



## Area Directors Rock!

### Tracy Starman

**T**racy Starman is the A-4 Area Director. She is a proud mom to two wonderful children, both now quite grown-up. Tracy is a UNLV alumnus, who has lived in Nevada for over thirty years.

Prior to working in the financial industry, Tracy was a substitute teacher with the Clark County School District (CCSD). Her favorite activities include hiking and reading. Most weekends from April through October, Tracy volunteers as a trail host with *Go Mount Charleston* at the Spring Mountains National Recreation Area (SMNRA). Trail hosts hike the trails and provide useful information and assistance to people visiting Mt. Charleston. She also likes road trips and visiting new places.



people visiting Mt. Charleston. She also likes road trips and visiting new places.

#### ***\*Why did you join Toastmasters?***

I joined Toastmasters when I started working in the financial industry so that I could continue to practice and improve upon my public speaking skills.

#### ***\*What keeps you in Toastmasters?***

The fun of working on and delivering speeches, and the excitement of hearing other members present their speeches. The latter has really been an incredibly beneficial experience for me.

#### ***\*What lessons have you learned that you wish you knew at the beginning of your year?***

Worry less, ask more. There are so many good people in Toastmasters for you to work with and who will be more than happy to offer advice or assistance. Don't hesitate to reach out, ask questions, and partner with your fellow area directors.

#### ***\*What could the Trio do better to support Area Directors?***

I really felt the district leadership was awesome throughout the year. I always felt I had their support and could reach out if necessary.

#### ***\*What advice would you give to incoming ADs?***

Prioritize. Accept early-on the fact that there may be some things you won't do this year that you would like to, even if you have the time. You might just need a break. Don't over-commit. Prioritizing will help you stay focused and will help keep you from getting burned out, especially if you have club and area responsibilities. I would also suggest looking at prioritizing as an ongoing process. Revisit your priorities regularly, and be flexible.

## In This Issue

Tracy Starman	1
Kathleen Kingston	2
Calendar	3
Contest Winners	3
Spring Cleaning-Toastmasters Style	4
Don't OPT-OUT	5

## Kathleen Kingston

**K**athy Kingston is the B1 Area Director. She is a native Nevadan and a graduate of UNLV. Kathy holds a bachelor's degree in civil engineering and has worked for the Clark County Public Works Department for over 25 years. Kathy is the mother of a wonderful son, Jack, who has a developmental disability due to tuberous sclerosis complex (TSC) and autism. Kathy volunteers with several organizations and is a strong advocate for her son and others with developmental disabilities.

### ***\*Why did you join Toastmasters?***

I joined toastmasters because I was extremely shy. My first speech ever was when I graduated high school as one of the valedictorians. When I was informed that I had to give a speech in front of the entire graduating class, I was in jaw dropping, eye popping shock! However, I went up to the lectern with my written speech in hand, addressed the audience, put my head down, and proceeded to read the speech as fast as I could in a voice much higher than usual! But even though I was scared, and my speech wasn't earthshaking, I felt that one day, I would have something important to say and I wanted to speak publicly.

My workplace had a toastmaster's club that met once a week during my lunch hour. I was already at work; thus, being able to develop my skills once a week at lunch while meeting interesting, motivated folks from different departments was incredible. For my icebreaker speech, I chose to speak about my favorite vacation, whitewater rafting through the Grand Canyon. Although I was still shy, choosing such a wonderful experience helped me have a ton of fun presenting my first speech. If you're new to toastmasters and need to give your first icebreaker speech, go for it! You'll be glad you did!

### ***\*What keeps you in Toastmasters?***

What keeps me in toastmasters, in addition to the opportunities for me to grow, are the members. The folks in toastmasters are all ages, with different skills, occupations, interests, cultures, hobbies, and life experiences. I've seen that folks in toastmasters strive for improvement and progress in themselves and others and want to make a positive difference in their communities. I've seen toastmasters make tremendous accomplishments, such as plan non-profit events, do podcasts, interview others, appear

in interviews on the news, write and publish books, do Ted talks, demonstrate cooking skills, and so much more.

A lesson that I learned in toastmasters this year, is that I really can be a contest toastmaster at an area contest, and be effective while having a lot of fun. Even though I've been in toastmasters for many years, I was hesitant to be a contest toastmaster because I've seen seasoned toastmasters do such an incredible job in that position. I'm glad I said "yes" to being a contest toastmaster. What will be your next "yes" in toastmasters?



The District 115 trio has helped me as an area director and as a toastmaster member. I am impressed at the many supports and opportunities that District 115 has for our members. The "Wake Up with Toastmasters" Facebook interviews are a wonderful way to give folks practice during an interview, and to highlight the uniqueness of the clubs and members in our district. The newsletter is an excellent and fast read with tips for member and club advancement as well as the links to register for the zoom meeting opportunities such as the fun game nights, as well as the educational enrichment meetings. The enrichment meetings that occur every second Saturday on zoom from 6 pm to 8 pm have wonderful topics, and I would like for more new members to take advantage of the new member orientation and pathways information that is available at every single enrichment meeting. Additionally, giving toastmasters the opportunity to teach classes for the enrichment meetings, as District 115 has done, is helpful for everyone. Having the District 115 meetup page accessible so that any club can sign up and promote their meetings is fantastic. I feel that District 115 is innovative and has created unique supports for all members.

### ***\*What could the Trio do to better support Area Directors?***

To better support Area Directors, the trio could continue what they are already doing while finding a way to promote these events even more. I think that

perhaps a visual calendar that can be posted on the District 115 website and the Facebook page might help, although, that in itself wouldn't be enough because getting folks to the website would be needed. Maybe put on that calendar the names of clubs and the times that they meet in addition to putting links to register for the District 115 events. Also, make online promotional materials and toastamonials widely available for use by members, to help us promote the benefits of toastmasters. Perhaps the trio can ask Toastmasters International if TI can do some promotions for all districts, so that toastmasters can become even more well-known due to efforts of Toastmasters International.

***\*What advice would you give to incoming Ads?***

The advice I would give to incoming Area Directors, is to enjoy meeting your club members and seeing how the different clubs run their meetings. There is so much to learn and experience. Tremendous resources are available on the District 115 website as well as on Toastmasters International. If you have questions, just reach out and know that your fellow toastmasters will help. Being an Area Director will grow your leadership skills in a fun and rewarding environment, while expanding your circle of friends and business networks.



**Wake Up With Toastmasters**

Monday through Friday, 6:00 am  
[FaceBook.com/TMD115CGD](https://www.facebook.com/TMD115CGD)  
 Contact Ken Richardson at [d115cgd@gmail.com](mailto:d115cgd@gmail.com) if you are interested in being a guest on the show.

**Educational Enrichment Night**

Due to the D115 Convention on May 14, Educational Enrichment Night has been canceled for the month of May.

**Game Night**

Saturday, May 28, 2022 6:00-8:00 pm  
 Register in advance for Game Night at-

[https://zoom.us/meeting/register/tJcocuuzotGNP2K\\_gPRj-T90QWZpbMO0sP](https://zoom.us/meeting/register/tJcocuuzotGNP2K_gPRj-T90QWZpbMO0sP)

**Convention**

May 14, 2022, 8:00 AM, District 115 @ the Hampton Inn (Dean Martin and Tropicana).

<https://d115annualconference2022.eventbrite.com>

**Business Meeting (District Council)**

May 15, 2022, 6:00 PM

[https://us06web.zoom.us/meeting/register/tJEocuChqTMpEtLgl\\_zkQKSyHy6W7hp5XAIP](https://us06web.zoom.us/meeting/register/tJEocuChqTMpEtLgl_zkQKSyHy6W7hp5XAIP)

**D115 TLI**

\*June 11, 2022, 6:00 PM – Early Bird (Online)  
 Restricted to individuals who have served in the same role in the last year and received training at a previous TLI.

\*June 25, 2022, 8:30 AM - In person (Location- LDS Church, 5160 W. Lone Mtn. Road )

\*July 9, 2022, 6:00 PM – (Online)

**Contest Winners!**

Jennifer Smith, Photographer





## Divisions C & D Contest Winners

### International

- \*Division C – Christine Wittwer
- \*Division D – Jordan Schuck

### Evaluation

- \*Division C – Monica Valerio
- \*Division D – Brad Jacobs

## Spring Cleaning: Toastmaster Style!

District 115 Club Retention Chair,  
Sherrie Parker, DTM, PDD

**Accept the “One Month – One Action” Challenge!** Each month, I will share effective club habits proven to help clubs thrive. Start a new action for at least a month and add a new “Best Practice” every month for a year. Remember one small step in the right direction still moves you to your destination! Please share your club’s unique best practices with me at [sparkerflute@hotmail.com](mailto:sparkerflute@hotmail.com)

**T**ime for Spring Cleaning. It’s not too late to finish the Toastmaster year as a Distinguished club! Here are 3 actions your club can take to prepare for a strong, Distinguished finish for the Toastmaster year.

1. A DCP check-in will help focus your club’s efforts to be Distinguished or better. Go to [Toastmasters.org](http://Toastmasters.org) and revisit your Distinguished Club Plan report. It’s also a great time to check on your Club Success Plan and take necessary actions to meet club goals. Share your status with all members so there is a clear target for everyone to aim for.



2. Vice Presidents, Education, check in with members to see who is close to completing educational awards. Phone calls and personal emails let the members know you care about them. To help members know they are close to completing a level, you can check in Base Camp Manager and click on “Member Progress.” Choose the “Individual Progress” and remember to refresh. Click on the “View Details” in the drop-down box. This will show you the member’s projects in each level that are “in progress” or “completed.” By doing this, you can discover projects that have been delivered in the club but not credited in Pathways. Remind members to revisit each project after they present at the club to complete the “Assessment – After” and to submit Level Completions. Your club may be closer to completing the DCP goals 1 through 6 than you think!



3. Does your club offer incentives for bringing in guests or sponsoring new members? Incentives can help in adding new members (Goals 7 and 8) which will help the club be eligible to be Distinguished or better. Remember, if you started at 20 or more members you must end the year with 20 or more members. If your club began with less than 20 members on July 1<sup>st</sup>, 2021, you must end with a net growth of 5 members or - if you started with 15 to 19 – at least 20 members on June 30<sup>th</sup>, 2020. Make it your club’s goal to earn the “Beat the Clock” award and encourage every member to take part. Clubs adding five new, dual or reinstated members with a join date between May 1 and June 30 receive a “Beat the Clock” ribbon to display on the club’s banner. Qualifying clubs also earn a special discount

code for 10% off their next club order. (The discount code expires six months from the date of issue and is not valid with any other offer.)

Spring Cleaning: Toastmaster Style means checking progress towards club and individual DCP goals. Use Toastmaster tools and connect with members to reach Ed goals and offer incentives for bringing guests to your meetings. By readjusting your aim and working together, your club can Distinguish itself!

## **Don’t Opt-Out**

Ken Richardson, DTM, CGD

**D**id you “Opt-Out” on your Toastmaster’s profile? If so, you are missing out on important information from TI and District 115. We are conditioned to “just say no” when asked if we want to receive emails, phone calls and other types of annoying messages; however, when it comes to Toastmasters, you shouldn’t blindly “Opt-Out” of all message distribution options, especially email. The District uses *Constant Contact* to communicate with members. If you opted out of the option to receive Toastmasters-related emails, you won’t receive important notices from the District.

To check your profile and change the relevant options, sign-in to the Toastmasters.org website. Next, click on your name in the “Welcome [Name]” line to open your profile. On the left side of the screen, click on the “EDIT CONTENT INFORMATION AND PRIVACY” option. Next, click on “MY PRIVACY AND CONSENTS.” The next screen lists the current status of your privacy communications settings. To change a setting, click on the YES/NO button. Once you change the NO to a YES, scroll to the bottom of the screen and click “SAVE.” That’s all there is to it. By choosing to Opt-in, you will be sure not to miss important information from TI and D115.

“Good communication is the bridge between confusion and clarity.”

Nat Turner

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**Communications**, the D115 Newsletter is published monthly. Please send articles, photos, comments and suggestions to CGD Ken Richardson at [D115CGD@gmail.com](mailto:D115CGD@gmail.com) or call 702.523.3023.