



N.O.B.L.E.

Official Newsletter of the Maharlika Toastmasters Club

Congratulations to our contest winners

Congratulations to all the participants of our club-level speech contests! We look forward to your future public speaking success.

Table Topics

First - Marjorie del Rosario

Second - Joevel Fernandez

Third - Janice Payoyo

Evaluation

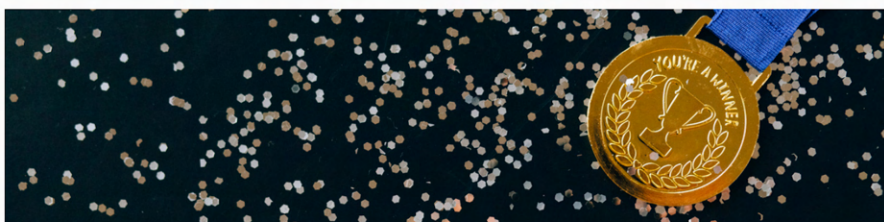
First - Kenley Liong

Second - Janice Payoyo

Third - Joevel Fernandez

Thank you to Vincent Chen, DTM, for serving as our chief judge in our Table Topics and Evaluation contests.

Up next are the Humorous Speech contest on January 10, 2023, and the International Speech contest on January 17, 2023.



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Meet our new club members

MARY ANDREA RICAFFRENTE

Mary Andrea Ricafrente has a degree in BS Computer Engineering from the Polytechnic University of the Philippines. She is currently an IT Technical Consultant. A Capricorn who celebrates her birthday just a day after New Year, she calls herself a work in progress. She joined Toastmasters to overcome her fear of public speaking and to become a confident communicator.



"I would like to take this opportunity to thank this club for nurturing my leadership. I wasn't born with a natural awareness of my leadership style, even I was already leading a group before, I admit that I wasn't able to do it well during my previous experiences. Through attending our sessions, taking roles, doing my assignments, even just sitting and watching other members perform their responsibilities and observed how our leaders do it in our club, it gives me a picture of what a good leadership is. This club helped me so much in my journey!" - from an October 2022 LinkedIn post by Andrea

"I just started my journey in public speaking... you guys are an encouragement!"

ANDREA





JEUNE KEITH MABANAG

Jeune (pronounced "zhana") has a degree in BS Physical Therapy from the UP College of Medicine in Manila. He is a company physician at TaskUs Cavite and also teaches at the San Beda College of Medicine. He describes himself as someone who is shy and introverted but is full of insights and stories once you talk to him. He currently lives in Imus, Cavite, but is looking to transfer to Manila once he starts his residency at the Philippine General Hospital.



As he now tries to explore the world of business, investing, and real estate, Jeune joined Toastmasters to improve his public speaking and leadership skills and also to gain new friends and mentors who can guide him, not only in public speaking, but also in his life and career. Jeune is a goal-oriented and results-oriented person, so he expects to be a skilled communicator during his time at the club.



MARJORIE DEL ROSARIO

Marjorie is a fitness buff so if you are into Pilates and yoga, you should hang out with her. She also loves to read and travel. These must be very important to ease the stress from her main line of work which is in human resources and financial services. Marj has a BSBA degree from UST and an MBA degree from DLSU GSB. Friends would describe her as a mix of sweet, feisty, and nice - attributes you can feel ooze out of her whenever she talks.



Marj joined Toastmasters because she is a big believer in lifelong learning and in maximizing one's potential. Thus, she sees Toastmasters as a means for her to develop in new ways, particularly in enhancing how she communicates.

"I look forward to fun and enriching Maharlika Tuesday nights every week! Felt right at home from the start, a great space for continuous self-development and collaborative relationships."

MARJ



REUBEN LANUZO



Ben is a Dean of Maritime Programs at the Philippine Merchant Marine School. This aficionado of martial arts said he joined the club because he is keen to improve his public speaking skills.



YSABEL CABREROS

Yssai is a teacher at the OB Montessori Center in Las Piñas. She hails from Pasay City. Yssai has a bachelor's degree in Secondary Education, Major in English. She is also an ESL instructor. No wonder she speaks English very fluently and is very sharp as a Language Evaluator. This should not intimidate you because she is very jolly and talkative in person - traits that translate well into public speaking.



She joined Toastmasters because she believes that even if you are already good at something, there are things you can still improve on. Her goal is to further improve her communication skills which can benefit her professionally and personally.



MICHAELA FRANCIA

One of our youngest members, Michaela is currently taking up a Bachelor of Science degree in Business Administration, Major in Human Resources Management. Michaela describes herself as an overthinker. Despite often getting compliments from her friends for her looks and her performance in school, Michaela feels she has but a "granule of self-esteem" and decided that joining Toastmasters should give her the self-confidence she needs.



Her goal is to get rid of the nervousness and instead be comfortable speaking with audiences both virtually and in person.



RYZEN SAN ANTONIO

Ryzen is currently living in Laguna and is taking up BS Psychology. She likes playing badminton and she is a very talented dancer. You should not mess with her because her favorite TV show is "How to Get Away with Murder."



Seriously, she is a loving, caring, and thoughtful person. In fact, the reason she is taking up BS Psychology is so she can eventually help people who are suffering from mental issues. To that end, she joined Toastmasters so she can improve her communication skills.



SHERYL LANTICAN

Sheryl just completed Grade 10 but she is already driven to succeed. She creates daily routines and goals and tries to find a constant source of motivation to drive her everyday. She joined Toastmasters to build her self-confidence and remove her fear of public speaking.



She is now taking up Culinary Arts, but on her free time, she likes improving her make-up skills (because "kilay is life"). When she has mastered both cooking and make-up, she can either make you very beautiful or very fat.



AIZA RIZ



Aiza is a government employee and works in one of the prominent government agencies in Taft Avenue. She is from Manila. Aiza has a degree in Political Science and describes herself as "bubbly but shy and awkward." She joined Toastmasters because she does not want her shyness to limit her.



KIM

Kim works at the Athlene Nutrition Corp., a manufacturer of supplements for athletes and bodybuilders. She has a degree in Hotel and Restaurant Management from Arellano University. In her spare time, she also dabbles in photography. Being a caring person, friends always look up to her as their older sister. Kimberly joined Toastmasters because she wants to improve her fluency in speaking English.





Restless Nestoria

A HALLOWEEN-INSPIRED ESSAY BY CLUB MEMBER
JANICE PAYOYO

TRIGGER WARNING: THIS CONTAINS A REFERENCE TO
SELF-HARM.

We often hear heartbreaking stories from our household helpers. But when was the last time you heard about a story that ended up in suicide? Eerie as it may sound, let me tell you about one.

My uncle used to have a household helper named Nestoria. She was ambitious, yet very much burdened by her family's demands to give unreasonable amounts of money to them. The people around her would often hear her say: "Is this all that my life will ever amount to?"

Then, one day, when she couldn't take it anymore, she drank poison. She was then found lying on the floor. They brought her to a nearby hospital, but was dead on arrival.

It was then too late to revive not just her life but also all her hopes in life.

After her death, people would often hear the sound of someone shoveling soil in our backyard. There were even times when they would see an image of a child seated in our bahay kubo (a stilt house indigenous to the Philippines).

When I was in college, I once did my homework alone in our home office. I was alone then, and I heard the crumpling of paper. Then, it was followed by the sound of someone using the typewriter.

The name Nestoria sounds like Wisteria. In Korea in particular, the Wister flower carries the meaning of devotion that transcends death. The Japanese also consider Wisteria as a symbol of good luck, success, and longevity.

She may not have realized the beauty and success that she aspired to have. But the lessons from her life's tragedy live on.

(EDITOR'S NOTE: Help is available. Call the crisis hotlines 0917 899 8727 in the Philippines or 988 in the U.S.)



**"After her death,
people would
often hear the
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shoveling soil in
our backyard."**



Angel of Death

A HALLOWEEN-INSPIRED ESSAY BY CLUB MEMBER ED FABONAN, DTM

I had a college classmate who died of cancer. Her name was Mylin. At her wake, her husband recounted her last days at the hospital. Mylin was at the bed while her husband, Levi, was beside her. They were the only ones in that hospital room. Mylin suddenly asked "Sino yung nakatayo na yon [Who is that standing over there?]" pointing at a location near the wall. Levi could not see anything but he got worried because he heard of stories of dying people seeing the angel of death right before they are about to die. So Levi went to the location that Mylin was pointing at and whispered into the air, "Kung kayo po yung susundo sa Misis ko, sana huwag po muna. Kailangan pa po namin siya. [Please don't take my wife just yet. We still need her.]" Levi then left for home to tend to their kids. But the hospital called him shortly after. His wife Mylin had a convulsion and passed away.

I was terrified hearing this story. Many years later, I myself was at a hospital for a surgical procedure. On the eve of the surgery, I was alone in my room because my wife had to go home. It was 1 a.m. and I could not sleep. I got bored and decided to walk outside. I was at the eight floor of The Medical City. There was no one at the corridor or at the nurses' station at that time. It was very quiet. I went to the guest's lounge and turned on the TV. From the corner of my eye, I noticed a man wearing a white barong, standing by the door, looking at me. I remembered the story of Mylin and got scared. The lounge had two doors, so I turned off the TV and walked out quickly towards the other door.

As I was walking down the corridor back towards my room, I looked behind me and at the far end of the corridor, the same man in barong was standing, still looking at me. Suddenly, a nurse walked out from one of the rooms and I stopped her. "Nurse, nakikita mo yung lalaki na yon [Nurse, do you see that man?]" The nurse looked at the direction I was pointing at and stared for a while. Then she said, "Ah, sir, security yun. Bawal na kasi mga pasyente na lumalakad sa corridor sa ganitong oras. [Sir, that's the security guard. Patients aren't allowed to stay in the corridors at this hour.]" I went back to my room quickly and didn't go out again.



"It was very quiet. I went to the guest's lounge and turned on the TV. From the corner of my eye, I noticed a man wearing a white barong, standing by the door, looking at me."



Going hybrid

THE NEXT NORMAL

Maharlika Toastmasters Club started organizing hybrid meetings in keeping with the times.

To date, it has hosted a total of four hybrid meetings (August 23, September 13, and October 11 and 25, 2022) at MindZone, a co-working space in the City of Manila's University Belt along España.

Virtual attendees still logged in at 7:30 p.m., GMT +8, via Zoom: tinyurl.com/MaharlikaZoom2 (Meeting ID – 560 670 855; passcode – maharlika).

Much gratitude to DTM Sasi Casas, Karen Gatmen, Father Anthony Cotiamco, and DTM Oliver "Bong" Pestañas for serving as General Evaluators for our first four hybrid meetings!

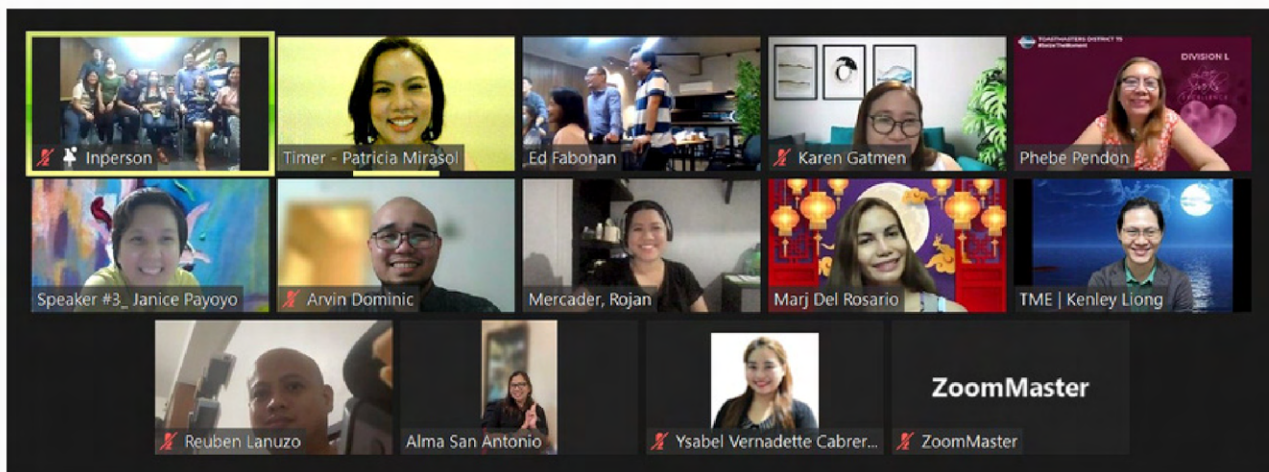


August 23, 2022 meeting with DTM Sasi Casas serving as General Evaluator.





THE NEXT NORMAL: SEPTEMBER 13, 2022



With Karen Gatmen as General Evaluator.





THE NEXT NORMAL: SEPTEMBER 13, 2022



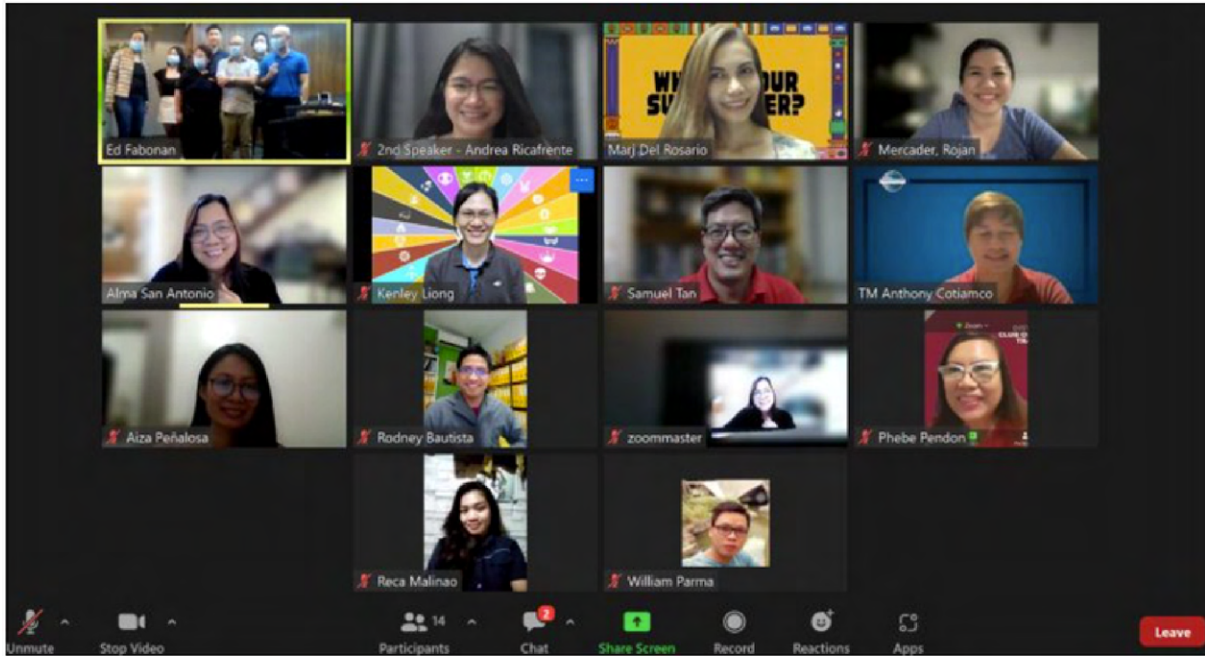


THE NEXT NORMAL: SEPTEMBER 13, 2022





THE NEXT NORMAL: OCTOBER 11, 2022



With Anthony Cotiamco serving as General Evaluator.





THE NEXT NORMAL: OCTOBER 11, 2022





THE NEXT NORMAL: OCTOBER 11, 2022



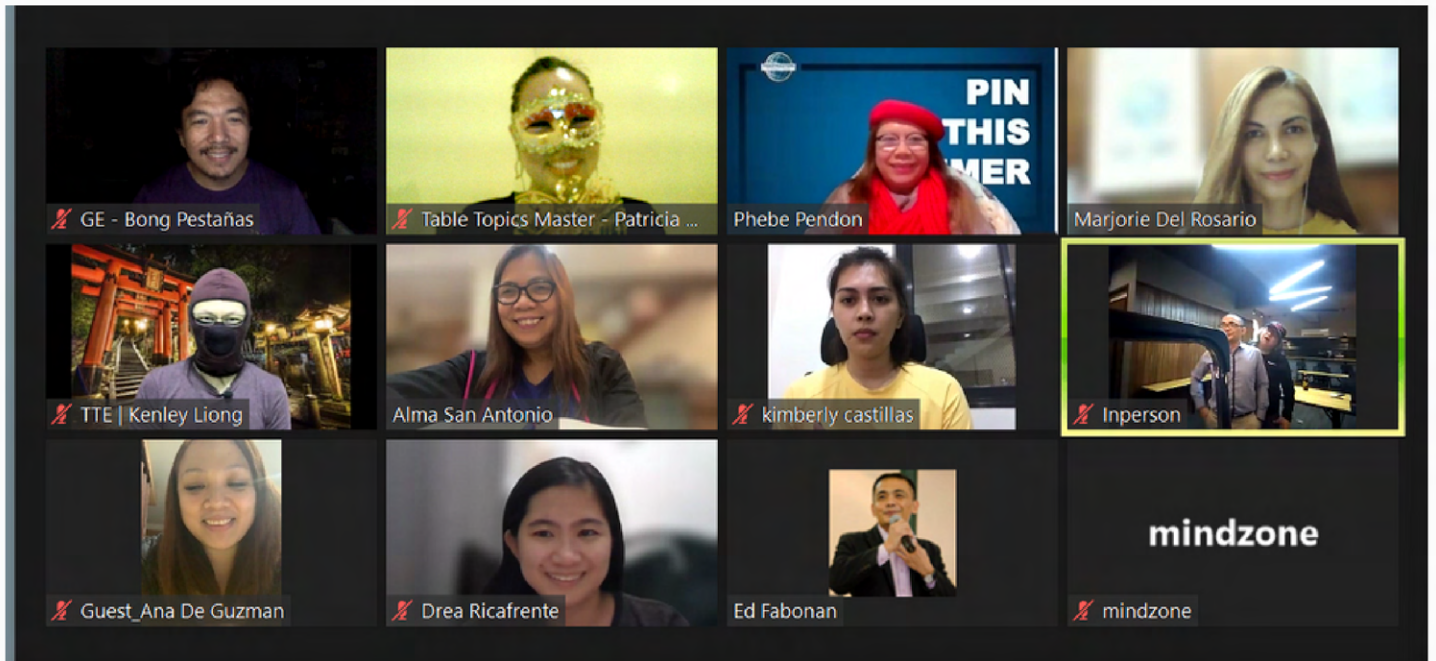


THE NEXT NORMAL: OCTOBER 11, 2022

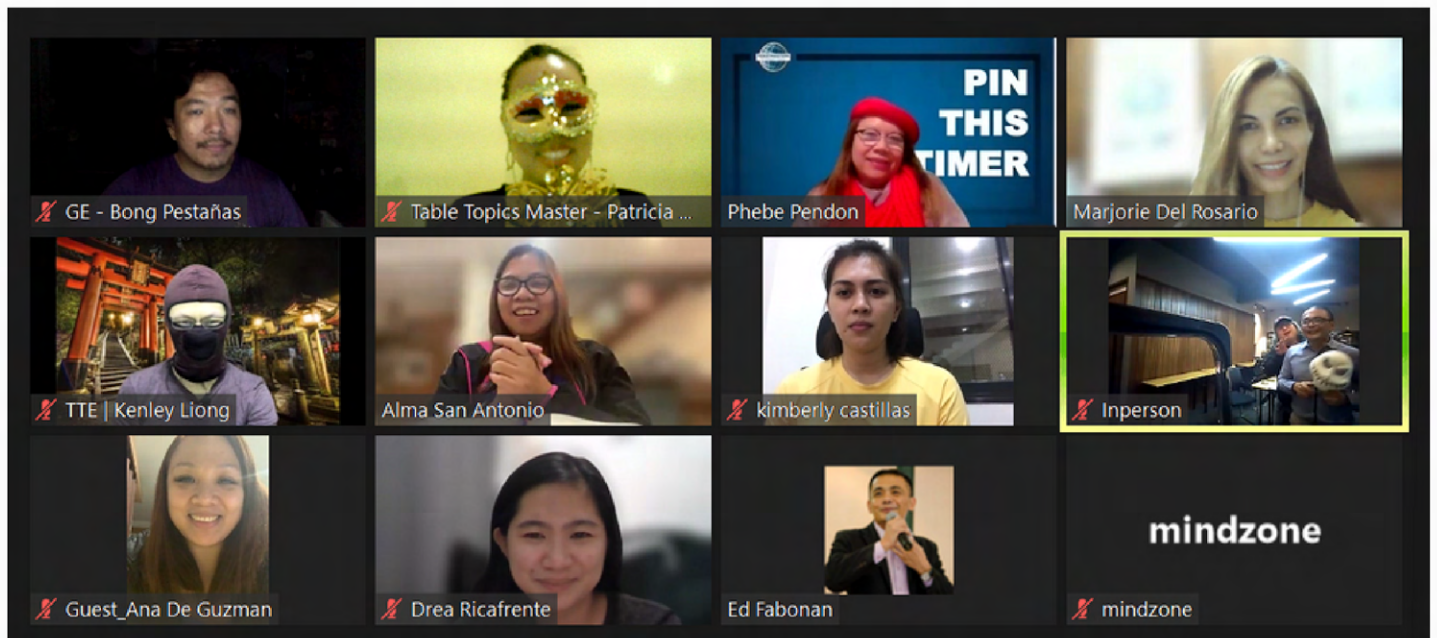




THE NEXT NORMAL: OCTOBER 25, 2022



With DTM Bong Pestañas as General Evaluator.





Meeting summaries

SEPTEMBER 27, 2022 - THE BRITISH ROYAL FAMILY

Honoring the passing of Her Majesty Queen Elizabeth II, the Maharlika Toastmasters Club had a royal-themed meeting.

Serving as Queen for the day was Patricia Mirasol, who had plenty of trivia regarding the late monarch and her family.

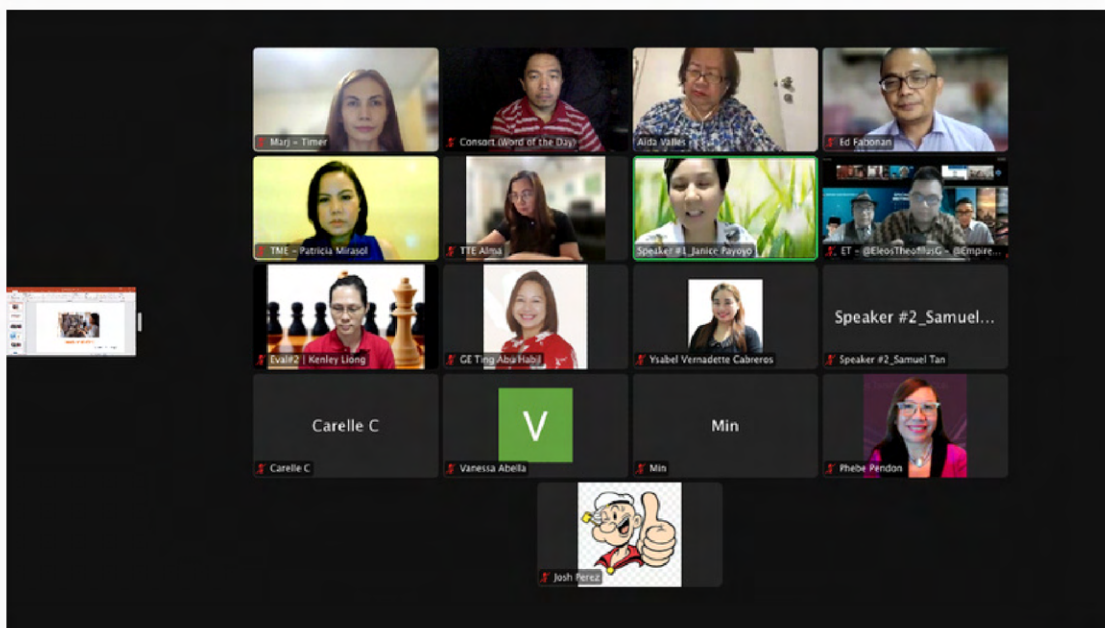
King Ed began the educational session with a discussion about the club's performance this far into the Toastmasters Year. The VP-Education gathered feedback from the club members on several metrics, which he then reported in the form of a speech.

Princess Janice was up next with a speech about her improvement as a networker and, more importantly, as a speaker. Prince Sam then followed with an inspirational delivery. He recalled how he is directly affecting the life of a young child, setting him up for a life of good Christian values.

Ascending to the throne as a Table Topics Master was Princess Ysabel, who displayed remarkable poise in the role. She even had a British accent, which definitely brought life to the portion.

Coming all the way from Mindanao, Dame Ting Abu Habil served as the General Evaluator for the night.

Guests from Malaysia and Indonesia were also present in the room for the meeting. A truly international affair, one that Her Majesty would definitely be proud of.





SEPTEMBER 20, 2022 - ME TIME

How do you like to spend your free time? For Maharlikans, Tuesday nights are spent delivering speeches, listening to stories, and improving their skills.

TM Mary Andrea Ricafrente displayed her talents early on, as she handled the Toastmaster of the Evening role for the first time. She selected the theme “Me Time” and she was curious as to how everyone spends his or her extra moments.

Dr. Jeune Keith Mabanag opened the educational session with his story of resilience and perseverance. He recalled how he stood up against a significant challenge while in med school and how he carries that tenacity up to this day. Division L Director Phebe Pendon evaluated his speech. Incidentally, Phebe also served as the Timer for the evening.



While everybody is getting tired of Covid, Patricia Mirasol spoke about her lengthy notes as she covered different personalities tackling the pandemic. While there’s still doom and gloom regarding the subject, she was quick to assure everyone that nothing lasts forever. There will be an end to the pandemic and we just have to tough it out a little bit more. IPAD Kenley Liong was then asked to evaluate Patricia’s speech.

I was the third speaker and the project involved a lengthy, after-dinner speech to entertain the audience. This completes my Engaging Humor Pathway. I had the pleasure of being evaluated by DTM Aida.

Donning multiple hats for the evening was Patricia, who gamely handled the Table Topics. She had props for the participants to select, with a corresponding quote all centered on everybody’s idea of “Me Time.”

We had a guest General Evaluator, all the way from Cagayan de Oro City. TM Mark of Macajalar Bay Toastmasters Club was kind enough to give us his time and talents for the evaluation portion.

Every TM meeting is an invigorating experience – and Samuel Tan took notes of the gems and germs during the meeting. TM Ysabel then jotted down the speakers with the most pause fillers. Rounding out the technical evaluators was DTM Ed Fabonan as he served as the Harkmaster.

You can sleep, exercise or relax while enjoying your Me Time. How about spending it with friends who want you to improve? Maharlika Toastmasters Club has you covered.



SEPTEMBER 13, 2022 - MID-AUTUMN FESTIVAL

Things got better the second time around – at least in the context of hybrid meetings for the Maharlika Toastmasters Club.

Fun was the key operative word of the night as PP Kenley Liong hosted the evening, celebrating the Mid-Autumn Festival as the chosen theme. The in-person attendees arrived before the online participants. This only shows the hunger of each attendee for a physical connection in a TM environment.

Everybody had a really good time, including the people on the streets below MindZone, Maharlika’s venue of choice for the face-to-face attendees for the time being. There was singing from España Blvd. all the way to Lerma Street. Sirens were also blasting every couple of minutes.

There were four prepared speakers who all delivered their speeches virtually. Marj talked about how one should take care of his or herself first before taking care of others. Ryzen showcased how she identifies her communication style and its importance in relationships. Delivering a story within a story was Janice, who recalled her autopilot mode experience while running on an empty stomach. And finally, Division L Director Phebe distinguished the difference between a traditional and a servant leader.

Making her debut as the Table Topics Master was Andrea Ricafrente who accomplished the role in person. She also displayed what a true Maharlikan she is by entertaining the non-TM guests.

Continuing the festivities through the evaluation portion was guest General Evaluator Karen Gatmen from UP Manila Toastmasters Club. She was accompanied by fellow evaluators, both in-person and in the virtual room.

No less than five Maharlika Past Presidents (Joylet, Ed, Bong, Princeton, and Joevel) were in the in-person venue. Only goes to show how much enthusiasm and excitement is there for more real-world, physical meetings.



Pathway achievements

GREAT JOB, ALL!

TOASTMASTERS INTERNATIONAL

CONGRATULATIONS TO OUR NEW EDUCATIONAL ACHIEVERS!
AS OF SEPT. 20, 2022



OLIVER PESTAÑAS
ENGAGING HUMOR
LEVEL 4




TOASTMASTERS INTERNATIONAL


Maharlika Toastmasters Club / Every Tuesday, 7:30PM / Zoom Link: tinyurl.com/maharlikazoom2 / Zoom ID: 560 670 855 / PW: maharlika

TOASTMASTERS INTERNATIONAL

CONGRATULATIONS TO OUR NEW EDUCATIONAL ACHIEVERS!
AS OF SEPT. 20, 2022



JANICE PAYOYO
MOTIVATIONAL STRATEGIES
LEVEL 4



TOASTMASTERS INTERNATIONAL

Maharlika Toastmasters Club / Every Tuesday, 7:30PM / Zoom Link: tinyurl.com/maharlikazoom2 / Zoom ID: 560 670 855 / PW: maharlika



GREAT JOB, ALL!

TOASTMASTERS INTERNATIONAL

CONGRATULATIONS TO OUR NEW EDUCATIONAL ACHIEVERS!
AS OF OCT. 10, 2022



PHEBE PENDON

- DYNAMIC LEADERSHIP LEVEL 2, LEVEL 3
- LEADERSHIP DEVELOPMENT LEVEL 3, LEVEL 4, LEVEL 5




TOASTMASTERS INTERNATIONAL


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TOASTMASTERS INTERNATIONAL

CONGRATULATIONS TO OUR NEW EDUCATIONAL ACHIEVERS!
AS OF SEPT. 20, 2022



JEUNE KEITH MABANAG
TEAM COLLABORATION
LEVEL 2



TOASTMASTERS INTERNATIONAL

Maharlika Toastmasters Club / Every Tuesday, 7:30PM / Zoom Link: tinyurl.com/maharlikazoom2 / Zoom ID: 560 670 855 / PW: maharlika



Club announcements

CONTEST SCHEDULES

Club contests: October 2022 to January 2023

Area contests: January 28, 2023

Division L contests: March 25, 2023

CHRISTMAS PARTY

The club's hybrid Christmas party is scheduled on its December 13, 2022 meeting. The physical venue will be announced soon.

QR CODE

Safekeep Maharlika Toastmaster Club's Zoom QR code:





Acknowledgements

Thank you very much to the following:

Ed Fabonan, DTM, for the member profiles, the pathway achievement images, and his essay contribution.

Oliver Pestañas, DTM, for the meeting summaries and the club's Zoom QR code.

Janice Payoyo for her essay contribution.

Oliver Pestañas, DTM, Phebe Pendon, DTM, Princeton Ong, and Rojan Mercader for the hybrid meeting photos.

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Maharlika Toastmasters Club's 2022-2023 officers are as follows:

President – Alma San Antonio

Vice President, Education – Ed Fabonan, DTM

Vice President, Memberships – Samuel Tan

Vice President, Public Relations – Patricia Mirasol

Secretary – Arvin Agner

Treasurer – Rodney Bautista

Sergeant at Arms – Oliver Pestañas, DTM

This newsletter was created by Patricia Mirasol.