



The Transmitter

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Season's Greetings

A very Merry Christmas and a Happy New Year to all!

I love this season. Something special happens each year during this magic time. Our sun reaches its lowest point in the sky. For three days the sun appears to stand still. Suddenly, on the third day, it starts its annual trip northward. This has been observed since humans first expressed interest in such things.

I don't know about you, but each year during this three day death and rebirth of the sun I feel something inside.

It is like finality to the current year and birth of a new year. Seen from North America the sun reaches the its second to the lowest point in the sky. The next day there is such an imperceptible difference that the sun appears to be standing still. The third day it is back where it was two days earlier. From our vantage point the Sun stopped moving for three days. The ancients even celebrated this "rebirth" of the sun god.

On behalf of everyone in District 19, I want to wish you all the very best of the Season's Greetings and wishes



Loren Toomsen
District Governor

for a healthy and prosperous New Year in 2008. This is more than a cliché- Toastmasters own that extra twist of sincerity, we deal with the human heart. Make this your year to reach new goals and make a difference in your life and the lives of others. The hour for a new beginning is upon us!

Mid Winter Training – Are You Ready?



Doug Doughty
Lt. Governor of
Education/
Training

'Tis the season. Yes, it's the holidays, but that is not what I am talking about. I am talking about mid-winter Toastmaster training season. It is easier and there are no gifts to buy, (except for your favorite Lieutenant Governor of Education and Training). That's right, just around the corner we have training. Are you ready?

I am frequently asked, why do we need to be trained a second time? There are many answers to this question. One, there are several clubs who elect officers every six months and as such, there is a need for mid-winter training. Second, it's an opportunity for existing officers to share ideas and lessons learned. Third, occasionally, some officers have to step down and someone has to step up. Fourth, it's a requirement by Toastmasters International to get credit for goal number 9 of the Distinguished Club Program.

Are you a club officer who has just been elected? You should find a Toastmaster's Leadership Institute (or TLI) in your Division. This is an opportunity for you to learn about what is expected of you in your current position. Another question I get asked is "Do I have to be an officer to attend training?" The answer is "No." If you have an interest in running for a position in your club, then attending a TLI is a great learning opportunity.

(Continued on page 2)

Calendar

- **December—February—Round Two of Club Officer Training**
- **February-April: Club, Area and Division Table Topics and International Speech Contests**

Mid-Winter Training – Are You Ready?

(Continued from page 1)

Perhaps, you are a club officer and you were trained in the June to August time frame. You think that you do not need any training. Perhaps you discovered something that worked particularly well in you club or perhaps you found something that failed miserably. Attend the TLI and share this with other people in your position. Or more importantly, learn from other Toastmasters who have learned lessons and are there sharing.

Another opportunity at TLIs is networking. Maybe someone at the TLI puts on a presentation that you would like to see presented at your club. Or maybe its just an opportunity to catch up with someone you haven't seen in awhile. There are many networking opportunities at the TLI.

Maybe you would be interested in being a presenter at a TLI. Contact your Division Governor and

offer your services; they are always looking for help at a TLI. Perhaps you would be interested in organizing the next TLI. This is an incredible High Performance Leadership opportunity.



So support your local TLI and bring some new and different ideas back to your club! When we share our knowledge, we all learn something and everyone wins!

Happy Holidays!



Doug Nelson
Lt. Governor of Marketing

This is an exciting time of the year and also a time when Toastmasters clubs often have trouble filling their roles each meeting. There's just so much to do and people put their needs behind their other priorities in life.

It's also the perfect time of the year to encourage your club to put on a special meeting, otry ne of merry story telling and Table Topics that any guest would easily jump into. Table topics such as the best gift you ever gave, favorite holiday memory, or even the worst hassle you've ever had during the season.

It is also a fun time to visit other clubs, especially if your own plans kept you from a meeting or two. While you are visiting, grab their Toastmasters' Playing Card and build a great hand for the Spring Convention. What a great time to meet new people and share in their excitement.

This is a time of reflection for many and with New Year's on the horizon, a time for resolutions. Here's some-

thing I'd like you to reflect on this season. How far have you come as a Toastmaster? Are you confident in your communication and leadership?

Did you ever think about the Distinguished Club Program as a personal indicator of Toastmasters proficiency? Each of those goals builds strong clubs through strong members. They challenge clubs each year to meet a standard of excellence.

Are you the leader you think you are? Test it by mentoring someone through their own goals. Are you a first class communicator? Test that by communicating with new people and encouraging them to come and be a guest. Host a fun meeting with a holiday theme. Challenge others to new levels of excellence and reward your friends with deserved praise.

These are all things that will lead your club to achievements that and will be reflected in higher quality meetings in the future. These will lead to people wanting to be there more of the time.

It will definitely lead to you being a more developed speaker and leader who is full of self confidence.

Don't think of the Distinguished Club Plan as a bunch of hoops to jump through because the District officers keep pushing it. Look at it as a road map for reaching your own potential as a communicator, a guide to focus your resolve. Pick one aspect and influence its completion. Challenge yourself to be engaged by your club needs as a way of measuring your own abilities. Visit other clubs and engage them by being in their audience.

Right now there are so many people out there who want to improve their lives and they will focus on January as the trigger. Speak to them from your heart about the opportunities Toastmasters holds for everyone. Your message may start something great within them and you'll have given them a great gift:



the key to unlock their potential and realize substantial personal growth.

Illogical Logic?



Cliff Scherrer, Sr.
Public Relations Officer

In my hometown fall means among other things, a time to flush the water system. The majority of the negative comments the water utility receives are specifically about discolored water that results from flushing. So if the utility knows flushing causes complaints, why do they do it anyway?

If we think about it, it's like asking someone who does not feel a need to enhance communication or leadership skills to join Toastmasters. We do it because we know how beneficial Toastmasters can be.

But what can be said to a Competent Communicator (CC) and Competent Leader (CL) who decides to leave Toastmasters? I might respond by saying anyone not interested in enhancing or developing new Toastmaster skills should be interested in protecting his or her investment by maintaining skills that took so much time and energy to develop. Again I would use our water utility to help explain this. Throughout the year, minerals and sand settle to the bot-

tom of the water mains. Flushing removes minerals and sand that have accumulated in the piping so high water pressure and volume for firefighting and other emergency uses is maintained. For a similar reason, maintaining Toastmaster skills is important because we never know when we'll need them, much like needing water to fight a fire.

It is nearly impossible to remove all the sand and minerals, so after flushing has occurred, materials not removed from the water system once again settle to the bottom of the main. That's what happens when a member leaves Toastmasters - his or her skills risk "settling out" and becoming rusty. Do you observe former Toastmasters who are not as appealing to listen to or to watch as when they were members? Similarly, while discolored water does not present a health hazard, it certainly is not appealing to look at or to consume.

Our water utility understands that while flushing does create discolored water, it is a necessary evil and the short-term

inconvenience pays benefits to longer term water quality needs. Now, I do not think of Toastmasters as a necessary evil, but I will say any short-term inconvenience has been worth it considering the benefits.

Another area where our water utility received negative comments came from several customers indicating they are not being made aware flushing is going to occur. Are there also people in our cities and companies who can honestly say they never heard of Toastmasters? How do we get the word out to them?



Clubs routinely place announcements in the local newspapers, on the local radio stations, on web pages, in corporate newsletters, and still there is more we can do. This is when we need to employ illogical logic - to continue trying even at the risk of being ineffective or rejected. We fail only when we do not ask the question, "Will you be my guest at a Toastmasters meeting?"

Special Election Edition

A special **Election Edition** of the District 19 newsletter, *the Transmitter*, can now be found online by going to the District 19 website at district19.us and clicking the link near the top of this page called: **Election Edition**. Or, you can simply copy and paste the following address into your Web browser:

<http://district19.us/transmitter/Transmitter%20-%20Election%20Edition%202007.pdf>

This special edition explains the annual election process occurring at Spring District Conventions. The next Convention will be held in Marshalltown in May 2008. Your club's voting delegates, the Club President and Vice President of Education, will select the following District Officers for the upcoming 2008-2009 Toastmasters year: District Governor, Lieutenant Governor Education and Training, Lieutenant Governor Marketing

and Division Governors for each of the five Divisions in District 19.

This special edition also outlines qualifications for each of the elected offices. If you, or someone you know, is interested in running for an elected office, a nomination form will soon appear on the district19.us website. Print it and follow the instructions on the form to complete it.

Nominations for district office need to be submitted to Ike Rayford, Nomination Committee Chair, by April 27, 2008. Send your nominations to: Ike Rayford, PO Box 2081, Sioux City

How well Do You Communicate?

By: Rick Meyer

Letter to Professionally Speaking,

One of the advantages of living in a university town, is getting to know professors, department heads and administrators on a personal basis. I resided in Manhattan, KS in the '80s. Competing and coaching in athletics allowed me to meet various parents whom I may not have otherwise met. One parent, Dr. David Mugler, was the long time Associate Dean of Agriculture @ K-State. He once informed me that when employers interviewed at KSU, they know the prospects have the technical knowledge. I believe this is true of most colleges and universities.

One of the vital questions they desire to attain in an interview is, 'How well do you communicate?'

How well do we communicate? You,

like me, would probably receive a variety of responses. Some would say quite well, my wife at times says I communicate poorly, other times I am told I communicate 'too well' (ha).

Toastmasters is about improving our ability to communicate. I know I need to continually improve.

Thanksgiving, Christmas and New Years are quickly approaching. Are you prepared to effectively communicate to your family and friends, that you may only see annually, what they mean to you? We never know if we will have another chance in 2008. Are you prepared to efficiently communicate to your boss, employer, peers, employees, and board of directors how much you appreciate them, along with the role each plays in achieving the desired success attained by symbiotic efforts?

Would you agree that we are better communicators in 2007 compared to 2006?

Would you agree we seek greater improvements for 2008 and beyond? Would you agree Toastmasters has played a vital role in your improvements? If not, have you allowed TM to play a vital role in your improvement? Let us know how we can help.

How well do you communicate your Thankfulness this Thanksgiving? Feel Free to Practice!

Thank You to each of you for your contributions in making 'Professionally Speaking' an incredible club! Every role is a vital role.

Sharing a Love of Quilting



By: Bessie Parker

One of the steps towards becoming a Distinguished Toastmasters (DTM) is to do a High Performance project.

Toastmasters International provides a manual that an individual works through. The first step is to come up with an idea for a project and then to form an advisory team. The next step after that is to implement your project and then at the conclusion of the project give a speech detailing what you did and what you learned from the experience.

I thought the High Performance manual would be hard. But in April 2006 I read and reread it. It said that my project could almost be anything. I thought to myself, Wow! This was a chance to make my dream come true. My dream was to have my very own

quilting workshop. In August of 2006 I began to teach a class how to sew a quilt. Simple step-by-step lessons were devised to help them learn.

Twelve people began the class with me, ten of which completed it. I wrote down everyone's name and recorded the days that they sewed. When their quilts were completed I took a picture of each one.

One of the ladies in the class told me that quilting was like giving birth to a child. Just like in childbirth the quilt develops over time and is a labor of love. Another lady told me it was like a form of art. She loved doing the sewing here in my house. It provided a

comfort zone in which to learn and a place to socialize with others. She was happy to have created an everlasting memory.

My High Performance project was done by November 30th. It was fun to share my dream with others and to make the project easy for them. To take a piece of material, to cut it to size, like a puzzle and then to transform them into a beautiful blocks for a quilt. What a joy it was to pass on my love for quilting.



Yes, my dream came true. The bonus of this all was a great feeling when I got the award of "Leadership Excellence" in January 2007. Do I plan to do it

again? Yes, I do, maybe next spring.

Highlights from the Fall District Conference



**HAPPY
NEWTANKSVALENMASFOURTHO'WEENSTER!!**



A Salute to the Holiday Toast!!



Speech contest winners: 1st Place – Jeff Kallem (top left) and 2nd place – Roman Lynch (bottom left)

Evaluation Contest Winners: 1st Place — Cindy Lacina (top right) and 2nd Place– Mark Latta (bottom right)



Above: Toastmaster of the Year is awarded to Helen Jacobe and Ike Rayford, Immediate Past District Governor
Below: Friday Night Festivities



Left: Ike Rayford presents the Area Governor of the Year award to Julia Venzke.
Right: The Spring District 19 Conference Team introduces the theme to the Spring Conference in Marshalltown, Iowa.
Not Pictured: Jim Sandin receives the Division Governor of the Year Award.



Have a happy New
THANKSVALENMASFOURTHO' WEENSTER!



Semi-Annual Club Officer Elections

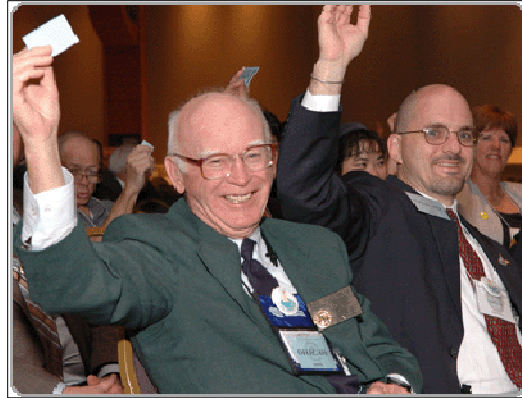
This reminder is being sent to all clubs in District 19. Although this may not apply to your club now, it may apply to your club in the future, or if you transfer membership to another club, it may apply to your new club.

Some clubs in District 19 qualify to elect officers semi-annually. Toastmasters International recommends that these clubs hold elections by November 30th to allow time for new officers to become familiar with their roles before taking office January 1, 2008.

The outgoing President is also reminded of two important final duties. First, appoint an audit committee comprised of the President, the outgoing Treasurer, the incoming Treasurer, and

other members interested in serving on the committee. Once the audit is complete, retain results of the audit with your club records.

Second, submit your new club officer list to Toastmasters International and District 19 by 5:00 PM Pacific Standard Time (3:00 PM Central Standard Time) December 31, 2007 so your club qualifies for a point in the Distinguished Club Program.



The fast approaching holiday season begins later this week. Before you know it New Year's Day will be here.

Schedule your club officer election, perform your end of term audit and submit the club officer list before the season turns hectic. You can then rest assured you've given your club the best gift an officer could give his or her club – a strong start to the New Year.

District 19 Poker Run is underway!

By Pete Gardner ACS-CL
Business Principal Toastmasters
#681953

If you missed the Fall conference, you also missed the announcement of a very exciting event taking place in District 19 from now until the Spring Conference. It's the District 19 Poker Run, and it promises to be a blast for everyone who wants to take part. I designed the program for my High Performance Leadership module and it is a winner!

The rules are very simple. Visit a club, get a card. That's all there is to it. Now, you can only get one card for each club visited, so don't try to get a winning hand by visiting the same club over and over again. And you don't get a card from your home club...they are for visitors. The smallest clubs have the highest cards, and the biggest clubs have the lowest cards. We hope to build up the excitement in the smaller clubs by making them a more desirable target for

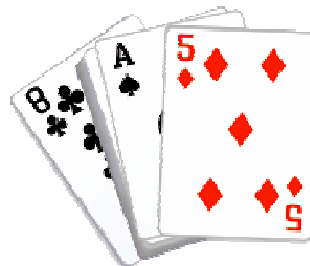
visitors.

The idea is to get you outside your club so you can share in the fun that others are having, and bring it back to your own club. If you go to an Area Conference and have one of the best hands there, you will get a Queen. At Division Conference, Kings will be given to the best hands, and at District, the Aces will fly. Anyone can win right up to District Conference. And there will be some wild card Jokers given out for extraordinary feats within the District.

What do you win? Well, bragging rights for one! Cool Toastmaster prizes, a free registration to next year's Fall Conference, perhaps some prizes from local merchants. We are just starting to put the prize package together. More than anything else, everyone who participates wins just by visiting other clubs, networking with other Toastmasters,

and bringing back excitement and enthusiasm to their home clubs. Just imagine the excitement in your home club if you have 25 visitors over the next few months!

To assist you, there is a copy of the rules on the District 19 website, and we will also be posting a spreadsheet listing all the clubs in the District, their meeting locations and times, and a contact name. This way, you can download the information and plan your trips ahead.



Don't be a wallflower! Get out and enjoy this fun event, you will never regret it. You'll meet new people, get new ideas, energize yourself and your club, and you could even win a prize.

(Questions about the Poker Run can be directed to Pete Gardner at district19pokermaster@yahoo.com.)

District 19 Toastmaster Poker Run Official Rule Book

By Pete Gardner

1. Divide the state into two sections (North/South or East/West). Each section gets a full deck total, minus the Queens, Kings and Aces.
2. Each club gets a specific card. Smaller clubs get higher cards, larger clubs get lower cards. This encourages people to visit the smaller clubs.
3. Area Conferences get all the Queens, Division Conferences get all the Kings, and District Conference gets all the Aces. This gives incentives to go to the conferences. The use of Jokers (which will be wild cards) will be determined at a later date.
4. The rules will be sent to each Club President along with the cards for that club. It will be the President's responsibility to get the cards to the meeting place, and share the rules with their club members.
5. A person who visits a club gets a card only one time for visiting that specific club. If they revisit that club, no additional card is given. No one will be able to get 4 of the same exact card this way.
6. A complete list of all clubs

- and meeting times will be published as a separate sheet in the District newsletter when this program is announced. With these club schedules, everyone could work on scheduling visits much more easily. We will not, however let anyone know who has which cards.
7. Only five cards can be used in a hand. Therefore, each participant will bring their best five cards to their conferences. What will be unknown is suit, so a flush would be quite a hand to get!
 8. Prizes will include: Gift certificates to the Toastmasters catalog, manual sets, Toastmasters gifts, etc. Maybe at the Spring District Conference, a local business will provide a gift to winners. Exact gifts will be announced at a later date.
 9. This contest will culminate at the 2008 Spring Conference in Marshalltown. All cards will be returned to the District at that time. If we decide to do it again for



- the Fall Conference, the cards will have to be re-distributed.
10. District officers are eligible for prizes, but can only claim a card when they visit a club or conference in a non-official capacity. For example, Area Governors would not get a card when they visit a club for their official visit in January/February. It is hoped that when District officers visit clubs they will promote the program to the clubs.
 11. Winners will be published in the next *Transmitter* after the Spring Conference.
 12. It is expected that the cards will be available at each club by November 19, 2007. An e-mail will be sent out to all district officers announcing the cards have been sent, and they can inform their club presidents to be on the lookout for them. We will have a running chat in the District 19 boardroom Lounge, so any questions can be posted there and I will try to answer them as quickly as possible.

Let's have fun and play Poker!

Toastmaster Question and Answer

Question: Our two newest club members are visually impaired. I know that Toastmasters International does have tools available for the blind, but is there a way to get their new member speech manual and info on tape or CD rather than paper? We haven't ordered anything yet.

Answer: The answer is "Yes." Toastmasters International does offer the **Communications & Leadership manual on audio cassette**. All you need to do is mark "Cassette tape" in the "New Member Kit preference for new Members

Only" box on the New Member Application form.

New Member Kit preference for new members only:	
<input type="radio"/> English	<input type="radio"/> German
<input type="radio"/> French	<input type="radio"/> Cassette tape
<input type="radio"/> Spanish	(visually impaired only)
<input type="radio"/> Japanese	<small>Selected materials in the new member kit are available in English only.</small>
<input type="radio"/> Chinese (Mandarin)	



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 \surd] 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)

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 or 641-753-5999 ext 107 (day) / 641-753-4020 (evening)

Questions? Contact Convention Chair Jamie Hosek at 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.

CC

- 504 Rosalyn Dunblazier
- 617 Rebecca Howard
- 625 Siew Chen Ow
- 875 Jerald Byg
- 1209 Kory May
- 1529 Glenn Neiger
- 1564 Jodie Stoessel
- 1765 Ashley Buck
- 2061 Lakeshia Rainey
- 2670 Marty Haas
- 2671 Karen McCarthy
- 3049 Terry Tidwell
- 3515 Duke Dusheck
- 3515 Charles Pollock
- 3515 Barbara Prall
- 3595 Allan Baker
- 3595 Sherry Washburn
- 4605 Timothy Hagg
- 4991 Kathy Amos
- 4992 Kevin Murray
- 5819 Diane Bland

- 5819 Barbara Duff **ACS**
- 5819 Andrea Jones 1937 Steve Smith
- 6787 Ed Briggs 5819 Brett DeBruyn
- 6787 Willie Bradford
- 7515 Jean Symington **ACG**
- Craig 7515 Robert Bymes
- 7515 Ron Khare
- 7515 Irene Murphy **CL**
- 8826 Hannah Tomlinson 663 William Eddy
- 9211 Eric Christensen 2187 Kueier Chung
- 605919 Susan Jordan 2670 Shari Stork
- 681953 Deanna Johnson
- 711779 Jenna Hobbins **OCL**
- 972362 Kelly Nielsen 3515 Gary Whitehill
- 972362 Ramesh Chakravatula 7515 Russell Malloy
- 7978 Russell Kock

ACB

- 875 Xianghai Ye
- 3515 Gary Whitehill
- 3588 Michael Martin
- 7515 Thomas Traynor
- 8826 Thomas Lindaman
- 605919 Brenda Lentz
- 645182 Sharon Hicks



Contacts:

Loren Toomsen, AC-G
District 19 Governor
district19governor@district19.us

Ike Rayford, AC-G
Immediate Past D19 Governor
immediatepastdg@district19.us

Doug Doughty, DTM
Lt. Governor of Education & Training
educationtraining@district19.us

Doug Nelson, AC-S
Lt. Governor of Marketing
marketing@district19.us

Cliff Sherrer, Sr., DTM
Public Relations Officer
pro@district19.us

LaDean Ahrens, ATM-S
Division A Governor

Gary Whitehill, CTM
Division B Governor

Caryn Young, AC-B
Division C Governor

Jeanne Hunt
Division D Governor

William Eddy, DTM
Division E Governor

Darla Welch, DTM
District Secretary
secretary@district19.us

Steve Brown, AC-B
District Treasurer
d19treasurer@district19.us

Connie Gordon, DTM
Transmitter Editor
scioart@yahoo.com

Jim Sandin, DTM
S.M.A.R.T. Coordinator
jksian@msn.com

Julia Venzke, DTM
District Librarian
d19librarian@district19.us

Toastmaster Leadership Institutes (Officer Training)

- Division A**
To Be Announced
EMC Building
717 Mulberry St, Des Moines
Cost: \$2
- Northern Lights**
January 5th
Algona, IA
More details to come
Des Moines Area
January 13th (Sunday)
Registration: 1:30 PM
Farm Bureau
5400 University Ave, WDM
Cost: \$2
- Division B**
January 19th
Registration 9:00 AM
Kirkwook Training and Outreach Bldg
KTOS Armar Dr, Marion, IA
Cost: \$2
- Division C & D (2-TLI's scheduled)**
Des Moines Area
January 5th
Registration 8:00 AM
Division E
January 19
Registration: 9:00 AM
Washington Public Library
Washington IA
Cost: \$3

**TOASTMASTERS
INTERNATIONAL
DISTRICT 19
OFFICIAL NEWSLETTER**

D19 Toastmasters
2400 26th St
Des Moines, IA 50310



Transmitter Editor	Connie Gordon, DTM
Proof Editor	Callista Gould, CC
Proof Editor	Darla Welch, DTM
Proof Editor	Diane Stone, DTM

<http://district19.us>

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



Thank you Loren, for all your hard work on the website these last four years. Your dedication and expertise in this area was highly appreciated. The District could not have functioned so smoothly without you and your efforts!

Website Updates

I am very honored to announce the appointment of Julia Venzke of Cedar Rapids as our new website administrator for this District 19 website. Julia brings new style and energy to this project. I ask you to understand the complexities of the next several weeks while we effect this transition. We'll make it as seamless as possible. I am stepping back a notch but will continue in a supportive role. One of our exciting twists is the advent of "GoToMeeting" a pro-

gram that permits for the first time in our history, the online collaboration and talent of many web artists across a diverse geography. We literally meet online in a virtual meeting room to share energy and concept. Said simply the future of the District 19 website will be supported by a team of web artists and it will show. I am excited! On a personal note I have had the opportunity to serve as your website administrator for the past four years -- it has been a wild and wonderful

ride serving all of you. I thank you all for this opportunity. As I look to the future I see nothing but growth for this website project and for the mission of our Toastmasters organization.

Here we grow!

Loren Toomsen
District 19 Governor
(Immediate Past) Administrator of the D19 website

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