

# One Community Many Voices

District 7 Toastmasters  
September 2015

# SPEECH WRITING TIPS

by Ciarán Hynes CC, CL

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## KEEPING THE COMMITMENT

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# EDITORIAL

## Why is It. . .

by Phyllis A. Harmon, DTM  
Immediate Past District Governor

It's contest season in District 7. Club contests are finished and we've launched into area competitions. The annual hue and cry for judges is once again peppering social media and clogging email boxes. I wonder why it is that we have such trouble staffing our contests with judges. Judges training, in one form or another, happens multiple times every year. The training sessions for the most part are always full, indicating that more than enough of us have been briefed on the current rules.

Speaking of the rules, you can easily download them from the Toastmasters International website and readily bring yourself up to date. Also, Toastmasters International offers online training through the Toastmasters Learning Connection. Why then, are Directors begging for judges?

Toastmasters International doesn't require that judges be "trained." They require that members must be in good standing and have completed six speeches. That's it! That being said, we have more than 3,000 active members in District 7. For the most part, only 176 people can advance to the area contests. That leaves a heck of a lot of people who potentially could be judges. Why then, are Directors put in a position of begging for judges?

Perhaps we don't step up and help because if we do, we will be asked over and over again to be judges at other contests. Or, we have scheduling conflicts, family obligations, work responsibilities, or a plethora of other excuses that keep us from - supporting our fellow club members. Or perhaps we just don't want to. Is that why our Directors are begging for judges?

My opinion?

Directors shouldn't ever have to beg for judges. We are a community, a family, a tribe that supports one another. It is part of our Toastmasters code, our culture if you will, to help each other be successful. It isn't someone else's job to support our contestants by serving as judges or in ancillary roles. It's everyone's job.

Yours, mine, ours.

### Publisher

Phyllis Harmon, DTM

### Associate Publisher

Brenda Parsons, ACB, ALS

### Senior Editor

Phyllis Harmon, DTM

### Associate Editors

Leanna Lindquist, DTM

Erik Bergman, DTM

Karen O'Keefe, DTM

Alexis Mason, DTM

### Layout/Design

Phyllis Harmon, DTM

Curtis Low

### 2015-16 Officers

District Director

Michelle Alba Lim, DTM

### Program Quality Director

Leanna Lindquist, DTM

### Club Growth Director

Erik Bergman, DTM

### District Treasurer

Jill Ward, ACB, ALB

### District Secretary

Tom Knapp, ACG, ALB

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**TOASTMASTERS**  
INTERNATIONAL



# Keeping The Commitment and Meeting Goals



By Nathan Cook, ACB, Area 72 Director

We have all been there. Someone says, "Hey! You would be an awesome Club President, VPPR, or VPM." And so you say "Yes." Maybe it wasn't even your Toastmasters club, maybe someone asked you to lead a project at work and you said, "Yes." Now you feel like you are in way over your head. If you feel you're in over your head, it doesn't matter how deep the water goes.

*What can we do to keep our commitment and meet the goals that we set for ourselves? I offer three suggestions that helped me not only keep my commitments and reach my goals, but surpass them.*

*Surround yourself with a good team.* We always think that because we stepped up, that we are the only one who can carry the load. Mother Teresa said it best, "You can do things I cannot, and I can do things you cannot, but together, we can do great things". When I first became president of my club, I was on fire! I believed I could do it all and that I didn't need a team. Within weeks I found myself getting burnt out and overwhelmed. Luckily for me, an older member saw this happening and pulled me aside to tell me that I didn't have to be a super hero, I just needed to use the team that I had. Building that team around you will help you (as it has helped me) succeed and make the journey far more pleasant.

*Set stretch goals.* Michelangelo said "The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." Think about your club goals as an example. Is your club trying to meet the minimum number of people to be eligible for the Distinguished Club Program (DCP) or exceed that number? As the Toastmasters year came to a close last year, I became worried by the number of people who were leaving my club. They weren't leaving because they didn't like the club, some had schedule conflicts and most of them were moving out of state. During this time, the thought occurred to me, "why am I trying to get by on the minimum requirement for club membership?" This year my club is not only on track to meet our DCP goals; we are going to exceed them. Consider setting a membership goal beyond the DCP and work to attain it. Personally, I like to aim high, so that if I miss my high goals, I have already exceeded the "required" goal.

*Don't put off doing until tomorrow what you can do today.* The key to keeping commitments and achieving goals is in the daily routine. There are times that I wait so long to start that it's too late to begin. Lucky for us, we are still in the beginning portion of our Toastmaster year and we still have time. Set a small goal for yourself every day that will help you get closer to achieving your big goals. That's what I do, then I work at them daily rather than trying to do everything at the last minute.

There are many different, small actions we can do to keep our commitments and to meet our goals, but these are three that have helped me the most. *Whatever you decide to do, remember that you don't have to be great to get started, but you do have to get started to be great.* Start today in keeping your commitments and don't just meet your goals, go all out and exceed them!

**Commitment is  
the Glue that  
Bonds you to  
your Goals**

Jill Koenig



# Scurvey Dogs, Scallywags, & Sea Biscuits

by James Wantz, DTM

A mentor explained Toastmasters to me with these words, "Whether you are a bank president or a bank robber, you have to know how to say 'Give me all your money.'" Before there were banks, gold and silver were transported over the oceans in treasure-laden ships that were susceptible to swashbuckling pirates. From the day I was 8 years old on the Pirates of the Caribbean ride at Disneyland, I wanted to be a pirate. I wanted to wear an eye patch, wield a cutlass, and talk in a gravelly voice.

That dream finally came true. I became a pirate in a Toastmasters meeting on September 19th the official Talk Like a Pirate day. New Horizons Toastmasters became Piratemasters!

As Piratemaster for the meeting, I wore my eye patch, wielded a cutlass, and talked in a gravelly voice for 90 minutes. And I was not the only one. Most of the club dressed up in costumes depicting all manner of pirates – from brigands to privateers, captains and deckhands, lads and lasses alike. We ARRRRR'ed and Ahoy'ed. We 'shivered me timbers' and called each other scurvy dogs, scallywags, mateys, and sea dogs. There was pirate booty, treasure chests, and pirate grog. Both of our speakers told pirate tales and Table Topics became Pirate Topics. We had a blast.

When the meeting was over, several members called it the best meeting that they had ever been to. I wholeheartedly agreed. Our pirate-themed meeting reinvigorated our club, changed up the normal routine, and brought out everyone's creative side.

Good communication is paramount - whether you are a bank president, bank robber, or a pirate! If Toastmasters is where leaders are made, who says pirates can't be good leaders too? *(New Horizons is planning more themed meetings this year. Join in the fun, raise the spirits of your members, and show the world that your club knows how to make learning fun!)*





# Beat the Clock Winners!

by Leanna Lindquist, DTM  
Quality Program Director



Congratulations to the 21 clubs who added at least 5 new members between May 1 and June 30, 2015. Each club received a ribbon for their banner. Clubs are listed by Division and Area.

Division	Area	Club Name
A	21	Grants Pass Toastmasters Club
B	31	University of Oregon Club
B	31	Symantec Toastmasters
B	34	Siuslaw Tale Spinners Club
B	35	Lunch Bunch Toastmasters Club
C	42	Capital Toastmasters Club
D	52	Banfield Barkers
D	53	Portland Club
D	53	Swan Island Toastmasters
E	62	MultCo Toasties
E	63	Marylhurst Toastmasters
E	63	WE Toasted Toastmasters
E	65	Clackamas Stepping Stones Tm Club
F	72	Motormouths Club
F	75	At The River's Edge Club
G	83	Encouraging Words Club
H	92	TV Toastmasters
H	94	Feedbackers Toastmasters Club
H	95	Storymasters Toastmasters
I	10	Spirit Trackers
I	12	Smooth Talkers Club

## Celebrating Success!

September 26th, 2015



## Awards & Tall Tales Exhibition

11 am - 3:00 pm

Tektronix Auditorium  
Building 38  
3025 Zworykin Avenue  
Beaverton, OR





## Leaders Eat Last

By Michelle Alba Lim, DTM – District Director

Growing up in the Philippines, my favorite hangout was the kitchen. I loved to watch my mom prepare and serve meals for seemingly never-ending visitors. I would wonder aloud why she didn't eat until after everyone had eaten. She would whisper to me, "The hostess eats last." It was her way of making sure that everyone's needs had been served before she sat down to eat. Her philosophy seemed to work. Papa's friends loved her. When he passed away when I was nine, she easily found work in the homes of our former guests. As hired help, she was expected to eat only after her employers had eaten. That was no problem for my Mom. Eating last came naturally.

Years later, as a young mother struggling to feed four children on my meager income, I recall my youngest daughter Katherine asking, "Mommy, why aren't you eating?" I would smile at her and whisper, "Moms eat last." Katherine (now a mother of three) recently reminded me of how I used to eat last when they were children. Then she hugged me warmly and whispered, "Now I eat last, too." She said that she felt cared for and safe when I chose to eat last. Now she does the same with her children.

Imagine my delight when I came across Simon Sinek's book *Leaders Eat Last: Why Some Teams Pull Together and Others Don't*. Seems like hostesses and moms aren't the only ones who eat last! Sinek wrote that great leaders sacrifice their own comfort for the good of those they care for. He wrote that most junior Marines ate first while the most senior Marines ate last. The senior leaders stood at the back of the line, risking that food might run out before their turn. Instead of sitting at a "VIP Table" expecting service, they waited for everyone else to be served.

He went on to say that the best leaders fostered trust and cooperation among their teams. They built a "Circle of Safety" where members felt safe and supported. In this safe and supportive environment, everyone felt they belonged. All energies were devoted to facing common challenges, hurdling common obstacles, and sharing strategies to succeed.

Eating last is symbolic for many other things in life. It's a mindset of willingness to serve, rather than being served. We can all be leaders who eat last, literally as well as figuratively. The world would be a gentler, happier, and more fulfilling place if we were.

*Are you a leader who eats last?*

---

*Leading is not the same as being the leader. Being the leader means you hold the highest rank, either by earning it, good fortune or navigating internal politics. Leading, however, means that others willingly follow you - not because they have to, not because they are paid to, but because they want to.*

**Simon Sinek**

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# FROM THE DESK

## Be a Sponge!

by Leanna Lindquist, DTM Program Quality Director

Toastmasters Can Propel Your Career to New Heights

Opportunity abounds in Toastmasters. It begins in your club as you take advantage of speaking opportunities. You become more confident, willingly step out of your comfort zone and develop your own style of speaking. Serving as a club officer can help you develop leadership skills that you can leverage in your workplace. Being the Toastmaster provides the experience to plan and run meetings successfully. I know a number of members who are using Toastmasters to boost their careers. They are gaining as much experience and skills as they can as fast as they can. Here's how:

- Signing up to give speeches and fill roles on a regular basis
- Joining multiple clubs to increase speaking and evaluating opportunities
- Visiting other clubs to expand their experience
- Attending District events to meet more people and increase knowledge
- Holding club offices to develop leadership skills
- Serving as judges at speech contests



Many members have compared what Toastmasters has to offer to other programs. Popular programs to build leadership and speaking skills can cost in the thousands of dollars. They may require that you fly off to big cities and stay in hotels. Videos and access to online materials come at a price. It costs about \$100 a year to join a club. Clubs are in your neighborhood or at your work place. Every week you can lead and speak, and best of all receive immediate feedback. Low cost conferences with internationally acclaimed speakers are available. The Toastmasters International website has a free video library and a variety of public speaking tips. You receive a monthly magazine. Linked In and Facebook posts connect Toastmasters worldwide.

At the International Convention, World Champion of Public Speaking Darren LaCroix gave each of us a sponge. To me it represents absorbing all I can; from other Toastmasters and from all the materials Toastmasters offers. Toastmasters can boost your career and change your life. Soak up all you can.

## FAQ: To Judge or Not to Judge

Every year the same question is asked: *If someone competes in a contest can they be a judge?* This is what the Toastmasters International rule book says: "The following are ineligible to compete in any Toastmasters speech contest:

- a) A member serving as a chief judge, voting judge or tiebreaking judge beyond the club level for a contest in which the member is still competing or intends to compete."

For example: if you are a contestant in an Area Humorous Speech Contest you cannot be a judge and compete in the same type of contest. This is in the interest of making it as fair as possible for all contestants.



# FROM THE DESK



## Our Distinguished District Banner Takes A Victory Tour

By Erik Bergman, DTM, Club Growth Director

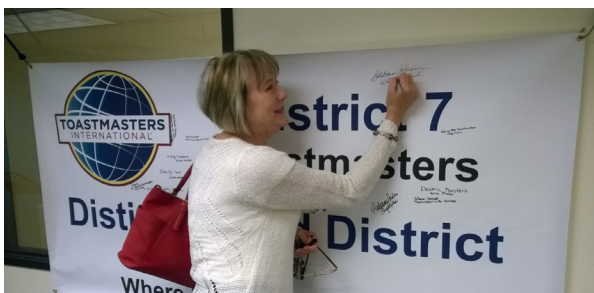


What's 6 feet long, 3 feet wide and displayed with pride? It's our Distinguished District banner, and it is making its way around District 7 for members to sign. District 7 for members to sign.

Its message is simple:  
District 7 Toastmasters  
Distinguished District 2014-15  
Where Leaders Are Made

The last time we were a Distinguished District, we had members sign that year's celebratory banner before District leaders took it along to the Toastmasters International Convention. This year we are having people sign it after the convention. Many Area Directors from around the District were able to sign it at Directors Training in August, and various leaders are now taking the banner with them, permanent markers in hand, on their club visits and to special events. Yes, it's a victory tour!

When you see the banner with the ever-increasing number of signatures, add yours along with your club name. It took everyone's effort to earn Distinguished District status, so we'd like as many clubs as possible to be represented so all can share in the honor. Let's fill it up — there's lots of room.



Because our District spans 176 clubs across three states, the banner has a long way to travel for maximum participation. We plan to bring it to as many speech contests, trainings, club meetings and conferences as we can.

While you're adding your John Hancock, think about what you can do to help your club reach or maintain Distinguished or better status:

- What educational awards will you achieve?
- Which fellow Toastmaster can you encourage to complete an award?
- How many new members can you recruit?

When members achieve their individual goals, it's that much easier for clubs, areas, divisions and our District to achieve theirs. Member achievement leads to club excellence. After all, we want to commission a new banner to display next summer — one that reads President's Distinguished District!





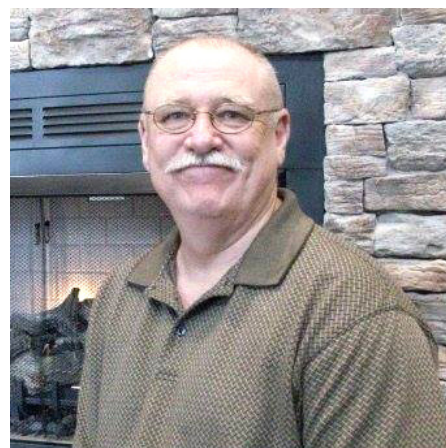
# JOURNEYS...

## Spotlight on Success – John Lawless

By Alexis Mason, DTM

This month's spotlight is shining on John Lawless, last year's area 83 Governor and this year's Northern Division (Division G) Director.

John grew up in Phoenix, Arizona, and spent 35 years in the computer business world as a technician. He received his Bachelor of Science degree from Liberty University in 2005. Furthering his higher education, he earned a Master's in Divinity from Golden Gate Seminary in 2009 and a Master's in Business Administration from Corbin University in 2010. For most people, these achievements would be enough. Not John! He is currently pursuing a Doctorate in Theology at Columbia Evangelical Seminary, with a target graduation date of 2017.



He is a dedicated volunteer for the Salvation Army, for Habitat for Humanity, and for Community House (a homeless shelter in Longview, WA). He volunteers through his church's outreach as well, teaching a community class on Tuesday evenings, a class for senior citizens on Sunday mornings, and has participated in 2 mission trips to Haiti.

Beyond all of that, John was ordained as a minister at the National Baptist convention in 2011. Previous honors included Phi Theta Kappa International Honor Society in 2004.

John has accomplished much in our Toastmasters world, too. Since joining in October of 2012, he has served as VP Membership for Encouraging Words from 2013 to 2015. He is currently serving as Club President for the same club and Sergeant at Arms for Astoria Toastmasters. He completed his Distinguished Toastmaster recognition in 33 months, receiving it on July 9, 2015.

John says, "My favorite part of Toastmasters International is the opportunity to mentor other people. I receive a great deal of joy watching people grow and achieve their goals."

Please introduce yourself to this wonderful man at the next District event. We salute you, John Lawless!

*Alexis Mason, DTM joined Toastmasters in 2000, and has served District 7 in many different roles, including District Governor in 2006-2007. This year she is a columnist for Voices!, and is responsible for spotlighting Toastmasters and the amazing lives they lead beyond the club walls. She is co-author of The Inspired Journey: A Woman's Blueprint for Spirit-Filled Living (2005), Just an Ordinary Little Dog: Barnaby's Story (2010), and Launching Your Business: End the Mystery - 101 Practical Tips (2011)*

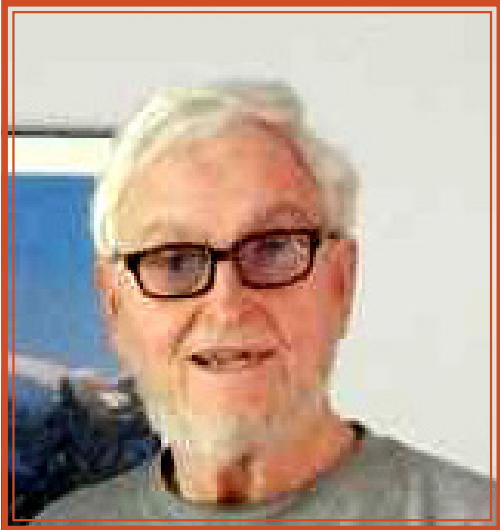
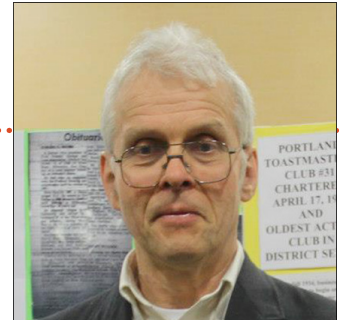


# BURIED TREASURE

By Harvey Schowe, DTM – District 7 Historian

## CHARLES J. SPENCER, Jr., DTM

## ACCOMPLISHED TOASTMASTER



Noontime Nomads members have the good fortune to have Charles (Chuck) Spencer as a member. Chuck's Toastmasters career began in April 1959 as a charter member of ADA Toastmasters Club, Boise, Idaho which is in District 15. The club continues as an active club. After holding all club offices, Chuck wanted to serve as Area Two Governor. He attended the District 15 Conference in Salt Lake City, where he sought appointment to that position. Several days before the conference, District Officers invited him to preside over the Presidents Workshop. Members who attended the workshop, and International Director, Richard V. Keim, were impressed with his presentation and leadership skills. The International Director nominated him for Junior Lieutenant Governor and Chuck was elected. He served under Robert Walker, District 15 Governor. The following year, he was elected District 15 Governor for 1963-1964 term. He gained distinction as one of youngest district governors in Toastmasters International. District 15 gained five new clubs

that year under his leadership. Historically, they chartered one or two new clubs per year. Afterwards, Chuck was asked to consider becoming an International Director candidate, but his employer did not feel they could support that kind of time commitment.

In 1965 he moved to Gresham, Oregon because of a job promotion directly attributable to exhibited Toastmasters skills at a University of Washington Training Seminar. He joined Sundial Toastmasters club # 2587 and remained as an active member until 2000. In 1968-1969, he achieved District 7 Toastmaster of the year award. Furthermore, he obtained an Able Toastmaster ABT #614 award. In 1975, he achieved an Outstanding Metro East Division award. His next goal was achieving the Distinguished Toastmasters (DTM) award that turned into a race with Glenn Meek – Past District 7 Historian to see who would receive their DTM first. Chuck won the race when an announcement was made in a January 1976 Oregonian article and District 7 newsletter awarding him with DTM # 329 award by International President George C. Scott. He won District 7 International Speech contests in 1972 and 1981 then competed in Region One speech contests. Members of Sun Dial Toastmasters club nominated Chuck through the Portland Volunteer Bureau as Volunteer of the Year 1981. He competed in the 1999 District 7 International Speech contest. During years between 1965 and 2000 Chuck won many trophies for Table Topics Contest, Evaluation Contest, and Humorous speech contests. After a 13-year break, Chuck joined Noon Time Nomads Toastmasters club #8472 in 2013, after the soon-to-be King City Toastmasters Club failed to charter. He acted in an advisory role for club members.

In a TV interview in 2012, Chuck shared: "Why would I, after a 13-year break, want to join a new TM club? After all, I've done it all in 41+ years (1959 -2000). Through the years, with support of many members and friends, my family included, I've seen many folks grow; been a part of that growth. I have grown. The investment of time and energy has paid off. I can still grow.

The developing of and hearing of speeches, table topics participation, and evaluation by your peers (Evaluation elevates; criticism tears down.) are all positive growth aspects of TM. You gain a broader outlook, become a better man, husband, father, grandfather, great grandfather; a better employer or worker. (The Lord has blessed me with a wonderful, supportive, care giving, loving wife. We have been blessed with five children, nine grandchildren and six great grandchildren. We celebrated our 57th anniversary in January.)



It is not the number of falls that matters. What matters most is the number of times you get back up. I believe that we set at our "Loom of Life" each day, weaving the texture, the hue, the color, the design of our day. One day that loom will be closed and the fabric of our lives will be held up for examination. Is your loom producing the pattern or the design; the picture of your life that you want it to? JOIN A TOASTMASTERS CLUB!!!

I'm also being a bit selfish---having Parkinson's, many of the things I use in a TM program have diminished, such as: weaker voice, mixing of words, slurring, stooped posture, gestures (voice & physical), memorization, outlining, thinking on your feet, socialization, competition, organization of thought, listening skills, using visual aids, ---a chance to come home again.

The experiences I have had, the knowledge I have gained, can still be useful in an advisory role in this new club (referencing the King City Toastmasters failed start-Ed.). That is part of why I'm interested in a return. Another advantage is that maybe my path will be attractive to others. Together, we can perhaps join to assuage the effects of such diseases as Parkinson's in our lives."

*(Chuck rejoined Toastmasters in 2013 to act in an advisory role for club members while rejuvenating his TM skills after being diagnosed with Parkinson's disease in 2001. I met him during our charter attempt of King City Toastmasters. Despite his medical challenges, he always had a cheery disposition and a "can do" attitude. The experiences he shared were always fascinating and memorable.-Editor)*





# Pre-Routines Improve Performance

By James Wantz, DTM



It is opening night, there is a packed house of paying patrons, and I am one of three actors facing fourteen performances over 3 weeks. I am waiting in the wings for my cue to enter the stage. I know that when I walk on stage I can show no hesitancy, discomfort, or lack of confidence. They paid good money and are expecting to see a good performance, not my hesitation or fear.

At my cue I enter the stage as my character would without a hint or trace of the fear I feel when all those eyes swivel to lock onto me the way a predator identifies its prey. The play is on!

Stage fright is real. I face it every time I walk in front of an audience. Before every performance I have a routine; it helps me get into character and set aside the fear. Every good actor and accomplished speaker has a routine –

some practical: don't drink milk or eat dairy products before speaking because it creates mucus in the throat and blocks vocal projection – and some quirky: yawn 3 times before walking on stage because it increases the oxygen flow to the brain.

My routine is to walk the stage before I perform. I silently run through all the movement and key moments in my head – putting myself into my character before I enter the space. Before a speech I also walk the stage. I want to know what the sight lines are, if there are obstacles between me and the audience, and to walk through key movements of my speech. When I am introduced it is past time to find out that a part of my talk won't work because of a potted plant or that the lectern cannot be moved as I'd hoped. Knowing the space before the speech allows me the flexibility to adjust and be in command the moment the audience sees me.

As a speaker, you can develop a pre-speech routine. Find what works best for you – how you empower yourself, how you psych yourself up, and how to use your stage. Once you become comfortable before a talk, you will present yourself as being, looking, and sounding more confident. And confidence is its own reward.

*James Wantz joined Toastmasters in 2008 and is a member of Tabula Rasa, Storymasters, Feedbackers, New Horizons, and Toastmasters for Trainers. He serves as club president for Toastmasters for Trainers and Feedbackers, and VPE for Storymasters.*

*[Be sure to attend Jame's Introduction to Linear Stage Psychology 101 - or - How To Use Movement To Make Your Presentation More Dynamic at the District 7 Fall Conference: Make It Matter-Editor ]*



# Loving & Learning Leadership – the Toastmasters Way

by Bill Maher

*Leaders do not make followers. Leaders  
make more leaders. - Tom Peters*

We know that being a Toastmaster involves more than just getting up and talking, even if you participate in Table Topics. That choosing to share our experiences or background knowledge before a room of people is just the beginning. Working these bits of information together is another aspect of speaking. Reaching your audience in a meaningful way is one goal. Being able to remember what you said and feel good about your speaking helps provides intrinsic encouragement.

When you are an effective speaker, you *are* a leader. You find yourself in front of a group of people because someone thinks you have something to say. Maybe someone else believes you have a worthy perspective to share. Maybe you feel enough passion about a topic to share your thoughts. The bottom line? You want the people who are listening to you to take away new knowledge. That is one essence of leadership.

Speaking in front of groups of people was not a new experience for me when I joined Toastmasters in October of 2012. Serving as a youth pastor and solo pastor for almost eight years gave me a lot of experience. Fifteen years of teaching in a classroom also added to my speaking vita. Helping to start charter schools in Oregon and promoting new schools provided another dimension of public speaking experience.

Why Toastmasters?

As I began experiencing Toastmasters, I was glad to participate in many different activities beyond speaking. I knew various roles needing to be filled at a meeting were important. Learning the components of meetings and seeing how all of them worked together added a deeper understanding and appreciation for this volunteer organization. Over the course of a few months, I was able to fulfill each of the roles.

What I didn't realize was that I was growing in leadership ability. Participating in roles at meetings helps everyone to enjoy the meeting and have a positive experience that provides new information. We've all heard that time is money. Being a timer may not seem like a leadership experience, but helping the meeting stay on time and be a quality experience, demonstrates leadership by helping others be better.

One day I had an opportunity that came with the leadership title, Vice President of Education. Our current VPE was moving to Hawaii and would not be able to fulfill his duties for the remainder of the year. Although taking on this position was like diving into the deep end of the leadership pool, this was a great experience which deepened my appreciation and understanding of Toastmasters. As I monitored how each of the members worked toward different levels of speaking and leading within Toastmasters, I found it inspiring.

The next time leadership roles for the club were to be voted on, I decided to continue my leadership involvement. This time in a new capacity, as club president in New Horizons for a year. As President, my main focus was to develop the leadership talents of the leadership team.

Through all of the meetings, competitions, trainings and events I experienced, I learned an underlying truth: Whether or not you have the title of a leader in your club, you are a leader. People listen to what you have to say. How you interact with those who attend meetings, how you describe your experience in Toastmasters, and how you engage in your Toastmasters events all communicate truths about Toastmasters. Perhaps you're an "accidental leader" in Toastmasters, trying to stay below the radar. I encourage you to embrace your leadership capacity as much as you can and appreciate the voice you share with those around you as you grow in speaking and leadership abilities.

# Speech Writing Tips

by Ciarán Hynes CC, CL



As Toastmasters, we all struggle from time to time writing that next prepared speech. The following is a simple framework that I have found useful for guiding the speech-writing process. It's the SCORRE™ method, which I have adapted for Toastmasters from the work of Ken Davis of Dynamic Communicators, Inc.

## *Begin by choosing your subject and writing it down*

The Toastmasters speech manuals are great sources for ideas for speech topics. However, we often want to craft speeches to fit a subject that is very personal, timely or of specific importance to us as individuals. I recommend keeping a notebook for speech subjects and writing ideas down when they pop into your head. If you are like me, you'll get ideas at the most unusual times and then quickly forget what they were. Make a habit of writing down speech ideas somewhere (I use electronic Post-it notes on my phone that sync with my laptop). When it comes time to write your next prepared speech, you will have a list of ideas to draw from. Choosing (and sticking with) a subject is the first step in the process of writing your next speech.

## *Focus on a central theme*

Narrow the focus by choosing one or two areas within your subject as the central theme. This will allow you to focus your speech to a manageable amount of information in the time allotted. Most Toastmasters speeches are five to seven minutes, which doesn't allow much time if you try to cover a lot of ground with a broad subject. You also want to avoid overwhelming your audience by covering too much material so quickly, that their heads are spinning or they simply check out mid-way. Focusing on a central theme with a maximum of two or three key points is essential.

## *Determine your objective*

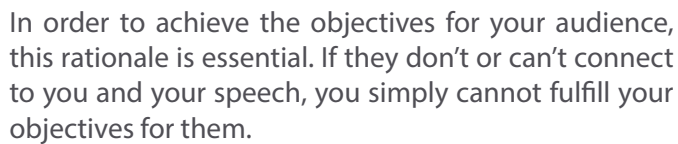
Before you begin crafting the actual speech, write down what you hope to achieve by the end of your speech. This should be a sentence or two that embodies the heart of your talk. It could begin with, "By the end of my speech, my audience will..." *Remember, it is about the audience, not you.* You may earn speech credit; you may overcome a particular fear or practice a specific delivery method, but think of your objective in terms of what you want your audience to gain from the experience. Do you want to educate the audience? Do you want them to take action? Do you simply want to make them laugh? Being clear about your objective at the onset will provide you a solid guidepost when you begin the writing process. As Dr. Steven Covey said, Begin with the end in mind.

## *Develop your rationale*

This is what Simon Sinek would refer to as your "why". The rationale connects you with your audience on a level deeper than simply captive listeners. After all, you know they can't go anywhere. They are stuck in a Toastmasters meeting and they have to listen to you. You have an obligation to make it more meaningful for them by outlining a rationale (as part of your opening 30 seconds) that will connect them to your subject and area of focus. I like to connect with my audience by sharing personal stories, pictures or a little self-deprecating humor. For me, this does several things; it helps my audience see that I'm just like them, except I'm the poor sucker at the front of the room talking. It also helps lower my anxiety by getting a laugh or two from the audience before I get going, and it lowers the barriers to a flawless delivery. If I mess up, it's much easier to laugh it off when we all start out together poking fun at me.







We have all heard the expression *a picture paints a thousand words*. At Toastmasters we are *communicating*, not just talking to our audience. Adding support resources to your speech is an essential step to bring the written word to life. Can you paint verbal pictures, show images, use props to deliver your message to your audience in a way that captures their full attention, captivates their imagination and even tugs on their heart strings? Look for quotes from well-known people, search for images that capture the essence of your words, find short videos or make one of your own. Our primary focus in Toastmasters is the spoken word, but you are not limited to this by any means. Bringing visual aids into prepared speeches will elevate your presentations to higher levels, something we all strive to achieve. If you use MS PowerPoint or some other slide show tool, substitute words for images, resist the temptation to use distracting animations, focus on your speech objectives and ask yourself, "Will this resource add or detract from my message?"

If there's one thing Toastmasters know about, it's speech evaluations. The prepared speech process doesn't end with the initial delivery. In fact, the initial delivery is just the end of the beginning of a speech. It is no longer safely locked away in your notebook; it's a fledgling speech out there in the open for the world to hear and critique. As Darren Lacroix (2001 World Champion Public Speaker) says, "Every speech you write is a world class speech, perhaps not at first, but it has the potential to become one with proper evaluation and fine tuning."

If your main goal of participating in Toastmasters is to become a stronger/better public speaker, I urge you not to race through the speech manuals but treat every speech you deliver as an opportunity to grow and learn. Take each speech to its highest level of delivery you can achieve. No matter what your starting point, you know you can do better. Before you move on to the next project, ask yourself, has this speech been given a fair shot at being the best it could be? Have I delivered it at the highest level I can achieve? We have no shortage of opportunities to speak in our clubs, yet it is rare to hear a speaker re-deliver a speech that has been evaluated and refined.

I hope you find Ken's SCORRE™ framework useful as you plan future speeches. This framework allows me to bring tremendous focus to my speech writing and allows me to progress through the creative process more effectively and efficiently. I encourage you to give it a try next time you sit down to craft a speech.

Originally from Tullamore, Ireland, Ciarán has been a member of A-dec Toastmasters for 2 years. Ciarán was the Table Topics winner at last year's district 7 competition and has a passion for public speaking and coaching others to achieve their speaking goals. He can be contacted at [ciaran.hynes@a-dec.com](mailto:ciaran.hynes@a-dec.com).

# SUCCESSFUL CLUB

## The Little Club That Could

by: Lynne Foster, ACB, ALB  
President, Downtown Lunchbunch



Downtown Lunchbunch Toastmasters was formed by Judith Shortt after connecting with District 7 Chamber Liaison, Chris Reichen at "Wake Up Hillsboro." The Lt. Governor of Marketing at the time, Phyllis Harmon, was our sponsor and mentor. She helped us start gaining traction, and the club began meeting in the winter of 2012. Meetings were held at Summa Realty Downtown in Hillsboro with Bob Rollinger as the first Club President. The club chartered in June 2013. Having Phyllis as our first VP Education was a godsend as we were trained early on how to navigate the Toastmasters International program. We've achieved President's Distinguished every year since chartering. As lives ebb and flow, Bob Rollinger is the only remaining member of the founders. His knowledge and wit are favorite components of our meetings.

Naturally, there are growing pains with any novice club. The summer of 2014 was particularly challenging, with our attendance dropping low during the summer months. We often had to double, and sometimes, triple up on roles. Of course, this isn't a unique situation, and other clubs experience low attendance during vacation time. However, we sailed through year's summer with High Colors. In fact, we've added new members.

Charter member, Denese Brown, says "As a club, I am proud to say that the level of encouragement is high, the level of volunteering to take a role is high, and attendance is good. I enjoy Toastmasters for the connections with other people who are proactive in taking charge of their lives to better themselves."

One of our newest members, Cheryl McFadden adds, "Toastmasters has boosted my confidence when I speak to my church congregation about our Christian Education Program. Before joining Toastmasters, this was a daunting task as the Elder of Christian Education. I think our club does especially well at encouraging one another, being well prepared for our speaking and leadership roles and, of course, managing time so we fit it all within one hour."

Our club location on Main Street in Hillsboro has given the club excellent visibility. Hillsboro is a bustling place these days. There is a lot of energy in the area as the downtown community is on a trajectory to raise its profile in the Portland Metro with a burgeoning restaurant, music and arts scene. There is a true community feeling to it. Downtown Hillsboro is the home of the City of Hillsboro, Washington County and other important business including the headquarters for Virginia Garcia Memorial Health Center where I work in the executive team. Both the City and the County have sent employees to us to hone leadership skills. For the most part, we are a club of professionals with goals. And we are having fun as we learn and grow.

Fun is something we excel at Downtown Lunchbunch. We are a friendly, engaging bunch and are eager for the stream of visitors who come to us on Fridays at noon. Often they are signing up on the spot. We are proud to note that three of our newest members are speaking English as a Second Language. (They are French, Russian, and Indian). In fact, we are getting to be quite an international club. Our VP Education, Paul Fanning, is an Englishman who is a seasoned Toastmaster working on his Advanced Communication Gold recognition. Organized and well-versed about Toastmasters International, he posts our goals and Distinguished Club Program progress weekly on a white board so we can see where we are in our goals. I have no doubt that we would all say Paul is our MVP with his kindness and eye for detail. We are inspired to move forward with three of our five club officers on target to earn Triple Crowns this year. (Paul, myself and Secretary/Treasurer, Katie Suppan.)

Come out to Hillsboro for a lunch meeting with Downtown Lunchbunch -- The Little Club That Could. Except now, we don't think we can, we know we can!



# SUCCESSFUL CLUB PICS





# SEPTEMBER 2015

## 21

Area 95 & 96 Humorous Speech and Table Topics Contest  
Beaverton Library  
6:00 PM – 8:30 PM

## 23

Area 35 Humorous Speech/Table Topics Contest  
Lane Community College, Downtown Center  
6:30 PM – 8:30 PM

## 24

Area 72 & 75 Humorous Speech and Table Topics Contest  
Connective DX  
5:30 PM

Area 61/62 Humorous Speech and Table Topics Contest  
Milwaukie Oregonians Credit Union  
@ 6:00 PM – 8:30 PM

Area 93 and 94 Humorous Speech and Table Topics Contest  
Beaverton Community Center Community Room  
6:30 PM – 8:00 PM

## 25

Area 71/73/74 Humorous Speech and Table Topics Contest  
The Standard Center Auditorium  
6:00 PM – 10:00 PM

## 26

Celebrating Success!  
Tektronix Campus - Bldg 3  
11:00 AM – 3:00 PM

Area 31 Humorous Speech & Table Topics Contest  
Florence, Oregon Library-Bromley Room  
1:00 PM – 4:00 PM

## 28

Area 91 Humorous Speech and Table Topic Contest  
Beaverton Community Center  
5:45 PM – 8:30 PM

## 29

Area 53/54 Humorous Speech and Table Topics Contests  
Columbia River Correctional Institution (CRCI)  
5:45 PM – 8:45 PM

Area 92 Humorous Speech and Table Topics Contest  
Beaverton Community Center@ Beaverton Community Center  
6:00 PM – 8:00 PM

## 30

Area 63/64/65 Humorous Speech and Table Topics Contest  
Marylhurst University - Villa Maria Building  
6:00 PM

1

Area 24 Humorous Speech Contest  
Talent Public Library  
7:00 PM – 9:00 PM

2

Last Day to Hold Area Contests

Area 82 Humorous Speech & Table Topics Contest  
Clark Regional Waste Water District  
6:30 PM – 9:30 PM

3

First Day to Hold Division Contests

Area 83 Humorous Speech and Table Topics Contest  
St. Helens City Library  
7:30 AM – 7:30 PM

5

District Executive Committee Meeting (DECM)  
Online Meeting  
7:30 PM – 9:00 PM

10

Central Division Humorous Speech and Table Topics Contest  
TBD  
10:00 AM

Area 51/52 Humorous Speech and Table Topics Contests  
Bridgeside (aka Char Burger)  
2:00 PM – 4:00 PM

14

Capital Toastmasters Club 693720 – Regular Meeting  
Capital Toastmasters Club 693720 - Meeting  
6:00 PM – 8:15 PM

17

Sunset Division H Humorous Speech and Table Topics Contest  
Sunset Division H Humorous Speech and Evaluation Contest  
1:00 PM – 4:00 PM

Sunset Division H Humorous Speech and Table Topics Contest  
Sunset Division H Humorous Speech and Evaluation Contest  
1:00 PM – 4:00 PM

20

Columbia Division D Humorous Speech and Table Topic Contests  
Columbia River Correctional Institution (CRCI)  
5:45 PM – 8:45 PM

Willamette Division (E) Fall Speech Contest – Humorous and Table Topics  
TBD  
6:00 PM – 9:00 PM

24

Division "G" Humorous Speech and Table Topics Speech Contest  
Cowlitz PUD Bldg.  
2:00 PM – 5:00 PM

Last Day to Hold Division Contests

Oct 24 @ 9:46 PM – 10:46 PM

OCTOBER 2015

## The Best Investment

"The Level of Leadership you reach in the 21st Century is based on how well you invest in yourself!"

Jason Leon, Workshop Presenter



Are you attempting to climb the corporate ladder but your feet keep slipping on the rungs? You want to be recognized for the leadership qualities you know you possess, but no one's paying attention?

If you answered yes to either of these questions, then you must attend "The Best Investment" workshop, where you will learn three valuable techniques that can kick start your career and help you become the leader you were destined to be.

## Strategic Humor in Speaking: Use It Safely and Save Lives (or at Least Presentations)

"We all know that a speaker who is funny can achieve significantly more impact than one who isn't, but comedy used incorrectly can be a danger to yourself and others."

Tara Rolstad, Workshop Presenter



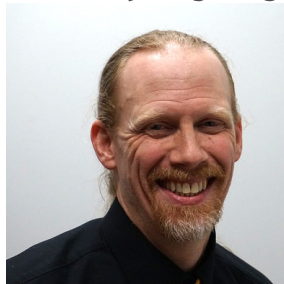
Did you really think you had to mimic Jerry Seinfeld or Billy Crystal to be considered funny? One liners, jokes, or off-color humor may work for the comedians at Comedy Central, but do you really need to go there to make your point in a presentation? The right kind of humor used at the right time (and used correctly) will make your audience rock with laughter. More importantly, your points will be remembered and repeated long after you have left the building.

Be sure to attend "Strategic Humor in Speaking: Use It Safely and Save Lives (or at Least Presentations)" and learn how to use humor responsibly and with greater impact.

## Beyond the Sandwich: The Five W's of Effective Evaluation

"What if just giving a nice evaluation isn't enough?"

Eric Winger, Workshop Presenter



Do you hunger for more meat in your evaluation sandwich? Are you bored with the formula feedback you give and receive?

If so, then this is the session for you. You will learn a different way to structure your evaluations so they are more motivational, more specific, more immediately useful to the speaker, and more relevant beyond Toastmasters.

Register today at: <http://d7toastmasters.org/Fall2015/>



# Toastmasters on Parade in SW Portland

by Erik Bergman, DTM – Club Growth Director



Led by a convertible draped with club banners on its hood and trunk, local Toastmasters made a splashy entry in the Multnomah Days Parade in August. Wearing maroon TI 90th anniversary T-shirts, they tossed candy to the kids and handed out Toastmasters bookmarks and flyers to the adults.

Heather Augello of Banfield Barkers Toastmasters served as group leader. She said, "It was a lot of fun! We felt that even though we were a small group, we made a big impression. Of course the T-shirts made us a cohesive team. It was great because when the parade announcer read our blurb, he mentioned that he was once in Toastmasters. It just added a nice endorsement. Plus we handed out a lot of flyers, and people came out from the crowd to grab them."

Many thanks to Heather and fellow Toastmasters who marched through Multnomah Village. Their can-do attitude and willingness to do something fun and different helped put Toastmasters in the public eye. Is there a parade in your city, town or county that has room for a Toastmasters group? Tell the Club Growth Director at [cgd@d7toastmasters.org](mailto:cgd@d7toastmasters.org), and the District will help you organize the next parade march.

## D7 Spreads the Word

Members of Portland Progressives Toastmasters staffed the District 7 booth at the Northwest Labor Council picnic on Labor Day at Oaks Park in Portland. They handed out materials including D7 bookmarks, pens and Toastmaster magazines while encouraging picnic goers to join a Toastmasters club. Left to right: Rose Robison, Brinn Hemmingson, Edie Gillis, Jim Robison and Ellen Ino.



## Calling All Coaches

If you're looking to apply your Toastmasters skills in a new way, consider the role of club coach. It's a key step on the path to Distinguished Toastmaster and offers a great sense of accomplishment for those who answer the call.

Any club with 12 or fewer members can request a club coach from the Club Growth Director. A club may request up to two coaches. Because the demand outpaces the supply, more club coaches are always needed to work with clubs facing membership or other challenges. To learn more or to volunteer as a club coach, please contact [cgd@d7toastmasters.org](mailto:cgd@d7toastmasters.org).

We salute these Toastmasters who will dedicate their time and talent to helping the clubs below achieve Distinguished or better status:

- Scott Stevenson, coach of Civil Tongues, Portland
- Thuy Tran, coach of Redhawk Squawkers, Portland
- Carolyn Smithrud, coach of Beachtown Toastmasters, Lincoln City
- Linda Leis, coach of Beachtown Toastmasters, Lincoln City

Corner Club  
Coach

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# TELL ME A STORY

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## A Lesson in Communication: Discourse at the Dump

by Harlan Wheeler, CC

Upon arriving at the dump this morning, I was greeted by the 'dump person.' This was the exact conversation that took place. Only the names have been changed to protect the community. Pulling up to the scales. . .

Dump person: "Excuse me sir, you must have a tarp covering up your garbage before you bring it into the dump."

Me: "But it's in a trailer!"

Dump person: "It doesn't matter, we don't want your garbage getting out."

Me: "But that's why I brought it here! I want to get it out."

Dump person: (raises eyebrow and says) "I'll make an exception THIS time!" (I don't like exceptions given to me, so I decided to turn up the conversational heat.) So I ask...

Me: "Excuse me Mr. Dump person, what is a tarp made out of?" Dump person: "Plastic!"

Me: "Well, then you see those little plastic bags?"

Dump person: "Yes?"

Me: "All 8 packages of garbage are all self-contained in their own personal tarp! So, literally it's tarped up."

Dump person: (appearing confused, he moves on to the next series of questions). "Are you bringing in any household items or garbage that contains chemicals?"

Me: "Yes."

Dump person: "Which ones?"

Me: "All of my household items contain chemicals, they're manufactured that way."

Dump person: "Did you rinse them out?"

Me: "Heck no! I want to throw them away, not clean them up, and why would I waste clean water on garbage? Kind of defeats the whole purpose of dumps doesn't it?"

Dump person: "We don't want dirty stuff dumped here."

Me: "But this is a dump for dirty stuff, hence your official



name "THE DUMP," not "THE CLEAN DUMP!"

Dump person: (Not liking his job today asks) "Has anyone other than yourself handled your garbage?"

Me: "Yes, my wife. We have an agreement, she puts the garbage in those little tarps and I haul them away."

Dump person: "I don't get paid enough to take rubbish off you!"

Me: "Well, that's kind of your job isn't it, taking trash off people?"

Dump person: "After you unload your garbage, I'd advise you to find yourself a new dump!"

Me: "I would love to, you wouldn't happen to know of any dumps that take garbage would you?"

*Tell Me a Story column highlights authors who happen to also be Toastmasters. This month's article is written by Harlan James Wheeler, Jr. who is the President of Sandy Toastmasters. He is author of 5 books of non-fiction, including "The Zombie Killing Guide to Better Everything: Life, Health and Business. A self-proclaimed inspirational troublemaker, his website is [www.harlanwheeler.com](http://www.harlanwheeler.com).*

# HAPPY ANNIVERSARY!

Congratulations to all September clubs that chartered in District 7 Toastmasters over the years. A special shout out to Lake Oswego and Newberg who are both celebrating their 63rd years as active clubs.

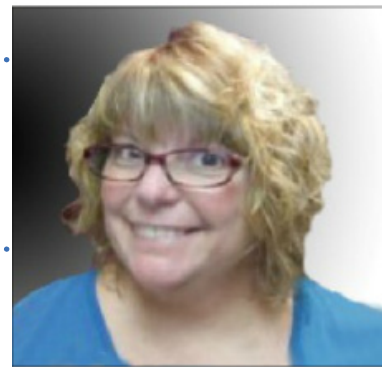
Charter Date	Years	Club Name	Location
9/29/2006	9	Banfield Barkers	Portland
9/21/2010	5	Control Freaks	Albany
9/1/1981	34	Daylighters	Portland
9/19/2005	10	Feather Tongues	Canyonville
9/17/2002	13	Feedbackers	Beaverton
9/1/1952	63	Lake Oswego	Lake Oswego
9/1/1952	63	Newberg	Newberg
9/1/1991	24	Noontime Nomads	Tigard
9/1/1978	37	Portlandia	Portland
9/29/2006	9	Rose City Toasters	Portland
9/17/2002	13	Sage Beaverton	Beaverton
9/1/1991	24	Siuslaw Tale Spinners	Florence
9/15/2006	9	Toast of the Region	Portland
9/24/2012	3	Tower	Portland



# Lead Like You Mean It

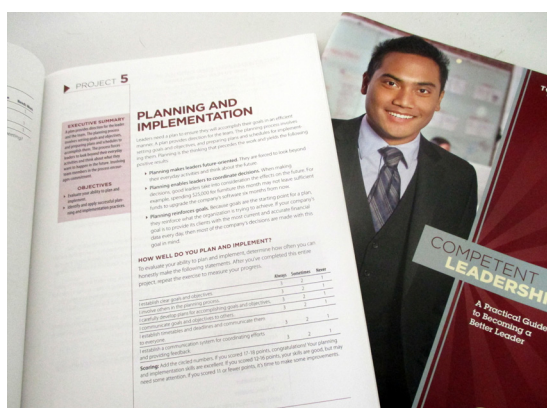
## Competent Leadership in Action

by Karen O'Keefe, DTM



Like most new members who become Toastmasters, I was barely aware of the Competent Leadership (CL) manual. After all, I'd joined to learn how to be a better speaker. My first club focused on the Competent Communication manual (CC). Nonetheless, I brought my CL manual to each meeting and asked someone to evaluate me for each role in which I served. Just by showing up each week, serving in a role, and getting evaluated, I completed 6 out of the 10 manual projects before I realized it—long before I completed that many speeches. Ultimately, I completed both manuals within a month or so of one another.

Few of the new members, and almost none of the experienced people in my club, brought their CL manuals to meetings. Many of the experienced members had already completed theirs—and my initial impression was that once you earned a CL, you had mastered the roles and didn't need to be evaluated for serving in them again. Was I ever wrong!



Whether you are new to Toastmasters or are an “old pro,” you are familiar with the Toastmasters meeting format: some members serve in meeting roles, while other people speak. It happens every meeting. Each and every role, including prepared and impromptu speakers, has a corresponding project in the CL manual. If you are not bringing a CL manual to each meeting and getting evaluated (and credit) for what you do, you, your club members, and your club are missing out.

How are *you* missing out? Each time you serve in a role, you have a fresh opportunity to improve your leadership skills. By reading each project, performing the steps defined for that

role for that project, and being evaluated for your service in that role, you will receive feedback that will help you learn and be more effective the next time. Plus, you will receive credit toward a new CL award. I have heard some members say they are tired of serving in a particular role (say, grammarian). If you are bored or are not having fun in your role, you are not doing it right. There are unlimited ways to approach each meeting role creatively. Make it fun—for yourself and others—and get credit while you do it. Little known fact: you can complete (and receive credit for) one new CL manual each year for each club you belong to.

How are *your club members* missing out? For one thing, if new members don't see you bring your manuals to each meeting, they will not bring theirs. If new members don't see you getting evaluated for your service in meeting roles, they will feel funny asking you to evaluate them. Be an example to your other club members. Encourage them to make progress in the CL manual and move toward success. Show them the art of the possible. *That* is competent leadership in action.

How is your club missing out? Each year, your club must meet several goals to succeed in the Distinguished Club program (DCP). Two of the goals (5 and 6) can be met with completed CL manuals. If your club gets in the habit of using CL manuals, they will easily meet these and other DCP requirements...and each and every one of you will be excellent examples of leadership.

To effect any change requires planning and purpose. If you want to make completing CL manuals an easy habit to create, order item 1555L (a CL four-pack) from the Toastmasters International online store. I keep one CL manual in my car, one in my desk at home, one at my desk at work, and one at a club that has a file organizer for that purpose. Sign up for roles a few weeks at a time, based on projects in your CL manual. By using the CL manual, you are making the most of your Toastmasters experience. Remember, *Toastmasters is where leaders are made*.

Next month, I'll revisit the idea of approaching each role creatively—with a fresh eye—and will help you find new ideas to try next time you serve in a role.



**Ryan Avery, DTM**  
2012 World Champion Public Speaking

## Speak Up: Communication Strategies Every Leader Must Understand in Today's Hyper-communicated World

Among the top skills to be an effective leader is his or her ability to communicate! You can be smart, charming and the best in your industry but if you can't get your ideas across to others, your other skills don't matter. In this interactive session, let Ryan Avery,

the youngest World Champion of Public Speaking in history, teach you communication strategies that will get people to take action in today's hyper-communicated world!

Educational Objectives and/or Takeaways:

**Objective 1:** How to develop and deliver pertinent information to stakeholders (staff, members, legislators, media, and public)

**Objective 2:** How to guide and influence others to enlist their support and take action after listening to you speak

**Objective 3:** How to develop speaking and presentation strategies that build confidence and reduce stress

Friday Night  
**Speak Up!**

6:30pm  
11/6/2015

Oregon Medical Association  
11782 SW 68th Ave, Portland, OR

**\$25**

**Register Today**

**Limited Seating**

# HONORING EDUCATION

CC	8/26/2015	Anderson, Audrey E.	NuScale Toasters
ACG	8/3/2015	Anderson, Gordon Edwin	Totem Pole Club
ALB	8/21/2015	Anthony, Joseph D.	Liberty Talkers
ACB	8/1/2015	Anthony, Joseph D.	Liberty Talkers
CC	8/4/2015	Applen, Kenneth C.	Smooth Talkers Club
CC	8/26/2015	Bennett, Sarah L.	Gateway Toastmasters
CC	8/10/2015	Burke, Charla M	Leader's Edge Club
CC	8/24/2015	Camp, Elizabeth	Speakers By Design Club
ACS	8/22/2015	Carr, Jeffrey E.	Professionally Speaking
CC	8/22/2015	Cleary, Katie E	Portland Club
CL	8/31/2015	Cook, Nathan D.	Wallmasters International Club
ALB	8/21/2015	Corella, Bill R.	Portland Progressives
CL	8/19/2015	Cox, Danielle	Audacious Orators
CC	8/10/2015	Delacy, Mark G.	Evergreen Club
CC	8/13/2015	Dorzab, Erich W	The Dalles Toastmasters Club
CC	8/17/2015	Driskill, Lily J	Silvertongues
ALB	8/18/2015	Forster, Daniel G.	Talk-In-Tel
ACS	8/18/2015	Forster, Daniel G.	Talk-In-Tel
CL	8/19/2015	Fortune, Michael A.	Eco Voices Toastmasters
CC	8/7/2015	Goodpasture, Caleb B.	Spirit Trackers
CC	8/18/2015	Goodrich, Daniel A.	Professionally Speaking
CL	8/2/2015	Gundrum, Pamela	Marylhurst Toastmasters
CC	8/8/2015	Harmon, Phyllis A.	Storymasters Toastmasters
CL	8/8/2015	Harris, Cathy J.	Storymasters Toastmasters
ALB	8/2/2015	Hillen, Kenneth K.	ScanEagle Toastmasters
CL	8/5/2015	Hills, Dennis Bernard	Columbian Club
CL	8/26/2015	Hines, Jency	Milwaukie Talkies
CC	8/28/2015	Hogan, Tom E.	Advisors Toastmasters Club
CC	8/19/2015	Huster, Karen	Audacious Orators
ALB	8/17/2015	Jensen Cramer, Diana K.	Yawn Patrol Club
CL	8/3/2015	Kleffner, Paul J.	Babble-On Toastmasters Club
ACB	8/21/2015	Krajewski, Joseph E.	Speakers With Spirit Club
CC	8/16/2015	Lee, Maria R.	The Thrill of The Quill
ACB	8/10/2015	Love, Dottie	West Beaverton Club
CL	8/3/2015	Lyons, Danielle M.	Passport To Leadership
CL	8/18/2015	Mandel, Philip H.	Creekside Toastmasters
CL	8/9/2015	Mason, Alexis R.	The Thrill of The Quill
CC	8/21/2015	McCoy, Mary Patricia	Toast to US
CL	8/9/2015	McCoy, Vanessa Dawn	Evergreen Club
CC	8/18/2015	Mohammad, Tahseen	Creekside Toastmasters
ACB	8/14/2015	Montgomery, Michael	Smooth Talkers Club
ALB	8/4/2015	Montgomery, Michael	Smooth Talkers Club
CL	8/14/2015	Morrison, Roger	Coos Bay Toastmasters Club



# ATIONAL AWARDS

CC	8/25/2015	Ostoj, Jennifer R.	Toastmasters of the Universe
ACB	8/19/2015	Pena, Jolynne	FIG Masters Club
CC	8/19/2015	Rasmussen, Anders H.	Modoc Toastmasters Club
CC	8/15/2015	Simon, Neil C.	Downtown Lunchbunch
CL	8/14/2015	Stark, Jesse	Smooth Talkers Club
CC	8/25/2015	Stevens, Katherine M.	At The River's Edge Club
CL	8/28/2015	Suppan, Katharine R.	Downtown Lunchbunch
CC	8/7/2015	Suppan, Katharine R.	Downtown Lunchbunch
ACS	8/13/2015	Teel, Kurtis	The Standard Speakeasy Toastmasters
CC	8/12/2015	Tipton, Maribel Mulrooney	Woodburn Toastmasters
CL	8/19/2015	Tran, Thuy	Gresham Toastmasters Club
CC	8/18/2015	Van Enk, Jian	Lunch Bunch Toastmasters Club
CC	8/13/2015	Veak, Naomi R.	Eco Voices Toastmasters
ALB	8/24/2015	Wantz, James	Feedbackers Toastmasters Club
ACB	8/9/2015	Ware, Marsha E.	Evergreen Club
CL	8/9/2015	Ware, Marsha E.	Evergreen Club
ACS	8/17/2015	Wendorf, Paula	Portlandia Club
CC	8/26/2015	Winger, Eric A.	Silicon Forest Club



## CONGRATULATIONS

### Moments of Truth

Congratulations! The clubs listed below were the lucky winners in a drawing for three Toastmasters International \$100 gift certificates. These three clubs, along with 6 others, held a Moments of Truth and submitted an action plan by September 15th. While only 3 of the clubs won gift certificates all the participating clubs are winners. They have identified their strengths and weaknesses and created a plan to become a Distinguished Club.

- 1) Symantec
- 2) Downtown Public Speakers
- 3) Yaquina Toastmasters Club

*Correction to August article "1940-District 7 is Born." Ernest Davis was District 2 Governor and was not the International Director when he announced the formation of District 7 in Toastmasters magazine. After serving as District 2 Governor and International Director, Ernest Davis was elected president of Toastmasters International.*

# WELCOME NEW

Club Name	Last Name	First Name
Chanticleers Toastmasters Club	Ard	Philip
At The River's Edge Club	Baugnon	Taro
Evergreen Club	Boheman	Doug
Wallmasters International Club	Brehm	Robert
Dawson Speakers	Brinker	Timothy
West Beaverton Club	Cady	Sandra
Beachtown Toastmasters	Calk	Jo
Oregon Toastmasters Club	Carlgren	Melissa
University Toastmasters Club	Cassilly	Anna
Essayons Club	Chandler	Rodger
The Standard Speakeasy Toastmasters	Chapin	Chris
Sherwood Town Criers Club	Charbonneau	Garry
Tabor Toastmasters Club	Conway	Michael
Essayons Club	Coulson	Casey
Roseburg Club	Courville	Thomas
Clackamas County Toastmasters	Dean	Miranda
Testmasters	Dewey	Kayla
Milwaukie Talkies	Dorigan	James
Keizer Communicators	Dull	Victor
Evergreen Club	Dunaway	Sophia
Portland Club	Espinoza	Eddie
Lebanon Toastmasters	Fabbrocino	Michael
Encouraging Words Club	Green	Janis
Downtown Lunchbunch	Greene	Brad
Timber Talkers Club	Greenebaum	Hilary
Spirit Trackers	Griffin	Michael
Feather Tongues Toastmasters	Grizzle	Cindy
West Beaverton Club	Gupta	Sachin
New Beginnings Toastmasters	Hain	Lisa-Marie
M A C Toastmasters Club	Hale	Michael
Redmond Area Toastmasters Club	Hall	Andy
Silicon Forest Club	Hansen	Tony
Marylhurst Toastmasters	Harris	Sandy
M A C Toastmasters Club	Hendricks	Travis
Wafermasters Club	Hofmann	Amanda
Babble-On Toastmasters Club	Holder	Tamra
Bootstrappers Club	Holman	Kimberly
Speakeasy Toastmasters	Huck	Kami
Civil Tongues Club	Johnson	Nicole
Tualatin Valley Toastmasters	Kajjam	Shantan
Swan Island Toastmasters	Kalina	Tyler
M A C Toastmasters Club	Keast	Sharon
Wallmasters International Club	Kerr	Neil
Portland Club	Kline	Philip
Walker Talkers Toastmasters Club	Kowalski	Mark
Essayons Club	Laughlin	Stephen

# NEW MEMBERS

Club Name	Last Name	First Name
Marylhurst Toastmasters	Lee	Melissa
The Dalles Toastmasters Club	Lewis	Connor
Silvertongues	Little	James
Yaquina Toastmasters	Martin	Chicho
Milwaukie Talkies	Martinez	Steven
Toast of Corvallis Toastmasters	Mason	Ashley
Essayons Club	Masters	Jon-Michael
Milwaukie Talkies	Matthews	Roxanna
Bend Chamber Toastmasters	McCown	Shannon
West Beaverton Club	Moreno	Juan
Professionally Speaking	Morris	Christina
Marylhurst Toastmasters	Najdek	Kathy
Speakers By Design Club	Neri	John
Essayons Club	Nguyen	Paul
Newberg Toastmasters Club	Olsen	Leah
Swan Island Toastmasters	Olsen	Natalie
Silvertongues	Ottolia	Andrew
Columbia Center Club	Palmer	Robby
Portland Club	Patrick	Christopher
Encouraging Words Club	Piper	Perry
Noon Talkers	Ponce	Randi
A-Dec Toastmasters	Provost	Esther
West Beaverton Club	Raghhuraman	Deepika
Dawson Speakers	Ratliff	Earl
Keizer Communicators	Raybourne	Spencer
Southern Oregon Speechmasters	Roberts	Bryan
Astoria Toastmasters	Roberts	Heidi
Mentors Of Focus Club	Rodriguez	Jeannie
Toast of Corvallis Toastmasters	Shultz	Derene
Encouraging Words Club	Shumway	Shawn
Essayons Club	Siracusa	Kortney
Talk-In-Tel	Smith	Danielle
Battle Ground Toastmasters	Strait	Luke
Oregon State Toastmasters	Sunchu	Bharath
University Toastmasters Club	Swan	Rebekka
Lake Oswego Toastmasters Club	Takara	Nathan
Swan Island Toastmasters	Thamatam	Jayaprakash
Suite Talkers Toastmasters	Thu	Jason
Jantzen Club	Tuck	David
Portland Club	Villar	Oscar
Columbia Center Club	Walker	Jared
Advisors Toastmasters Club	Weitzel	Monica
Walker Talkers Toastmasters	Wieber	Pat
The Thrill of The Quill	Wiley	Barnara
Sunrise Toastmasters Club #1492	Yoshida	Nick



# RYAN AVERY

2012 World Champion  
Public Speaking



## KEYNOTE

Warner Pacific College  
2219 SE 68th Ave, Portland, Oregon

Fri - \$25 Sat - \$60  
Both days - \$85

REGISTER AT  
[D7toastmasters.org](http://D7toastmasters.org)

TOASTMASTERS  
INTERNATIONAL

DISTRICT 7 FALL CONFERENCE

# MAKE IT MATTER

November  
6 & 7, 2015

Friday Evening

## RYAN AVERY Speak Up

Oregon Medical Association  
11782 SW 68th, Portland, Oregon

6:30 - Hors d'Oeuvres  
7:30 Program

**\$25 at the door or online  
at [D7toastmasters.org](http://D7toastmasters.org)**



## Leadership

Ryan Avery, DTM



## Stage Presence

James Wantz, DTM



## Humor

Tara Rolstad



## Evaluations

Eric Winger, ACS, ALB



## Time Management

Yaswanth Rangineni



## Partnerships

Chelsea Avery, CC



## Personal Branding

Glen Anderson



## Leader Growth

Jason Leon, CC

# Saturday Workshops

## DISTRICT 7 FALL CONFERENCE

- 7:00 Hot Breakfast & Networking
- 8:15 Keynote - Ryan Avery
- 9:30 Workshops
- 10:45 Table Topics Contest
- 11:50 DTM Ceremony & Lunch
- 1:00 Business Meeting
- 2:30 Workshops
- 4:00 Humorous Speech Contest
- 6:00 Close



# Breaking through **FEAR**

Kim Blanquie

Coach - Speaker - Trainer

Presents a powerful perspective on the three critical mistakes that most people make and how to break through **FEAR** by showing you how to develop your OWN A-Game Plan and create success on your terms.

Attendees will walk away from this presentation understanding the most important component of breaking through fear. Materials include a surprise template.

**DAYLIGHTERS TOASTMASTERS**  
**Open House**

**Join  
Us!**

**October 21, 2015**  
**Cedar Hills Recreation Center**  
**11640 SW Park Way • Portland**  
**6:40—8:00AM**