



Talk of Des Moines Toastmasters



March, 2006

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New Members

Welcome to our newest members:

Barbara Duff works at the Des Moines Water Works as a chemist.

Karsten Gebert comes to us from Principal Financial

Brandon Bundt is a financial advisor at Ameriprise.

Lets all give our newest members a warm welcome and help them to get started with Toastmasters!

President's Message

Talk of Des Moines Toastmasters is on a roll! This month we've had 3 new members and completed the first of our themed meetings, Providing **Effective Feedback**. We are well on our way to achieving President's Distinguished Club Status.

Why is Distinguished Club Status Important?

To me achieving Distinguished Club status is recognition that we have transformed our club from one that was struggling each week to provide a speaker and to fill all of the roles to a club that we can all be proud of. We have become a club where each meeting is dynamic with two speakers on the agenda and plenty of members that actively participate. It means that we are meeting the needs of our members by taking care of our administrative duties in a timely fashion. And it shows that our members are being successful by completing their education awards for Competent Toastmaster, Advanced Toastmaster, and Competent Leader.

This transformation did not happen by chance. It started when Anne Sexton decided that there was a problem and it was up to her to make it better. We were in a situation where only a few members of the club were doing most of the work keeping the club going. We had reached a low of 12 members and we were in danger of failing as a club. **Anne's first steps were to recruit** members to the Executive Committee who took an active interest in the club. The Executive Committee started meeting every month and planning activities for the club. Anne recruited two of our most advanced members, Ernie Moore and Leroy Edge, to conduct a Speechcraft during October of 2004. This was a great success because we attracted 12 guests to participate and inducted 2 new members for our club. We were starting to turn things around and to generate some excitement in the club.

In December, 2004, Anne decided that she could best serve the club by taking on the challenging role of Vice-President of Education. During this transition, I was elected as President of the club. I set the vision for our club to achieve Distinguished Club Status by June 30, 2005 knowing that in order to do so we would have to recruit 6 more members to our club without losing any in the mean time. **I don't think that Talk of Des Moines had added 6** new members in any year since the club was founded and we were trying to do it in 7 months.

Our current executive committee, with the addition of Andrea Jones in November, 2005 and Tom Lu in February, 2006, has done a fantastic job in keeping the momentum going. 2005 was a spectacular year for our club. In 2005, we conducted two Speechcraft programs, one within our club and the other through Des Moines Continuing Education and we participated in the FBLA Fall conference. By year end, we added 9 new members and achieved 6 out of the 10 goals of the Distinguished Club program. Although we fell short of our goal of achieving Distinguished Club Status by June, we had set ourselves up to achieve success in 2006. Now we have only to reach out and grab that goal for ourselves.



Talk of Des Moines Toastmasters



March, 2006

February and March Speeches

2/1/2006

- Diane Bland (#4) "Black History Month"
- Bob Vipond - "It's Time to Distinguish Ourselves"

2/8/2006

- Brett DeBruyn "African Violet"
- Diane Bland (#5) "My Future as Bright as I Want"

2/15/2006

- Diane Bland (6th) "The Diary"
- Susan Hobart (#1) "Mistaken Identity"

2/22/2006 - Speech Contest

- Diane Bland - "The Diary"

3/1/2006

- Bob Vipond - "Handle The Crisis"
- Brett DeBruyn - "My 30-Year Plan"

3/8/2006

- George Clark - "Take the Initiative... Go For the Gold!"
- Tom Lu - "What Tax Form Should You Use?"

3/15/2006

- Andrea Jones - "Extraordinary People in my Life"
- Virginia Palmisano - "How to Play That Numbers Game"

New Member Profile – Barbara Duff

A Buddhist proverb says: "When the student is ready, the teacher will appear." This proverb accurately states my relationship with Toastmasters. I have always dreaded public speaking - so much so that I took it pass fail in college and put my head down whenever I was called on in a classroom environment. In other words, I was, and still am, scared to death to talk in front of an audience. In the past, my supervisors recognized my fear of speaking in front of a group and therefore never asked me to give any presentations. However, my current supervisor has the philosophy that, "You aren't thoroughly knowledgeable about your research unless you present your research to an audience."

So there I was, confronted with the fear of my life - speaking to an audience. And then, Diane Bland walked into my life and started talking about Toastmasters. Shortly after, the teacher appeared. And here I am - ready to tackle my greatest fear head on.

Distinguished Club Progress

**Vision: To Achieve President's Distinguished Club Status by June 2006.
7 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: 23

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

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, Barbara Duff, Karsten Gebert, and Brandon Bundt)

Goal 9 – Four officers trained during both training periods

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

The following members have made commitments to help Talk of Des Moines achieve the rest of our goals.

Goal 2: CTM - ???

Goal 4: ATM – Anne Sexton and Paul Freeman

Goal 6: CL - Carole Stevens and Brett DeBruyn

Who will step up to the plate and earn their CTM award first?



Talk of Des Moines Toastmasters



March, 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!

The Talk of Des Moines Speech Library

The club has purchased the following manuals for the use and benefit of the members of Talk of Des Moines Toastmasters. Once you have earned your CTM award you will have the opportunity to complete assignments from any of the advanced manuals. Other advanced awards also require you to complete modules from the Successful Club, Better Speaker, or Leadership Excellence series.



The following materials are available for use by any member:

- 10 Advanced (ATM) Manuals (one of each)
- Successful Club Series
 - The Moments of Truth
 - Finding New Members for your Club
 - Evaluate to Motivate
 - Closing the Sale
 - Creating the Best Club Climate
 - Meeting Roles and Responsibilities
 - Mentoring
 - Keeping the Commitment
 - Going Beyond Our Club
 - How to be a Distinguished Club
 - The Toastmasters Education Program
- Better Speaker Series
 - Beginning Your Speech
 - Concluding Your Speech
 - Take the Terror Out of a Talk
 - Impromptu Speaking
 - Selecting Your Topic
 - Know Your Audience
 - Organizing Your Speech
 - Creating an Introduction
 - Preparation and Practice
 - Using Body Language
- Leadership Excellence
 - The Visionary Leader
 - Developing a Mission
 - Values and Leadership
 - Goal Setting and Planning
 - Delegate to Empower
 - Building a Team
 - Giving Effective Feedback
 - The Leader as a Coach
 - Motivating People
 - Service and Leadership
 - Resolving Conflict
- SpeechCraft
- Youth Leadership Program

Contact: Bob Vipond (255-7402)
bob_vipond@yahoo.com



Talk of Des Moines Toastmasters



March, 2006

Birthdays

January

1st - Barbara Duff
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

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