

the transmitter district 19



If
you always do. . .
--LeAnn Blankenburg,
District 19 Governor

p. 2

Fall Conference
Schedule

p. 8

Proxy form
and instructions

p. 12

Twelve
years ago,
Ginny started her
own business, Integrity
Integrated—a leadership
development and training
organization—to carry out her
personal mission to nurture
and inspire others to reach for
the stars.

Ginny **p. 10**
Wilson-Peters.

Conference keynote

fall conference 2011



If you always do what you have always done, you will always get what you have always gotten

We have all heard this expression more than once in our lifetimes. Do you remember when you heard it? Do you remember who said it to you and why? Of course this is a challenge to do something different, something that is not an ordinary, everyday event or situation that you would encounter, and I am challenging you.

You have the opportunity to do something different

You have the *opportunity* to do something different. You have the great opportunity to attend the District 19 Fall Conference. At this event you will experience the true meaning of being a Toastmaster. You will have the opportunity to network and make new friends, to see some great educational sessions, and to hear exceptional speeches and evaluations. I encourage you to take notes and try some of the ideas and techniques that you will see in your own Toastmaster projects.

If you are a club or district officer, you are asked to represent your fellow members in making the decisions that affect all of us by participating in the business meetings and by speaking for your members by voting.

Are you ready to get something more? This edition of the Transmitter is full of information about the District 19 Fall Conference. Locate the page with the registration information and register *today!*

--from the district governor
LeAnn Blankenburg

District 19 2011-2012 Public Relations Team

Public Relations Officer/Diane DeBok
debok@iowatelecom.net

Database Coordinator/Michelle Lessmann
mrlessmann@hotmail.com

Webmaster/Ann Mangan
amangan@trainosha.com

Transmitter Editor/Beth Simmons
Beth.Simmons@witcc.edu

Inside

If you always do what you have always done...

p. 2

What Are You Waiting For?

p. 3

You asked for it!

p. 4

The Community of Toastmasters

p. 5

Public Relations Officer

p. 6

We know you will want to record your experiences.

p. 7

A note from the editor

p. 7

Friday Schedule

p. 9

Saturday Schedule

p. 10

Proxy Form

p. 12

Comedy Revue

p. 13

Register!

p. 14

What Are You Waiting For?

Kelly Nielsen,
Lt. Governor of Marketing

What are you doing on November 11 and 12? I know where I will be and who I will be having fun with – with you in Cedar Rapids, Iowa. Have you signed up to attend the District 19 Fall Conference? If not, what are you waiting for?

Besides all the regular educational sessions, humorous speech contest, and evaluation contest there are also the Membership Marketing campaign results. What? You didn't know there was an opportunity to earn a prize or, most important, the bragging rights of winning a marketing campaign?

Several clubs have developed videos and placed them on YouTube to earn these bragging rights. Have you looked at these videos yet? Go to our Facebook page at <http://www.facebook.com/#!/group.php?gid=112466945794> to find the links. You will see how much talent we have in District 19. Then come to the Fall Conference to hear who claims the prize.

We have had several members working on chartering new clubs in District 19. Two new clubs have been chartered (YEAH!!). One member earned a free registration to the Fall Conference for all the hard work in chartering the new club. Who earned that free registration? Come to the Fall Conference and find out.

Did you know there are members who earned bragging rights for encouraging four newbies? You didn't?!?!? Yes, bringing new members to your club also earned you bragging rights. Come to the Conference to see who achieved this honor.

And you can't forget all the Toastmasters who bring a guest to the Conference. Guests give us the opportunity to have a new club member. Members bringing a guest also earn an incentive.

You guessed it—there might be some big heads at the Fall Conference. They delivered this time. Next time it will be you.

See you at the Conference!





You asked for it, so here they are. The winners of the 7 X 7 club officer training contest are... We'll get to that in a minute. First, let's revel in some awesome statistics by looking at how each Division succeeded with its club officer training efforts:

Rank	Division	Officers Trained
5 th	D	55.56 %
4 th	A	56.30 %
3 rd	E	63.27 %
2 nd	B	73.38 %
1 st	C	80.00 %
District Percentage		66.33 %

In a perfect world, we would have all 7 officer positions trained in every club every summer and winter. But we do not live in a perfect world, so we use a different benchmark to measure training success. This will

be the benchmark by which we will measure our upcoming winter club officer training efforts. Our challenge is to surpass these statistics. I know we can do it.

You've waited long enough. Which clubs won the coveted 7 X 7 free registration to the fall conference? They are:

Division	Area	Club
A	12	Shibboleth Toastmasters, Club #386
B	33	Sunrise Marion Toastmasters, Club #3515
C	51	Ankeny Toastmasters, Club #4477
D	74	East Story County Toastmasters, Club #504
E	91	Tri-State Toasters, Club #972362

Congratulations to our winning clubs. Each club must choose which member will use the free registration to the upcoming Fall District Conference in Cedar Rapids on Friday and Saturday, November 11 and 12. Each president of a winning club will receive confirmation that can be printed and attached to a registration form in lieu of a check. The confirmation can also be presented in person at the conference registration desk.

What criteria should the club use to choose the member to use the free registration? It is up to each club to decide but here are several examples. A club could let the President or Vice President of Membership use it because these two officers are voting delegates at the District Executive Committee meeting. A club could let someone participating in a speech contest use the registration as a reward. A club could give the registration to its newest member so he or she could start to see the benefits of stepping outside of his or her club. Or a club could give the registration to the Lieutenant Governor of Education and Training (me) because he is such a nice guy? Maybe I've given one too many suggestions?

Personally, I wish the District had sufficient funds to give a free registration to every one of the 24 clubs with all seven officer positions trained this period. Step up to the challenge again during the winter club officer training period and see if your club will be on our next list of winners. You will never win this prize unless your club officers try.

You asked for it!

Cliff Scherrer Sr., Lt. Governor
Education and Training

The Community of Toastmasters

Diane DeBok
Public Relations Officer

The District 19 Fall Conference is coming right up. If you have never been to a district conference before, I recommend that you try it. Even if the faces are not familiar, they will be friendly. The conference is a great place to meet new people, and I'll bet some of those new people you meet will become friends. You'll soon see that the Toastmasters conference is more than a large collection of clubs, it's a community.

As you attend the sessions, sit in on meetings, and watch the contests, think about the fact that many, if not most of these people, were once afraid to speak in front of a group or weren't sure how to take on leadership roles. It's a humbling thought and an empowering one. You might start to realize how much is within your reach.

Even if the faces are not familiar, they will be friendly.

Speaking of the educational sessions, have a look at the schedule included in this newsletter. How about putting your vision down on paper or mind mapping—with colored markers no less! As Toastmasters, we use our voices of course, but do you know how to amplify your voice or control your breathing? Have you thought about resonance? Learn how to project your voice without harming it from a classically trained singer and voice teacher.

We communicate with our bodies, too. (Remember project #5 from the CC manual, *Your Body Speaks?*) Guess what? There's a workshop on the power of movement. Do you want to make your speeches and presentations more concise and meaningful while staying within that 5-7 minute time limit? Do you want to push the boundaries of marketing and communication? There are sessions on those, too. This array of topics will be covered by presenters and experts from our own back yard, people for whom it all started with an ice breaker speech. Oh, and don't forget to relax and have fun by dropping in at the hospitality suite. It seems the conference planners have thought of everything.

See you there.



General Information: District 19 Fall

Banners

Show off your club by participating in the traditional Parade of Banners during the Opening Ceremonies on Saturday morning at 9:30 a.m. Help your Division be the one with the most clubs represented by bringing your club banner.

Evaluation and Humorous Speech Contests

This year the Evaluation and Humorous Speech Contests will be open to the public. The contests will be held on Saturday, November 12 from 3:30 to 6:00 p.m. Judge and contestant briefing begins at 3:30; contest begins at 4:00.



Accommodations

The conference is at the Longbranch Hotel and Conference Center, 90 Twixt Town Rd NE, Cedar Rapids, Iowa. A block of rooms has been reserved at a special Toastmasters rate of \$89.99 per night for one queen bed or \$98.99 for two queen beds. Call 1-800-443-7660 and ask for the Toastmasters rate. The special rate is not available online.

Conference Information and Registration

Full Conference Registration: \$135

Individual Event Registration:

Registration Only (no meals) \$75

Friday Night BBQ Buffet \$25

Saturday Breakfast \$15

Saturday Lunch \$20

Saturday Dinner Banquet \$35

Register using the form in this newsletter or online at <http://district19.camp9.org/Default.aspx?pageId=29969>

For more information, contact Registration Chair Joshua Matthews at josh.jcmatthe@gmail.com

Contact

For more information or to help with the conference, contact conference chair Christy Hatter at christyhatter@gmail.com

II Conference, Cedar Rapids, Iowa

District Business Meeting and Proxy Form

The District Business meeting will be held from 10 a.m. to noon, Saturday, November 12.

Club Presidents and Vice Presidents Education who are not able to attend should give their proxies to another officer or club member attending the District Fall Conference. You cannot give your proxy to a member of another club or your Area/Division Governor.

The proxy form is available on the District 19 website at www.district19.me under documents and resources. For more information, see the proxy form included in this newsletter on page 12 or e-mail Jamie Ward at visual-eyes@speeconnect.com or telephone him at 319-361-0557.

We know you will want to record your experiences. . .

. . . and we hope you will share them with the *Transmitter*.

Please remember:

- Photos should be the highest resolution of your camera
- Get the full name and email of all who could be identified. We need their permission to publish their image
- Your photos and articles may be edited

Please send your photos and articles to:

Public Relations Officer/Diane DeBok
debok@iowatelecom.net

or

Transmitter Editor/Beth Simmons
Beth.Simmons@witcc.edu

District 19 Toastmasters November

Friday, November 11

11 am – 5 pm **Registration / Credentials**

1 – 1:15 pm **First Timers' Briefing**

1:30 – 2:20 pm **Leadership and Vision: The
Next Greatest Version of
Toastmasters**

Presenter: Seth Braun

With the recent re-branding, you have a great opportunity to craft a vision of where you want to go. Who is the you I am referring to? District 19, your division, your area, your clubs. This workshop is for leaders at every level, and if you are a Toastmaster, you are a leader! This is a highly interactive workshop with practical, hands-on playtime for creating a compelling future for you and your club. You will leave with a simple, elegant plan for emerging from the chrysalis of the past with new wings for flight in 2012.

Take Home Points:

- Get clear on your key actions for success over the next 6 months
- Articulate a vision that inspires those around you.
- Sketch out a plan for making consistent, yet flexible changes.
- Feel more inspired, encouraged and empowered to lead.

You will be writing, brainstorming with fellow Toastmasters, mind-mapping your ideas and generally causing a creative

ruckus. If you prefer spectator oriented presentations, don't attend this one. It may be a little crazy! (Yes there will be colored markers.)

About Seth Braun

Seth Braun, ACS, ALB, is a professional author, speaker and coach. He lives in Fairfield, Iowa with his wife and kids. Seth likes Swiss Chard from his garden and eating dark chocolate (not necessarily together). Seth is the founder of Rhythm House Publishing, The Indestructible



Success Group and likes to write songs on piano and guitar. Please buy his new book, Indestructible Success, because his daughters keep growing out of their shoes.

2:30 – 3:20 pm

Voice and Stance

Presenter: Kristin Bruchmann

Have you ever wondered how an opera singer can project over an orchestra – without a microphone? Ever had a mic quit mid-speech and tried to project your voice without shouting yourself hoarse? Ever had to cancel a speech because you lost your voice? This is the session for you! Voice teacher and operatically trained singer Kristin Bruchmann spills the secrets of using

Toastmasters Fall Conference October 11-12, 2011

natural body mechanics to easily get your voice all the way to the back row. You'll discover how slight changes in your



posture and breathing can exponentially amplify your sound. You'll hear the difference that resonance makes, and learn how to increase your own vocal resonance. Best of all, you'll get to try these techniques yourself during the workshop. Be sure to attend this

informative session—your voice will thank you for it!

About Kristin Bruchmann, ACS, ALB

A native of Davenport, Kristin Bruchmann wanted to be an opera singer until she discovered a passion for education. While still an undergrad at the University of Iowa, Kristin began teaching voice lessons. She is a self-employed voice teacher. Kristin is also a faculty member at the River Music Experience in Davenport. In addition to training young musicians, Kristin is known for her vocal rehabilitation skills and collaborates with several Quad City ENTs and speech pathologists. She joined Toastmasters in July 2009, earned her ACS and ALB in April 2011, and is now closing in on her ACG. Currently serving as the Area 94 Governor, Kristin is a member of three Toastmasters clubs. (No, she is not insane.) In her free time, she reads, cooks, writes music, knits, and tries to outwit the chipmunks that dig up her herb garden.

3:30 – 4:20 pm

Communication through Movement

Presenter: Stephanie Merrick

We communicate our stories, intent, commitment, and inspiration through our bodies as well as our words. Come explore how to enhance and align what you communicate verbally and visually. We will discover together the power of movement as we communicate, connect, and play!



About Stephanie Merrick, MS, CTACC

Stephanie is a Congruency Coach for Top Shelf Self and Movement Facilitator for Turning the Wheel. She loves to explore creative ways to bring each piece of our experience into alignment. A former social worker and instructor, Stephanie loves her continued work with Toastmasters as a member of Heritage and Crossroads Storytellers.

4:30 – 5:30 pm

Five Seasons Parliamentarians Meeting

5:30 – 7:30 pm

BBQ Buffet

7:30 – 9 pm

Crossroads Improv (see p. 13 for details)

9 pm

Hospitality Suite Open

District 19 Toastmas November

Saturday, November 12

7 – 10 am Registration / Credentials

7 – 8 am Breakfast Buffet

7 – 7:45 am First Timers Breakfast with Trio

8 – 8:15 am Welcome

8:15 – 9:15 am Keynote Speaker – Ginny Wilson-Peters

Ginny Wilson-Peters is a pioneering leadership coach whose work ignites others to explore new possibilities in their lives. Twelve years ago, Ginny started her own business, Integrity Integrated—a leadership development and training organization—to carry out her personal mission to nurture and inspire others to reach for the stars. She delights in working with organizations, teams, and individuals to create positive change.



In addition to her leadership consulting work, Ginny also teaches MBA leadership and management courses for the University of Iowa Tippie College of Business MBA-PM program and is highly involved in her community. She is the Board Chair for Family Resources, Inc. and is a member of the Iowa Women's Leadership Conference Steering Committee. Ginny is also the Executive Chair of the Quad Cities Go Red for Women Luncheon event.

9:15-9:30 am Parade of Banners Lineup

9:30 – 10 am TM Banner Procession;
American Flag Presentation

10 am – Noon District Business Meeting

Noon – 1:30 pm Awards Luncheon

1:45-3:15 pm Martha Tinker

2:15 – 3:00 pm Social Media – Dayna Weltzin
and Kelly Nielsen

Remember our school days when we were continuously learning something new? It's not too late! Toastmasters provides the ideal setting in which to make new discoveries. Join Dayna on the big yellow bus back to the schoolhouse. Learn about presenting

toasters Fall Conference October 11-12, 2011

using the Pecha Kucha method. It's easy, creative and social. The concept is to show 20 slides for 20 seconds each. This means a presenter has exactly six minutes and 40 seconds to communicate a message with the audience. You will never go over time!



About Dayne Welzin, ACB and Kelly Nielsen, DTM

Since 1997 when joining Los Oradores, Dayna has been passionate about Toastmasters. She has held leadership positions and mentors others whenever possible. Dayna looks forward to continuing to develop both personally and professionally with help from her favorite



organization. Kelly is the 2011-2012 District 19 Lt. Governor/Marketing and a member of Tri-State Toasters in Dubuque, Iowa.

3:00 - 3:30	Break
3:30 - 4 pm	Judge and Contestant Briefing
4 - 6 pm	Humorous and Evaluation Contests
6 - 6:30 pm	Cash Bar
6:30 - 8:30 pm	Banquet
8:30 pm	Hospitality Suite Open

District Bookstore hours will be posted at conference



Proxy Form

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 Fall Conference business meeting in Cedar Rapids, Iowa on November 12, 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@speedconnect.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, November 12, 2011 at the Best Western Longbranch Hotel in Cedar Rapids, Iowa.

Signed:

_____ (President or Vice President Education)

Date: _____



Crossroads Storytellers present...

The D19 Fall Conference

Comedy Revue!!

Friday, November 11, 7:30 – 9:00pm

MC's Doug Nelson and Mark Latta host a night of side-splitting laughter and bad joke groans. Be a part of this fantastic program:

- Three improvisational skits- audience participation needed!
- 3-5 minute scripted skits presented by members of the Crossroads club **AND you, the audience members!**
 - Write your own humorous skit – costumes, props encouraged!
 - find one online
<http://www.icomedytv.com/Comedy-Scripts/Funny/ViewType/Humorous/33/Comedy-Skits.aspx>
 - Perform one of the scripts the club will bring to the conference!
- We'll wrap up with another improvisational skit

Then the fun will continue in the hospitality room with “185 Toastmasters walk into a bar...” (don't know what that is? Come and find out!)

If you want to do a skit (no actual acting talent expected ☺), send your title and cast member names, or indicate that you want to use one of the provided scripts, to Julia Venzke at jvenzkeDTM@gmail.com by Thursday, November 10.

