

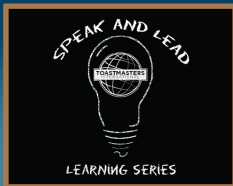


# JANUARY 2025



## SPEAK AND LEAD TOASTMASTERS NEWSLETTER

### Speak and Lead Sunday Learning Series!



**VIRTUAL MEETING  
SUNDAY  
JANUARY 12  
5PM-6PM**

**IF INTERESTED IN ATTENDING,  
EMAIL  
VPPR.TM660313@GMAIL.COM**

**The Speak and Lead  
Learning Series are  
meetings where we meet  
virtually to review videos of  
public speakers that will  
help us improve our own  
speaking skills. If you would  
like to join us at our next  
meeting at 5pm on January  
12, please email  
VPPR.TM660313@gmail.com**

### December Speech Recap

December was a great way to end the year with the speeches that were delivered. On December 5, Christina Trefurt gave a speech on the "Wonders and The Beauty of the Island Oahu" and her experiences while visiting. Steven delivered his speech on the pillars of branding. In our last meeting of 2024, we had two excellent speeches. Ivan delivered a very powerful speech about "Living Fully Before Zero". He spoke about creating memories while you can and not putting things you enjoy off for later in life. Ivan also distributed books to every member that follows the same theme. Lastly, congrats to George for delivering his Ice Breaker speech.

### JOIN THE PUBLIC RELATIONS COMMITTEE

Would you like to join the public relations committee for the Speak and Lead Toastmasters club? Are you willing to write articles for our newsletter? Would you be willing to write short articles for the local newspapers or online sites? Then we need your help! Please contact me Steven Drapkin, VPPR for our club at VPPR.TM660313@gmail.com today so I may add you to our committee.

**Meetings Every Thursday At 7:00**

<https://speakandlead.toastmastersclubs.org/>

Insta: speakandleadtoastmasters



# JANUARY 2025



## Speak and Lead Contest Recap

At Speak and Lead Toastmasters, we had our International and Evaluation Speech Contests on December 12, 2024. Congratulations to Shivaji for advancing to the area level for the International Contest and congratulations to Charisse for advancing to the area level in the Evaluation contest. Thank you to everyone that competed and helped us have successful contests.

## District 83 Conference Ambassador Committee

The District 83 Conference Ambassador Committee had their first meeting this past Sunday. This meeting was to plan the logistics of how to most effectively and efficiently visit as many clubs as we can to advertise this amazing event. The conference will be taking place at The Westwood in Garwood, New Jersey on April 26, 2025. This event will include a breakfast buffet, educational workshops, networking, author workshops, lunch buffets, evaluation and international contests and much more!

**Please email [VPPR.TM660313@gmail.com](mailto:VPPR.TM660313@gmail.com) if you are interested in joining this committee.**

<https://speakandlead.toastmastersclubs.org/>

Insta: [speakandleadtoastmasters](#)



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## Spotlight On Vice President of Membership

Lynn Schatz is the Vice President of Membership at Speak and Lead Toastmasters. Speak and Lead was Lynns's first Toastmasters Club and she has been a member of our club for the last 11 years. Lynn hated public speaking and really felt it was affecting her life, especially her career. Lynn did not want it to be the reason she did not achieve what she wanted, so she chose to get exposure to her worst fear and start working on getting rid of those jitters. In the old Toastmasters curriculum, she was an Advanced Communicator Bronze.

Lynn wanted to leave us all with a quote.

"You will get out of Toastmasters what you put in. If you don't come regularly, don't sign up for roles, and don't participate and step out of your comfort zone on a weekly basis...you won't see improvement. But put your best foot forward and the difference you'll see is amazing. I have seen members who really struggled being in front of an audience (including me) really become great speakers. Why not use this club to work on improving. If not here, where? "