

The Transmitter

Covering all of Iowa and the best parts of of Illinois and Nebraska

Summer 2009

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You CAN Get There From Here!

Have you ever been asked for directions to someplace and you discover it isn't easy to explain how to get there?

It's a bit like that when people ask about Toastmasters. You can describe the meetings, but you really can't understand unless you take the journey.



We are starting a new year together, a journey of collective achievement. We have common goals for our District expressed in the District mission and they involve specific numbers you'll hear a lot about over the year.

But what we want to find along the way is the best in each of us. We take up this journey to better our abilities and to reinforce within ourselves that not only can we achieve our mission, we can excel.

I ask that you join with all Toastmasters this year by taking on a personal challenge for growth. Spend time reflecting on what you want to focus on this year and what steps are necessary for you to complete that task. Do not

stop at competence—exceed your own expectations for excellence.

I challenge every Toastmaster in District 19 to spend time each day reflecting on what the next step is for his or her life. Take those moments to look at your life from outside your own frame of mind and from the perspective of someone who believes you *can* achieve and exceed your goals.

Reflect on your potential today, and every day map a way forward. What are you going to do each day to take a step toward your objective? It's not only about achieving the next level of Toastmasters award for communication and leadership, it's also about challenging yourself to take the next step on your personal road to excellence and know that you can do it.

Evaluate yourself: What you did well and how can you improve are lessons for how to live as well as how to speak. Challenge yourself to do better every day and you'll be where you didn't think you could go.

You can get there from here, but the path is one on which you must be the guide. Unlock your potential.

Doug Nelson, District 19 Governor
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To Meet June Goals, Plan in July

By Thomas Lindaman, DTM, Lt. Governor of Education and Training, District 19

It's only a couple of weeks until the beginning of school. The start of a new Toastmasters year is just like the beginning of the school year. One of the things parents do is look at what their children need for supplies. At the beginning of a Toastmasters year, clubs should do the

same thing to see where they stand with supplies and educational achievements.

Get a Distinguished Club Program Wall Chart if your club doesn't have one yet (or an electronic website equivalent). Not only does it show all ten goals of

June Goals, continued page 2



June Goals, continued from page 1

the Distinguished Club Program, but on the back of the chart you can note expected educational achievements, who has agreed to achieve them, and a tentative date of completion. The chart is \$2.50 and available on the Toastmasters International Web site—a small investment for a year-long success plan.

Also, take a look at what manuals your club has on hand. You should consider having two or three Competent Communication manuals handy for new members to “rent” until they get their own, but don’t neglect the Advanced Communication manuals. For \$60.00, you can get the full set of Advanced Communication Manuals and start your own club “lending library.”

Also for \$60.00, you can pick up the Successful Club Series set. This set has the scripts and PowerPoint presentations necessary to put on one of the programs, and it contains the projects your Area Governor will be reporting about this year. Plus, it helps club members looking to earn an Advanced Leader Bronze.

These are just some suggestions, since each club environment is different. The point is the same, however. If you want to meet your educational goals by June, start planning for it in July.



Your 2009-10 District 19 Public Relations Team

by Mike Anderson, District 19 Public Relations Officer

The District 19 Public Relations team is responsible for making sure you and your fellow club members know what’s going on in the District and its clubs.

But it’s also our task to offer advice, suggestions and assistance as you work to promote your club.

Among the products produced by the PR team are the District Web site (www.district19.me), the biweekly *Update* that is emailed to club officers, and the District 19 *Transmitter* that you’re reading now.

Although I am taking over the title of District 19 Public Relations Officer, my predecessor for the past two years, Cliff Scherrer, Sr., isn’t going very far. I am honored that he has agreed to stay very involved by overseeing the creation and distribution of the District 19 email newsletters.

Immediate Past Division E Governor Ann Mangan, who did such a fantastic job rebuilding the District 19 Web site last year, will also stay on for another year, assuring the continued evolution of our terrific site.

Joining the team this year is *Transmitter* Editor Diane DeBok of Old Capitol Toastmasters in Iowa City. She succeeds Callista Gould, who did great work over the past year.

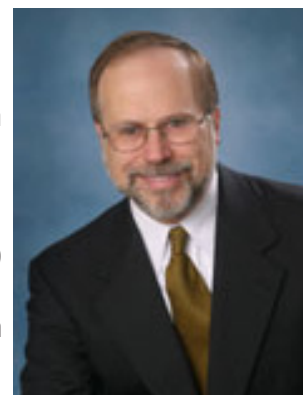
Former Area 34 Governor Laura Meade is also stepping up to provide some needed and valued assistance.

If you have a question, a contribution or concern, feel free to contact any member of the team directly, or send to me and I’ll make sure it gets into the right hands. See the box at left for our contact information.

While officially that’s the District 19 public relations team, in fact the team also includes every Toastmaster in the district, and especially the club Vice Presidents of Public Relations.

Throughout the year, I’ll be encouraging you to 1) let me know when your club does something fun and interesting so we can pass the idea on to other clubs, and 2) contact the district PR folks if you have a question or need help with a public relations project.

You’re doing great work across the District. Let’s make sure everyone knows about it! Operators are standing by at 319-377-7034.



District 19 2009-2010 Public Relations Team

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What's in a Name?

Something for all Toastmasters

By Susan Saltou, DTM
District 19 Lt. Governor of Marketing

Hello! Let me introduce myself!

S=Self-determination

It's up to you to determine how much you get out of Toastmasters.

U=Unexpected

The more you get involved in Toastmasters, the more pleasant surprises there are around the corner.

S=Success

Success in Toastmasters is the Progressive Realization of Worthwhile Predetermined Personal Goals with Target Dates! These goals fit in with your Club's Distinguished Club Program.

A=Attainable goals!

Whatever your role, set realistic goals for what you want to accomplish – goals that can be measured.

N=New members and new clubs!

As Lt. Governor of Marketing, it's my job to motivate clubs to recruit more members and build new clubs.



S=Search your innermost desires

Search your innermost desires and decide what goals can help you achieve them.

A=Ask a lot of yourself

Joining Toastmasters is just the start. Challenge yourself to get involved, both inside and outside of the club. Toastmasters offers a lot of opportunities to be a leader, but it starts by saying, "How can I help?"

L= Leadership!

Expand the reputation of Toastmasters beyond public speaking to include leadership training, confidence building, and conflict resolution skill building. (Conflict resolution skill building comes with being an evaluator which requires one to listen carefully, be analytical, and speak tactfully.)

T=Talk up Toastmasters

Talk up Toastmasters every time you speak to your hairdresser, newspaper delivery person, handyman, carpenter, electrician, plumber or computer tech.

O=Outstanding

Outstanding is what you want to be in all six areas of your life—Spiritual/Ethical, Family/Home, Financial/Career, Mental/Educational, Physical/Health, Social/Cultural—so that your Wheel of Life rolls smoothly. Toastmasters is great, but it's just a tool to achieve success in the other parts of your life.

U=Unlock Your Potential

District 19 Governor Doug Nelson's motto for District 19 Toastmasters!

District 19 Toastmasters

District Governor's Report to the Executive Committee

July 18, 2009

Fellow Toastmasters,

It is with humility that I thank you for electing me District Governor for this year.

To start off, I express my appreciation and respect for everyone who saw within themselves the opportunity for growth and who have now taken on a District office or are assisting with a District office. District 19 Toastmasters will be well served this year.

We have a terrific team filled with enthusiasm and tempered by experience, ready to take on the challenges of the coming year. I am honored to serve you all as District Governor.

In looking at the District, we have goals set for us to achieve. Club numbers, membership payments, competent communicator awards, and advanced communicator awards. These are the first goals we will meet on our path to achievement as we unlock the potential within us all as leaders. We will meet other challenges and other goals as well.

The many competent leaders and advanced leaders we encourage and assist, the number of distinguished clubs, distinguished Areas, and distinguished Divisions—all of these challenges will test our strengths and illuminate opportunities for improvement.

Last year we finished 62nd of 81 districts worldwide. This year I see us cutting that in half and finishing in the top 31 districts. Last year we had 32 distinguished clubs out of the 99 with which we started. I see us doubling that number to 64. Last year we had 14 distinguished areas. This year I see us having every area distinguished, every club improved.

These are not small challenges I see in our path, but it comes down to one simple truth. If we improve the opportunities for growth in each member, assist them in seeing the potential they have for growth, empower them with the tools for success, and give them focus, we will meet the need that brought them

to Toastmasters and that brought us to Toastmasters leadership.

That is our final goal—find that focus, engage, empower, encourage and mentor the members and each other. Celebrate success every day! Respectfully offer encouragement through evaluation.

Together we will 'unlock our potential' and serve our world.

Respectfully Submitted,
Doug Nelson, District Governor
District 19 Toastmasters



On June 18, the Executive Committee of the District 19 Council met in Des Moines for a business meeting and training. The EC is made up of Area Governors and other district officers. Pictured is Doug Nelson.

The Value of Toastmasters Competition

When You Learn You Always Win

By Jack Ackerman, ACS

In May, Jack won the District 19 International Speech Contest then in June went on to win the Region IV championship in Winnipeg. On August 15, he competes in the International Championship in Mashantucket, Connecticut. Jack is a member of Waterloo #101, Crossroads Storytellers #1443, Pro Achievers #8132, and Waterloo Speechmasters #9708. Watch the next Transmitter for Jack's report on the International speech contest.

HEY! It's a party. We are all going to write a story as ridiculous as possible but not over 888 words. Then we'll get together to see who can make the others laugh telling their story with gestures and noises and maybe a point worth remembering. We'll invite our neighbors, friends and co-workers for a night of enjoyment with hors d'oeuvres and drinks afterwards.

This, fellow Toastmasters, should be the format of your club's Humorous Speech Contest this fall. Get ready now. Put announcements on every bulletin board in your city. Get the radio station to announce it in their local events spot. Get prizes from local merchants and announce that those merchants are donating prizes. Give a prize to the club member who can bring the most friends. Tell everyone it's FREE!

Why do you want to go to all this work? Because it's fun!

Does someone in your club have trouble coming up with a topic? Mentor your fellow Toastmaster by having a roundtable discussion starting with what that person likes to do.

She tells you, "I like to sleep." You have a theme. Now think of something about sleeping that is funny. (It doesn't have to be true.)

"Sleeping makes you smarter"

Brainstorm for several ridiculous ways that sleeping could make you smarter. Ask the member to put her idea into her own language and bring it back for review.

After the member gives her first draft of the speech, suggest ways it could be improved. Help her with her staging and gestures. Soon you are ready for the big night. It's a party and everyone has fun!

As a competitor, remember that even if you do not win the contest, you do not lose. You learn. In

helping your fellow members, you learn how to be a mentor and how to be mentored. You learn who else in your club looks at the world the way you do. You learn how a speech should be organized and how good the drinks with friends taste after the contest.

We call it a contest but it is really a party. Everyone in your club should enter so that you have to invite judges from neighboring Toastmasters clubs. The publicity, the camaraderie, the FUN will be remembered. Your club, Toastmasters International, and especially you, will benefit.



Jack receives the Region IV International Speech Champion trophy from Toastmasters International Lyle Appleyard at the Region IV Conference in Winnipeg. At left is TI Senior Vice President Pat Johnson.

Two Speeches, Two Clubs, One Day

by Christy Hatter

What was I thinking? Two speeches in one day? At two different Toastmasters clubs, neither of which I belong to? On a day full of meetings at work? And I only had four months of Toastmasters' experience!

It was one of those classic moments when opportunity presented itself and it wasn't until it was over that I wondered, "Wow, what was I thinking?"

It turned out to be a day that taught many lessons, not only about the value of speaking outside your home club, but also about speech preparation and juggling multiple tasks.

I first joined Toastmasters as a member of the brand new AEGON Articulators in Cedar Rapids and soon joined a second club, Heritage Toastmasters. As part of a club exchange, I was invited to give a speech at the 7 a.m. Sunrise Marion club on the same day I had already volunteered to give a speech at a late afternoon meeting of the Hospital Talk club.

I made it even harder on myself by giving completely different speeches at each club with a busy day at work sandwiched between them. When the day was done, what I thought was just an opportunity to get some speaking experience and meet new Toastmasters, turned into a lesson in multitasking.

My job requires me to multitask every day, but I had never thought about the risks and benefits. This marathon day taught me a few lessons that were just as important to my professional experience as they were to my Toastmasters experience.

Lesson #1 – Splitting your time and focus means nothing gets 100%.

Even though this may seem obvious, it took this experience for the obvious to sink in. Neither speech was as good as I wanted it to be. I found that I put more time into the first speech for the morning club and gave less to the second speech at Hospital Talk.

The speech at Sunrise Marion was a speech I hadn't quite finished when the opportunity came up, so it needed some focus. Additionally, it was fairly new to me so it really held my interest. At the same time, I felt the speech I did for the later Hospital Talk speech didn't need as much practice since I'd been working on it for a few weeks. While it was a speech I was interested in, it was "old" compared to the speech that I was preparing for Marion.

Lesson #2 – Discomfort shouldn't be the primary factor when prioritizing.

I only knew one person at the Sunrise Marion meeting. I had no idea what to expect and was a little nervous, so I wanted to practice as much as possible. However, at Hospital Talk, I knew most of the people and I had a general understanding of the group dynamics and culture. I wasn't feeling as nervous about the speech and I wrongly believed that gave me permission to focus my efforts on the first speech.

Lesson #3 – Recent experiences are very influential.

After my morning speech, I had gotten some helpful feedback from the Sunrise Marion members, and this fresh information was at the front of my mind when I gave the later speech at Hospital Talk. Because of this heightened awareness, I feel the second speech was better than it would have been otherwise. I always use the feedback to improve my next speech but because this feedback was so fresh, I made an even greater effort to incorporate it. It was a good lesson in how important it is to review notes and past evaluations when preparing a new speech.

Lesson #4 – Planning is important.

I would never have been able to prepare both speeches for that day if I'd had to start from scratch. Since I already had one speech completed and one near completion, I was able to finalize the second in a short period of time.

Lesson #5 – New perspectives are extremely valuable.

Speaking at clubs other than my home clubs allowed me to receive different types and levels of feedback. These different perspectives were a great example of the need to broaden my exposure to different audiences with different expectations. For the actual speeches, the evaluations were very complimentary. Most importantly, I got some feedback on behaviors that hadn't been noted in previous evaluations.



Lesson #6 – Approach challenges as opportunities rather than risks.

If I had really thought about what I had committed to, I don't know if I would have done it. I probably would have convinced myself that I was too new, not good enough or didn't have enough time for two speeches. However, because I was so focused on taking advantage of a great opportunity, it never occurred to me to be concerned about the potential risks.

In retrospect, this was a big challenge to take on. Maybe too big, considering my limited Toastmasters experience. However, I highly recommend that every Toastmaster visit, and be a guest speaker, at another club at least once. It is an invaluable experience.

Christy, a six-month veteran of Toastmasters, is a member of the AEGON Articulators and the Heritage Toastmasters as well as Crossroads Storytellers and Five Seasons Parliamentarians advanced clubs.

Since When?

by Reginald Williams DTM

PDF member since 1993

President, 2009-2010

Stanley Consultants Toastmasters #9592-19

While at the Geico Dynamos #1274432 Charter party, I jokingly remarked that their club was a couple numbers shy of a prison I.D. All kidding aside, the longer number is a new phenomenon in our organization.

Club numbers are no longer being recycled, but archived. In the past, World Headquarters would reuse numbers as the charter was turned in. We were smaller then, and it was simpler to retread a number than expand the records. In our current terabyte world of computer storage, clubs can now be tracked digitally from inception to closure.

We in District 19 are very fortunate to have three-number clubs still in existence. It speaks to the age of our district as well as our legacy within Toastmasters International. Shibboleth #386, our District Governor's club, is in Division A. Waterloo #101, Old Capitol #164, Hawkeye #617 and Downtowners Watts of Talk #684 remain in Division B.

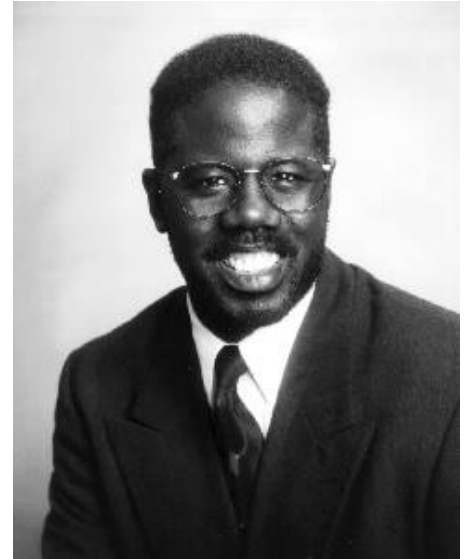
Toast I.T. #187, Sherman Hill #380, and East Story County #504 continue in Division C. iToast #184, and Town and College #875 still thrive in Division D. Ottumwa #663 and Muscatine #685 anchor Division E.

These three- and four-number clubs are our backbone. Each one has a rich history, and in most cases were catalysts for one another. These clubs reflect who we are and what we've done in Toastmasters.

I am equally excited by the seven-digit clubs. They are at the beginning of their journey and will probably have the same reflections on twenty-digit clubs sixty years down the road.

It is said that those who forget their history are most apt to repeat it. In Toastmasters forgetting our history means not having the benefit of a Public Speaking

program in existence for over 80 years, forgetting the teachers and mentors who helped us overcome our fear when most would mock our mistakes, leaving effective communication to chance instead of stepping up confidently and with purpose.



Take a little time to get to know your club. Don't just get what you need and leave. If we all had that attitude, we wouldn't be here.

At least learn when your club began. It has to have been in existence since some point in time. With that in mind let me share my clubs' inception dates.

My company club is Stanley Consultants Toastmasters #9592. It has been in existence since 1993. My college club is Affirmationists #1209, and it has been in existence since 1969. My legacy Club is Waterloo #101. WE have been in existence since 1938. I urge you to visit a legacy club in your area. Your presence will help ensure its continued existence.

I've had many fruitful experiences in District 19. It was not until I got outside my home club and joined an additional club that I truly began to learn about public speaking and leadership. In this current economy, joining another club may not be easy or even prudent. You can however still visit these clubs and do the more important thing—be present and in the moment.

Toastmaster Tidbits

Flexible Yet Structured

by Clyde Eisenbeis, DTM
Crosswinds #7858

Flexibility is a part of Toastmasters that helps keep the meetings interesting, yet we also strive to maintain a certain level of structure and order. While this may seem to be a paradox, it is possible to do both.

Structure is necessary to ensure meetings are productive and timely. We publish an agenda, and we try to stay within the time limits. This is good practice. People don't like to waste time. However, within that structure exists the flexibility to try different things while maintaining the foundation of ensuring participation by all. This flexibility may be with the meeting location or meeting content.

Location flexibility. Occasionally we meet offsite, outside for a picnic, at another company or at a community facility. These different locations give us visibility in the community, they add something different for our meetings and they require us to improvise as these facilities are different from our normal meeting place.

Content flexibility. At one of our meetings, when the speakers cancelled at the last minute, the Toastmaster decided to use portions of the movie "Other People's Money". This movie contains two short speeches, and these were evaluated. It was challenging, different and interesting.

The backwards meeting. One of my most memorable meetings was a backwards meeting. We started with the general evaluation and speech evaluations, moved on to the speeches then ended with table topics. The evaluator gave an evaluation without knowing very much about the speech except for the objectives. He just guessed at what might happen. He made many positive comments, including a comment on how the speaker not only used the Word for the Day, but also used the Word for the Day from the past meeting (the evaluator made up a couple of words).

For a constructive comment, the evaluator noted that he was a bit shocked when it appeared the speaker was going to pick her nose but then covered it by brushing her hand through her hair. When the speaker gave the speech, she did everything that the evaluator mentioned, including the nose and hair incident. It was a memorable speech!

Flexibility and structure—a great combination to implement every week in Toastmaster meetings to prepare us for adventures in the rest of the world.

Introducing Tidbits

With this issue we introduce a new feature, *Toastmaster Tidbits* by Clyde Eisenbeis, DTM and member of Crosswinds #7858 in Marshalltown.

Clyde says that Tidbits began to evolve "more than two decades ago when I started documenting the responsibilities of the different positions ... Toastmaster, Table Topics, GE, Timer, etc."

Over time, a multi-page guide evolved. He began emailing small sections, or tidbits, from the guide to his fellow Toastmasters each week. Now, District 19 readers may enjoy them.

