

The Pulse

VOLUME 7
March 2007



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www.itchar.com

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

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The PULSE Newsletter
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International Training in Communication is a self development organization providing coaching in effective speaking, listening and leadership skills. Visit the International website at www.itcintl.com

Heart of America members have learned to **SOAR** in the nine months since our last Conference. As your President, I have learned much in these months, enjoyed meeting with all of you at various Seminars and Council Meetings, and look forward to a dynamic Conference in June. Our grass roots level (Club) has been busy with innovative programs and recruitment of new members. Councils have developed strong boards and produced building blocks toward Confidence and Leadership.

Service to the Organization through Accreditation does result in Recruitment. Our Conference Planning is progressing with several very special educational presentations.

Community Day will be Friday morning, June 8, 2007 concluding with luncheon. **Power Talk** will be presented by Carol Preiss, Northeast Region who can and will show guests just how they can benefit from ITC training. Ms. Preiss is a qualified Power Talk trainer and has presented this workshop at the Division 1 and 2 Conference in Las Vegas in 2006. Your new Master Manual includes Power Talk as a core section. Why not use this powerful tool to train "guests" and let them see how quick and easy it is to be comfortable as public speakers? See the flyer elsewhere in the Pulse.

TRAIN – LEARN- DO

I urge each member to recruit a "guest" to bring to this session. Offices and Businesses are the prime targets for "needs" improvement. Approach business owners and tell them what a great opportunity this "one time only" presentation can provide to their employees. Every member-BRING A GUEST! Your guests will marvel at the information and practice they will get in three hours of intense POWER TALK.

To all Region and Conference Committees, it is through your able assistance and energetic abilities that we succeed. Your positive attitudes get the job done. I look forward to your reports of progress toward completion of your responsibilities.

Our Conference theme is "S.O.A.R. with ITC." We do intend to reach new heights through a lineup of great workshops and education. Don't miss the Speech Contest. It is the highlight of the Conference. The awards sessions will include several innovative contests as well as a new Mentor Essay competition. Take a look at the Accreditation worksheet now (April is the deadline), the Council of the Year, the Member of the Year, and the P.R.E.M. contest. Each of you needs to work toward SOARING to reach these goals. All are exciting ways that you, as clubs and individual members, can excel and be recognized. Look for all this information in the Pulse on the HAR website at www.itchar.com

We look forward to seeing you at the June Conference in Columbus. Bring a friend, bring a guest! But most of all bring your interest and enthusiasm. ITC is the greatest organization to permit growth in confidence, leadership and organization. Let's **SOAR** to make ITC known in Heart of America Region.



Nellie

*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!"*

As you anticipate the winter thaw, your expectation of spring surely includes cultivating and flowering membership. There is also the sense of urgency and butterflies that accompany the pomp and circumstance of the Annual Club and Council Speech Contests. I salute all contestants, supporters and facilitators that continue to illuminate this ITC foundation which encourages the members and enlightens the world.

Also, many scholars, scribes and writer apprentices are pining for the climatic thought or epic idea that will launch a career for the next Nobel Poet Laureate hopeful. Certainly this could be you! Just simply put pen to paper and enter a submission for the Annual HAR Writing Contest and the rest will be history for Paul Harvey’s “Now you know, the rest of the story.”

Don’t miss the excitement that is Brisbane Convention 2007! Over 170 members were awarded the ITC early bird registration discount. If the opportunity to capture this huge discount has eluded you yet again, a pre-conference registration savings is still available. Register now!

For the few that will not be attending Convention 2007, let your voice be heard and your vote be counted by recruiting an attendee to be your HAWC representative. Publicize the HAWC Program so that every club’s vote is counted and impacts the pending issues, elections and bylaws sculpting the future of ITC.

HAR you are a leader in attracting and inducting new members (see the chart.) If you’ve discovered a shiny, creative new technique or initiative that can enhance recruitment, please share it with others. Send me or the ITC PREM Chairman your “Bright Ideas.” Meanwhile, be sure to capitalize on the PREM potential of the variety of multimedia that is available, usually free of charge, in your venue.

Region	Total	Regular	Life	New	At Large	Assoc
BRR	231	186	43	11	1	1
HAR	224	150	73	13	1	0
LOLR	102	78	24	3	0	0
NER	251	173	73	8	5	0
SUNR	102	56	44	4	2	0
Total	910	643	257	35	9	1

The key to greater understanding throughout the world is the future of the world, which is the youth. If youth programs and outreach isn’t the crux of the club and council agenda, then the error is omission. So, for remission, I commission you, by what power is vested in my position, to be the lighthouse for our future - the youth. I entreat and exhort you to lift up a youth and let us soar together.

Irvin D. Walker

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

My year as treasurer is at the half-way point. So far, I have received dues from 23 clubs for 163 members. I can't help but believe there are at least a few members who still plan to continue their membership, but have not yet paid their dues. Please encourage those members to submit their dues as soon as possible. I would be glad to add them to the roster.

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. Currently, the 90.00 NZ dues is equivalent to about \$63.00 US. Of course, the conversion rate changes daily. 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. I outlined the acceptable methods of payment in the October issue of the

Pulse. This information is also available on the ITC website.

The HAR dues are still \$15 per adult continuing club member and \$5.00 per Zenith club 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 seeing you at the HAR conference in June.

HOW TO RUN A MEETING!

By Mary Remson, AC HAR Parliamentarian

Definition of a Meeting – A single official gathering of members in one area/room to transact business.

Why hold a meeting? – “To determine the will of the assembly” and “To determine a course of action.”

Purpose of the Meeting (What is to be accomplished?) – A meeting may have one or all five of the following reasons:

1. Give Information
2. Get Information
3. Develop options
4. Make decisions
5. Warm magical human contact



BEFORE THE MEETING

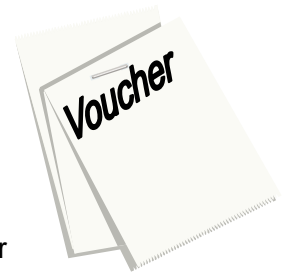
Member Preparation

- Know the purpose of the meeting and remember your ABC's
 - **A**lways focus on achieving the purpose of the organization
 - **B**ring suggestions to achieve the purpose of the organization
 - **C**onsider suggestions based on what is best of the organization
 - **D**ecide the best action for the organization

From the Budget and Finance Committee

As co-chairmen of the Budget and Finance Committee, we thought it would be a good idea to stress the importance of **proper voucher preparation.**

When officers, committee chairmen, or other members wish to request reimbursement for ITC expenses, they should prepare and submit vouchers to the Treasurer to request payment.



Complete your voucher as follows:

1. **Voucher Number:** Leave this line blank; the treasurer will provide the voucher number.
2. **Submitted By:** The name of the person submitting the voucher. This is not necessarily the person who will be receiving the reimbursement. The submitter may be making the request on behalf of a third party.
3. **Office/Position:** Enter the capacity from which you are submitting the voucher. For example, if you are the HAR Secretary, and are submitting the voucher for HAR Secretarial expenses, enter HAR Secretary; however if you are also chairman of the Decorating committee and you are submitting the request for decoration expenses, you should enter Decorating Committee Chairman.
4. **Check Payable To:** Enter the name of the person or organization that the check will be made out to and the mailing address.
5. **Expenditures For:** Enter a description of the expenditures for which you are requesting reimbursement. You should enter enough information for the Treasurer to identify the budget category from which to deduct the expenditures. If you know the actual budget category from which you are requesting reimbursement, please include it here. All expenditures on the voucher should be from the same budget category. If you have expenditures for another budget category, you should prepare a separate voucher.
6. **Signature:** Your signature indicates that you believe the information on the voucher is accurate and complete.

These instructions may seem very basic for more experienced ITC members; but as past and current HAR Treasurers, we believe that many of our members would benefit from this information.

Jesse W. Ivy, S.C., and Vera Medlock, Co-Chairmen

Do your Treasurer a favor.....
Complete your voucher and attach
documentation to request reimbursement ☺

HEART OF AMERICA **AUDIT FOR Leadership 2005 and Conference 2006** Financial records was conducted February 2007 by Jeannie Gray, Chairman, Audit Committee. The complete report is available via the region's CLO network.

HEART OF AMERICA REGION **BUDGET 2006-2007** is available via the regions' CLO network.

Questions regarding the Audit and the Budget should be directed to Nellie Pallagi, AC, President, Heart of America Region.

Do you like challenges? Did you know that there are 5 levels of communications in ITC that are very challenging and rewarding? Let me tell you about them.

Do you think you are an effective communicator? If you think you aren't effective, then you'll want to work on Level 1 and become an **Effective Communicator**. At Level 1 you'll be working mainly within your club. **Remember that an Effective Communicator produces results.** When Level 1 is completed, hopefully there will be the drive to complete Level 2.

At Level 2, more communications is completed at Council and you will then be a **Proficient Communicator**. **Remember a Proficient Communicator is more advanced.** ITC added these two levels within the last two years to enhance the program for all members.

As you become a **Skilled Communicator** who is Level 3, you'll want to be more of a mentor to new members. **Remember a Skilled Communicator has special experience.** With this experience, they gain more confidence in themselves.

Your motivation will then soar you into Level 4, which is the **Accomplished Communicator**. With Level 3 and Level 4, the member works within the region. **Remember the Accomplished Communicator has done their work successfully. They are polished and completed.**

You're almost at the top and realize how far you've come with your Leadership skills. It's time to work on Level 5 and become a **Distinguished Communicator**. **Remember the Distinguished Communicator perceives clearly.**

Now that you've SOARED with ITC, how does it feel?

REMINDER:

- All clubs must have their Accreditation Worksheets to Council by **April 22, 2007**.
- All councils must have the worksheets to Janet Leman by **April 30, 2007**.
- In order to properly prepare for the Region Conference, please contact Janet Leman by **May 8, 2007** if you want Accreditation credit for your participation at the June 2007 conference.

[Click here for the
2006-2007
Accreditation worksheet.](#)

This is the year to move up a level!

Effective Communicator
Proficient Communicator
Skilled Communicator
Accomplished Communicator
Distinguished Communicator



WANTS YOU AS A 2007-2008 OFFICER

CALLING ALL ITC MEMBERS

WE ARE LOOKING FOR ELIGIBLE CANDIDATES FOR THE OFFICE OF PRESIDENT - ELECT. IF YOU HAVE BEEN AN ACTIVE MEMBER FOR 4 YEARS AND HAVE HELD AN ELECTED OR APPOINTED REGION OFFICE, THEN **WE WANT YOU!!**

WE ARE LOOKING FOR ELIGIBLE CANDIDATES FOR THE OFFICES OF SECRETARY & TREASURER. IF YOU HAVE BEEN AN ACTIVE MEMBER FOR AT LEAST 3 YEARS AND SERVED AS CHAIRMAN OF A REGION STANDING COMMITTEE, THEN **WE WANT YOU!!**

Contact Nominating Chairman
Verna.Washington@DFAS.MIL

**S.O.A.R WITH
ITC**

In my first article, I promised to give you the results of the other scenarios that were presented at CMT last year.

Scenario 1 – A small 4-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 guest and new members? They decide to hold a PREM project at a local library. How should publicity, guests, type of program be handled and how do you see mentoring as part of the program? The CMT group suggested:

1. Have a 60 day time frame.
2. Contact the larger club to arrange a meeting either at their next meeting or at a convenient time to find out how the larger club attracts members.
3. Set a date at the library, each member bring at least five guests; provide invitations – at least 30 days before the meeting date.
4. A committee plans a fashion show at the library - not too many details or models to make an impact. Include ITC workshop/educational activities & mentoring details so the guests will identify ITC as the sponsor. Distribute brochures and extend an invitation to visit the club meeting.
5. Maintain a mailing list to keep inviting potential members back.
6. Print and distribute flyers and include "What's In It For Me?" at least 10 days prior to the event.

Scenario 2 – Your Council has three clubs that each have a few members. The Council board has decided to run a recruitment program. You need to determine how the recruitment program will work, what kind of members are you going to recruit, what type of program will be presented and how the mailing list will be developed.

The CMT group suggested:

1. A 60 day time frame.
2. Assign a chairman and committee to plan perhaps a brown bag luncheon with a demonstration meeting, select an event location and have prize drawing for attendance.
3. Publicize through clubs, flyers in public areas and interest article in a local newspaper.
4. Have guest sign a guest book to be eligible for the prize drawing.
5. Determine the type of members that you wish to attract as being flexible with time and talent.
6. Make this an ongoing project with frequent reports.

These are two more of the scenarios that the person attending CMT last year worked on. If you want to find out how the fourth scenario turns out attend the CMT session this year.

How are you coming with the contest that was announced in the first publication of the Pulse? The contest is still viable if you choose to enter and be judged by your peers.

Vera's Challenge from Previous PULSE:

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.**

And remember this comes from me not the region. So now who wants to take my money?

Vera

We are just past the halfway mark of the I.T.C. year and it is time for a follow-up on first article.

Have you used or tried using the information from Section 7 of the New Master Manual? Have you suggested it to new member to help them be more comfortable as they perform duties and assignments in the clubs and the councils?

From the plans that are being worked on we will have a very exciting start to our conference on Friday, June 8, 2007 and I hope that as many as possible will be there for the entire day and will actively partake in the workshops and other events, including the annual CMT training.

I know that many of you have been officers and committee chairs before and feel that this training cannot help or add to your experience, but we do have some new members. We all need to help them along the way. I am reminded what a member of the clergy recently said to our women's club upon the realization that we have gained new members who want to be active. He reminded us that it is our **duty** to help them along the way and not just move to the side lines as so many do when new blood joins in.

I am still working to have a very interesting time for you doing the CMT Training **but it will mean nothing if you don't attend and help me help you.**

Donations & Bequests

Thanks to all who participated in the Donations and Bequest Committees' fund raising previous endeavors.

With your continued help, the Donations and Bequest Committee is anticipating another exceptional year of promoting the growth in ITC through the Adoption Option International Program.

Funds raised through the Adoption Option International Program are used to assist ITC members in emerging Eastern European and African Countries with the payment of ITC dues.

The Donation and Bequest Committee will have the 50/50 drawing as its major fund raising project for the year of 2006-2007.

Tickets for the 50/50 drawing will be sold before and during session breaks at Region.

Drawings will be held at the close of each day's sessions. The lucky ticket holder will receive 50% of ticket sales for that day and 50% of sales go to International for the Adoption Option Program.

Cost of tickets:

1 Ticket for \$1.00

2 Tickets for \$3.00

9 Tickets for \$5.00

Tickets can be purchased the day of meetings from Committee Members, who will be seated at the registration table.

Each Council and club of HAR is requested to make a generous donation to the Adoption Option Program by March 30, 2007. (No amount is too small).

Make checks payable to Heart of America Region (in Memo Adoption Option Program)

Mail to:

Vivian Russell, SC
1504 Venice Dr
Columbus, OH 43207

Committee Chair – Vivian. Russell, SC
Mary B. Day, SC

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.

ITH Headquarters will also be responsible for assigning charters 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.

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

COUNCIL OF THE YEAR

ATTENTION COUNCIL PRESIDENTS!

ONLY 3 MONTHS LEFT FOR "Council of the Year." Yes, it is time to update your records of participation!

Please be prepared to have final reports for this chairman by **May 31, 2007**.

Martha Barkhau Chairman
1040 E. Cragmont Dr.
Indianapolis, IN 46227
mbarkhau@yahoo.com
317-786-4900

[Click here for the Council of the Year Criteria](#)

Member of the Year

"Reminder, the "Member of the Year" deadline is 17 April 2007. Nominate your eligible members and send it to me. I hope to have several applicants.

Pearl L. Bobson
Chairman, Member of the Year Committee

[Link to Member of the Year form:](#)

Credentials Committee

Happy New Year ITC Members! It is hard to believe that we are already in the latter planning stages for our Regional conference. The entire Region Board and Committee members are working hard to make this conference one of the best yet. We hope each and every club plans on sending their Delegate to the conference this year. Voting is critical to any organization. If you want to see changes made to our Bylaws or Standing Rules; or if you don't want to see proposed changes made, you must send a Delegate to speak for your club. So let's start planning now, and find at least one person from your club to actively support your club by attending the conference as your Delegate to Region. In order to do this, your club will need to fill out the Credentials Form (see next page).

The following rules apply:

- Each club is entitled to only ONE vote.
- All dues and assessments from your club and its members must be paid in full.
- Both portions of the Credentials Form must be completed and include signatures.
- Mail the **top** portion to the Credential Chairperson:
Jeannie Gray
406 Sugar Tree Dr.
Clarksville, TN 37043
- Bring the **bottom** half to the conference. It **MUST** be presented at the Credentials desk in order to be a Registered Delegate and receive your voting card.
- **DEADLINE is May 25, 2007** Please be sure the top half of the form is in the mail.

INTERNATIONAL TRAINING IN COMMUNICATION
HEART OF AMERICA REGION
CREDENTIALS FORM

Mail this half of form to: Jeannie Gray, 406 Sugar Tree Dr., Clarksville, TN 37043
MAIL NO LATER THAN 25 MAY 2007

The members of _____

ITC Club, Council # _____, Heart of America Region have elected the following to represent our club at the Region Conference, June 8-10, 2007.

Elected Delegate:

Please print/type name

Signature of Delegate

Elected Alternate:

Please print/type name

Signature of Alternate Delegate

Signature of Club President: _____

Cut here

CREDENTIALS FORM: Bring this half of form to the Region Conference (correctly signed) and present it at the Credentials Desk.

Heart of America Region, ITC Club: _____

Conference: June 8-10, 2007

Council #: _____

ELECTED DELEGATE:

Please print/type name

Signature of Delegate

ELECTED ALTERNATE DELEGATE:

Please print/type name

Signature of Alternate Delegate

Signature of Club President: _____

IMPORTANT:

Each club is entitled to one vote only. Your club is in good standing and eligible to vote if the following dues, fees, and/or assessments are paid:

1. Per capita Region dues for all club members are paid.
2. Council dues and fees (as designated in your Council Standing Rules) are paid.
3. ITC dues are paid.

IS YOUR CLUB MENTORING?

By Nellie Pallagi, AC
HAR President

HOW IS IT USEFUL TO YOUR MEMBERS?

By now, all ITC members have heard of Mentoring. But, do you actually practice Mentoring? It is another useful tool provided to us through International Training in Communication. The optimum goal is for each ITC club member to have a Mentor. Even if you are an "old hand", it never hurts to have someone hear your concerns about a presentation or a speaking project, and perhaps give you some input into how to enhance your performance. Evaluation does this also to some extent, but Mentoring is an on-going one-on-one relationship that fosters confidence and learning.

Of course, new members should have a skilled mentor - someone who has *been there and done that* - but more so to just ensure that new members improve their skills. Can you remember the first time you were asked to be a Lexicologist and had no idea how to proceed?

Mentors should be good role models and want to see their protégées succeed in their goals within ITC. It gives you the satisfaction of seeing someone you have guided become successful. Not only that, but you get to share your experience.

MENTORING ESSAY IS DUE MAY 1, 2007.

Each club should submit a one page written essay and include this information:

1. How has the mentor program met the Protégé's expectations?
2. What do you see as the merits/effectiveness of the program?
3. What has the Mentor Program made different/improved within the club?

Identify:

- Your club
- Your position in the club
- Whether you are a Mentor or Protégé
- Your name and address

The winning essay will be read at Conference and a suitable recognition provided.

Zenith Club Youth Speaks



Is preparing for their Speech Contest in June at the Region Conference in Columbus, OH.

Since the June Conference 2006, twelve new members have joined. We Hope other Zenith Clubs will participate in this special event.

I am asking that there be at least one Zenith Club in each council. Remember our youth is our future.

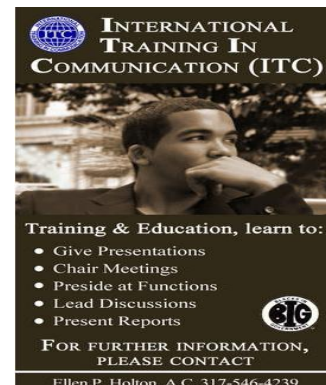
Youth Speaks is very excited about learning how to conduct their meetings, give reports, and work on their career paths. Most parents come to the meetings with their children and give them their support.

They are gaining confidence and motivation through practice and participation, and addressing the challenges in today's competitive world.

ITC training is an investment in the future of our youth.

REMEMBER "WORKING TOGETHER WORKS"

Ellen P. Holton, A.C.
Youth Speaks, Co-Chair
Mentor/Coordinator



Time is approaching for Club and Council Speech Contests to be in full preparation and some may already been held.

Reminders:

- Clubs must submit an eligibility statement **at least three weeks prior** to the council speech contest.
- Council contests should be completed at least three weeks prior to the region speech contest and eligibility statements must be postmarked to the region speech contest chairman within one week of the council's final contest with a bio of your first and second place winners.
- Speeches must be nominated under one of the following categories: to inform, to persuade, to inspire, to entertain, research or current event speech.
- All speeches shall be a minimum of five and maximum of eight minutes or there are penalty points, so check your timing.

As you know, it takes several members to conduct a region speech contest and anyone who would like be a teller, page, or host, please contact me.

The Speech Contest rules, forms and other information can be found on the ITC website, www.itcintl.com under Resources. I have attached the eligibility form. **Please do not use any old forms.**



Eligibility
Statement.doc.pdf

We will be having the Youth Zenith Club Speech Contest as a part of our speech contest. They will be participating first. If you have a Zenith Club in your area and plan to have members in the region contest, please let me know as soon as possible.

The Speech Contest Committee is looking forward to a dynamic and exuberating contest, with council winners and your assistance.

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

Attention All Club and Council Speech Contest Chairmen:

Read the important information on this page.

Don't miss deadlines or use the wrong forms!



**HEART OF AMERICA REGION CALL TO CONFERENCE
COLUMBUS, OHIO (EMBASSY SUITES) JUNE 8-10-2007**


The Heart of America Conference Planning Committee has been hard at work for the past several months with several preliminary meetings with the staff at Embassy Suites to make the 2007 Heart of America Conference the best ever.

The Embassy Suites Hotel, newly renovated to provide even more comfort, provides you with many amenities, including room suites to assure your comfort (all suites are spacious two room setups with either one king size or two double beds and a separate living room with a sofa bed, armchair, desk (high speed internet access is provided), two televisions, and all the other expected refrigerator, microwave, coffeemaker, hairdryer, two telephones, etc).

Transportation is provided from the airport with a 24 hour shuttle. A complimentary full cooked to order breakfast is served in the garden atrium. As well, there is a nightly Manager's reception of beverages and appetizers. Free parking is available. Heated indoor-outdoor pool and fitness center is all inclusive.


Bessie Sherrod, SC, Conference Coordinator stands ready to make your stay as comfortable as possible. She assures you that you will be pleased with the hotel and services provided. Let's all SOAR TO MAKE ITC Heart of America Conference a resounding success.





**EMBASSY SUITES
HOTEL®**

Columbus
2700 Corporate Exchange Drive, Columbus, OH 43231
Telephone: 614-890-8600
Fax: 614-890-8626



LOCATION
Exit 27 from Loop I-270. Hotel is off of Cleveland Avenue in the Corporate Exchange Office Park.

TRANSPORTATION
Complimentary 24 hour shuttle service is provided by the hotel. Shuttle is based on availability.

ACCOMMODATIONS
All of our spacious two-room suites have been renovated and feature a private bedroom with one king size or two double beds and a separate living room with sofa bed, armchair and well-lit desk. Other amenities include wet bar, refrigerator, microwave, coffeemaker, iron with board, hairdryer, two telephones with voice mail, high-speed Internet access and two remote control televisions with cable and in-suite movies.

DINING AND ENTERTAINMENT
A complimentary, full cooked-to-order breakfast is served each morning in our garden atrium. A nightly Manager's Reception features your favorite beverages and hors d'oeuvres.



RECREATIONAL FACILITIES
Indoor-outdoor heated pool, whirlpool, sauna, sun deck, fitness center and outdoor jogging path.

SERVICES
Garden atrium, complimentary parking, complimentary weekday USA Today[®] same day dry cleaning and much more.

HILTON HHONORS® POINTS & MILES®
Get more of what you want at Embassy Suites Hotels®. With the Hilton HHonors rewards program, you can earn both HHonors points and airline miles for the same stay. Join today by visiting hiltonfamily.com.

MEETING AND BANQUET FACILITIES
Over 7,000 square feet of flexible meeting/banquet space. Largest single room capacity is 350 people for a meeting and over 500 for a dinner reception.

For reservations call the hotel directly at 614-890-8600
800-Embassy or visit embassysuites.com
From Mexico call (52) (5) 255 9061
For meeting information call Hilton Direct at 800-321-3232
Chain Code ES
SABRE 11273 / APOLLO 24375 / WORLDSPAN 3731 / SYS ONE-AMADEUS CMHCE93

*Subject to Date and Local Laws. Must be of legal drinking age. Hilton HHonors membership, earning of Points & Miles[®], and redemption of points are subject to HHonors Terms and Conditions. ©2006 Hilton Hospitality, Inc.

CONFERENCE HOTEL RESERVATION INFORMATION

Make your Reservations directly with the HOTEL – IT IS NOT PART OF YOUR CONFERENCE REGISTRATION. See the hotel brochure on page 14 for details on accommodations and dining.

Embassy Suites
2700 Corporate Exchange Dr.
Columbus, OH 43231-1695
614-890-8600

Until May 17, 2007 \$109.00 Single/Double Occupancy + tax

Block Reservations are in the name of International Training in Communication, HEART OF AMERICA REGION CONFERENCE. Be certain you identify the room block in order to receive the discounted room fee. **DO NOT DELAY IN MAKING YOUR ROOM RESERVATIONS**. The **room block will only be in effect until May 17, 2007**. After this time, the hotel will release any unreserved suites for general sale at a higher price (\$159-\$189).

Note: Heart of America Region is committed by contract to “80 total suite nights” with 20 on Thursday night, 30 on Friday night and 30 on Saturday night. It is important that you utilize the Conference Hotel in order to meet the contracted overnight rooms count. Make this Conference one that you attend with overnight room reservations rather than go back home or to another hotel (it can be a mini vacation from other commitments.) Please support your Conference Planning Committee and use the rooms contracted for your comfort.

FROM THE CONFERENCE REGISTRATION CHAIRMAN

BE A PART OF THE MOST POWERFUL ITC EVENT OF THE YEAR
AT THE HEART OF AMERICA REGION CONFERENCE.

Don't miss out on the opportunity to advance your communication skills... make priceless connections...share ideas, and meet with ITC friends at the Embassy Suites Hotel in Columbus, Ohio.

The Registration Committee is ready and waiting to serve you. See the registration form on page 20 of the Pulse. **Take advantage of the Early Bird Registration discount!** It is very important to fill out all information on your registration form to minimize any confusion that may arise.

See you at the conference,

Theresia Colbert
Registration Chairman

Heart of America Region Conference at a Glance - June 8-10, 2007

“S.O.A.R. WITH ITC-Service, Organization, Accreditation, Recruitment

Thursday, June 7	Activity	Time	Location	Presenter
	Region Board Meeting	8:30 - 9:30 PM	Conf. Room #829 – 8 th floor	Nellie Pallagi, AC, President, HAR
Friday, June 8	Activity	Time	Location	Presenter
	Hospitality Room	7:00 – 8:15 AM.	Room # 826	
	Registration/Credentials	7:00 – 9:15 AM.	Registration Area	Theresa Colbert/Jeannie Grey
	ITC Sales/Ways & Means/Kudos	7:00 – 8:30 AM.	Boardroom	Mamie Maxwell, C4
	COMMUNITY DAY	9:00 to 12:00	Ballroom A	Carol Preiss, Power Talk
	Vendors (atrium)	10:00 AM-5 PM 7-8 PM	Atrium	Access/purses/Avon/Mary Kay
	Luncheon/Plenary Speaker	12:00 – 1:30 PM.	Ballroom B& C	Irvin D. Walker, AC, Div. 2 VP, Power Pack
	Registration/Credentials	1:30 – 4:15 PM.	Registration Area	Theresa Colbert/Jeannie Grey
	ITC Sales/Ways & Means/ Kudos	1:30 – 2:00 PM.	Boardroom	Mamie Maxwell, C4
	Workshop 1 - CMT Part 1	2:00 – 3:15 PM.	Ballroom A & B	Vera Medlock- President Elect
	Workshop 2 - CMT Part 2	3:30 – 4:30 PM.	Ballroom A & B	Vera Medlock – President Elect
	Opening Session	5:00 – 7:00 PM.	Ballroom A & B	Nellie Pallagi, AC – Region President
	ITC Sales/Ways & Means/Kudos	7:00 – 7:30 PM	Boardroom	Mamie Maxwell, C4
	Hospitality Room	9:00 – 11:00 PM.	Room #826 Food/beverages	
Saturday, June 9	Activity	Time	Location	Presenter
	Hospitality Room	7:00 – 8:00 AM.	Room # 826	
	Registration/Credentials	7:00 – 8:00 AM.	Registration Area	Theresa Colbert/Jeannie Grey
	ITC Sales/Ways & Means/Kudos	7:00 – 8:00 AM.	Boardroom	Mamie Maxwell, C4
	Vendors	10 AM – 6PM	Atrium	Access, purses, Mary Kay, Avon
	Delegates Briefing	7:15 – 7:45 AM.	Ballroom A	Mary Remson, AC–HAR Parliamentarian
	First Timers Briefing	7:15 - 7:45 AM.	Ballroom B	Irvin Walker, AC. Div. 2. VP
	Business Meeting I	8:00 – 9:25 AM.	Ballroom A & B	Nellie Pallagi, AC– Region President
	Registration	9:25 AM – 12:00 PM	Registration Area	Theresa Colbert,C4
	Speech Contest Briefing Judges/Host(es)	9:30 – 9:55 AM.	Ballroom C	Shirley Vargas, SC, C1
	Speech Contest (Zenith/Regular)	10:00 – 12:00 PM.	Capital Room	Shirley Vargas, SC, C1
	Awards Luncheon - Speaker	12:15 – 1:45 PM.	Ballroom B&C	Keynote Speaker, Senator Ray Miller
	Workshop 3	2:00 – 3:15 PM.	Ballroom A	Victoria Frye, C7, Diversity
	Workshop 4	2:00 – 3:15 PM.	Ballroom B	Karen Whitson, Entrepreneurialship
	Workshop 5	2:00 – 3:15 PM.	Ballroom C	Laura Beard, SC,C7, “Six Letter Word-Change”
	Elections	3:15 – 3:45 PM.	Boardroom C	Verna Washington, C1
	Business Meeting II	3:55 – 5:00 PM.	Ballroom A & B	Nellie Pallagi, AC – Region President
	ITC Sales/Ways & Means/ Kudos	5:00 – 6:00 PM.	Boardroom	Mamie Maxwell, C4
	Installation Banquet	7:00 – 9:15 PM.	Ballroom B&C	Keynoter, Ruth Ann Harris
	Receiving Line / dessert	After Banquet	Atrium	
	Hospitality Room/Reception	After Banquet	Room #826	Council 7
Sunday, June 10	Activity	Time	Location	Presenter
	Hospitality	7:00 – 8:00 AM.	Room #826	Council 7
	Memorial	8:00 – 8:30 AM	Capital	Lilly Barroso,C3
	Workshop 6	8:45 - 10:00 AM.	Ballroom A	Arnett Howard, Music in Communication
	Workshop 7	8 00 - 10:00 AM	Ballroom B	David Bell, Writing Workshop
	Workshop 8	8:45 - 10:00 AM	Ballroom C	Sonda Lewis. Accent Reduction
	RMT – Newly Elected HAR Officers	8:45 – 10:00 AM	Conference #829 – 8 th floor	Irvin Walker, AC, Div 2 VP
	Business Meeting III	10:15 - 11:45 AM.	Ballroom A & B	Nellie Pallagi, , AC – Region President
	Lunch & Recognition's - Sine Die	12:00 -1:15 PM	Ballroom C	
	Current Board/New Board Briefing	1:30 – 2:30 p.m.	Conference #829 -8 th floor	Irvin Walker/Incoming Region Board

**2007 HEART OF AMERICA
REGION CONFERENCE**

REGISTRATION PROCEDURES

(Please Read Carefully)

- **DO NOT INCLUDE HOTEL DEPOSIT OR HOUSING RESERVATION – CALL 614-890-8600**
- **One registration form is required per member or guest**
- **EARLY BIRD REGISTRATION MUST BE POSTMARKED NO LATER THAN MAY 15, 2007 (Registration \$75.00)**
- **Pre-registrations must be postmarked no later than June 1, 2007 (Registration \$85.00)**
- **On-site registration is required after June 1, 2007, you may register starting Friday, June 8, 2007, 7:00 a.m. (Registration \$95.00)**
- **Registration packets will be available at the convention site starting at 7:00 a.m., Friday June 8, 2007**
- **All members and guests must be registered to attend any event, including general sessions, speech contest, entertainment, workshops, meal functions, etc.**
- **When you register you will receive a badge. Your badge is required for admittance to any conference event**
- **Single day registrations are available. Any member or guest who registers for a specific day may purchase a meal ticket for that day based upon availability.**

MEMBER OR GUEST INFORMATION

(Please Print or Type)

Member

Guest

Name _____

SC

AC

DC

Council _____ Club _____

Street _____

Rural Route/Apt No _____

City _____

State _____ Zip _____

Daytime Phone _____

Fax Number _____

Email _____

EMERGENCY INFORMATION:

In case of emergency during the conference, contact:

Name _____

Daytime Phone _____

Evening Phone _____

Cell Phone _____

Check here if you require special assistance

Special Dietary Needs (Specify) _____

Handicapped (Specify Needs) _____

Conference Registration and Meal Form

Please Specify All that Apply:

- Delegate – club name _____
 - Council President Club President
 - ITC Committee Member Region Past President
 - First Time Attendee Life Member
 - Speech Contestant
 - Council Officer Region Board Member
 - Workshop Presenter ITC Board Member
 - Region Committee Chairman
- Which committee? _____
- Guest of ITC Member/Community Day attendee

CONFERENCE REGISTRATION

- EARLY BIRD REGISTRATION – MEMBER or GUEST**
 - (Excluding Delegates) Prior to May 15, 2007 \$75.00**
 - Delegate.....N/C
 - One Day Registration (Member) (Fri)..... 40.00
 - One Day Registration (Member) (Sat)..... 40.00
 - One Day Registration (Member) (Sun)..... 40.00
 - One Day Registration (Non-Member) (Fri)Public 55.00
 - One Day Registration (Non-Member) (Sat.) 30.00
 - One Day Registration (Non-Member) (Sun) 30.00
 - Regular Full Registration (May 17-June 1)85.00**
 - Regular On-site Full Registration..... 95.00**
 - Speech Contest Only.....N/C
- Total Cost (Registration)\$_____**

CONFERENCE MEAL PACKAGE

- Full Meal Package (includes all meals listed below)..120.00
 - Friday Lunch/Community Day..... 30.00
 - Saturday Lunch 30.00
 - Saturday Banquet..... 45.00
 - Sunday Brunch..... 30.00
- Total Cost (Meals)\$_____**

PAYMENT

Total Registration and Meal amount.....\$_____

Please make all checks or money orders payable to:

Heart of America Region Conference

Mail payments to:

**Theresa Colbert
5313 Sprucewood Dr.
Louisville, KY 40291**

- **No refunds will be made after June 5**
- **A returned check fee of \$25.00 will be charged for all checks not honored by the bank**
- **Registration after June 1, 2007 will be on-site – only cash, money orders or certified checks will be accepted.**

June 8, 9 & 10

Power Talk

HAR President
Nellie Pallagi, AC
Granville, OH

HAR President-Elect
Vera Medlock
Chicago, IL

HAR Secretary
Gwen King, SC
Indianapolis, IN

HAR Treasurer
Jesse Ivy, SC
Bettendorf, IA

HAR Parliamentarian
Mary Remson, AC
Columbus, OH

Conference Coordinator
Bessie Sherrod-Price, SC
Columbus, OH

Websites of Interest:

International:
www.itcintl.com

Heart of America Region:
www.itchar.com

Dear ITC Members, Friends, and Guests,

With great pleasure, Heart of America Region, International Training in Communication, extends to you an invitation to attend our Annual Region Conference, June 8, 9, 10, 2007 at the Embassy Suites, 2700 Corporate Exchange, Columbus, OH 43231.

Our Sixth Annual Conference brings quality training, education, networking, and an opportunity to achieve awards and recognition.

Visit our website at www.itchar.com for more details on registration and other important items that you won't want to miss.

Of special importance to speakers is the three-hour **Power Talk** presentation on **Friday June 8th, (9 AM-12 PM)** by Carol Preiss, Fellow of ITC and quality trainer in the art of Professional Presentations. We're offering guests a special registration of just \$55.00 for a half day of **Power Talk training**, lunch and training materials.

"What's In It for YOU?"

Learn: the art of Professional Presentations; effective Impression Management; Vocal effectiveness in delivery; to think quickly on your feet; to organize your thoughts more effectively and confidence in presenting material.

This is an outstanding bargain for anyone interested in improving presentation skills. Come for the Power Talk presentation and stay for other events during the three-day conference. We look forward to seeing YOU!

"SOAR with ITC" is our theme, and we do want you to learn to spread your wings.

Nellie Pallagi, AC
President, Heart of America Region



See the separate
registration form for
POWER TALK



**Get Over Cold Feet
Forever!**

Power Talk

Date: June 8, 2007

Friday

Time: 9:00 am to noon

*Embassy Suites
2700 Corporate Exchange
Columbus, OH 43231
614-890-8600
embassysuites.com*

**\$55.00 fee
includes lunch and
training materials**



What's In It For You?

LEARN:

- ✍ The Art of Professional Presentations
- ✍ Effective Impression Management
- ✍ Consistency
- ✍ Focal points
- ✍ Vocal effectiveness in delivery
- ✍ To think quickly on your feet
- ✍ Organizing your thoughts more effectively
- ✍ Confidence in presenting material

About Power Talk Presenter Carol Preiss:

Carol is a **Fellow of ITC** and coordinates the world wide group of Fellows. The Fellows of ITC are members who pass a certification process qualifying them as an elite trainer within the International Training in Communication organization.

Carol spent her work life in New York State and for 25 years was an Administrator at several New York State Correctional Facilities. She retired after 36 years. She now spends part of her time in Rochester, New York and a part in Las Vegas, Nevada.

International Training in Communication is a self-development organization providing coaching in effective speaking, listening and leadership skills.



Registration

**Leslie Smith
54 Maureen Dr
Heath, OH 43056-1226
740-522-5901
leslielsmith@alltel.net**

Deadline to register

May 17, 2007

**Make checks payable to
Heart of America Region**



It's not too late to advertise in the Region Conference Program Booklet.

Show your support of your club and council!

DEADLINE FOR RECEIPT OF AD AND PAYMENT HAS BEEN EXTENDED TO MAY 1ST 2007

- 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

Cost:

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

Send your Ad and payment to:

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

IMPORTANT BYLAWS AMENDMENTS

Please see the proposed bylaws amendments **on pages 21, 22 & 23** that will be considered at the Heart of America Region Conference. All clubs should review carefully the content of each amendment and delegates should be prepared to vote as your club designates.

Should you have any questions, please contact:

Helen Burke, AC
 Bylaws Chairman
hburke@marian.edu
 860 Kessler Blvd. W Dr.
 Indianapolis, IN 46228
 317-251-1504

Why not brush up on your parliamentary procedures before coming to the conference? This will benefit your club and delegate.



**International Training in Communication
Proposed amendments to the Heart of America Region
Bylaws & Standing Rules – June 2007 Conference**

Amendment #1 ARTICLE IV. FINANCING SECTION B. DUES

Submitted by HAR Board of Directors

Amend by striking out the last sentence.

CURRENT WORDING	PROPOSED WORDING
The annual dues of this region shall be \$15.00 per adult member payable on or before August 1 and delinquent August 7 th . This shall include the subscription to the region newsletter for each member and the conference registration fee for the club's accredited delegate.	The annual dues of this region shall be \$15.00 per adult member payable on or before August 1 and delinquent August 7 th .

Rationale: The printing and mailing of the region newsletter is very costly. The newsletter is posted to the region website. This savings could replace an increase in dues to the members. The "Pulse" is available if a member desires a printed and mailed subscription at an additional fee. The region is experiencing declining club membership. The average membership per club is less than 10 members. The region is unable to continue to provide for the club delegate's registration

Amendment #2 ARTICLE IV. FINANCING SECTION B. DUES

Submitted by Arsenal Island Training Activity

Amend by striking out "and the conference registration fee for the club's accredited delegate."

CURRENT WORDING	PROPOSED WORDING
This shall include the subscription to the region newsletter for each member and the conference registration fee for the club's accredited delegate.	This shall include the subscription to the region newsletter for each member.

Rationale: The conference registration for each club is cost prohibitive to the region conference budget.

Remarks: This amendment will not be considered if amendment # 1 is adopted.

Amendment #3 ARTICLE IV. FINANCING SECTION B. DUES

Submitted by Arsenal Island Training Activity

Amend by adding new wording

CURRENT WORDING	PROPOSED WORDING
The annual dues of this region shall be \$15.00 per adult member payable on or before August 1 and delinquent August 7 th . This shall include the subscription to the region newsletter for each member and the conference registration fee for the club's accredited delegate.	The annual dues of this region shall be \$15.00 per adult member payable on or before August 1 and delinquent August 7 th . This shall include the subscription to the region newsletter for each member and the conference registration fee for the club's accredited delegate. Members belonging to more than one club within the Heart of America Region shall only pay one per capita region dues

Rationale: Membership in multiple clubs is not currently addressed the HAR Bylaws.

Amendment #4 ARTICLE IV. FINANCING SECTION C. CONFERENCE REGISTRATION FEE

Submitted by HAR Board of Directors

Amend by substitution and include Proviso.

CURRENT WORDING	PROPOSED WORDING
<p>The Conference Registration Fee of the accredited club delegate shall be covered by the per capita dues remitted by clubs. The alternate delegate and non-delegate members attending conference shall pay a registration fee as determined by the region board.</p>	<p>All region members attending the conference must pay the registration fee as determined by the region board. Fees, if any, for non-member participants and guests shall be determined by the region board. Proviso – For the fiscal year beginning August 1, 2007 and ending July 30, 2008, the accredited club delegate registration fee up to 50% shall be covered by the per capita dues remitted by clubs for fiscal year 2007-2008. This is a one-time consideration.</p>

Rationale: Currently some of the clubs have four or fewer members. The total per capita region dues paid by four members is \$60.00; with a conference fee of approximately \$65.00, the region cannot operate effectively subsidizing the delegates from the current level of dues paid per club.

Remarks: This amendment will not be considered if amendment #1 or #2 is adopted.

Amendment #5 ARTICLE IV. FINANCING. SECTION C. CONFERENCE REGISTRATION FEE

Submitted by Arsenal Island Training Activity

Amend by substitution and include Proviso

CURRENT WORDING	PROPOSED WORDING
<p>The Conference Registration Fee of the accredited club delegate shall be covered by the per capita dues remitted by clubs. The alternate delegate and non-delegate members attending conference shall pay a registration fee as determined by the region board.</p>	<p>All conference participants, including delegates, alternate delegates, non-delegate members and guests shall pay a registration fee as determined by the region board. Guests may purchase meals and attend meal functions without paying registration fees. Proviso: Fifty percent (50%) of the Conference Registration Fee of the accredited club delegate shall be covered by the per capita dues remitted by clubs for fiscal year 2007-2008. The alternate delegate and non-delegate members attending conference shall pay a registration fee as determined by the region board.</p>

Rationale: Currently, some of our clubs have four or fewer members. Total per capita region dues for four members is \$60.00. This amount is less than the usual conference registration fee. In effect, the larger clubs are subsidizing the smaller clubs. If the registration fee is \$65.00 and delegates from 22 clubs attend the conference, this amendment will increase the net income by \$715.00 for the fiscal year 2007-2008, and by \$1430.00 for the fiscal year 2008-2009. Those clubs wishing to assist delegates with their expenses may do so with club treasury funds. The Arsenal Island Training Activity believes this proposal is more equitable than dues or conference registration fee increases, and much less complicated and burdensome than proportional assessments based on club membership.

Remarks: This amendment will not be considered if amendment #4 is adopted.

Amendment # 6 ARTICLE IV. FINANCING
Submitted by Arsenal Island Training Activity

SECTION C. CONFERENCE REGISTRATION FEE

Amend by adding “, but shall not exceed dues paid by the club.”

CURRENT WORDING	PROPOSED WORDING
The Conference Registration Fee of the accredited club delegate shall be covered by the per capita dues remitted by clubs.	The Conference Registration Fee of the accredited club delegate shall be covered by the per capita dues remitted by clubs, but shall not exceed the total HAR dues paid by the club.

Rationale: Currently, some of our clubs have four or fewer members. Total per capital region dues for four members is \$60.00. This amount is less than the usual conference registration fee.

Remarks: This amendment will not be considered if amendment #4 or #5 is adopted.

Amendment #7 STANDING RULE 12. NEWSLETTER
Submitted by HAR Board of Directors

Amend by substitution

CURRENT WORDING	PROPOSED WORDING
The newsletter shall be available for subscription to non-members and to members who desire a second copy. The rate for these subscriptions shall be based on the production and distribution expenses approved in the region budget.	An electronic version of the region newsletter, the “Pulse” shall be available from the region website without additional cost. A hard copy subscription or single copy of the “Pulse” is available upon request and payment of a fee as determined by the region board and approved in the region budget.

Rationale: To print and mail the “Pulse” is very costly. In order for the region to continue to print and mail the “Pulse” to all region members, the dues would have to be increased. Therefore, the suggestion was to decrease various expenses and the cost to print and mail the “Pulse” is one option for decreasing region expenses. This change allows for any member desiring a printed and mailed copy of the “Pulse” to purchase a subscription or single copy, as desired.

Remarks: This amendment will not be considered, is amendment #2 is adopted.

Amendment # 8 New STANDING RULE 16. FISCAL OBLIGATIONS AND CONTRACTS
Submitted by HAR Board of Directors

Amend by adding new Standing Rule 16

CURRENT WORDING	PROPOSED WORDING
None	All fiscal obligations, including contract(s) and/or contract modification(s), require board review and approval. The board will authorize the Region President or representative to sign contracts and/or contract modifications.

Rationale: Since all financial obligations of the region i.e. region contracts and modification to region contracts directly affects the region’s fiscal stability and its solvency, the region board should have prior approval to enter into a contract or authorize contractual modifications. The region president shall execute a contractual agreement only with the approval by the region board.

Amendment #9 Submitted by the HAR Board and Bylaws Committee

To change the Heart of America Region bylaws and Standing Rules to the decimal format.

Rationale: To update region bylaws and standing rules in accordance with current ITC format.

CONFERENCE COMMITTEES

Ads

Verna Washington
4707 Round Lake Rd
Indianapolis, IN 46205
317-475-2232
verna.washington@dfas.mil

CMT

Vera Medlock
9500 S Loomis Dr
Chicago, IL 60643
773-881-0718/773-779-9625
verameacctgsvcs@ameritech.net

Controller

Shelda Robertson, SC
5 Woodside Dr
Mt. Vernon, OH 43050
740-397-7096
Srobert7@columbus.rr.com

Council of the Year

Martha Barkhau
1040 Cragmont Dr
Indianapolis, IN 46227
317-786-4900
mbarkhau@yahoo.com

Credentials

Jeannie Grey
406 Sugartree Ln
Clarksville, TN 37043
931-552-3151
maygirl@bellsouth.net

Decorations

Icie Alexander, SC
3426 Corban Commons Dr
Apt # E-107
Columbus, OH 43219
614-475-8683

Entertainment

Doug Moran – Classic brass
Harold Palmer – Singer
Mary Beth Day, SC – Violin
Barber Shop Quartet

Expeditor/Site

Kathy Cooper
223 Knoll Dr
Granville, OH 43023
740-587-3689
kcoop@bigfoot.com

Files Transfer

Kathy Cooper
223 Knoll Dr
Granville, OH 43023
740-587-3689
kcoop@bigfoot.com

Flag

Jim Harper
3900 Deeds Rd
Granville, OH 43023
740-587-2244/w740-364-5586
jim.harper.hmn9@statefarm.com

Hospitality

Council #7

Host/Hostesses/Pages

Jessie Shropshire
4865 Brannon Dr W
Springfield, OH 45502
937-629-3198
jshropshire@sbcglobal.net

Kits

Stephanie Henriquez
5065 Shady Crest Dr
Columbus, OH 43229
614-848-3042
Svh50659489@sbcglobal.net

Memorial

Lilly Barroso
1116 3rd St "A"
Moline, IL 61265
309-797-1489/563-391-0230
lbarroso@itgco.com

Program Book

Laura Beard, SC
1875 Blacks Rd, SW
Hebron, OH 43025
740-928-6305/w740-364-5644
lab40@netzero.com

Registration Chairman

Theresia Colbert
5313 Sprucewood Dr
Louisville, KY 40291
502-231-0311
t.colbert@insightbb.com

Registration Co-Chair

Lauraetta Starks
3010 Petty Jay Rd
Louisville, KY 40220
502-491-5199
lstarks@gcs.k12.in.us

Signs

Laura Beard, SC
Nellie Pallagi, AC
By Program Book Chair &
Regional President

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

The four clubs in Council 1 have been working on increasing their memberships as well as working on training from the new Master Manual. Two new members have been added since the beginning of the 2006-2007 term. Council 1 Board approved an incentive similar to Region's that anyone bring in two new members will receive free Council dues for a year, ending April 30, 2007. All the clubs have the new ITC brochures, thanks to the PREM committee, to use in recruitment. They are holding club joint meetings and volunteering to assist with PREM projects. Saint John Agape' Communicators are running an ad in their church bulletin and they have a goal of a 30 member club.

Council 1 PREM team with Irvin Walker, AC at the helm and members Ellen Holton, AC and George VanSickles are involved in many outreach activities. These have included articles in the DFAS-In Daily Bulletin, presenting workshop to show the benefits of ITC, and working diligently with the Youth Zenith Club. The Youth Zenith Club has increased their membership and plan to hold a Speech Contest that will send contestants to the Region Zenith Speech Contest.

Our next major event is the March 10th Council meeting and Speech Contest which will include participation from the JetAire Club, Dayton and be a primary PREM project. Publicity Chairman, George VanSickles, has provided fliers to clubs to facilitate their promoting the meeting and an opportunity to invite perspective members. We are working to have a large attendance as we showcase Council 1 members' skills. Mary Remson, AC, as our visiting officer, will present an "Effective Evaluation" workshop and Irvin Walker, AC a workshop on "Motivation is an Inside Job." Council #2, St. Louis has the theme of "Give the World the best you have, and the best will come to you".



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

Our New Year is off to a terrific start. Our clubs have begun the new year with increased membership, spontaneous speaking opportunities, the experience of an exotic travelogue presentation and implementation of the new mentoring program.

The **Davenport Club** is off with a productive year. Their meeting time is at 6:00 pm on the 2nd Wednesday of each month. They have been meeting at a library to increase the club's public exposure. Their club is now advertised in 2 different papers in the free community bulletin board sections. Club meetings have had at least one spontaneous speaking opportunity for everyone. Special presentations have included: a speech to entertain, a persuasive speech, a speech on vocal effectiveness and evaluation training. In December they had a potluck dinner along with trivia, a word game and an exotic travelogue by Sally Ivy.

Arsenal Island Activity is also off to a good start. Their meetings are held on the 2nd Tuesday of each month on Rock Island Arsenal. The Activity has added a new member to its rolls, Ms. Denise Springmeier. Mentoring has always existed in Council 3 and to support Heart of America Region's initiative of revitalizing mentoring, Arsenal Island was honored to have HAR Treasurer, Jesse Ivy, SC present an educational feature on the new mentoring program during their October meeting. In support of the revitalization, mentoring is being offered to Arsenal Island's newest member and continues to be offered to existing members.

Other presentations during the quarter included:

- An educational feature on Founders Month discussing the beginning of ITC and its cultural diversity as a worldwide organization
- A speech to inform that explained Council and Region Protocol and ITC's structure from Club to Region
- A book report on *Life Is Not a Fairy Tale*, the life story of the American Idol winner Fantasia Barrino
- An impromptu education feature

The Clubs are currently preparing for the upcoming speech contest.

To borrow a quote from our Davenport Club President, "**Best wishes for the New Year, and may you succeed in your most important goals.**"

Council IV News
Cheryl McGruder, President

Council IV **“Each One Reach One”**

Throughout this year, we have been challenged with illness in all of our clubs. We have weathered the storm and continue to draw strength from one another. This momentary setback has allowed each of us to look within ourselves to find the true reason for joining ITC. We had to look beyond the answer and ask, am I hindering or helping someone to grow? We have to be transparent so *to speak* when answering. Sometimes we think it is someone else that keeps the organization from growing and we never really take the time to put ourselves in check. Growth in any organization starts with you. Personal development is the key to anything we do. We should seek to strive to be all that we can be, and if we do, **“Each One can Reach One”**.

Council IV has worked diligently this year to bring awareness to our communities. We have presented workshops on Identity Theft, Personal Development, and Integrity to name a few. We continue to look for ways to increase our membership. We hold ourselves accountable for the lack of growth in the ITC Organization. We have not reached perfection and that’s why we need ITC. We all have something we’re created to do and we should walk in that purpose.

Council 2 News
Nellie Pallagi, AC

While Council #2 is comparatively small, their Council Meeting has been educational and valuable to the members.

In January 2007, the council meeting included a business meeting and a workshop by the visiting Region Officer. Printed programs were available, and council members participated appropriately.

In September 2006, the Council Meeting included a Protocol Workshop. A Zenith Club is being formed and will be ready to charter soon.

Council 7 News
By President Vivian Russell, SC

Members of Council #7 have taken its theme “Innovations Through Working Committees,” literally. At each council meeting the chairperson of one of the standing committees, volunteers to give a 5 minute presentation on the accomplishments/goals of the committee

The Educational Committee chaired by Ronald Ray has established a web site www.itcharc7.com which plays a major role in keeping members of Council #7 informed of important dates and the many activities of Council, Region and International.

The goals of Council #7 are to continue quality Educational presentations, increase Membership and Retention, increase the number of members achieving higher levels of Accreditation and increase the number of members present at each council meeting. These goals are being met by Building Bridges among and between committees which has shown growth in:

- ❖ Average number of attendees at council meetings which is now (30)
- ❖ Two levels of accreditation have been earned by a member
- ❖ Two clubs have gained one new member each
- ❖ Use of a Welcome letter given to guest at each council meeting (which explains the meeting process).has increased the average number of guest at each council member by 2
- ❖ Sponsoring an information booth by one of council’s clubs at a local church
- ❖ Advertising ITC and Council #7 in local churches and libraries
- ❖ Having a guest evaluator from Region at council meetings demonstrates how evaluations can be used to promote growth in clubs and council
- ❖ Formation of an additional club lead by Region’s President and member of Council #7

Council #7 is committed to fulfilling the goals of Council #7 and the ITC Organization

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