

Club Number: 00003200 | District 61 | Area G61 - Q1 2022



Bienvenue à l'édition hivernale du bulletin du Club Modérateur

Un mot de notre Président / A Word from our President

Dear Mod Squad,

Welcome to the Winter 2022 edition of the *MODERATOR Magazine*, our quarterly newsletter for the members of the Moderator Toastmasters Club community. As we move into the New Year 2022, it is hard to believe that the winter season is already upon us and now is a great time to create goals, build plans, and charge forward with our road map for the year ahead.

As we enter the second half of the Toastmasters Program Year 2021-2022, Moderator Toastmasters Club is going strong. We are proud to celebrate our club for having achieved the Select Distinguished Club designation for the 2020-2021 Toastmasters Program Year. We continue to welcome new members and we are working hard on building our community and educational programs.

Our club is fortunate to be supported by a talented and committed executive team, with many of our club old timers remaining active. There are still lots of opportunities to get involved; if you are thinking you would like to explore one of our committees or leadership roles, please feel free to reach out to me, or any of our club members.

Moderator Club provides a supportive and positive learning environment where you can develop your leadership and communication skills, in an atmosphere that is both fun and educational, guiding our members towards personal and professional success.

As always, we invite you to share your thoughts on the Winter 2022 edition of the *MODERATOR Magazine*. If there are ways that we can better meet your needs, articles that would resonate more deeply with you, or content you'd like to contribute or share, please don't hesitate to let us know.

Thank you for your ongoing interest and support of Moderator Toastmasters Club, and we look forward to our continued journey with you.

Sincerely,

Kerry Schacter

President

Connectez-vous avec nous en ligne

[Cliquez ici / Click here](#)

Nous nous rencontrons chaque mardi de 19h00 à 21h00 HE

Membres et invités peuvent se rejoindre dans l'antichambre virtuelle dès 18h45 pour se présenter et se rencontrer et apporter les changements de dernières minutes à l'agenda. Pour que nos réunions se déroulent rondement et puissent débiter à temps.

VP, Education Report

Hello Moderators,

So it's 2022, and like all organizations, we face yet another year of the stifling public health measures which have been a part of everyone's life around the world since March 2020. What are we to make of this?

First, we should take heart: in spite of these many restrictions, the Moderator Club has maintained online weekly meetings that are interesting and well-attended, with lively Table Topics and well-prepared speeches. We have continued to enjoy the presence of guests at almost all of our meetings, and we can take satisfaction in knowing that two of those guests - Wadih and Li-Hua - liked what they saw at our meetings and decided to join us! And this is at a time when so many clubs are in difficulties. A lot of this success is due to the unique character of the Moderator Club: our history of mixing fun with education, in a supportive, bilingual setting. We are also fortunate to have a core of experienced members who love Toastmasters and know how to keep a high level of quality and enthusiasm at our weekly meetings.

The questions we should ask ourselves is: how can we continue this good performance, and what pitfalls might lie ahead?

Our continued good performance depends on our unrelenting effort to apply our energy and experience to each meeting. It is important to bring in ideas from all sources, in order to create engaging Table Topics themes and Pathways speeches. For this, we not only have the monthly Toastmasters magazine and the District 61 newsletter as sources of ideas relating to communication and public speaking - we also have our personal interests and professional experiences that can provide great material. Of course, the internet is an endless reservoir of news, facts, opinions and debate - a great

source of speech ideas, as long as we remember to respect different viewpoints.

The obvious pitfall is apathy – it is difficult to maintain enthusiasm when we are restricted to seeing one another on a small screen. How we all miss that unique excitement and personal connection that can only be achieved in a live meeting! The only way to avoid the danger of burnout is to strive every week to have FUN! Let's make sure that our weekly meetings are not only educational, but also lively, warm, welcoming, and unpredictable! I am confident that in 2022 the Moderator Club will continue to flourish and attract new members who will add to our numbers and vitality. Despite all the challenges of this Covid era, we can still shape the future of the Moderator Toastmasters Club for the better.

Brian Saykaly

VP, Education



New Members Alert!!!



Lihua Yan

She is the one, like lots of other female professionals, who always stays silent at the back of the room in meetings and keeps her thoughts to herself, who avoids all the occasions to speak



Wadih Maalouf

I am an entrepreneur. My company Systems MW is an information technology managed service provider with 20+ years experience with a demonstrable knowledge and

in front of people, especially in her third language. As a civil engineer and urban planner, she has realized for a long while that her career path has been largely shaped by this seemingly unbreakable silence. Meeting the marvelous toastmaster club members finally convinced her that it is possible to make some changes and it is time now to let it happen.

passion about cybersecurity. We do the yearly maintenance on your information technology equipment to keep your network healthy.



Looking at the rich history of the Moderator Club and the objectives which gave this club its ultimate destiny, alongside the initiative for the first bilingual Toastmasters club in District 61, we thought it may be a great time to show our appreciation for those who helped make the Moderator Club what it has become.

On that note, we are looking at publishing more information about our club in order to give people a better idea of the club's journey through the years to create an environment of learning in an atmosphere of enjoyment.

With that in mind, it would be very appropriate to welcome our past members many of whom gave so much to the club over many years. We would love to invite our former members to present some interesting Mod squad stories about what brought us to where we are today. We look forward to sharing your thoughts in the next edition of our newsletter.

Send us a note via: vppublicrelations@moderatorclub.org

How has your Pathways experience been?

Do you have questions about Pathways?

Visit the Pathways FAQ to [learn more](#)

Take me to Pathways

Qu'est-ce que Pathways?

L'expérience d'apprentissage Pathways est le programme éducatif de Toastmasters. Il s'agit d'un outil d'apprentissage en ligne multilingue qui vous permet de tirer parti de plus de 300 compétences pratiques pour le travail et la vie.

The Pathways learning experience is Toastmasters' educational program. It is a multilingual online learning tool that allows you to take advantage of over 300 practical skills for work and life.



In your words...



A journey from Comfort Zone to Growth Zone | By Rinku Saha (Guest)

As Madeline Brewer said, *"Step outside your comfort zone because that's the only way you are going to grow"*.

Comfort zone to growth zone can be described in four crucial phases of our personal and professional growth and development. They are:

1. Comfort zone
2. Fear Zone
3. Learning zone

4. Growth zone.

Let the journey begin.

Comfort Zone: Each one of us has a comfort zone where we feel safe and in control of our surroundings. The state of being at ease and not feeling threatened. It is a psychological state in which things are familiar to us. People in this zone have low levels of anxiety, stress etc. However, our comfort zone is known as the "Fixed Mindset" zone where nothing grows for betterment. It prevents us from improving and it stops us from achieving all the things we are capable of achieving.

Some examples of comfort zone activities:

Settling for what you have, procrastination, fears without reason, mediocrity, hanging out with people who do not have greater vision and what if I fail?

Some ways to get out of the comfort zone:

Changing your daily routine to be more creative and productive, reading a book or a journal at least for 30 mins in a day. Enhancing our educational knowledge by enrolling for new programs or courses. Saying "yes" more to accept challenges, explore a hobby associated with physical movement. Find a role model who faced challenges to accomplish his or her achievements in life. Many believe that once we are out of our comfort zone, we can achieve anything.

Fear Zone: People in this zone, generally experience a lack of self-confidence, find excuses and get affected by others' opinions. This zone is a fear of failure and always pushes us to go back to our comfort zone. They want to achieve new goals or dreams, but the fear of risk and uncertainty makes them resist change.

Some examples of fear zone activities:

Sticking to what we know and reluctant to learn. Blaming ourselves for being not smart or updated with circumstances. Accepting things the way they are and not taking initiative to change.

Some ways to get out of the fear zone:

Determination to come out from the fear zone is the key. Embrace challenges and do not take anything for granted. Move towards our fears until it becomes a part of our regular routine.

Learning Zone: The learning zone is not just one step but rather a journey towards our goal and purpose. It involves facing fears and learning new things. People learn to deal with challenges, problems, or new skills. This prepares us to accept more complex challenges for fruitful results and require consistency towards your action plan.

Some examples of learning zone activities:

We can only make progress by choosing activities in the learning zone, it's important to be able to find our learning zone. **Toastmasters International** is a platform that can help one in the learning zone. Taking up any new challenges to grow further is a sign of being in the learning zone.

Growth Zone: People who are in this zone find their purpose, live dreams, set

new goals and conquer objectives. Once we reach our growth zone, things could become a new comfort zone unless we expand our vision. The growth zone is all about unlocking our potential to higher levels in everything we do in life and envisions leadership.

As the saying goes *"Life begins at the end of your comfort zone"*, so let's make a decision to start our **journey from comfort zone to growth zone** and see you all in the growth zone.



I'm Rinku Saha, a toastmaster since January 2020, currently serving Toastmasters in the following roles in district 116-Qatar.

- President at Oryx Communicators Toastmasters club.
- VP Membership at Filcom International Toastmasters club.
- Secretary at Global Improv Storytelling Toastmasters club.
- Club coach and Sergeant at arms at Megchaini Toastmasters Club.

- Division G Program Quality Director (PQD).
- Member at Digital Communicators Toastmasters Club in Manchester, UK.

What I believe, no position can define me or my service to others. I'm here to serve my purpose. Toastmasters International is a life-changing platform. It is helping me to become a confident speaker, an effective communicator and an aspiring leader. Through this platform, we can share our message to the world and change people's lives. I am forever grateful to be a part of the Toastmaster fraternity.

Do you have a poem or article you would like shared in the next newsletter?

Send it to: saa@moderatorclub.org by the 15th of February 2022

Winter Schedule

Here are some of our planned events for the season. If you want to take a role or have some ideas for a workshop or an event, please contact the VP, Education on vpformation@moderatorclub.org.

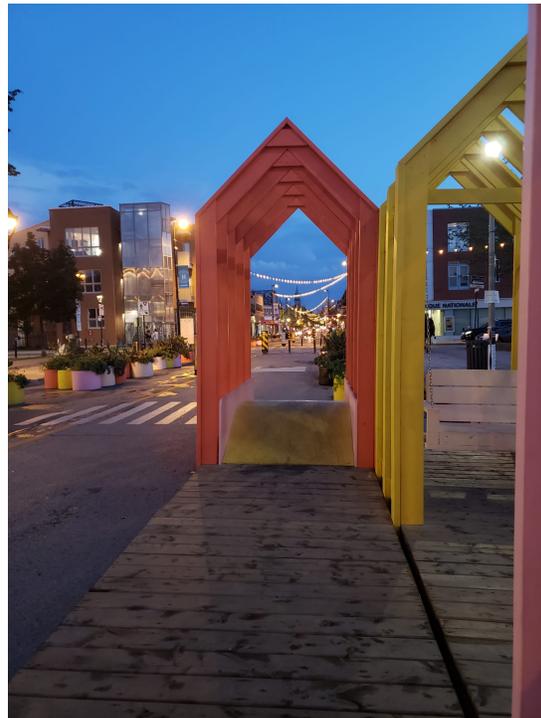


Area Contest



Pathways Speeches

Moderator Photography





Photos du picnic Annuel du Club Modérateur



Our VP of Public Relations, Daniel Azike, was a guest at the Global Improv Storytelling Toastmasters, Qatar virtual Christmas party.

See More Moderator Photos

Share the beauty of the seasons captured through your lens

Send photos to vppublicrelations@moderatorclub.org with a description.

Quotes of Inspiration

"It all starts with a conversation and with the power of teamwork you will create greatness!"

- Tanya Hall, DTM



Photo source: Rogue Media Live

THE MAGAZINE FOR COMMUNICATORS & LEADERS | JANUARY 2022

TOASTMASTER®

A conceptual graphic for the magazine cover. It features a horizontal line with three colored circles: a yellow circle on the left, an orange circle in the middle, and a red circle on the right. The red circle is a target icon with concentric rings and a central bullseye. Below the target, a silhouette of a person stands on the peak of a dark mountain, holding up the target. The background is a gradient from light blue at the top to a warm orange glow at the bottom, suggesting a sunrise or sunset.

**Setting Goals
and Finding
Purpose**

Connecting the dots
between the
short-term and
the long-term.



The Latest Toastmaster Magazine is here

*Thinking of setting up goals for the year? Does your confidence need a boost?
Is your environment ready to go?*

Get success tips in various articles written with you in mind to help you succeed this year and beyond.

[Read Now](#)

[Click here to visit the TI magazine archive, to view past issues.](#)

Area, District, Division News!

From the District Leadership's desk



VOTRE CLUB GRACE AU STORYTELLING

Use storytelling to showcase your club marketing content. Are you lacking inspiration or looking for new ideas to power up your club's marketing? Are you building a new club and need help with publicity? If you answered yes to any of these questions, then look no further; we got you! [Register here](#)



**Tanya Hall,
DTM**

District Director /
Directrice du district
dd@tmd61.com



**Amy Campbell,
DTM**

Program Quality Director /
Directrice de la qualité du
programme
pqd@tmd61.com



**Michel St. Germain,
DTM**

Club Growth Director /
Directeur de la
croissance des clubs
cgd@tmd61.com

Many events organized by the District are taking place online this year. If you're interested in expanding your learning skills and want to join a workshop, check out the district calendar for dates and events www.tmd61.com/events

Do you have any other comments or suggestions about the newsletter?

Continue

Club Officers

President

Kerry Schacter

VP of Education

Brian Saykaly

VP of Membership

Ali Chraim

VP of Public Relations

Daniel Azike

Treasurer

Marc-André Paquin

Secretary

Michael Manzo

Sergent at Arms

Jean Sauvé

Toastmasters Moderator Club

Montreal, Quebec
Canada

Suivez-nous en un clic!



You received this email because you are in
the mailing group of the Toastmasters
Moderator Club.

[Se désabonner](#)

mailer lite