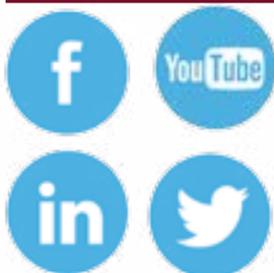


Get pumped for Winter TLI!

Register @ <http://wintertli.d13tm.com/register/>



# D13

## Treat Yourself Month 2016

The October 2011 episode of *Parks and Rec* introduced "Treat Yo' Self" day, a stellar concept about sparing no expense to indulge yourself. Though Treat Yourself day in Parks and Rec focuses on fulfilling consumerist whims via all day shopping sprees, we can extrapolate its basic purpose – be kind to yourself. Too often we focus on the minutia - telling ourselves no, and focusing on insignificant imperfections and the chaos surrounding life that we forget to spend time being kind to ourselves.

Benefits of Treat Yourself Month: Three Cs

### 1. Courage

Taking time to focus on yourself can reap huge benefits. First, you're going to

become more courageous. It takes courage to shift from taking care of others to appreciating yourself. You can't truly appreciate others until you cherish yourself. This courage is going to translate into all of your interpersonal relationships and make you a better friend, leader, public speaker, evaluator, and person.

### 2. Confidence

Second, when you spend time appreciating and taking care of your needs, you're going to foster your own self-confidence. The most convincing voice you're going to hear in your life will always be your own. Focusing on developing positive (and candid) self-talk is going to boost your self-confidence, and confidence will radiate to those around you. People are

FedEx Toastmasters celebrate two decades!!



December 2016

Toastmaster Calvin Ray celebrated his birthday at Fall Conference this year.

Happy Birthday Calvin!!

drawn to individuals with strong confidence and it's sure to show through in your speaking.

### 3. Communication

Third, treating yourself is going to improve your communication skills. Affirming yourself, taking care of your health, and attending to your needs (maybe even treating yourself to a few indulgences) facilitates happiness. Happy people approach communication with a positive frame of mind, and that allows you to deal with challenging conversations with more clarity.

#### Treat Yourself month:

##### 1. Carve out time for yourself

**This month focus on taking good care of yourself.** Ask yourself -

"what can I do to be happier today?" Step back and take a few months to appreciate everything that you've accomplished in the past year. Soak it in. Allow yourself to be proud. Make a list of the top five (5) things you're proud of. Treat yourself to candid warmth.

##### 2. Cultivate your inner advocate

**Turn off negative self-talk.** Stop trying to be perfect. Remember: "We

**Challenge: Try self-evaluations at your club. Remember treat yourself with as much respect, dignity, and warmth as you would any other speaker!**

were perfect, until someone told us we were imperfect," -Sheryland Neal (Toastmaster from Squirrel Hill's Woman 2 Woman). Forget that negative person; they're unconstructive opinion doesn't matter. Accept and love yourself for who you are today and allow yourself to let go of any baggage holding you down.

### 3. Invest in yourself

In true, Treat Yourself fashion – invest in yourself. Find what's important to you and go for it. This could extend so many ways, including: taking a class, learning something you've always been dying to learn, cooking yourself a stellar meal, allowing yourself to binge watch that show you've been wanting to see for months, making time to write a new speech, buying yourself a trip to somewhere (i.e., creating some future speech material), etc. No matter how big or small - all you need is to give yourself a little extra time to explore life.

Alexis Sanders, D13TM PRM



The District Conference Table Topics Question was colorful!!  
What color would you be?



### Member Highlight: Erica Stevens

Erica is a bike-riding, German-speaking, cat- and microscope-loving, list-obsessed Materials Engineering PhD student at the University of Pittsburgh. Erica has a problem: she joins every organization she can get her hands on because she constantly seeks self-improvement. Over time, most have slipped through her fingers like sand; Toastmasters is part of the sand-pile left in her palm.

Erica's father was a Toastmaster, and once won the District Humorous Speech Contest with a story about trying to engineer a riding mower to also be a leaf blower. After being inspired by her father, Erica decided to join Oakland Toastmasters in the summer of 2013. More than three years later, Erica has been VP PR, President, and VP PR (round 2) for the Oakland Club. She has won and lost speech contests through the division level. She has earned her CC and ALB designations. She is a club coach for the Pitt Public Health club.

She has collected a veritable laundry list of accomplishments, but she still has the same goals and attitude: have fun, constantly aim for improvement, and always try to help others. One of the most significant lessons she has learned from Toastmasters is the value of a sincere smile. Being genuinely happy to see your audience can make them genuinely happy to listen to you.

Nominate a member by sending an email to:  
d13PRM@d13tm.com

## Do you like free TM swag?

Me too! Check out Jennifer Sell's Marketing Incentives!

<http://www.d13tm.com/marketing-incentives/>

Get your Toastmasters BINGO on and win prizes for your efforts! Seriously though, it's wicked fun and a great way to push yourself.

Here's the DL on the most current Toastmaster Incentives:

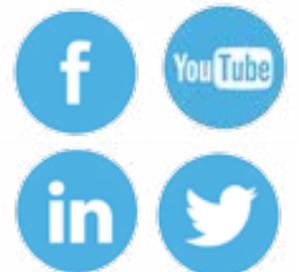
- **Talk up Toastmasters:** get 5 members between 2/1-3/1 (ribbon)
- **New club Sponsor:** sponsor a club (t-shirt)
- **Strive for Distinguished:** <12 member clubs who get a coach and make distinguished (\$25 TI \$\$)
- **Lend a Helping Hand:** mentor a first year club (advanced manual + HPL)
- **Kick it!:** get a lead for a new club (\$15-\$25 TI \$\$ depending on dates; early bird gets the \$25)

## Upcoming Events:

January 7th | Winter TLI | WCCC

April 7th-9th | Conference

Check <http://www.d13tm.com/events> for Division Make-up Trainings and Contest Dates!



Check out  
videos from  
D13TM's fall  
conference  
on our  
YouTube  
Channel!  
@D13TM

<https://www.youtube.com/user/D13TM/>



Message from your District 13 Director, Dr. Hollis R. Batista

Hello District 13 club officers and members! Come "Party with the Presidents!" "I will guarantee you that this party is the way to begin your new year and you will not want to miss attending!! You may ask, why should I attend officers training?" Some of you may say, "it is too far away to travel because it is in Westmoreland County!" "Let me give you **22 reasons** why you should attend TLI and "Party with the Presidents!"

1. **P**ositive energy for your clubs
2. **A**ccomplish goal #9
3. **R**emarkable presentations
4. **T**eachable moments
5. **Y**our true value will shine
6. **W**onderful opportunities within Toastmasters
7. **I**deas to inspire
8. **T**eamwork always
9. **H**ealthy clubs are happy clubs
10. **T**radition in showing how officers throughout the years have trained
11. **H**elping each other
12. **E**ducational for all officers and members
13. **P**ossibilities of trying new ideas
14. **R**esources to help your club grow
15. **E**mpower, excite, and engage your club officers and members
16. **S**upport for your club, area, division, and district
17. **I**nspire your team of officers and club members
18. **D**iscovery and direction for all club officers and members
19. **E**nergize all club officers and members
20. **N**urture you your club officers and members with new ideas to grow
21. **T**hrive in a healthy environment
22. **S**pectacular learning experience

Officers and members, please say yes to this special event that is planned twice a year, just for you! Why? Because all officers and members are VIPs in District 13!!!

Happy Holidays!!!  
Dr. Hollis R. Batista, DTM  
District 13 Director



Dr. Hollis R. Batista, DTM

Fellow Toastmasters, as I sit here thinking about the first half of the 2016-2017 Toastmaster Year, I get excited and can't wait to see how the second half of the year develops. We, as a District, have done an outstanding job so far and I am confident that we will reach our goal of being a Distinguished District. Which level of Distinguished will depend on everyone in District 13 and I will explain how.

We have chartered two new clubs in the first half of the Toastmaster year (with a total of 78 paid clubs). The District also has 4+ prospective clubs that are in various stages of chartering. To the members of our District that are involved in building these new clubs, Thank You!

I hear you asking how you could get involved in helping the District in its quest to become a Distinguished District. The easiest thing you can do is to introduce the benefits of Toastmasters to new members, and seek out those members that have left your club and try and help them back. Ask why they left the club and if there is anything that you can do to persuade them to come back. Perhaps, a simple we miss you might be sufficient to bring them back into Toastmasters.

Another area that I am responsible for is the Club Coach program. This program is available for clubs that are having a difficult time getting and retaining members. If your club's membership falls below 12, you qualify for this program. Each club can have two Club Coaches and it is their responsibility to assist the club in membership building and bringing the club back to at least 20 members. The results have been very positive and if you would like to volunteer to be a club coach talk to Trevor Yannayon, DTM or me and let us know your interest.

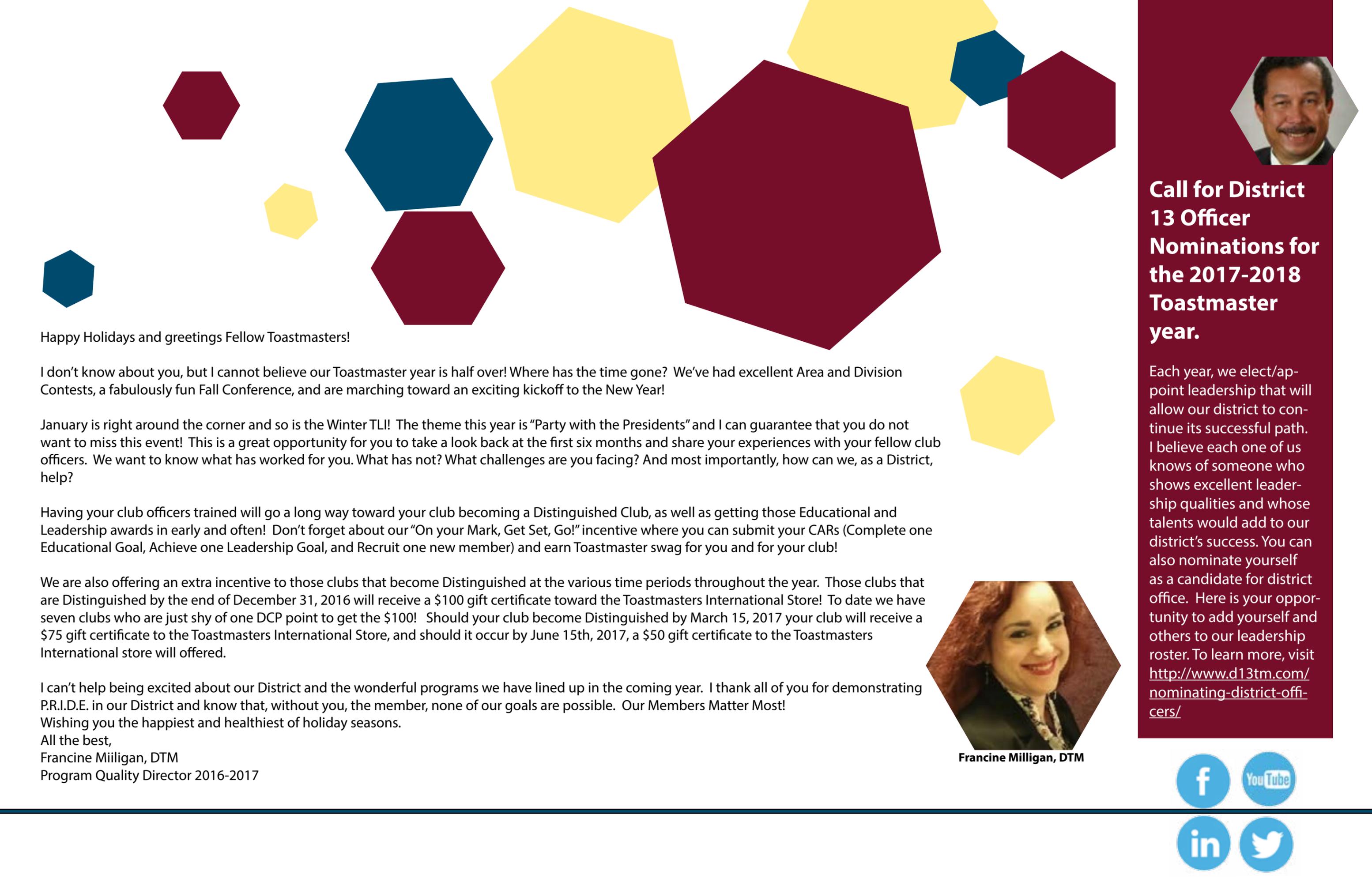
Again, we can't control what will happen in the future. But, I can guarantee you that I will continue working for each of you until June 30, 2017 to ensure we are Distinguished. My goal you may ask? Well there is only one thing to say: District 13 will be "President's Distinguished" on June 30, 2017.

I wish you and your family a happy holiday season!

Jennifer Sell, DTM  
Club Growth Director 2016-2017



Jennifer Sell, DTM



Happy Holidays and greetings Fellow Toastmasters!

I don't know about you, but I cannot believe our Toastmaster year is half over! Where has the time gone? We've had excellent Area and Division Contests, a fabulously fun Fall Conference, and are marching toward an exciting kickoff to the New Year!

January is right around the corner and so is the Winter TLI! The theme this year is "Party with the Presidents" and I can guarantee that you do not want to miss this event! This is a great opportunity for you to take a look back at the first six months and share your experiences with your fellow club officers. We want to know what has worked for you. What has not? What challenges are you facing? And most importantly, how can we, as a District, help?

Having your club officers trained will go a long way toward your club becoming a Distinguished Club, as well as getting those Educational and Leadership awards in early and often! Don't forget about our "On your Mark, Get Set, Go!" incentive where you can submit your CARs (Complete one Educational Goal, Achieve one Leadership Goal, and Recruit one new member) and earn Toastmaster swag for you and for your club!

We are also offering an extra incentive to those clubs that become Distinguished at the various time periods throughout the year. Those clubs that are Distinguished by the end of December 31, 2016 will receive a \$100 gift certificate toward the Toastmasters International Store! To date we have seven clubs who are just shy of one DCP point to get the \$100! Should your club become Distinguished by March 15, 2017 your club will receive a \$75 gift certificate to the Toastmasters International Store, and should it occur by June 15th, 2017, a \$50 gift certificate to the Toastmasters International store will be offered.

I can't help being excited about our District and the wonderful programs we have lined up in the coming year. I thank all of you for demonstrating P.R.I.D.E. in our District and know that, without you, the member, none of our goals are possible. Our Members Matter Most!

Wishing you the happiest and healthiest of holiday seasons.

All the best,

Francine Milligan, DTM

Program Quality Director 2016-2017



## Call for District 13 Officer Nominations for the 2017-2018 Toastmaster year.

Each year, we elect/appoint leadership that will allow our district to continue its successful path. I believe each one of us knows of someone who shows excellent leadership qualities and whose talents would add to our district's success. You can also nominate yourself as a candidate for district office. Here is your opportunity to add yourself and others to our leadership roster. To learn more, visit <http://www.d13tm.com/nominating-district-officers/>



Francine Milligan, DTM

