

Incremental Improvement D13



“Coming to Toastmasters is practice. All athletes practice their sports, repeating the same motions over and over perfecting their art. Toastmasters, like practice, doesn’t guarantee that you’re going to win the game or complete a perfect presentation. It is preparing you for your game day.”

-Neenah (Area 23 Director, Sallie Boggs TM Member)

Incremental Improvement

As an individual who has participated in athletics my entire life, Neenah’s analogy resonated with me. To become the best speaker possible you have to practice. Public speaking is a skill. It can be mastered; however, one must put in the time to become considered an expert. However, why is it that from one practice to the next there seems to be no improvement?

Incremental improvement from one week to the next can be

nearly impossible to detect. One may not see a large difference between his or her times day over day, or even week over week. However, when one views his or her skill level over a month or a year, changes become more noticeable.

That timeline takes commitment. It takes the innate trust that every time they hit the road running that they are improving, whether it’s visible or not. The same is true for Toastmasters. Meeting to meeting you’re not going to experience that much of a change. However, after a

month, a year, big changes begin to emerge.

If you’ve been in Toastmasters for some time you’ll begin to see it – the small additions, the steady development of confidence, and the overall improvement. A member of my club who joined about two years ago because he didn’t like social situations. He was clearly outside of his comfort zone. A month after joining a fellow Toastmaster recognized improvements in his happiness. A few months later he began to give impromptu speeches (and they were amazing). A year later he won our club and area contest. Meeting to meeting there wasn’t movement, but it was happening. We have to trust that it is happening, attend the meetings, be present, focused and available.

How to Incrementally Improve?

- 1. Attend your Toastmasters meetings** – Showing up is the first step to adding value to your public speaking.
- 2. Participate in table topics** – Stepping in front of a crowd and having to think quickly on your feet will allow you to become more comfortable being in front of an audience (Bonus: It only takes two minutes of insane courage!).
- 3. Sign up for your next speech** – Do it! You got this! And it’s the next step in your public speaking journey.
- 4. Get a mentor** - Even if you’re a DTM, get a mentor. Everyone needs candid feedback. Toastmasters are great at giving honest, immediate feedback. Ask someone the changes they’ve noticed in your speaking career over the past year. Ask them how they think you can be pushed

A commonly cited study by Anders Ericsson suggests that attaining expertise requires roughly 10,000 hours of practice. That is a lot of hours to put in!

Use every time you communicate to improve your communication skills! ~3 hours of concentrated communication per day, will make you an expert communicator in ~ 10 years.

to the next level. Getting this feedback will help you to continue improving your art.

5. Keep a journal - This will allow you to monitor your thoughts over a long period of time. Write about the things you’re working on now and where you think you can improve. Include your goals. Check back on entries from a month or year previous. ■

Written by: Alexis Sanders, PRM





A Message from Your District Director

As your District Director, I am very proud of all members in District 13 for embracing this year's theme, P.R.I.D.E.: Personal Responsibility In Delivering Excellence!

Here are some of the shining stars:

- **Michael Cortes**, Area 15 Director, first to submit his Area Reports online
- All the **Area and Division Directors** who have scheduled their visits and contest dates
- Division D Director, **Tony Roscoe**, the first to host a Division Council Meeting
- **Michael Leonard** for the tentative schedule of Social Network Events for Division D
- All the Division Directors: **Chelsea Slagle**, Division A; **Denise Etter**, Division B; **Patti Thor**, Division C; and **Anthony Roscoe**, Division D for your great TLI make-up sessions.
- Extra Mile Thank You to **Denise Etter**, Division B Director and

Jennifer Sell, Club Growth Director for organizing additional TLI Make-up training sessions.

- **Alexis Sanders** for her P.R.I.D.E. in making sure the newsletters are completed for both July and August.
- **Sharel O'Connell, Linda Young** and **Jennifer Sell** for organizing the District 13 Document Library and all other shining stars that had input in creating the documents.
- **Mary Cornwall**, our Finance Manager for creating a new version of our expense reimbursement form in the District 13 Document Library.
- **Francine Milligan**, our Program Quality Director for her support in going for Gold with officers training and recording all officers trained to Toastmasters International.

Important dates to remember:

- Mission I'm Possible Registration for Fall Conference will soon be ready for all agents to complete

their assignments by registering for this fun-filled educational event on **November 4-6, 2016**

- Toastmasters International Convention August 17-20 in Washington, DC
- DEC Meeting, August 28 from 11:00am-3:00pm at the Golden Corral

Keep up the good work, District 13!

Your servant leader,

District Director



Hollis Batista, DTM
d13DD@d13tm.com

A Message from Your Program Quality Director

Good day fellow Toastmasters! I hope you all have been enjoying your summer thus far.

TRAINING

Speaking of summer, we have had wonderful turnout for our Summer TLI and make up sessions to date! Please remember that to get DCP number nine you need a minimum of four officers trained in the summer AND the winter. It's not too late to get training! Our Club Growth Director Jennifer Sell has scheduled two additional sessions at Sheets on August 11th at 5pm AND Saturday, August 27th at 11am at

Sheetz Health and Wellness Center located at 350 Sheetz Way in Claysburg. Contact Jennifer at d13CGD@d13tm.com to register! A special thanks to Denise Etter, Division B Director, for organizing an additional training at Hoss's Restaurant on Tuesday, August 9th in Grove City!

CONTEST SEASON

Next up is Contest Season! Your clubs should try to have their contests held by the end of August as your Area contests should be done with theirs in September and the Division contest in October. Please

make sure to email me the days and times of your contest so we can properly advertise them and attend if possible! I can be reached at d13PQD@d13tm.com.

Our contest season ends with the District contests which occur at our Fall Conference which will be held at the Pittsburgh Marriott North on Friday, November 4th and ending with a special session hosted by our keynote speaker, Anne Barab, ACS on the accredited speaker program! This year's fall conference theme this year is "Mission I'm Possible", and trust me,

this is a conference you do not want to miss! Our special agents and secret agents have been contacted with their mission by our Fall Conference chair is Dawn Staropoli and Early Bird Registration is available on EventBrite at this time for \$99 for the full conference (excluding Sunday's workshop)! As an added bonus those of you who attended the Summer TLI receive an EXTRA \$10 off the Early Bird Registration rate and pay only \$89! Act fast though because the Summer TLI discount ends on August 18th at 11:59pm and the regular Early Bird Registration ends on September 2nd!

NEW CLUB INCENTIVES

We also have two very exciting incentives for the clubs going on right now. The first incentive is the Moments of Truth Incentive. For every club that holds the Moments of Truth between August 1st and September 30th will receive an Advanced Manual for the club and for the Toastmaster who presented it! To qualify for the incentive, please email me a copy of your meeting minutes when the Moments of Truth were done. Congratulations to Toastmasters in the Tower and Scott Herring for being the first club to complete the Moments of Truth! We are continuing the tradition set by our current International Director for Region 7 and past District Governor, Distinguished Toastmaster Russell Drake and offering a Theory of One initiative...with a twist. Our initiative will be a race among our clubs to have the most members submit their CAR (Complete one Educational Goal, Achieve one Leadership goal, and Recruit one new member), signed off by their club President, to me at d13PQD@d13.com by March 1, 2017.

Each member doing so will receive a Toastmasters key ring (item 5997) worth a value of \$6, a certificate of congratulations, and will have their name posted to the Theory of One wall. The club whose has the most members submit their CAR in each Division will receive lectern banner valued at \$25 (item 326). Look for an upcoming email from me to the members containing their CAR for them to

"Every club that holds the Moments of Truth between August 1st and September 30th will receive an Advanced Manual for the club and for the Toastmaster who presented it!"

record their achievements! Should you have any questions on our incentives please do not hesitate to ask! I look forward to seeing you at an upcoming contest and the Fall Conference.

All the best,

Program Quality Director



Francine Milligan, DTM
d13PQD@d13tm.com

A Message from Your Club Growth Director

WELCOME TO DISTRICT 13 TOASTMASTERS

Welcome HM Health Solutions Toastmasters as the first new Toastmasters club chartered in 2016-2017! Congratulations to club sponsors Anthony Roscoe, CC, CL and Josué R Batista, DTM for bringing HM Health Solutions into the District 13 Toastmasters family! Brandie Lynn Baughman, CC, ALB and Teresa M. Ashley, CC, CL are their club mentors!

There are more new Toastmasters clubs in the works in District 13 that will need two club sponsors and two club mentors!

Club Growth Director



Jennifer Sells, DTM
d13CGD@d13tm.com

Club sponsors organize a new club, set-up regular club meetings, complete the paperwork and plan charter presentation. Club sponsors will receive a Where Leaders Are Made T-shirt ([Item 7086](#)) upon successful completion. Club mentors support a new club during the first 12 months (after being chartered). Club mentors will receive one Advanced Manual and High Performance Leadership ([Item 262](#)) upon successful completion.

Both receive credit towards your Advanced Leader Silver after successful completion. Contact me at d13CGD@d13tm.com to learn more about becoming a club sponsor or club mentor or if you have a new club lead.

**EARLY BIRDS GET DISCOUNTS!
SIGN UP EARLY REGISTRATION
FOR FALL CONFERENCE!
[CLICK HERE!](#)**

EXTRA! EXTRA!

Do you need club meeting resources? Don't have a guest packet? Visit <http://www.d13tm.com/document-library/> to find resources for your club.

Smedley Award Contest

It all began in 1924. Ralph Smedley invited a small group to meet in the Santa Ana, California YMCA where he conducted the first meeting of what would eventually evolve into Toastmasters International. One person initiated a program that would go on to affect millions of people. This is a great opportunity to collaborate and encourage others to spread the word about Toastmasters and bring new members to your club.

In honor of Ralph Smedley and

the birth of the Toastmasters club, Toastmasters International holds the Smedley Award contest each year. To qualify, the individual club must add five new, dual or reinstated members between August 1st and September 30th. Those clubs receive a ribbon for their banner and a 10% discount off their next club order. If your club earns the Smedley Award, District 13 will also give a membership pin ([Item 5753](#)) for each new member in your club.



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Club Membership Dues

WOW! We have less than one month until we start collecting dues renewals for our club membership dues. Beginning in October 2016, individual members' dues will increase to US \$45.00 each semiannual period. This is equivalent to US \$7.50 per month. Toastmasters continues to be the best value in communication and leadership development you can find. The benefits of this increased funding will enhance the member experience for years to come and

empower current and future members to achieve their personal and professional goals. [Click here](#) to read more about the upcoming dues increase.

At your club meetings in September, the Club Treasurer should announce that dues are due. The Club Treasurer will give the members the dues renewal cost (\$45 International + \$__ Club Dues) and how to pay (check, cash or credit/debit card).

An email to all of your club members is

a good follow-up to the meeting announcement. The email dues renewal reminder should include the amount to pay and how to pay (at the next meeting or mail the dues to the Club Treasurer).

If your club submits your club membership dues renewals early for both Round 1 and Round 2 at or above your clubs July 1st member base your club will receive a \$20 Toastmasters gift certificate (Two of [Item 6632](#)).

August Challenge: Keep a small journal and write 1-2 ways you improved each day for the next month. Share successes on social!

Upcoming Events:

- **August 1st | Smedley Award Membership Drive Begins!**
- **August 17th-20th | TI Convention |** Washington D.C.
- **August 14th | PR Workshop - Your Club Website 101 |** Web
- **August 28th | DEC Meeting |** Golden Coral
- **September 25th | DEC Meeting |** Web
- **October 1st | Division A Contest |** Frank Sarris Public Library | 10AM - 2PM
- **October 9th | PR Workshop - Guerilla Marketing |** Web
- **October 8th | Division B Contest |** TBD
- **October 16th | DEC Meeting |** Web
- **October 15th | Division C Contest |** Altoona Area Public Library
- **October 22nd | Division D Contest |** TBD
- **November 4th-6th | Fall Conference: I'M Possible |** PGH Marriott North



Member Highlight: Amy Gamble

Amy Gamble, M.A. had the honor of representing the U.S.A. at the 1988 Summer Olympics in Seoul, Korea. She became Marshall County's first Olympian when she competed with the U.S.A. Women's Handball Team. Earlier, the U.S.A. Women's team was crowned as champions of the Pan American Games. She was an All-American High School Basketball player from John Marshall High School and went on to play college basketball at the University of Tennessee and the University of Arizona. In 2004, Amy was inducted in the O.V.A.C. Hall of Fame.

In 2014, Amy began speaking publicly about her journey with bipolar disorder. She teamed up with the National Alliance on Mental Illness of Greater Wheeling (NAMI) to raise awareness in the community on mental illness. Through her talks and presentations Amy brings mental illness out of the shadows and gives hope to her audiences that recovery is possible.

Amy joined West Liberty Toastmaster's to improve her speaking skills and learn from other club members. She is hoping Toastmaster's will help her reach her goal of becoming a National Speaker.

To contact Amy for speaking engagements you can reach her by phone at 304-281-4494 or email at amygamble64@gmail.com.

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