

District 57 Dispatch

The District 57 PR team hopes you enjoy the September edition of the Dispatch. For your convenience, we've begun featuring the event calendar as found on D57TM.org. September's events can be found below. Make it a great month!

Lee Vaughan, Editor

September 2024 Event Calendar

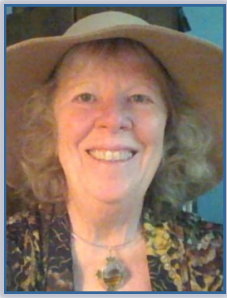


Luisa Montalvo,
 2024 World Champion of Public
 Speaking

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	[Holiday] Labor Day		Building the D57 Area Director Team Meetup Club Event Page Setup – Hands On Workshop/ Training			
8	9	10	11	12	13	14
		Keys to Get- ting it Right and Making it Work	Town Hall Meetup Club Event Page Setup – Hands On Workshop/ Training			District Executive Committee Meeting (DECM) – 9:00 – Noon
15	16	17	18	19	20	21
[Holiday] Prophet Birthday			Meetup Club Event Page Setup – Hands On Workshop/ Training	Business Meeting		Everything Area and Division Director Training, All At Once
22	23	24	25	26	27	28
			Meetup Club Event Page Setup – Hands On Workshop/ Training			Train The Trainer!
29	30	1	2	3	4	5
	Dues Due!					

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MEET SALLY PHILBIN, DISTRICT DIRECTOR

The Dispatch recently interviewed Sally Philbin, longtime Toastmaster and District Director for the 2024-2025 term. Here is what Sally had to say.

Q: Congrats on your appointment as District Director for District 57! Tell us a bit about yourself, both professionally and personally. Also, can you think of something the Toastmasters community might not yet know about you?

A: Well, I grew up a country kid in the Central Valley of California with

a horse in the backyard. We had dogs, cats, rabbits, and raised goats for Heifer Project. I started a 4-H project for developmentally disabled kids when I was in high school. I partnered up with a friend and traveled up and down the Valley competing in Gymkhana Playdays (barrel racing, pole bending, keyhole and other speed events on horseback). While I have had as many as 6 horses in my backyard here in Hayward, I am now down to just one. I'm on the lookout for another.

[\(Continued on page 5\)](#)

“I so wish I had gotten outside my club sooner.” - Sally Philbin

CALLING ALL CLUBS TO SIGN UP FOR MEETUP, BY SREE GUDDREDI



Enhance your club's outreach by filling out the signup form at d57tm.org/meetup. It's completely FREE, and the District 57 PR Team will provide all the necessary training. If you have any questions about using Meetup, feel free to email meetup@d57tm.org.

Meetup is a powerful social networking platform that connects people in your community with events that match their interests. By signing up, you can significantly boost your club's



visibility, attract new members, and increase attendance at your meetings and events. Meetup will automatically notify interested individuals about your upcoming gatherings, making it easier than ever to grow your membership.

This platform connects anyone interested in communication, public speaking, impromptu speaking, storytelling, personal development, leadership, and overcoming the fear of public speaking to your club events. Your next guest could be just a click away!

Don't delay—**SIGN UP NOW** and watch your club thrive!

After your signup, the meetup team will contact you to create an event page for your club in the D57 meetup group to publish recurring club meeting details. You can personalize the page to represent your unique club and attract guests.

For questions, contact meetup chair, Sree Gudreddi at meetup@d57tm.org.

YOU ARE SPEAKING, BY JEFF YOUNG, CLUB GROWTH DIRECTOR

One of the biggest things stopping us from giving speeches is our own fear of failure. It's natural to be hesitant and uncertain when you're up at the lectern; that's the secret source of all those 'ums', 'yeah, so's...', 'like', 'you know...' and double clutches. Whether you're struggling to come up with what to say next, or trying to remember what came next in your speech, the verbal pauses and clutch words are you feeling the nervous need to fill the silence with -something- because people are waiting for you.



It doesn't have to be that way.

One of my early mentors in communications taught me a trick he uses; he always has a bottle of water handy. When he's trying to let his brain catch up, sometimes he'll take a slow sip of water and smile. Then he starts a new sentence.

In an era of Jeopardy and other 'answer quick' game shows, in an environment where interrupting is a common practice instead of the rudeness that it is, and in the high pressure information Now age we live in, it's natural to want to keep talking. Our brain thinks, 'if we stop talking, we lose our turn.' Get shot down enough, you'll tend to remain silent, and that is how you fade into obscurity.

Toastmasters gives you that chance to speak up. To speak out. To be bold if not brave. To have a license to mess up the first time and the fiftieth time. Our Grammarian will note gaffes and move on; it's a comment, not a complaint. And so we learn to be more efficient by trying to be better as a skill, rather than a test.

But it takes being willing to speak up in the first place. To practice being imperfect rather than procrastinate for feeling a need to be perfect.

So even if you're not feeling ready? Volunteer for that empty spot in the schedule. Bring that half-baked speech. Keep a half-dozen great sounding soundbites in the back of your head, and get up there and just practice Speaking.

You'll still learn something. You might get told to redo that speech - and you can be okay with that, because it wasn't quite finished anyway. You might even be given some ideas on how to make it better than your original plans.

You know how they say that no plan ever survives first contact with the enemy? And that whatever can go wrong, will go wrong?

Perhaps Moltke and Murphy ought to have been Toastmasters. Because in Toastmasters, we train to work around the forgotten lines, the unexpected interruptions, and the challenge of fitting in that esoteric erudite Word of the Day that doesn't have a normal use. You've seen your fellow Toastmasters step up to the plate and do those very things, I'm sure.

Why not you?

Remind yourself that you're in Toastmasters to speak. Tell yourself that you don't have to speak, you get to speak. Realize that you're in Toastmasters to learn, and recognize that the best way to learn? Is to just do it. There should rarely ever be a meeting with no speeches scheduled.

So when's your next speech?

And if you need an idea? Feel free to drop me a line at jeffrey@d57tm.org. I give away free speech prompts, like this one:

Do you have a memorable quote, from a famous person, book, or movie? Build a speech around as either the title or the opening line. For example, what would you do with the title, "I Coulda Been A Contender?" or, "I am Not Left Handed?"

DISPATCH AND THE SUNDAY DIGEST...WHAT'S THE DIFFERENCE?

WHAT THE DIGEST DOES:

- Serves to remind members about D57 events
- Cuts down on e-mails

WHAT THE DISPATCH DOES:

- Focused on inspiration and education
- Includes topical articles on public speaking
- Serves as a platform for leaders to share information

HOW THE DIGEST AND DISPATCH WORK TO- GETHER:

- Dual approach of short-term reminders and information for long-term growth

WHAT YOU CAN DO FOR THE DISPATCH:

- Submit articles on public speaking or club and member spotlights to [news@d57tm.org!](mailto:news@d57tm.org)

LEADERSHIP CONTACTS

Not sure how to reach leaders in Toastmasters? Find contact information for any D57 leader on the District 57 Leadership page!

[District 57 Leadership - District 57 Toastmasters \(d57tm.org\)](#)

RISE TO SPEAK, BY LEESA THOMPSON

Contest season looms, December's near,
But thoughts of victory are already here.
The stage awaits, a challenge reborn,
To craft a speech that breaks the norm.

Luisa Montalvo, with a story to share,
Of 37 strangers who showed they care.
A car crash that nearly claimed her breath,
But faith and strangers defied death.

First place, she earned in the world's grand
fight, The first Hispanic to claim that height.
At the Winners Showcase, her truth she spoke,
Of God's embrace when her spirit broke.

She stands now with purpose, clear as day,
To raise funds for dogs in need of a way.
Her win a beacon, her voice a guide,
For every speaker with a dream inside.

Others on that stage did tell their tale,
One unready to compete, yet did prevail.
Another lost a job to a lifeless bot,
But heart and soul, that AI had not.

Contest season begins, a race anew,
But it's never too early to find what's true.
What speech will you give? What story to tell?
In the world of words, may you excel.

CLUB ACTIVITIES CALENDAR

Calling all District 57 Toastmasters Clubs! Ready to add some sparkle to your events? Whether it's an Open House, a Speech and Evaluation Contest, a meeting with a fun twist, or a training workshop, make sure to share the excitement on the Club Activities Calendar at d57tm.org. It's the perfect way to spread the word, attract new members, and showcase the amazing things your club is up to. Let's fill that calendar with fantastic events and keep the Toastmasters spirit shining bright!



Please send this information to Karen Bouvier, D57 PR Team, karen.bouvier@keysight.com:

- Event Title (if applicable)
- Event Type: Open House, Contest, workshop, etc.
- Date/Time
- Location: address for in-person attendance or link for online attendance
- Contact name, email, and/or phone number
- RSVP date, if requested

ATTENDING THE TMI CONVENTION VIRTUALLY, BY LEESA THOMPSON, PR MANAGER

This year, I found myself in a bit of a dilemma when it came to participating in the Toastmasters International Convention. A number of my friends were encouraging me to attend in person, but I had concerns about the cost, the time commitment, and dealing with the crowds. As the event drew closer, I was still undecided.



Then, just a day before the convention, I made a decision that turned out to be the best choice ever—I purchased a virtual pass. From the comfort of my home, I was able to attend the business meeting, educational workshops, and even watch the semifinals and finals of the speech contests.

One of the highlights was Luisa's winning speech, which was incredibly moving. However, I was also disappointed to learn that two contestants I had been following were disqualified due to time violations. Despite this, the overall experience was enriching and fulfilling.

Perhaps the most surprising aspect of attending virtually was the connections I made. After Luisa's speech, I shared a poem I had written about the speech finals, and to my delight, she commented on it on the Official Toastmasters site. This led to us connecting afterward, proving that you don't need to be there in person to forge meaningful connections.

Attending the convention virtually allowed me to experience the event fully without the challenges I initially worried about, and it's an experience I'd highly recommend to anyone in a similar situation.

MEET SALLY PHILBIN (CONTINUED)

I graduated with a Master's in Public Administration from Cal State Hayward and spent my career in Human Resources, retiring from the University of California, Office of the President as the Manager of System wide HR Compliance. My DTM project was a project that included all of the University campuses, making sure that all individuals listed as dependents on employee health insurance were indeed eligible for coverage.

Q: Doubtless, it's been a long road to the District Director chair, and you've seen a lot in your Toastmasters career. Two questions come to mind when I consider your tenure. 1: What's been done in the past that the district might revitalize to improve the Toastmaster experience? and 2: Do you have an impression of where we haven't gone before that we should explore?

A: 1. I have reopened the monthly District Executive Committee Meetings (DECMS) to include Past District Governors/Directors & Club Presidents, VPEs, and Secretaries as was done in the past. If we hide behind limited access, how are we ever going to whet people's interest in joining the leadership group?



“Any Toastmaster can contribute in any way they choose, in whatever way they can.”

2. I can't really say what we have never done before. While, I have been a member of Toastmasters for a very long time, I was one of those that stayed in my club for years at a time, poked my nose out and then popped back in until one day someone asked me to be an AD and I said yes. You have to be willing to take a risk you know and just say yes. I so wish I had gotten outside my club sooner. There is so much still to be done.

My big push this year is to get away from counting points. Focus on helping our members to realize their goals. Remind them why they joined Toastmasters; resurrect those goals and just get on with it. Only use the points as a guide not as the end goal.

Q: What are your thoughts about how the common Toastmaster can contribute to the Toastmasters community? What opportunity exists for the district to tap into talent from those Toastmasters who haven't contributed beyond the club level for whatever reason?

A: First, I take exception to the reference “the common Toastmaster”. Personally, I have never met a common Toastmaster. One of the things I love about Toastmasters is the opportunity to meet so many unique individuals. Any Toastmaster can contribute in whatever way they choose, in whatever way they can. In my Toastmasters career, my experience seemed to support the idea that we often hear, that people just need to be asked. Of course, it's so much more than just asking, it's building rapport with people, educating people on

the various roles so that they know what is involved, and letting people know that they can and should bring their strengths and weaknesses to the position...their strengths to enhance the position and their weaknesses so that they can grow. Most importantly, let people know that they are never alone. They will be surrounded by support throughout their journey.

Q: When you've served your full term as District Director, what lasting effect would you like to have had on the organization? Ideally, people would say the “Sally Philbin year” of the district was [fill in the blank].

A: The “Sally Philbin year” of the District was marked by a shift toward more inclusivity and an emphasis on the importance of the member experience.

Q: What is the most important message you'd like to share with our readers – especially members without a title beyond Toastmaster?

A: First, it's not about the titles. It's about individual growth and satisfaction. There you have it. Your growth and your satisfaction. Remember your goals and initiate a plan. Ask and offer help along the way. You'll be surprised at the outcome.

PUSH IN THE CLUTCH, BY LEE VAUGHAN



Have you had moments like this? You're trucking along in your speech just fine, an experienced driver with training and a Class-A license, shifting through the gears of your presentation. But then something happens. Your mind races a little bit past the moment, or there's some sort of other glitch that happens – and your gears grind, you do what's known in public speaking as a double clutch. That is, you repeat what you just said, immediately after you said it.

Yes, this sort of mistake is human, and most people do it at some point. We wish we didn't, but it seems inescapable that we'll sometimes misspeak this way. Unfortunately, double-clutching is probably here to stay in the mix of public speaking foibles. And whenever I think of a double clutch, I think of the gangster in the mob movie *Goodfellas*, "I'm gonna go get the papers, get the papers."

But can we turn this situation around when it happens? Better still, can we use it to our advantage?

The next time you double-clutch, pause a moment. If you've already said the words you didn't intend to say or you said them the wrong way, go back and say them again, but use the moment to emphasize the point, rather than make a quick correction to gloss over the mistake.

Instead of leaving the double clutch as something like this, "It was at that point in my childhood that I first began to fear being alone, *being alone*. And when I grew up, I realized that nothing had changed..."

You can take advantage of the opportunity by taking the moment in this sort of direction, "It was at that point in my childhood that I first began to fear being alone, *being alone*...Do any of you remember being alone as a child? No, it's just me? Ah, you there—and you. And did this feeling magically go away? No. And when *I* grew up, I realized that nothing had changed..."

Of course, the double clutch cannot be erased, but it can be leveraged. By double-clutching this way, you simultaneously signal to the audience that you're human (this can sometimes be preferable over 100% slick delivery) but you're highly engaged with the audience and can use your imperfections to add dynamics or immediacy to your speech.

Next time you double-clutch, don't ignore it, and don't gloss over it. Instead, pause in that moment. Take a second to recognize the relative importance of your statement, then redeliver it with whatever emphasis you think it deserves. To double-clutch is human, so use it. Lean into it. Push in the clutch.

