



# The Transmitter

## Inside this issue:

Where We Are as a District Crank Up the AC	1
Crank Up the AC (cont.) I Have a Confession	2
I Have a Confession (cont.) Ready or Not, Here Comes 2008	3
Want a Captive Audience? Ready or Not, Here Comes 2008 (cont.)	4
Competent Leadership Manual (The Simple Version) Personal Development Opportunities!	5
D19 Spring Conference Registration Form	6
Awards/Recognition Division B TLI: GSN, CIA, LGET and Plenty of Star Power	7
Start With SMART	8

## Calendar

- **December—February: Round Two of Club Officer Training**
- **January—March: Area Governor club visits**
- **February-April: Club, Area and Division Table Topics and International Speech Contests**
- **May 16-17: Spring District 19 Conference**

## Where We Are as a District

It happens every year. We are now counting down in earnest. Approximately 150 days remain until June 30, 2008.

As a team District 19 toastmasters are working together, accomplishing a very important goal. District 19 has a solid plan in place working towards becoming a distinguished district in 2007-2008. We are “working” the plan and it is looking good!

Here’s the deal! One-hundred clubs looks very possible by June 30<sup>th</sup>, exceeding our goal of 99. The

District has roughly 1,600 members. That number will double after March 31<sup>st</sup>. Our membership goal of 3,443 members looks close but doable. It will take all of us pulling together to meet this membership goal. Make this your moment to invite your family, friends and co-workers to be your guest at one of your club meetings. We can make this membership goal happen as a team!

We should easily surpass our goal of 118 CC’s and 33 AC’s. I feel confident that we will earn distinguished district status this year!



Loren Toomsen  
District Governor

Let’s have some fun these next two months with Talk-Up Toastmasters and the Poker Run challenge, all the while keeping our eye on the big prize, earning a distinguished district award. That win will belong to us all!

## Crank Up the AC



Doug Doughty  
Lt. Governor of Education/  
Training

It is the middle of January and now is the time to crank up the AC. No, not your Air Conditioner, I am referring to your Advanced Communicator awards. We are just past the midway mark for your Club’s Distinguished Club Program year and we all need to re-assess our personal goals. Did you commit to your club to complete a CC award or an AC award? If so, there are just over five months to finish.

What if my Club has completed its educational goals? Just because your club has completed its goals, does not mean

you personally have completed yours. Are you aware that many colleges give college credit for Toastmasters educational completions?

My Club does not offer me an opportunity to do a 30 minute advanced manual speech. You can find advanced clubs in Division A, B, C, and D where a Toastmaster can go and give an advanced speech. Most of the time they would welcome the opportunity to have someone new come in and give a speech, especially if that person was eligible to join their club!

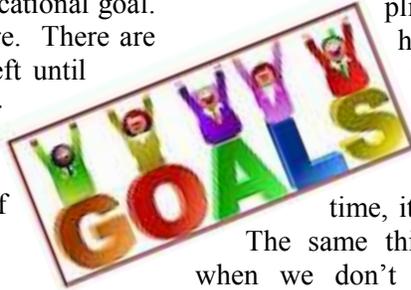
*(Continued on page 2)*

## Crank Up the AC

**(Continued from page 1)**

I still have 5 speeches left to complete for my current educational goal. There is no problem here. There are just over five months left until the end of the Toastmaster year. That works out to be one speech a month until the end of the year, easily done.

I am going to complete my Educational award this year and I chal-



lenge you to do so as well. You will get more than a certificate; you will have a great sense of accomplishment as well as helping your club reach its goals.

When water lies still for a long time, it becomes stagnant. The same thing happens to us when we don't use our speaking skills. Sign up for speeches in your club, and if you can't get on your

club's schedule, email me at: [dougd@bikerider.com](mailto:dougd@bikerider.com) and I will put you in touch with another club to get you on its schedule!

Is anyone actually reading this article? If so write me an email and win a prize.

Speak from your Heart and your Message will Start!

## I Have a Confession



Doug Nelson  
Lt. Governor of Marketing

I really enjoy this time of the year.

That's not the confession; you'll have to keep reading for that part.

The New Year has so much potential in our mind's eye. Toastmasters International is full of clubs working towards their chosen goals without much stress about the end of the year or dues, anxiety from the tax season hasn't quite hit yet, all seems calm.

You see, I don't like anxiety. You might ask, "Who does?" You'd be right too in that there are so few people who actively seek out anxiety. It isn't exactly headline news to admit you don't like it. Here's my actual confession: I have trouble writing these newsletter articles.

I drive our editor Connie Gordon to issue reminder notice after reminder notice. She has mentioned getting out a frying pan to hunt down late submissions. My problem affects others and that's why I thought I'd better come clean. You

see, I don't like anxiety.

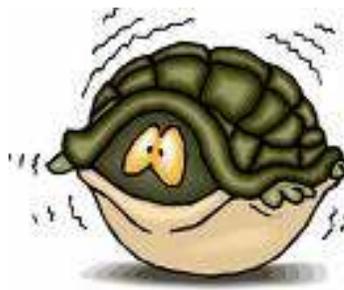
I stress over how to do best communicate what you need to hear in order to achieve your goals in Toastmasters. How do I keep you happy as a member and performing at an optimum level? I stress over coming up with something that will grab your attention and encourage you- life changing stuff!

Then I'm stuck having to settle for what actually comes out when I sit down to type. Arrgh! It's just not good enough. I just hate to start these articles. I feel doomed to not succeed.

Many Toastmasters face this same process each time they look at their goals. We want to do so well. We can see our potential, we can imagine the effect, but we fear disappointment. Non-Toastmasters face the same problems, too. They want to be better in many ways but they are afraid to get started because of the chance of failure. "Public speaking?! You've got to be kidding!" Anxiety keeps them from even investigating whether they can do it.

This is a great time of the year, the potential within sings to us; spring is just around the corner. The membership building campaign called "Talk up Toastmasters" is a challenge to Toastmaster clubs each year from February 1 – March 31. The membership campaign is designed to help members with their fears and to work towards their goals as communicators and leaders. It is too big for any one person in a club to accomplish on their own. It requires the efforts of

the whole club working together, leadership in action.



How many times have you felt anxiety over asking someone to join your club? The

pressure to do it right often stops many from starting. The benefits of Toastmasters are obvious once people see it in action. However you fear that you will put a potential guest off or worse become a pest in their eyes and someone to avoid.

*(Continued on page 3)*

## I Have a Confession

*(Continued from page 2)*

So, what would you tell me? What would a caring evaluator say?

- Relax. The audience wants you to succeed.
- You can't please everyone but you can do your best and grow from the experience.
- It's not up to you to be responsible for someone else; you are responsible for your goals, not theirs.

Here's a suggestion for you - don't put so much emphasis on being a member. Ask them to simply come and be your guest. Let them know you value them and their opinion and that you would like to hear what they think about your speaking abilities and your club. Let them know how helpful it would be for you and how much fun it can be for everyone. Some-

times it's as simple as asking them to help fill up the room so that you can speak to a bigger audience. No pressure to do anything, just come and have fun.

As you grow as a communicator and I encourage you challenge yourself to invite guest to come and participate with you as you reach for your potential.

Work with your club to gain 5 new members during this season. Challenge yourself and your fellow club members to bring guests. Then put on the most fun and encouraging meeting your club has ever had. Don't let yourself or others get wrapped up by anxiety and negativism. Work together as a club to have a great membership building campaign. The

rewards to you and your club are self-evident. Plus, World Headquarters will send you a ribbon for your club banner and a free module to honor your development as a club. These serve as a visual reminder of your club's growth and your victory over anxiety.



These tips work writing newsletter articles too! You don't need a frying pan swung at you to know when you need to get something done. Just remember to Speak from your Heart and your Message will Start!

Contact Doug Nelson at [dlnelson@netins.net](mailto:dlnelson@netins.net) or by phone 641 430 8378 if you need help with the ideas mentioned. Club assistance is available.

## Ready of Not, Here Comes 2008



Cliff Scherrer, Sr.  
Public Relations Officer

The holiday season has passed and winter is upon us. New Year resolutions are a retreating memory as political candidates, political surveys and the occasional bill collector interrupt television reruns with an unending barrage of telephone calls. In between the blitz of phone calls and political debates, I cherish the day when hybrid seed corn and herbicide commercials will replace political advertisements on TV and radio.

The political debates remind me of "Benford's Law of Controversy". Benford's Law states that passion in any argument is inversely proportional to the amount of real information advanced.

Do you share my observation that some of the most passionate political candidates are the least informative? But what does Benford's Law of Contro-

versy have to do with Toastmasters? Hopefully, Benford's Law has nothing and everything to do with Toastmasters. Now that sounds like an answer a politician would give, so let me be more informative.

Benford's Law has nothing to do with Toastmasters when we acquire and maintain creative communication and leadership skills that help us to be both passionate and informative at the same time.

On the other hand Benford's Law has everything to do with Toastmasters when it reminds us of our obligation to be effective communicators. In a way, it could be similar to a law enforcement officer sitting on the side of the road. Even if we don't get pulled-over, it

serves as a reminder that, whether we realize it or not, someone is always paying attention to us.

There are numerous opportunities to employ creative communication and leadership skills and to be passionate and informative before the end of this Toastmasters year on June 30, 2008 like:

- Winter club officer training and Area Governor club visits
- Spring International Speech and Table Topics contests
- The "Talk Up Toastmasters!" Membership drive February 1 - March 31
- Collecting and submitting dues and a membership list to TI by April 1



*(Continued on page 4)*

## Want a Captive Audience?

By William Eddy

Fellow toastmasters would you like to go to jail? In October I went to the East Moline prison and the Ft. Madison prison. This is not the first time I've been in a prison, I volunteered for a project in Vermont in the early 80's and it was an interesting project. The E. Moline prison is a low security prison for short sentences and end term sentences. We were allowed to have a lot of toastmasters attend from the outside for the area contest. It was a good event, it went fairly smooth and one of the prisoners came in second and would have gone on to the Division contest if he where able to do so. I was chief judge for the event and I got to talk a little with some of the prisoners about toastmasters. They where appreciative and thirsty to know more about Toastmasters. The contest included the humorous speech event and there was a lot of smiles and laughter.



held my hand! She relayed how she never sees these men smile and laugh like they did tonight. She thanked me from the bottom of her heart for serving these men in this way. I pass that gratitude on to Gil Norris and all the others who have made this project possible.

A few days later I went to the Ft. Madison prison. This is a high security institution; many of the men are lifers. This was my first visit and I had not planned on speaking but they had signed me up, so I stepped up to the plate. I gave them an inspirational speech on Toastmasters. It was well received and an inmate gave me a good evaluation with a prisoner flavor. We had four outsiders there and they were well appreciated. The prisoners gave speeches and did a good job with evaluations. It was a well run meeting overall, as they do have to finish on time to get on with the prison routine! There are limitations in prisons that require an adjustment to the program, but then, isn't every club different!

I had an epiphany during the event, Toastmasters is very good for these men. When we where wrapping it up, one of the prison personnel came to me and gave me some feedback. She was a large woman and looked rough, she

One outside member, Betty Kruger, has been going for several years. She wanted to help out and to have a different audience for her

toastmaster experience. She finds the group very receptive and attentive. She was initially concerned about the potential negative attitudes one might have expected in a prison and was pleasantly surprised by their good attitudes! She has talked about health, and freedom and parole challenges, very relevant subjects. Finishing her ACS she is now working on an ACG.

It takes committed volunteers to make these clubs happen. I congratulate everyone who has helped and will help these unfortunate people make some progress in life. Pam French has helped at the Ft. Madison prison and Gil Norris has been very active in E. Moline. Give them and any one else who has helped, your congratulations when you see them.

We have 9 prisons in the state; do you want to start a new club? Here is a captive audience; you will probably find a group who are highly motivated to work the program. It is a great opportunity to stretch yourself in both the leadership and speaking arenas. I'm sure the experienced volunteers will give you guidance and support to make it happen.



## Ready or Not Here Comes 2008

*(Continued from page 3)*

- Voting and submitting your club proxy certificates enabling you, through your club, to vote at Regional Conference business meeting and at the annual business meeting at the International Convention
- The "Beat the Clock" Membership Drive May 1- June 30
- Participating in the 2008 Dis-

- trict 19 Spring Convention in Marshalltown
- Participating in the Region IV Conference in June
- Club officer elections and submitting an officers list to TI by June 30
- Becoming an Area Governor or other District Officer.

Let's make it a personal goal to help our club complete requirements for the Distinguished Club Program by June

30. You will personally benefit from your efforts and in the process you'll probably help another member of your club. Plus, you'll help the District achieve some of its goals.

Ready or not, 2008 is here. Let's share our desire for success with one another this year. Let's make it as easy to be successful as it is to catch the common cold. Let's make success contagious.

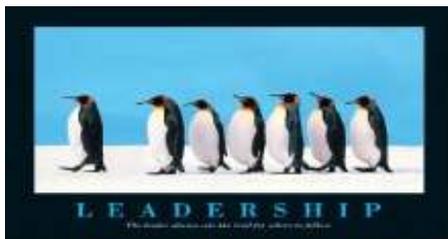
## Competent Leadership Manual (The Simple Version)

By Darla Welch, DTM

Have you have served as timer at a club meeting? If you answered yes, have you ever served as Toastmaster? Congratulations – you have just completed Project #4 in the new CL manual.

Have you have served as a speech evaluator during a meeting? If so, have you ever served as a General Evaluator at a meeting? Congratulations – you have just completed Project #2 in the new CL manual.

It's just that simple. You can now complete most of the Competent Leadership manual just by being evaluated for the roles that you are already filling during a Toastmaster meeting.



For example, Project #1 focuses on filling roles that require listening skills – the Evaluator, the Table Topics Speaker, the Ah-Counter, and the Grammarian. In order to complete Project #1, you have to fill 3 of those 4

meeting roles and be evaluated on those roles. That's it, and chances are, you're doing it anyway.

Two things – First, you must ask someone to complete the evaluation portion of the manual for the role you are filling. The evaluation need only be in writing in the manual – no oral evaluation needs to be given in the club setting.

Second, you can only receive credit for 1 role per meeting. Project #1 will therefore require 3 meetings to complete.

Speaker, General Evaluator, Toastmaster, and Table Topicsmaster. Three of the 4 meeting roles must be completed and evaluated in order to complete Project #5. Since you can only complete 1 role per meeting, it will take

you 3 meetings to complete Project #5.

Some projects require completion of only 1 role to complete the project, some require 3 of 4, 2 of 3, or gives you specific choices. The manual includes a project matrix to help you track your progress.

Toastmasters International has advised that when an individual fills the role of Speaker during a meeting, they may have the speech evaluated as a project requirement in the CL manual, as well as being evaluated in the appropriate speech manual.

Take a look at Project #5.

That project focuses on roles that require planning and implementation skills –

The complete CL manual can be ordered through the Toastmaster supply catalog or on-line. A single manual is Item #265, and costs \$6. Or members may go together and order #1555L, six manuals for \$21 – a savings of \$3, plus a considerable savings on postage and handling.

So go for it – get credit for what you're already doing. It's probably the easiest educational credit you'll ever receive in Toastmasters.

## Personal Development Opportunities!

By: Ike Rayford, IPDG

Would you like to work on personal and professional development in 2008? Would you like an opportunity to practice and build skills that can be used in leading projects at work, preparing you for promotion or serving in other volunteer organizations?

District 19 has just the opportunity for you. We are seeking nominations for district officers. Serving as a district officer has positively impacted the lives of all those who've done so in the past – just ask one of them. It strengthens your leadership skills as

well as your network of connections.

Nominations for the offices of Division Governors, Lt Governor Marketing, Lt Governor Education & Training and District Governor will be accepted through April 12, 2008. The Nominating Committee will then meet to consider all nominations received.

If you know someone who would benefit from serving the District please nominate him or her. If YOU would like to continue growing in a positive supportive

environment, please consider submitting a nomination form for yourself.

Qualifications for the offices can be found at: <http://www.toastmasters.org/NonNavigableDocs/DistrictOfficerQualifications.aspx>



Nominations should be submitted to the nominating committee chairman, Ike Rayford, IPDG, ACG/CL. They may be sent electronically to [irayford@ktiv.com](mailto:irayford@ktiv.com) or via US mail to PO Box 2051, Sioux City IA 51104.



# Toastmasters: The Secret's Out

Toastmasters Spring Convention  
 District 19 ▪ May 16-17, 2008  
 Best Western Regency Inn  
 Marshalltown, Iowa, Area 51



## Convention Registration Form

Please type or print (one registration form per person)

Name: \_\_\_\_\_ Club name & number: \_\_\_\_\_  
 Address: \_\_\_\_\_ TM level(s) achieved: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_ Phone number: (\_\_\_\_) \_\_\_\_\_  
 E-mail address: \_\_\_\_\_ First District 19 conference (Circle): Y N  
 Are you a guest? (Circle): Y N Special Dietary Needs? \_\_\_\_\_

**Registration Fees:** Saturday Dinner: \_\_\_ Chicken \_\_\_ Vegetarian Pasta

(All events including Martian meals)  
 Early-Alien Advantage (Before Jan.31.08) \$55  
 Supernova-Saver (Feb.1.08—Mar.31.08) \$65  
 Greenback-Wise (Apr.1.08—May.15.08) \$75  
 On site at Area 51 \$85

### **Individual Events:**

Registration in advance \$20  
 Registration on site \$25  
**Plus**  
 Friday evening hors d'oeuvres \$15  
 Saturday buffet lunch \$25  
 Saturday dinner \$35

### Sign Up for The Going, Going, GONG! Show:

\_\_\_\_\_ [Use  $\checkmark$ ] I have an act so bad, the audience will hiss, boo, and throw things at me. *Aliens monitoring our earthly activities will leave this planet in search of intelligent life.* (You may sign up as an individual, a club, or an inter-club act. Need more information? Contact Clyde Eisenbeis: [c.eisenbeis@mchsi.com](mailto:c.eisenbeis@mchsi.com))

**Please join us for the entire convention.** You may also access this registration form to print or register online on the web site: <http://district19.us/conferences/2008spring/>

Make check payable to: DISTRICT 19 TOASTMASTERS. Mail with registration form to: Keith Bloomquist, Spring Convention Registration, Address 2313 Knollway Dr., Marshalltown, IA 50158. Queries? Contact Keith Bloomquist at [keithb@marshalltown.com](mailto:keithb@marshalltown.com) or 641-753-5999 ext 107 (day) / 641-753-4020 (evening)

Questions? Contact Convention Chair Jamie Hosek at [jamie.hosek@emersonprocess.com](mailto:jamie.hosek@emersonprocess.com) or 319-231-6414.

**Accommodations:** Blocks of rooms have been reserved at Best Western Regency Inn (641-752-6321) and adjacent Super 8 (641-753-3333). TM Rates at Regency \$79.00 + 12% tax; at Super 8 \$59.88 + 12% tax. Subject to availability after April 25, 2008.

**Awards/ Recognition**

**Congratulations to everyone who has achieved an educational level.**

<b>ACB</b>		<b>CL</b>	
7515	Melissa Mosley	4996	Karen Blue

<b>CC</b>	<b>ACS</b>
663 Carolyn Boyce	7889 Craig Whittington
4995 Maureen Mo Rustam Hamilton	<b>ACG</b>
5654 Gary Grenell	2670 Sara Yeager



**Division B TLI: GSN, CIA, LGET and Plenty of Star Power**

By: Mark Latta

One thing I have noticed about Toastmasters is that we use more acronyms and abbreviations than my teenage daughter sending a text message. For example, if you complete the requirements for your CC, you need to send your manual to the VP of E ASAP so TI WHQ can put it on your DCP report. When Toastmasters hear things like this, we are usually left thinking WTF (“Wow, that’s fabulous”)!



Not to be outdone, the recent Division B Toastmasters Leadership Institute, fondly referred to as the TLI, added a few new acronyms to the TM repertoire. That’s how we roll over here in Division B – too much is just the beginning!

For example, the Division B mid-winter TLI was dominated by the GSN – the Game Show Network. Richard Dawson (Steve Hinsley) and Alex Trebek (Michael Anderson) headed up officer training in the style of *Family Feud* and *Jeopardy*, respectively. In the Feud, two “families” of officers discussed each of the officer roles and the goals of the Distinguished Club Program (DCP). Jeopardy, on the other hand, was for seasoned officers and consisted of three teams showing their knowledge of District and officer “trivia.”

Acronyms abounded in our other sessions as well. Our very own District 19 LGET (Lieutenant Governor of Education and

Training), Doug Doughty, instructed an eager group of present and future contest judges on effective and objective judging in one break-out session. In the other session, the improv troupe CIA (Comics in Action) led a workshop on how to perform improvisational comedy without a net.

Star power also put a shine on the TLI. Cedar Rapids representative to the Iowa State Senate, Rob Hogg, came and discussed what he had learned about communication and the role of the state legislature. Even the Food Network’s Emeril Lagasse stopped by and “kicked up the TLI a notch” by discussing the components for a successful club. The two big take aways from Emeril’s presentation: Emeril Lagasse looks quite a bit like Mark Latta and successful clubs taste like quiche.

If you missed the Division B TLI, you missed tons of fun, loads of learning, amazing acronyms, and stunning star power. More importantly, you also missed an opportunity to laugh and learn with fifty-five of the best

members and officers that Toastmasters has to offer. These are the people who continue to make Division B ROCK!



And, you can’t shorten that type of personal excellence to an acronym – no matter how hard you try.

C U next time!

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**TOASTMASTERS  
INTERNATIONAL  
DISTRICT 19  
OFFICIAL NEWSLETTER**

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<http://district19.us>

***Speak from the heart, your  
message will start.***

**Disclaimer:** Articles in the newsletter are not necessarily the opinions of the district or the newsletter staff, but are the opinions of articles author.

**SMART stands for Start, Mentor, and Rescue Team. All Toastmasters in good standing in a club of good standing are eligible to be on this team.**

### Start With SMART

By Thomas Lindaman  
D19 SMART Coordinator

It's only January, but it's never too early to start thinking of leadership awards. One of the requirements for an Advanced Leader Silver award involves sponsoring or mentoring a new club, or being a club coach for an existing club. Where do you go to accomplish any of this?

A good place to start is with a special Toastmaster team called SMART. If you're interested in being a sponsor, mentor, or a coach you are an ideal candidate to be on SMART. The District is in need of people willing to help with demonstration meetings, which could lead

to new clubs. An interest in forming a new club creates new sponsor and mentor positions.

Not every club that needs help is a new club. For struggling clubs already in existence, SMART offers a club coach program. A club coach helps a club troubleshoot problems and increase membership. Being a sponsor, mentor or club coach is a commitment, but well worth the time and effort and there are many personal rewards from helping others.

Even if you can't put in the time one of these positions, SMART can still use your skills. If you have a particular area of interest or talent, such as membership build-

ing or finding new clubs, consider being a contact for SMART members to utilize. Don't let your gifts gather dust: brush them off and help the District!

Now, here's the best part: SMART is open to just about any Toastmaster in District 19! We will work around your schedule as much as we can.

Whether you're a former District Officer or a new member who wants to step up, we will find a place for you. If you're working on an Advanced Leader Silver award, want to help the District, and love to make new friends, the place to start is with SMART!