Pathways? Personally, I was able to complete one and have started a second. What did you learn about yourself—and about our club—during the last pandemic year? I have witnessed resilience, a desire to continue to grow, and a willingness to help others in our club, despite the challenges. We kept 30 members and exceeded the 9 goals to earn the President's Distinguished Club for the 2021-2022 year. Our club also gave back to our community and teamed up with volunteer groups to clean up our Foster City parks. As we enter this new Toastmasters year, we will continue our commitment to growing our membership, achieving our education, training, and administration goals. I know it will not be easy; however, I am very optimistic that as we all get actively involved those goals will be within our reach.

Our club's focus this year is to bring back the momentum! After two years of pandemic life, we have resumed in person meetings. Let's focus on

President's message continued...

By Po Han Tseng

bringing back all the good from before. The teamwork, supporting each other, and most importantly all the good times to be able to share in handshakes and high-fives!

If you weren't able to achieve all of your 2021-2022 goals, celebrate what you did accomplish and let those accomplishments be the stepping stones for a great year ahead. If you achieved your 2021-2022 goals, congratulations! What new goals will you set? Become a mentor? Take on an officer or leadership role? Whatever your goals, set them high enough to stretch yourself.

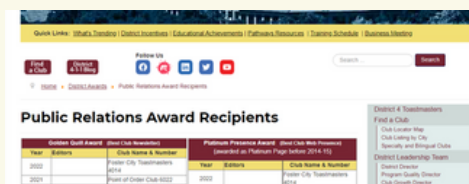
As T.S. Eliot said, "For last year's words belong to last year's language, and next year's words await another voice." How will you share your voice and stories with the Foster City Toastmasters in the 2022-2023 new year? How will your experiences change you ... and change others?

Happy New Year! Let's make the 2022-2023 Toastmasters year the best ever!
Sincerely,

PO HAN TSENG

President, Foster City Toastmasters Club

We Won
Golden Quill!



Golden Quill Award (Best Club Newsletter)		Platinum Presence Award (Best Web Presence)	
Year	Editors	Year	Editors
2022	Foster City Toastmasters	2022	Foster City Toastmasters
2021	Foster City Toastmasters	2021	Foster City Toastmasters

We Won
Platinum
Presence!

We won the Golden Quill award for Best Club Newsletter and Platinum Presence award for Best Web Presence last year! Per the District Web Site listing of Public Relations Award Winners at <https://d4tm.org/district-awards/public-relations-award-recipients>



Editor's Desk

Each year, our strives to achieve these PR awards. It's not likely we can win them every year, but while trying to win the contest, we can best serve our members and prospects with a quality newsletter and web presence. Big Thanks to our proofreader, Robyn, and all who contributed to our newsletter last year. Our normal distribution schedule this year will be the last day of the 2nd Month. This first issue got delayed by heat wave and active participation in new fiscal year events.

Achievements & Awards!

New Member - Welcome!

Karina Luo

Best Speaker Ribbon

7/6 Robert Iriartborde **8/3** John Gill
7/20 Jhanvi Patel **8/17** Jhanvi Patel

Best Evaluator Ribbon

7/6 Stacy Jimenez **8/3** Carlos Escapa
7/20 Ranjani Thiagarajan **8/17** John Ficarra

Best Table Topics Ribbon

7/6 Stacy Jimenez **8/3** Jhanvi Patel
7/20 Robyn Adams **8/17** Karina Luo

Ice Breaker Ribbon

7/20 Prasenjit Das





At the Lectern...

One fun benefit of being a Toastmaster is to learn about the passions and endeavors of your fellow members through their speech topics. Here are the topics our speakers discussed in our meetings in the past two months with a sampling of in depth recaps. *Note: Speech titles are in **bold italics**, speech projects are in italics.*

July 6 Club Meeting - Withdrawing From Online - Word: Liberty

Carlos Escapa shared a detailed analysis of ***Your Energy Bill*** for his *Presentation Mastery - Public Relations Strategies* project. **Robert Iriartborde** told ***The Tale of the Two Pebbles*** for his *Presentation Mastery - Connect with Storytelling* project. **Ranjani Thiagarajan** discussed ***The Book That Inspired Me The Most*** for her *Persuasive Influence- Evaluation and Feedback* project.

July 20 Club Meeting - Dilatory Toastmasters - Who Needs a Clock? - Word: obfuscated

Prasenjit Das shared an ***Attention Grabber*** for his *Presentation Mastery - Icebreaker* Project. **Jhanvi Patel** talked about ***Seed Positive*** for her *Leadership Development - Evaluation and Feedback* project. **Carlos Escapa** shared his knowledge of the ***The Webb and The Hubble - Two Wonders of Engineering*** for his *Presentation Mastery - Lessons Learned* project.

August 3 Club Meeting - Dog days of Summer - Word: Lethargy

Ranjani Thiagarajan informed us about ***What's My Leadership Style?*** for her *Persuasive Influence - Understanding Your Leadership Style* project. **John Gill** entertained us with his story about ***The Raging Lunatic!*** for his *Visionary Communication - Connect with Storytelling* project. A story about his sweet happy go lucky puppy. **Robert Iriartborde** shared his podcast about getting ***Out of Your Comfort Zone*** for his *Presentation Mastery- Create a Podcast* project.

August 17 Club Meeting - Reasons to Celebrate - Word: imbibe

Dashmeet Kaur discussed how ***It Is Okay To Be Chameleon*** for her *Effective Coaching - Understanding Your Communication Style* project. **Jhanvi Patel** shared how ***From A Small Seed A Mighty Tree May Grow*** for her *Leadership Development - Researching and Presenting* project. **Prasenjit Das** gave an ***Introduction to Paradigm Shift*** for his *Presentation Mastery - Writing a Speech with Purpose* project.

Toastmasters Tips - Gestures

Put verbs in to action when speaking to an audience by physically acting them out with the hands, face or entire body.



Pathways Completions

Mentorship Program

Robyn Adams

Level 5 / Path

Robyn Adams – Motivational Strategies

Carlos Escapa – Team Collaboration

Po Han Tseng – Dynamic Leadership

John Gill – Strategic Relationships

Ranjani Thiagarajan – Presentation Mastery

Oshrat Gotesman – Strategic Relationships

Johanna Rusly – Presentation Mastery

Level 4

Amrita Gautam – Visionary Communication

Carlos Escapa – Presentation Mastery (2nd path)

Level 3

Robert Iriartborde – Presentation Mastery

Level 2

Winnie So – Presentation Mastery

Derek Wong – Strategic Relationships

John Gill – Visionary Communication (2nd path)

Po Han Tseng – Presentation Mastery (2nd path)

Level 1

Dashmeet Kaur – Effective Coaching

Ranjani Thiagarajan – Persuasive Influence
(2nd path)

Jhanvi Patel – Leadership Development

Legacy Completions

DTM

Robert Tang

Oren Gotesman

Derek Wong

Robyn Adams

Communication Track

ACG

Carlos Escapa

ACS

Madeline Tang

ACB

John Gill

Sheldon Gordon

Robert Iriartborde

Winnie So

CC

Robert Iriartborde

Po Han Tseng

Leadership Track

ALB

Madeline Tang

CL

Carlos Escapa

John Gill

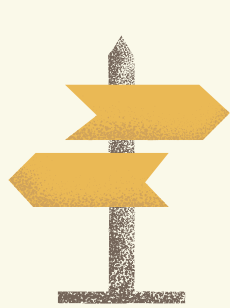
Sheldon Gordon

Tips

Find free stock high resolution photos for virtual backgrounds in Zoom or publications and flyers at:
www.pexels.com.

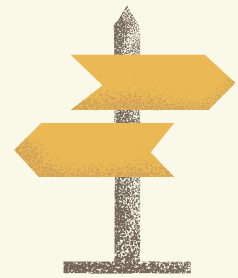
Toastmaster Tip - Gestures:

Move around the stage as topics change and move toward the audience when asking questions, making critical connections, or offering a revelation.



TOASTMASTERS PATHWAYS

learning experience



PATHWAYS BENEFITS

- Choose from 11 unique learning paths (300+ unique competencies)
- Online content: learn anytime, anywhere (print also available)
- Engaging videos and digital content that model the skills you are learning
- Build skills that transfer to your career and beyond
- Learn at your own pace

CHOOSING YOUR PATH

- Take the assessment to receive three recommended paths for you
- Review project details in each path at

d4tm.org/pathways/paths-and-projects.html

PATHWAYS DTM REQUIREMENTS

- Completion of two learning paths
- Serve as Club Officer for 12 months
- Serve as Club Mentor or Club Coach
- Serve as Club Sponsor or conduct Speechcraft or Youth Leadership Program
- Serve as District Officer for 1 year or Pathways Guide/Ambassador for 6 months
- Complete Capstone DTM Project

PATHWAYS RESOURCES - d4tm.org/pathways#resources

- 1-page Quick Start guides for members and Basecamp managers
- Pathways paths and project descriptions
- Step by step how-to guides with screenshots
- **Video:** Getting started on pathways in 5 minutes

Key for competencies targeted in each path in addition to public speaking: 2 - Interpersonal Communication 3 - Strategic Leadership 4 - Management Created for D38 (based on spreadsheet compiled by Tom Carlson, DTM, D35 Pathways Guide)											
	Visionary Communication 3 2	Engaging Humor	Presentation Mastery	Leadership Development 2 4	Motivational Strategies 2 3	Effective Coaching 2 4	Innovative Planning 4 2	Persuasive Influence 3 2	Dynamic Leadership 2 3	Strategic Relationships 2 3	Team Collaboration 4 2
LEVEL 2 LEARNING YOUR STYLE (all paths do Intro to Mentoring and 2 of 5 projects. Path dictates which of the 5 are required. * is only in Presentation Mstrly)	Understand Ldrship Style	Understand Humor Style	Understnd Comcnctn Style	Managing Time	Understnd Comcnctn Style	Understand Ldrship Style	Understand Ldrship Style	Understand Ldrship Style	Understand Ldrship Style	Understand Ldrship Style	Understand Ldrship Style
	Understnd Comcnctn Style	Connect With Your Audience	Effective Body Language*	Understand Ldrship Style	Active Listening	Understnd Comcnctn Style	Understnd Comcnctn Style	Active Listening	Understnd Comcnctn Style	Cross Cultural Understanding	Active Listening
LEVEL 3 INCREASING KNOWLEDGE	Develop a Communication Plan	Engage Your Audience with Humor	Persuasive Speaking	Planning & Implementing	Understand Emotional Intelligence	Reaching Consensus	Present a Proposal	Understanding Conflict Resolution	Negotiate the Best Outcome	Make Connections Through Networking	Successful Collaboration
LEVEL 4 BUILDING SKILLS	Communicate Change	The Power of Humor in Impromptu	Managing a Difficult Audience	Leading Your Team	Motivate Others	Improvement through Positive Coaching	Manage Projects Successfully	Leading in Difficult Situations	Manage Change	Public Relations Strategies	Motivate Others
LEVEL 5 DEMONSTRATING EXPERTISE	Develop Your Vision	Deliver your Message with Humor	Prepare to Speak Professionally	Manage Successful Event	Team Building (form team; plan & host event)	High Performance Leadership	High Performance Leadership	High Performance Leadership	Lead in Any Situation	Leading in Your Volunteer Organization	Lead in Any Situation
Level 5 completion time	Increasing length of time to complete Level 5 project →					Leadership Project with Guidance Committee			Leadership role for six months		

Club Success Awards 2022-2023

Our District Incentives have changed for this Toastmaster year. Here are the current Club Success Contests our club can compete in and the reward incentives for each. For details on these incentives, please review District 4 TM web site at: <https://d4tm.org/district-awards/club-success-awards>.

Lucky 7 - Clubs that have all **7** officers trained in a Training Session (Jun-Aug) and (Nov-Feb) receive **\$50** in District Credit.

Early Bird Renewals - Clubs that renew **75%** of their July 1st base membership by September 15th earn **\$50** in District Credit.

Sharing is Caring - Engage with District 4 posts and announcements, have fun and earn District credits in the process! 20 likes and shares for **\$20** in District credits, 50 likes and shares for **\$50** in District credits. Comment and like our posts and the top social media promoter will earn the title of *District 4 Social Media Enthusiast* and will get **\$50** in District credits.

Show Me the Good and Bad (new for 2022-23) - Clubs that do a good meeting/poor meeting skit when their Area Director or District Leader visits earns **\$50** District Credit

Adopt a Club (new for 2022-23) - Become a coach for a struggling club by October 31. If the club becomes Distinguished Status by May 15 the coach will receive a **\$50** Toastmaster Store Coupon.

Level Up - Clubs that complete the following DCP goals by Oct. 31 will receive **\$20** in District Credit for **each** Pathways goal completed: **4** Level 1s | **2** Level 2s | **2** more Level 2s | **2** Level 3s

March Madness - Clubs that renew **75%** of their July 1st base membership by March 15th earn **\$50** in District Credit.

Presidents Club - Clubs that complete at least **9** Distinguished Club Program goals and have either **20** members or a increase of **5** members from their base by April 15th receive **\$100** in District credit.

We Are Distinguished (new for 2022-23) - Clubs that complete at least **5** Distinguished Club Program goals and have either 20 members or an increase of 5 members from their base by April 15th receive **\$50** in District credit.

Clubs that complete at least **7** Distinguished Club Program goals and have either 20 members or an increase of 5 members from their base by April 15th receive **\$75** in District credit.



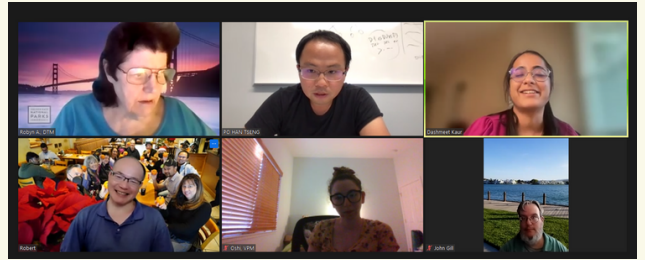
"IT IS NOT IN THE STARS TO HOLD OUR DESTINY BUT IN OURSELVES."

WILLIAM SHAKESPEARE

Club Photos



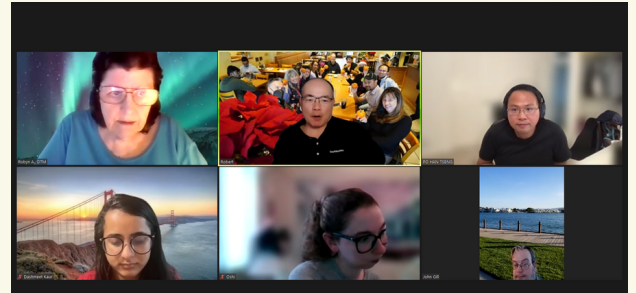
July 20 Club Meeting



July 11 Officer's Meeting



August 3 Club Meeting



August 8 Officer's Meeting



August 17 Club Meeting



July 31 Club Monthly Social

Upcoming Club Events

September

- 9/21: Foster City Toastmasters Meeting @ Foster City Community Center , 7:30pm
- 9/25: Foster City Toastmasters Monthly Social @ Starbucks Foster Square , 2-4pm

October

- 10/5: Foster City Toastmasters Meeting @ Foster City Community Center , 7:30pm
- 10/10: Foster City Toastmasters Officer's Meeting @ Zoom online, 7 PM
- 10/19: Foster City Toastmasters Meeting @ Foster City Community Center , 7:30pm

DISTRICT 4 LEADERSHIP TEAM

Jennifer Perry-Ruzic, District Director

Elliott Mao, DTM, Program Quality Director

Mike Fidel, Club Growth Director

Elena Kochetkova, Public Relations Manager

Tim Carlisle, DTM, Immediate Past District Director

Debra Reyes, Administration Manager

Darden Paule, Finance Manager

Kitzzy Avilés, DTM, Parliamentarian

Kristina D-Amore, Logistics Manager

Ken Cawley, District Webmaster

DISTRICT 4 & TI UPCOMING EVENTS

9/17: Fall Business Meeting - President & VPE attend

For more information, please visit d4tm.org

Area & Division Leadership & Area Clubs

Area B2 Director - **Benjamin Hobi**

Division B Director - **Ken Cawley**

Visa Speaker's Circle - Alt Weds at Noon

Foster City - 1st & 3rd Wed at 7:30 PM

San Carlos-Belmont - 2nd & 4th Thurs at 7:30 PM

Promasters - Thurs at 7:30 AM

A Toastmaster's Promise

As a member of Toastmasters International and my club, I promise:

- To **attend** club meetings regularly
- To **prepare** all of my projects to the best of my ability, basing them on the Toastmasters education program
- To **prepare** for and fulfill meeting assignments
- To **provide** fellow members with helpful, constructive evaluations
- To **help** the club maintain the positive, friendly environment necessary for all members to learn and grow
- To **serve** my club as an officer when called upon to do so
- To **treat** my fellow club members and our guests with respect and courtesy
- To **bring** guests to club meetings so they can see the benefits Toastmasters membership offers
- To **adhere** to the guidelines and rules for all Toastmasters education and recognition programs
- To **act** within Toastmasters' core values of integrity, respect, service and excellence during the conduct of all Toastmasters activities



Contribute to our newsletter!

Contributing to the newsletter is a great way to share your experiences with Toastmasters. We are always looking for members to submit content for our newsletter. Please review the following criteria and guidelines. Contact VPPR - John Gill with your interest and questions.

Criteria

- Articles must be relevant or of clear interest to Toastmasters members.
- Articles must reflect the core values of Toastmasters International: Integrity, Respect, Service, and Excellence.
- Articles should reflect the various communication and leadership programs, and goals of Toastmaster International.

Article and Image Submission Guidelines

- Preferred article length is 300-600 words.
- Provide images as JPEG format, with the best picture quality available.
- Provide images separate from article document (.jpeg or .png).
- Proof and edit your work before submitting.
- Send submissions to John Gill at trjnhse@gmail.com.

Resources

Foster City Toastmasters Website: fostercitytoastmasters.org

Foster City Toastmasters on easy-Speak: <http://fostercitytoastmasters.easy-speak.org>

Toastmasters International: toastmasters.org

District 4 Website: d4tm.org

Pathways Resources: d4tm.org/pathways

District 4 Blog: district411.org

District 4 Facebook Page: facebook.com/District4Toastmasters

Newsletter Staff

Chief Editor: John Gill

Copy Editor/Proofreader: Robyn Adams

Photos: Canva.com, John Gill, Robert Tang

Writers / Contributors: Robyn Adams, John Gill