

# The DISTRICT DIALOGUE



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Serving Colorado, Wyoming, and Nebraska

October 2010

*For the Record —*

## Summit County: Toastmasters Competition

By [Kimberly Nicoletti](#), Summit Daily News, 9/18/2010

### More info

What: Toastmasters speech competition

When: 6:30 p.m. Tuesday

Where: Frisco Town Hall, Council Chambers

Cost: Free and open to the public to watch. Toastmaster meetings, held the first and third Tuesday of every month at town hall, are free to guests, but require a

Summit Toastmasters are serious about improving their communication skills, but they entertain themselves throughout the process. Tuesday, contestants will compete in a humorous speech contest, “so that we could have some fun while expanding our speaking skills,” said Yvonne Bryant, president of the organization.

“Speaking in front of people you don’t know is a lot more challenging than just speaking to your fellows,” Bryant said. “It is similar to that big interview or that big sales pitch. You are saying ‘Pick Me!’ to judges that you may not know. The contest lets you practice your storytelling and persuasion skills in an environment that is still supportive, if a little more challenging than a typical meeting. It also is a fun way for the community to get to know us

and get involved with the group.”

Two winners will advance to the Toastmasters Area Contest in Golden on Sept. 30. A series of competitions eventually ends on an international level.

The competition not only helps the speakers, but also enables members who organize it to practice their event planning and project and team-management skills.

Alan Swartz started Summit Toastmasters, which currently has 14 members, in 1988. Members join with different levels of speaking and leadership abilities, as well as different goals. Pat Moore, the vice president of education, works with members to identify goals, then pairs them with mentors, who help develop speeches by working through the Competent Communication manual. Members also take on leadership roles.

At any given meeting, up to three speakers present speeches up to 10 minutes in length. Then members evaluate speeches on the objectives participants set out to achieve. While the Toastmasters workbook focuses on a variety of specific skills, topics can include anything that interests the speaker.

“Toastmasters is a safe and supportive place to improve public speaking skills,” said Amy Nakos, owner and broker of Landmark Real Estate Group. “We all support each other’s efforts to improve. It’s also a nice social interaction because you get to meet people from the county that you may not otherwise meet.”

“It is amazing to watch the transformation as members grow in confidence, speaking ability, and leadership ability,” Bryant said.

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<http://www.summitdaily.com/article/20100919/NEWS/100919784/1001&parentprofile=1055>

### Special points of interest:

- In the news
- Reasons to have contests
- The Value of Area Governor meetings
- Club coaching is an opportunity
- Conference preview

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## *Play by Play — Calendar of Events*

Oct 1	Oct dues renewals due to TI
Oct 9	Northern Division Humor and Evaluation Contest
Oct 10	Oct dues renewals due to TI for Distinguished Club Program credit
Oct 16	Foothills/Eastern Division Humor and Evaluation Contests
Oct 23	Denver/Metro Division Humor and Evaluation Contests
Oct 30	Southern Division Humor and Evaluation Contest
Oct 31	Area Governor complete first round club visits (report due November 30)
Nov 12-13	District 26 Fall Conference, Embassy Suites, Aurora
Nov 15	October dues renewals due for Distinguished Area Program Credit
Nov 30	Area Governor First Round Club Visit Reports Due at WHQ

## *For the Record —*

### Parents named the best mom and dad in the state

posted by: [Nadia Gedeon](#), Colorado Association of Black Journalists (CABJ) President, 10/5/2010

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AURORA - James and Jenny Davenport are the founders and directors of the Davenport Center. The organization provides foreign language classes, diapers and parenting classes to families in need.

Last Wednesday the couple was honored for the work they do at home. The mother and father of seven were chosen by a local selection committee as "Colorado Parents of the Year."

Their children range in age from 4 to 17 years-old.

The Davenports were invited to New York in July with four other finalists from across the country to receive the National Level Parenting Award by the National Parents' Day Council.

Parents' Day was adopted by the U. S. Congress in 1994 and signed into law by President Bill Clinton.



James and Jenny Davenport

The Parents' Day Council is a project of the Ambassadors for Peace of Colorado.

(KUSA-TV © 2010 Multimedia Holdings Corporation)

Perseverance is a great element of success. If you only knock long enough and loud enough at the gate, you are sure to wake up somebody.

Henry Wadsworth Longfellow

Jenny Davenport is a member of Absolutely Articulate Toastmasters. Congratulations Jenny and James. <http://www.9news.com/news/local/article.aspx?storyid=156544>



## Coaches Corner

### Contests Make It Happen

Norm Frickey, DTM Lt. Governor Education and Training



CONTESTS MAKE IT HAPPEN. In Toastmasters what keeps me going and energizes me is witnessing success up close and personal. Twice a year speech contests fill my time and energy because I know how they affect me and others who participate. Some successes seem small—giving an ice breaker speech or some seem large—competing at a speech contest. When someone overcomes the fear of public speaking and hones their talent to achieve more than they ever thought possible, I rejoice. When witnessing someone deliver a message from the heart and observing the spellbound audience, I know that Toastmasters can make a difference. It's the really spectacular memorable moments when I see someone move outside their comfort zone, build self-confidence and deliver a message to be remembered that I appreciate the value of the Toastmasters programs and am proud to be a part of what makes it possible. Toastmasters empowers people and gives them a voice.

For many Toastmasters the first opportunity to be empowered and share the story and message outside the club is at a speech contest. A perfect example is our 2010 District 26 International Speech winner, Ian Humphrey. After testing and honing his basic skills at his club, he moved out of the comfort zone and delivered his message at an area contest. His journey continued through the division and district speech contests to culminate in Palm Desert California at the Toastmasters International Convention as one of the ten finalist competing for the title Toastmasters International World Champion of Public Speaking. It was there I witnessed Ian at his best (or so I thought). He

spoke passionately to the 1600 people in attendance. He delivered his message and held the audience spellbound for seven minutes. While he did not take home the first place trophy and title, he realized this was but one stop along the way. He returned home more confident, more focused, determined to deliver his message to those who need to hear it. He realized that the journey was actually just beginning. He knew there is life after competing at the International Convention and he was determined to deliver his message convinced someone needed to hear it.

WHEN OPPORTUNITY KNOCKS TOASTMASTERS TALK. Soon after returning from California, Ian was invited to speak to a group of educators. Then came this invitation: "Deliver a motivational message designed to peak the audience's interest and motivate them to succeed to their potential." On the surface not too difficult until you find out the audience will be 500 7<sup>th</sup> graders. That was the opportunity handed to Ian, and on Thursday, September 30, I was privileged to sit on the front bleacher and witness a master in action – this was Ian at his best. For 45 minutes he held the young audience spellbound as he told his personal story of rising above multiple abusive situations, foster homes, and prison. But it was more than a story as he motivated the 7<sup>th</sup> graders at Prairie Middle school to create their own success story. He challenged them to visualize their dreams while repeatedly driving home the mantras

"Don't let anyone tell you you can't do something" and more importantly "Never give up!"

What does this all mean? YOU AND I HAVE A MESSAGE THAT SOMEONE NEEDS TO HEAR. We just need the courage to step forward and tell it. Not just in our own club but to a wider audience. Toastmasters offers the opportunity, all we all have to do is take advantage of every opportunity including speech contests.

Excellence is available to all who make the commitment.  
Byrd Paggett

## Coaches Corner

### Strategy Meeting 101

Jennifer Zerba, ACB, ALB Lt. Governor Marketing

It is time for the first round of Area Visits. Some members and clubs love to see their Area Governor. Some members and clubs don't necessarily love to see their Area Governor. In fact they view the visit as an inconvenience and a waste of time. In reality the visit of your Area Governor makes sure every Toastmaster members' communication and leadership goals are being met.

What should you as a member expect from a visit from your Area Governor? How should an area visit be done? What is in it for me? What should I be looking for? What do you mean you want time during our meeting to visit? We can't give you 5-7 minutes we already have speakers. Didn't we just have a visit?

**Whoa! Time Out!** So many great questions, time for a strategy meeting with Q&A.

1. Expectations from your Area Visit are important.

- You can expect your club will have a success plan discussed and put into place to make sure you are achieving the goals you joined Toastmasters for.
- You can expect you and your club have resources that you can utilize to make your Toastmasters experience fulfilling.

- You can expect a good role model of preparation, timeliness, and cooperation.
2. Ideal Area Visit.
- An appointment prior to visiting
  - A prepared presentation
  - Use of the time allotted
  - Follow up
3. What is in it for you?
- Exciting meetings
  - High quality meetings
  - Enthusiasm
  - Concern that your goals are being met



Only the mediocre are always at their best.  
Jean Giraudoux  
A problem is a chance for you to do your best.  
Duke Ellington

**Coming Soon —**  
**District 26 Fall Conference**  
**Are you ready for some fun?**



*Player's Lineup*

**Avoid Speed BUMPs on Road to Your DTM**

By Betty Chavira, Club Coaching Chair



Inevitably, on your challenging journey to achieve your Distinguished Toastmaster goal, you will hit a speed bump. You may be motoring along quite nicely, progressing through your speeches and attaining your Advanced

District Officer in one of these roles starting July 1, 2011, contact your current Area or Division Governor.

- Serve as one of the following: **Club Coach** (successfully coaching a club to Distinguished Club Status within one year) OR **Sponsor for a club in the formative stages** up to the point of Chartering, OR **Mentor for a new club** for the first 6 months after Chartering. Each of these roles can be very challenging. You will need to dedicate from 6 months to up to 2 years in one of these roles.

Communicator Gold. You have navigated through your Advanced Leader Bronze. Now what? You will need to complete your Advanced Leader Silver before you can receive the coveted DTM. Do not wait too long to schedule completion of these projects – they can be time-consuming. The following accomplishments must be finished to attain your ALS. In addition to completing the “Old Competent Leader Award” or the Advanced Leader Bronze Award, you will need to:

- Complete a **High Performance Leadership Project (HPL)**. You can serve as an Area Governor or District Governor AS your HPL project. You can also serve as a Club Coach/Mentor/or Sponsor as your HPL project. You will work with a Guidance Committee over the course of your HPL project and make 2 speeches to your home club as you progress. If you choose to complete another project as your HPL, you will still need to plan, execute, report, track, and evaluate progress on your HPL journey.

- Serve one year as a **District Officer**. Many Toastmasters fulfill this requirement by serving one year as an Area or Division Governor. You must be assigned to this role by the District Governor no later than September 1 of any Toastmasters year, and preferably much earlier. Those of you who have missed this deadline will need to queue up for the next Area Governor/Division Governor year starting July 1, 2011. If you can serve as a

Each of these milestones takes time and advance planning. The sooner you start working on them, the less pressure you will feel. Do not let these requirements of the Advanced Leader Silver Award be the speed bump in your road to a DTM! Contact Betty Chavira, [bettychavira@msn.com](mailto:bettychavira@msn.com), if you would like to serve as a club coach.

From now on, any definition of a successful life must include serving others.

George Bush

Your success will always be measured by the quality and quantity of service you render.

Earl Nightingale



# DISTRICT 26 FALL CONFERENCE

## November 12-13, 2010

Embassy Suites, 4444 N. Havana Street, Denver/Aurora, CO



### ONE Team, ONE Goal!

- **MEET Albert Mensah**, CSP (Certified Speaking Professional.) *Born in a dirt hut in the impoverished nation of Ghana, Albert became an American citizen who has achieved the American dream. His inspiring story will have YOU reaching for the stars!*
- **ROAST** Alan Swartz, immediate past district governor
- **LAUGH** at the Humorous Speech Contest
- **ATTEND** educational sessions
- **DINE** and **SOCIALIZE** with fellow Toastmasters

**ALL for the LOW price of \$40 per person pre-registered!**  
(**\$50 at the door**)

Registration must be received by **NOVEMBER 5**  
to qualify for discounted rate.

Call Gayle Laraway at 719-310-7056 with ??

*Book your room by contacting the Embassy Suites directly at 303-375-0400.*

Ask for the

**SPECIAL TOASTMASTERS RATE**

\$99 for one (1) King bed or \$109 for two (2) double beds.

**LAST DAY to book for reduced room rate is OCTOBER 31, 2010.**

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Friday evening social from 7:00 – 10:00 PM ♦ Saturday meet/greet/credentials from 7:00 – 8:30 AM ♦ keynote speaker on stage from 8:30 – 9:15 AM ♦ Closing 5:30 PM.

## Tail Gate – Musings from the Editor



### Speech Contests

This edition of the Dialogue is short for a very simple reason. Almost all of the contributors are deeply involved one way or the other with the fall contests. Which brings up the question: “Why are the contest so important? “

Despite the fact that many of us object to competition on the basis that it demeans the “losers,” competition is part of our natures. We do it constantly, often without realizing it. In Toastmasters we try to do it so there are no losers. Instead, we recognize the winners as role-models who have set examples for the rest of us, competitors or not, to follow. They have demonstrated what effort and persistence can accomplish. In most cases they have shown us a better way of doing whatever they’re competing in. We can learn from them.

The other competitors have stepped up as well, and even if they didn’t give their best, they aren’t losers. We recognize them for their efforts and, perhaps, for their courage. If nothing else, they have learned, and chances are they too have shown us something we can learn from.

A contest is an opportunity to push our limits. It has more at stake than just standing up in front of our club. Our skill is compared to others’ skills. We learn from our experience, and if we advance to the next level, we face an audience we haven’t been in front of before. Regardless of how we place, we have stretched and grown.

So, contests aren’t for showing off or boosting our egos. They’re learning opportunities we can’t get any other way. They are important.

### Letter from a Farm Kid

Dear Ma and Pa:

I am well. Hope you are. Tell Brother Walt and Brother Elmer the Marine Corps beats working for old man Minch by a mile. Tell them to join up quick before maybe all of the places are filled.

I was restless at first because you got to stay in bed till nearly 6 a.m., but am getting so I like to sleep late.

Tell Walt and Elmer all you do before breakfast is smooth your cot and shine some things. No hogs to slop, feed to pitch, mash to mix, wood to split, fire to lay. Practically nothing.

Men got to shave but it is not so bad, there's warm water. Breakfast is strong on trimmings like fruit juice, cereal, eggs, bacon, etc., but kind of weak on chops, potatoes, ham, steak, fried eggplant, pie and other regular food, but tell Walt and Elmer you can always sit by the two city boys that live on coffee. Their food plus yours holds you till noon when you get fed again.

It's no wonder these city boys can't walk much. We go on “route marches” which the platoon sergeant says are long walks to harden us. If he thinks so, it's not my place to tell him different.

A “route march” is about as far as to our mailbox at home. Then the city guys get sore feet and we all ride back in trucks.

The country is nice but awful flat.

The sergeant is like a school teacher. He nags a lot. The Captain is like the school board. Majors and colonels just ride around and frown. They don't bother you none.

This next will kill Walt and Elmer with laughing. I keep getting medals for shooting. I don't know why. The bulls-eye is near as big as a chipmunk head and don't move, and it ain't shooting at you like the Higgett boys at home. All you got to do is lie there all comfortable and hit it. You don't even load your own cartridges. They come in boxes.

Then we have what they call hand-to-hand combat training. You get to wrestle with them city boys. I have to be real careful though, they break real easy. It ain't like fighting with that ole bull at home. I'm about the best they got in this except for that Tug Jordan from over in Silver Lake. I only beat him once. He joined up the same time as me, but I'm only 5'6” and 130 pounds, and he's 6'8” and weighs near 300 pounds dry.

Be sure to tell Walt and Elmer to hurry and join before other fellers get onto this setup and come stampeding in.

Your loving daughter

# TOASTMASTERS INTERNATIONAL

## DISTRICT 26

### *The DISTRICT DIALOGUE*



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**We're on the web!**  
[www.d26toastmasters.org/d26cms/](http://www.d26toastmasters.org/d26cms/)

#### ***The Values of Toastmasters International***

*Toastmasters International's core values are integrity, dedication to excellence, service to the member, and respect for the individual.*

#### ***The Vision of Toastmasters International***

*Toastmasters International empowers people to achieve their full potential and realize their dreams. Through our member clubs, people throughout the world can improve their communication and leadership skills, and find the courage to change.*

#### ***The Mission of Toastmasters International***

*Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality.*

*Through its member Clubs, Toastmasters International helps men and women learn the arts of speaking, listening and thinking – vital skills that promote self-actualization, enhance leadership, foster human understanding, and contribute to the betterment of mankind.*

*It is basic to this mission that Toastmasters International continually expand its worldwide network of Clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.*

#### ***The Mission of the District***

*The mission of the District is to enhance the performance and extend the network of Clubs, thereby offering greater numbers of people the opportunity to benefit from the Toastmasters educational program.*

## Fall Conference

The District 26 Fall Conference is just around the corner. Scheduled for November 12 and 13, it features a roast of the Immediate Past District Governor, the Evaluation Contest, the Humorous Speech Contest, a very special guest speaker, educational sessions you won't want to miss, **and** the fall business meeting.

If cost has been an issue for you in the past, you'll love this: **\$40 for the whole show** if you sign up by November 5. Go to the District 26 website ([www.d26toastmasters.org/d26cms/](http://www.d26toastmasters.org/d26cms/)) and sign up online or download the mail in form. Don't wait!