

Sunset Sentinel

District 83 Table Topics Contest Winners

1st – Christopher Hansen (Center)

2nd – Veronica Harris (Left)

3rd – Aubree Lynn (Right)



Aubree Lynn, president of Sunset Toastmasters based out of Pearl River, NY competed in Toastmasters International's annual fall speech contest. Aubree participated in the Table Topics competition, won the club and division E contest and faced off against other division winners (over 140 clubs) at KnowledgeNet 2.0, District 83's Fall Conference on November 14, 2009 at the Woodcliff Lake Hilton in Woodcliff Lake, New Jersey. Aubree took third prize, the bronze trophy. Her Table Topics question was to address what she personally would do to carry out District 83 Governor Brian Lin's vision statement: "Better You, Better World." Aubree was her usual calm, collected self in her award-winning delivery of the answer when she spoke before a large crowd in the Woodcliff Lake Hilton's Amphitheater.

Member of the Month, Barbara Noyes**1. I understand you are a police officer and one of the first women in Rockland County, can you tell us a little bit about your professional background?**

I didn't decide what I wanted to be until I was in college. My first choice was to be an astronaut, but back in those days, only Navy pilots were astronauts so I decided to find another career that would satisfy my need for adventure. Hence, I have been a police officer now for 31 years (gulp). I love the opportunity that it gives me to help others in such a direct way. I was the first female officer in Orangetown and one of only three females in the whole of Rockland County and in retrospect, it might have been difficult. Had I looked at the challenges, I might have been intimidated, but I just did my job and trusted that my performance would speak for itself.

2. What brought you to Sunset Toastmasters?

I always wanted to improve my public speaking. Being the first female officer put me in the position of speaking to groups about my experiences, and I would be really nervous and stressed out. For years, I kept a copy of the address for Sunrise Toastmasters in my files for that day when I would have the opportunity to join. I kept it so long and it was actually printed on a dox matrix printer with the rip off tabs. I then took a class at Boscov's where some Toastmasters were creating an evening club, and that would fit into my schedule! Serendipity at last.

3. For some of our newer members who have only seen how polished a speaker you are today, can you describe how you felt when you were giving your first speech?

You are so nice....my first speech went well, but I was of course, very nervous. I didn't give the speech as I had planned, but I think it worked out. My second speech got the better of me, and it didn't work out at all, but I have learned in Toastmasters that you don't die with a bad speech, you just learn and move on. I have to say when I gave my first Table topic I was so nervous, I just blathered (and made stuff up!) I didn't even know if it sounded believable, but I just said whatever came to my head!!

4. I heard that recently you have taken on a significant leadership role as Area 52 Governor, what kind of responsibilities comes with that role? What is your vision for our Area?

There are a lot of responsibilities with the job, that I didn't really know before I took it, but I have a lot of help, thank goodness. Summarizing the role: To host two officers training, one in the summer, one in the winter, hosting two contests, visiting the area clubs in your area and being of support to them. I have 6 clubs, and we are sponsoring another and it is absolutely amazing to meet the wonderful members of the other club. You really get a sense of the relationships and where people are in their lives and the possibilities that being a Toastmaster can offer an individual and a club.

5. What is the one greatest impact toastmasters has had on your life personally and one greatest impact toastmasters has had on your life professionally?

Professionally, I feel so much more comfortable speaking in front of people. I don't use as many fillers and I have practice in thinking verbally on my feet so I just don't blurt things out that don't make sense. Personally, I believe that it has helped me grow as a person, to not be afraid to put myself out there and to make a difference. The Penguin Plunge was formed through Mike Lynch (another Toastmaster) and myself, and has enabled the group, now a tax deductible 501 c3 (just saying!) to financially the families with seriously ill children. In our two years thus far of providing a place to jump into the Hudson River in the winter, a truly transformational event, we and our generous supporters,

Letter From The President

Fellow Toastmasters,

As we come to a close to another year, it is a time for pause and reflection. As we look back, on the year, I would suggest looking at all the good and progress you have made in all areas of your life. Because you are a Toastmaster, you have already proclaimed your desire to be a better **Listener, Leader, and Communicator.**

According to Gary Blair, *success is the ability to recognize opportunity, to form plans and strategies and the most important to develop the skills needed to execute those strategies.* Over the past six months, I have watched each one of you move through your

speeches and roles with amazing progress.

For this New Year, might I suggest that you not only set new goals, but that you make a commitment to yourself, on how you will reach them. It is good to dream and to believe, but we must always act upon those dreams or they will not come true. The only thing in life that stands between a person and what they want is the will to try it and the faith to believe it is possible!

Take the long view, but take it one day at a time! Wishing all of you a very Happy New Year...

-Aubree Lynn

Growing Through Toastmasters

I'm a big believer in stretching. One of the first things I learned in a beginner's Brazilian jujitsu class was that if I could withstand the discomfort and hold the stretch a few seconds longer each workout, pretty soon I would begin to see tangible results with my flexibility. I though this was pretty good advice not only for martial arts, but also for my life in general.

A year and a half ago the place that cause me the greatest discomfort, was standing in front of a group of people and

speaking. This weakness was magnified by my escalating responsibilities at work requiring me to give marketing presentations to potential clients on a regular basis April 2008. How do I give a business presentation calmly, confidently, and persuasively without shaky knees, sweaty palms, and nervously touching my nose? I also knew I had to improve my spontaneous speaking abilities as I was beginning to apply to MBA programs and very nervous about the interviews.

"I continue to look for opportunities to stretch and grow."



cont'd

These were the challenges I wanted to overcome when I first walked into Sunset Toastmasters in April 2008.

Sunset Toastmasters has been a place where I've continuously been pushed to stretch outside of my comfort zone. Just a few months after that April day I was asked to take on a leadership position in the club first as treasurer and now as the VP of Public Relations. Each role and meeting I've found opportunities to improve my speaking, evaluating, and leadership abilities. Oftentimes exercising these abilities and taking on new roles was a little bit uncomfortable at first, but with practice and encouragement from the leadership team and more advanced speakers, I've found myself growing a lot as a leader and speaker. I've come to realize that each time I've taken on more responsibility I've been blessed to meet people much more talented than me, graciously willing to

extend a hand to help me fulfill those responsibilities. These lessons, a glowing recommendation letter from a member of our executive team, and a solid interview, which I treated as a 30 minute table topic session, played a big part in my gaining admittance to a few MBA programs of my choice. My performance at work has improved as I am now very comfortable giving speeches and making marketing presentations to strangers, and I continue to look for opportunities to stretch and grow.

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We're on the Web!

See us at:

<http://www.sunsettoastmasters.org/>

About Our Organization...

Established in 2003, Sunset Toastmasters provides a supportive environment to enhance the participant's speaking, listening, and leadership skills. Each member has the opportunity to work on individual ability through continuous practice, presentation, and exercise, and increase confidence at his or her own pace and comfort level. The Club is an affiliation of Toastmasters International, a world-renowned

organization that helps members hone their public speaking presentation, listening, and leadership skills through the use of guidelines in Toastmasters manuals and member evaluations. Since its creation in 1924, Toastmasters has grown to 11,500 clubs with more than 226,000 members in 92 countries.