

The Pulse

VOLUME 6
OCTOBER 2006



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Serving ITC members in Iowa, Missouri, Illinois, Indiana, Ohio, West Virginia, Kentucky and Tennessee.

PRESIDENT'S MESSAGE

NELLIE PALLAGI, AC

SOAR WITH ITC is the theme for 2006-2007 Term. The act of "Soaring" is defined as "To Sail to Great Heights"; "To Fly without loss of Altitude or Attitude"; "To Rise or Increase dramatically in Value"; and "To Ascend to a Higher Level". In Heart of America, ITC, we are reaching out to attain great heights in our communication skills. We intend to fly free without losing our attitude or altitude. Truly, we gain value as we make our way through the Accreditation Program, and the Mentorship Program. And, when each one of us agrees to a commitment, whether at club, council, or region level, we are achieving the idea of ascending higher.

The **Goals** for the region are many; each one measurable, attainable, and with a realistic time frame.

- S. **Service** equals Success through the Mentor Program. This year is the first year each club with a Mentor Program in place is being asked to provide an essay by March 2007 reporting what has been different/improved because of the Mentor Program. Acknowledgement of your club efforts will be given at Conference.

Another aspect of Service requires dues paid on time with the same form used at each ITC level by the deadline of Aug. 1/delinquent Aug. 14th. Those clubs who do not submit dues on time to all levels will be contacted to determine their status.

- O. **Organization.** The Communication Liaison Officer will be sending out important ITC information on a regular basis. Each club must have a CLO established and given to the Region CLO so that information flow is smooth and reaches all members quickly. Any corrections need to go to Anna O' Neal at aoneal@insightbb.com. It is through the club's input that this program will continue to produce good results.

ITC Divisional reports are due October 1, February 15, and June 15. Your Council Officers will be requested

to provide information relative to various report questions at least 30 days prior to the due date.

- A. **Accreditation** is one of the most dynamic and useful tools available to ITC. The new reporting form will be made available as soon as possible so that each club member can provide to their best ability the highest points for 2007. Target the new Alpha designations and get your members involved NOW.

Council of the Year and Member of the Year criteria is also available elsewhere in this issue. Each of these programs is detail oriented and requires much activity and progress tracking. It is a good effort and brings great results.

- R. **Recruitment**-PREM (Publicity, Recruitment, Extension and Mentoring) projects need to begin at club and council levels. Region PREM chairman, Vera Medlock, will be contacting you for reports and will spotlight those events that are unique, creative and just getting out to tell others about ITC. Publicity is important and can be anything from neighborhood flyers, to invitations to various contacts to attend a club meeting or a council meeting, or a newspaper article. Doing something to spread the word about ITC is the most important thing you can do this term. Your milestones need to be seen and heard about, and will be acknowledged at Conference. The Official Region Visitors to your Council Meetings will be discussing PREM in detail. Please be receptive and begin work NOW on your PREM projects. We want to hear about your plans.

Ongoing PREM projects involving actual chartering of a Zenith or Regular ITC clubs are being tracked. The Region Extension Chairman can work closely with any club/council activity that requires assistance. Please contact the Extension Chairman early if you have a potential charter opportunity

Can we SOAR to these heights? Yes, we can. All we have to do is ...DO IT!
"ITC is for YOU... ITC is for ME ...ITC is for EVERYONE!"

First, I'd like to acknowledge what a pleasure it was to work with last year's board. I'd like to recognize the 2006-2007 Executive Board for its earnest desire to make a difference. Secondly, I wish to proclaim my elation at working with the high caliber cadre on the current board.

Just to ditto RMT, I would challenge you to put the "SMART" in your President's 2006-2007 goals as well as your sub-tasks that check-point your achievements in route to goal accomplishments. I would urge the members to review and renew their pledge to support the executive board's efforts to restore the prominence of the region and the ITC legacy that is your heritage.

If words indeed make a difference, then heed these words **"speak it and do it, do it and speak it."** Meanwhile, don't let the **"Tate Family"** interfere with your appointed task to fulfill your club, council or region recruitment and training goals.

I'm referring to "Dictate", who wants to run everything while "Uncle Rotate" and "Mutate", try to change everything. Sister "Agitate" stirs up plenty of trouble along with her husband "Irritate". Whenever new projects are suggested "Hesitate", and his wife "Vegetate" want to wait until next year. Then there is Aunt "Imitate" who wants your club to be like all the rest of the clubs. And of course there is the black sheep of the family "Amputate" and "Gravitate"; one completely cuts you off from the club while the other drags you down. Mother "Devastate" provides the voice of doom. Daughter "Precipitate" wants to rain on your parade, while the son, "Potentate", wants to be the "big shot."

As good communicators we must learn to convert our obstacles to strengths and stepping stones to our goals. Also, enlist and harness the services of the good "Tate Family" members. "Facilitate" is quite helpful in club matters, and a delightful member in the family is Miss "Felicitate". Cousin "Cogitate" and Brother "Meditate" will always think things over and lend a helpful, steadying hand.

The time for annual membership renewals, 31 July, came and passed. I can't emphasize enough how important it is that dues be submitted in a timely manner to all four levels of ITC. Please remember that if you don't pay dues to a particular ITC level, then you are not entitled to any privileges for that ITC level. This particularly effects the life members and members-at-large.

The Target 20/20 program is a PREM recruitment incentive. Quite simply, if you increase your club membership to 20 members or by 20%, you qualify of the ITC Target 20/20 award. Additionally, if you increase your club membership by 100%, then ITC will pay the dues for your next new membership.

Congratulations to HAR for attaining and exceeding the 100 registrations necessary to receive the 1000 NZD Conference Grant Award. Now that you've done it once, you can do it again.

Reminder: The Sunshine region raised over \$3000.00 to support the requests submitted by several SSR members whose families were harshly impacted by the hurricane. So, I will continue to urge your generous contributions for our own members.

If you've been looking to make your mark or put some meaning to this life, then you are in the right position. Your region provides training and leadership services that adds value and benefits to all the lives you impact with ITC. So, seize this opportunity to supplant stagnation with agitation, depreciation with appreciation, paralysis with analysis, slow motion with promotion, and negativity with productivity.

Finally, with the transfer of membership to the after-life being a law of living, I appreciate being notified ASAP of death in the ITC membership. I will write a letter of acknowledgement to the club and family, if I am provided that member's ITC biography. Also, the memorial chairman must notify the ITC website chairman in order to ensure the timely posting of that member's information on our ITC website.

Hey, don't fret the weather! Come, let us soar together. "Lift up your life and Soar"

My year as treasurer is off to a fast start. With Nellie Pallagi, A.C as our leader and President, we're not allowed to procrastinate!

International Dues Information:

For those of you who have not submitted your ITC dues, all payments must be in New Zealand (NZ) dollars only. Any US currency received will be returned to the Club Treasurer. You will find that the US clubs will get a bargain this year. The conversion from US dollars to NZ dollars has improved substantially since this time last year. Currently, the 90.00 NZ dues is equivalent to about \$56.00 US. This time last year, \$90.00 NZ was equivalent to about \$63.00 US. **Of course, the conversion rate changes daily.**

4 options for paying your International dues:

1. **Credit card – Mastercard, Visa, American Express or JCB Cards.** The most popular way to pay your dues is by credit card. The credit card company pays your dues in NZ dollars and bills you in US dollars. Before using your credit card, however, be sure to check the rates your credit card company charges for these services, which are excessive in some cases. Either an individual's card, a "club" card or a Gift Card can be used. (These can be purchased from major US Banks at a cost of approx US \$5 and are similar to buying a telephone card.) Payment with a credit card can be made either online in the Shopping Cart facility or by including the credit card information on your completed forms and posting or faxing to IMS. Please note - **IMS does not recommend sending credit card information by email due to security risks.**
2. **Bank Cheque.** Most major banks will issue a NZ\$ bank cheque. These need to be made out to "International Training in Communication." Please note that regular (not 'bank') cheques cannot be made out in NZ currency if they are drawn on a non-NZ bank.
3. **Bank Transfer.** Most banks can arrange a direct transfer of funds from your bank account to the ITC account. The account details are:
 - Name of Bank: Westpac, Tauranga Centre, 2 Devonport Rd, Tauranga, New Zealand
 - Account Name: Media Matters & Associates Ltd
 - Account Number: 030 435 0666178 00 SWIFT CODE: WP AC NZ 2W

Please note: New Zealand does not have a Routing number; however the SWIFT Code MUST BE used. Remember to include your Club Name in the Reference field so that your funds can be allocated correctly.
4. **Western Union.** A total of up to NZ\$750 is possible through Western Union. However, the funds must be made payable to an individual person at IMS. Please contact us if you wish to use this option.

Heart of America Region Dues:

In almost all cases, the club treasurers have included all essential data for the members and clubs. I would like to thank the club treasurers. I have acknowledged the receipt of dues by e-mail to the club treasurers or alternates, in all cases. For those clubs and members from whom I have not heard, HAR dues are still \$15 per adult club member and \$5.00 per Zenith club member. There has been no increase in HAR dues since they were first adopted in 2001, and no additional dues are due for dual members. There has been some confusion over dues for life members. Life membership dues were paid for the ITC level, not the region level; therefore, **life members must also pay HAR dues of \$15 per member.** In accordance with the current HAR Bylaws, dues for new members joining during the ITC term are paid on a pro rata basis, as follows:

- August 1 – October 31 \$15.00
- November 1 – January 31 \$11.25
- February 1 – April 30 \$ 7.50
- May 1 – July 31 \$ 3.75

Please submit any unpaid dues with all essential data for members and clubs to this HAR treasurer at the following address:

Jesse W. Ivy, S.C.
2575 New Lexington Drive
Bettendorf, IA 52722-2175

If you have questions or comments, you may also contact this HAR treasurer by phone at (563) 332-1078, or by e-mail at bettivys@aol.com. I look forward to serving you.

You never know the level of your commitment or that of a team member until things get tough. Most of us can stay committed if everything is going well. The trick is to stay committed to the commitment when events take a turn for the worse. How committed are you to reaching the ITC objective? Declining membership and lack of willingness to fill offices and committees is creating an environment where many members are wearing multiple hats at various levels. How many opportunities have you missed simply because you decided to “sit-this-one-out?” I encourage you to make the commitment to become more actively involved the next time you are asked. Stop passing up opportunities to “S.O.A.R WITH ITC.”

Your Parliamentary Corner

Mary Remson, AC

The following questions are to measure and increase your parliamentary knowledge.

		<ol style="list-style-type: none"> 1. The minimum number of officers necessary for the conduct of business is <ol style="list-style-type: none"> a. one, a presiding officer b. two, a presiding officer and a secretary or clerk c. three, a presiding officer, secretary and treasurer d. there is no minimum number prescribed
T	F	<ol style="list-style-type: none"> 2. The chair should call for abstentions after “those in favor” and “those opposed”.
		<ol style="list-style-type: none"> 3. The term “quorum” refers to <ol style="list-style-type: none"> a. The number present b. The number voting c. The number present and voting d. The number present but not voting
T	F	<ol style="list-style-type: none"> 4. The presiding officer may enter into debate on all motions.
		<ol style="list-style-type: none"> 5. If an agenda has been adopted <ol style="list-style-type: none"> a. agenda items may be deleted at the option of the presiding officer b. changes in the agenda require a majority vote c. new items may be added by executive order d. changes require a 2/3 vote or general consent
T	F	<ol style="list-style-type: none"> 6. Knowledge and use of proper parliamentary procedure can help your meetings run more smoothly.
T	F	<ol style="list-style-type: none"> 7. The presiding officer must vote to break a tie.
		<ol style="list-style-type: none"> 8. The presiding office may vote on issues when the vote is by <ol style="list-style-type: none"> a. show of hands b. rising count c. ballot d. voice e. all of the above f. none of the above
T	F	<ol style="list-style-type: none"> 9. The president is ex-officio member of all committees.
T	F	<ol style="list-style-type: none"> 10. The president as a candidate for re-election should not preside during the election but should ask the vice president to do so.

ANSWERS: 1-B, 2-F, 3-A, 4-F, 5-D, 6-T, 7-F, 8-C, 9-F, 10-F

How well did you do? 8-10 correct, you are a parliamentary pro. 6-7 correct, you are familiar with parliamentary procedure and you are an asset to most meetings. 5 or less correct, ITC can help you gain more parliamentary knowledge and skill.

Accreditation

By Janet Leman

What does Accreditation do for you?

Speaking in front of groups, crowds, or audiences is not something every individual is comfortable doing. The Accreditation program helps you work at your goals, either personal or at work, in organizations, or just helping you to be yourself. Each level you accomplish helps build confidence and pride in what you have done. Don't miss the opportunity to be who you want to be.

Let's work hard and SOAR WITH ITC!

**See the 2006-2007
Accreditation worksheet on
page 6 of the PULSE.**

2007 REGION CONFERENCE

Volunteers are needed to staff the "Heart of America Region Conference, June 8, 9, & 10, 2007 at the Embassy Suites Hotel in Columbus, Ohio.

Do you have the desire to serve, but no one ever asked you? Well, I am asking and I welcome all who are willing to help us SOAR. We need:

- Hosts
- Hostesses
- Pages

Please join us as we support President Nellie Pallagi, AC, and make the HAR 2007 Conference a grand success.

Contact:

Jessie Shropshire, Chair
Host, Hostess and Pages Committee
4865 Brannan Dr West
Springfield, OH 45502
(937) 629-0618
jshropshire@sbcglobal.net

IN MEMORY OF

By Lilly A Barroso, HAR Memorial Committee

To share memories of our departed ITC members during this term, a special Memorial Ceremony will be held at the June Heart of America Region Conference in Columbus Ohio.

So that these departed members can be properly remembered at this ceremony, please forward an obituary and/or memorial program information to:

Mrs. Lilly A. Barroso
Chairman Memorial Committee, HAR
1116 – 3rd Street-A, Moline IL 61265
E-mail: lbarroso@itgco.com
Tel: 309.797.1489 (or 563.391.0230 from 1:30 -5:30 pm)

If a club member of the deceased will be attending the HAR June Conference and would like to give a eulogy, please identify the name of the deceased and provide your e-mail address and telephone number of where you may be reached.

**HEART OF AMERICA REGION
ACCREDITATION PERFORMANCE WORKSHEET
April 17, 2006 through April 16, 2007**

Name: _____

Club: _____

Club Accreditation Chair: _____

Council Accreditation Chair: _____

Procedures for reporting yearly Accreditation Points:

1. Report certified assignments completed **April 17, 2006** through **April 16, 2007**. Certification is **ONLY** given for line items signed off in the Accreditation Manual during the reporting period.
2. To Obtain Certification, request evaluation of your presentation and have the accreditation committee member at that level sign and date the line of the performance assignment in your Accreditation manual.
3. Each member must turn in to the club accreditation chairman a copy of this completed point system form and the Accreditation manual pages highlighted to show certification of each line assignment for this period.
4. Club accreditation chairmen must turn in this point information for each member to the Council Accreditation chairman by **April 22, 2007**.
5. Council Accreditation chairman must have their reports with attachments to the Region Accreditation chairman by **April 30, 2007**.

CATEGORY	NUMBER OF TIMES CREDIT RECEIVED	POINTS FOR CATEGORY	= TOTAL POINTS THIS CATEGORY	MANUAL PAGE #
Course Completions	X	100	=	
International Convention Attendance 2006	X	50	=	
Regional Conference Attendance 2006	X	50	=	
Leadership Seminar Attendance 2006	X	25	=	
80% of Club meeting attendance	X	2	=	
Council meeting attendance (each)	X	25	=	
Elected or Appointed Club officer 2006-2007	X	30	=	
Elected or Appointed Council officer 2006-2007	X	40	=	
Elected or Appointed Region officer 2006-2007	X	50	=	
Elected or Appointed International officer 2006-2007	X	100	=	
Pledge, Toast, Inspiration, Grace, Timer	X	5	=	
Invocation, Closing Thought, Issues of the Day Leader	X	15	=	
Participant in Issues of the Day	X	5	=	
Program Leader	X	25	=	
Word Power, Grammarian, Lexicology	X	15	=	
Speech 5-8 minutes	X	25	=	
Trainee Evaluator (maximum of 3)	X	10	=	
General Evaluator at any meeting	X	15	=	
Standing or Special Committee member at Club, Council, Region or International	X	25	=	
Education Feature 10-15 minutes	X	25	=	
Debate Participant (Debater or Judge)	X	50	=	
Member of Panel, Roundtable or Symposium	X	50	=	
Moderator/Chairman of Panel, Roundtable or Symposium Discussion	X	20	=	
Book Report or Review	X	25	=	
Impromptu Speech 5-8 minutes	X	25	=	
Speech Contestant at Club	X	25	=	
Oral Reading	X	20	=	
Chairman of Standing or Special Committee at Club or Council	X	40	=	
Chairman of Standing or Special Committee at Region or International	X	50	=	
Prepare and Present Oral or Written Report	X	25	=	
Present Educational Feature 20-30 minutes	X	50	=	
Present Educational Feature 45-60 minutes	X	75	=	
Present Educational Feature 75 minutes or more	X	100	=	
Installing Officer (1 only)	X	25	=	
Courses IV and V items NOT covered above (each)	X	75	=	
Play a major role in organizing a new ITC club	X	25	=	

TOTAL ACCREDITATION POINTS 2006-2007 = _____

<p>FOR MORE INFORMATION CONTACT: Heart of America Accreditation Chairman Janet Leman, SC 3948 Partridge Circle Bettendorf, Iowa 52722 Jleman@netexpress.net</p>	<p>DEADLINES FOR SUBMISSION:</p> <p>To Council chair by 04-22-07</p> <p>To Region chair by 04-30-07</p>	<p>FOR MORE INFORMATION CONTACT: Council Accreditation Chairman</p>
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CALL FOR BYLAWS CHANGES

Are the Heart of America Region Bylaws and Standing Rules serving you well? Is there anything that you could suggest to improve them? Any member can submit proposed changes at any time, but since we must distribute proposed changes to all clubs 60 days prior to voting at the Region Conference, we are asking you to turn in your suggestions **by March 1, 2007** so there is time to edit and distribute them in a timely manner. Why not set aside time on your club program to review the bylaws and see if they are all you wish them to be? You could make it a panel discussion and use it to fill a line in your accreditation manual.

Submit your ideas in writing (or email) stating:

- what article you wish to change
- how the new bylaw would read
- the logic behind your proposal

**Send your bylaws
changes to Helen by
March 1, 2007**

**Helen Burke, A.C., Chairman
Bylaws Committee
860 Kessler Blvd. West Drive
Indianapolis IN 46228.**

Email address is: Hckburke@aol.com.



EXTENSION INFORMATION

The Extension Chairman is responsible for providing information and guidance to individuals and groups who wish to charter new ITC clubs. The committee will:

- Supervise Extension within the region by following prescribed ITC extension policy.
- Develop an Extension team from among the Councils within the region.
- Report progress to the Region Board which shall be reported to the ITC Division Vice President by the region president.
- Process all extension materials directly through ITC Headquarters which shall be responsible for ascertaining non-duplication of new club names. Headquarters will also be responsible for assigning charter numbers and forwarding the charter. The region budget shall provide for extension expenses which shall be supplemented by ITC funds allocated to the Division Vice President for distribution. "This committee looks forward to working with all clubs and councils."

Ellen P Holton, AC. Extension Chairman
(317)-546-4239 eholton6698@sbcglobal.net

COUNCIL OF THE YEAR

Yes, it is time to start collecting those valuable points. The criteria won't be new to you, but we do ask for documentation and specific information. Your comments are greatly appreciated; please feel free to contact me with any questions. Let's prepare for that award ceremony. Sorry there will be no red carpets or TV coverage, but we will certainly be interested in how many points are accumulated.

Martha Barkhau, Chairman
mbarkhau@yahoo.com
317-786-4900

**See the
Council of the Year
criteria worksheet
on page 8.**

COUNCIL OF THE YEAR CRITERIA
May 1, 2006 – May 1, 2007

Council _____

President _____

Points	Category	Total Points for Category
25	1. Each council business meeting with a quorum of delegates present. List meeting dates:	
10	2. Each delegate's briefing held prior to business meeting. List dates and name of officer who conducted briefing:	
20	3. Each council board meeting (by telephone or in person) at which a quorum of officers is present. Minutes must be taken.	
15	4. Educational presentations of over 15 minutes at Council meetings. Points per every 15 minutes; provide documentation.	
15	5. Educational presentations by Council officers (including Parliamentarian) at clubs other than their own. Points per every 15 minutes of training; list who, when and where:	
15	6. Council Management Training. Points per 15 minutes of training. Documentation needed (i.e. copy of program)	
50	7. Holding Council Speech Contest. Date of contest:	
20	8. Council officers serving as judges at club speech contests. Who, when and where:	
20	9. Council members serving as speech contest judge for outside organization. Provide documentation.	
25	10. Establishing/maintaining Council website (give website address)	
10	11. Publicity in outside media for Council functions (points per article; documentation needed)	
25	12. PREM activity booth, presentation to outside group, etc. Provide documentation.	
15	13. Points per new member whose dues have been received.	
50	14. Establish regular ITC or Zenith Club (dues must be paid)	
15	15. Points per club whose Council dues are received by August 1, 2006	
10	16. Returning official visitor evaluation form to Region President. Points per evaluation form.	
10	17. Report to Region President by deadline. Points per report.	
TOTAL POINTS		

President's signature _____

DEADLINE: Reports must be RECEIVED by May 31, 2007. Attach documentation and send to:

Martha Barkhau, Chairman
 1040 E Cragmont Dr
 Indianapolis, IN 46227
 317-786-4900

ATTENTION ALL CLUB PRESIDENTS

All Heart of America Region Clubs should begin now making plans to nominate an eligible member for the Member of the Year Award at the 2007 HAR Conference. This is a golden opportunity to provide one of your own club members this special recognition for her/his work on behalf of ITC, representation of their club, and toward fostering increased membership and participation.

We'd like to have a candidate from all clubs, so plan now to nominate a deserving member from your club for this prestigious honor.

Rules of eligibility are listed below. Please read and follow them carefully.

RULES of eligibility:

1. A candidate shall be a continuing member of at least two years and a member of a club in good standing.
2. A candidate shall not have been a "Member of the Year" winner at Region in previous years.
3. The term of candidates' participation shall be from August 1, 2006 to April 30, 2007
4. The regional winner shall be selected on the basis of:
 - a) Regular attendance and participation in club program assignments and committee work at club level. Candidates shall have attended at least 90% of club meetings and 100% of council meetings during the term.
 - b) Active role in membership and extension, or where applicable, shall have helped at least one club in her/his council back into good standing as to membership.

See the Member of the Year entry form on page 10

**HAR Member of the Year
(entry form cover sheet)**

Postmark Deadline: April 17, 2007 Entry form must be typed!

Return to: Pearl L Bobson
3101 Valerie Arms Dr., #2C
Dayton, Ohio 45405

The members of the _____ Club, Council _____, nominate
_____ for the 2007 Member of the Year Award.

Complete the statement below the line. Number of words must be a minimum of 150 and a maximum of 200. Information above the line will not be given to the judges.

**Heart of America Region
Member of the Year
(Entry Form)**

We believe our member should be named the 2007 Member of the year because:

1. ITC Benefits.
2. ITC activities.
3. Sponsoring new ITC members and new clubs.
4. We certify that this member has attended at least 90% of the club meetings and all council meetings during the past year.

Signature of Certifying Officers: _____
Club President Club Secretary - Treasurer

MENTORING TIPS

Mary Beth Day, SC Castle Club C7

New ITC members should be assigned a more experienced member as a mentor. The mentor can provide new member orientation offering advice on the different aspects of assignments and answering questions. The mentor could preview the new member's performance of assignments and follow up to evaluate their progress.

New members benefit from a relationship with effective evaluation of assignments and encouragement from the mentor.

Responsibilities of new members:

1. Ask questions
2. Accept new challenges
3. Use mentor feedback to improve future performances

Characteristics of good mentors:

- Get satisfaction from seeing people become successful
- Welcome challenging experiences
- Enjoy sharing knowledge/experience
- Enjoy helping individuals identify and respond to the challenges

A good mentor is also a role model: They serve by example:

- ✓ share how they balance their life
- ✓ share with other mentors
- ✓ teach mentoring
- ✓ communicate their feelings

There are also informal mentors. A new member can watch other ITC members and glean information by watching that particular person's performance.

According to Webster

Mentor:

1. A wise and trusted counselor or teacher
2. An influential senior sponsor or supporter

Mentee:

A person who is guided by a mentor

MENTORING ESSAY CONTEST

By Nellie Pallagi, AC
HAR President

Last year Mentoring was stressed by the Region but little follow-up was done to determine if this program was really working in the various clubs. Each ITC member should have a Mentor, not just on paper, but someone who helps the member prepare for a presentation ahead of time, then actually evaluates and suggests improvement to the Mentee. Based on the need for good Mentorship within the Region, an essay type "Contest" will be held prior to the 2007 Region Conference.

Each club is requested to submit in essay format:

1. How the Mentor Program within the club has met expectations of Mentee.
2. What do you see as the merits/effectiveness of the program itself?
3. What has been different / improved because of the Mentor Program within the club?

Submit the essay identifying your club, your position within the club, and whether you are a Mentor or Mentee, your name and address by **no later than May 1, 2007**. Winner essays will be read at the Conference and suitable recognition will be given.

Send your essay by

May 1, 2007 to

Nellie Pallagi, AC
80 Glyn Carin Ln
Granville, OH 43023
nellie@cgate.net



TO: All Heart of America Clubs
FROM: Heart of America Region Nominating Committee
SUBJECT: Nominations for Heart of America Officers and Nominating Committee, 2007-2008

The nominating committee of Heart of America advises nominations are open for clubs to submit names of members as candidates for office and for the nominating Committee for the fiscal year 2007-2008. The elections will be held at the Heart of America Region Conference in Columbus, OH June 8-10, 2007.

Nominations are requested for the offices of President-Elect, Secretary and Treasurer. Nominations are also requested for the region Nominating Committee. Further nominations may be made from the floor by credential delegates at the conference. (Article V, Section D).

Qualifications which must be met are outlined in the ITC Bylaws, Article VIII Regions and Heart of America Region Bylaws, Article V, Elections and Duties of Officers.

Please refer to Article V, Section B, which defines the eligibility requirements.

The candidate must be nominated by the club of which he or she is a member, must be qualified and eligible to serve. The appropriate forms or information must be submitted/postmarked no later than Saturday, February 17, 2007.

Qualifications which must be met are outlined in the Heart of America Region Bylaws (amended June 11, 2005) Article V, Election and Duties of Officers.

Please refer to Article V. Section B. Requirements, which defines the eligibility requirements.

Note: It is desired that a candidate be nominated by the club of which he or she is a member but is not an HAR bylaw requirement.

Mail to: Verna Washington, Chairman
4707 Round Lake Rd
Indianapolis, IN 46205
317 475 2232
Verna.Washington@DFAS.MIL

NOTE: The Nominating Committee can perform duties by telephone and mail. The committee members are not required to meet in person to function properly.

Heart of America Region, ITC

Nominee for Nominating Committee

ITC _____ Club submits the following

_____ as candidate for the
Name of Nominee

Nominating Committee. He/She is a member of Council _____ and has
been a member of ITC for _____ years.

STATEMENT OF CONSENT: If elected, I hereby consent to serve on the Nominating
Committee.

Signature of Nominee

Signature of Club President

Heart of America Region, ITC

Nominee for Office

Deadline for Submission: January 15, 2007

Return Form To:
 Verna Washington
 4707 Round Lake Rd
 Indianapolis, In 46205

FOR THE OFFICE OF _____

NAME OF NOMINEE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CLUB _____ COUNCIL _____

MEMBER OF ITC _____ (Total years).

OFFICES HELD

OFFICE	CLUB (YEAR)	COUNCIL (YEAR)	REGION (YEAR)
PRESIDENT			
VICE PRESIDENT/ PRESIDENT ELECT			
SECRETARY			
TREASURER			
PARLIAMENTARIAN			

COMMITTEE WORK HELD

LEVEL	COMMITTEE MEMBER	COMMITTEE CHAIRMAN
CLUB		
COUNCIL		
REGION		
INTERNATIONAL		

OTHER ORGANIZATIONAL AFFILIATIONS

OTHER INFORMATION YOU CONSIDER IMPORTANT

EMPLOYMENT

Job Title:
One sentence job description:

Consent to Serve Statement 2007-2008

By signing this statement nominee indicates willingness to have his/her name placed on the official ballot if selected by the nominating committee, and if elected, to fulfill the duties and responsibilities of the office and serve as a member of the Heart of America Region Board to the best of his/her ability.

Submitted by ITC Club _____ Date _____

Signature of Club President

Signature of Nominee

Publicity, Recruitment, Extension, Mentoring. These are powerful words and actions if put into use.

If we are to continue to exist as an organization, then PREM must be used. We are the best kept secret around. Not many know of our skill set and our abilities or that we as an organization even exist. We need to publicize our existence and our abilities through this existence. We need to offer ourselves to other organization and demonstrate our tenets.

A year or so ago, a young was in my office and noticed some ITC literature on my desk. He asked "what's that?" I explained the organization to him and his remark was "people actually pay for that". I tell you this because these are the very individuals we need in our organization. These are the ones that can benefit most for our teachings. These are the one that can carry our banner forward. But there remains one question. **HOW DO WE GET THEM TO BELIEVE THAT THEY CAN'T MANAGE WITHOUT ITC?**

We need to find a method that works to bring new members who need us and in turn will give back to us. PREM projects are a way of doing this.

At the region conference during the CMT workshop, there were **four scenarios** aimed at attracting new members. These scenarios were worked on by four different groups with plans of implementing the PREM projects.

The first scenario – "A small four-member club wants to recruit new members. There is a larger club in a city nearby. How can these two clubs combine forces to create an atmosphere that will bring in guests and new members? You want to try a PREM project in a local library. How do you go about handling publicity, guests, type of program, and how do you see mentoring as part of this program?"

Scenario #2 – "Your Council has three clubs with few members in each club. Your council Board has decided to run a recruitment program. You need to decide how this recruitment program will work, what kind of members are you going to recruit, what type of program presentation will you do, and how are you going to develop a mailing list?"

Scenario #3 – Communication skills are marketable. Your Council wishes to rent a booth at a large job fair. Attendees will be students and young professionals. Vendors would range from health care suppliers, beauty regimens, exercise clubs, gift purveyors, businesses, banks etc all looking for prospective employees. The sponsor is a large university. What would you do to entice attendees to stop at the ITC booth? Who would man the booth and how would they be trained? What materials would be on display? How would the follow-up mail list be managed?

I have the details set up during the CMT workshop and will give them to you later. For the present I would like those daring enough to choose a scenario and plan it through, put into action and report to me your successes. I am willing on my own to offer a cash award to the highest point winner for their successes. Points will be given for planning, execution and gaining members. Fifty points each. I will apply pressure to some of my friends, all either present or past ITC members, to be the judges. The maximum prize is \$50.00. Submission deadline is April 25, 2007. See note following for a sample outline. And remember this comes from me not the region. So now who wants to take my money?

Vera

To give you an idea of how the scenario should look here is the **fourth scenario** as it was done by the workshop group at CMT.

Youth Zenith Clubs focus on Student communicators at reduced dues and a simplified manual. Your Club has the opportunity to go into a local middle school to present reading, speaking, and other communication skills. Leadership is important in this age group. The teacher and principal are familiar with ITC. How can your club work toward establishing a chartered Zenith Club? What steps would you take initially? How do you get the students to participate? How long will it be necessary to keep this project going? How would you present the Zenith Club to the students, parents, and teachers? Answer:

Step 1. Start at the beginning of the school year. Contact administrators with Zenith Club rules, plans, and bylaws. Contact students and parents to determine interest. Be ready with brochures and meeting outlines/instructions so the entire program can be seen at a glance.

Step 2. Once approval is granted for classroom work provide a Demonstration of Communication skills with reading/writing, speaking and leadership. Club members to do this on a rotation basis.

Step 3. Children will be given the chance to choose the presentation skills they desire, and classroom work will include interaction and actual speaking assignments by the students.

Step 4. Follow-up for six weeks or even longer to develop the Zenith Club and maintain ITC interest. Continued Mentoring would be needed for the students. Encouragement and hands-on development of agendas and meeting programs would be necessary. Plan an event where parents and teachers will be present, possibly a Speech Contest with prizes.

Since I took leave of my mind and decided that I should return to the Region Board, I have heard many say the same thing. And that is we have gotten away from our basic training. In a way they are right, we have gotten away from training in what ITC is known for. We have members coming up through the ranks that have not been given the basics and are pretty much left to their own devices.

The problem is not that we don't want to train. The problem is that we have so many seasoned members that we can't train. Maybe, "can't" is too strong a word. For example, a member is elected President for the second or third time and does not wish to sit through a presidential training. And let's face it, the more seasoned members may outnumber the less seasoned members who may actually need the training. But on the other hand I believe that everyone has something to add to the pot whether they are seasoned or not.

I am going to challenge all officers new, old and retrainees to take on training on an individual basis. The tool you are going to need is the new Master Manual. Don't panic, I am not saying that you have to buy it. This is the computer age, go on the internet and download what you need. I would suggest using a disk rather than printing it out. The last time I printed it, the page count was 300 and counting.

Section 7 is 31 pages long and has a wealth of information on "Meeting Procedure Basics."

Now here is the challenge, I want officers at all levels to use your particular section of Section 7 in carrying out your duties this year. Sounds easy, but I will be asking visiting Board members to check and see if you have prepared the documents as necessary for your business meeting. This challenge can be done by anyone, particularly those who want to go higher in ITC or in their own professional life.

Additionally, when we have our Regional Conference in 2007 in Columbus, I want the outgoing officers to bring their agendas, reports, etc with them and most of all I want them to attend the CMT session so that everyone can learn of their experiences.

I know everyone is busy, but I believe that if you were interested enough to join ITC you will be interested enough to learn some basics that you can use not only in ITC but anywhere your life takes you.

We are a small struggling organization, but just think how impressive an ITC member that ventures forth in other organizations is to their peers.

Give this challenge a chance and we can all learn from each other. Give this challenge a chance and we can all grow in our own right.

Remember that you have an appointment June 2007 at the Regional conference to be present and partake of the adventure.

The prize for this challenge is self-rewarding personal growth and after all that is what got you through the door in the first place.

Shari Patterson takes 2nd place in the Division 1 and Division II Conference Speech Contest!

Pictured are Shari Patterson, member of Jet Aires Club, and Mary Marshall, International President-Elect.



As Region Membership Chairperson, my goal is to help increase membership this year. Members are the backbone of any organization and we need to look around and be concerned about the declining membership. Two surveys could be used to solicit interest in joining or rejoining ITC. You can put together your own survey, but here are some ideas to get you started:

Survey ideas for Past Members:

*Hello _____,
ITC is having a membership drive and we would like to invite you back to the organization. Please complete the survey and return it in the enclosed envelope. Thanks for your cooperation.*

*Are you willing to return?
Why did you leave?
What did you like about ITC?
What improvements need to be made?
Would you be willing to assist in the improvements?*

The fact that we are reaching out and trying to re-interest past members lets them feel they are missed and needed to help increase our membership.

Survey ideas for Prospective Members:

ITC is having a membership drive and at this time we are interviewing for new members. Would you please complete the enclosed survey and return it at promptly?

*Are you afraid to speak in front of a room full of people?
Do you need to brush up on your writing, communication, listening and leadership skills?
Can you dedicate 2-4 hours per month to attend club meetings?*

If you answered "yes" to any of the above questions, ITC welcomes you to join us at our upcoming meeting (provide meeting details).

I encourage each member to prepare and send these surveys quickly. Follow up with a phone call to let them know you are truly interested in them returning/joining. **Each club must have a genuine concern about the loss of members.** I ask all clubs to diligently work to increase membership. Here are some ideas to generate interest in returning/joining ITC:

- Host a membership meeting. This could be a demonstration meeting so guests can see what ITC is all about.
 - Invite officers from Council and Region to speak 3 to 5 minutes about the benefits of ITC membership.
 - Display pictures of past ITC functions from all levels.
 - Offer door prizes.
 - Ask guests to provide their name, address, phone numbers, and email contact on a sign up sheet.
 - Send handwritten "thank you" notes inviting guests to attend future meetings.

The member that brings in the most new/rejoining members will win a special prize that will be awarded at the Region Conference.

Who will represent Heart of America Region in Brisbane, Australia—will it be you? It could be! It all begins with the club contest. Each member has an opportunity to stand in the winners circle. It's time to use what you have learned about organizing a speech, presentation skills and projecting that all important winning image.

The rules for the contest are the same as last year. They are located on the website under "Resources" along with all the necessary forms. They will not be coming in an All Club Mailing. All the new forms must be used as some forms changed in 2005.

Some of the highlights are:

- Speech contest committee verifies all contestants' eligibility to avoid disqualification
- Provide contestants and alternates three (3) different subjects (single words, phrases, or a combination) three weeks prior to the club contests. Contestants may present the same speech at club, council, region and international.
- Contestants must state whether the purpose of the speech is to inform, persuade, inspire, entertain, be a research speech, or current event speech.
- A minimum of three participants are required for a contest.
- Whenever possible, at least one judge should be an ITC member.

If you have any question about your club or council speech contest, please contact me.

Shirley K Vargas, SC, Chairman
 Heart of America Speech Contest Committee
 5870 Norwaldo
 Indianapolis, IN 46220
 317-253-9381
 SKVI@sbcglobal.net

**Will you
 represent Heart
 of America
 Region at the
 International
 Speech contest
 in Brisbane,
 Australia?**

PR or Not...sounds rather silly. Of course, each ITC club does PR - Public Relations - on a regular basis – doesn't it?

While we may not realize it, we demonstrate public relations for our clubs each time we do anything. We, in ITC, who are considered the ultimate authority, are watched and emulated elsewhere because of our reputation. Do we, as members, realize the POWER we have daily in our workplace and elsewhere? Probably not.

If, for some reason, we do a project incorrectly, or did not take the time to review our manual we are training others that this is the proper way to handle the meeting, agenda, speech, etc. **WHAT AN AWESOME RESPONSIBILITY WE HAVE!**

We, in ITC, have the opportunity to learn through our manual and meetings – others do not have that benefit. Let us offer to show them, first by example, and then by assisting with projects at work, etc. When they ask how we know what to do when, here is our great opportunity to invite them to our meetings.

Our meetings must be prepared in such a way that whether or not there are guests, the meeting is appropriate and provides training for the members. True, there may be a time when we will want to "pull a special meeting from the shelf" and use it if there are a number of guests present. Otherwise, we need to continually refine our own skills in presentation and meeting management to assist us in our own professional growth.

We are like movie stars – there is always someone watching us. Rather, let us be like the stars in the sky - so we and ITC always shine brightly.

ENTER THE 2007 ITC WRITING CONTEST!

It's time to get the creative juices flowing! The ITC Writing Contest deadline is March 1, 2007. That's ample time to write, rewrite, and tweak many times before submitting your entries.

The basic rules for writing are:

Fiction and Non-fiction: no fewer than 500 words and no more than 1500 words.

Poetry: no fewer than 10 lines and no more than 32 lines – metrical or free verse.

All entries shall be either computer-generated or typewritten on one side of an 8.5" x 11" (21 x 30 cm) white paper (or equivalent size in country of entry), double-spaced, with margins of at least one inch (2.5 cm) left, right, top and bottom. A member who has won the Region contest in the same category in the last two consecutive years may not enter in that category in 2007.

The 2007 Writing Contest Rules are now available on line, and there are a few changes from the 2005-2006 rules. To check for the 2007 updates on the ITC website, click on "Resource Center," then "Writing Contest" and read the following for 2007:

Writing Contest Rules 2006-2007
Changes to Writing Contest Rules 2006-2007
Writing Contest Deadlines 2006-2007
Eligibility Statement 2007
Judging Criteria for Poetry
Judging Criteria for Fiction
Judging Criteria for Non-Fiction

Follow the 2007 rules, meet the deadlines, complete and send an eligibility statement along with each of your entries making sure you have all the appropriate signatures. You may submit one entry in each of the three categories. Please include your email address so that confirmation of receipt can be sent to you. If you do not have email, please include a self-addressed, stamped envelope.

Entries with a postmark dated after March 1, 2007, will not be entered in the contest, so please consider sending them early!

Mail your entries to the Region Writing Contest Chairperson:

Linda A. Heisey
1004 Schauer Drive
Galloway, OH 43119-9698
(614) 870-1192
HEISEYL1@juno.com



Good luck, members!

INTERNATIONAL TRAINING IN COMMUNICATION

HEART OF AMERICA REGION CONFERENCE

June 8 – 9 – 10, 2007

MARK YOUR CALENDAR TODAY FOR THIS EXCITING CONFERENCE!

"S.O.A.R. WITH ITC"



You're invited to attend:

WORKSHOPS/EDUCATION
OFFICERS TRAINING
SPEECH CONTEST
ANNOUNCEMENT OF WRITING CONTEST WINNERS
OTHER GREAT AWARDS
ACCREDITATION OPPORTUNITIES
FUN EVENTS
MEET WITH ITC FRIENDS

EMBASSY SUITES HOTEL
2700 CORPORATE EXCHANGE
COLUMBUS, OH 43231
614-890-8600
\$109.00 + tax (overnight rooms)

Polaris and Easton Shopping Centers, COSI (Center of Science and Industry), Columbus Zoo, and the Columbus Conservatory are within easy access. Free shuttle to airport/free parking. For overnight guests – free breakfast and free managers' reception is available. Guests (not overnight) can purchase breakfast and manager's reception tickets if desired.



ADVERTISE in the

June 2007 HAR Conference Program booklet!

Cost:

\$50.00	Full page
\$30.00	½ page
\$20.00	¼ page
\$12.00	Business Cards
\$ 5.00	Patrons (name only)

DEADLINE FOR RECEIPT OF AD AND PAYMENT IS FEBRUARY 20, 2007

Don't procrastinate! Send your ad in early as space is limited!

- Make check or money order payable to:
Heart of America Region Conference
- All ads must be camera ready and black and white only
- A check or money order should accompany the ad
- The Ad Chairman will confirm *in writing* that your ad has been received

Please submit your club name with the ad as the CLUB WITH THE MOST ADS received by the deadline date will be recognized at the conference.

Send your Ad and payment to:

ITC Ad Chairman
Verna Washington
4707 Round Lake Rd
Indianapolis, IN 46205
verna.washington@dfas.mil

News & Views from Council 1 By Shirley K. Vargas, SC, President

Council 1 has begun their year running! With three Board meetings completed to aid in planning for the new ITC year, Council 1 is off to a solid and exciting start. CMT was held August 10 for new and continuing members and provided officer, committee, and accreditation training. Thanks to St. John Agape' Club for hosting and to members who made it a success!

The theme for Council 1 this year is "VISION, VALUE AND VOICE" and the aim is "A TRIANGLE FOR SUCCESS." Each club is encouraged to have a workshop on voice effectiveness using information from "POWER TALK" in the Master Manual or training materials off the website. It is a goal to build strong ITC value for each member as they use the Master Manual to develop creative programming.

A strong PREM team, led by Irvin Walker, AC., had their first project scheduled for October 14 at the Glendale Mall and aligned their goals with Region's. Each club will plan to assist. The Council is working toward increased membership, active participation of members at the meetings and updating our Bylaws and Standing Rules. Planning is in process for Jet Aire Club, Dayton, to join us at our March Spring Meeting and Speech Contest.

St. John's Agape' Club has taken a leadership role in inviting all clubs to participate in a Founder's Day Program on October 16. The Council Board is appreciative of the support of members and will "Come a Calling" when invited to foster membership growth and help provide quality education and training.

Council 2 President's Report By Marvin L Ware, President

Theme for 2006-2007:

Give the world the best you have, and the best will come to you.

Motto: Building Bridges

Goals:

1. Preside at all Council meetings and all Board meetings
2. Follow club by-laws
3. Prepare a workable budget

Recruitment: Try to retain current membership and seek new and old members.

PREM: No projects set up at this time

What's new in Council 3 By Ann Moore, President

Along with Council 3, our clubs, Arsenal Island Training Activity, Davenport and Tri-City have also elected their new 2006-2007 Club Officers.

Keeping the theme "Learning ITC Skills", we will continue to strive to improve our members' Communication and Leadership skills not only through learning, but by doing. We will continue to offer opportunities for our members to reach their desired accreditation levels and continue recruitment projects to bring in new members.

We're off to a great start this year. On August 30, 2006, we were fortunate to have HAR Treasurer, Jesse Ivy, SC and Davenport Club Treasurer, Sally Ivy, AC jump-start our year with a CMT training session. Members representing Arsenal Island, Davenport and Tri-City clubs were present for the training. The training was very informative and will serve as a great reference tool for new Council 3 Officers as we begin the year.

Council 4 President Cheryl McGruder

Another year has gone by and here we are again. Wow, I'm excited! The 2005-2006 year was filled with many challenges. Nevertheless, we made it through. There were new ideas submitted for the 2006-2007 year and we have implemented one of them by having two clubs work together and prepare the workshops for the Council meetings. This will enable clubs to work together outside of the meeting and hopefully help to increase Council participation.

Our theme for the year is "Each One, Reach One". Yes, the same as last year. We did not want to change the theme because we wanted to continue to give back to those in our community and to those in the organization as well. We will be taking a look at the need of the community and we as members of ITC will try to meet that need.

We want to do what we can to help build the self-esteem and confidence of others and we're hopeful they will see something in us to want to become members of ITC. To achieve this goal it will take a change in our attitude. **"A positive attitude is a person's passport to a better tomorrow."** (Anonymous) Attitude can make or break you. As members of ITC we want it to make us.

We EXPECT great things this year!

I have been thinking a lot about the word “**OPPORTUNITY**” as I begin the journey as President of Council #7. Our past leaders have given us plenty to build upon, with numerous *opportunities* to strengthen our council through innovations and working committees.

Realizing that, as members of Council #7, we have: active minds, great imaginative powers, and the knowledge that if we work diligently through committees and be of one accord, we can take advantage of all opportunities afforded us. To move forward as a single unit, we must uphold the philosophy of ITC which is, “To improve communication and leadership skills, in order to achieve greater understanding throughout the world.”

How do we implement this philosophy? What do we want for Council #7? I propose that **we want Council #7 to become an organization that is known, respected and solicited as a valuable resource for information on oral and written communication throughout the community.**

Through working committees, members of Council #7 can improve communication and leadership skills by completing requirements for Skilled Communicator, Accomplished Communicator, and finally, Distinguished Communicator.

What are we willing to do to realize our future? Every Goal that is meaningful and worthwhile does require commitment, sticking to a task.. Perseverance is an important part of commitment. In spite of any difficulties that may arise, we must continue to work toward our goal. There must also be a sense of caring and a desire to succeed built into our definition of our future.

Let's look at some ways that Council #7 can continue to be the leading council in our region:

- Continuing to study and practice the skills as presented in ITC's Master Manual
- Taking on new challenges on all levels, club, council, region, and national
- Accomplishing the courses as set forth in ITC's Accreditation program
- Adhering to Council rules/bylaws

Committed to our duties as members of committees at council level such as Membership is important for the future of Council #7. We all know that a vine that does not spout new leaves will wither and die.

With Membership we must have holding power. How do we keep members enthusiastic about Council #7? First, the Protocol person and greeters have the task of making each individual attending Council #7's meetings, feel that they belong and are important to the organization. Next, our Program committee has the task of being creative in planning stimulating, informative and timely programs. Our members will then become excited and inspired to work diligently on their Accreditation to become Distinguished Communicators.

We of course realize that in toady's world it takes finance “money” to promote ourselves. This is where our Ways and Means committee steps in with the support of the Budget and Finance Committee and uses their creative know-how to give our council a cushion to work from. This makes it possible for the Community Service, Publicity and Public Relations Committees to keep ITC's Organization in the forefront of the public physic.

We will of course continue our legacy of participating in the Speech Contest and start in earnest entering the Writing Contest and forming Debate Teams, which are most captivating.

To accomplish all of our goals, we must follow certain rules and regulations. Our Parliamentarian and the By-laws Committee will keep us in touch with the National Organization.

It is necessary that we know what has and has not been of benefit to Council #7. We don't want to waste our time and talents on programs which have been proven to have little affect on Council's growth. For this, we depend upon our Historian to keep accurate records of our past endeavors.

And of course being humans we need glue to hold us together as an organization. Every once in a while it's important to sit back and share the accomplishments, expectations and missteps that we have taken. This is the task of our Social Committee.

As we prepare for this New Council Year, let us keep in mind what we as Council #7 have accomplished and what kinds of innovative programs we wish to implement.

Realizing that the strength of our council is in its diversity as well as in its unity, each of us should ask ourselves, what commitments am I willing to make to Council #7? On which committee am I willing to serve?

With this thought in mind, let our theme for Council 7 this year be:

INNOVATIONS THROUGH WORKING COMMITTEES.

AND OUR GOAL: BUILDING BRIDGES

The Heart of America Region Leadership Seminar was held October 14, 2006 in Clarksville, Indiana.

Expert ITC speakers provided the best in training, education and motivation at the Annual Leadership Seminar. Council 4 hosted the event, providing Registration and Program Leader expertise. Motivation is always a key part of ITC training, and in an effort to lift our ITC Spirit, we distilled our training down to a few words:

Work Hard	Be Impulsive	Eat Chocolate
Have Fun	Whistle – a lot	Take a Stand
Don't Ever Give Up	Lead the Way	Smell the Roses
Expect Miracles	Don't Look Back	Smile a Lot – Laugh
Hug Somebody	Make Believe	Catch the ITC Spirit

Irvin D Walker, AC, ITC Div 2 Vice President presented **“Motivation is an Inside Job.”** The discussion touched on “what motivates you” strategies, all leading up to the fact that “true motivation comes from within and includes a passion to accomplish a task.” In other words “You must want to do it.” Each of us carries an internal advocate that tells us what to do. Intrinsic motivators are the challenge, curiosity, control, competition, cooperation and recognition. One must have a “Can Do” spirit rather than “Will Do.”

Dr Jean Murphy continued with a **“Leadership Spirit”** asking the audience to “Make the Connection” and make it “mission Possible” asked us to find the Leadership Spirit Within. The audience defined the relationship between spirit and leadership, reviewing organizations that suffer from “dispirit.” She explored the key connection between leadership spirit in ITC relative to commitment, responsibility and personal attitudes. A search identified skills and behaviors which exemplify vibrant leadership spirit in all levels of ITC. Asking her audience to “Slowdown, Re-focus and Take Action” she provided a list of ways to help our spirit soar and improve our leadership skills. Summing up, she quoted “No bird soars too high if he soars with his own wings”- William Blake.

Judge Susan Umpleby, Referee, Harrison County, Indiana Circuit Court spoke on the **History of Child Advocacy**, citing current statistics and how volunteers interact with children, acting as advocates in cases where a child needs a voice before the court.

International News and Views – Irvin Walker, AC, new ITC brochures were made available at the seminar for a reduced price. He reported on the ITC President’s health status – feeling stronger, more tests and more treatments, and may be at the President’s Training Weekend at The Hague at the end of October. See From the Boardroom #39 – a nomination is needed for Division 2 Vice President. Memorials are now being posted on the ITC website. Some Master Manual changes – check the website to determine if you need your manual updated. Bright ideas are now being featured in the FTB. He asked for 100% of clubs in the Region reaching the 20/20 Membership level.

Region News and Views – Vera Medlock, President-elect. The Heart of America Region Conference is June 8, 9, 10 –Embassy Suites, Columbus. The PULSE will be posted electronically on the HAR website at www.itchar.com. All members are encouraged to review the PULSE on the website and download as needed. Hard copy mailings will not be done automatically, and only sent on request if received by December 1, 2006.

Several challenges are outlined in the PULSE:

1. Mentor essay contest
2. CMT challenge
3. PREM incentive
4. Membership incentive

Be sure to look at the PULSE online to get important information. The October issue of the PULSE contains worksheets for Accreditation, Council of the Year, Member of the Year, Program Ads, Nomination forms, etc...all very important to be shared with every ITC member.

Nellie Pallagi, AC, Heart of America Region President presented **“Recruitment is Everyone’s Responsibility”** using the new brochure and the “Ten Tips” based on four different scenarios to which the audience responded in brain storming and reporting. Results were noted and will appear in a later PULSE issue. It was great practice to instill the instant reaction in members to come up with a quick “Take Five” to tell someone of the value of International Training in Communication.

Jessie Shropshire provided a **“Visit from Ernestine White”** to commemorate the ITC founder in October’s Founder’s Month. Complete with fancy hat and gloves, Ms. Shropshire evoked Ms. White’s spirit to the fullest. ITC is described as an organization that “Coaches in Effective Speaking.” Making that connection with Leadership Spirit, a challenge was issued to establish an **ITC exercise program**:

- Exercise Equipment – use ITC Accreditation, Parliamentary Procedure, Computer, and Website
- Weight Lifting - Use the support from the Top Down
- Running Program – Run for office and find out how much you learn
- Jogging – Jog memory, jog over to the speech contest, exercise with passion, attend exercise programs around the world, attend training seminars and conferences to find out how lean we have become.
- SOAR – to fly like an Eagle is hard exercise and motivates toward:
S – Service
O– Organization
A – Accreditation
R – Recruitment

To reflect our Founder’s elegance, a hat contest was held. The most creative hat was basic black; bold in back, gold trim, classy – suitable for an ITC meeting – winner Gloria Z Wood, AC.

The most outrageous - only a person with too much time could make and wear such a hat – loud red with tags dangling. Her Parliamentarian influence defines this hat. Winner–Mary Remson, AC.

The most beautiful – the judges, respectful of the basics, yield to the little black hat and little black dress, and the “Audrey Hepburn” skinny black pant, we salute the basic black hat with a tie – winners Cheryl McGruder and Verna Washington.

The Region Board thanks all who participated and assisted in every way possible. Ways and Means Chairman, Mamie Maxwell, had three events going at the same time even involving raffling an outstanding Italian cream cake (Jessie Shropshire won the cake.) Thanks also go to Timers, Ernest Sisson and Charlesetta Sisson in keeping us on time over 6 hours of training in one day.

In Lifting our ITC Spirit we were energized, given motivation to recruit and to move into our ITC exercise program with more vigor. The Spirit remains aloft. **We can SOAR to new heights. All we have to DO IS DO IT!**

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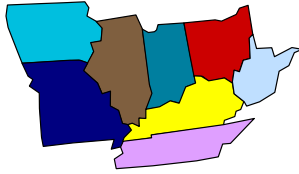
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