



# Essex Toastmasters

*Where Success Shows and Confidence Grows!*  
Club 2567 Area 54 Division E District 83

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## A Message From The President

*By Trisha Haszel Kreibich, CC, ALB*



As we near the end of another Toastmasters year, it's a great time to reflect. This newsletter provides a highlight of the year and what has been accomplished. Special thanks to all of the contributors, especially Matteo and Erica for spearheading its development.

At the transition of the Toastmasters year last July, the Club was presented with the Perfect 10 award - one of Toastmasters' highest honors for a Club. This is achieved by reaching all 10 goals in the Distinguished Club Program. It would not have been possible without the drive and dedication of our members but also the encouragement, guidance, and careful planning from our past officers.

We also started out this year with a new and mysterious challenge: Pathways. Some are just getting their feet wet with the new program while others dove right in. There has been a learning curve for everyone taking this on, but when we attempt something that is challenging and unfamiliar, it pushes our growth even further. On the next pages, Greg provides a helpful (and humorous) step-by-step guide for those of you who are looking to start this journey.

We appreciate everyone's patience as we hopped between meeting locations while the Verona Public Library was finalizing its 18-month renovation. It's our members' dedication to the Club that kept us strong during this period of transition. While we were disappointed to hear that the Verona Public Library meeting room policy had changed, we are quite happy with our new home at the Bloomfield Civic Center.

It is now time for our leadership to change hands to a new set of members who will put their own mark on this Club's history. This last year, we had four brave members take on an officer role for the first time and three dedicated members serve in another officer role. I would like to thank each one of them (Greg, Judy, Erica, Matteo, Maddy and Sharrod) for their fantastic service over the past year.

It has been a pleasure serving you as president this year, and I look forward to what this next year will bring for the Club. Let's continue to work together to make 2019-2020 another landmark year!



2018-2019 ESSEX TOASTMASTERS CLUB OFFICERS (from left to right): Sharrod Gaines, Sergeant-At-Arms; Maddy Loperena, Treasurer; Matteo Picinich, Secretary; Erica Martell, VP of Public Relations; Judy Glock, VP of Membership; and Trisha Haszel Kreibich, Club President. Greg Costanzo, VP of Education (not pictured), was inducted at a later date.



## Have No Fear: Tackling Pathways

By Gregory Costanzo, Vice President of Education



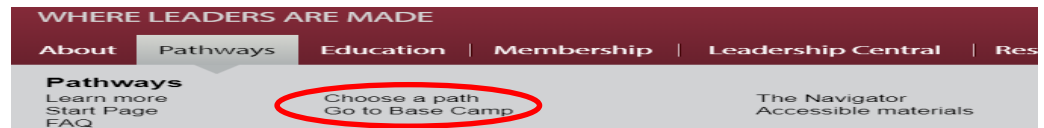
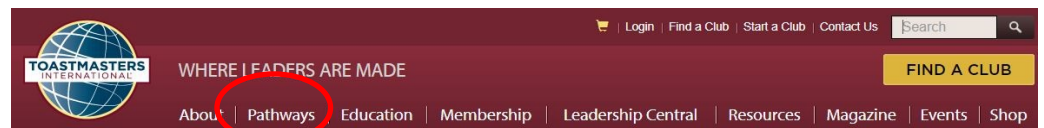
Are you afraid of Pathways? Does it haunt you in your sleep? Of course not, me neither. I don't know why you'd even bring it up. I'm totally not frightened when I click on Base Camp and attempt to look for my next project. I am never fearful that I may never locate my upcoming speech's evaluation. And uploading a completed speech evaluation in order to unlock my next project? There's surely no reason to panic when doing that.

So if you're like me, it's been an easy transition into Pathways. But, in the event that you may have stumbled when navigating Toastmasters (fairly) new educational platform, I'm here to tell you that it's not going to be easy. You read me right. It initially won't be easy, but it is certainly doable.

Toastmasters didn't design Pathways like Apple designed the iPhone. It's not intuitive. It's not pretty. But it's what we have, and by golly, we're going to make it work! I like this attitude, so let's get started.

We start with the basics. First, make sure you've created a login. If not, take that step first.

- (1) **Logging in.** Right?! Like, where do I go? I got you. It's right here: [toastmasters.org](https://toastmasters.org). Simple. Easy to remember. Click on "Log In" found at the top of your screen and log in.
- (2) **Getting to Pathways.** Step two, and still pretty easy compared to what's to come (insert maniacal laugh). There's a bunch of tabs that run across the screen. See that one that says "Pathways"? Click on it. A bunch of menu items will drop down. Select "Go to Base Camp."



- (3) **Finding Your Path (and figuring out what project you're on).** Let me take this moment to clarify something that may confuse those who are familiar with the traditional manuals. In the Competent Communicator manual, your next project is your next speech. But in Pathways, your next project may happen to be a speech or it may happen to be something else. In Pathways, we're not on this linear track of completing speech after speech like in the Competent Communicator. Sometimes we'll need to serve as a Speech Evaluator in order to move forward, as is found in Pathways Level 1, Project 2C. Serving as a Speech Evaluator is a "project", just like delivering a speech is a project. This is where Pathways got something right. It's blended leadership curriculum with that of communication, whereas before they were separated into two manuals.

So, back to finding your path and next project.

Now that you're in Basecamp, you should be on a page titled "Pathways Learning Experience" that displays three columns. Look at the middle column and click on "Go to Base Camp", for the second time!

## PATHWAYS LEARNING EXPERIENCE

Welcome to Pathways! You'll be challenged and inspired to reach new heights both personally and professionally.

### Choose your path

What are your goals and how will you achieve them? Take the Pathways Assessment to identify the path that best aligns with your interests and objectives.

Club officers: you can order a path for yourself or a path in printed materials for your members.

Yourself
Another Member

**Continue to Path Selection**

### Access my path through Base Camp

Access your path here through Base Camp, your online gateway to Pathways. Base Camp tracks your progress and lets you connect online with other members of your club.

Your home club:  
Essex Toastmasters

**Go to Base Camp**

**Log In as Base Camp Manager**

### The Navigator

View *The Navigator* to guide you through each step of your journey. Refer to it to support your progress and to answer your questions along the way.

Select Language:  
English

**Launch The Navigator**

- (4) **Locating Your Project.** Click on "Education Transcript - Access My Path". Now the fun part: figuring out what to click on next. There may be a long list of file folders and computer icons to click on. To best figure out what exactly you need to click on in order to look at your next project, find your Pathways track (e.g., Innovative Planning, Presentation Mastery, etc.) and select "Open Curriculum."

NAVIGATING BASE CAMP

**EDUCATION TRANSCRIPT ACCESS MY PATH**

MY FEEDBACK

MY BADGES

SPEECH EVALUATIONS

**Team Collaboration**  
 Due: No Due Date Status: In Progress

**Open Curriculum**

What comes next is a clear outline of your five levels and the projects within each, plus how much progress you're making.

25%

**Level 1**

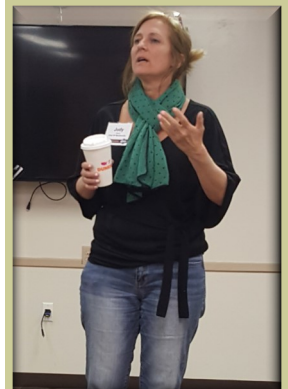
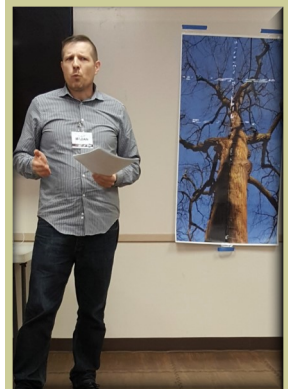
Completed: 1 Min Required: 4 Total Items: 4

**Ice Breaker**  
 Status: Completed Due: No Due Date  
 This foundational project is designed to introduce you to your club and the skills you need to begin your Toastmasters journey.

**Launch**

**Evaluation and Feedback**  
 Status: In Progress Due: No Due Date  
 This project addresses the skills needed to give and receive feedback. You will learn about giving, receiving and seeking feedback.

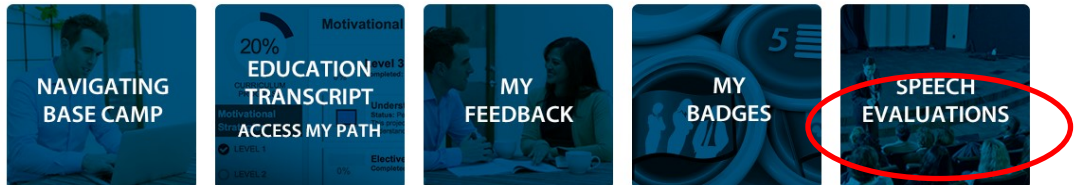
**Launch**



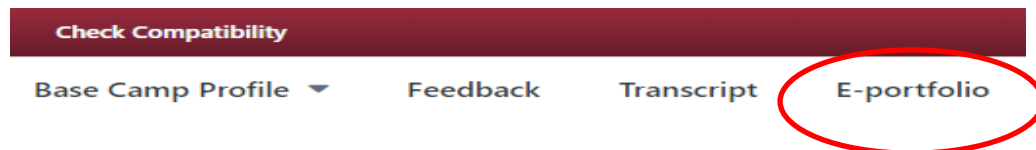


Click “Launch” to open up the contents of your next assignment. Be sure to follow all the steps before and after the project, including the pre- and post-assessment, in order for the system to recognize your completion. Otherwise, it will prevent you from moving on to your next project.

- (5) **Downloading Speech Evaluations.** Let’s make retrieving your speech evaluation forms as easy as possible. Getting back to the Home screen with the five tiles, click on “Speech Evaluations.” Scrolling down you’ll find every project’s evaluation resource listed in alphabetical order. Once you find your evaluation form, you can print or download the PDF.



- (6) **Uploading Speech Evaluations.** You’ve delivered a speech and received your feedback, but in order to officially complete the project in Base Camp, you must upload the evaluation resource. The PDF that you previously downloaded should be filled out by your evaluator. Once you have that form, go back into “Education Transcript - Access My Path” and then select “E-portfolio.”



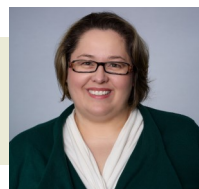
Next, select “Documents”, choose the Level you’re currently working in and then click “Add File” to upload your completed evaluation. And then wipe your hands clean of Pathways for a bit and celebrate with a little Netflix binge or whatever else you choose to put this experience out of your mind.

That concludes our Pathways tutorial. I hope those nightmares of Base Camp you never had don’t come back. But if you do wake up unexpectedly in the middle of the night in a cold sweat days before your next Toastmasters meeting, I hope that you shout out in proper grammar, “I am not afraid of you, Pathways!”



## Our Contests: Year In Review

*By Erica Martell, Vice President of Public Relations*



Back in September, Essex Toastmasters hosted our annual Humorous Speech Contest. Olivier Blot showed us the funny with his homemade time machine, creative storyline and comedic physicality throughout. His speech produced the most laughter from the audience, and he took home first place. The affable Dr. Tyran Mincey entertained us and finished as runner up.

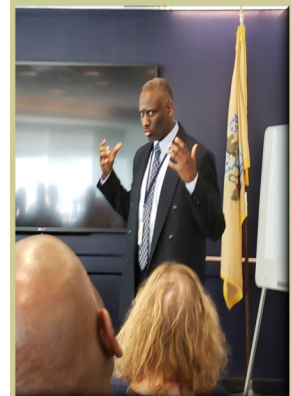
Fast forward to February 28th for our second annual contest, the International Speech Contest. This time it was Dr. Tyran Mincey who placed first. Dr. Mincey delivered a moving speech, "Lost and Found" where he reminisced about losing his young child on her way to school and how he reconnected with her. Olivier Blot came in second place for his speech, "Kick the Co2 Habit." For the Evaluation Contest, a special guest, Area 42 Director, Peggy Seymour, gave a fantastic speech with vocal impressions on "Gift Giving" evaluated by first-time contender Anita Crum, Greg Costanzo (placing 2nd), and Zachary Schwartz (placing 1st).

On March 23, at Prudential Financial in Roseland, NJ, our top winners from the Essex Toastmasters contests went onto speak at the International Speech Contest for Division E, Areas 53 & 54. Dr. Tyran Mincey took first place in Area 54, with Jonathan Godin coming in second. Oscar Ocasio won first place in Area 53 with his speech "Letters." Oscar told an endearing story of the letter he received when he was accepted to NYU and how he went on to handle the hurdles that he encountered with his financial aid. Zachary Schwartz won first place in the Evalua-

tion Contest. These gentlemen all performed well and did a great job!

On April 7th, in Fanwood, NJ, Dr. Mincey placed second in the Division E Spring speech contest and Zack Schwartz placed third in the Evaluation Contest. Finally, District 83 met in Woodbridge, NJ for the Annual Conference on May 3-5. Winners for International Speech included Oscar Ocasio (1) for "Letters", Danielle Ullao (2) "Grab it and Let it Go", and Maggie Muang (3) "Unapologetically Good Enough." Winners for Humorous Speech were Michael Matera (1) "How to Lose Friends and Alienate People," John Carey (2) "Dying to Meet You," and Nandita Dsouza (3) "Humor in Uniform."

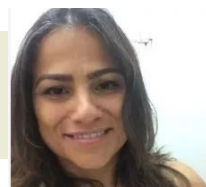
Several of our members had phenomenal accomplishments over the past 2018-19 year. Dr. Mincey completed his Advanced Communicator series (Bronze level). In May, Zack Schwartz received his Competent Communicator award after completing 10 speech projects under the original legacy program. Finally, Monica Helsel attended the DTM Reception on May 3rd at the District 83 Conference. The Distinguished Toastmaster award is the highest our organization bestows. The DTM recognizes a superior level of achievement in both communication and leadership. On May 4th, Monica was present for the DTM Induction ceremony and received a medallion from the incoming President of Toastmasters, Mr. Deepak Menon. Congratulations to all our members for their accomplishments this past year!





## My Journey to Wedding Officiant

*By Maddy Loperena, Treasurer*



Before Toastmasters, I didn't have the self-confidence of sharing myself in front of a group. I had always looked for ways to improve my public speaking because inwardly my wish was to speak flawlessly and to the point in front of a group. I took the leap in December 2017 and joined Toastmaster. I joined the club because I wanted to work on my poise and hone in on the important pieces of public speaking. It's been approximately 2 years with Essex Toastmaster and I've achieved the Competent Communicator level. In recent months, I was asked to be the officiant at my nieces wedding. It was an honor to be asked and I jumped right in because I had built my confidence in speech delivery at my club. I embraced the role became ordained and delivered the ceremony in a very professional manner. It was received with high compliments and love. I am extremely grateful to my club for allowing me to practice this craft. I now have booked another wedding and look

forward to officiating many more. The experience was extremely helpful in building a new side gig which I enjoy.



## From Where I See It

*By Judy Glock, Vice President of Membership*



Toastmasters is so much more than a speech making club. In three short years Toastmasters has improved my speech and presentation making skills, given me the confidence to evaluate both club members and work colleagues AND made me more cognizant of my diction. As someone who speaks on the phone all day (I'm in sales) I am now conscious of the "ums" and "ahs" as well, the pauses. How many sales people do you talk to try to talk over you? How good are they at actually PAUSING and listening? My Toastmasters experience has totally changed the way I present myself to my customers. I wanted to be that sales person who knows when to pause and now I am!

There isn't enough space for me here to print the benefits of my Toastmasters membership. A year ago I had the opportunity to speak at a

very solemn and sad occasion...a funeral. One would think that to be surrounded by friends and family wouldn't cause nervousness however looking out onto an audience of sad faces and having to talk about past memories can be more difficult than you think. Toastmasters absolutely gave me the confidence not only to volunteer to speak at the funeral but also gave me strength to pay tribute and recall anecdotes without totally breaking down...

Looking ahead I am psyched to take advantage of all that Toastmasters has to offer - speeches, club contests, officer roles and more. I encourage our current members to do the same. Let Toastmasters help you address and conquer those personal and professional challenges!



## In My Humble Opinion

By Matteo Picinich, Secretary



Many people join Toastmasters for different reasons, whether it be to boost their self-confidence, improve their communication and public speaking skills, to advance in their careers or simply because it looks good on their resumes. I've asked several fairly new club members the following question:

### "Why did you join Toastmasters and what do you expect to get out of it?"



"I've been familiar with the organization even briefly participating in meetings a long time ago so I knew how good of an organization it was and what it can do for people. For me personally, I knew this was something that could really help my career. What I do as a consultant and what I need to do to build my business, build my brand is really get out there and do some speeches, do some public speaking. I know I have a lot of flaws in doing it, so I knew I really needed to improve my public speaking for what I want to do professionally."

— Robert Caldera



"The reason why I joined Toastmasters was because at my current job I'm expected to be proficient in speaking to people and doing presentations. I really wanted the opportunity to do that. I needed to work on that a lot so I've decided to join Toastmasters."

— Simone Lyle



"I've joined Toastmasters to push myself personally outside of my comfort zone and I hope to gain better public speaking and leadership skills in addition to meeting wonderful people and having a wonderful club experience."

— Varius Von Madan



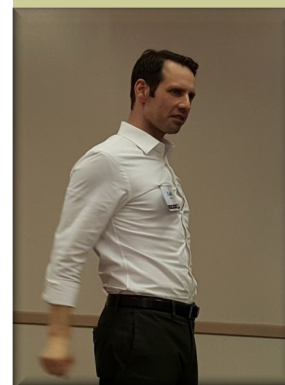
"I've joined Toastmasters because I love to talk. I love to teach people and share information. I've joined Toastmasters because it will give me more experience that I need to become a better presenter. The things that I've gotten out of Toastmasters is there's a wonderful camaraderie within the group. People are very helpful and it's providing me with leadership skills that I can use in the future and with my business."

— Penny Patnaude



"I was a member of Toastmasters in Long Island sometime around 2001-2002. I gave a couple of speeches there. Even though I was learning a lot, I let my membership lapse. Despite my short stint, I took away some really valuable lessons. Last November, I revisited my goal of tackling my fear of public speaking. When I saw that Essex Toastmasters met close to home, I paid them a visit. I was immediately reminded of why I liked Toastmasters – great members, supportive environment and excellent role models. I re-joined right away. I am learning a lot, growing as a speaker, but most importantly, in a fun and supportive environment."

— Rohit Sood



## Toastmasters Word Search

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



There are 20 Toastmasters related words hidden in the above grid. Can you find them all?

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



(Not pictured: Sharrod Gaines)

*"We wish the new 2019-2020 Club Officers a successful year!!"*

