



August 2017

# Toasters R Us Newsletter

## In This Issue

Meet Our Officers

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Did You Know?

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Joke

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Thought of the Day

### New Members

- Maggie Koonce
- Stephanie Mankarios
- Win Walker

### Upcoming Events

#### September

- Open House
- Area Contest

#### October

- Division Contest

### Educational Awards

- CC:** Donna Soo  
**ACB:** Lynn Stuart  
**CL:** Lydia Lee

## OFFICERS

- President:** Denis Goinard  
**VP of Education:** Amit Kharb  
**VP of Membership:** Stephen Buckhout  
**VP of PR:** Lydia Lee  
**Secretary:** Tao Long  
**Treasurer:** Venkatesh Keerthi  
**Sgt at Arms:** Sanjiv Kainth  
**Mentoring Chair:** Lynn Stuart

Editors - Tao Long, Lynn Ping, Tom May  
Lynn Stuart, Lydia Lee

**Toaster R Us** made a smooth transition to start the new TM year which began July 2017. Several of the first half-year officers kindly offered to shadow or help the less experienced new officers. Of the 26 members nominated for positions, the final slate were the officers chosen and interviewed below. We had a great start this year with lots of guests visiting our club. Our Club Evaluation and Humorous Speech Contests were conducted in August. Laura Torres and Daniël van Doorn will represent us in the Area Contest in September.



**Denis Goinard** - I am from France and moved to California in 2004. I joined Toasters R Us to improve my English and technical presentation skills. The first few speeches were not easy but I became more comfortable as I kept delivering monthly speeches to reach CC. I believe that it is more important to “know your topic” rather than learn speeches by heart; it makes a more natural delivery. I’ve held several officer roles in TM, which helped hone my leadership skills. The improvements I made in speech techniques and leadership skills helped me successfully deliver countless customer demonstrations over the past 12 years and contributed to my professional achievements.

**Amit Kharb** - I am from India New Delhi. It was a two-step journey for me to join TM. The first time, I found out it was too intimidating for me. Three years later, I tried again as I was transitioning to an Account Manager role and I wanted to improve my communication skills. Three things I learned from TM: Feedback from others is helpful to improve your speech; TM members are very supportive; Table Topics helps me feel confidence to give an impromptu speech.



**Stephen Buckhout** - As one of the founders of *Toasters R Us*, I have taken on multiple leadership roles. Through the years, I have witnessed many members accomplish what they came for – to become better communicators and leaders. I enjoy the diversity of our members, coming as they do from a wide range of countries and backgrounds. It enriches my life to hear about their experiences.



**"Each time we face our fear, we gain strength, courage and confidence in the doing." – Theodore Roosevelt**



**Lydia Lee** – I have worked at Synopsys for over 10 years. I joined TM four years ago so that I could learn how to deliver presentations at work with confidence. It was nerve-racking when I delivered my ice breaker speech; my hands got sweaty, my voice squeaked, and my heart rate elevated to all-time high. With TM’s help I feel a lot more confidence now. I have delivered over 40 speeches, most of them on my interests – running and eating.

**Tao Long** - I am from China and I have speech-phobia, like a lot people. However, I realized that public speaking and effective communication skills are not only for sales, they are skills for everyone. I have grown and learned about these skills in just a few months since the Open House. You can’t find a more friendly place to learn and practice public speaking. You only learn how to swim when you jump into the water. The more you get involved in TRUS the more you'll get out of it. That's why I am here. Happy Learning!



**Venkatesh Keerthi** – I joined Synopsys last year. TM was on my radar for a long time, but I never got the chance to join until now. I joined TM to improve my soft skills and my leadership qualities. I feel more confident, more in control and better organized since I joined six months ago. TM also helped me to push me out of my comfort zone, especially in Table Topics. Besides TM, I enjoy working, reading and traveling everywhere.

**Sanjiv Kainth** - Being in a Hard Core Circuit design role for almost 18 years, I never felt that lacking English speaking or good communication skills were in anyway impacting the growth in my job role. Recently, I realized it makes a big difference if you present your technical presentations with confidence, and that’s why I joined TM. Club members are professional and friendly. Listening to speeches, feedback from experienced speakers, and participating in various club activities is a great investment



**Lynn Stuart** – I had a life-long fear of public speaking and decided to get over it, so I joined TM. Being part of TM has allowed me to learn to enjoy public speaking and the bigger the audience, the better – talk about gaining confidence! I love the Toastmasters' culture of growth, improvement, and especially the spirit of mentoring and helping in a positive environment. My beloved (English) Bulldogs often show up in my speeches.

A waiter brings the customer the steak he ordered with his thumb over the meat.

“Are you crazy?” yelled the customer, “with your hand on my steak?”

“What “ answers the waiter, “You want it to fall on the floor again?”



**Did you know?**

**Fear of Public Speaking**



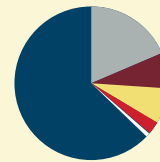
Also known as **Glossophobia**



**TM STATS - 2016**



> 345,000 members  
>15,900 clubs  
in 142 countries



63.0% ■ North America  
0.4% ■ South America  
6.1% ■ Australia  
6.6% ■ Europe  
2.0% ■ Africa  
21.9% ■ Asia



Average Age  
46.6

**ARE YOU Scared OF Speaking IN Public?**



**Join us! Meetings Every Tuesday @ 12:00pm**