



## SAN FRANCISCO TOASTMASTERS January 2012 Newsletter

SFTM SQUARE

### New Year Resolution: Shed Words!

*"If I had more time I would write a shorter letter."* Mark Twain

Is shedding holiday pounds on your new year's resolutions list? If you are one of those aberrations with the will power to limit your holiday dessert intake, we challenge you to shed words instead. Here are 3 simple steps:

- Cut out unnecessary words (e.g., *really, very, quite, extremely*)
- Avoid redundant phrases (e.g., *end result*)
- Replace lengthy phrases with a single word (e.g., *the chocolate that tasted so yummy* with *the scrumptious chocolate*)

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### SFTM Night Out

February 10, 7:00-11:00PM  
Casanova Lounge (Valencia & 16th)

It's been too long since the last time we partied. Dust off your dancing shoes or just come hang out, either way get ready for a night of fun!

### SFTM Volunteering Day at the San Francisco Food Bank & Casual Lunch

March 17, 9:00AM-12:00PM  
900 Pennsylvania Avenue

Donate 3 hours of your time to the SF Food Bank & its recipients by packing and distributing food while have fun sharing time and good will with fellow club members!

To be followed by a casual lunch nearby.

Register with Laure Williams, VP Public Relations

*Events are open to all, members or not!*

UPCOMING



Jean-Francois Roy receives the Best Newsletter Award on behalf of SFTM



A not-so-professional-themed meeting at SFTM on 11/30... LMFAO!

SPOTLIGHT

### Golden Quill Award

Congratulations

Cindy Yu and Laure Williams, co-editors of the SFTM Newsletter  
for winning Best Newsletter Award!

Over 230 clubs participated in this district-wide contest. Beyond the achievement and public recognition drawn from the challenge, the jury's feedback and recommendations will help us build a stronger publication. YOUR suggestions are also always welcome: help YOUR club forge its identity by contacting the PR Committee with article ideas, design suggestions, and any other comments.



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**MEMBER PROFILES**

### **Kumar Pritam**



**What made you want to join SFTM?**  
The energy, passion, friendliness and discipline of its members. When I listened to the speakers at SFTM meetings, I saw many opportunities for me to learn. I felt that I could learn from these impressive speakers and someday speak like them. Joining SFTM was one of my best decisions in 2011.

#### **Tell us about yourself**

I believe that we all have an expiration date: each one of us is here for a limited period. I believe that we should think and act with purpose so that we would not be forgotten, even after our expiration date. In Steve Jobs' words, "We're here to put a dent in the universe. Otherwise why else even be here?"

#### **What do you want to bring to the club?**

This club has everything that I was looking for, and that's why I joined: to be part of a club composed of great talents. To help it grow, I would contribute by bringing passion, innovation, energy, enthusiasm to every meeting, every role, and every speech. I also would like to see SFTM participate in volunteering events.

#### **Share something unusual about yourself**

My dream is to travel to the moon at least once in my life. I would compromise and opt for space travel if the moon is not an option :)

#### **What are you most proud of?**

I am proud of my journey, comprised of many small achievements. Joining SFTM is one of these.

#### **Which person or people, both past and present, would you like to meet & why?**

There are many people whose thought process I would like to understand, to learn from them and to get inspired in making the world a better place. I believe that there are many good people around us throughout our lives and I would be happy to meet and get to know everyone of them.

### **Terry Joyce**



**How long have you been a member of SFTM?**  
I'm the longest-term current SFTM member. I started in April 2007.

#### **What motivated you to continue after all these years?**

We've created a great community at SFTM. Regular participation at meetings allows me to maintain friendships and

collaborations with many different kinds of people, united by our determination to improve our communication skills and love of fun. I also believe the skills I've learned must be practiced regularly to preserve the benefits. Finally, I feel motivated to help others as they follow a similar path.

#### **Any suggestions on how SFTM could improve?**

I urge members to push themselves to participate to their maximum: it's the only way to increase the rewards and benefits from Toastmasters.

#### **Which time period would you want to live in & why?**

I have some impulse that in the future, life will be less savage. They may be less so now than in the past, but we still live under constant threat! Though I admit we live in amazing times, certainly the most interesting so far in human history. Boredom, a perennial aspect of the human condition, has been replaced by information glut and overload! Too much to do, to taste, to hear, to see ... so my choice is to stay rooted in the present.

#### **Something about you no one would ever guess...**

I was a skydiver in my younger days (over 500 skydives) and a guitarist/songwriter in a rock band.

#### **Any resolution for the New Year?**

I just want to finish the year with more money than I started. With two kids in college, I have to push myself to get mercenary after losing money for 3 straight years! Toastmasters support those kinds of concrete goals, as well as more personal goals.

Newsletter created and co-edited by Cindy Yu and Laure Williams  
Photography courtesy of: Jean-Francois Roy, Anthony Hogan, George Ludwig (Spotlight),  
Kumar Pritam, Terry Joyce (Member Profiles)