



Talk of Des Moines Toastmasters



February, 2006

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New Member

Welcome to our newest member: Virginia Palmisano

Virginia is a former member of Talk of Des Moines Toastmasters and has decided to continue where she left off. She has achieved her CTM award and will be starting soon on gaining the Advanced Toastmaster - Bronze award.

Welcome Virginia...its good to have you back!!

January Speeches

1/4/2006 - Bob Vipond "To Serve Your Club as an Officer"

1/11/2006 - Randy Essex "A Love Story" (5th Speech)

1/18/2006 - Diane Bland "Get up, Over and Through" (3rd Speech)

1/25/2006 - Andrea Jones "So! You Want to Be a Rock Star" (4th speech)

1/25/2006 - Bessie Parker "For Your Information"

President's Message

Talk of Des Moines Toastmasters is planning a series of "themed meetings" to help us reach our goal of becoming a President's Distinguished Club by June 2006. Our strategy is to give members the opportunity to work toward their Competent Leader and Advanced Toastmaster awards by conducting several themed meetings. The content for these meetings will be derived from the modules in the Successful Club, Leadership Excellence, and Better Speaker series that fit that theme. We will promote these themed meetings to our members and to the community in order to attract guests and hopefully to gain new members.

The success of these meetings will be up to you. We need to invite our friends and co-workers to these meetings so that they can see what Toastmasters has to offer and to learn some skills that may help them get ahead at work. We all know the many benefits that we gain from Toastmasters and it seems fair that we would want to share these benefits with our friends. So mark your calendars now.

March 22 - Providing Effective Feedback

April 26 - Building an Empowered Team

May 24 - Communicating For Success

Distinguished Club Progress

Vision: To Achieve President's Distinguished Club Status by June 2006.

6 of 10 Goals Completed!!

GOAL

Achieve any five of 10 goals
 Achieve any seven of 10 goals
 Achieve any nine of 10 goals

RECOGNITION

Distinguished Club
 Select Distinguished Club
 President's Distinguished Club

Membership Base: 15
 Membership to Date: 20

Goal 1 – 2 CTM awards (Bob Vipond & Brett Debruyne)

Goal 2 – 2 more CTM Awards (Carole Stevens & ???)

Goal 3 - 1 ATM award (Bessie Parker ATM-G)

Goal 4 – 1 more ATM (???)

Goal 5 - 1 CL award (Bob Vipond)

Goal 6 – 1 more CL Award (???)

Goal 7 - 4 New members (Diane Bland, Jeanne Love, Tom Lu, George Clark)

Goal 8 – 4 more New Members (Beth Wahlstrom, Susan Hobart, Virginia Palmisano, ???)

Goal 9 – Four officers trained during both training periods

Goal 10 – Member dues and officer lists submitted on-time



Talk of Des Moines Toastmasters



February, 2006

Congratulations

George Clark is a gold medal winner in the Iowa Games!

Congratulations George on winning the team competition in ice hockey.

We are looking forward to hearing all about it in your next speech.

Paul Freeman is the winner of our Table Topics Contest

Congratulations Paul on your victory and good luck to you in the Area Contest

Diane Bland wins the International Speech Contest at Talk of Des Moines

Diane delivered a riveting speech as part of the International contest. I know that Diane would have preferred to have some competition for this contest, but we are proud to have her represent our club.

Paul and Diane will be competing at the Area Contest on April 13 at the Urbandale Library. Registration for the contest begins at 5:30 and the contest begins at 6 p.m. Lets all plan to get out and support our contestants.

Member Confessions

Bessie Parker

Why I joined Toastmasters by Bessie Parker

A new Toastmasters club had been started and across my desk came a memo reading "COURAGE, CONFIDENCE & SELF-ESTEEM. Come to Toastmasters and we will help you". I wanted to achieve more out of life. I was a mom, grandma, and great grandma, but I just wanted more! I always had a hard time communicating and speaking in front of others. I came to the conclusion that I needed help, so I went to a Toastmasters meeting and joined that same month.

I always felt that I was never good enough. I could work and work, but it seemed that I never got anywhere. I have always done as I was told, nothing more, and I wanted to achieve this, for me. Then I thought to myself, "Can I achieve the impossible?"

What Toastmasters has done for me almost eight years later...

I have gained the courage, confidence, and self-esteem that I needed to earn the Competent Toastmaster (CTM), ATM-Bronze, ATM-Silver, and ATM-Gold awards. I even became a Competent Leader by serving on the executive committee and helping with the club success plan. There is only one more goal to achieve before I earn my Distinguished Toastmaster award, the highest award any Toastmaster can earn.

Can I achieve this award??? Step by step ... One day at a time ... I can and I will!! After all I am retired and I want to finish what I started. I do enjoy Toastmasters; it is the highlight of my week. I still get encouragement from our members and it is the place where I can be myself and enjoy the fun of being with others. My motto for Toastmasters is Together Everyone Achieves More (TEAM)!

Thanks team - Talk of Des Moines Toastmasters!



Talk of Des Moines Toastmasters



February, 2006

Officer List

President

Bob Vipond
515-255-7402 (home)
bob_vipond@yahoo.com

VP of Education

Anne Sexton
274-8132 (home)
Anne_sexton@aric.com

Assistant VP of Education

Tom Lu
557-3997 (work)
tom.lu@amerus.com

VP of Membership

Andrea Jones
471-8699 x31 (work)
andrea.j@cfiowa.org

VP of Public Relations

Brett DeBruyn
432-7792 (home)
brett@darkrealms.com

Secretary

Bessie Parker
282-7083 (home)

Treasurer

Carole Stevens
270-1773 (home)
cjs@dwx.com

Sergeant of Arms

Paul Freeman
245-2007 (home)

Interested in serving as an officer? Talk to any Officer using the contact information provided. Elections for new positions will be held in May!

Announcements From Around Des Moines

Taking Your Evaluation Skills to the Next Level

From a first-time evaluator to a seasoned contest judge, everyone will walk away from this session with new ideas and insight. This session is open to Toastmasters and guests at no charge.

Saturday, March 11, 2006

10 AM to noon

West Des Moines Public Library

4000 Mills Civic Parkway

Community Room.

R.S.V.P. by March 8 to

Faith McGee

(515) 280-5173

faith.mcgee@wellsfargo.com

Join the sell-out crowd at District 19 Spring Conference

This year's convention will be held at the Clarion Hotel in Sioux City on May 5th and 6th. You deserve the best and for two days, the All Star Convention Team will roll out the red carpet. Using the District theme: **Step Up to the Plate**, eight clubs representing Area 11 and 13 have gone to bat to host a convention that will provide outstanding homerun speakers, great educational spring training sessions and ballpark entertainment for lasting memories.

The election of District Officers takes place during the Spring Convention. You won't want miss the opportunity to hear the candidates' campaign presentations.

New this year, we are offering a "**Rookie Special**" at the low discounted price of **\$55.00** for first time conference attendees and this discounted price includes all first-time guests. Hurry registration and payment must take place **no later than February 28th**; price increases on March 1st. For your convenience register online:

www.district19.us/conferences/2006spring/2006springregistration.htm



Talk of Des Moines Toastmasters



February, 2006

Birthdays

January

4th - Ernie Moore
6th - Randy Essex
13th - Trevor Pollitt
31st - Susan Hobart

February

11th - Pat Willett
20th - Carole Stevens

March

17th - Paul Freeman

May

13th - Andrea Jones
14th - Tom Lu

June

8th - Bessie Parker

August

26th - Brett DeBruyn

September

15th - Beth Wahlstrom
26th - Anne Sexton
26th - Jeanne Love
27th - George Clark
30th - Larry Manning

November

5th - LeRoy Edge
11th - Bob Vipond
26th - Diane Bland

Calendar of Events

February

12th Sunday – Executive Committee Meeting – 2 p.m.
Drake Diner

22nd – Wednesday – Club Speech Contest (International and Table Topics)

March

12th Sunday – Executive Committee Meeting – 2 p.m.
Bessie Parker's house

22nd – Special Meeting “Providing Effective Feedback”

29th – Wednesday – Toastmasters Dues Renewal to Treasurer

April

1st – Toastmaster Dues Renewal to Toastmasters International

9th Sunday – Executive Committee Meeting – 2 p.m.
Bessie Parker's house

13th Thursday – Area 55 – Speech Contest – 5:30 Registration
6 p.m. Contest - Urbandale Library

22nd Saturday – Division C – Speech Contest – 9:00 a.m. Registration
9:30 a.m. Contest - Central Senior Citizen Center – 1400 Forest Avenue

26th – Special Meeting “Building an Empowered Team”

May

3rd - Club Officer Elections

5th and 6th – Friday and Saturday – District 19 Spring Conference
Sioux City – Clarion Hotel and Conference Center

14th – Sunday – Executive Committee Meeting – 2 p.m.
Bessie Parker's house

24th – Special Meeting “Communicating For Success”

June

11th – Sunday – Executive Committee Meeting – 2 p.m.
Bessie Parker's house

15th – 17th – Thursday – Saturday – Region IV Conference
Minnetonka, MN

24th – Toastmasters Leadership Institute
Farm Bureau Building - 5400 University Ave. West Des Moines
Registration -- 8:30 AM Program -- 9:00 AM to 1:00 PM
Cover Charge \$10