



In this issue:

- **Table Topics (p1)**
- **Congratulations (p1)**
- New Member Profile (p2)
- Speech Contest Info (p2)
- 2002-03 Board Members (p3)
- 2002-2003 Club Schedule (p3)

Congratulations

Congratulations go out to several Talk of Des Moines Toastmasters in this issue!

Barb Ranck is our new Area 55 Governor! She is responsible for four clubs within Area 55. She will be making visits twice a year to each club and will help organize the spring and fall contests. Barb, we know you will do a great job!

Colleen Lange completed the 480 mile Ragbrai trip!!! Colleen says, "I particularly enjoyed seeing the State on a bicycle—the beautiful green fields filled with corn and beans, rolling pastures, serene rivers and the Mississippi Bluffs. Best of all are the people I see and meet." Colleen says she saw people wearing tutus, and cans of Spam on their heads. Colleen, we know you have exciting material for lots of new speeches!!!!

TABLE TOPICS

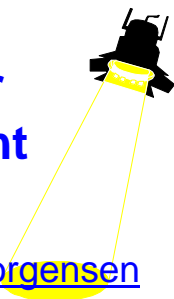
What is fun to watch, but brings fear and trepidation to even the most experienced Toastmaster? You guessed it- Table Topics!

How can we come up with an answer on the spur of the moment that makes sense? Here are some helpful hints:

1. **Repeat the question asked by the Table Topics Master.** Repeating the question will give you time to think about the answer you want to give.
2. **Think about your personal experiences.** How does the question relate to experiences that you have had? Giving an answer based on personal experience will give you confidence to speak about the subject matter, and will give you plenty of material to talk about!
3. **Reverse the question.** If the question is "What would you do if you were President of the United States?" and you cannot think of an answer, reverse the question. "I know what I would **not** do if I were President...."
4. **Think outside the box.** Answers to Table Topic questions do not have to be tied up in perfectly wrapped standard little boxes. The question that is asked can be a stepping stone to leap to a different subject. We all love Ernie Moore's answers to Table Topics because he very rarely sticks to the subject at hand. He uses the question to leap to a subject that he is comfortable talking about.
5. **Sum up the point or the answer to the question as your last statement.** Always end your Table Topics answer with a summary of the point you were trying to make. This helps to add "punch" to your opinions and helps give a definite ending to your Table Topics.
6. **Always give the hard questions to Mark Buzzard.** Just kidding Mark, but seriously, have a sense of humor. We are all in Toastmasters because we need to improve. If you are stumped on a Table Topic, that's okay. Learn from your mistakes. There will always be another chance to do better!



New Member Spotlight



Pam Jorgensen

Welcome to our new member **Pam Jorgensen!**

Pam is employed by Luminary Coaching, LLC. In her spare time she loves to read, travel, and cook gourmet foods. (Pam, did we mention that your fellow Toastmasters love to **eat** gourmet foods?) Pam says she joined Toastmasters to become more comfortable speaking in front of a large group of people, whether in a prepared speech, or just a "spur of the moment" talk.

Pam found Talk of Des Moines Toastmasters through our new website. "After attending a meeting as a guest, I started working on being able to make the time commitment so I could join and get started! I found the members of Talk of Des Moines to be diverse and also friendly which were both important deciding factors for me in which club to join."

We have already appreciated her responses to Table Topics and her desire to get involved. Thanks Pam for choosing Talk of Des Moines Toastmasters!!!!

AREA 55 SPEECH CONTEST

Each fall, clubs compete and send their best contestants to the Humorous Speech and Evaluation Contests. If you are new to the club, you have a chance to see a competition in action, or to participate as a contestant yourself! Humorous Speeches must range between 4 ½ to 7 ½ minutes. Going under or over these times is an automatic disqualification. In the Evaluation Contests, participants all judge the same speech, given by a separate test speaker, and give their evaluations within a 1 ½ to 3 ½ minute time frame. Again, timing is strictly enforced.

There are several positions needing to be filled. Make plans to attend, either as a contestant or to fill a needed position!!!

Date: Tuesday, October 8

Time: 5:30-5:45 (debriefing) 5:45 – 8:30 Contests

Location: Downtown Des Moines Public Library, 100 Locust St., on the corner of 2nd Ave and Locust.

Cost: \$3 per person (guests are welcome!)

Positions to be filled:

Test Speaker for evaluation contest- here's a chance to get credit for a speech!

Refreshments- Can be one person or a committee. Expenses will be covered by the admission charge.

Judges (2 per club)

Counters (2)

Timers (2)

Contest Master (1)

Chief Judge (1)

Check In People (1 or 2)

Call **Barb Ranck** at 225-2544 if you want to volunteer or need more information.



Talk of Des Moines Toastmasters



Established November, 1998

Volume 11

September 2002

Talk of Des Moines Board Officers

President

MIRIAM SAYRE

ATM

274-2091

seanmiriam@aol.com

Vice-President Education

VIRGINIA PALMISANO

CTM

558-6536

VP Membership

BESSIE PARKER

CTM/ATM-B

471-3316

VP Public Relations

BETH WAHLSTROM

CTM

245-2206

beth_wahlstrom@aric.com

Secretary

LINDA ROSS

557-2763

Linda.ross@amerus.com

Treasurer

MARK BUZZARD

248-5418

mark_buzzard@aric.com

Sergeant At Arms

PAUL FREEMAN

CTM, ATM-B

245-2007

paul_freeman@aric.com

Have a question for the club?
Interested in a Board
Position? Talk to any Board
Member using the contact
information provided.

Talk of Des Moines - 2002-2003 Schedule

	<u>Birthdays</u>	<u>Club Events</u>
January	01/04 Ernie Moore 01/12 Linda Ross 01/16 Miriam Sayre 01/17 John Marshall	Review Distinguished Club Status
February	02/26 Sue Gay	
March	03/04 Anita Elliott 03/17 Paul Freeman 03/25 Brian Lynner 03/29 Barb Ranck	Spring Speech Contest: TTopics Contest: International Speech Club/Semiannual Dues DUE
April		
May		
June	06/08 Bessie Parker 06/21 Pam Jorgensen	June 22: Leadership Institute
July	07/02 Susan Jenks 07/07 Laura Johnson 07/24	New Board Officers Inducted Officer Training – 6-8 pm Urbandale Library
August	08/21 Colleen Lange	Officer Training: Aug. 30
September	09/15 Beth Wahlstrom 09/26 Anne Sexton 09/30 Larry Manning	
October	10/23 Virginia Palmisano 10/25 Mark 'Buzz' Buzzard	Club/Semiannual Dues DUE Humorous Speech/Evaluation Contest (Oct. 8th)
November	Club Anniversary!	4-Year Anniversary!
December		Christmas Party?