



DISTRICT 26 DIALOGUE

Serving Colorado, Wyoming and Western Nebraska

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INSPIRE, ENERGIZE, ENCOURAGE, PERFORM

Norm Frickey, DTM, District 26 Governor

I'm pleased to have the privilege of serving as your District 26 Governor and I welcome you to a new year.

My pledge for 2011 – 2012 is to work tirelessly to

- become a distinguished district
- continue to improve communication with clubs and members
- use technology to reach out and offer assistance to clubs
- create innovative training opportunities
- energize the club officer training program
- create effective district conferences

We have numerous goals to achieve, some are new and some we have been pursuing for a while; most notably the new web site. This project has been in the queue for quite



some time but we have lacked sufficient resources to move forward.

We now have a skilled and cohesive web team who are committed to the project and are diligently working to achieve success.

We're raising the bar for our educational training and I'm confident that Bea Macliz, our Lt. Governor Education &

Training will keep everyone informed of the changes initiated by TI as they relate to manuals. It's vital that we maintain a high standard of learning and performance, for if we become lax, then the respect and prestige associated with Toastmasters will erode.

Our new Lt. Governor of Marketing, Tom Hobbs (the man of many hats) will work closely with Carol Harris, PRO. Together they will strive to raise our profile on the web and throughout the communities.

There are new projects on our radar such as the Adopt-a-Club Program, which is generating a lot of enthusiasm among our most active members.

Let's work together to INSPIRE, ENERGIZE, and ENCOURAGE every toastmaster to PERFORM to their potential. ▪

TLI in July

Remember that each club must send four (4) officers to training twice a year. The first training sessions will take place July 9, 16, and 23. See the calendar for time and location.

[Find](#) a club

CHANGE IS COMING AND WE'RE ON A ROLL!

District Leadership at Work

> Do you prefer to view the district events in a list format rather than the calendar? If so, simply open the Google calendar and click Agenda in the upper right corner. Voila! You can select a list.

> Would you like to Twitter your fellow toastmasters? Step up to monitor the Tweets and we'll add it to the district web site.

> Tired of sifting through old, irrelevant documents on the district web site? POOF! The web team will make them disappear.

> Don't know who the district leaders are? No problem, we're publishing *Getting to Know You*. This booklet with photos, credentials, bios, and contact information will become your handy desk top resource. ▪

SCHEDULE OF EVENTS

- **JULY 1_** Distinguished Program (DCP) begins
- **JULY 9_** District officer training at Xilinx in Longmont, CO
- **JULY 15_** Deadline for submissions to The District 26 Dialogue
- **JULY 16_** TLI in Denver, CO
- **JULY 23_** TLI in Casper, WY
- **JULY 30_** TLI in Fort Collins, CO

[Calendar details](#)

July 2011

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30/31

ELEMENTS OF BRANDING

Carol A. Harris, ACB, District PRO

“Send me the brand so we can put it on our contest program” is a frequent request.

“A brand is an exclusive and desirable idea embodied in products, places, services, people and experiences.”

A logo is a symbol that represents Toastmasters, a tagline is a catchy phrase that’s related to the purpose of the organization, and both are part of our brand.

So why is TI rebranding? Over the years Toastmasters International has lost control of their brand recognition. The organization has expanded enormously since its founding in 1924 and so has technology. Clubs and districts now have web sites, newsletters, brochures, etc. Each has different ideas and levels of skill in their publications. There is no consistency in Toastmasters image.

Toastmasters International will unveil their official “rebranding” at the international convention on August 17. [Read More](#)

District 26 will be required to adopt elements such as the logo, tagline, colors, and specified images. Aside from that, we will develop our own brand as a district, which will focus on “quality.” This is an enormous initiative because it requires that every toastmaster in D26 contribute.

A brand is comparable to a reputation. It represents what we promise and deliver; what people expect from us.

- One element of our new district branding is to raise the level of education. All contest judges must be certified. Judging is different from evaluating so TI has online training that will enable you to better serve the speech contestants.
- Another element of our brand is clean lines with sharp photos. When submitting your photo for the newsletter or web site, we ask that it be a **minimum resolution of 72 pixels/cm and a minimum dimension of 135 pixels.**
- We intend to put more emphasis on the competent leader (CL) manuals. Not everyone aspires to become a

public speaker and the CL manuals afford opportunities to develop skills such as project management, event planning, coaching, mentoring marketing, organization, time management, etc. that we draw upon in every day life.

- Last, but not least, we are striving to become the district that others will emulate. Although it’s a noun, the word “dialogue” implies action:
 - discussion
 - conversation
 - exchange of ideas
 - information flow
 - channel of communication

Through the [District 26 Dialogue](#), we will become better informed about our clubs, our members and their achievements, and create a camaraderie that makes even an “outpost” club feel connected to the core.

- There are many changes coming to the web site that will make it more informative, user-friendly and the best district presence on the internet. ▪

SPEAKING TO GENERATE BUSINESS

David Lampe, ACB, ALB

A few years ago there was a man terrified of public speaking. He avoided it as much as possible. When he had to speak, his heart raced and he felt like he wasn't going to be able to talk at all.

He knew about Toastmasters, but was afraid to visit because he might have to speak. He finally worked up the courage to visit Pioneer Toastmasters on a snowy night in February 2008. He drove through the snowstorm to the meeting where the members greeted him warmly. He enjoyed the meeting and heard people speak with confidence. He decided to join.

Soon, he was scheduled to give his ice breaker speech. Again, he had to face his fears. He worked hard on it and practiced many times before the big night. He was nervous, and his heart was racing, but he was able to get up and deliver his speech. He even made eye contact a few times, despite reading from his notes.

That man was me!

I worked through the Competent Communicator (CC) manual and was able to give a presentation without notes by my 9th speech. After completing the CC manual, I had overcome much of my fear of public



speaking and had improved my skills with each speech.

Next, I worked through two advanced manuals and continued to improve my skills. I've continued to face my fears by serving as the Toastmaster at a district contest and presenting an educational session at TLI.

Last year, I decided it was time to speak outside Toastmasters. I attended Joe Sabah's seminar, [*How to Speak for Fun and Profit*](#). Joe gives each attendee a database

of service clubs throughout Colorado including Rotary and Kiwanis and he teaches you how to book speaking engagements at these clubs.

I wrote a speech titled *How to Network with Confidence and a Giving Attitude* and set out to book my own speaking engagements. I've been fortunate to speak to a wide variety of clubs where I get to meet many different types of people and build working relationships with some.

I tell stories about how networking helps me grow my website development and Real Estate businesses.

I am now generating business from public speaking!

Before joining Toastmasters, I never considered speaking in public. Thank you to all the wonderful Toastmasters members who helped me on my journey! ▪

David Lampe is a member of Flatirons Toastmasters and Evening Stars Advanced Toastmasters, as well as the D26 web team. Professionally, he is president of Blue Ray Media, Inc., a website development company, and a REALTOR® with Your Castle Real Estate. You can reach him at David@WebSavvyRealEstate.com.

DRESS TO IMPRESS

Carol A. Harris, ACB, District PRO

Toastmasters focuses on the quality of the speech, not the attire of the speaker; however, appearance does have an impact consciously and unconsciously. We know not to judge a book by its cover, but we do it anyway. Personal appearance is a form of communication so what message to you want to convey?

A well dressed individual is perceived to be organized, educated, and well spoken (before they even open their mouth). Are they? Not necessarily but image consultants will tell you that first impressions can affect your success.

Many people say they feel more structured and confident when they are better dressed. They carry themselves with a heightened sense of dignity and they believe that enhances their credibility and

performance. To realize the full learning experience we should approach every club meeting as a dress rehearsal.



A speaker may want to dress in a manner that contributes to his/her presentation and if you are the toastmaster of the meeting, you might consider putting your best foot forward simply for practice. Who knows when you will be given an opportunity to speak in an environment that requires a business suit; be prepared.

Now, having stated all that, do I think we need to dress up for our meetings? No, go with the flow. If your club culture is laid back and you consistently appear in a suit, you will likely be labeled "pretentious." However, you can never look out of place in [business casual](#). Show respect for your audience and meet them half way.

For more perspectives on this topic, visit the [Toastmasters LinkedIn](#) discussion group. ▪

FIND YOUR INNER “TEACHER”

Bea Garcia Macliz, DTM, Lt. Governor Education & Training

It's the beginning of a new Toastmasters year and it's time to find your inner "Teacher". Yes, you know the person inside of you who is so relieved the year is over, but is ready to share the good, the bad, and the ugly with anyone who will listen? I offer you a venue with a (semi) captured audience eager to soak in the good, bad, and ugly experiences you have to share! Yes, they are the new leaders of our clubs. Yes, some of them may have more 'years' than you do, but no two experiences are shared in the same manner.



We all learn something new from each challenge; even if it's the same situation. We grow from each and every opportunity presented to us. How we face them varies from person to person. It's time to share it with your fellow District 26 leaders during the upcoming TLIs, conferences, and contests. Are you up to the challenge? If so, contact me and offer a little piece of yourself so others may grow by your shared experiences. Together, we will continue to move District 26 into a fine oiled teaming machine!
Email lget1112@d26leaders.org ▪

CAN'T READ THE DIALOGUE?

If you, or someone you know, are vision impaired and have difficulty reading the *District 26 Dialogue* in pdf format, please contact the editor, [Gordon Savage](#). Until we can come up with a more effective system, we will provide the text embedded in an email to your personal account. Suggestions on how we might better serve you are always welcome. ▪

NEW VOICES IN TOWN

In May we highlighted *El Puente Bilingual Toastmasters* that was seeking interested parties to start a club in August.

Once again, Mike Mauser and Helen Hankins, members of Excelsior Toastmasters, want to remind you that there will be an organizational meeting of a Spanish/English club in August, date and place to be determined by interest.

"Helen and I joined Toastmasters about 30 years ago, but until we moved to Phoenix three years ago, we didn't even know there was such a thing as a bilingual club," Mike says.

"There are about 20 bilingual clubs in the United States. The one in Phoenix, La Voz de Oro Toastmasters, was founded 29 years ago and is the second oldest in the nation. Most of the other bilingual clubs are in Texas and California." Mike states,

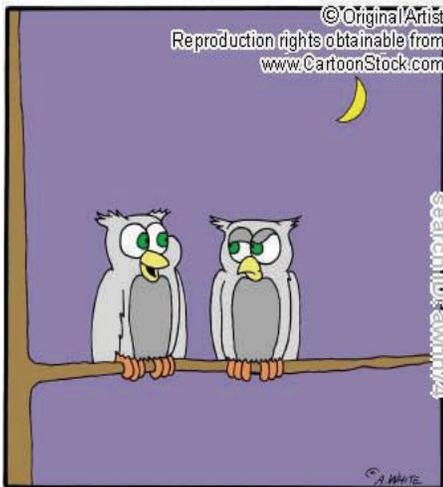
"We joined La Voz de Oro and really enjoyed and benefitted from the meetings."

Check out this opportunity to share your skills and challenge yourself. For more information, call Mike at 303-862-6036, email michaelwmauser@gmail.com or search for El Puente Bilingual Toastmasters on Facebook. ▪

Current and would-be toastmasters may also check out

- Chadron Toastmasters -N4
- Talk@Chuck -M5
- Andarko Rockies -D5
- Davita Toastmasters -D1

If you are a member of one of the aforementioned clubs, send us an article and we will highlight your club in a future issue of the *District 26 Dialogue*. ▪



"I had to give a short speech last night. It was hoot!"

For 20 years, one of the hallmarks of **Double Talk** has been a roving location. We're now changing to a fixed location. We'll meet at Panera Bread Arvada (#3075), 7739 Wadsworth Blvd, Arvada, CO 80003. Phone (303) 420-7500 - Fax (303) 420-7507. www.panera-colorado.com.

They allow us to meet in their Community Room as long as we purchase dinner from their restaurant. Outside food is not allowed in the restaurant. Dinner & Social begins at 6 PM. The meeting time is 7:00-8:30 PM.

Meetings on August 13, September 10, and October 8. Contact Karyn at (303) 589-6888.

AIM FOR THE GOALS

Take Your Club to the Top

It's the beginning of a new Toastmasters year and part of our fresh brand is to become a "consistently" high performing district, which requires that every member and club reach for the top.

The **Distinguished Club Program** was designed to provide goals and objectives to inspire each club to strive for excellence. It's an annual program that runs from July 1 through June 30 and consists of 10 goals every club should endeavor to achieve during that time.

Goals to Achieve

1. Two CCs
2. Two more CCs
3. One ACB, ACS or ACG
4. One more ACB, ACS or ACG
5. One CL, ALB, ALS or DTM
6. One more CL, ALB, ALS or DTM
7. Four new members
8. Four more new members
9. Minimum of four club officers trained during each of two training periods
10. One membership dues renewal report and one club officer list submitted on time

In addition, each club must meet a membership requirement. At year-end (June 30) it must have:

- At least 20 members OR
- A net growth of at least five new members

DISTINGUISHED clubs meet 5-6 goals

SELECT DISTINGUISHED clubs meet 7-8 goals

PRESIDENT DISTINGUISHED clubs meet 9-10 goals



Achieving one of the distinctions listed is a tangible measure of a club's success. Each club, in turn, contributes to the success of the area, division and district. This is truly a team EFFORT, a team WIN and team PRIDE.

Place your team among the BEST!

The **Club Coach Program** is available to assist any club with 12 or fewer members that is struggling. Contact the club coach chairpersons for details.

This year we are introducing the **Adopt-a-Club** program whereby members of a thriving club participate in the meetings of clubs that are in need of a boost. This exciting new program was inspired by the members of South Suburban Toastmasters whose exceptional initiative and support epitomize the spirit of Toastmasters and serves as an example of our "brand."

There is a lot of excitement about this program. Anyone interested should contact Betty Chavira. We are in need of ideas, ambassadors, and participating clubs.

The clock begins ticking on July 1. Every toastmaster and every Toastmasters club is encouraged to aim for the GOALS! _cah

"The greater the loyalty of the group toward the group, the greater is the motivation among the members to achieve the goals of the group, and the greater the probability that the group will achieve its goals."

~ Renis Likert

THE GRAMMARIAN'S REPORT

Lisa Johnson Mandell

Hiring managers see and hear it all and some are expressing their frustration with the lack of quality language skills among many of today's young job applicants. Despite qualified job-related education and experience, poor language skills are often a deal breaker.

Toastmasters teaches us to eliminate the filler such as "ah/um" but today's youth have adopted a broader range of filler to include excessive and inappropriate use of

"like" and "ya know," to the chagrin of business leaders.

These phrases are annoying and those who use them are perceived to be less professional.

Most of those who have adopted this form of speech are not even aware they are doing it until someone points it out.

English is a living language that is constantly evolving. Toastmasters is a progressive learning organization that promotes itself as experts on communications skills.

All clubs should impress upon members how important it is to eliminate filler, no matter what kind, from our vocabulary, and teaching our children from an early age can jump-start their success. ■

[Full article](#)

THE OPPORTUNITY IS HAPPENING, IT IS AWESOME AND IT IS TOASTMASTERS

Tom Hobbs, DTM, Lt. Governor of Marketing

There has never been a more exciting time for Toastmasters than now as we announce to the world "Here we are!"

With a fresh look and an accurate description of benefits, we have more for our members around the globe and we are poised to excel. We have been the best unknown secret in the community and it is now time to put our Hat on and be the Best Known at "Building Better Speakers and Leaders" around the world.

I have reached out to learn from the rest of the world and, as the goofy dude who always smiles and wears a HAT, I have built a team to guide us. Through LinkedIn, I have connected to 68 toastmasters who include former lieutenant governors, district governors, international directors and international presidents; all now whispering in my ears. The things they have learned and are willing to share with me are amazing. All because I am willing to ask.

We have similar challenges and different ways to handle them. I received an email telling me of the challenges a governor had because of the large expanse of his district. Then I realized that New Zealand was very similar in distances as Colorado,

Wyoming and Nebraska, without the shore line of course.



You are encouraged to share your ideas and connections with Tom as every toastmaster is a member of the marketing team. E-mail lgm1112@d26leaders.org.

- The most common advice I have received is now my plan for District 26. Focus on the benefits to YOU, your club and your community. Shouting the benefits of membership to your community shows how our Vibrant members invite Vibrant Guests that build Vibrant Clubs.
- I have set in place a simple process of recognizing clubs and members for their successes and SHOUT it out to their community.
- We will be drip marketing to publications in our communities. Yes, more than 30 sources each month across Colorado, Wyoming & western Nebraska will be reminded of the benefits of Toastmasters and how close a club is to them.
- Clubs will be acknowledged for their years of service to their members; 25, 35 and 40 years is not uncommon in our district.
- The community will see our banners in local events each month. ▪

NEW CLUB COACHING CHAIRS

Betty Chavira, Immediate Past Club Coaching Chair

District 26 is honored to have [Niki Moore](#) as Club Coaching Chair for clubs in the Southern Division. Niki has previously served as the Southern Division Governor and District 26 book store manger.

My Agenda: "To give my all in a manner that benefits those I am working with and brings added value to the organization. Whether it is managing the bookstore,



serving in a leadership position or supporting and mentoring a fellow toastmaster, I endeavor to inspire an effective outcome."

My Vision: "The Club Coaching Program will have

an awesome and positive impact on the entire district. My counterpart to the north, Linda Rhea, and I have exciting plans for the program and a willingness to try the new and somewhat unusual to help clubs achieve their DCP and more!"

"If and/or when you get a call from me, get ready to soar; together we will do nothing less!"

[Linda Rhea](#) will be serving as Club Coaching Chair for all the other clubs in our district - including Denver, Foothills, Metro, Eastern, and Northern Divisions. Linda was the D5 Area Governor and Conference Chairperson 2010-2011.

My Passion: "Currently Chief Inspiration Officer at Thrive Every Day. I am passionate about inspiring people to take care of themselves and "thrive every day" so the

ups and downs of life can be taken in stride. I love helping Toastmasters club members and I love seeing all the different ways Toastmasters clubs deliver the membership experience."



My Vision: "My vision for the Club Coaching Program is to encourage members to have fun while coaching clubs to reach Distinguished and beyond."

Successful service as a club coach provides credit toward the AL-Silver. Clubs with 12 or fewer members should contact the coaching chairs for assistance. ▪

INVOLVE MEMBERS IN CLUB LEADERSHIP

Step Out of the Way and Let Them Shine _____ Joyce Feustel, DTM



Does your club actively encourage all members to take on a club leadership role? If current leaders fail to encourage leadership development among their fellow club members,

then the next generation of leaders will fail to emerge, and the club is in danger of faltering.

Sometimes veteran club members don't perceive themselves as being capable of serving in more complex leadership positions, such as president or one of the vice presidents. Newer members may not picture themselves holding any officer roles.

In my opinion, club members may need a major nudge to step out of their comfort zone so they will be more likely to step up to a post they had never pictured themselves holding.

Let's hear what experienced toastmasters have to say about involving club members, especially newer members, in leadership and then supporting them in that endeavor.

Gary Schmidt, Immediate Past President of Toastmasters International, and member of clubs in Portland, Oregon in District 7, offered these recommendations:

"Identify and motivate others to step into leadership roles. Ask others to step up. Train them and be available to counsel and mentor, but do not do the job for them. Step out of the way and let them shine."

The District 26 Club Coaching Chair Betty Chavira, herself a successful club coach, offered these words of advice: "I advocate for relatively new members to be club officers. Then during executive committee meetings they can learn to efficiently run a club, as well as become familiar with the Distinguished Club Program."

Paul White, Immediate Past District Governor, District 27 in Washington, DC, had this to say: "Ensure that club officers have gurus and guides to work with and seek advice and assistance from over a longer time frame and more in depth. The mentor relationship offers the possibility of bridging from one cohort to the next generation of officers, helping to build a stronger officers corps and executive committee."

Keep in mind that these "gurus" and "mentors" don't have to come from the ranks of the club, though often they do. The club's Area Governor could connect a club officer with an experienced club officer from a nearby club – or perhaps through district connections or even LinkedIn experience, a club officer finds a guru outside their club to help them along.

This article is an excerpt from "A Lasting Legacy: A Club Coach's Guide to Club Officer Development," which was featured in the [Club Coach Weekly](#) hosted on the District 8 website. ■

DOUBLE TALK ABOUT TO RIDE THE RAPIDS

J Randy Penn, DTM

Double Talk Toastmasters Club is returning to our traditional summer road trip. We're going rafting! With record snowfall melting, the water is flowing, making this one of the best years ever for Colorado River rafting.

Join us on July 9 at Buena Vista, CO for the River Rafting Trip!

Name: Brown's Canyon Half-Day

Meeting Time: 8:00 AM

Trip Class: III – IV. \$52.12 including wet-suit for 12 minimum in our party.

Provider: Independent White Water

Description:

This 12-mile trip begins at Fisherman's Bridge and takes you all of the way through beautiful Brown's Canyon where we navigate 11 Class III and IV rapids. Zoom Flume, Bigdrop, Widow Maker, and yes, Seidel's Suckhole and Twin falls are just a few of the rapids you'll experience on this exciting and scenic trip! Because our provider ends this trip on private property, we can offer you rapids you won't get with most other companies.

Beth Boaz, DTM PID, is hosting at her mountain cabin just outside of Fairplay, CO. We will meet for dinner at 4 PM with our regular Toastmasters meeting at 5 PM. Directions will be provided.

Please confirm your attendance with J Randy Penn at pennjr@comcast.net or Beth Boaz at bethboaz@aol.com.

We plan to get together for breakfast on Sunday, July 10, so you may want to stay in Fairplay. Below are some of the accommodations available.

Riverside Inn Fairplay
249 Highway 285
(719) 836-0600.
www.riversidefairplay.com

Hand Hotel Bed & Breakfast
531 Front St
(719) 836-3595.
www.handhotel.com

Mountain Comfort Bed and Breakfast, Colorado 9
(719) 836-4517

Western Inn Motel & RV Park
490 W US Highway 285
(719) 836-2026
www.thewesterninn.com

Fairplay Hotel
500 Main Street
(719) 836-4699
www.stayfairplay.com

The trip begins at Fisherman's Bridge in Buena Vista. ■



Tackle Your Dreams

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ABOUT TOASTMASTERS DISTRICT 26, REGION 1



District 26 includes Colorado, the Eastern Slope of Wyoming, and the Nebraska panhandle. It was formed in 1948, with Gordon Merrick serving as its first district governor.

Four past district 26 governors have risen to the international level:

Don Paape was international director, 1966 - 68 and international president 1972 -73. It was during his term that women were first admitted to Toastmasters International. Watt Pye was district governor from 1969-70 and international director from 1970 -72; Dorothy Chapman served as district governor, 1989-90 and international president from 1990-92; and Beth Boaz was D26 governor from 1995-96 and international director, 1997-99. Marilyn Boland served as the first female District 26 governor in 1975 -76.

In 2000, [Ed Tate](#), a member of Cherry Creek Toastmasters, won the World Championship of Public Speaking. Ed is now the principal of a professional development firm that provides keynote and endnote presentations, workshops, and other training.

In 2007, [Rory Vaden](#), also a member of Cherry Creek Toastmasters, was the first runner-up in the World Championship of Public Speaking. He has since co-founded a multi-million dollar public training company and been featured on Oprah Radio with Dr. Oz and in SUCCESS™ Magazine.

[Byron Embry](#) of Pikes Peak Toastmasters was a major league baseball pitcher before he became a finalist in the World Championship of Public Speaking in 2009. He later founded Closing Remarks and has become a keynote speaker and author. [Ian J. Humphrey](#) of Simply Speaking was in Toastmasters little more than a year when he progressed to the final round of the World Championship of Public Speaking in 2010. Ian is now an inspirational speaker who reaches out to youth at risk.

Peter Coors joined a Toastmasters club at the Coors Brewing Company early in his career to gain the skills and confidence needed to appear as the spokesman for a series of national TV commercials. ■

VISIT US at
www.d26toastmasters.org



Our Mission

We strive to create a bond among all the clubs of the district by sharing our experiences, resources, and knowledge through an interactive media.

Our goal is to make every toastmaster feel empowered, appreciated, and connected.

Please send your questions, tips, comments, and articles to the editor, gordonsavage@msn.com, by the 15th of each month in order to appear in the next issue. Visit the [web site](#) for submission guidelines. All articles are subject to editing to fit allotted space and submission does not guarantee publication.

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MUSINGS FROM THE EDITOR

Gordon S. Savage, DTM

For some reason we tend to think of the new year as a time to make resolutions, so perhaps we should make our Toastmasters resolutions this month. What are your resolutions for the coming TM year?

Our new district governor, Norm Frickey, has asked us to work together to INSPIRE, ENERGIZE, and ENCOURAGE every Toastmaster to PERFORM up to their potential. Isn't that what a supportive environment is all about?

Perhaps one of your resolutions should be to be more supportive in the coming year. How would you do that?

- INSPIRE by participating more actively. Prepare for your meeting roles ahead of time so your participation shows it. Have specific goals to accomplish during the year. Run for office or

serve on the committee for one or more offices. The vice president membership can always use committee members to run a membership campaign, and that's one of the requirements for Competent Leader.

- ENERGIZE by recognizing other members accomplishments, in or out of the club. Energize by participating enthusiastically in club activities.
- ENCOURAGE with positive words, whether acknowledging what was done well or suggesting meaningful improvements.

Finally, strive to

- PERFORM to your own potential. When you do these things, you are contributing to the supportive environment of your club. That's what helps everyone perform



to their potential. What are your resolutions for the coming TM year?

Most importantly, we use our hearts to provide encouragement and sustain the kind and supportive environment that nurtures us all.

~Shelia Spencer, DTM