



**The Youngsters
Do Toastmasters!**
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**Super-duper
Spring
Convention Issue**
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**Toastmasters
Behind Bars
Testify**
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Toastmasters International District 19

THE TRANSMITTER

Covering All of Iowa and a Teensie Weensie Bit of Illinois and Nebraska

May, 2009

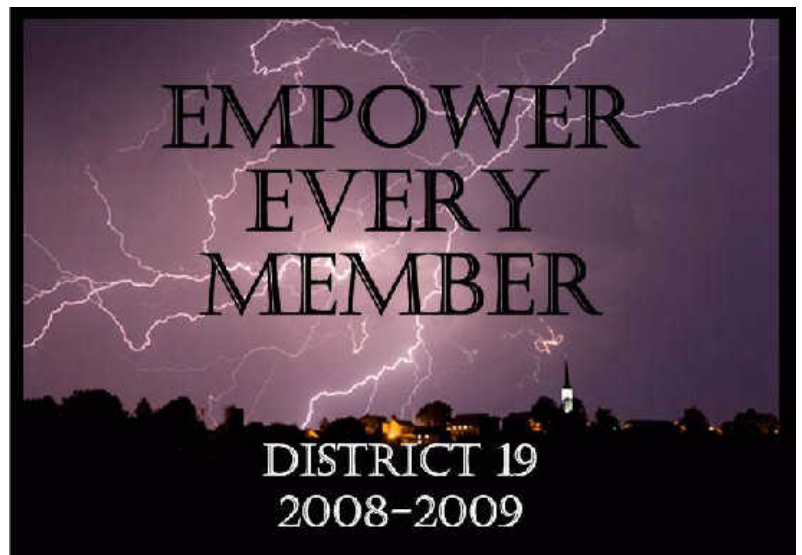
THE DISTRICT: TI CONVENTIONAL WISDOM

**By Doug Doughty
District Governor**



This week, Toastmasters is printing Proxies for the Regional Conference this June and the International Convention in August.

It is important for you to have a voice in this organization, and that is what the proxy is, your voice. It allows your concerns to be expressed at the appropriate business meetings. And if you think your vote doesn't matter, at last year's annual business meeting, the election for the position of third vice president came down to 4 votes; that's two clubs' ballots! So as you can see, every single vote counts.



If you are a current club president or if you are the president on record, you will be receiving a large blue envelope from Toastmasters. Open it immediately, sign it in the appropriate places, and then check the address on the back side of the proxy. It should read:

Doug Nelson
8378 Heather Ave
Clear Lake, IA, 50428-9008

Pop your signed proxies

in the mail to Doug Nelson, and have your voice heard! As well Toastmasters will be sending you a letter describing what is called "Proposal A," a plan to implement changes to the Toastmasters organization throughout the world. They will be urging you to vote "YES" in support of Proposal A.

At this point in time, Proposal A has not been fully disclosed to the general public. We feel that it is premature to vote YES on Proposal A at this time. It is the district leadership team's belief that more in-

formation is required to make a responsible decision on a matter of such magnitude and importance. Allow us the time necessary to collect the information required to make an informed decision.

So sign and send your proxies to Nelson. Don't vote YES on Proposal A; let us gather information to make an informed decision. But send in your proxy and be heard!

**Contact Doug Doughty:
DG_Doug@iowa.usa.com
319.981.4048**

Calendar	
Beat the Clock Membership Contest Begins	May 1
Deadline for clubs to submit Form 990-N to the IRS to retain nonprofit status	May 15
Spring Convention See Page 7 for details	May 15 -16
Mr. T's Birthday (He'll be 57!!)	May 21

EDUCATION: UNLOCK YOUR POTENTIAL

By Doug Nelson
Lt. Governor of
Education and Training



Toastmasters has been a wonderful thing in my life. It has allowed me to see that I can do more than I believed possible, that I can succeed if I put my mind to it, and that even when things don't go as well as I'd hoped, there's a positive aspect to focus on and grow for the future.

When I was a club president, I attended my first conference. It really opened my eyes to the opportunities for growth that are included in my Toastmasters dues. I met people who gave powerful, inspiring speeches, the type of speaker that I could only dream of becoming.

I met District and International leaders who impressed me with their ability to do their jobs while obviously enjoying the people they were working with. It really amazed me to see the hugs and laughter of friends from all across the region coming together for a wonderful weekend. I learned skills that I could bring back to the club for empowering

everyone to become a better Toastmaster.

As I came to know these people better over the course of the event, one thing struck me: these great speakers and leaders were just normal people — people like you and me!

As a club member, you have a say in the election process at our conference. The District needs you to be active and represent your club for the election of officers, the redistricting of clubs into areas, and the carrying out of the business of the district.

Each club has two votes, carried by the President and the Vice President Education, to represent the

wishes of the club. Do you know who is attending to represent your club? Can you attend and be a part of Toastmasters outside of your club?

Can you come and be a part of the events in Mason City, May 15-16? You can learn more about the District conference online at <http://district19.camp9.org/>

Please come and bring some of your club members as well. It's fun, educational, and a part of being a Toastmaster. I really do believe it will help you to 'Unlock your Potential.'

Contact Doug Nelson:
dlnelson@netins.net
641.430.8378

MARKETING: POOL YOUR MEMBERSHIP RESOURCES!

By Thomas Lindaman
Lt. Governor of Marketing



Happy Mid Year! We're more than halfway through the Toastmasters year, which is a good time to take stock of your club's membership building efforts.

The best place to start is to look back at your club's action plan for the year. Just

like with major corporations, a club's action plan sets benchmarks and timetables to measure where you are and where you need to be.

If your club doesn't have an action plan in place, you can use the Distinguished Club Program as a model for setting and monitoring membership progress.

If you don't feel that your club is meeting its membership goals, look at making changes in the club environment. Little things like changing the location of the meeting or the time can help attract members.

If you decide to make changes like the ones I've

mentioned, make sure you *publicize it!* If people don't know you exist, your membership numbers will be hampered.

That brings us to two of the most vital membership offices there are in Toastmasters, Vice President of Membership and Vice President of Public Relations. These two offices should work together to create effective membership drives. Once they do, get behind the drive and make it as successful as you can.

Finally, this is the time of year when people start thinking about what they want to accomplish in the

new year, personally or professionally. If you know of someone looking to sharpen up his or her networking, speaking, or leadership skills, invite him or her to a Toastmasters meeting. Running a quality meeting can close the sale for prospective members.

Don't be afraid to come up with other membership building tools. If you have any suggestions or success stories, feel free to share them with me at the email below.

Contact Thomas Lindaman:
TLindamanDTM406@aol.com
515.243.2769

DISTRICT 19 CLUB NEWS

YOUTH SHINE AT TM YOUTH LEADERSHIP SPEECH CONTEST

By Jane Schweer

A joint Toastmaster meeting and speech contest was held between the three public middle schools in Sioux City, at Morning-side College on Tuesday, January 6. Speech and Table Topics were held.

Speech winners:

1st place: Betsy Ehmke from East Middle "My C.A.R., Your C.A.R.," motivating young people to become involved with Children of the American Revolution.

2nd place: Andrew Teutsch from North Middle "It's Not the Game, It's the Gamer," about the effects of video games and misplaced blame.

3rd place: Amanda Swick from West Middle School "For the Love of a Child," about child abuse.

Table Topics winners:

1st place: Grace Rants



Winners at the Toastmasters Youth Leadership Speech Contest show off their trophies.

from East Middle School

2nd place: Mallory Zook from North Middle School

3rd place: Christina Holden from East Middle School

The question they answered: "Recently your friend has been unfocused not caring about much of anything. What will you do or say to get your friend out of that funk?"

Six students competed in a judging contest. The Top Judge award went to Kallie Beaubien from East Middle School.

The Toastmaster judges were Bev Roarson and Doug VanderVoort, Toast o' Town; Michelle Lessman and Sherrill Marske, Ciceros; Brenda Bradley, WIT Masters; Ike Rayford, Top of the Morning; and Karl Merbach, Cutting Edge. Helen Jacobe tabu-

lated the results and presented the Top Judge award.

All students involved in the Toastmasters Youth Leadership Program at all three schools enjoyed a lunch together afterward. The program works to enhance the students' confidence with public speaking and conducting meetings.

All duties were performed by students. The Toastmaster and Contest Chair was DeQuan Burnside from West Middle School. The Table Topics Master was Liz Bergeson from East Middle School and Aleah Courtney from North Middle School served as the Master Evaluator.

The Toastmasters who are sponsors at the three schools are: Jim Gilbert at North, John Engel at West and Jane Schweer at East. Ms. Schweer coordinated the event.

Wanted: Transmitter Contributors!

The District 19 Transmitter is seeking:

- Aspiring writers
- Budding photographers
- Area reporters to report on local meetings and club events
- Those skilled in the graphic arts

It's a rich and rewarding experience and it helps fill out your sorry resume.

Inquiries to Callista Gould, Editor, at stagould@juno.com



DISTRICT 19 PEOPLE

District 19 Leadership Team

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Division B Governor

Faith McGee, DTM

Division C Governor

James S. Wettestad, ATMB

Division D Governor

Ann Mangan, ACB, CL

Division E Governor

Carrie Dostal, ATMB

District Treasurer

Pam French, DTM

District Secretary

Julia Venzke, DTM

District Librarian

Diane Stone, DTM

Chief Executive of Protocol

Tom Stockebrand, ACG, CL

Parliamentarian in Charge

Luke the Replacement Collie,
DOG, District Mascot

HAPPY ANNIVERSARY!



April Anniversaries

Boone Toastmasters of Boone—60 years

Old Capitol Toastmasters of Iowa City—58 years

Town & College Toastmasters of Ames—50 years

NADL Early Risers Toastmasters of Ames—37 years

Professional Achievers of Marshalltown—18 years

The Loud Speakers of Waverly—17 years

WIT Masters of Sioux City—7 years

Crosswinds Toastmasters of Marshalltown—6 years

May Anniversaries

Shibboleth Toastmasters of Mason City—63 years

Washington Toastmasters of Washington—57 years

Five Seasons Toastmasters of Cedar Rapids—55 years

Esquire Toastmasters of Des Moines—52 years

Diplomats Toastmasters of Des Moines—34 years

Algona Toastmasters of Algona—13 years

Multicultural Toastmasters of Des Moines—11 years

Keokuk Toastmasters of Keokuk—4 years

Amana Toastmasters of Main Amana—4 years

DISTRICT 19 PEOPLE

5 QUESTIONS WITH...



Joyce Moore, Stagecoach Speakers, Des Moines, IA

1. Where are you from originally? *I grew up in a western suburb of St. Louis. I came to Des Moines over 35 years ago and never intended to stay – but I love the people and the city so I stayed.*

2. What is your occupation outside of Toastmasters? *Sr. Project Manager within the Technology department at Wells Fargo Financial in downtown Des Moines.*

3. What Toastmasters manual are you working on? *I came back to Toastmasters about 1 ½ years ago and started the Basic Competent Communicator manual as a refresher.*

4. What is the best nugget of advice you have received in Toastmasters? *The audience really does want you to succeed. Another skill I've learned is how to give feedback to people that is meaningful, relevant and motivating.*

5. Do you have any hidden talents? *I am a quilter and love to acquire fabric for my "stash."*



Jared Nicol, Principal Toastmasters, Des Moines, IA

1. Where are you from originally? *Mount Vernon, Iowa.*

2. What is your occupation outside of Toastmasters? *Sales Desk Consultant at Principal*

3. What Toastmasters manual are you working on? *I recently completed the Competent Communicator. I'm looking forward to getting started in the Interpersonal Communications manual.*

4. What is the best nugget of advice you have received in Toastmasters? *Toastmasters has been a snowball of helpful people and advice. The comments with the most value to me are votes of confidence from fellow members. Its great to hear others believe you can do something.*

5. Do you have any hidden talents? *I like to Kayak. Three years ago I won an orange sit-on-top kayak in a drawing at the University of Wisconsin bookstore and I've been hooked ever since. It's a great way to get out into nature. This summer, I'm planning to start fishing from my kayak as well.*



Jack Ackerman, Waterloo Toastmasters, Waterloo, IA

1. Where are you from originally? *Seattle, Washington. My father pastored a church there. Each time a church became self supporting they sent him to another church. We left when I was six months old.*

2. What is your occupation outside of Toastmasters? *I am a recovering lawyer. I was also a real estate broker and an art store proprietor and a jewelry store owner. Now I buy and rent houses, take care of a brother-in-law with Alzheimer's and do public speaking. I slip in a bit of magic.*

3. What Toastmasters manual are you working on? *I am presently working in the manuals Public Speaking and Special Occasion Speeches for my ATM Gold.*

4. What is the best nugget of advice you have received in Toastmasters? *The more you speak the better you can become.*

5. Do you have any hidden talents? *I was a practicing magician for two years until I learned that speakers get paid more than Magicians for the same amount of time and carry less props. (Usually)*

Toastmasters Talk Back

What do you do to calm your nerves before a speech?



*I do two things:
1) Remind myself to breathe. When nervous or emotional, breathing tends to get more shallow. A few deep breaths before taking the stage or podium usually takes care of this.*

2) Remind myself that I'm not perfect. While I want to do my best, I don't expect to be perfect. For me, this takes the pressure off and I can just concentrate on delivering what I've practiced.

Barbara J. Lutz, Loud Speakers Club, Waverly

Visualize speech goals and confidence, smile and take deep breaths!

Rick Smith, Early Risers, West Des Moines

I think of my speech more as a conversation with friends the only difference I am standing and talking.

Teresa Baker, Early Risers, West Des Moines



DISTRICT 19 CLUB NEWS

PRISON CLUBS — THE PRISONERS RESPOND

In the September-October 2008 edition of the Transmitter, we ran a story by Gil Norris about how Toastmasters clubs help cut recidivism rates among prisoners.

Here are just a few testimonies from the members of the East Moline Prison Club.

How has Toastmasters Benefited Me?

By Anthony

I'm a 33 year-old black man who has been through a lot in life. The streets of Chicago got the best of me and I'm desperate for change. I vowed that I would leave prison this time a different man than the one I came in. I began to participate in every program that was available to us here at the East Moline Correctional Center. That's when I came to Toastmasters for the first time.

When I walked in the door, I was greeted and introduced to everyone in the room. I felt the warmth and love that was present and knew that these were the kind of people that I

wanted to surround myself with. That was a year ago.

I joined the club and immediately began to work through my Competent Communicator (CC) manual and became active in



leadership roles, achieving my Advanced Communicator Bronze (ACB) and my Competent Leader (CL) awards. Eventually, I was elected as the Vice President of Public Relations (VPPR). At that time we had about six active members. Now our

club has grown to the maximum capacity of twenty five active members.

At Hilltop Toastmasters Club (#7889), we are a family of men that help and encourage each other as we work together in a stimulating, fun environment. We all have a common goal — to change.

We realize that the effective speaking skills and listening skills that we learn in Toastmasters are valuable assets. We also learn how to process information (thinking) and leadership skills that can help us to be the men that we all desire to be.

If you have a desire to change your life, I challenge you to give Toastmasters a chance.

"I have developed not only communicating skills of speech, but also emotional, mental and social skills that give me a positive identity of myself and a unity within myself ..."

By Sherwin

Toastmasters has helped me keep my priorities in focus, one of which is staying out of trouble with difficult correctional staff or inmates.

For instance, when I'm in a compromising situation that challenges my pride and that may result in segregation action, I would think of Toastmasters and how much it means to me.

And I'm not saying walking away is easy...but after months now experiencing the functions of being a

Toastmasters member, I have developed not only communicating skills of speech, but also emotional, mental and social skills that give me a positive identity of myself and a unity within myself and others that now allows me to walk away from negative situations with a smile and a humble attitude.

Being a Toastmasters member has given me gratitude because now I can see clearly. Being—and staying—a successful Toastmaster member will benefit my life and the lives of others who have walked

within my path of victory and prosperity.

Because Toastmaster members are not judgmental or blind to human feelings in development, I have developed a voice of conviction and confidence when I speak, whether it is to one person or a hundred people. They not only hear me, they also feel me.

So when I say I love being a Toastmaster member, I don't care who knows it, as long as you don't forget it!

DISTRICT 19 CLUB NEWS

PRISON CLUBS — THE PRISONERS RESPOND

“I love Toastmasters and what it has done for me. The club has helped me change my life and given me the courage to strive for success.”

By Sidney

My name is Sidney, and I am President of the Hilltop Toasters Club #7889, District 19. I want to speak about Toastmasters and how it's working for me.

I was once shy; stayed to myself — in a shell, so to speak. I never spoke in front of crowds. One day I was talking with some friends and the conversation was about Toastmasters. They were telling me about how it has helped them with their speaking skills. The things they were getting out of the club, I wanted myself.

I attended a meeting and I've been a member ever since. My passion grew so

quick for the club, I now have my ACB, CL and I've also been elected president. I've accomplished those few small goals in a matter of months.

I've learned you get out what you put in. A few things I'm proud of that Toastmasters has brought out in me are:

Dignity—I now have a more impressive image about myself. I don't worry about my posture or how I look. I am confident. When I speak, my image shows I deserve and demand attention.

Respect—I have respect for other members and my audience. I've learned to be considerate to others, but it's

also a two way street.

Responsibility—I've learned to be more responsible. When I say I'm going to do something, I do it. Show responsibility to the club as well as the jobs and duties has broadened my leadership skills.

The most important thing I've learned is how to be a better listener, hear the speaker comprehend and understand what is being spoken about. I love Toastmasters and what it has done for me. The club has helped me change my life and given me the courage to strive for success.

“Toastmasters is about helping you find you. No one can do that for you. It takes dedication and determination to push yourself.”

By Milton

As I have strived and struggled in life, I have come to realize I'm my own worst stumbling block. No matter how many technicalities attempt to hinder me, it's beyond boundaries without measure on my limitation to conquer life.

I've always been the type of person to rush and have a full agenda, but in the end I realize I was only making things worse and it caused me to stumble. And you know what happens when you fall.

I needed to find a way to pace myself then pursue my

goal. I needed to set standards and limitations on my life.

I tried many social events and peer groups but it wasn't there. My problem was on the inside.

It wasn't from stress, drugs, alcohol, or anger, but from a lack of pacing myself and promoting self-discipline in my life. This is when I was introduced to Toastmasters.

Toastmasters is a way to articulate my speaking ability. But I was also able to utilize Toastmasters and conjunct it in my everyday activity. Toastmasters isn't

about being able to say words like 'boffo,' or knowing what a 'quagga' is.

Toastmasters is about "helping you find you." No one can do that for you. It takes dedication and strict determination to push yourself.

Thank you to Gil Norris, who runs the Hilltop Toastmasters at the East Moline Correctional Center, for sending in these testimonials.

To volunteer with Gil, email him at: gil-norris@mchsi.com

DISTRICT 19 AWARDS THROUGH APRIL 16, 2009

Mark Latta	DTM	Judy Kay Bergman	CC
Tom Stockebrand	DTM	Kyle Berry	CC
Lucinda B. Traynor	DTM	Matthew Bettis	CC
		Dharmvir Bhatnagar	CC
John Carlson	LDREXC	Paul Blaise	CC
Michelle Lessman	LDREXC	Leon Blalark	CC
Lucinda Traynor	LDREXC	Donald Boyle	CC
		Mark Bruns	CC
Kathy Bitter	ACG	Teddy Kay Bruns	CC
Anthony Coleman	ACG	Thomas Budd	CC
Kathy Rooney	ACG	Samuel Carson	CC
Anne Sposato	ACG	Anne Chapman	CC
		Briam Conway	CC
Jack Ackerman	ACS	Darlene Cox	CC
Anthony Coleman	ACS	Leah Ray Cox	CC
Sidney Grant	ACS	Ronaldo Crawford	CC
Henry Ronald Hill	ACS	Laura Crofutt	CC
Margie Lasek	ACS	Stefanie Curry	CC
Deborah Miller	ACS	Brandon Darbonne	CC
Enrique Pena-Valasco	ACS	Alethea Duncan	CC
Robert J. Vipond	ACS	Sherwin Degraffenreid	CC
Caryn Young	ACS	Frederick Ducan	CC
		Susan Dziurawiec	CC
Randy Adams	ACB	Scott Elston	CC
Antonio Aguiar	ACB	Kurt Erickson	CC
Alexander Berstein	ACB	Maurice Evans	CC
Lenora Boyle	ACB	Brian Fitzpatrick	CC
Jo-Smith Brizard	ACB	Fern Gillespie	CC
Anthony Coleman	ACB	Jared Goskusky	CC
Ronaldo Crawford	ACB	Sidney Grant	CC
Barbara Ann Duff	ACB	Cynthia Hanevy	CC
Sidney Grant	ACB	Steve Harris	CC
Jerald Hansen	ACB	Andrew Hauser	CC
Claude Hartman	ACB	Jan Hereid	CC
Sally Hartman	ACB	Pedro Hermon	CC
Richard Hugdahl	ACB	Edward Hipp	CC
M.E. Hugeback	ACB	Greta Hromovych	CC
Melissa Ann Kros	ACB	Adam Jacobs	CC
Howard Lunning	ACB	Joe Jeffries	CC
Sean Marshall	ACB	John Kennedy	CC
Keith McBride	ACB	David Lacombe	CC
Allan Myers	ACB	Manuel Lara	CC
Kelly Nielsen	ACB	Garry Lee	CC
Florence Nish	ACB	Tim Leimer	CC
Gilbert Norris	ACB	Elizabeth Liewer	CC
Denise Petersen	ACB	Ferdinand Marie	CC
Marginell Powell	ACB	Sean Marshall	CC
Anthony Sellars	ACB	Margaret Martens	CC
Milton Shannon	ACB	Rhonda Martin	CC
Michael Wagner	ACB	Mauricio Matheu	CC
Dayna Weltzin	ACB	Lori McClaren	CC
Dave White	ACB	Mary McMahan	CC
Travis Wolfkill	ACB	Rhonda Mohrhauser	CC
Nancy York	ACB	Joel Dean Nastruz	CC
		Jared Nicol	CC
Monika Agic	CC	Kimberly Pauls	CC
Thomas Aldridge	CC	Shawn Peterson	CC
Robert Anderson	CC	Tyler Peterson	CC
Sharon Antosiak	CC	Peter Piazza	CC
Allan Baker	CC	Karen Rasmussen	CC



Jay Reavis	CC	Pat Amadeo	CL
Brad Reiners	CC	Michael H. Anderson	CL
Levi Reyes	CC	Paul Blaise	CL
Rhonda Rose	CC	Leon Blalark	CL
Jason Saffold	CC	Willie Bradford	CL
Susan Saltou	CC	John Carlson	CL
Erica Schanbacher	CC	Anthony Coleman	CL
Anthony Sellars	CC	Jean Symington Craig	CL
Milton Shannon	CC	Ronaldo Crawford	CL
Anthony Smith	CC	Brandon Darbonne	CL
Helen Smith	CC	Sherwin Degraffenreid	CL
Stacey Sorawat	CC	Barbara Ann Duff	CL
Jerald Spoden	CC	William Eddy	CL
Wendy Spoonholtz	CC	Dave Elet	CL
C.E. Stewart	CC	Maurice Evans	CL
Mangal Tamang	CC	Kathe Garner	CL
Bill Telle	CC	Carol Gonzales	CL
Kristine Tharp	CC	Sidney Grant	CL
Tami Thompson	CC	Jason Gulbranson	CL
Kristi Tisl	CC	Winston Halstead	CL
Loren Toomsen	CC	Steve Harris	CL
Mindy Umthum	CC	John Hayden	CL
Dongyan Dyan Wang	CC	Tim Hodges	CL
Terry Webster	CC	Winston Halstead	CL
Reginald Williams	CC	Steve Harris	CL
Courtenay Wolf	CC	John Hayden	CL
Reginald Woodroffe	CC	Tim Hodges	CL
		Ronnie Howard	CL
John Carlson	ALS	Joni Lakin	CL
William Eddy	ALS	Garry Lee	CL
Mark Latta	ALS	Sean Marshall	CL
Thomas Stockebrand	ALS	Joshua Matthews	CL
Lucinda Traynor	ALS	Rhonda Mohrhauser	CL
		Kathy Morgan	CL
Kueier Chung	ALB	Steve Pasker	CL
Anthony Coleman	ALB	Emily Pittenger	CL
Ronaldo Crawford	ALB	Paddy Puthige	CL
Brandon Darbonne	ALB	Eric Roalson	CL
William Eddy	ALB	Dale Royer	CL
Alfred Edwards	ALB	Anthony Sellars	CL
Marty Haas	ALB	Milton Shannon	CL
Claude Hartman	ALB	Diane Stone	CL
Casey Korsmo	ALB	Linda Wallace	CL
Emma Jane Parker	ALB	Sherry Washburn	CL
Shari Lynne Stork	ALB		
Sherry Washburn	ALB		

Have you hugged your VP of Education today?

THE DISTRICT 19 SPRING CONVENTION

MORE FUN THAN YOU CAN SHAKE A STICK AT

The Location is in
BEAUTIFUL and *HISTORIC*
MASON CITY, IOWA!!

Friday, May 15 — Saturday, May 16, 2009

Registration Fees

Before May 8, 2009: \$85
On site registration: \$90

Individual Events

Registration in advance: \$20
On site registration: \$30
Friday evening meal: \$20
Saturday Awards Lunch: \$25
Saturday Evening Banquet: \$30

Spring Convention and Registration Online at:

http://muscatine.freetoasthost.biz/cgi-bin/public_downloads.cgi
or

Register by mail:

Make checks payable to: **District 19 Toastmasters**
Mail checks with registration to:
Virginia Klein, AC-CL
Spring Convention Registration
16 EastGate Court
Clear Lake, IA 50428

Reserve a room at the Holiday Inn, 2101 4th St. SW, Mason City, IA. 641-423-1640. Ask for the Special Toastmasters Rate of \$89 for a standard room and \$99 for poolside +Tax (subject to availability) Visit: www.holidayinn.com



"the MUSIC MAN"
Meredith Wilsons
ROBERT PRESTON SHARLEY JONES GLENN HAYKOFF HERMINE GINGOLD PAUL FORD TECHNIRAMA TECHNOLOGIK PRESENTED BY WARNER BROS. 6.2 / 171

THE THEME IS THE MUSIC MAN!
PACK YOUR WELLS FARGO WAGON AND GO.

For registration questions, contact:

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dvlklein@netins.net

For conference questions, contact:

Conference Chair Jimmy Sidebottom:
jimjudy1191@yahoo.com
641-420-3015
or
Vicky Lobmeyer
Vickylobmeyer@yahoo.com
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Meet Toastmasters International Executive Director Dan Rex!

at the **TOASTMASTERS REGION IV SPRING CONFERENCE**
in Winnipeg, Manitoba, June 4-6, 2009



The Marlborough Hotel
331, Smith Street
Winnipeg, Manitoba R3B 2G9
204-944-7196

For More Info, Please Visit:

<http://regioniv.net/2009Conference/ConferenceIndex.php>



DISTRICT 19 CONVENTION BUSINESS

District 19 Redistricting

Number of Clubs: 16

Proposed Changes for 2009-2010

Clubs under concern are in RED

Number of Clubs: 19

Div. A Area	Club #	Club Name	Div. A Area	Club #	Club Name	
11	2382	Sweet Talkers Toastmasters Club	11	2382	Sweet Talkers Toastmasters Club	
11	2670	Siouxland Ciceros Club	11	2670	Siouxland Ciceros Club	
11	3060	Cutting Edge Toastmasters	11	3060	Cutting Edge Toastmasters	
11	5295	Reddy Club	11	5295	Reddy Club	
11	6787	Future Communicators of America	11	6787	Future Communicators of America	
12	386	Shibboleth Toastmasters Club	12	386	Shibboleth Toastmasters Club	
12	7229	Algona Toastmasters Club	12	7229	Algona Toastmasters Club	
12	681953	Business Principal Toastmasters Club	12	681953	Business Principal Toastmasters Club	
12	814134	Comedy Club	12	814134	Comedy Club	
13	1336	Professionally Speaking Club	13	1336	Professionally Speaking Club	
13	2061	Top O Morning Toastmasters Club	13	2061	Top O Morning Toastmasters Club	
13	2094	Toast O'Town Club	13	2094	Toast O'Town Club	
13	7978	WIT Masters Toastmasters Club	13	7978	WIT Masters Toastmasters Club	
14	2316	Wright On	13	7542	We Excel Club	MOVE
14	2791	Ah Masters Club	13	4996	Red Oak Club	MOVE
14	3522	Tinsel Tongues Club	14	2316	Wright On	
			14	2791	Ah Masters Club	
			14	3522	Tinsel Tongues Club	

District 19 Redistricting

Number of Clubs: 19

Proposed Changes for 2009-2010

Clubs under concern are in RED

Number of Clubs: 21 or 20

Div. B Area	Club #	Club Name	Div. B Area	Club #	Club Name	
31	101	Waterloo Toastmasters Club	31	101	Waterloo Toastmasters Club	
31	8669	Loud Speakers Club	31	8669	Loud Speakers Club	
31	9708	Waterloo Speechmasters Club	31	9708	Waterloo Speechmasters Club	
32	684	Downtowners Watts of Talk Club	32	684	Downtowners Watts of Talk Club	
32	1529	Five Seasons Parliamentarians	32	1529	Five Seasons Parliamentarians	
32	9284	Hospital Talk Toastmasters Club	32	9284	Hospital Talk Toastmasters Club	
33	1205	Heritage Toastmasters Club	32	1282753	AEGON Articulators	NEW!
33	3154	Collins Communicators	33	1205	Heritage Toastmasters Club	
33	3250	Collins Avionics Club	33	3154	Collins Communicators	
33	3515	Sunrise Marion Club	33	3250	Collins Avionics Club	
34	617	Hawkeye Toastmasters Club	33	3515	Sunrise Marion Club	
34	1443	Crossroads Story Tellers Club	34	617	Hawkeye Toastmasters Club	
34	1564	Kirkwood Keynotes Club	34	1443	Crossroads Story Tellers Club	
34	778447	Amana Toastmasters Club	34	1564	Kirkwood Keynotes Club	
36	164	Old Capitol Club	34	778447	Amana Toastmasters Club	
36	1209	Affirmationists Club	36	164	Old Capitol Club	
36	5080	Iowa City Toastmasters Club	36	1209	Affirmationists Club	
36	5654	River City Club	36	5080	Iowa City Toastmasters Club	
36	878932	North Dodge Toastmasters	36	5654	River City Club	
			36	878932	North Dodge Toastmasters	
			36	1274432	GEICO Dynamos	NEW!

DISTRICT 19 CONVENTION BUSINESS

District 19 Redistricting

Number of Clubs: 22

Proposed Changes for 2009-2010

Clubs under concern are in RED

Number of Clubs: 21 or 19

Div. C Area	Club #	Club Name
51	504	East Story County Club
51	1263	Tama Toledo Trojan Inn TM
51	7858	Crosswinds Toastmasters Club
51	8132	Professional Achievers TM Club
52	380	Sherman Hill Club
52	625	Action Toastmasters Club
52	1937	Statesmen Toastmasters Club
52	9047	Mid City Toastmasters Club
52	1174776	Mercy Speakeasy Toastmasters
53	187	Toast I.T.
53	1991	Ruan Center Club
53	3298	Diplomats Toastmasters Club
53	4804	Tower Toasters Club
54	4477	Ankeny Club
54	8641	AM Club
54	645182	Nexus Toastmasters Club
54	760340	High Voltage Club
55	5819	Talk of Des Moines Club
55	9211	Principal Toastmasters Club
55	9585	Multicultural Club
55	605919	1100 Toastmasters
55	1104627	Stagecoach Speakers/Downtown DSM

Div. C Area	Club #	Club Name
51	504	East Story County Club
51	1263	Tama Toledo Trojan Inn TM REMOVE
51	7858	Crosswinds Toastmasters Club
51	8132	Professional Achievers TM Club
52	380	Sherman Hill Club
52	625	Action Toastmasters Club
52	1937	Statesmen Toastmasters Club
52	9047	Mid City Toastmasters Club
52	1174776	Mercy Speakeasy Toastmasters
53	187	Toast I.T.
53	1991	Ruan Center Club
53	3298	Diplomats Toastmasters Club
53	4804	Tower Toasters Club
54	4477	Ankeny Club
54	8641	AM Club
54	645182	Nexus Toastmasters Club
54	760340	High Voltage Club
55	5819	Talk of Des Moines Club
55	9211	Principal Toastmasters Club
55	9585	Multicultural Club REMOVE
55	605919	1100 Toastmasters
55	1104627	Stagecoach Speakers/Downtown DSM

District 19 Redistricting

Number of Clubs: 22

Proposed Changes for 2009-2010

Clubs under concern are in RED

Number of Clubs: 20

Div. D Area	Club #	Club Name
72	3135	Early Risers Toastmasters Club
72	4996	Red Oak Club
72	6582	Hy-Vee Corporate Club
72	7542	We Excel Club
72	8826	Stagecoach Speakers
72	987584	R&R Realty Group
73	2388	Esquire Toastmasters Club
73	3193	Regency Club
73	6000	Jim Cleere Toastmaster Club
73	839618	Voices in Motion Club
73	1051385	Voices from the Farm
74	184	Boone Toastmasters Club
74	875	Town And College Club
74	1765	TGIF Toastmasters Club
74	2187	Transportation Club
74	3595	NADL Early Risers Club
75	3049	Greater Des Moines Toastmasters Club
75	4605	Johnston Club
75	4991	John Deere Credit Toastmasters Club
75	7813	Opportunity Knocks Club
75	7987	Los Oradores Club
75	813971	Franklin Toastmasters

Div. D Area	Club #	Club Name
72	3135	Early Risers Toastmasters Club
72		MOVED Red Oak to Div. A
72	6582	Hy-Vee Corporate Club
72		MOVED We Excel to Div A
72	8826	Stagecoach Speakers
72	987584	R&R Realty Group
73	2388	Esquire Toastmasters Club
73	3193	Regency Club
73	6000	Jim Cleere Toastmaster Club
73	839618	Voices in Motion Club
73	1051385	Voices from the Farm
74	184	Boone Toastmasters Club
74	875	Town And College Club
74	1765	TGIF Toastmasters Club
74	2187	Transportation Club
74	3595	NADL Early Risers Club
75	3049	Greater Des Moines Toastmasters Club
75	4605	Johnston Club
75	4991	John Deere Credit Toastmasters Club
75	7813	Opportunity Knocks Club
75	7987	Los Oradores Club
75	813971	Franklin Toastmasters

DISTRICT 19 CONVENTION BUSINESS

District 19 Redistricting

Number of Clubs: 20

Proposed Changes for 2009-2010

Clubs under concern are in RED

Number of Clubs: 19 or 18

Div. E Area	Club #	Club Name	Div. E Area	Club #	Club Name
91	3588	Speak-Easy Club	91	3588	Speak-Easy Club
91	3744	De Witt Toastmasters Club	91	3744	De Witt Toastmasters Club
91	972362	Tri-State Toasters	91	972362	Tri-State Toasters
92	663	Ottumwa Toastmasters Club	92	663	Ottumwa Toastmasters Club
92	1089	Washington Toastmasters Club	92	1089	Washington Toastmasters Club
92	6628	Burlington Area Toastmasters Club	92	6628	Burlington Area Toastmasters Club
92	7515	Golden Speakers Club	92	7515	Golden Speakers Club
92	9513	Conscious Communicator Club	92	9513	Conscious Communicator Club
92	789150	Keokuk Area Toastmasters Club	92	789150	Keokuk Area Toastmasters Club
93	685	Muscatine Toastmasters Club	93	685	Muscatine Toastmasters Club
93	1039	HNI Corporation Toastmasters Club	93	1039	HNI Corporation Toastmasters Club
93	1951	Monsanto Club	93	1951	Monsanto Club
93	3896	Bandag Toastmasters	93	3896	Bandag Toastmasters REMOVE
93	4737	GPC-KFI Club	93	4737	GPC-KFI Club
93	9592	Stanley Consultants Toastmasters	93	9592	Stanley Consultants Toastmasters
94	1325	Downtowners Toastmasters Club	94	1325	Downtowners Toastmasters Club
94	2790	Moline Toastmasters	94	2790	Moline Toastmasters
94	7889	Hilltop Toaster Club	94	7889	Hilltop Toaster Club
94	711779	Quad Cities Executive Toastmasters Club	94	711779	Quad Cities Executive Toastmasters Club
94	951838	Palmer College Toastmasters Club	94	951838	Palmer College Toastmasters Club

Provisional Agenda for District 19 Spring General Council Meeting, May 16, 2009

Call to Order – District Governor Doug Doughty

Inspirational Thought

Reading of the Mission of the District

Welcome – DG Doug Doughty

Credentials Committee Report
– Assistant to Credentials Chair Jamie Ward

Adoption of the Agenda

Secretary's report – District Secretary Pam French

Audit Committee Report – Audit Committee Chair Ann Chapman

Treasurer's Report – District Treasurer Carrie Dostal

Senior Officer's Report
 DG Doug Doughty
 LGET Doug Nelson
 LGM Thomas Lindaman
 PRO Cliff Scherrer, Sr
 Div A Governor – Susan Saltou

Div B Governor – Mike Anderson

Div C Governor – Faith McGee

Div D Governor – Jim Wettstaad

Div E Governor – Ann Mangan

Nomination Committee Report
– Immediate Past District Governor Loren Toomsen

Nominations from the Floor / Election of District Officers

Alignment Committee Report
– Lt. Governor Education and Training Doug Nelson

Unfinished Business

New Business
Proposed location for the Spring 2010 Conference
– LGM Thomas Lindaman

Announcements

Time and Place of Next General Council Meeting
– Nov TBD, 2009, Dubuque, IA.

Adjournment

DISTRICT 19 CONVENTION BUSINESS

Officer Elections: Nominations Report

The 2009 nominating committee has canvassed the district and arrived at this decision. We are submitting the following candidate list for the 2009 – 2010 term. The following Toastmasters have agreed to run for the respective District offices. All have met the qualifications of a good standing with Toastmasters and their clubs are in good standing.

Loren Toomsen
IPDG, Nominations Chair
pafways@netins.net

District 19 Governor

Doug Nelson
8378 Heather Ave.
Clear Lake, Iowa 50428
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C: 641 430-8378
H: 641 357-5676
Shibboleth #386



District 19 Lt. Gov. Education and Training

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700 Monona Ave., Apt. 10A
Des Moines, Iowa 50315-1163
tlindamanDTM@aol.com
H 515-243-2769 / 515-309-2085
B 515-324-0484 /
C 515-537-9223
Stagecoach Speakers #8826

District 19 Lt. Governor Marketing

Susan Saltou
824 South Tennessee Place
Mason City, Iowa 50401-5263
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641-420-7274
Shibboleth #386

Division A Governor

Jim Gilbert
3319 Jennings St.
Sioux City, Iowa 51104
jimgilbert@cableohne.net
712-258-2330
Reddy Toastmasters #5295

Jimmy Sidebottom
705 North 7th Street
Clear Lake, Iowa 50428
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Shibboleth #386

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C 712-333-1038
WIT Masters #7978

Division B Governor

Martha Hedberg-Latta
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Coralville, Iowa 52241
martha.hedberg@gmail.com
319-621-9687
Old Capitol #164

Division C Governor

Leah Cox
402 East Boone, Apt. #2
Marshalltown, Iowa 50158

Learn more about the rules for
Toastmaster District Elections at:
[http://www.toastmasters.org/
Members/OfficerResources/
DistrictOfficerResources/
Elections.aspx](http://www.toastmasters.org/Members/OfficerResources/DistrictOfficerResources/Elections.aspx)



VISIT US ON THE WEB:
<http://district19.us/>

The District 19 Transmitter

The Official Newsletter of Toastmasters
International District 19.

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FROM THE EDITOR

The handshake is an important part of the Toastmasters' relationship and presentation. So you need to know how to do it right.



Your palm fits in the other person's palm. Don't reach for the fingers, reach for the palm. Then enclose your fingers around the other person's hand.

Your handshake should be firm. Too loose leaves the impression that you are weak, indecisive or insecure. (And it is kind of a yucky feeling!) Too hard makes you seem overbearing, controlling or angry. People who don't have any power try to act like they do by crushing your hand.

If you have clammy hands, wipe them off on a dry surface or rub them together to warm them up. Shake hands with a woman as firmly as you would a man. To give a woman a light handshake is condescending.

Need more? Visit: www.cultureandmanners.com and sign up for the **Etiquette Tip of the Week**.

- Callista Gould, Editor, *The Transmitter*: cgould@cultureandmanners.com