

The Transmitter

Covering all of Iowa and the best parts of Illinois and Nebraska/Spring 2011



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**District 19
Spring 2011
Conference
May 20-21
Ames, Iowa
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Special Spring Conference Edition

I'm a Toastmaster, and I Vote!

By Thomas Lindaman, DTM, District 19 Governor

When I'm driving around the district, I like to look at other people's bumper stickers because they tell a lot about the person driving. One of the ones I occasionally see is a sticker reading "I'm [insert name of political, religious, or social designation] and I Vote."

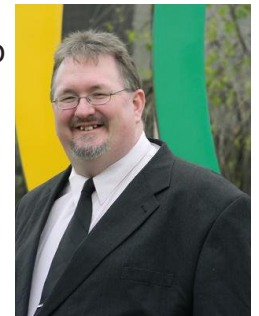
By now you may be wondering what this has to do with the upcoming Spring Conference in Ames. Actually, there are a couple of ways it applies. First, the district bookstore has bumper stickers and other paraphernalia you can buy to show off your Toastmasters pride.

The other way it applies is at the district business meeting. The spring meeting is important to the district because it sets the tone for the next Toastmasters year through the election of senior officers, possible changes in the district make-up, proposed changes to the Standing Rules, and so on. Put simply, this is a big meeting.

However, in order for us to conduct any business, we must have a quorum, the minimum number of representatives necessary to hold a vote

and to get as good a feel for the mood of the district as possible.

This is where it's vital to have your club President and Vice President of Education either attend the spring business meeting or appoint someone from the club to vote on the club's behalf. If we don't have enough representation, then no business can be conducted.



Also, at the Spring Conference, you get a chance to hear from the candidates themselves, both out on the floor, during the Candidates Showcase, and during the business meeting.

Although it's important that your club be represented, it's just as important to make an informed decision. Study the candidates and ask them questions to learn their stances on different issues.

Although the Spring Conference focuses on the speech contests and the educational programming, it also provides each club the opportunity to have a stake in the future of District 19. That can only happen if you're a Toastmaster, and you vote.

Spring 2011 D19 Conference Speakers

(times/topics subject to change)

Lessons Learned in Publishing: The Pros & Cons of Your Book(s)

Speaker: Seth Braun

1:30-2:15 p.m., Friday, May 20

Do you want to write a book? Are you overwhelmed with the process of getting your ideas onto paper in a way that makes sense?

If you want to get traction on the inner and outer game of writing and publishing a book, this is the place for you!

WARNING: There will be no secrets, no shortcuts and no mysteries revealed.

Seth has just released his third book, *Indestructible Success: Creativity, Leadership & The Art of Small Business*.

About Seth Braun

Seth Braun is a member of Golden Speakers in Fairfield, Iowa. He is slowly building his career as a professional speaker, author, and coach. Seth's first book, *Healthy, Fast and Cheap: The Ultimate College Cookbook* became a best seller in 2009, when it sold 25,000 copies.

An experienced coach, Seth has consistently worked with an average of 20 clients a week for



the past four years. He guides people in health and human potential specializing in nutrition, relationships, and small business.

Seth's interests include gardening, writing songs, and living a balanced, healthy life. He is married with two daughters, ages 6 and 10.

Originally trained as an artist, Seth holds a B.A. in InterArts from Naropa University in Boulder, Colorado. He is a certified 4 Gateways Coach and 4 Gateways Trainer. He is also a certified Holistic Health Coach, an alumni of the Institute for Integrative Nutrition in New York, New York, and is a graduate of Outward Bound Leadership Training, The Art of Leadership Training, and is on his way to becoming a Distinguished Toastmaster with Toastmasters International.

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The Power of Story

Speaker: Ed Parker

2:30-3:15 p.m., Friday, May 20

Ed's session shows just how much story and how little explanation is possible in a presentation. You'll witness the impact of the story *The Velveteen Rabbit* which teaches the importance of being 'real', followed by a discussion of how



story can play a role in your communications.

In his career as a computer programmer, organizing ideas logically has become second nature to Ed. He says, "When I add emotional appeal by including a related story I am at the height of versatility. After all it is the mantra of international speech contest winners to 'make a point and tell a story'."

Consider the impact of story alone. For example, movies like *The King's Speech* and *The Blind Side* grab the audience's attention and inspire as much as any point-and-story speech, and the story is remembered much longer.

About Ed Parker

Ed Parker, DTM, has been a Toastmaster for over 20 year. He is a member of High Voltage Toastmasters and Professional Achievers. He is a database analyst for the Iowa Communications Network. Ed and his wife Rhonda are grandparents of five children under four years of age.

David Brooks

Keynote Speaker

We are proud to introduce David Brooks as our Spring Conference keynote speaker!

David Brooks is an award-winning professional speaker and trainer who has taught nearly 100,000 business professionals to speak and write clearly, concisely, and confidently.

For three consecutive years David was the top-rated trainer with an international seminar

company. He has spoken extensively across the U.S. and Canada as well as in Puerto Rico, Ireland, Sweden, Jamaica, the Cayman Islands, the Bahamas, the Philippines, Thailand, Taiwan, Singapore, Bahrain, Oman, Malaysia, Hong Kong, Macau, Japan, Australia, New Zealand, Saudi Arabia, the United Arab Emirates, India and Sri Lanka.

While his expertise in teaching, writing, and training has been widely acknowledged, his skill as a public speaker has been even more prominently recognized. In 1990 he emerged from a field of more than 25,000 competitors to become



Brooks, *continued page 4*

the Toastmasters World Champion of Public Speaking.

Since then, he has taught, coached, and mentored seven subsequent World Champions and dozens of finalists. His articles have been published in national magazines, and he has been featured on nationwide television and radio broadcasts in the U.S., Canada, Taiwan, Oman, Australia and Sri Lanka as well as on National Public Radio.

He is the co-author of *The Seven Strategies of Master Presenters*; he has produced the audio CD learning programs *Elements of Eloquence*, *Speaking Secrets of the Champions*, and *Connect With Any Audience*; and has produced two DVDs to teach better speaking skills.

David Brooks Spring Conference Sessions

Eight Essentials of Effective Speaking

8-8:45 a.m. Saturday, May 21

Humor, substance, and style are the big three in public speaking and David will show how each can be accomplished.

You will learn such critically important skills as how and why you should seek friendly faces in every audience, why you should write your speeches word for word, why you should know your rate of speech, how to bring life to your words with colorful images and examples, how to use six emotions to connect with any audience, why you should keep a personal story file, and how to get laughs even if you can't tell a joke.

Magic Moments

2-3 p.m. Saturday, May 21

Take a speech--any speech--and take it apart. By studying its components you can learn to build a better presentation. For example, David shows and discusses the best use of body language,

rhythm and momentum, language and imagery, and much more.

This program quickly became the best-selling and most-watched educational session ever presented at a Toastmasters convention.

It Could Happen to You Keynote Address, Conference Banquet Saturday, May 21

David Brooks joined Toastmasters in 1986 as a rank beginner and in four years he became the World Champion of Public Speaking. How did that happen? David tells the inspiring story of this journey.

He explains the blunders he made along the way and shows how each one of them turned out to be the best thing that could have happened to him at the time. It is proof that speakers are made, not born. His story is entertaining, inspiring, and motivating. As David says, "If I went from a rank beginner to World Champion in four years, in the next four years what can you do?"

Save Time, Money at District 19 Bookstore

By LeAnn Blankenburg,
Lt. Governor Education & Training

Browse, shop and purchase the Toastmasters educational materials you need to continue working toward your goals at the District 19 Bookstore during the Spring Conference. And don't forget about your club's supplies. Check supplies of pins and other items your club uses and stock up. You will save both time and shipping costs by bringing your shopping list with you.

If your club or members have ordered a large quantity of any one item or a lengthy list of items, please let me know soon so I can verify that I have it for you and can deliver it to you at the conference.

ISU Journalism School Director Bugeja to Receive Communication & Leadership Award

Michael Bugeja (pronounced BooSHAYah), PhD, Director of the Greenlee School of Journalism and Communications at Iowa State University (ISU), is the 2011 recipient of the District 19 Communication and Leadership Award. He will be honored at the Saturday, May 21 luncheon at the District 19 Spring Conference in Ames.

Dr. Bugeja has worked as a reporter, correspondent and state editor for United Press International. He has held several academic positions in journalism, and since 2003, has been teaching and conducting research in media ethics, magazine writing, news writing, new technologies, and interpersonal communications at ISU.

His creative and nonfiction works have appeared in *Harper's*, *Sewanee Review*, *The Chronicle of Higher Education*, *The Chronicle*

Review, *Editor & Publisher*, and *Quill*, among others.

Dr. Bugeja's commentaries on ethics have been featured in *Newsday*, *Florida Today*, *American Journalism Review*, CBS radio and the Fox News Network. Bugeja is the author of 19 books, including *Interpersonal Divide: The Search for Community in a Technological Age* and *Living Ethics: Developing Values in Mass Communication*.

Dr. Bugeja is the recipient of two outstanding University Professor awards (chosen by the student body of Ohio University) and the AMOCO Outstanding Teacher Award (chosen by the student body of Oklahoma State University). He has been the recipient of fellowships from the National Endowment for the Arts and Ohio Arts Council and a culture grant from the National Endowment for the Humanities.

Step Out for the Friday Dance Extravaganza

On Friday, May 20, you will get a chance not only to see some ethnic dances but also learn a few moves yourself!

Waltz across the room with some ballroom dancing, or spice things up with some latin dancing like Salsa and Tango! You can also gain some cultural knowledge by trying Indian Classical Dance.

The event will be split into two parts: Dance Showcase and Breakout Session. During the Dance Showcase, instructors will demonstrate a couple of dances from three dance styles--Indian, Latin, and Ballroom--to give you a "taste" of each. After that, the instructors will move into separate rooms for some small-group dance lessons. You may move from room to room to learn all three

dances or you may stay in the same room for the full hour.

The Showcase portion of the Dance Demo Extravaganza

will start at 8:30 pm. The breakout session follows at 9:30 pm.

If you are planning to come to the event, make sure you put on your favorite ethnic dancing attire. It will surely be a night you will never forget!



District 19 Toastmasters Spring Conference Schedule Friday, May 20

Please keep in mind the conference schedule is subject to change. Watch the District 19 website at www.district19.me for updated information.

Time	Activity	Room
11:00 am	Registration & Credentials Desk Open	Banquet Foyer
12:30—1:15 pm	Education Session - Cleon & Jean Babcock	TBA
1:15-1:30 pm	Break Bookstore open	TBA
1:30 – 2:15 pm	Concurrent Education Session - Seth Braun & Todd Oetken	TBA
2:15 – 2:30 pm	Break Bookstore open	TBA
2:30 – 3:15 pm	Concurrent Education Session - Ed Parker & William Eddy	TBA
3:15 – 3:30 pm	Break Bookstore open	Banquet Foyer
3:30 – 4:15 pm	Education Session - iToast Panal	TBA
4:15 – 5:15 pm	Registration & Credentials Desk Open	Banquet Foyer
5:00 – 5:30 pm	First Timer's Gathering	TBA
5:30 – 6:15 pm	Hors d'oeuvres and Networking	TBA
6:15 – 6:30 pm	Seating	TBA
6:30 – 7:15 pm	Education Session - Tim Hubick	TBA
7:15 – 8:15 pm	Candidates Forum	TBA
8:15 – 8:30 pm	Break	Banquet Foyer
8:30 – 9:30 pm	Friday Fun Program	TBA
9:30 – 11:00 pm	Hospitality Room Opens	TBA

<p style="text-align: center;">Saturday, May 21 Schedule of Events & Activities</p>		
7:00 – 7:45 am	<p style="text-align: center;">Breakfast First Timers Breakfast W/D19 Governor –Thomas Lindaman</p>	TBA
7:30 – 7:50 am	<p style="text-align: center;">Break Registration & Credentials Desk Open Bookstore Open</p>	Banquet Foyer
7:50 – 8:00 am	<p style="text-align: center;">Opening Remarks</p>	TBA
8:00—8:45 am	<p style="text-align: center;">Education Session - David Brooks</p>	TBA
8:45 - 9:00 am	<p style="text-align: center;">Break Registration & Credentials Desk Open Bookstore open</p>	Banquet Foyer
9:00 - 9:45 am	<p style="text-align: center;">Educational Session - Five Seasons Parliamentarians Club</p>	TBA
9:45 – 10:00 am	<p style="text-align: center;">Break Registration & Credentials Desk Open Bookstore Open</p>	Banquet Foyer
9:50 – 10:00 am	<p style="text-align: center;">Parade of Banners Line-Up</p>	Banquet Foyer
10:00 – 10:15 am	<p style="text-align: center;">Opening Ceremony Parade of Banners</p>	TBA
10:15 am–12:30 pm	<p style="text-align: center;">District 19 Business Meeting</p>	TBA
End of Business Meeting—12:30	<p style="text-align: center;">Networking Room Open for Guests Bookstore Open</p>	TBA
12:30—1:45 pm	<p style="text-align: center;">Lunch Program C & L Award Presentation—</p>	TBA
1:45—2:00 pm	<p style="text-align: center;">Break Registration Bookstore Open</p>	Banquet Foyer
2:00 – 2:45 pm	<p style="text-align: center;">Contest Personnel Briefing Contestant Briefing Educational Session—David Brooks</p>	TBA
2:45—3:00 pm	<p style="text-align: center;">Break Bookstore Open</p>	Banquet Foyer

Saturday, May 21, *continued*

3:00—4:00 pm	District 19 Table Topics Contest	TBA
4:00—4:15 pm	Break Bookstore Open – Last Chance	Banquet Foyer
4:15—5:15 pm	District 19 International Speech Contest	TBA
5:15—7:00 pm	Break—Social Time	TBA
7:00—7:15 pm	Cash Bar from 6:00—8:00 pm Seating for Dinner	TBA
7:15—9:45 pm	Banquet Introduction of Head Tables National Anthems Keynote Speaker— David Brooks Awards & Recognition	TBA
9:45 —11:00 pm	Hospitality Suite Opens	TBA

District 19 Nominees Announced for 2011-2012

The District 19 Nominees for the 2011-2012 year are as follows:

District Governor: LeAnn Blankenburg
 Lieutenant Governor Ed/Training:
 Cliff Scherrer Sr.
 Lieutenant Governor Marketing:
 Michelle Lessmann, Kelly Nielsen
 Division A Governor: Michelle Holmes
 Division B Governor: Lauri Hughes
 Division C Governor: Claude Hartman
 Division D Governor: Dayna Weltzin
 Division E Governor: Don Wadleigh

7 of 7 Winners Announced

By LeAnn Blankenburg, Lt. Governor Education & Training

District 19 has a club officer training incentive called the **7 out of 7** contest. The names of clubs for whom all officers attended officer training are put into a drawing for each Division. The prize is one free registration, per Division, to the next District Convention.

Each registration includes all conference events on both Friday and Saturday and all meals. Hotel fees and travel expenses are not included.

Here are the winners of a free registration for the Spring 2011 Conference:

Div A - Red Oak Club
 Div B - Financial Park
 Div C - Opportunity Knocks
 Div D - iToast
 Div E - Conscious Communicators

Instructions:

The Club President and Vice President of Education are the voting delegates for their club at the District Business meeting. If either voting delegate is unable to attend the District 19 Conference, the other delegate may carry both club votes to the District Business meeting. (no proxy required).

In the event neither voting delegate can attend the District Business meeting, either or both delegates may Proxy their clubs votes to any member(s) of their club to vote in their place.

Print, complete and present this Proxy to the Credentials desk before the District 19 Spring Conference business meeting in Ames, Iowa on May 21, 2011.

All voting delegates must present themselves to the Credentials Desk in order to vote at the business meeting.

Electronic(email) Proxies are accepted by the Credentials Desk provided they comply with Toastmasters International rules: Name and office held by the delegate, Name and Number of the Club, Name of the Club member who will carry the proxy, Date and Location of the business meeting.

Email to: Visual-Eyes@TRXINC.com or leave voice mail at (319) 361-0557

**Toastmasters
District 19 Proxy**

I, _____ (the President or Vice President Education) do hereby give
(print name)

my proxy for _____ Club # _____ to _____
(club name) (print name)

to be voted at the District 19 Business Meeting Saturday, May 21, 2011 at the Gateway Hotel Conference Center in Ames, Iowa.

Signed:

_____ (President or Vice President Education)

Date: _____

EMBRACE DIVERSITY

MAY 20 – 21, 2011
DISTRICT 19, SPRING 2011 CONFERENCE
Gateway Hotel Conference Center
2100 Green Hills Drive
Ames, IA 50014

Name (to be printed on badge): _____

TM Level(s) achieved (CC, AL, DTM, etc.): _____ Guest?: Y N

E-mail: _____

OR mailing address: _____

Phone: _____ Is this your first District 19 Conference?: Y N

Home Club Name: _____ Club Number: _____

Full Conference Registration

- Jan 1 – Mar 31 \$115
- Apr 1 – May 1 \$125
- After May 1, 2011 \$135

Individual Event Registration

- Pre-Registration Only (no meals): \$50
Until May 1, 2011
- Registration Only (no meals): \$60
After May 1, 2011
- Plus: Breakfast \$15
- Plus: Saturday Lunch \$20
- Plus: Saturday Banquet \$35

Meal Selections (please check one, if applicable):

- Friday evening: Hors d'oeuvres
- Saturday Breakfast: (coffee, juices, scrambled eggs, hash browns, bacon, sausage, muffins, and butter)
- Saturday lunch: Grand Deli Buffet (sandwiches, salads, soup, and hot entrée)
- Saturday Banquet: Beef Chicken Pork Loin Salmon

Special dietary needs: _____

**Meals cannot be guaranteed for reservations received after May 15, 2011.*

Make check payable to: "District 19 Toastmasters" and mail with registration form to:
Debbie Woods-Smith
PO Box 41012
Des Moines, IA 50311

Questions: Debbies@tmsi.com or call 515-991-5826

Accommodations: A block of rooms have been reserved at Gateway Hotel Conference Center. Call 1-888-487-1273 and ask for the Toastmaster rate of \$89. This rate based on availability.

The District 19 web site will be updated to include events & schedules.