



# Talk of Des Moines Toastmasters



January, 2006

## In this issue:

- President's Message (p1)
- Distinguished Club (p1)
- New Member Spotlight (p1)
- Member Confessions (p 2)
- Officer Contacts (p 3)
- Announcements (p 3)
- Calendar of Events (p 4)
- Birthdays (p4)

## New Member

Welcome to our newest member: Susan Hobart

Susan is married to Mike and has a chocolate lab named Hershey. She currently works as a media buyer at Flynn Wright Advertising.

Susan joined Toastmasters because "I do fine in a seated, informal setting for meetings, however, when it actually becomes a formal presentation, standing at the front of the room, I get very nervous. I need to work on that!"

Susan is originally from Marion, IA (a suburb of Cedar Rapids) and graduated with a BS in Journalism & Mass Communication from Iowa State University.

She enjoys camping, cooking for friends on the weekend, taking Hershey to the park, and spending time with her husband Mike.

Special note: Susan has an identical twin that is due to have her first child in the next few weeks!

## President's Message

Congratulations on fulfilling 6 of the 10 goals of the Distinguished Club program. We have just passed the half way point and we are well on our way to achieving President's Distinguished Club status.

Talk of Des Moines Toastmasters had an extraordinary start to the New Year and gained six new members since July. Maintaining a strong membership base is the most important goal that we have as a club. It allows us to fill all of the meeting roles each week, enhances our meetings with entertaining speakers, and provides a strong leadership base for the club. In addition, achieving goals in the communication and leadership tracts benefits our club by giving members incentives and opportunities to speak and grow as leaders.

In the next six months, we must continue our drive to find new members for the club. Our goal is to find four more new members by June 30th, 2006. We need all of your help to be successful. In addition, we need one more person to achieve their CTM award by June 30th, 2006. There are several people in the running, but we are waiting for someone to step up to the plate and accept the challenge. Who will be first to CTM?

I look forward to the start of 2006 with great hope and expectation for Talk of Des Moines Toastmasters. I wish all of you a happy New Year.

## 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: 19

**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, ???, ???)

**Goal 9 – Four officers trained during both training periods**

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



# Talk of Des Moines Toastmasters



January, 2006

## Congratulations!!

Carole Stevens has completed her 10<sup>th</sup> speech in the Communication and Leadership manual and has earned her Competent Toastmasters award (CTM).

Congratulations Carole!

## Member Confessions

**Carole Stevens**

I joined Talk of Des Moines Toastmasters in October 2004 after attending a four-week Speechcraft program. I am sometimes called upon to give presentations during the course of my work at the Iowa Finance Authority. Generally I feel reasonably confident doing so if given plenty of time for preparation, however, I knew my public speaking ability and overall communication skills could definitely be improved. I was especially nervous about any impromptu speaking situations - often finding myself drawing a "blank" or stumbling over my words.

Toastmasters has provided invaluable training and opportunity for practice in this area with innovative tactics such as "Table Topics" in which various members (who otherwise don't have an active speaking role during the current meeting) are asked to provide "off the cuff" one-to-two minute responses to questions which are often quite humorous, and which add to the fun and enjoyment of the over-all meeting.

I have also appreciated the opportunity for the continued development of leadership skills. As an accountant, I was asked to serve as Treasurer on our club's executive committee and have found that to be a rewarding experience. Our committee is a diverse group with a tremendous amount of enthusiasm and has been an inspiration to me for continued personal growth. The opportunity to lead and conduct various segments of the meeting by assuming the different Toastmaster roles has also proven to be a valuable skill that I find myself using in my everyday work situations. I was also very pleasantly surprised to have my participation in Toastmasters commented on in a very positive light in my recent performance evaluation.

Talk of Des Moines Toastmasters is a fun and supportive group, and my association with them has definitely increased my ability to be an effective and articulate public speaker. They truly reflect the Toastmasters' mission to develop communication and leadership skills and to foster self-confidence and personal growth. I am looking forward to continuing with Toastmasters and earning my Competent Leader award in the near future.



# Talk of Des Moines Toastmasters



January, 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

### VP of Membership

Andrea Jones  
471-8699 x31 (work)  
andrea@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@dw.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

### FIND YOUR VOICE SHAPE YOUR WORDS CHANGE YOUR FUTURE

Your success in business is based on how effective you are. Through participation in the Toastmasters Communication and Leadership program, people from all backgrounds learn to effectively speak, conduct a meeting, manage a department or business, lead, delegate and motivate.

Please join us for lunch (our treat!) at our Toastmasters Open House and learn how you can build the crucial skills required for your success.

**What:** Regency Toastmasters Open House  
Tom Mahoney, Executive Vice President of Sales and Marketing at ITA Group, will be the guest speaker.

**When:** Tuesday, January 10  
Lunch from 11:30 am - 12:00 pm  
Program from 12:00 pm - 1:00 pm

**Where:** ITA Group, 1<sup>st</sup> Floor Training Room  
4800 Westown Parkway  
West Des Moines, IA

**What:** Regency Toastmasters Open House  
Doug Reichardt, CEO and Chairman will be the guest speaker.

**When:** Tuesday, January 17  
Lunch 11:30 am - 12:00 pm  
Program 12:00 pm - 1:00 pm

**Where:** Holmes Murphy, South Meeting Room  
3001 Westown Parkway  
West Des Moines, IA

**How:** Please RSVP to Tammi Schuchard at 515-223-6810 or  
tschuchard@holmesmurphy.com

### OPPORTUNITY KNOCKS TOASTMASTERS OPEN HOUSE

Our District 19 Governor, Marvin Johnson from Sioux City, will serve as key note speaker. We will also have our regularly scheduled speakers and evaluators. The Open House is the night before the District Executive Council meeting and Toastmaster Leadership Institute on Friday January 27<sup>th</sup>, 7-8:30 p.m.

This event celebrates our club's move to its new location at the Merle Hay Mall Community Room and our change from meeting once a month to now meeting twice a month. I hope you will consider attending. Guests and newcomers to Toastmasters are welcome.



# Talk of Des Moines Toastmasters



January, 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

### **January 2006**

8<sup>th</sup> Sunday – Executive Committee Meeting – 2 p.m.  
Bessie Parker's house

28<sup>th</sup> Saturday – Toastmasters Leadership Institute  
Farm Bureau Building  
5400 University Ave. West Des Moines  
Registration -- 8:30 AM Program -- 9:00 AM to 2:00 PM  
There will be a cover charge that includes your noon meal

### **February**

12<sup>th</sup> Sunday – Executive Committee Meeting – 2 p.m.  
Drake Diner

22<sup>nd</sup> – Wednesday – Club Speech Contest (International and Table Topics)

Talk Up Toastmasters Membership Contest (Feb 1 – Mar 31)

### **March**

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

29<sup>th</sup> – Wednesday – Toastmasters Dues Renewal to Treasurer

### **April**

1st – Toastmaster Dues Renewal to Toastmasters International

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

22<sup>nd</sup> Saturday – Division C – Speech Contest

### **May**

3<sup>rd</sup> - Club Officer Elections

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

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

Beat the Clock Membership Contest (May 1 – June 30)

### **June**

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

15<sup>th</sup> – 17<sup>th</sup> – Thursday – Saturday – Region IV Conference  
Minnetonka, MN