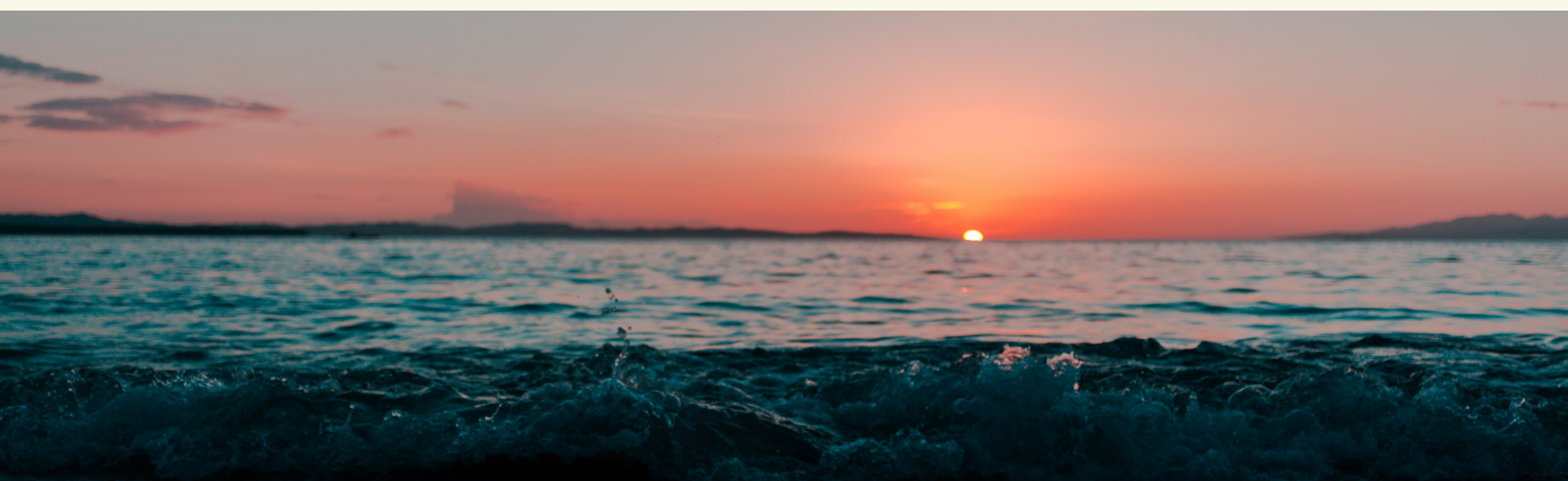


FOSTER CITY TOASTMASTERS

WHERE LEADERS ARE MADE



FCTM CLUB OFFICERS 2021-22

President: Debra Gruber

VP Education: Po Han Tseng

VP Membership: Oshrat Gotesman

VP Public Relations: John Gill

Secretary: Robyn Adams

Treasurer: Robert Tang

Sergeant-At-Arms: Winnie So

Immediate Past President: Kateryna
Davydova

**FOLLOW FOSTER CITY
TOASTMASTERS ON
SOCIAL MEDIA!**



@fctoastmasters



/FosterCity
Toastmasters

Officers Meet to Plan New Year...

By John Gill



(Left to Right) Sitting: Secretary Robyn, VP Education Po Han, President Debra, Past VP Membership Vanessa, VP Membership Oshrat. Standing - VPPR John G. and Treasurer Robert T.

President **Debra** and her team of officers had a social at BJ's to go over club success plan for upcoming year. She gave each officer a goodies bag that had items with a special meaning to teamwork and doing their duties as officers. The club success plan includes two new ideas for the coming year: 1) A Members' Private Facebook Group with recent past members OK to join, too. 2) An "engagement committee" starting with three assigned members - **Stacy Jimenez**, **Carlos Escapa**, and **Amrita Gautam** - to observe the officer meetings and give suggestions for the club leadership to consider in leading the club. In a few months after the pilot phase, members at large may be invited to join the committee.

President's message

By Debra Gruber

Hello everyone. A New Toastmaster Year has begun. Hopefully, eventually, we will meet in person. However, chances are we will continue meeting via Zoom for quite a while. Also, we will have Toastmasters International and district webinars via Zoom. Seize the moment. No need to drive or wait in traffic. Just click the zoom link, and you are at the meeting. The Toastmasters International 2021 Virtual Convention, "Make a World of Difference," is Aug 23-28. Register at <https://www.toastmasters.org/events/2021-international-convention>. Some events are free. You can see everything for the nominal cost of \$25. Cheaper than an airline ticket or a hotel room.

Events include Dynamic Communications, Leadership/Professional Development, Public Speaking/Stage Presence, and Self-Improvement. You can also watch the final competition of the International Speech contest.

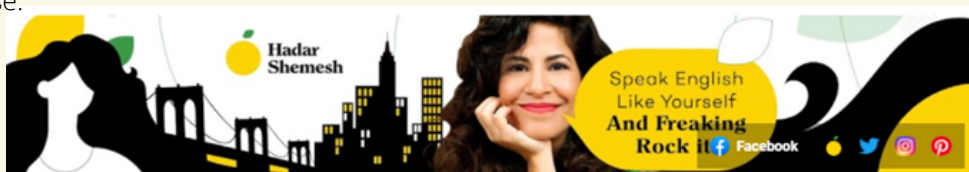
2021 Virtual Convention "Make a World of Difference" August 23-28, 2021 \$25
<https://www.toastmasters.org/events/2021-international-convention>

Sincerely,
Debra Gruber

Add a Little Two Cent's Worth

By Debra Gruber

During my daily walks listening to various YouTube videos, I have discovered beneficial videos that have inspired me to find my authentic voice, create stories, formulate speeches, and speak fluently. Yes, even the first English language speakers can improve. My weakness is the "double Rs," "ie," "ei," "ea," "ee," and compound words. Accent's Way English with Hadar videos focus on fluency, idioms, sounds, intonation, and more. I invite the Toastmasters to find time to listen to the videos. My time is during my walks and cleaning the house.



If you find an inspiring video, book, etc... Provide a brief explanation and your view of your find. Share with VP President Public Relation John Gill for the next newsletter. I'm looking forward to your discovery.



Editor's Desk

As a past *Golden Quill Award* winner for our club, I look forward to competing in the Best Club Newsletter contest this season. In all my years doing club and district newsletters, this is my first time using Canva. When I first started, I couldn't even figure out how to add text. Haha. A few online video tutorials later, I am getting the hang of it. I like the convenience of always online. I think there is more customization in Microsoft Publisher, but since the club uses this program, I am going to give a try this year. For this first issue, I didn't recruit a lot of members to write articles, but ideally we want to get a good diversity of writers for our club newsletter. I'll be including a feature on what members talk about in their speeches, but the general fare of testimonials, suggestions, path completion feedback, tips, etc. are welcome. Please submit content to John at trjnhse@gmail.com.

Achievements & Awards!

New Members - Welcome!

Anurag Gautam

Jacob Straub

Best Speaker Ribbon

7/7 Stacy Jimenez 8/4 John Gill

7/14 Derek Wong 8/18 Karina Hon

Best Evaluator Ribbon

7/7 Carlos Escapa 8/4 Carlos Escapa

7/14 Vanessa Bryant 8/18 Robert Iriartborde

Best Table Topics Ribbon

7/7 Sheldon Gordon 8/4 Robyn Adams

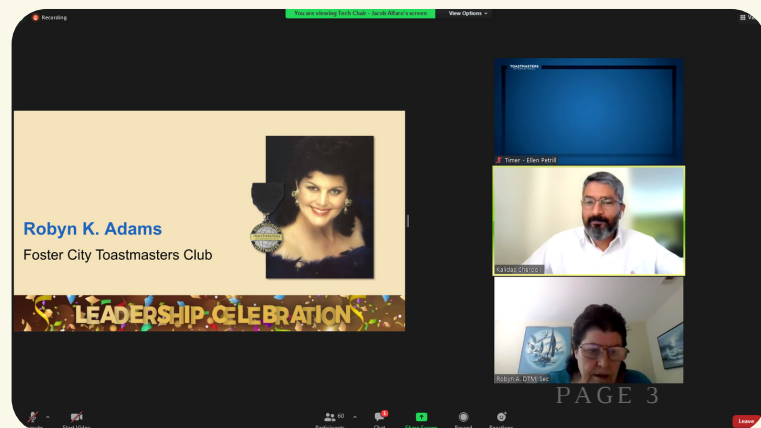
7/14 Andy Sucipto 8/18 Oshrat Gotesman



CHEERS!

Robyn Adams

Distinguished Toastmaster Award





Foster City Toastmasters Members Group

By John Gill

At a recent officer's meeting, our club executive committee decided to give a member's suggestion of a private club Facebook Group a trial run through the end of the year. Some feedback on the committee was concerned that it would be duplicate work and confusing about what content goes in the public group versus the private group.

If you are on Facebook, you can join our **Foster City Toastmasters Members Group**. Membership includes current members and recent past members. Some members have already been invited. If a member invites you, we can approve you on our end but you need to accept the invitation. If you request to join, then we only need to approve your request. The group admins are Hayou Chen and myself.

Our public group will be about stuff that can be presented to the public. This private group will be for communications and social calendar between our members. For example, an announcement for members to get together for a social would go in the private group. A contest we're promoting may be posted in the public group. Our photos we take of us in group social settings may be ideal to share in the public group, too. Public is open to anyone. Members is open only to current members and recent past members.

Another good use for this group is member suggestions for club leadership. Have an idea. Start a discussion about it. Search for **Foster City Toastmasters Members Group** on Facebook. Go check it out and hope to see you online!



Toastmasters – Did You Know?

By Debra Gruber

The club Executive Committee meeting consists of the elected officers. We meet on the second Monday of the Month at 7 pm via Zoom. Club members who do not serve on the Executive Committee are welcome and encouraged to attend meetings as silent observers. We discuss the VP Education, VP Membership, VP Public Relations, and Toastmaster events and possibilities. Contact Po Han if you are interested in attending. He will provide the link and the Leadership Handbook. I recommend reading The Leadership Handbook before attending the club Executive Committee meeting to understand, "Why we do. What we do." It's an easy read 15 to 20 minutes. We are looking forward to seeing you.

Leadership Handbook

https://toastmasterscdn.azureedge.net/medias/files/departments/documents/translations/club-leadership-handbook/1310-club-leadership-handbook_2021.pdf



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 7 Club Meeting - Blessings in Disguise - Word: Auspicious

John Ficarra discussed ***Critical Race Theory*** for his *Motivational Strategies Research* project. **Stacy Jimenez** spoke about ***Community*** for her *Presentation Mastery Evaluation and Feedback*. **John Gill** shared his experiences of ***A Distinguished Journey Through a Pandemic*** for his *Reflect on Strategic Relationships* Path.

July 21 Club Meeting - Sense of Urgency - Word: Rapport

Derek Wong announced ***I'm Ready*** to conquer an addiction for his *Strategic Relationships Evaluation and Feedback* Project. **Johanna Rusly** shared ***An Extraordinary Mentoring Example*** in her *Presentation Mastery Introduction to Mentoring*. **Oshrat Gotesman** *Connected with her Audience* on a heart felt experience of ***Her Battle with Covid-19*** for her *Strategic Relationships* elective. Scary to learn that Oshi caught Covid at home, a place that is supposed to be safe. Fortunately, she didn't advance to the hospital stage but endured enough inconvenience and struggle to endure long Covid symptoms like loss of smell even after recovery. **Kateryna Davydova** gave a graphical speech about how ***Humans don't fit into neat little boxes*** for her *Persuasive Speaking Understanding Your Leadership Style*. She advised that people's personality and leadership start in one box and tend to move into other boxes as a project moves from stage to stage.

July 29 Fast Track Meeting - Summer Days - Word: Aphorism

President Debra discussed ***What Are We to Say?*** for her *Motivational Strategies Evaluation and Feedback* project. James Liberato updated membership on his *High Performance Leadership Project* ***Being the Change, Part 2***. **Pohan Tseng** inspired us to ***Keep Your Chin Up*** for his *Presentation Mastery Evaluation and Feedback*. **Ranjani Thiagarajan** introduced a ***Book Review Podcast*** for her *Presentation Mastery Create a Podcast* elective. **Carlos Escapa** discussed ***Timeless Aphorisms*** for his *Presentation Mastery Effective Body Language* elective.

August 4 Club Meeting - Preparing for the Unknown - Word: Insouciant

Andy Sucipto informed us about ***What is Amazon FBA and the Potential*** for his *Effective Coaching Evaluation and Feedback* project. **John Gill** got creative introducing his bio while being a ***Fly on the Wall*** at a Pandemic-related seminar for his *Visionary Communication Icebreaker*. As John had recently joined his 5th Toastmasters club, 3rd of which was a specialty club, John tried to put references in his speech to relate to the three specialties he joined over the years: Professional Speaking, Storytelling, and now Parliamentary Procedure. He also wanted to point out how paranoia is driving public opinion instead of common sense in the current vaccine debate for the Pandemic without sounding political. John shared his bio of where he grew up, attended school, and his profession. **Dashmeet Kaur** discussed ***My Blueprint for Unpredictabilities*** for her *Effective Coaching Evaluation and Feedback*. **Johanna Rusly** talked about ***Changes at Small Scale*** for her *Presentation Mastery Persuasive Speaking* project.



Pathways Completions

Mentorship Program

Robyn Adams

Level 5 / Path

Robyn Adams – Motivational Strategies

Jing Thomson – Dynamic Leadership

Carlos Escapa – Team Collaboration

Debra Gruber – Presentation Mastery

Po Han Tseng – Dynamic Leadership

Vanessa Bright – Presentation Mastery

John Gill – Strategic Relationships

James Liberato – Effective Coaching

Level 4

Haoyu Chen – Innovative Planning

Huzefa Mamoola – Persuasive Influence

Ranjani Thiagarajan – Presentation Mastery

Level 3

Stacey Chang – Leadership Development

Jing Thomson – Strategic Relationships

(2nd path)

Oshrat Gotesman – Strategic Relationships

Level 2

Amrita Gautam – Visionary Communication

Johanna Rusly – Presentation Mastery

Level 1

Carlos Escapa – Presentation Mastery (2nd path)

Kateryna Davydova – Persuasive Influence

Robert Iriartborde – Presentation Mastery

Winnie So – Presentation Mastery

John Ficarra - Motivational Strategies

Legacy Completions

DTM

Robert Tang

(Reina Canale)

Oren Gotesman

Derek Wong

Robyn Adams

Communication Track

ACG

Carlos Escapa

ACS

Madeline Tang

ACB

John Gill

Sheldon Gordon

Robert Iriartborde

Winnie So

Kateryna Davydova

John Ficarra

CC

Jing Thomson

Robert Iriartborde

Po Han Tseng

Leadership Track

ALS

Robyn Adams

ALB

Madeline Tang

CL

Carlos Escapa

Jing Thomson

John Gill

Sheldon Gordon

Tips

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

Immunity Cocktail: Drink a daily cup of Green Tea with a sprinkle of Cinnamon, Black Pepper, and half teaspoon of Turmeric. *Do you have tips and tricks to improve our skills or lives? Please submit your ideas to us for upcoming issues.*

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 Mastery)	Understand Ldrship Style	Understand Humor Style	Understand Comcnctn Style	Managing Time	Understand Comcnctn Style	Understand Ldrship Style	Understand Ldrship Style	Understand Ldrship Style	Understand Ldrship Style	Understand Ldrship Style	Understand Ldrship Style
	Understand Comcnctn Style	Connect With Your Audience	Effective Body Language*	Understand Ldrship Style	Active Listening	Understand Comcnctn Style	Understand Comcnctn Style	Active Listening	Understand 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		

Upcoming Club Events

August

- 8/26: Foster City Toastmasters Fast Track Virtual Meeting @ Zoom, 7:15pm
- 8/28: Foster City Toastmasters Social Gathering @ Starbucks, Foster Square at 2 PM

September

- 9/1: Foster City Toastmasters Virtual Meeting @ Zoom, 7:30pm
- 9/15: Foster City Toastmasters Virtual Meeting @ Zoom, 7:30pm & Dues Renewal
- 9/23: Foster City Toastmasters Fast Track Virtual Meeting @ Zoom, 7:15pm

DISTRICT 4 LEADERSHIP TEAM

Tim Carlisle, DTM, District Director

Jennifer Perry-Ruzic, Program Quality Director

Mark Prince, Club Growth Director

Annamarie Buonocore, Public Relations Manager

Kalidas Cheroolil, DTM, Immediate Past District Director

Karina Hon, Administration Manager

Joe Bresler, Finance Manager

Aubrey Carrier, DTM, Parliamentarian

Di Chang, Logistics Manager

Ken Cawley, District Webmaster

DISTRICT 4 & TI UPCOMING EVENTS

8/23-28 Toastmasters International Virtual Convention

9/16: District Council Meeting - President & VPE attend

For more information, please visit d4tm.org

Area & Division Leadership & Area Clubs

Area B2 Director - **Po Han Tseng**

Division B Director - **Janet Sutherby**

Wellness - 1st & 3rd Mon at 6:30 PM

GToast - Wed at Noon - Corporate Club

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

Mindfulness - 2nd & 4th Mon at 6:30 PM

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

Club Success Awards 2021-2022

Our District Incentives have changed for this Toastmaster year. Here are the current Club Success Contests our club can compete for 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>.

Magnificent 7 - Clubs that have all officers trained in both training sessions (Jun-Aug & Dec-Feb) earn **\$100** in District Credit. *Prior award: Lucky 7 paid \$75 in District Credit per training session to get all officers trained.*

Plan 4 Success - Clubs that send a copy of their completed Club Success Plan, signed by at least four officers, and a photo/screenshot of the team working on the plan by September 15th receive **\$50** in District Credit.

Open House Challenge - Clubs that run an Open House between August 1st - September 30th or January 1st - February 28th and **add 2** new members within 4 weeks of the event will receive **\$40** in District Credit. Clubs that **add 4** members will receive an additional **\$35** in District Credit. Note that new members must be new to Toastmasters or are 6-month lapsed former members that extend through March 2022. Submit the Open House Flyer and attendee list within 24-hours of the Open House to qualify.

September to Remember - The club that runs an Open House between July 1st - September 30th resulting in the addition of the most new or 6-month lapsed Toastmasters Members as a percent of their base in the District will receive **\$100** in District Credit. Submit the Open House Flyer and attendee list within 24-hours of the Open House to qualify.

Spring Ahead - The club that runs an Open House between January 1st - February 28th resulting in the addition of the most new or 6-month lapsed Toastmasters Members as a percent of their base in the District will receive **\$100** in District Credit. Submit the Open House Flyer and attendee list within 24-hours of the Open House to qualify.

September Sanity - Clubs that renew 75% of their July 1st base membership by September 15th earn **\$50** in District Credit. You can check your club's base membership on the Toastmaster International Club Performance Report.

Thrive - Each Club in good standing who has 5 members above their base or 25 members by October 31 will receive **\$25** in District Credit.

Thrive More - Each Club in good standing who has 10 members above their base or 30 members by Oct 31 will receive **\$25 more** in District Credit.

Smedley Stretch - Clubs that add 7 or more new, reinstated, or dual members between August 1 and September 30 receive **\$50** in District credit. This is in addition to Toastmasters International's "Smedley Award" for clubs that add 5 or more new, reinstated, or dual members between August 1 and September 30.

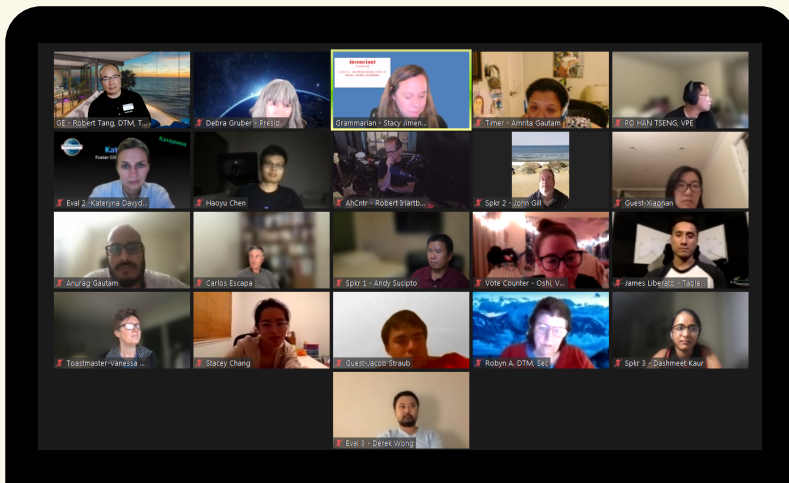
Level Up - Clubs that complete the following DCP goals by Oct. 31 will receive **\$20** in District Credit for **each** Pathways goal completed: **4** Level 1's | **2** Level 2's | **2** more Level 2's | **2** Level 3's

Get The Word Out - Clubs that invest in online advertising by October 31 will receive **\$25** in District Credit. Submit credit card receipt and screenshot of ad by November 7 to qualify.

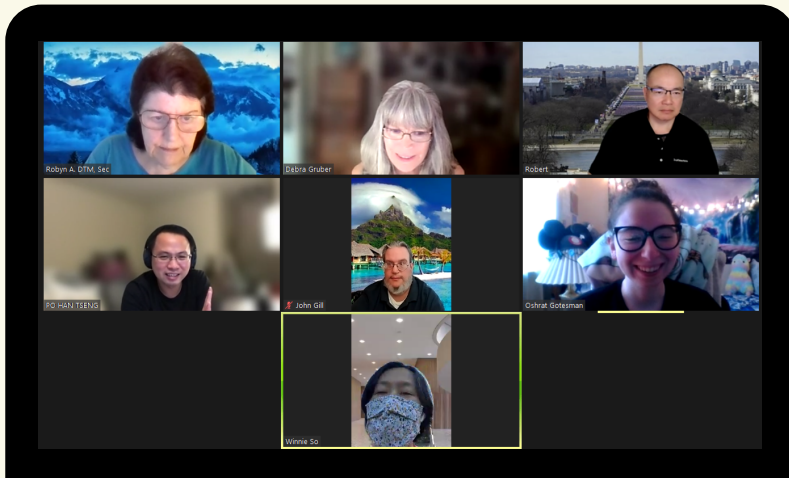
Crafty Club - Clubs that run a Speechcraft program will receive **\$25** in District Credit. Clubs that **sign up 3** of their Speechcraft **attendees as members** will receive an **additional \$50** in District Credit. Submit the Speechcraft attendee lists within 24-hours of the first Speechcraft session and by April 30, 2022 to qualify.

March Madness & Presidents Club - For details on these Spring term awards, check link above. March Madness pays \$50 in district credit and President's Club pay \$100 in district credit. The former is same as September Sanity except in March and Prez club is achieving 9 of 10 DCP Goals with membership criteria achieved, by April 15, 2022.

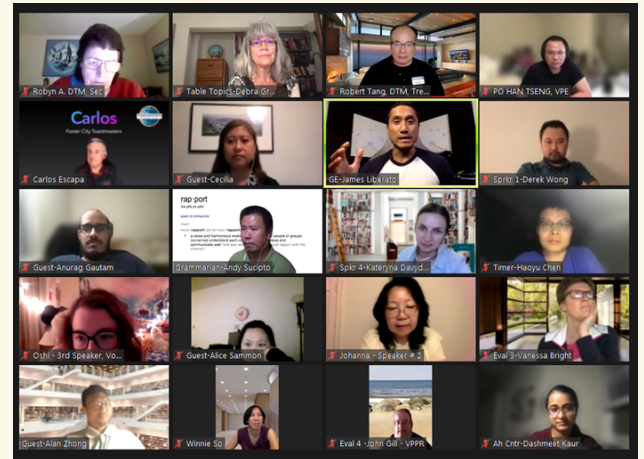
Club Photos



August 4 Club Meeting



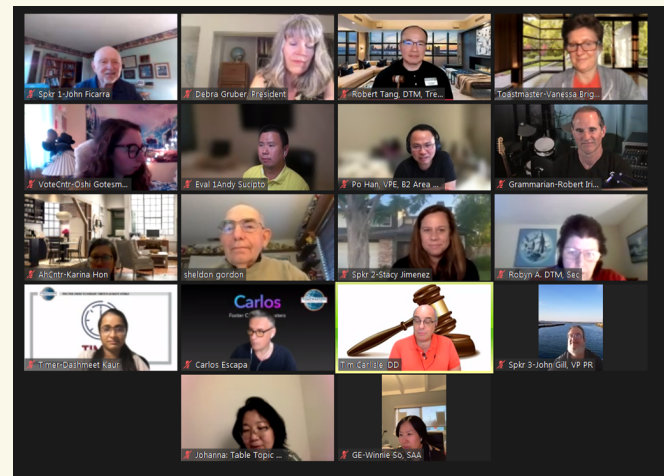
August 10 Officer's Meeting



July 21 Club Meeting



July Social at Starbucks Foster Square



July 7 Club Meeting



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

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