

Welcome to the February 2017 edition of the Transmitter!

District Director Update

Fellow District 19 Members,

The year is half done and as we reflect on what we have accomplished some may think our year is a loss. I am a bit of an optimist. If you look at the numbers right now the picture is concerning.

- Goal 1 - 90 clubs
 - Actual 63
- Goal 2 - 3206 member payments
 - Actual 1540
- Goal 3 - 35 Distinguished clubs
 - Actual 0



Just looking at these numbers could make any leadership team question their ability. I, however, am focusing on the behaviors it takes to be successful.

Each member of the District needs to ask themselves if they are reaching their own goals within the Toastmasters program.

- Are you still developing the skills you joined to gain?
- Are you each still working on being the best you that you can be?
- Have you shared the benefits of Toastmasters with others?

If you can answer yes to these 3 simple questions, I would say a heartfelt congratulations and thank you. You are doing your part, not for the District but for yourself. In the end, we are an organization built around personal development and you are using the program to its fullest.

If you could not answer yes to all 3 questions, I would ask you to recommit and refocus your efforts on you. When you reach your own goals you will help the District reach its goals. When you are reaching your own goals you will be energized and excited about the benefits Toastmasters has offered you and you will want to share the love.

We still have these lofty goals ahead of us. If you look at them they seem to be too big and grand for us to be successful. As with anything, you have to start to succeed. You solve one problem and then move on to the next and then the next and so on.

I know in my heart we can accomplish all of our goals; we just need to start, recommit and refocus. After all, how do you eat an elephant? One bite at a time!

I am proud to serve you and look forward to finishing the year strong. OINK!!

Keith A. Nielsen DTM

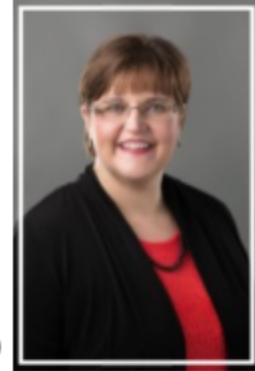
Program Quality Director Update

Redeeming Bookstore Bucks

District 19's incentive program has been a great success so far this year, because of all the hard work by you – the members! To date, we have issued nearly \$4,000 in Bookstore Bucks. Congratulations to every member and club that earned some of these fabulous incentive dollars!

Bookstore Bucks are new to District 19 this year. You might have some questions, now that you have received some of these gems, about how to redeem them. Here are some facts about Bookstore Bucks:

- District 19 Bookstore Bucks can only be redeemed through the District 19 Bookstore, which resides with the Program Quality Director, Jeanne Heil
- Bookstore Bucks that have been issued this year have an expiration date of 6/30/2018, giving you plenty of time to redeem them
- The District 19 Bookstore contains items that could also be purchased from the Toastmasters.org website
- The District 19 Bookstore is at every District conference, where you can shop for exciting Toastmasters merchandise
- If there is an item available in the Toastmasters.org shop that you want but it is not currently in the District bookstore inventory, you can pre-order that item and pick it up at the District Conference in April in Marshalltown



Pre-orders for Toastmasters merchandise can be placed between now and March 15th with Jeanne Heil. She will make sure that the items you requested are ordered and available for you to pick up at the Spring Conference.

For more information about incentives and Bookstore Bucks, please check out the information on the District 19 website at <http://district19.me/incentives/>. If you have questions or a pre-order, please email Jeanne Heil at jeanne.heil.tm@gmail.com.

Jeanne Heil, DTM
Program Quality Director

Club Growth Director Update

While in Portland, Oregon for District officer training, one of the sessions the Trio attended was about succession planning. It was focused on Program Quality Directors and Club Growth Directors in terms of us building our teams for the next year and two years out. District Directors were to help name people who might be a good fit for roles. It really drove home the importance of thinking ahead. In Toastmasters we don't stay in the same role year after year; we learn, grow and take on new challenges. It isn't a dictatorship where one person rules for all times.



Wikipedia defines succession planning as: "A process for identifying and developing new leaders who can replace old leaders when they leave, retire or die. In dictatorships, it aims for continuity of leadership, preventing a chaotic power struggle by preventing a power vacuum."

While I hope no Toastmasters club is run as a dictatorship, I know sometimes it is hard to get new people to step up and take on new work.

I would implore all members to be thinking about their club succession plan.

- **Who would you like to see lead your club?**
- **Why would they be good in that role?**
- **How might you suggest them or nominate them?**
- **Are there new members in your club who might be willing to take on new roles?**
- **Who should do the work to find these new leaders?** Everyone in the club should be willing to look to others to lead. Most importantly the people who stepped up last year should work to start looking for a replacement, who might be able to take on your role.
- **How can you help them get trained?**

I suggest that all officers should work to have an assistant. Not only does it allow you, as a current officer, to share some responsibility, but you get an opportunity to teach someone else something new. Toastmasters is a learning opportunity. Why shouldn't we extend additional opportunities to new people? Even if you are current officer, maybe explore a different role, find a way to expand your skill set.

There is still time until the end of the month to get your officers trained (Feb 28th is the deadline). Maybe take someone who might be interested to officer training. Help them get the exposure to something new and different.

I challenge you to start working on identifying and developing new leaders, within the Club, Area, and Division levels.

Brenda Peshak, DTM

Immediate Past District Director Update

Cap Sias Award Nominations DUE!

The Carleton "Cap" Sias Toastmaster Achievement Award is District 19's most coveted, prestigious and respected award.

The Cap Sias Award is to acknowledge and honor membership excellence, acknowledge and honor an exemplary District member who displays similar commitment, dedication and effort for the Toastmasters program and fellow members, and has made significant, praiseworthy contributions toward achieving the goals and mission of the club, and District, as did "Cap" Sias and, to acknowledge Toastmasters International policy of promoting awards to recognize achievement that stimulates improved performance of districts, clubs, and individual members.



Nominating forms can be found at <http://district19.me/cap-sias/>. Nominations shall be submitted to the Immediate Past District Director, Paul Wood, by **5th February 2017**. Should you have any questions please contact Paul Wood, Immediate Past District Director.

District Officer Nominations DUE!

The new year has arrived and District 19 is looking forward to the Spring Conference in Marshalltown. At this conference there will be the election of District 19 officers for the 2017-2018 year.

Every eligible vote is essential for the election of officers and for the growth of District 19 going forward.

If you have already registered for the Spring Conference that is great news. If you have not registered for the conference yet please give serious thought to doing so. If you will not be able to attend the Spring Conference and you are either your club President or the VP of Education, then you need to assign your vote to a proxy holder who will be attending the Conference.

Please ensure that all eligible votes will be there for the business meeting. If you have any questions please contact Paul Wood, Immediate Past District Director.

Paul Wood, DTM
Immediate Past District Director
paulwooddtm@gmail.com 815-786-4159

We are the Champions!

DISTRICT 19 TOASTMASTERS SPRING 2017 CONFERENCE

APRIL 28-29, 2017

BEST WESTERN REGENCY, MARSHALLTOWN , IA

Register now before rates increase!

Click [HERE](#) to register now online.

(Click the green TICKETS button to register on the next page)



David Brooks, Keynote speaker and 1990 Toastmasters International Contest Winner

"Motivational speakers and other well-intentioned optimists have it backwards. What they should be telling you is "If you don't believe it, you won't achieve it." David Brooks

"The Master Mentor"

Award-winning professional speaker and trainer

1990 Toastmasters World Champion of Public Speaking

Mentor to eight subsequent World Champions and 25 Top Three Finalists

REGISTRATION RATES:

Jan 1- Feb 28 \$95 - **ENDING SOON!**

Mar 1 – Mar 31 \$105

Apr 1 – conference \$115

Prices are all inclusive of sessions, contests, meals. Does NOT include hotel costs.

A LA CARTE :

Friday only \$20 - Access to all sessions on Friday and meal. DOES NOT INCLUDE SATURDAY.

Saturday only \$60 – Access to all sessions on Saturday including contests . DOES NOT INCLUDE MEALS.

Saturday Lunch Only \$15**

Saturday Banquet Dinner \$30**

**Does NOT include any sessions

NO REFUNDS

First Time Attending a District 19 Toastmasters Conference?

Check out your [FIRST TIMERS](#) privileges!

Life is a Contact Sport

Coaches of any athletic team are always on the lookout for athletes who consistently give 100% during both practice and every competition. Winning requires team players who love competition, are willing to hustle and maintain their focus. The reward for both coaches and athletes is to take home the "gold."

As dedicated fans, we all enjoy watching our favorite sports team in an action packed game, cheering the team on to victory. The gold may be the reward of giving 100% of heart into play. Or perhaps the gold is the loyalty of fans attending games through times of success or occasions of failure. The gold may even be the team's determination to never give up.

In the sport of life, is it your goal to succeed, to take home your personal gold reward? What is your goal? Or do you have a goal? Would you agree that we are greatly influenced by the people we meet, beginning the day we are born and continuing throughout our lives? Everyone you meet plays a part in the person you will grow to be.

Many years ago, I had just gone through a divorce and was trying to find something that would help me to grow personally. A friend asked me to attend a Toastmasters meeting, I gladly seized this opportunity to meet other individuals. I was interested in what Toastmasters could provide to me as a learning experience. To be honest, I didn't even know what Toastmasters was all about. Little did I realize the growth opportunity I would gain from friends and acquaintances who would become my coaches for growth. During the few months of working and attending Toastmasters meetings, my field of life became a constant work in progress and it didn't take much stretch of the imagination to realize that "life is a contact sport" and Toastmasters was the training ground.

Contacts are key to success in life. A few years had passed and my involvement with Toastmasters continued to grow. I was asked to serve as the Conference Chairperson for the Spring Annual Toastmasters Conference. Everyone's contact sport is different and this was an opportunity to take a crucial step of believing in myself. The great motivator, Napoleon Hill, said: "Every adversity, every failure and every heartache carries with it the seed of an equivalent or a greater benefit." Not every step may have had the anticipated result, but each was one step closer to gold. My gold was to have a successful Spring Conference and with the help of 25 enthusiastic Toastmasters, we were quite successful in having a fantastic spring conference.

Just as athletes remember every detail of a momentous game or notable accomplishment, so do we remember important moments in our lives. Following the Toastmasters Spring Conference, I remember a conversation with my boss and we were discussing my involvement with Toastmasters and specifically the spring conference. Chuck was perplexed as to the amount time, effort, and excitement I displayed in working with the conference committee. Being a direct individual, Chuck got right to the point: "Why do you spend so much time and effort with Toastmasters? You work hard as a volunteer, you spend a considerable amount of personal time and then you aren't even paid for your contribution...what do you receive from Toastmasters?" After a minute of thought, my response was truthful: "We had twenty-five volunteers helping with the Spring Conference. As the Conference Chair, I had to learn how to motivate people who are not paid to be motivated...and that is **leadership**."

Toastmasters provides the opportunity to make life a contact sport. The key is to reach out, challenge yourself to be a mentor or coach. You never know the impact you may have on another individual's life.

Grab your shoes and get in the game!

Helen Jacobe, DTM
Top O' Morning Toastmasters

I currently work as the office manager for a law firm with the responsibility of motivating staff and maintaining office flow. I utilize my Toastmasters skills daily and strongly believe there is no better organization that provides hands-on training as well as Toastmasters.

Let's talk.

How are things going in your club? Are your club members enthusiastic about their journey, and sharing their experiences and stories with others? Are you actively recruiting new members to your club?

The **Talk Up Toastmasters** contest is the perfect time to talk about all of these!

When your club recruits five new, dual or reinstated members to your roster **between February 1st and March 31st**, your club will earn the Talk Up Toastmasters award.

Beginning February 1st, I have a challenge for you and your club members. **Let's Talk Up Toastmasters!**



Here are some ideas about how you can Talk Up Toastmasters.

- Wear your Toastmasters pin every day – it's a great conversation starter!
- Invite a guest to your next club meeting.
- Practice your elevator speech – and then try it out!
- Help your club organize an Open House. (There might still be District funds available for your open house – check with Club Growth Director, Brenda Peshak)

When your club gains five new members between February 1st and March 31st, your club will receive recognition from Toastmasters International. Your club will also be entered into a **drawing for \$100** in District 19 Bookstore Bucks.

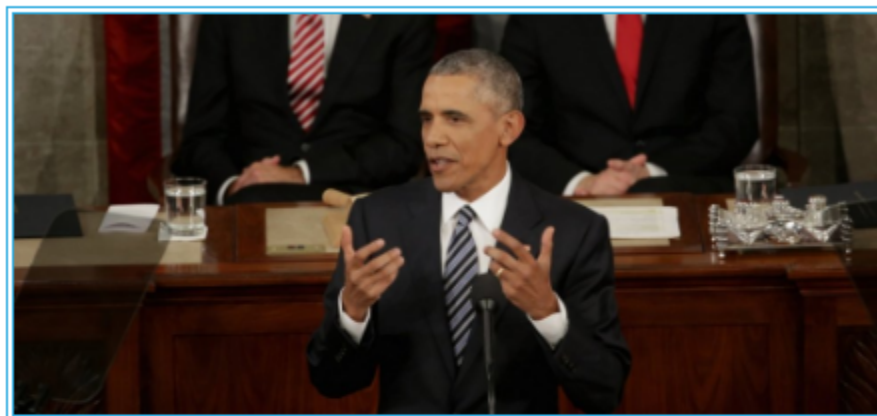
I am very inspired by all of the wonderful stories that are coming out of your clubs. This contest is a perfect opportunity for you to share these great stories with guests and new members. As you Talk Up Toastmasters, your club and your members will all reap the rewards. Good Luck!

Keep doing GREAT things!

Jeanne Heil, DTM
Program Quality Director

Want to Be a Brilliant Public Speaker? Take a Cue From One of President Obama's Quirks

Love him or hate him, President Obama's predictable habit of hesitating when talking speaks volumes about his intelligence and communication genius.



If you want to be...the best public speaker you can be...you might just want...to insert some pauses...into every speech you give.

At least, that's what President Barack Obama would tell you.

Regardless of how you might feel about the actual content or philosophies behind President Barack Obama's speeches, there's no denying that he pauses regularly as he's talking. He even jokingly made fun of the trait in an interview skit with Steven Colbert. Those hesitations aren't a bad thing. In fact, perfecting them in your own speech could be just what you need to put more punch and power in your communications.

What makes hesitating so incredible

When most people talk, they naturally make use of filler words and phrases like "um", "well" and "you know". Fillers serve a variety of functions, including signaling that you're not finished with your turn in a conversation and giving clues to listeners about your mental state (e.g., anxious, humble). But they also have a cognitive function, buying you time to remember and think.

Award-winning speaker Steven D. Cohen of Harvard University acknowledges the cognitive value of fillers. But as Toastmasters International points out, too many fillers can distract your audience. That's why so many speech experts recommend trying to eliminate them from your conversations or presentations. Cohen asserts that the easiest way to do this is to pause.

Now, you're probably thinking, "But I can't pause! Pausing will make me seem inarticulate!" But according to Toastmasters, this fear is pretty unfounded. It asserts that pauses actually are more impressive than fillers, because listeners know that you're trying to find the right thing to say in a more controlled way, and they respect that process.

Bringing pauses into your speech

When President Obama sprinkles pauses through what he says, he's demonstrating that he's confident enough to embrace silence, has an acute awareness of the attention of his audience and is intelligently thinking through what he says. And when he pauses, you can mentally and emotionally process what he's saying more deeply, too. With practice, you can come across the same way.

Sims Wyeth of CBS News offers a simple exercise to get you to pause and sound more Obama-esque: Take a printed copy of a text and make marks in your paragraphs where you're going to pause. Wyeth uses a forward slash (/) between words for this, but it's fine to use other easy symbols. You even can use color instead if you like, as long as you recognize what it means consistently. There's no "right" or "wrong" about where to mark. Just experiment.

Once you have your text marked up, read it aloud. Stop each time you come to a marking and inhale to the count of three before moving on. At first, it might feel like your pauses are taking an eternity, but trust that they're not. You're simply getting used to "um" and similar words not being there to fill the silence! You'll eventually get to the point where the pauses feel natural and you relax doing them. From there, try to transfer your pause habit away from reading and into your general speech.

Put your speaking anxiety to bed

As psychologist Glenn Croston explains, people fear public speaking because, on a primal, subconscious level, they think that, if they say something "wrong" or unintelligent, others will ostracize and reject them. It's basically survival instinct, a way to ensure we're not kicked out of the group and left to the dangers of the world. But tricks like learning to pause can go a long way in terms of giving a good impression, creating positive speaking experiences and calming our anxiety. So give Wyeth's pause exercise a try. After all, you have valuable thoughts. Don't others deserve the chance to know them?

The opinions expressed here by Inc.com columnists are their own, not those of Inc.com.

(January 13, 2017 <http://www.inc.com/wanda-thibodeaux/want-to-be-a-brilliant-public-speaker-take-a-cue-from-one-of-president-obamas-qu.html>)

Thriving in Activities Outside the Club

When I first visited a Toastmasters meeting, I did so at the encouragement of my vocal teacher. You see, I had significantly damaged my vocal chords and the muscles of my throat. I could hardly say one sentence with a single breath of air. I had little vocal variety. My voice sounded raspy. Daily, the longer I used my voice, the softer it got. It impacted my ability to continue to be an effective leader.

Three rounds of speech therapy did not produce a long term positive solution. I sought out an alternate solution. Vocal lessons. After a period of time my vocal teacher suggested I visit and join Toastmasters; a place where I could practice new skills I was learning in a safe environment. I would receive feedback from members regarding my participation and find a wealth of strategies to use. All coming from caring people.

With the combination of vocal lessons and Toastmasters, I continue to make progress with reclaiming my vocal function. I have learned that correct breathing techniques will support vocal projection and sound vocal variety. I have learned how to enhance my speaking skills by completing manual speeches and advancing in the education program. In addition, I discovered I missed the leadership function I so enjoyed as a career.

When I joined Toastmasters I did not realize there was a leadership component. Voila, I jumped in and started working on the leadership portion of the program. What I discovered is the wonderful world of leadership opportunities outside the club. It is so amazing, I encourage you to investigate the many possibilities.

Do you know how many people are needed just to provide an outstanding speech contest? In addition to contestants, it requires a Chief Judge, multiple Judges, Ballot Counters, a Sergeant At Arms, two Timers, and a Contest Chair that serves as the host. Contests are held at the club level Area level, Division, District, and International levels. Club through District level contests all rely on club members' participation. That may mean stepping outside your comfort zone and participating outside your club setting. How exciting! Meeting new Toastmasters, enjoying an event, and being a leader!

Being an Area Director is a wonderful way to meet other Toastmasters, find out how other clubs function by visiting other clubs in your Area. One of the great things you get to practice is giving feedback to the club you are visiting. You will walk away with ideas to share with others as well. You will also host two Area speech contests; one Fall and one Spring. How amazing it will be for you to work with the leadership of your clubs in your Area to host those events. The opportunity to mentor leaders will be so rewarding. You will continue your own personal leadership growth by meeting with other Area Directors from District 19 as well as Division Directors by attending leadership development meetings during the Fall and Spring months. During the winter months, that leadership development continues through phone conversations and committee work via phone and email. Division Directors provide mentoring and support to their Area Directors.

Division Directors host a Toastmasters Leadership Institute (TLI) twice a year. It is actually a mini-conference where speakers present topics of interest to Toastmasters and officer's training is provided – thus assisting clubs with meeting a Distinguished Club Program goal. It provides a wonderful opportunity to deepen your leadership skills, continue developing your communication skills and enhancing your understanding of the organization. “No man is left behind.” Need help with something, all you need to do is ask.

Beyond the Division leadership level are positions like the Parliamentarian, Secretary, Manager, Treasurer, Public Relations Director, and the Trio (District Director, Program Quality Director, and Club Growth Director). All of these people at the District providing support and guidance to the Divisions, who in turn guide a support the Areas who in turn provide guidance and support for the local clubs.

This model is effective worldwide. Won't you join us in celebrating our communication and leadership opportunities – all available outside the club unit? Fellow Toastmasters, we are looking for people interested in developing or enhancing their leadership skills, mentoring leaders and helping clubs and individuals grow!

We want you!

Betty Long, ACS, ALB

THE POSSIBILITIES OF PATHWAYS

Toastmasters' innovative new learning experience offers an expanded education.



In 2010, the Toastmasters Board of Directors crafted a five-year strategic plan that laid out the goals and objectives for the organization over the next five years. The plan's centerpiece? A call to revitalize the Toastmasters education program.

Much of the communication track hadn't been updated since the 1970s, and leadership became a separate track in 2005. The Board stressed the need to modernize the communication track and to renew the focus on leadership learning in the leadership track.

That original vision marked the beginning of a hugely ambitious effort to enhance the education program. Scheduled to roll out next year, the program will offer members more opportunities to learn and grow, highlighted by greater access to educational materials, expanded tools and resources, and a customized learning experience designed to help individuals meet personal and professional goals.

Currently, the project is referred to as the revitalized education program. The actual name of the new program will be **Toastmasters Pathways** learning experience, reflecting a journey of possibilities and progress.

"Our organization is all about helping people fulfill their potential, and Pathways embodies that concept," says Toastmasters International President Jim Kokocki. "This is such a dynamic program for members: You'll have the opportunity to develop more skills than ever before—skills that will help you succeed inside and outside of Toastmasters."

Keeping the Key Concepts

Pathways is *not* a departure from the current education program. It maintains Toastmasters' guiding principles and educational concepts. Club meetings will still be at the heart of the Toastmasters experience. The new program builds on the best of what we have now. It takes the education program to the next level, but at its foundation, Pathways is anchored in the vision of Toastmasters' founder Ralph C. Smedley.

The educational content has been built and developed meticulously, grounded in the most current, effective principles of instructional design. In addition, the content has been thoroughly vetted by members, who have praised it as innovative, engaging and relevant to members' needs today.



[Read more...](#)

<http://www.toastmasters.org/Magazine/Articles/The-Possibilities-of-PATHWAYS>