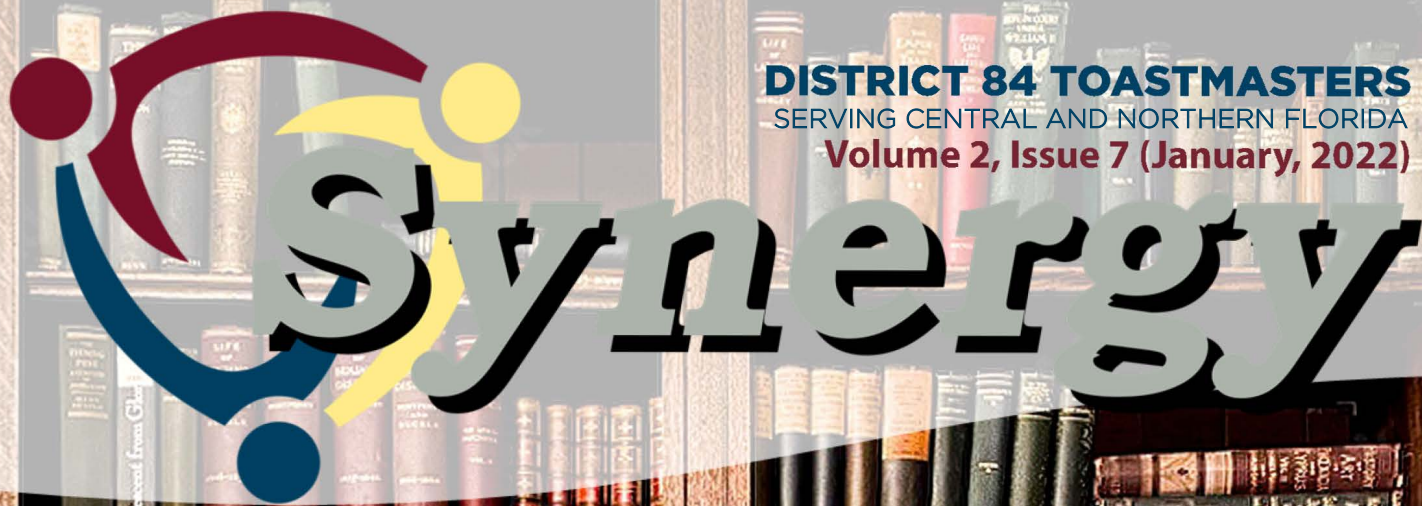




DISTRICT 84 TOASTMASTERS
SERVING CENTRAL AND NORTHERN FLORIDA
Volume 2, Issue 7 (January, 2022)

Embracing SERVANT LEADERSHIP

***District 84 Toastmaster, Donald
Toldson, received prestigious
Generation Leader Award
Page 7***



ICHANGE NATIONS

ASTELL COLLINS GLOBAL INSPIRATION AWARD

★ ★ ★

PROUDLY PRESENTED TO

Donald Toldson

OCTOBER 29, 2021

Generation Leader

We the Governing body of iChange Nations hereby recognize you as an inspirational role model to the rising generation who will bring their values, culture and ideologies to the nations of the world. Therefore, it gives us great honor to acknowledge you as a role model who is making a global difference with our "GLOBAL INSPIRATION AWARD".

Robin Hoover
DR. ROBIN L. HOOPER
Global Director



Dr. Cleve Kuykendall
DR. CLEVE KUYKENDALL
President

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District Mission

We build new clubs and support all clubs in achieving excellence.

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Synergy is a publication of Toastmasters District 84. Published once a month, the newsletter aims to inform our audience through relevant information and tools to help members and clubs to think and work creatively to achieve goals, inspire through ideas and stories that can be applied to our personal and professional lives and finally, entertain through content that is interesting and presented in a way that is fun to read.



**TOASTMASTERS
DISTRICT 84**
Serving Central & North Florida

**Empowering
individuals
through personal
and professional
development**



My Journey to Servant Leadership

by Debi Jo Londono, DTM, District Director



Debi Jo Londono

I didn't join Toastmasters to be a leader.

In my 20s, I was a restaurant manager. My management style was "do as I say, or I will fire you on the spot." I knew how to do every job in the restaurant, and I was not afraid to send someone home if I felt they were being the least bit defiant. I

caused anguish for myself and some of my employees when I sent them home, then worked all night to do my job and theirs. Many weeks I worked 60-80 hours because I was stubborn.

That certainly was not servant leadership. I know now that I behaved that way because I had very low self-esteem, and I was afraid that people wouldn't "obey" me and do their job in a way that I determined was the right way.

Many years and life experiences later, I was working as an analyst. I passed up the opportunity to be a manager a few times because I said I didn't want to "babysit."

As an analyst, I had to analyze data and then predict trends based on the data. That was the fun part.

The part I dreaded was telling senior leaders what the data revealed. Sometimes it might make them look bad, and you don't get to be a senior leader by being

shy. February 2014, I walked out of one of those meetings on the verge of tears and ready to quit because one of the directors challenged everything I said in front of several other managers and directors. I knew my numbers were solid, but I didn't have the confidence to back them up.

That day I heard about Toastmasters. I went straight to my boss and asked him about it. He said it was a great idea and he would pay for my membership if I joined.

I joined Toastmasters to have more confidence in public speaking but had no interest in leadership.

As I gave speeches and did projects, my confidence grew with the feedback and support of my club and other members that I met thru TLIs and conferences.

Edwin Mercado-Rivera took me under his wing and mentored me for years. Amy Anne Fischer appointed me as an Area Director and gave me my first taste of District leadership. Every step of the way, I failed, got feedback, and tried again.

Learning to be a servant leader and lead volunteers has been a long journey. It wasn't natural for me. I have been blessed to work with so many incredible leaders who demonstrate integrity, respect, service, and excellence every day.

I have discovered that being a servant leader is a skill that can be developed over time with help from your friends. I'm still learning. ■

**Are you ready to serve District 84
and grow in Leadership?**

Call for Nominations

Visit toastmastersd84.org

DLC Chair Pim Parpart, DTM
pimpuang56@gmail.com



**Program
Quality
Director**

**Club
Growth
Director**

**District
Director**

**Division
Director**

Toastmasters Fostered a Love for Leadership

by Paula Summa, DTM, Program Quality Director



Paula Summa

“Do you want to come to a Toastmasters meeting?” he asked. I didn’t feel that I had a “reason” to go. I was not interested in public speaking, nor was I yearning to be a manager at work. I asked, why do I need Toastmasters? He said, “you don’t need it, but you’ll get a lot out of it.” Waking up earlier than necessary on a weekday to attend a meeting before my already stressful workday wasn’t something I ever considered. My schedule was busy enough. He told me about the great stories he would hear, the exciting things he was learning, and the new friends he was making. Reluctantly, I agreed to attend a meeting — just one.

The Table Topics Master showed me a little first aid box and asked me to tell a story about it. My mind immediately went to my son, Jason, who was about seven years old at the time. He was walking alongside a wooden fence, sliding his hand across the slats as he walked. OUCH! He came home with literally a handful of splinters! That little first aid box in the bathroom sure came in handy that day. It was a straightforward story to tell, and although it wasn’t funny for Jason, it made me smile just to remember that day with my adventurous little boy.

I entered that room at 7:30 am — apprehensive, nervous, and uneasy. I left the meeting an hour later feeling confident, comfortable, and carrying a blue ribbon for Best Table Topics speaker. I made new friends that day, and I knew immediately that I did need Toastmasters. I wasn’t exactly sure why I needed it; I just knew that I did. I also knew that it would be the beginning of something that would change my life.

As time passed, I took on club officer roles, which eventually led to District roles. I never saw myself as a leader, I just loved helping others. Whatever role I accepted, whether I was alone in that endeavor or had a team to assist me, I did it with pride and enthusiasm. I valued other people’s input and participation. I encouraged

others to be a part of the team and the decision-making. I learned to listen to others, respecting their opinions, even when different from my own. Seeing both sides of a story improved my knowledge and understanding and allowed others the opportunity to discuss concerns and come to an informed decision, which enhanced trust and respect.

Heading up committees, setting and reaching goals, learning and teaching new skills are all part of being a leader. By helping others, you allow them to learn and grow and become leaders themselves. It was not my goal to become a leader; it was not anything I thought I could even do. I had no idea that I was enhancing my leadership skills, while having fun and making new friends. I still don’t consider myself a leader; instead, I’m part of a Leadership Team, and an amazing team at that!

Joining Toastmasters has changed my life in so many ways. I think back to that first Toastmaster meeting, remembering the leaders in that room. I smile when I see all of you, whether in person or in the Zoom room, because each of you, in your own way, whether you realize it or not, are leaders!

I didn’t need a reason to join Toastmasters.... but all of you are the reason why I love Toastmasters!

I am wishing you all a happy, healthy New Year, full of love and laughter! ■

**So You’ve Joined Toastmasters.
Now What?**

**New Member Orientation with
the Trio and Pathways Chair**

1st Sunday of Each Month
7:00pm ET on Zoom
Meeting ID: 962 7944 2148
Password: NewMembers

Enjoy the Ride — Wherever Your Journey Leads

by Vickie Goodman, DTM, Club Growth Director



Vickie Goodman

Once, there was a young, single mother of three who'd just started a new job as a mid-level manager. One day, a coworker invited her to some sort of club meeting scheduled at 7:30 Saturday morning! Although appreciating the gesture of friendship, the woman had no desire to squander her only sleep-late day on a meeting she knew nothing about. She politely declined the invitation.

The coworker, undeterred, invited the young manager again the following week. "My son has a soccer game," she replied. This scene repeated nearly every week, but the young woman always had excuses. After about 12 invitations, the manager realized the only way she would get this coworker off her back was to go to the darn meeting, so she finally agreed.

Not only did the young woman have a wonderful time, meeting great people and becoming enthralled with the overall meeting structure, she also won "Best Table Topics" of the day! She was getting a bit of a reputation for slicing and dicing rather than offering constructive feedback in her management position. She realized the evaluation practice could help her professionally. She joined that Toastmasters club that very day.

That was over 30 years ago, and that young manager was me. I have been a member of Early Bird TM in Tallahassee ever since. Thank goodness for the aggravating persistence of that coworker, who turned into a great friend.

But 30 years! You might be thinking that I must be a slow learner, and you may be correct, but let me share some of the ways I've spent those years.

Weekly practice on evaluation, organization, and time management made me a much better manager and resulted in several promotions. But those weekly traveling trophies made me wonder - could I compete?

I started at the club level, eventually advancing to the Area, Division and even the District. I was not successful immediately. I have a terrible habit of going over time and have been disqualified at least three times for exceeding the time limit! But eventually, I managed to watch the clock, honed my listening skills, and practiced thinking on my feet. It was nerve-wracking and intimidating, but also exciting and so much fun! I never planned to win. I just wanted to get better. But eventually winning was a pretty great reward!

Of course, somewhere early on, I was nominated for a club office. I felt honored that the members saw something in me that I didn't see in myself, and I tried to live up to what I thought those expectations might be. Serving in a club officer position offered "on-the-job-training," and when I felt I was muddling through, positive support from my club made me think I must be doing something right!

I somehow found myself serving multiple times as Area Governor and eventually Division Governor without actually planning to do so. This provided me with hands-on lessons in team management, goal-setting, and group support.

This brings me to another fantastic opportunity provided to all of us – mentoring. Cheering each other along our journeys, suggesting course corrections for improvement, witnessing that increasing confidence as we watch one another grow – those are the rewards I most enjoy.

Each of us is on a journey. You are traveling your own road, and you may think you know where you're going. But I promise that you will experience some unexpected bumps, side trips, and even detours along the way. I did not plan to become a leader when I joined Toastmasters - I had little experience and even fewer expectations. But here I am.

This year, my wish is that you take advantage of every Toastmasters opportunity you can. You will be amazed at your journey – wherever it may lead. ■

Share Inspiring Servant Leadership Stories When Promoting Your Club

by Maria Martinez, DTM, Public Relations Manager



Maria Martinez

For me, joining Toastmasters was a no-brainer.

Beginning my entrepreneurship journey put me “out there” for the first time when speaking to prospective clients and partners, requiring that I quickly up the ante. And so, I did.

I joined Lakeland Toastmasters the night I first visited because it just felt right. In hindsight, my joining was not because of what I could achieve as I embarked on the educational program, but rather, the unspoken qualities I observed among Toastmasters that helped me feel welcome:

- Empathy
- Awareness
- Commitment to growth
- Community
- Listening

Members quickly embraced me and helped me feel empowered. This gave me not only the confidence to speak in front of an accomplished Toastmasters audience but the comfort in knowing I was not alone. And although members were working on their own goals, my goals became theirs too. As members embraced me, I realized the secret to the club’s success was that servant leaders drove the club. These leaders became my friends, mentors, mentees, and advocates.

According to a *Forbes* article, servant leadership occurs when the leader’s main goal and responsibility is to provide service to their people. A servant leader focuses on the people instead of the business or the organization itself (Tait, 2020) and supports growth in areas that include career, knowledge, health and autonomy...which usually results in others becoming servant leaders.

In a time when so many struggle with isolation, servant leadership can naturally occur across our District and provide opportunities for connection, an excellent quality to promote by:

- Telling empowering stories
- Depicting how empathy was displayed during a meeting
- Sharing how your club has become your community (or, like I call them, my “peeps”)
- Bragging about how someone new dared to give an icebreaker speech
- Relating how our evaluations enable us to become better listeners

Human interest stories are powerful ways to connect with people, and thus these naturally occurring events provide the perfect vehicle to invite a friend or coworker to a club meeting.

Reflecting on servant leadership made me realize how fortunate we Toastmasters are to be surrounded by so many outstanding individuals who serve others every single day, often with no or little recognition.

As Bill Gates said, “As we look ahead into the next century, leaders will be those who empower others.” When promoting your club, inspire others by sharing how servant-leadership qualities have transformed your life. ■

TOASTMASTERS INTERNATIONAL
www.toastmasters.org

BRANDING BASICS

Presented by: Jessica Mobeck
Toastmasters International
Marketing Project Coordinator

Thursday, January 27th | 7:30 PM ET
Register now:

A portrait of Donald Toldson, Sr., a Black man with short dark hair and a mustache, smiling at the camera. He is wearing a grey suit jacket, a dark blue shirt, and a red and blue patterned tie. His hands are clasped together on a wooden desk. He is wearing a gold watch on his left wrist and a colorful beaded bracelet on his right wrist. The background is a library with bookshelves filled with books.

Donald Toldson, Sr., Area 50 Director A Hero's Journey to Servant Leadership

Story by Angela Ardrey-Reynolds, IP5
Photography by Pamela Winter, DTM

"If you are not actively pursuing your dreams and goals, no one will know what you are capable of."
—Donald D. Toldson, Sr.

“Starting out with a serious stuttering problem, Toastmasters taught me how to speak. Toastmasters was my voice-activating system. It spoke life into me—through the encouragement, through the coaching, through the different projects. Toastmasters allowed me to take my own limits off myself and begin to grow. I was able to put out those things I didn’t even know were inside me. I had to find my level of confidence. I went from stuttering to being an international speaker. Now I coach people on how to speak and how to write. I teach people how to lead. I believe a good leader trains others to lead. Even if that means they will outgrow me.”

—Donald Toldson, Sr.

Do you see what I see? A real-life, modern-day Hero’s Journey of a human going through transformation. It’s the literature style of many great works such as *The Odyssey*, *Pilgrim’s Progress*, *The Hobbit*, *Lord of the Rings*, *Beowulf*, and even *Harry Potter* and *Star Wars*.

① The journey begins, taking the person away from the familiar and into a place of discomfort.

Donald’s childhood stuttering became his pain point . . . you know, that thing in life that almost breaks a person into pieces. We all have one.

But who knew that one day Donald would speak on stages across the world? And who knew that his pain would one day propel him into a life service of guiding others to be strong with their voices? Donald didn’t. He just knew he stuttered. And standing in front of a class of fellow third graders as a youngster, being told to share his book assignment to his classmates, drove the pain even deeper. It was at that moment that he could only get a few words out before his classmates erupted in laughter and taunting.

Can you identify your own pain point? *“Regardless of what we go through in life, there is always purpose wrapped within the pain,” former NFL player, O. J. Brigrance said. And he should know after being diagnosed in May 2007 with amyotrophic lateral sclerosis (ALS), a motor neuron disease that is eventually fatal.*

② Adversity becomes the fuel for growth, developing the person into a wiser, more resilient individual.

Donald’s inability to speak served him. It gave him fuel. Here’s a little life lesson—the contrast we experience in life becomes our fuel. Contrast instills deeper passions, greater loves, and richer meanings. We must feel pain to appreciate NOT feeling pain. We must experience the paralysis of fear to understand the freedom of NOT

being silenced by fear. Life is about opposites. Compassion for others is born from our experiences with contrast.

What fuels you? *“You can’t know joy unless you’ve known sorrow. Those of us who can soar to the highest heights can also plunge to the deepest depths.”—Anne with an “E” quote by Ms. Stacey (Netflix series)*

③ A team is assembled, bringing support and guidance to the person as he traverses through his adversities and impending transformation.

Donald did not give up. He did not allow his pain to win. He took action to change his situation. He surrounded himself with the right teachings. He found people to inspire and mentor him. He did the one thing we are all capable of doing . . . he made a decision to change.

What changes can you make? *“Life has no limitations except the ones you make.”—Les Brown, motivational speaker*

④ The person returns home transformed, holding new-found gifts to make the world a better place.

Donald became a mighty voice in this world. He now motivates and inspires others to conquer their fears by courageously sharing their unique voices, stories, and expertise.

So can you!!! *“For to be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others.”—Nelson Mandela, South African anti-apartheid revolutionary, political leader and philanthropist*

So how does this relate to servant leadership? From my perspective, a person who walks the Hero’s Journey ultimately becomes a Servant Leader. This is Donald D. Toldson, Sr.

Congratulations Donald on receiving the prestigious ICN Dr. Astell Collins Generation Leader Award while speaking and teaching in Nairobi, Kenya.

To learn more about Donald’s impact on the world, check out his site at DonaldToldson.com ■



Angela Ardrey-Reynolds

Strong Mind | Strong Body | Believe the Unbelievable. Professional Coach, Speaker, Writer and Photographer. Connect with Angela on [LinkedIn](#).

Others See What You May Not

by John Mark Groff, President of Early Bird TM Club 3651

During the 2020 Early Bird election, I was nominated twice for Sergeant At Arms; I declined the position both times. I didn't feel qualified to be an officer because I'd been a member for only four months, given two speeches, and served only minor roles during meetings. There was no way I could be an officer with so little experience. One year later, I was elected Club President.

What?! How did that happen? How did I go from declining the role of SAA to President? The answer: my mentor, Felicia Shorter, or Queen Felicia as we fondly call her. She helped me with my speech writing, with agenda preparation when I became VPE, and supported me through the responsibilities of Club President.

It took almost three months for me to give my Ice Breaker speech. I did not know where to start. Felicia volunteered to be my mentor. Due to the pandemic, I'd never met her in person, but she built a strong connection with me virtually and via phone. I had no idea how to compress my entire life into four to six minutes and was stuck, but my mentor encouraged me to focus on only one or two aspects of myself for my speech. Taking her advice, I themed my speech around my name. Now club members understand my preference to be called "John Mark" and not just "John."

For my second speech, "Where is My Pencil?" I knew what I wanted to talk about, but I didn't know how to end it. After one call with our Queen, I tied it all together by highlighting the progression of my sense of ownership.

Soon after this speech, a vacancy for VPE opened. Once again, I was nominated. I had completed several Pathways projects and served as both Toastmaster and General Evaluator. I wasn't going to let this opportunity pass me by. Under the guidance of immediate past VPE, Queen Felicia, I learned how to set agendas, assign roles and manage Base Camp. I also had the opportunity to serve periodically as presiding officer and practice overseeing the meeting, introducing guests, and conducting the business portion of the meeting. This practice built my confidence, and I thought I could be president one day. When I finally met Felicia in person after 1 ½

years, she informed me that I would be nominated for the position.

Our club had a history of Presidents Distinguished honors, and as President, I wanted to continue this tradition of success. My first challenge was to get all officers to training. It was Queen Felicia who taught me the subtle art of reminding those who had missed the first of training session, which included bombarding them with multiple reminders to attend the backup training or the backup-backup training held in Districts across the country. She helped us create our club success plan and conduct officer meetings.

Completing officer training and the club success plan were difficult tasks, but they paled compared to using parliamentary procedures. I had no idea electing a proxy for the TI business meeting would be such a procedural nightmare to manage. We were able to table the discussion, and I received a crash course from Queen Felicia. After that, I successfully oversaw the selection of a club proxy and other decisions during business meetings.

When I first joined Toastmasters, I would have never imagined becoming President of the club. The mentorship of Queen Felicia has made me a better speechwriter, an effective meeting planner, and a confident presiding officer. I know I will be a successful Club President.

Thanks to my mentor, I have learned that you don't need experience to succeed in Toastmasters. The experience of Toastmasters is what makes you successful. ■



Synergy Podcast

Episode 10

District 84: Fueled by innovation, change, and the creativity that comes from **Diversity**

Hosted by Podcast Contributor: Rachael Assignon

Listen as 8 illustrious D84 members, whose English is their second language, speak of their journey to become better speakers.

A Global Perspective on the Origins of Resolutions

by Sandy DePrimo, DTM



Sandy DePrimo

January is upon us, and personal new year's resolutions are often formed. While making resolutions, I wondered where this tradition came from.



Ancient Babylonia

New Year's resolutions began over

4,000 years ago with the Ancient Babylonians of Mesopotamia. A 12-day festival named Akitu was held when crops were planted around mid-March. This was their New Year. The King was crowned, promises to pay debts were established, and borrowed items were returned. If the promises were kept, the pagan gods would grant good favor throughout the coming year.

One fascinating aspect of the Akitu involved the Babylonian king. The king was brought before a statue of the god Marduk. He was forced to remove his royal dress and obligated to swear that he had led the city with honor. A high priest would then slap the monarch and drag him by his ears in the hope of making him cry. Royal tears were a sign that Marduk was pleased, and the king's rule was extended for one more year.



Roman

January 1 was established as the beginning of the new year circa 46 B.C. by Julius Caesar. It was named after Janus; the two-faced god of change and beginnings. The Romans celebrated by giving offerings to Janus, giving them the ability to set the stage for the next 12 months. Commonly, neighbors would exchange gifts of figs and honey and well wishes. According to the poet Ovid, most Romans would choose to work part of the day because being indolent was a bad omen.



Egyptian

The culture of Ancient Egypt was closely tied to the Nile River, and their

New Year corresponded with its annual flood. According to the Roman writer Censorinus, the Egyptian New Year was predicted when Sirius, the brightest star in the sky, first became visible after a 70-day absence, known as a heliacal rising. This occurred in mid-July, helping guarantee that farmlands remained fertile for the coming year. Egyptians held a festival called Wepet Renpet, which translates to, "opening of the year." It was considered a time of rebirth and rejuvenation.



Chinese New Year

The Shang Dynasty was believed to have originated the Chinese New Year over 3,000 years ago. The holiday began as a way of celebrating the new beginnings of the spring planting season, but it later became intertwined with myth and legend. According to legend, a creature called Nian preyed on villages every New Year. Nian is the Chinese word for "year." The villagers began adorning their homes with red trimmings, burning bamboo, and making loud noises to frighten the hungry beast. The ploy worked and eventually became part of the annual celebration. Festivities last 15 days and tend to center on the home and the family. After the invention of gunpowder in the 10th century, the Chinese were also the first to ring in the New Year with fireworks.



Nowruz

Nowruz is still celebrated in Iran and other parts of the Middle East and Asia as the "Persian New Year." Celebrations date back to 6th Century B.C. Monarchs would use the holiday to host lavish banquets and give gifts. Ancient observances of Nowruz focused on the rebirth that accompanied the return of spring. The 13-day spring festival held in March is now a part of the modern-day Zoroastrian religion.

One unique ritual born in the 10th century involved electing a "Nowruzian Ruler;" a commoner would pretend to be king for several days before being "dethroned" near the end of the festival.

Continued on Page 11

Multilingual Club Looking Good at Mid-year

by Sowjanya Athmakuri Ramini,
LD5, DL5, Area 93 Director

Earl Pearson, VP Education for We Can Speak-Podemos Hablar Club, described club members as self-motivated. The club has already met six of nine requirements for the President's Distinguished Award.

Earl said that his predecessors laid down a protocol that works like a charm and that there is no need to reinvent the wheel. One of the key elements in club protocol is scheduling speakers one month in advance. This helps everyone stay on track and easily meet mid-year goals.

Although heavy lifters have earned more accomplishments than others, all members do their best to participate whenever possible. According to Earl, everyone enjoys the Toastmasters experience, irrespective of the number of speeches they have given.

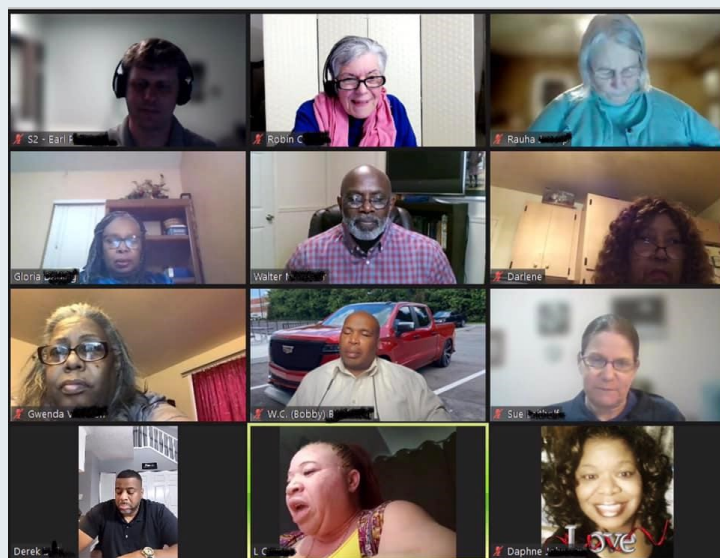
In the second half of the Toastmasters year, members are shifting gears to focus on membership goals and have already scheduled a first-quarter Open House. With 12 active members, they are recruiting new team members who are just as motivated and driven. As one of only a few multilingual clubs in the nation, We Can Speak-Podemos Hablar provides a unique Toastmasters learning experience for anyone wanting to practice speaking both English and Spanish.

But if you think We Can Speak Club is "all work, no play," you guessed wrong. As part of their holiday festivities, members enjoyed a virtual white elephant gift exchange

game, a clever way of incorporating impromptu speaking into the holiday gift-giving spirit by allowing gift recipients to explain why they deserve the virtual gift they chose. Team building activities also play a key role in keeping members motivated and connected.

This is the club's second time aiming for the prestigious President's Distinguished Award. With six goals already completed, members are confident in their pursuit of conquering at least three more goals. After ending the first half well, the second half looks just as rewarding.

Good luck and buena suerte with a strong finish. ■



Monthly Sessions

Learn how PATHWAYS is the companion on your Toastmasters journey!

Zoom ID: 853 1202 4512
Passcode: 448672

17th of every month* at 7pm ET

*except January 2022

February focus:

Base Camp Managers

March focus:

Assisting new members



Origins of Resolutions

Continued from Page 10

Ancient traditions were about pleasing the Gods and looking for prosperity in the harvest. Today, New Year's resolutions are often a more personal journey for improvement. Some Americans make resolutions but only 8% keep their resolutions for the entire year.

Happy New Year! ■

Sources: <https://www.history.com/news/the-history-of-new-years-resolutions> and <https://www.history.com/news/5-ancient-new-years-celebrations>

Now Open! Call for Nominations for District Leaders 2022-2023

by Pim Parpart, DTM, Immediate Past District Director



Pim Parpart

Nominations for the positions of District Director, Program Quality Director, Club Growth Director, and Division A, B, C, D, E, F, G, H, and I Directors for the term 2022-2023 are now open.

If you love Toastmasters and are passionate about advancing your Communication and Leadership Skills through serving our

least 12 consecutive months as a Program Quality Director, a Club Growth Director, a Division Director, an Area Director, or a combination of these.

③ At the time of taking office, the **Club Growth Director** must have served at least 6 consecutive months as Club President and at least 12 consecutive months as a Program Quality Director, a Club Growth Director, a Division Director, an Area Director, or a combination of these.

④ At the time of taking office, the **Division Director** must have served at least 6 consecutive months as a member of a District Council.

Please note All forms must be fully completed and sent to District 84 DLC Chair Pim Parpart, DTM by February 25, 2022.

All candidates will be interviewed by the District Leadership Committee on March 12, 2022, at the Embassy Suites by Hilton in Kissimmee. ■

District as a District Officer, please carefully read the “[District Leader Qualifications and Responsibilities](#)” before completing and submitting your application package:

1. [Candidate Application](#)
2. [District Leader Nominating Form](#) (in case you want to nominate a fellow member)
3. [District Leader Biographical Information](#)
4. [District Leader Agreement and Release Statement](#)
5. Professional Photo

Nomination Eligibility

① At the time of taking office, the **District Director** must have served at least 6 consecutive months as Club President and at least 12 consecutive months as a Program Quality Director, Club Growth Director, Division Director, or a combination of these.

② At the time of taking office, the **Program Quality Director** must have served at least 6 consecutive months as Club President and at

TOASTMASTERS INTERNATIONAL toastmastersd84.org www.toastmasters.org

How to Write a Winning Speech with
VERITY PRICE
2021 World Champion of Public Speaking

February 5th
11:00 AM VIA ZOOM

TOASTMASTERS DISTRICT 84

The Health Benefits of Volunteering

by Julie Salgo, Retired Learning and Development Consultant



Julie Salgo

A 2013 study by United Health Group found that volunteer programs increased engagement and productivity, noting the following:

- ① More than 75% of the employees who had volunteered said they felt healthier.
- ② More than 90% said volunteering had put them in a better

mood.

- ③ More than 75% reported experiencing less stress.
- ④ More than 95% said that volunteering enriched their sense of purpose in life (which, in turn, has been found to strengthen immune function).
- ⑤ Employees who volunteered reported improved time management skills and enhanced ability to connect with peers.

As an AT&T Director, Robert Greenleaf published an essay, "The Servant as Leader," in 1970. He stated that the best leaders were servants with key skills that included listening, persuasion, intuition and foresight, use of language, and pragmatic measurements of outcomes.

Toastmasters are examples of servant leaders. After paying affordable dues, they attend club meetings, listen to fellow club members, and accept meeting roles and functions at competitions. They discover hidden potentials of others, persuade members to step out of their comfort zones, learn to communicate positively, and evaluate, coach, mentor, and provide practical advice. And they learn to be brief but comprehensive, motivating and empathic, all on volunteer time.

Four-year Toastmaster Rachael Lynn Assignon, DTM views volunteering through this servant-leadership lens.

"Volunteering can be humbling," she said. "On many occasions, I gained something from those I was serving

that was measurably more than what I came to give. Keep your ego in check and get ready to receive!"

Maybe you think of a servant as someone who performs menial duties for a minimum wage. But a more dignified and noble definition directs our attention to a devoted and helpful person who supports others without any financial exchange—a servant leader, a "volunteer" supporter, a Toastmaster.

Hopefully, your volunteer time with Toastmasters has made you feel terrific, elated, and satisfied, and in the end, healthier with more purpose and a more robust immune system; a better mood, less stress, and better time management with more connections to others.

Have you ever realized what else can be received from any of your volunteer activities, besides the obvious and tangible ones? Have you been volunteering your time and energy for selfish reasons? I do not think so, but I am convinced that you feel terrific, elated, and satisfied while you are involved.

Why do we link "servant" and "leader" together? Because smart people discovered quite some time ago that there is a significant difference between manager/boss and leader. ■



Rachael Lynn Assignon DTM provides professional development to teachers in Haiti, conducted in French.

Speakers Bureau Accepting Applications for Selection Committee

by Edith Tiencken, DTM and Debby Kerr-Henry, IP5, Speakers Bureau Chair Co-chairs

Speakers Bureau Vision: To serve as the Community Choice Hub in finding the best-in-class Toastmasters who deliver inspiring, educational, and edifying messages meeting their audiences' needs.

While District 84's Speakers Bureau presenters serve throughout local communities as the faces and voices of our district, RISE Selection Committee members support the success of these presenters in two ways:

1. by interviewing and choosing candidates who best align with the SB's vision;
2. by providing comprehensive evaluations when speakers prepare their presentations.

Why RISE? Committee members support by example, Toastmasters' core values of Respect, Integrity, Service, and Excellence, and in turn select presenters who also exemplify these elevated standards.

RISE Selection Committee Members are:

- Distinguished Toastmasters preferably members of an advanced club, actively working through Pathways,
- committed to developing communication and leadership skills for self and others, and practicing these

skills in a professional manner beyond lectern and virtual spaces,

- trained to give comprehensive evaluations that aid speakers in elevating their presentations from good to best,
- versed in Toastmasters' four-part mission statement and can explain why it serves as a foundation to a successful Speakers Bureau:

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

If you are interested in helping strengthen D84's Speakers Bureau but prefer a behind-the-scenes role, then serving on the RISE Selection Committee could be the perfect fit for you.

Applications being accepted now through January 31. [Apply here.](#)

Questions? Email [Debby Kerr-Henry](#)



Time and Time Again...

District 84 Annual Conference
May 13-14, 2022

Embassy Suites by Hilton
Kyngs Heath Road Kissimmee FL

New Year's Resolution No. 37 ½: More Humor at Work

by Jordan Camenker, DTM

Greetings, Earthlings! Here we are again, bursting with promise and possibilities at the vanguard of a new year. We're also armed with the usual array of New Year's resolutions - read more, eat less, exercise more, post less, etc. But there's one thing I didn't see on your list: *more humor*. Not just anywhere, either, but smack dab in the belly of the beast: the workplace.

Anybody can crank out a one-liner at their schnauzer's obedience school graduation - you already have a half-mile head start with something like that. But wielding your wit where it really matters, like a team meeting at the office, that's another thing entirely.

Surely, you don't think I'm joking about the importance of joking! There is now a wealth of information demonstrating that humor, effectively harnessed, yields multiple positive benefits in the workplace. The manager who deftly deploys humor is more likable and more relatable. Healthy doses of workplace humor can reduce stress, sick days, burnout, and turnover. Humor can heighten creativity and improve morale. I could go on.

That said, we also need to recognize that not just *any* humor will do. Some of the things that elicited laughter in my high school locker room in the 1970s might not make the cut in your Zoom meetings in 2022.

A few ground rules are in order.

❶ Stay away from jokes about religion - odds are, you won't have a prayer of *not* offending someone.

❷ Avoid jokes about politics. We tend to take our politics pretty seriously these days, and we're just itching to take you on if you so much as insinuate that someone on our side of the political spectrum is wanting in any way.

Okay, I'll sneak one in just for fun:

Q: *How are politicians like a baby's diapers?*

A: *Because they both need to be changed often, and for the very same reason.*

Yet even that one, as innocuous and non-partisan as it seems, might set people off. So let's just not go there during that presentation....

❸ Our brilliant *bon mot* about sex or gender is not nearly as likely to be universally appreciated as you might think - leave it in its wrapping; don't even think about re-gifting it.

❹ You know the drill: your wonderful witticism touching on race, religion, or nationality is likely to be perceived as neither wonderful nor witty. It's a non-starter.

That still leaves plenty to work with. I love to employ *self-deprecating humor*.

Could you please repeat that? I'm getting old!

No, you're not! How old are you, anyway?

I'm so old, when I went to high school, they didn't even have a history class, they just had current events.

Another reliable theme is *situational humor*.

This requires you to be aware of what's going on around you, but that's not too much to ask as an effective leader.

It was raining so hard, even Spider-Man took an Uber.

And any time you're at a conference where parking is an issue, I like this one:

I parked so far away, you could see the curvature of the earth.

Of course, *daffy definitions* are almost always welcome.

Definition of a meeting – that's where you keep minutes but lose hours.

These are just a few of the many ways that carefully crafted humor in the workplace can be good as gold. Just be sure to avoid the minefields, then go have some fun! ■

Connect with Jordan on [LinkedIn](#).

Toastmasters Word Search

by Julie Salgo, Enigmatologist

A few of my favorite non-fiction books, at your service. Find most of the authors' last names and words from the titles.

Dale Carnegie	How To Stop Worrying And Start Living	Randy Pausch	The Last Lecture
Dale Carnegie	How To Win Friends And Influence People	Simon Sinek	Start With Why
Joel Barker	Paradigms	Spencer Johnson	Who Moved My Cheese
Malcolm Gladwell	Outliers	Stephen Covey	The Seven Habits Of Highly Effective People
Mitch Albom	Tuesdays With Morrie	Viktor Frankl	Man's Search For Meaning
Patrick Lencioni	Five Dysfunctions Of A Team		

M	J	L	C	H	H	C	Y	U	F	B	G	N	U	M
T	B	V	V	A	Y	C	I	W	A	R	L	H	Q	P
X	F	Z	B	I	N	N	S	R	H	V	A	C	C	O
P	S	I	M	N	O	O	K	U	X	Y	D	N	Q	U
M	T	D	Y	I	F	E	S	L	A	U	W	E	K	T
S	H	R	C	S	R	L	I	N	I	P	E	R	E	L
E	C	N	E	U	L	F	N	I	H	Z	L	U	N	I
M	E	A	N	I	N	G	X	E	R	O	L	T	I	E
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E	I	G	E	N	R	A	C	L	Y	E	Z	E	S	S
A	G	N	I	Y	R	R	O	W	E	D	E	L	J	B
L	B	T	Y	M	M	U	X	L	V	K	S	H	P	U
B	N	E	V	I	O	N	D	Y	O	E	A	W	C	A
O	G	D	D	Y	S	F	U	N	C	T	I	O	N	S
M	T	C	O	S	M	G	I	D	A	R	A	P	D	C

ALBOM

CHEESE

FRANKL

INFLUENCE

LENCIONI

PARADIGMS

TUESDAYS

BARKER

COVEY

GLADWELL

JOHNSON

MEANING

PAUSCH

WHY

CARNEGIE

DYSFUNCTIONS

HABITS

LECTURE

OUTLIERS

SINEK

WORRYING

MID-YEAR REPORT CARD

July to December 2021

Distinguished Toastmasters
Club Ambassadors
Club Leader Board
Level 5s
Triple Crowns
Notable 9
Incredible 20
Once and For All (Year)

Distinguished Toastmaster Awards from July 1 to December 31, 2021

Amanda Howard — Jacksonville Toastmasters	Phuong-Lily Tang — Let's Talk Toastmasters Club
Rachael Assignon — Florida International Talkers	Sue Leitholf — Transformation Toastmasters Club
Pamela Russell — Trailblazers Toastmasters Club	Cathy Gorgensen — Toastmasters of St Augustine
Nancy Ann Wilkins — Clermont Toastmasters	

Club Ambassadors from July 1 to December 31, 2021

Number of visits in parenthesis.

Rachael Assignon (7)	Laura Hoffman (4)	Cindy Paulsen (4)
Denise Badolato (3)	Cynthia L. Johnson (13)	Julie Salgo (15)
Walter Blackmon (6)	Sue Leitholf (5)	Susan Schulz (8)
Eric Boehm (3)	Michael Leonard (3)	Sally Anne Sharpe (19)
Randall Crosby (3)	Marie Loeffler (3)	Maria My-Dung (3)
Cathy Gorgensen (3)	Rebecca McGilton (9)	Deborah Wilde (4)
Claudia Hansley (5)	Pim Parpart (24)	



Top 10 clubs with highest education awards per 7/1 base membership, as of December 31, 2021

Name	Educ awards	July 1 base	Ratio
Marion United Toastmasters	11	8	1.375
We Can Speak-Podemos Hablar Toastmasters Club	13	11	1.182
Uptown Toastmasters	6	6	1.000
Let's Talk Toastmasters Club	11	12	0.917
Celebration Speak Easy Toastmasters Club	9	10	0.900
Toastmasters of St Augustine	6	8	0.750
Titusville Toastmasters	8	11	0.727
Transformation Toastmasters Club	12	17	0.706
Driven by Destiny Toastmasters	21	30	0.700
Tallahassee Toastmasters Club	7	10	0.700

Level 5s Completed from July 1 to December 31, 2021

00903340 — PM	Cammy Dennis — DL	Maria Martinez — MS
03734602 — IP	Sandy DePrimo — VC	Andrew McCraney — PM
05845893 — PM	Adrian Dixon — TC	Rebecca McGilton — PI
07288809 — MS	Manal Fakhoury — VC	Ryan Miller — MS
07471632 — DL	Muriel Fuqua — LD	Pim Parpart — PM
07845781 — PM	Cathy Gorgensen — EC	Nicholas Patterson — DL, PM
Esther Adebanye Adu — DL	Nathan Guteran — PM	Leda Perez — PM
Stephanie Baker — PM	Catherine Hoar — DL	Beth Ramsay — VC
Janet Beckles — SR	Richard Hoar — DL	Deborah Ryan — IP
Laurie Bersani — DL	Richard Jensen — EH, VC	Susan Schulz — EH, LD
Walter Blackmon — IP, LD, PI, PM, TC	Rauha Jessup — DL	Venkata Taduri — PM
Margaret Cancalon — MS	Patricia John — LD	Linda Udall — EH
Rashed Chowdhury — PM	Oscar Kaalstad — EC, EH, PM	Stephen Vaughn — VC
Buddy Coley — VC	Claudia Kallesen — DL	Heidi Vetter — LD
Chad Cossier — EC	William Lambert — EH	Leona Vlacancich — MS
Lisa Davis — IP	Stuart Lantz — EH	James Ward — PM

Triple Crowns Received from July 1 to December 31, 2021

Number of educational awards received in parenthesis.

03734602 (4)	Gloria Darling (3)	Richard Jensen (5)	Anchalee Phataralaoha (3)
05845893 (4)	Lisa Davis (5)	Rauha Jessup (6)	Paula President-Wise (3)
07472745 (3)	Sandy DePrimo (4)	Oscar Kaalstad (12)	Beth Ramsay (3)
Stephanie Baker (3)	Michelle Dettlaff (4)	Andrew Kokitus (8)	Susan Schulz (6)
Janet Beckles (3)	Kim Dombroski (5)	William Lambert (4)	Consuella Shaw (3)
Derek Bell (3)	Christine Duez (4)	Sue Leitholf (3)	Amy Sims (4)
Walter Blackmon (18)	Manal Fakhoury (4)	Maria Martinez (4)	Paul Smith (5)
Kenneth Blake (4)	Muriel Fuqua (3)	Alfonso Mateo (3)	Venkata Taduri (3)
Debra Burns (3)	Justine Grand (4)	Rebecca McGilton (4)	Douglas Tambor (3)
Rashed Chowdhury (4)	Nathan Guteran (5)	Jessica Mercer (3)	Linda Udall (5)
Buddy Coley (5)	Daphne Hart (3)	John Morrow (3)	Stephen Vaughn (4)
Robin Collins (3)	Carolyn Henderson (4)	Pim Parpart (5)	James Ward (4)
Robert Costello (3)	Nyomi Jackson (3)	Nicholas Patterson (6)	Nancy Wilkins (4)

Membership Dues Renewals Incentive — Notable 9, Incredible 20 and Once and For All (Year)

Notable 9 — All clubs listed below received the Notable 9 award. Club paid for 9 members by September 9. These clubs received the “Notable 9” Ribbon to display on their banner.

†Incredible 20 — Clubs in bold and marked with † also received the Incredible 20 award. These clubs paid dues for ≥20 members by September 20 and received the “Incredible 20” ribbon to display on their banner plus a \$25 TI gift certificate.

‡Once and For All (Year) — Clubs marked with ‡ received the Once and For All (Year) award. If 8, 15 or ≥20 members renewed membership for a full year (October 1, 2021—September 30, 2022), the club received a free ad valued at \$25, 45, or 125 (full page), respectively, in the Conference Ad Book.

CSX Toastmasters — Div A Area 12

†5-Star Toastmasters — Div B Area 23

Beachsiders — Div B Area 24

†‡Clermont Toastmasters — Div G Area 73

Club Orange — Div C Area 32

Daytona Beach TM — Div I Area 91

Downtown Ocala — Div G Area 71

†Driven By Destiny — Div H Area 80

Early Birds — Div H Area 82

Early Bird Ocala — Div G Area 71

†Fairwinds Speaks — Div C Area 33

†Find Your Funny — Div E Area 52

Florida Blue — Div F Area 61

Four Corners Toastmasters — Div E Area 50

Girl Talk — Div B Area 20

Heartland Talk of the Town — Div E Area 54

Let's Talk Toastmasters — Div D Area 40

Melbourne Toastmasters — Div B Area 22

Orlando Advanced — Div E Area 41

Ormond SpeechMasters — Div I Area 90

†Oviedo Toastmasters — Div D Area 41

†‡Plant City Toastmasters — Div E Area 53

South Beach Toastmasters — Div B Area 21

St Marx AME Text Talkers — Div C Area 33

‡Titusville Toastmasters — Div B Area 20

Toast-Stars — Div B Area 22

Trailblazers — Div D Area 42

Transformation Toastmasters — Div H Area 81

Turnpike Toasters — Div C Area 33

†Twilite Toastmasters — Div E Area 52

Vista Toastmasters — Div E Area 51

We Can Speak- Podmos Hablar Toastmasters — Div H Area 84

‡Weekend Toastmasters — Div D Area 41

†Winter Park Toastmasters — Div D Area 40

Wyndham Speak Easy — Div E Area 50

Congratulations Division And Area Directors!

95.1% of Areas submitted their Club Visit Reports before the 11/30/21 deadline! PHENOMENAL!!



<https://www.toastmastersd84.org/>
<https://www.facebook.com/toastmastersd84/>

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