



Information Superhighway

Highway Masters Club

Volume 2, Issue 1

<http://highwaymasters.freetoasthost.net/>
Club 819742, Area 22, Division B, District 18

January 2007

DISTRICT GOVERNOR'S CORNER

District 18 Governor stresses the importance of speech contests

Don Walton, Distinguished Toastmaster
District 18 Governor

The year is off to a very good start and the District is committed to *Step Up To the Next Level*.



The next step in the District year is contest season. Contests are an undervalued and unappreciated Toastmaster skill. If you have ever been to a cycle of contests; Club, Area, Division, District; you notice immediately that the level of speaking skill moves up as you move from Club to District. You're listening to the same speakers give the same speeches, but they get better and better at their delivery. Why is that?

When we give speeches at our clubs we know that how well we deliver that speech depends on how much we

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SELECTING A SPEECH TOPIC

The newspaper as a muse

Jeff Robert, Sergeant-At-Arms
OBD – Bridge Design Division

The other day I was talking with my supervisor about my next Toastmasters' speech. I mentioned that it was becoming increasingly challenging to think of topics to speak on. His reply was that I must not read the paper or subscribe to any magazines. I thought about what he said and realized the astute point he was making.

The media provides an infinite amount of speech topics. I happen to read *The Sun* newspaper everyday during my lunch break. Inevitably there is always something that I find interesting, disagree with or am amazed by, often resulting in a lively discussion with my coworkers. I now realize that these daily discussions could easily form the basis of any one of my Toastmasters' speeches.



I stayed within my comfort zone for my first few speeches by talking about personal things that I know well. I now believe that if I'm willing to move out of this comfort zone, I will have endless possibilities for speech topics. In addition, I believe I will become a better speaker. After all, in reality how many times do you give a speech on a topic of your choosing? I would guess this is a rare occasion. More than likely you're giving a speech for work or some organization you're

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LEADERSHIP CRITICAL TO THE TOASTMASTERS' PROGRAM

Competent Leadership manual contains 10 projects to complete in addition to giving speeches

Amber Rhodes, VP Public Relations
OPPE - Regional and Intermodal Planning Division

Toastmasters has made some exciting changes to its educational system and award designations as a way to enhance its leadership training and make all educational designations in the communication and leadership tracks clearer and more meaningful.

Members completing the new Competent Leadership manual will receive the new Competent Leader award. The 10-project Competent Leadership manual debuted in January 2006 and is included in New Member Kits. It's easy to forget that the Toastmasters' program is built on more than giving speeches. Leadership is a critical component too!

Frequently asked questions about the program.

Q: *The leadership manual has 10 projects. Will I be evaluated on each of these projects, just as I am in the current Communication and Leadership Program manual?*

A: Yes. For each leadership role you complete as a project requirement, your Club's Vice President of Education will assign an evaluator who will provide a written evaluation. If you want a verbal evaluation in addition to the written evaluation, and if the meeting cannot accommodate it, the evaluator can give it privately after the club meeting.

Q: *Do I have to complete the Competent Communication and Competent Leadership manuals in any particular order?*

A: No. You may work in both manuals at the same time if you wish, or work in one at a time. If you complete the Competent Leadership manual first, you may apply for the Competent Leader award. If you complete the Competent Communication manual first, you may apply for the Competent Communicator award. If you finish both at the same time, you may apply for both awards at the same time.

QUICK TIP

When Speaking Impromptu – Don't try and memorize what you will say. Trying to memorize will only make you more nervous and you will find yourself thinking more about the words and not about the message.

Q: *The communication track has three advanced awards, but the leadership track has two. Will there be more leadership awards?*

A: We are planning to expand the leadership track even more, so eventually an Advanced Leader Gold award will be introduced.

Open up your Competent Leadership manual and develop the leadership skills that are so sought after in the working world! You're likely already performing the required assignments and don't even realize it!



Highway Masters Club members are doing great things, not just at meetings but day-to-day! We would like to recognize the following Highway Masters for their recent completion of SHA's Leadership Education And Development (LEAD) Program:

Kameel Holmes, Ashok Saini, Janet Stomps, Richard Ward Jr., Janie White, and Chisa Winstead

HIGHWAY MASTERS' WORD SEARCH

G N I N E P O D O R B Y N Q Q Y K S N S
C O M M U N I C A T I O N Z H M R C P R
T O A S T M A S T E R O F T H E D A Y E
C O N F I D E N C E N B R N K M S S W T
S R E C I F F O A O O E O A G B P E L S
Q D X M Z Z Z H I D M S E D J E E C E A
S W L G D V C S Y I X P B O Y R E N A M
D E K I N O U L T G S O A K B S C E D Y
R O T A U L A V E L A R E N E G H R E A
A F Y N C N S C I P O T E L B A T E R W
W D T N G R A M M A R I A N R A O F S H
A E O U R E K A E R B E C I U V P N H G
R C A C U D I S T R I C T V B I I O I I
E G A R E A L N O I S I V I D E C C P H
E C O N T E S T S M A N U A L S S U Y A

AHCOUNTER
AWARDS
BODY LANGUAGE
CONCLUSION
CONFIDENCE
DISTRICT
EVALUATOR
GRAMMARIAN
ICE BREAKER
MANUALS
OFFICERS
SPEAKER
TABLE TOPICS
TOASTMASTER OF THE DAY

AREA
BODY
COMMUNICATION
CONFERENCES
CONTESTS
DIVISION
GENERAL EVALUATOR
HIGHWAY MASTERS
LEADERSHIP
MEMBERS
OPENING
SPEECH TOPICS
TIMER

Solution found on page 4

10 TIPS FOR NEW YEAR'S RESOLUTIONS

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The best way to keep your resolution is to plan ahead

Amber J. Tresca, www.about.com

1. Be realistic: The surest way to fall short of your goal is to make your goal unattainable. Strive for a goal that is attainable.

2. Plan ahead: Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mind-set that particular day.

3. Outline your plan: Decide how you will deal with the temptation to skip the exercise class, or just have one more cigarette. This could include calling on a friend for help, or practicing positive thinking and self-talk.

4. Make a "pro" and "con" list: It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. Talk about it: Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better. The best case scenario is to find yourself a buddy who shares your New Year's Resolution and motivate each other.

6. Reward Yourself: Celebrate your success by treating yourself to something that you enjoy.

7. Track your progress: Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated.

8. Don't Beat Yourself Up: Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take them one at a time.

9. Stick to it: Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality.

10. Keep trying: If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's Resolution" any time of year.

Information found at
<http://ibdcrohns.about.com/cs/mentalhealth/a/newyearresolve.htm>

Speech Topics –

involved with and the topic is predetermined for you.

By selecting a speech topic at random from your local paper, you will develop the skills needed to write and give effective speeches on any topic. I've decided to give this method a try. The lesson plan for my next speech is to research a topic and inform the audience. I just picked up the paper and found an interesting topic on identity theft. It looks like I have my next speech topic.

CALENDAR OF EVENTS

HIGHWAY MASTERS CLUB MEETING

JANUARY 17, 2007

211 BUILDING, TRAINING ROOM 2

12 PM TO 1 PM

Bi-monthly Club Meeting

HIGHWAY MASTERS CLUB MEETING

FEBRUARY 7, 2007

211 BUILDING, TRAINING ROOM 2

12 PM TO 1 PM

Bi-monthly Club Meeting

HIGHWAY MASTERS CLUB MEETING

FEBRUARY 21, 2007

211 BUILDING, TRAINING ROOM 2

12 PM TO 1 PM

Bi-monthly Club Meeting

HIGHWAY MASTERS CLUB MEETING

MARCH 7, 2007

211 BUILDING, TRAINING ROOM 2

12 PM TO 1 PM

Bi-monthly Club Meeting

HIGHWAY MASTERS CLUB MEETING

MARCH 21, 2007

211 BUILDING, TRAINING ROOM 2

12 PM TO 1 PM

Bi-monthly Club Meeting

DIVISION B SPEECH CONTEST

SATURDAY, MARCH 24, 2007

VISIT [HTTP://HIGHWAYMASTERS.FREETOASTHOST.NET/](http://HIGHWAYMASTERS.FREETOASTHOST.NET/)
TO HAVE EMAIL REMINDERS SENT TO YOU FOR A
SPECIFIC EVENT!

CLUB COMPETENT COMMUNICATOR PROGRESS

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as of January 17, 2007

Member	Speeches Completed
Jeff Robert	6
Anne Elrays Sae'd Rahwanji Chisa Winstead	5
Amber Rhodes Richard Ward	4
Raven Berry Glen Carter Kameel Holmes	3
John Harshaw Shelton Haynes Pandora Johnson Ashok Saini	2
Rhonda Collins Shaneka Owens Mona Sutton	1

Governor's Corner -

practice giving it. We all have our own methods of preparing a speech. At a bare minimum we run through it at least once. More likely, it's 2, 3, or 4 times. The lesson is pretty clear, the more we practice, the better the delivery.

It's unfortunate that the tradition is we give a speech once and then move onto the next project. If we had the opportunity to give it more times, in front of different audiences, imagine what polished and professional speakers we would be.

Contests give us that opportunity. Sign up for your club contest and step your speaking up to a level that will amaze you. Go to a cycle of contests. Support your club's contest winner. See for yourself one of the best-kept secrets in Toastmasters.

Reprinted from *Walton's Ponderings*, September 2006
<http://www.toastmasters-d18.org/02-WaltonPonderings-01.htm>

QUICK TIP

Know the Audience. If possible, greet some of the members of the audience as they arrive and chat with them. It's easier to speak to a group of friends than to a group of strangers.

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Word Search Solution -

~~C N I N E P O D O R B Y N Q Q Y K S N S~~
~~C O M M U N I C A T I O N Z H M R C P R~~
~~T O A S T M A S T E R O F T H E D A Y E~~
~~C O N F I D E N C E N B R N K M S S W T~~
~~S R E C I F F O A O O E O A G B P E L S~~
~~Q D X M Z Z Z H I D M S E D J E E C E A~~
~~S W L G D V C S Y I X P B O Y R E N A M~~
~~D E K I N O U L T G S O A K B S C E D Y~~
~~R O T A U L A V E L A R E N E C H R E A~~
~~A F Y N C N S C I P O T E L B A T E R W~~
~~W D T N G R A M M A R I A N R A O F S H~~
~~A E O U R E K A E R B E C I U V P N H G~~
~~R C A C U D I S T R I C T V B I I O I I~~
~~E G A R E A L N O I S I V I D E C C P H~~
~~E C O N T E S T S M A N U A L S S U Y A~~

QUICK TIP

Avoid speaking in a monotone. The easiest way to put an audience to sleep is by speaking in the same tone of voice for a long period of time. Instead use your natural speech patterns with their variations in pitch.

CLUB OFFICERS

Chisa Winstead, President
Cwinstead@sha.state.md.us
410-545-8546

Kameel Holmes, VP of Education
KHolmes@sha.state.md.us
410-545-8542

VP of Membership
Currently Vacant

Amber Rhodes, VP of Public Relations
Arhodes1@sha.state.md.us
410-565-5654

Richard Ward, Secretary
RWard@sha.state.md.us
410-545-8977

Raven Berry, Treasurer
RBerry@sha.state.md.us
410-545-0312

Jeff Robert, Sergeant-At-Arms
JRobert@sha.state.md.us
410-545-8327