



The Transmitter

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Calendar

- **February-April: Club, Area and Division Table Topics and International Speech Contests**
- **May 16-17: Spring District 19 Conference—Marshalltown, IA**
- **June 27-28—Region IV Conference—Rapid City, SD**

I'm excited!



Loren Toomsen
District Governor

When a network of Toastmasters pulls together and accomplishes a larger task, they are rewarded with the honor of "Distinguished." District 19 is on target to earn that recognition from Toastmasters International. That honor will be shared by everyone. It is a goal much larger than any one person.

We will be very close to the wire on June 30th. However, our goal is doable!

Our group effort is updated frequently and reported at the top of our District 19 web-

site. <http://district19.us>. There are five key measurements. Please watch them closely as we begin closing out our year on June 30th.

- ◆ Total number of clubs in District 19: Our goal is 99.
- ◆ Total memberships: Our goal is 3,443 – I want 3,444 or better!
- ◆ Total Competent Communicators: 118 CCs.
- ◆ Total Advanced Communicators: 33 ACs.
- ◆ Total Membership: Last year we added 565 new members. We can top that?

Thank you for a fantastic effort this year. We are winning. It takes all of us working together as a team

Why I Should Attend the Spring Conference



Doug Doughty
Lt. Governor of Education/
Training

The Spring Conference is only a few days away and I am personally inviting all the Toastmaster members and their significant others to register and plan to attend the Conference in Marshalltown Iowa on May 16 and 17.

The reasons you should attend are multitudinous.

Educational Opportunities: A program is being put together with many great educational presenters from District 19 and beyond. Our keynote speaker, Craig Valentine, comes to us from Maryland and is the 1999 World Champion of Public Speaking.

I have seen Craig speak as a keynote and educational presenter and he is very inspirational. We also have our first-year International Director Judy Southwick presenting information from World Headquarters. There are many great educational opportunities at the Spring Conference.

International Speech and Table Topics Contests: If you are a contestant, then you are REQUIRED to be at the conference. If you have been trained as a judge by the official D19 Judges Training Program that has been happening since August of 2007, then I implore you to attend the conference. Please help fill the vital role as a judge. If you know a candidate

Continued on page 2

Why I Should Attend the Spring Conference (Cont.)

Continued from page 1

come and support him or her. If you have never seen a District 19 contest, then consider coming to the conference. The District 19 Conference is always a rewarding personal and educational experience.

District Council Meeting: If you are the President or Vice President of Education for your club, you are expected to come and participate. If you are unable to attend ask someone from your club to attend and carry your proxy so YOUR club's interests are being protected. District Officers are also expected to attend the District Council Meeting.

Networking Opportunities: The District Conference is a wonderful networking opportunity for Toastmasters from across the State of Iowa (and those clubs in Nebraska and Illinois which form part of District 19). There are so few opportunities for Toastmasters from Moline to network with Toastmasters from Sioux City.

Low Cost: The cost of registering for a District 19 Conference onsite is very small compared to other districts' early bird registrations. Your registration covers all events and all meals, including a very elegant banquet for a low cost ranging from \$55 (early bird registration) to \$85 (onsite registration). Note: Registration

does NOT include accommodations.

I could go on and on about the benefits of attending a conference in District 19, but I want you to determine your own personal benefits. I urge you to go to the conference. It is in Marshalltown, in Area 51, and it will have an Alien theme. So go have fun. There is going to be a Gong Show, a phenomenal keynote speaker, district officer elections, and much, much more. You need to be there! Go and enjoy yourself. You won't be disappointed!



The Value of Toastmasters



Doug Nelson
Lt. Governor of Marketing

What is it about Toastmasters that continues to make it valuable even after the original goals of the members are met?

There are many possible answers to that question, perhaps as many as there are Toastmasters. In that answer lays the personal success stories of thousands and the inspiration for many to come.

What it comes down to for many is the process that Toastmasters starts within is not simply to be a better communicator or leader, but to understand and unlock the potential for growth within each of us. As we become better communicators and leaders, we see how much more effective we can be at



other things. We can become mentors giving effective, positive feedback using the skills we strive to maintain.

Is your club in a place where it seems that there is no new growth? Does it seem like the same old, same old? If so, it's time for a serious discussion about how to unlock the potential within your membership. Challenge yourself and others in leadership to stretch beyond their experience and comfort level. Develop opportunities to turn past growth into future growth by finding a way to share it. Find a way to develop mentoring opportunities.

One idea that fits into the political landscape of an election year is to develop and promote an opportunity for your community to have a

political debate event. Invite local politicians and community minded individuals to come and speak at a Toastmasters Forum hosted by your club. You can find the politicians quite easily, they usually make themselves known in an election year. Where do you find the community minded people? How about starting with the letters to the editor in your local paper?

Give people a place to speak, give them the direction to keep it fair and civil, and offer them the tools to be more effective speakers. You will have started a new mentoring process that just might unlock the potential within yourself and your club. Reach for a new level of excellence, keep striving to grow.

For discussions about this idea or any others for yourself or your club, feel free to contact Doug Nelson at dlnelson@netins.net

Who Says Change Is Not Good?



Cliff Scherrer, Sr.
Public Relations Officer

You are driving along in your car on a stormy night, when you pass a bus stop.

You see three people waiting for a bus: An old lady who looks as if she is about to die; An old friend who once saved your life; and the perfect partner you have been dreaming about.

Which one would you choose to offer a ride to, knowing that there could only be one passenger in your car? This question, e-published by Measure-X of Phoenix, Arizona states this moral/ethical dilemma was once used as part of a job application. The single candidate hired, out of 200 applicants, had a unique answer to this question.

How many decisions do we make each day? What is the basis for each decision? If you're like me, it seems like you're always busy putting out fires. That's when we fix only those things that need to be fixed. Making improvements to anything appearing to work is nice but not doable. That's when we may solely rely on past experience to yield the desired outcome.

In a sense, it's a shame we succeed this way. Yes, we may get things done but we really don't "think things through", so to speak. The shame is that there may be a dozen better solutions, none of which will be implemented because we focus, in the

short-term, on efficient use of time and resources.

As a District Officer answering questions every week, my challenge is remembering that Toastmasters is not based on "cook book" solutions alone. My challenge is to foster creativity within the "confines" of the Toastmasters organization.

This has been a challenging year as a District Officer. District Governor Loren Toomsen challenges each of us to do things differently. He asks us to step out of our comfort zone.

Last year the District perceived that club officers were disconnected from District affairs. So the District held TLIs in Des Moines in conjunction with District Officer Executive Committee meetings. The good news was that we could measure success simply by counting the number of attendees. The bad news was that only 120 attended out of the roughly 600 club officers in our district. We tried something that did not work.

This year, weekly e-mail UPDATES and periodic e-mail ALERTs aim to include club officers in District affairs. The good news is that there is no financial or time commitment to either the District or to club officers. The bad news is that we have no way

of measuring if this effort is beneficial. Nonetheless, we are trying a different approach.

Which one of the three individuals in the opening question would you choose to offer a ride to and why? Did you decide to pick up the old lady, because she is going to die and you might save her? Did you decide to pick up the old friend because he once saved your life and this would be the perfect way to pay him back? Or, did you escape with your perfect mate because she may be gone before you return?



The successful job applicant simply used a different approach, "I would give the car keys to my old friend and let him take the old lady to the hospital. I would stay behind and wait for the bus with the partner of my dreams."

A wise person once told me "If you keep doing what you've been doing, you'll keep getting what you've been getting". Let each of us decide to do something different this year to make Toastmasters known to everyone. It could be the most important decision you make for yourself and your club. And in the process you might just save a life, repay a favor or even help someone meet his or her perfect mate. Who says change is not good?

IRS Filing

The May 15th deadline for filing the **990-N Electronic Postcard** is fast approaching!

To help with the filing process, we have put together a set of [detailed in-](#)

[structions](#) to help you. Before beginning the filing, please print the instructions and read them carefully.

Note that some clubs will not be able to complete the process of filing the 990-N until after June 30th because the

club's year-end is not December 31st.

[Step 2 of the detailed instructions explains what to do if this occurs.](#)

Email any questions to IRSquestions@toastmasters.org.

“Rev up” for Toastmasters!

Michael Howard here, yes the same ole crazy Michael that you all have grown to love. Well, maybe not all of you, come to think I don't



even know most (all) of you but hey, there's always a first, right?

I am in charge (yeah, right) of the Friday night festivities for the Region 4 Conference in Rapid City, SD (Do you have your

reservations?) June 27 and 28th (that's a Friday and Saturday).

We will be having a “Lip Sync Contest” on Friday evening. I am including the “rules” for you to pass on to your clubs. I know that Skyline (my club) will be well represented. I challenge you to sharpen your wit and step out on the wild side.

RULES FOR LIP SYNC CONTEST

1. There apparently are no rules.
2. The whole idea behind lip sync

is to HAVE FUN and set the tone for an exciting Toastmaster convention. The time limit is the length of your selection, three to five minutes is about normal.

3. Judging. We have some good concepts of judging with a form formatted by Loren Toomsen, after he and Susan Evans won the Region IV Lip Sync contest in Billings, Montana in June of 1993.

4. One-man shows are discouraged. The idea is group involvement - the more the merrier!

5. Select a song in good taste.

6. Slower music allows clearer lip sync and excellent stage business. Ballads are good choices. Beautiful ballads seem too sacred to touch but they are the easiest to lampoon with imagination. There is something rather charming about a petite 105-pound female singing bass. Role reversal works!

7. Expect a growth experience! A successful speech is: 7% words, 38% vocal impact and 55% visual. In lip sync we discover how important that 55% visual really is.

8. EXAGGERATE. Over-mouthing words is most effective. Convince the audience it is you singing.

9. Exaggerate your props. Loren and Susan used flour instead of

flower and Susan ran flour through her hand to establish the prop.

10. Practice does make perfect. Perform before your club.

11. Be sure your cassette recording or CD is clearly marked with your name and the name of the song.

Toastmasters is all about overcoming fears. Remember your first time in front of a crowd. I can guarantee that some will feel the same emotion during a lip sync event.

Reach for the stars, put your team together, practice and beat Skyline.



If you have more questions, email me at

mcswp@rap.midco.net or Michael.howard@sanmina-sci.com or you can call 605-390-4383 for you Verizon people that a free call.

Best to you and to your clubs,

Youth Leadership

Kelly Nielsen, CC
President
Tri-State Toasters

Tri-State Toasters successfully completed a Youth Leadership Workshop on March 8, 2008. Sixteen students successfully graduated from the program. The club has been asked to sponsor a second workshop.



Congratulations to Brenda Martinek, Ramesh Chakravtula and Kathe Garner for their hard work in this workshop. During the first session, the youth were only speaking for 10 to 30 seconds. Dur-

ing the final session (completed in front of their parents, the mayor, city council and the newspaper), participants were speaking anywhere from two to six min-

utes. I am very proud of the success of this workshop and am excited to complete more in the future.



POKER RUN CONTINUES

Pete Gardner ACS, ALS
District 19 Poker Master

In case you haven't heard or noticed yet, District 19 is in the middle of an exciting program called the District 19 Poker Run, which continues all the way until the Spring Conference in May. People have been frantically running around to other clubs to collect cards from all denominations and suits, trying to make the best poker hand.

At the area conferences those people who had been playing the game were rewarded with a Queen if they had the best handt at their area conference. Each Area Governor was given 3 Queens to hand out to the best hands that showed up. You may have had the best hand if all you had was a deuce at your conference and received

a Queen.

Then comes the division conferences, where each Division Governor will have 8 Kings to hand out to the best hands, so more cards can be yours just for going to a conference. What a great reason to get to the conferences!

Have you done anything spectacular in your club or community in the past month or two? Let your Area Governor know, and he/she can nominate you for a Joker, which is a Wild Card. All nominations are carefully scrutinized by my HPL committee, and we have a

lot of Jokers to hand you in the next few months before the convention.

Some of the prizes include a free registration to the Fall Conference, a Toastmaster watch, and modules from the various Advanced Leader courses and books from the Toastmaster library. It's never too late to start visiting clubs and gathering your hand so you too can be a winner in the District 19 Poker Run.

If you have any questions about the program at all please email me at district19pokermaster@yahoo.com. Thanks for making this a very special project.



Cedar Rapids Business Expo 2008

Gary Whitehill
Division B Governor

The Cedar Rapids Business Expo 2008 took place on March 25th from 11:00am to 7:00pm. The Cedar Rapids area Toastmasters Clubs were well represented with their booth.

Results of the expo will be seen in the coming weeks as visitors come to our clubs because of the exposure to the Toastmaster's organization during the Expo. There were a large number of people who stopped by the booth to talk to those attending it. They gathered information on Toastmasters and how to find clubs in the area.



Thanks to Sandy Young of Sunrise Marion who initiated the idea of Toastmasters participating at the Expo. And we owe a huge debt of gratitude to Laura Meade who spent countless

hours turning the idea into a reality. Thanks just isn't enough. The attention-getting booth looked tremendous and generated a lot of interest.

Thanks also go to all the volunteers from the area clubs who represented Toastmasters at the booth throughout the day. You were the face of Toastmasters and you did us proud.

Thanks to all who helped with this event and especially to Laura Meade for all her hard

work. When you see Laura, let her know how much you appreciate her work!

A reminder to the Area Governors in the Cedar Rapids area: Ask your clubs to keep a good record of the number of visitors and new members to the clubs due to exposure to Toastmasters at the Expo. The area clubs will want to know if our money has been wisely invested. And the Leadership of District 19 will want to know if this is a good way to promote Toastmasters in other areas.





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				Contacts:	
CC		9513	Casey Korsmo	4477	John Carlson
164	Eric Roalson	9592	Carmen Gruetz	7889	Patrick Wilmington
184	Grant Olsen		Macher	9585	Betty Lester
386	Jimmy Sidebottom	9708	Christina Peverill		
625	Joann Willers	9709	Bruce Clark	ACG	
684	Theresa Mickelson	9708	Scott Smith	8826	Norma Hoos
875	Longyan Li	605919	Marsha Sassatelli	9513	Dale Royer
1205	Suresh Basnet	645182	Linda Northouse		
1206	Peter Anderson	645182	John Miller	CL	
1564	Jodie Stoessel	681953	Deanna Johnson	164	Martha Hedberg
1937	Emma Parker	839618	Kurt Kromminga	3193	D Doralerie Abdel-Halim
1991	Karen Keninger	1104627	Mauricio Matheu		
2094	Marilyn Dirks	1104627	Brent Niland	9047	Dorothy Campbell
2187	Yawen Wei			5819	Bessie Parker
2316	Logan Holmes	ACB		645182	Sharon Hicks
2790	Marjie Tyner	1529	Arjuna Guna rathna	972362	Ramesh Chakrava tula
3060	Cynthia Hanson			OCL	
3061	La Kim Burley	1584	Andrew Yarne	875	Masoud Kazemi
3250	Douglas Doughty	2187	Mark Mba Wright	2791	Shirley Wolf
3595	Ki-hwan Kim	3135	Callista Gould	4477	John Carlson
3595	Wenjun Ma	3193	D Doralene	681953	Kathy Young
4477	Kristine Davison		Abdel-Halim		
4991	Kathy Morgan	3515	Gary Whitehill	AL	
4991	Michael Nicewarner	3595	Sherry Wahburn	8826	Faith McGee
6787	Alvin Hummel	4991	Sandra Beard		
6787	Jon Crane	7515	Thomas Traynor	LDREXC	
7858	Bethany Winn	8826	Thomas Lindaman	8826	Faith McGee
7858	Jamie Hosek	9708	Jack Ackerman	878932	Mark Latta
7889	Ronnie Howard	645182	Jim Bush		
7889	Gilbert Norris			DTM	
8669	Michelle Jacobson			8826	Faith McGee
8826	Sandra Meyer	ACS			
9047	Shirley Buttjer-Harmon	684	Sam McCord		
		1564	Allison York		
9048	Peter Hawthorne	3250	Danny Mok		

New Toastmaster Club

A special District 19 welcome to our newest club, Stagecoach Speakers, Des Moines. The Stagecoach Speakers Toastmaster club had a charter party on



February, 21st 2008. District 19 Governor, Loren Toomsen, was there to present the club president Maurice Matheu with the club's charter.



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**TOASTMASTERS
INTERNATIONAL
DISTRICT 19
OFFICIAL NEWSLETTER**

D19 Toastmasters
2400 26th St



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<http://district19.us>

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

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

D19 Elections

Do you have questions on who can run for District office? Do you want to know what each district officer does? Do you wonder how you can become an Area Governor? Are you confused on what the procedure is for voting at the District 19 Conference in Marshalltown? If you answered "Yes" to any of these questions, please refer to the "Election Edition" of the *TRANSMITTER* for additional information at <http://district19.us/transmitter/transmitter%20-%20Election%20Edition%202007.pdf>

Communications for Church Leaders

In January of 2007 fourteen deacons of the Des Moines Catholic Diocese and two of the deacons' wives began a year long communications speechcraft. The group was led by Pat Amadeo, PDG, DTM and Connie Gordon, DTM. They met once a month for a two hour period to improve their presentation

and impromptu speaking skills. Many of the participants had limited experience with public speaking and little or non impromptu speaking skills. Over the course of the year the participants worked through the Communications and Leadership manual to develop and hone their skills.

At the conclusion of the program 13 individuals completed the whole program.



Mark Your Calendars!

YOU are invited to attend the Division C and D Toastmasters Leadership Institute (TLI) on Saturday, June 21, 2008. This TLI will offer club officer training and concurrent educational sessions for all members throughout the morning. It will be held at the EMC Building (7th & Walnut) in downtown Des Moines. Registration is from 8:00-8:30 a.m. Program begins at 8:30. An admission fee of \$3 will

cover expenses, including continental breakfast and drinks.

Bring the most officers for training and receive an educational gift for your club.

Sessions planned for the June 21 TLI include:

- A Live Debate: Are Gestures the Most Important Part of

Your Message?

- How to Evaluate More Effectively
- Club Meeting Roles: Whose Job Is It, Anyway?

If you have questions about TLI, contact John Carlson at jdcandckc@mchsi.com, or Kathy Dean at t.dean@mchsi.com.