



One Community
Many Voices
District 7 Toastmasters
October 2015

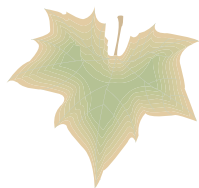
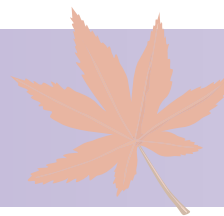
A man in a dark suit, white shirt, and patterned tie is speaking on a stage. He is wearing glasses and has his mouth open as if speaking. His right hand is raised with fingers spread, and his left arm is extended outwards. The background is a blurred stage setting.

**MAKE IT
HAPPEN!**

**Ryan Avery
Keynote**

INSIDE 2015 D7 Fall Conference Breakout Sessions

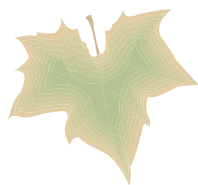
CONTENTS

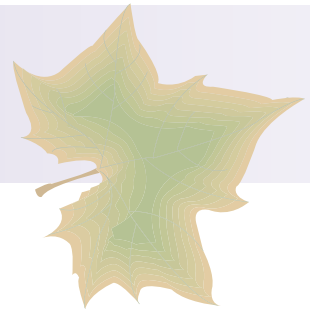
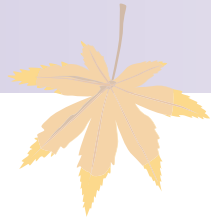


- 04 **EDITORIAL**
Changes are Coming
by Phyllis A. Harmon, DTM
- 05 **COVER STORY**
One of the BEST Parts of Toastmasters
by Ryan Avery, DTM
- 06 **VIEWPOINT**
Back of the Room
by Michelle Alba Lim, DTM
District Director
- 08 **VIEWPOINT**
Leaders Eat Last
by Michelle Alba Lim, DTM
District Director
- 07 **FROM THE DESK**
We All Deserve a Great Club
by Leanna Lindquist, DTM
Program Quality Director
- 08 **FROM THE DESK**
Ready, Set, Grow!
by Erik Bergman, DTM,
Club Growth Director



- 08 **The Rewards of Being a Club Coach**
by ???
- 09 **Early Fall Renewals Earn Prizes**
- 09 **Club Coach Corner**
- 09 **Happy Anniversary to October Clubs**





10 **BURIED TREASURE**
Looking Back at 1941
by Harvey Schowe,
DTM-District 7 Historian

13 **JOURNEYS**
Spotlight on Success -
Leanna Lindquist
by Alexiz Mason, DTM

14 **Calling All Candidates**
by Phyllis A. Harmon, DTM,
District Leadership Chair

16 **SUCCESSFUL CLUB**
Siuslaw Tale Spinners,
"On the Road to Success"
by Cathy French

18 **Celebrating Success**
by Dottie Love, ACB, ALB, Triple Crown Award
& Allison Bennet, CC, CL

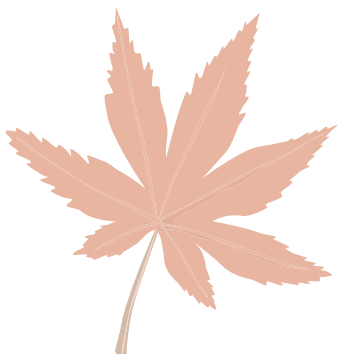
22 **2015 D7 Fall Conference**
Breakout Sessions

24 **TELL ME A STORY**
Ethics as a Talisman
By Harlan Wheeler, CC

26 **INCENTIVE**
Distinguished by April 1st
by Leanna Lindquist, DTM
Program Quality Director

28 **HONORING NEW MEMBERS**

29 **HONORING EDUCATIONAL AWARDS**





EDITORIAL

Changes are coming. . .

by Phyllis A. Harmon, DTM
Immediate Past District Governor

The Toastmasters Board of Directors approved two changes, effective July 1, 2016, which will impact us in District 7.

In the first change, grace periods are abolished. In an effort to eliminate confusion and inconsistency surrounding member or club status for speech contest eligibility, quorum requirements, or whether a member can run for club or district office, the Board approved modifications to Policy 2.0: Club and Membership Eligibility.

The new rules state *"A paid member is one whose dues have been received by World Headquarters for the current dues period. An unpaid member is one whose dues have not been received by World Headquarters for the current dues period. Unpaid members are not considered to be in good standing by Toastmasters International."*

"A club is considered paid and is in good standing when its dues have been received by World Headquarters for the current dues period for a minimum of eight members—at least three of whom were members of the club during the previous renewal period."

The change means that clubs who don't meet the minimum requirements for dues paid by October 1 and April 1 will find their members no longer eligible to participate in speech contests or receive DCP credit for dues paid on time. Treasurers will need to submit member dues as soon as received to keep their members and clubs in good standing.

The second change involves virtual members. If you have members who rarely make it to a meeting because of distance or intervening commitments, they will now be able to join your weekly meetings online via audio and video conferencing. This change will be rolled out in two phases according to the Board of Directors.

In phase 1, people can attend club meetings virtually as long as the majority of the members meet in person. The attendees must participate through the use of live audio and video conferencing tools at the club's expense. In phase 2, clubs that are 100% virtual will be allowed to charter. These clubs will meet solely online, be undistricted, allow members to participate in the Taped Speech Contest, determine the technology platform and use it at the club's expense, and participate in online club officer training with the option to attend district sponsored club officer training.

I'm pleased to see that the Board of Directors is finally embracing technology and realizing that in today's world, many companies conduct business quite successfully through virtual means. What this means to us is that we have the opportunity to engage new members by using Skype, Google Hangouts, or other virtual meeting technologies. It might be time to explore venues with Wi-Fi or set monies aside to fund a hotspot. In phase 2, online club officer training was approved. I suspect that there will be plenty of discussion by the Board. I anticipate they will develop strict guidelines in order to gain credit towards Distinguished Club Program goals.

I think these changes are long overdue. We now have the means to engage more people in the program through online conferencing, as well as tighten up the requirements to participate in contests and remain a member or club in good standing. What do you think?

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

One of the BEST Parts of Toastmasters



By Ryan Avery, DTM

Dear District 7,

What an exciting time for us as contestants, as club members and as spectators. Conferences and speech contests are one of the best parts of Toastmasters! Three years ago this month I competed for the first time ever in a speech contest (The Humorous Speech contest) with a speech titled FAIL and fail I did. I lost at the Area level. A few months later I decided to go for the World Championship and with the help from Chelsea, Randy Harvey, my family and friends and the amazing members of District 7, you showed the world that when you put your mind to something and come together as a team you can accomplish anything!

For all of the contestants in this season's contest who have made it this far, congratulations. Advice I received from my mentor, Randy Harvey, 2004 World Champion of Public Speaking, was "Give a speech from the heart and the world will listen. Lead from the heart and the world will follow!" When you speak from the heart, you can't lose. Send a message that will make a difference in the lives of the people listening to you today and everyday you speak.

For those of you who have never competed but thought of it, I would like you to take Nike's advice and just do it! We now have a Competitive Speakers Club in Portland, Oregon. Check it out. We have many resources and individuals ready to help you improve your communication and leadership abilities. The tools are out there. It is up to you to take action!

Conferences and contests are critical for building confidence. You expand your comfort zone. You gain experience you can't learn in a club or work meeting. You push yourself to be the best.

District 7 has supported me from day one. You have listened to my speeches and given me over 1,000 evaluations, you have given your money to support our travel to the Championships. You gave advice to make me the speaker I am today, and for that I will be forever grateful!

I can't wait to see you on November 6th and 7th for the best conference of the year! Keep making things happen, keep using your voice to help others use theirs and above all, always...

Dream BIG,
Ryan Avery

**Place Video Here
Frame is on the
Images Layer**



Back of the Room

By Michelle Alba Lim, DTM – District Director

1976. *University of San Carlos, Cebu City, Philippines.* First day of teaching. To a nervous 22-year-old, a roomful of impatient students felt as terrifying as a lynch mob. Fearful that my quivering knees might buckle under if I stood up front, I joined a group of students at the back of the room. To break the ice, I asked “Why Psychology 101 as your first class of the day?” I got an interesting mix of responses. Becca muttered, “Might as well start with my most dreaded class.” Sammy said he didn’t have a choice because academic scholars were block-enrolled. “I’ve got a crush on someone here,” Chona sheepishly admitted. This drew chuckles. Conversation became more animated as other students chimed in. When the buzzer sounded for me to start the class, I was speaking to newfound friends at the back of the room – not a room of

intimidating strangers.

2009, *Toastmasters International Convention, Mashantucket, Connecticut. Concurrent speaker.* When WHQ asked me to submit a speaking proposal back in 2009, I chose Moments of Truth because it was not as widely known as it should be, much less used. I’d planned to give an overview of Moments of Truth, then talk about various strategies to make it work. I had a great title, “Going from Good to Great: Harnessing the Power of Moments of Truth.” Unfortunately, weeks before the convention, WHQ released new, downloadable, materials regarding Moments of Truth. On the day of my talk, I had no idea how many in the audience had already seen the new materials. Guess where I went before stage time? You guessed it - back of the room! There I quizzed people on what they knew about Moments of Truth, how many of them used it regularly, and what were their strategies for success. Once onstage, it was easy for me to say “Alfred over there conducts Moments of Truth once a year” and “Victoria over here always carries a Moments of Truth manual, just in case it’s needed at short notice.

All other factors constant and given the choice, I definitely prefer the back of the room to the front. When audience reaction is a factor, back of the room gives me a better “overview” of how well the speaker’s message is being received. I can see when the audience is riveted towards the speaker’s every word (or not). On the practical side, it’s where the coffee usually is. More importantly, sitting (or standing) at the back of the room gives me an opportunity to interact with people with whom I might not have interacted.

I am not alone in my preference for the back of the room. In his cover story in *National Geographic* (August 2015), Robert Draper wrote, “From the stage, a pastor calls for the city’s archbishop to come up and say a few words. The audience reacts with surprise, because the man striding to the front had been sitting in the back all this time, for hours, like no one of any importance.” Draper was writing about Jorge Mario Bergoglio, the relatively unknown Argentinian who is now known throughout the world as Pope Francis.

The late Dr. Stephen Covey was another person who enjoyed the back of the room. When he visited the Philippines in 1994, he chose to sit at the back of room. Lucky me, since I got to chat with him for a few minutes. Before Dr. Covey passed away, he was one of my Facebook friends. Many of the people I’ve met at the back of the room over the years are my friends to this day.

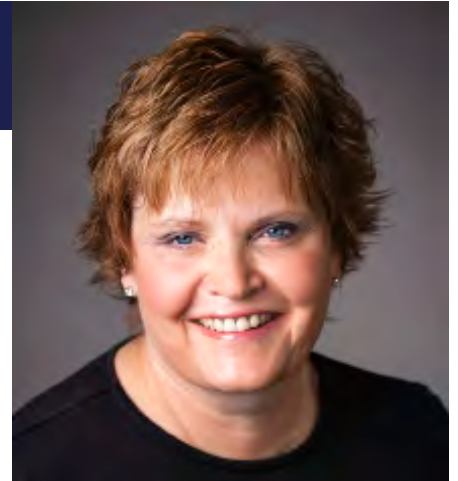
If you see me at the back of the room at our next Toastmasters event, come and say “Hello!” It could be the start of a lifelong friendship, or an opportunity to deepen our current friendship. Email me at dd@d7toastmasters.org to let me know what you think. It will be our virtual “back of the room” conversation.



FROM THE DESK

We All Deserve a Great Club

by Leanna Lindquist, DTM Program Quality Director



Is your club living up to your expectations? Take a moment and remind yourself why you joined Toastmasters. What attracted you to the club? Has it changed since you joined? Do you feel that the reasons for joining the club no longer exist? Has it been awhile since your club was Distinguished?

We each bear our share of responsibility for the health and wellbeing of our clubs. If you believe your needs are no longer being met in your club what can you do?

- Talk with your Vice President Education – share your concerns
- Request a Moments of Truth if one hasn't been conducted since July 1st
- Talk with other members, do they share your feelings
- Model the behavior you wish to see – always give a manual speech, use your CL Manual
- Offer to present a speech from the Successful Club Series
- Visit other clubs to get out of your comfort zone and to add a new perspective



Don't underestimate the value of a little healthy competition. Challenge your club members to make your club a Distinguished Club. Challenge them to earn an educational award. Purchase a Wall Chart Set from TI and keep track of your member's progress. Each of the charts is 18"x24". Progress for each member can be tracked in the Competent Communicator Manual, Competent Leader Manual and the Advanced Communicator Manuals. Display them at every meeting. There is something about looking at how many speeches you have given compared to others that can spur you on.

A club is only as good as its members make it. Make your club a great club.

Trust is a feeling, a distinctly human experience. Simply doing everything that you promise you're going to do does not mean people will trust you. It just means you're reliable. And we all have friends who are total screw-ups, and yet, we still trust them. Trust comes from a sense of common values and beliefs.

And the reason trust is important is because when we are surrounded with people who believe what we believe, we're more confident to take risks. We're more confident to experiment, which requires failure, by the way. We're more confident to go off and explore knowing that there is someone from within our community, someone who believes what we believe, someone we trust and who trusts us will watch our back, help us when we fall over and watch our stuff and look after our children while we're gone. Our very survival depends on our ability to surround ourselves with people who believe what we believe. (*Simon Sinek, Ted Talk Hour, May, 2015*)

FROM THE DESK



Ready, Set, Grow!

By Erik Bergman, DTM, Club Growth Director



District 7 is on the verge of a growth spurt. Here's the latest about clubs that we soon hope to charter.

Club Northwest in Grants Pass is the first in our District to charter this year! This club is a welcome addition to Division A because it helps the Toastmasters program reach more people in Southern Oregon – and that's what it's all about. Thanks and congratulations to Larry West, DTM, who spearheaded this effort.

Through the work of Cleon Cox, DTM, and Mark Scholz, DTM, two — yes, two! — new clubs are on the verge of chartering in downtown Portland. Both will meet at CBRE, a major real estate company based in the Wells Fargo tower. Cleon is renowned for recruiting new members to Toastmasters as well as helping to launch many clubs. (Raise your hand if you're in Toastmasters because of him.) Division F is on the move!

Several other clubs that have yet to charter are already holding regular meetings as they build to 20 members, so we expect the next month to be a busy one for chartering. Yet we are just getting started.

In his book "The Joy of Leadership," Steve Chen, DTM, International Director for Region 9, gives advice on how and where to look to start a new club. He says, "Encourage every member in your District to help start a new club. Ask them to consider the following as venues for potential clubs:

- The place where they work
- The town or neighborhood where they live
- The university or college they attended
- Their place of worship
- The professional or community organization they belong to
- The health or social club they enjoy"

I hope Steve's words inspire you to brainstorm a new club opportunity near you. When inspiration strikes, send us your idea. We are pursuing all the leads that members send to us. Ideally we want the name of the business or group, the person to contact, and his or her phone number and email. Send us your lead, and we'll follow up! Email cgd@d7toastmasters.org.



The Rewards of Being a Club Coach

When Linda Leis, ACS, ALB, became a club coach to help earn her DTM, she was unsure what to expect. She found it was an education beyond what she had imagined. Although her home club is Wil-Sher Club in Sheridan and her job was Tigard, she chose to coach Beachtown Toastmasters in Lincoln City. "I have learned more than I anticipated," she says of her Toastmasters travels that span from the Tualatin Valley to the Pacific Ocean.

With 37 years of management experience, she notes that members at different stages in life have different needs and motivations. "We all know that a variety of people from different backgrounds who gather for a meeting brings out the best in all of us," she says. "The enjoyment is trying to figure out how to support our talent, encourage new members and not be seen as a wet noodle."

While many Beachtown members are retired, "At the coast there are also young professionals starting out that would greatly benefit from our club, and how to encourage them to join is a challenge. I have seen so many people who needed Toastmasters. Had they only joined a club, they would have succeeded far more than they did."

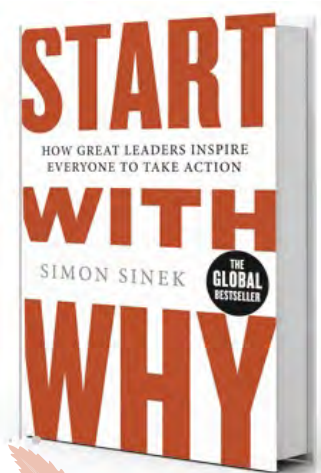
For Linda and fellow coach Carolyn Smithrud, ACG, ALB, their mission is to help Beachtown become a Distinguished club and help members in their reach their goals. She says, "To coach people to reach their potential and grow with their club, what could be greater than that?"

Early Fall Renewals Earn Prizes

There's nothing like an incentive to spur clubs to renew their members. These 15 clubs will enjoy a book from District 7 for their speedy renewals of at least 8 members. And 5 Area Directors will win the same for being the first to have all clubs in their area beat the deadline. All will be mailed a copy of *Start With Why* by Simon Sinek.

The club winners are A-Dec, Civil Tongues, Electric Toasters, Feedbackers, Flying Toasters (Portland), Flying Toasters (Salem), Marylhurst, New Horizons, Passport to Leadership, Siuslaw Tale Spinners, Swan Island, Testmasters, Toastmasters of the Universe, Wallmasters and West Beaverton.

Area Director winners are Emilie Watson, Area 65; Chapin Zakrzewski, Area 54; Ken Smith, Area 41; Lisa Hutton, Area 63; and Darrin Class, Area 82. Kudos to all!



Corner Club Coach

Club Coach Corner

It's a Toastmasters tradition to step up when asked to lead. Allison Bennett, CC, has done just that to become the District 7 Club Coach Coordinator. If your club has 12 or fewer members, a coach can help your club grow. She will match your club with a coach, but one of your club officers must ask! If you are an experienced Toastmaster and working toward your Advanced Leader Silver Award, coaching could be right for you.

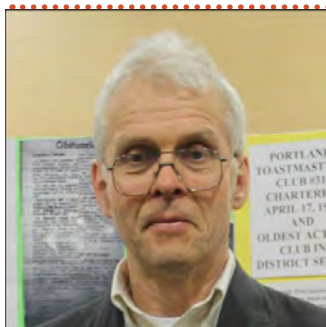
Another chance to grow is as a club mentor. Mentors serve new clubs to make sure they start their Toastmasters journeys on the right foot. Two clubs that are about to charter in in downtown Portland need mentors, and there will be more such clubs to come. Each club can have up to 2 mentors. Interested? Send your club coach or club mentor inquiries to cgd@d7toastmasters.org.

Happy Anniversary To October Clubs

The following clubs are celebrating their charter anniversary this month. Congratulations to all! A special shout out to congratulate all clubs that have reached the quarter century mark or more: New Horizons, Toast of Corvallis, and Yawn Patrol.



Chartered	Years	Club Name
10/20/2014	1	Clean Water
10/1/2014	1	Cloud Cap
10/1/1998	17	Marylhurst
10/23/2012	3	Miller Nash Graham & Dunn
10/1/1953	62	New Horizons
10/30/2012	3	NuScale Toasters
10/1/1993	22	Speakeasy
10/21/2014	1	Titan
10/1/1990	25	Toast of Corvallis
10/3/2012	3	Wonderful Oregon Wordmasters
10/1/1965	50	Yawn Patrol



BURIED TREASURE

Looking Back at 1941

By Harvey Schowe, DTM – District 7 Historian

Sixty delegates attended the first District 7 Toastmasters spring conference. It was held at the Medford Hotel on Saturday May 19, 1941 in the town of Medford. During the business meeting Chalmer Blair was elected as the second District 7 Governor. Robert N. Nixon acted as the District Secretary. Chalmer joined Portland Toastmasters club #31 before joining Timberline Toastmasters club #94 where he served as club secretary in 1938. During 1940-1941, Chalmer was appointed Lieutenant Governor for Area One. According to Glen Meek, past district historian, he participated in organizing District 7. During the July 1941 Toastmasters International Conference in Santa Cruz, California Chalmer delivered the nominating speech for Ernest C. Davis who was running for President of Toastmasters International. Ernest Davis won the election and became the first International President from District 7. After completing his term as District Governor, Chalmer remained active in Toastmasters as an Area Governor and participated in the 1945-1946 speech contests. Professionally he was a credit manager and comptroller for a Portland automobile company.

Robert N. Nixon was the first District 7 member to participate in Toastmasters International Speech Contest. Nixon represented Timberline Toastmasters club #94 in the District Two International Speech Contest at Olympia, Washington May, 1938. During the 1941 District 7 Spring Conference, Robert Nixon was announced as first place winner with his speech "And the Pursuit of Happiness". Second place was awarded to Carroll Groshong, a charter member of Eugene Toastmasters club and Area Two Governor, who spoke on "Education in the Rough." Placing third was Wesley Hayes of Klamath Falls, on the topic "Parenthood in a Democracy." Medford Toastmasters Club #67 charter member Dr. William F. Roney, served as toastmaster for the contest. Robert Nixon delivered his speech at the Toastmasters International Speech Contest and an impromptu contest where he spoke on the topic "Every Day Is Wonderful". He did not place. A promotion led him and his family to Salem, Oregon in January 1942. He joined Salem Toastmasters club #138. He was a member until January 1943.

On April 6, 1941, Toastmasters International President Sheldon M. Hayden visited Portland, Oregon where he addressed members of Portland, Eugene and Salem Toastmasters clubs during an evening banquet. As the guest of honor he presented the Portland Toastmistress Club #46 their charter at the Woodcraft Building on April 7, 1941. It was the first Toastmistress club established in Portland, Oregon. Portland Toastmasters Club #31 members attended the ceremony. Toastmistress club officers were Mrs. Catherine Beazley, Club President; Miss Marjorie Seivert, Vice-President; Miss Helen Rudberg, Secretary; and Miss Reona Flynn, Treasurer.



DISTRICT 7 TOASTMASTERS CLUBS AND OFFICERS June 1941

DISTRICT GOVERNOR Frederick H. Eley

Number of District 7 Clubs June 1941 was 14

AREA 1	AREA 2	AREA 3	AREA 4	AREA 5
Chalmer Blair Lt. Governor	Carrroll Groshong Lt. Governor	Les Weisenburger Lt. Governor	Maurice Ahlquist Lt. Governor	Harry J. Creswell Lt. Governor
Columbia Empire # 171 6:15 p. m. Treasure Island Restaurant, Portland, Oregon Everet Mitchell, President Ervin Pietz, Secretary Dr. Robert A. Gilbert, Deputy Governor	Eugene # 145 Tuesday 6:15 p. m. Seymour Café, Eugene, Oregon Carl Broderson, President Sherman Torbenson, Secretary Gerald Huff, Deputy Governor	Klamath Falls # 98 Monday 6:30 p. m. Willard Hotel, Klamath Falls, Oregon Myrle C. Adams, President Hans Norland, Secretary	Baker # 55 Monday 6:15 p.m.Nook Café, Baker, Oregon Kenneth Robb, President J. K. Moore, Secretary	Boise # 61 Wednesday 6:00 p.m. Hotel Boise, Boise, Idaho James Butler, President E. A. Olson, Secretary
Portland # 31 Monday 6:00 p. m. Chamber of Commerce, Portland, Oregon J. Earl Wetmore, President Arthur Briggs, Secretary Cecil Griffith, Deputy Griffith	Salem # 138 Tuesday 6:00 p. m. Marion Hotel, Salem, Oregon Oscar D. Olson, President Albert H. Gille, Secretary Dr. Carl Emmons, Deputy Governor	Medford # 67 Monday 6:15 p. m. The Nook, Medford, Oregon George Frey, President Carlos Morris, Secretary	Pendleton # 154 Wednesday 6:15 p. m. Pendleton Hotel, Pendleton, Oregon Dr. G. L. McBee, President Robert McCormmach, Secretary Lowell Stockman, Deputy Governor	Caldwell # 188 Tuesday, 6:15 p.m. Home Café, Caldwell, Idaho Erwin Schwiebert, President Max Lewellen, Secretary
Timberline # 94 Monday 6:00 p. m. Chamber of Commerce Portland, Oregon J. W. Batcheller, President and D. S. Boggs, Secretary <hr/> Hillsboro # 158 Friday 5:00 p. m. Chamber of Commerce, Hillsboro, Oregon L. B. Hall, President H. E. Staples, Secretary and T. H. Bailey, Deputy Governor			Walla Walla # 81 Wednesday, 6:15 p. m. Marcus Whitman Hotel, Walla Walla, WA Dr. John T. Gardner, President George L. Cheney, Secretary Almos Reynolds, Deputy Governor	Twin Falls # 149 Alternate Mondays, 6:15 p. m. Rogerson Hotel, Twin Falls, Idaho Loyal Perry, President Cecil Jones, Secretary Dr. Harry Alban, Deputy Governor
District 7 Governor: Chalmer Blair and District 7 Secretary: Robert N. Nixon for Years 1941 to 1942 Source: Toastmasters Magazine June 1941 pages 36, 38, 40				

October 23

Division F (Downtown) Division Speech Contest: Humorous and Table Topics

@ Connective DX

6:00 PM – 8:00 PM

October 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

9:46 PM – 10:46 PM

November 6

Capital Toastmasters Club 693720

@ Capital Toastmasters Club 693720 - Meeting

6:00 PM – 8:15 PM

SPEAK UP – An evening with Ryan Avery

@ Oregon Medical Association,

6:30 PM – 9:30 PM

November 7

Make It Matter – District 7 Fall Conference

@ Warner Pacific College

8:00 AM – 6:00 PM

JOURNEYS...

Spotlight on Success – Leanna Lindquist

By Alexis Mason, DTM



Do you know who...

Was born and raised in Montana?

Earned a BSN (Bachelor of Science-Nursing) from Montana State University?

Married a doctor named David in 1977 and moved to rural Oregon City?

Has a daughter Wendi who will defend her dissertation for her PhD in history soon?

Has a son Michael who works in sales?

Has a long history of volunteerism?

- Volunteer of the Year Colton School District
- Volunteer of the Year Oregon Medical Association Alliance
- Toastmaster of the Year 2011-2012, 2014-2015
- Division Governor of the Year 2012-2013

While president of the Oregon Medical Association Alliance (spouses of physician members of the Oregon Medical Association), created the first statewide prescription drug take back program. On March 13, 2010, 31 collection sites around the state took in 2 tons of unused and unwanted medications for disposal. It was in anticipation of this program that our featured member joined Toastmasters June 1, 2009. She joined Marylhurst Toastmasters, her son's club. She thought she would be speaking before Rotary and perhaps Chambers of Commerce. That never happened. She did however speak twice in front of Gil Kerlikowske, President Obama's Drug Czar. Following Oregon's successful Drug Turn In Program, the Drug Enforcement Administration began holding biannual national turn in days.

She retired last year from an almost 40 year career in nursing. Nineteen years were spent as a school nurse and fourteen years as a recovery room nurse at a surgery center. Our featured Toastmaster volunteered as a candy striper in high school. That's when she knew being a nurse was all she ever wanted to do. *OK that's your second real clue that we are featuring a woman this month.* She is temporarily back at work giving flu shots. (By the way, she is working for a Toastmaster.)

She is working on her third DTM. She served as conference chair, education coordinator, area and division governor, and public relations officer.

She belongs to 4 clubs. In her words, "one of the best parts of Toastmasters is watching others grow. The friendships one makes in Toastmasters are the icing on the cake."

She and her husband recently moved to NW Portland after 26 years in West Linn.

Oh, and a couple more fun factoids about her. She was enormously helpful in the planning and executing of the World's Largest Toastmasters Meeting at Pioneer Courthouse Square. Not only that, but she organized the Toastmasters signage campaign for Tri Met and Max. Who is this super dedicated and creative person? Leanna Lindquist!! *You knew that, didn't you?*

Columnist 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)



Calling All Candidates

by Phyllis A. Harmon, DTM, District Leadership Chair

gained more confidence in your ability to communicate and lead, and the organization continues to help you improve your skills in those fields.

But Toastmasters, like all organizations larger than a single person, cannot function without a leadership team in place. In our district, we elect a new leadership team each and every year, and it is time to start thinking about your role in all of this. We need you and your leadership skills to help us continue to make District 7 one of the premier districts within Toastmasters International.

As seen by the list below, we have a number of offices that need to be filled before our new Toastmasters year begins on July 1, 2016. Please look at the list and decide how you might best serve the district during the 2016-2017 Toastmasters year. Also consider other members that you might know who would be a good fit for a district office.



The Process

The D7 Nominating Form (found [HERE](#)) can be used to nominate yourself or someone else for one or more district offices. There will also be an opportunity to announce your candidacy at TLI in January, 2016 or send an email to the District Leadership Chair (print2pahs@gmail.com) to announce your candidacy.

The following positions will be elected at the 2016 District 7 Spring Conference:

District Director

As the district director, you are responsible for directly overseeing and managing the district's day-to-day operations, finances and human resources. Fortunately, you have a team of district leaders to help you fulfill these responsibilities. You must empower your district leadership team members to work together toward the district mission, while supporting each one in his or her development as a leader. Together with your district leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To serve as district director, you must have served at least six consecutive months as a club president and at least 12 consecutive months as a program quality director, club growth director or division director, or a combination thereof at the time you take office.

Program Quality Director

As the program quality director, you are responsible for all aspects of education and training within the district. This includes supporting quality club programming efforts, promoting the Distinguished Club Program and planning, organizing and executing the district conference. Together with your district leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To be program quality director, you must have served at least six consecutive months as club president and at least 12 consecutive months as a program quality director, club growth director, division director or area director. Once you serve as program quality director for a full year, you may not be re-elected to the same office for a succeeding term.

Club Growth Director

As the club growth director, you are responsible for all aspects of marketing, clubbuilding and club-retention efforts within the district. This includes defining an overall marketing strategy for the district, developing outreach and retention efforts with existing community and corporate clubs and penetrating new markets. Additionally, the club growth director supports challenged clubs and helps them to become Distinguished. Together with your district leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To be club growth director, you must have served at least six consecutive months as club president and at least 12 consecutive months as



a program quality director, club growth director, division director or area director. Once you serve as club growth director for a full year, you may not be re-elected to the same office for a succeeding term.

Division Director

As division director, your job is to lead and support the division through the supervision and support of the area directors. One of your primary goals as division director is to ensure that each club achieves its mission and fulfills its responsibilities to its members. To achieve this, you coordinate division activities, set division goals and assist in the training of area and club leaders. To serve as division director, you must have served at least six consecutive months as a member of a district council. The division director may be re-elected to one succeeding term.

All other district roles are appointed positions. These include Public Relations Manager, Administration Manager, Finance Manager, and Area Director

(The original article written by Past District Governor Scott Stevenson was published in the December 2014 issue of Voices!. It has been updated to include new titles and responsibilities with permission by the author---Editor)



SUCCESSFUL CLUB

Siuslaw Tale Spinners "On the Road to Success"

By Cathy French

The Siuslaw Tale Spinners Club in Florence, Oregon was chartered on 9/1/1991. We meet on Wednesdays from 5:30pm-6:30PM at the Siuslaw Valley Fire & Rescue at 2625 Hwy 101 in Florence. Like all clubs with limited population we have had our ups and downs recruiting and retaining members. Having enough members always seems to be the biggest challenge.

Utilizing the Toastmaster Educational Programs has given us a positive approach to facilitate the recruiting and retention of new members. In 2015 we have 3 DTM's as members of the club, 2 other members are actively pursuing their DTM by working the High Performance Leadership Program, and others pursuing the ACS designation through the speech manuals.

Why is this important? These are the members that make great mentors for the newer members who come to join the club. Our mentors actively guide the new member through the CC and CL manuals explaining the importance and benefit of each step. Learning the benefit is essential to the continuation of a person in Toastmasters. As soon as there is no benefit to the member the quicker they are lost to us. One of our members found her benefit by being encouraged to write a book based on the speech she did in the international speech contest. She is now a published author.

Events! Events are a large part of our recruiting process. We invited speakers from other areas to come to Florence and do a community event for us. In 2015 we have been lucky to have had both Eric Winger and Tom Cox come to Florence and do wonderful community events for us. Along with learning a lot from the speakers, the club was able to recruit quite a few members due to these events.

We are also looking to the future. The club is very involved with the Youth Leadership Program offered by Toastmaster International. Many of the club members organized, participated and became Coordinators or Assistant Coordinators for this program. Every year, parents and students from Florence and Mapleton ask when our program will start. Many of these student participants come back year after year until graduation. Others have gone on to participate in Speech contests hosted by other organizations.

Our club also encourages our members to look past the club level. We have had at least 4 Area Directors come from the club and some of us are looking to participate at the Division or District level in the future. We find it is important for smaller clubs to promote the higher level participation of our members to keep new ideas from Toastmaster International floating into the remote areas.

The Tale Spinners is filled with very friendly, outgoing people who love to invite others to come visit. Whether you are a member of another club, or a complete stranger to Toastmasters you will find us welcoming and informative. Everyone is handed a guest packet, signs our guest book, and receives follow up from one of the officers. Come! Visit us. You will always be Welcomed!

SUCCESSFUL CLUB PICS





Celebrating Success District Event



Contagious Camaraderie!

Dottie Love—ACB, ALB, Triple Crown Award
and Allison Bennett—CC, CL



The Short Story on TALL TALES

It all started with a Body in the Trunk....

Creepy? Just 5 minutes later we were laughing out loud! From Talking Frogs to instructions for Washing Planes. Then suggestions on what "not to do" with a Live Tuna and even the benefits Hot Flashes. We learned something new and laughed at it all. This year's event was a good ole, knee-slapping good time with weaving fantasy and fiction with facts that the Tall Tales speakers provided. Who needs a comedy show when you have a Tall Tales Exhibition.



Back row, L to R: Rodger Cook, Patrick Locke, Ginger Killion, James Wantz, Alexis Mason, Michelle Alba Lim, Don Ferris. Front Row, L to R: Oscar Villar, Peggy Poulos, Brenda Bryan, Becky Holm, Phyllis Harmon (Toastmaster of the Event)

That's the Spirit!

Spirit Awards are awarded to Toastmasters who worked tirelessly in the District, and who were instrumental in helping to make our district be successful. The award recipients for 2014-15 are noted below:

Alexis Mason	Lorri Andersen
Cathy Harris	Marvin Mitchell
Daniel Floor	Pat Lynch
Ellen Ino	Randy Harvey
Gladys Boutwell	Rodger Cook
Harvey Schowe	Sandra Stein



District Recipients for the “Of the Year” Awards

Every year we look back across the District to identify those who stood out from the rest!



Leanna Lindquist	Toastmasters of the Year - is awarded to individuals that have served the best interests of the members of District 7 above and beyond the requirements of their position in District 7.
Erik Bergstrom	Division Governor /Director of the Year – is awarded to individuals who have had a positive, motivational force in the District in addition within their Area.
Ginger Killion David Johnson	Area Governors/Directors of the Year – is awarded to individuals that have had a positive, motivating force in their Area and the District. They have had successful Area contests and quantifiable results in the Area in membership, educational accomplishments, dues paid, and Area visits to clubs.
Gary Schmidt	Lou Webb Award – is awarded to individuals dedicated to serving the District
Karen O’Keefe	Herb C. Stude Educational Service Award – is awarded to individuals who have delivered the most educational service to District 7 members, whether through educational modules or educational sessions at District meetings and conferences.
Patrick Locke	Rookie of the Year – is awarded at District level for contagious enthusiasm and energy

Congratulations to all!

Every good celebration ends with a memorable remark. James Wantz gave us some great advice from his experience with Fred & Imelda; The Life & Death of 2 flies:
“Don’t go flying off the handle if you are full of baloney!”

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

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**

**Register
Today!**



Win a Copy of Ryan Avery's Bestseller

***Register for the
District 7 Fall Conference: Make It Matter
between October 17 & 31, 2015 to win
a copy of Ryan Avery's bestseller.***

Winners will be announced at the conference.

Must be present to win!

Stop Being a Leader
Ryan Avery, DTM



**Introduction
to Linear Stage
Psychology 101**
James Wantz, DTM



**2015 DIS
FALL CON**



**Strategic Humor
in Speaking: Use
It Safely and
Save Lives**
Tara Rolstad



**BREA
SESS**

**Beyond the Sandwich:
The Five W's of Effective
Evaluation**
Eric Winger, ACS, ALB





**Effective Time Management:
Organize and Execute
around Priorities**
Yaswanth Rangineni

**STRICT 7
REFERENCE**



**The Power of
Partnerships**
Chelsea Avery, CC



**KOUT
IONS**



**Creating
Differentiation
Through Your
Message**
Glen Anderson



The Best Investment
Jason Leon, CC



TELL ME A STORY

Ethics as a Talisman

by Dr. Earnest Gule, Daylighters Toastmasters.

Within the first seconds of the Big Bang, the universe begins to cool. As it cooled the original super-force split into four forces: gravity, strong nuclear forces, weak nuclear forces, and electromagnetism. When the universe was about 380,000 years old, small particles like neutrons, protons and electrons emerged and coalesced to form atoms. All the matter in the present universe was formed very early, and comprises 4% of the total universe. The other 96% is a combination of dark matter and dark energy, both unknown at this time. In the 1950s, two scientists discovered that all the chemical elements, which formed living structures on earth, actually were formed in the heart of stars that eventually exploded into supernovas, scattering those elements such as carbon, hydrogen, and oxygen throughout our galaxy. In other words, all of us are made of stardust.



Stardust became the basis of life on earth and eventually transformed with greater complexity into DNA. This is the helical molecule that is the blue print for the tree of life. The human branch of this tree arose a mere 200,000 years ago in a universe that was 13.8 billion years old. All 7 billion of us today in the world belong to one family, the human family.

A talisman is defined as anything whose presence exercises a remarkable or powerful influence on human feelings or actions. One of the highest and most important achievements of humans is the articulation of ethical systems that cultivate virtuous behavior and helps humans distinguish right from wrong. This philosophical development by humans of an ethical talisman seeks to find the best way of life by resolving right from wrong, virtue from vice, and justice from crime. Ethics is one outcome of the Big Bang and is one of the defining qualities of being human. From the time when we were nomadic hunter- gatherers to the present, there has been a slow but steady advance in our ethical systems and their impact on our lives. Steven Pinker, in his book *The Better Angels of Our Nature*, argued and showed evidence that human conflict and violence have steadily declined over the centuries. An ethical system is vital to eradicating conflict while at the same time promoting cooperation and tranquility. The perfect ethical system is still a work in progress and continues to be part of our own evolution.

Neuroscience and anthropology have revealed that universal themes in ethics occur both in our earliest and our more recent cultural traditions and across all religions. Most cultures have a version of the golden rule which is a reflection of universality in societies. The philosophy and science of ethics are advancing rapidly through breakthroughs in neurobiology. By understanding the brain at the neuron level, we've learned that we are hardwired for ethical behavior from infancy. Children demonstrate empathy by the age of two. The environment that one grows up in from infancy can determine whether those hardwired ethical behaviors are strengthened or are weakened and lost altogether.

Every society has a responsibility to create and maintain an environment that cultivates and promotes ethical thinking and behavior. Moral training is necessary to strengthen existing neural pathways as well as establish new ones toward a higher standard of ethics and decision-making. The neuro-plasticity of the human brain ensures the development of these new pathways and helps to hardwire them. Moral development awaits activation through experience, much like the acquisition of language. Based on parental and societal influences, we develop an inner voice for distinguishing right from wrong. This moral training also cultivates empathy, compassion, responsibility, self-control, respect, and humility which are all drivers of ethical behavior and the common good.

Ethics is that branch of philosophy that involves systematizing, defending and recommending concepts of right and wrong conduct. It is derived from the Greek word *ethos* which is a habit or custom. Confucius said, *"There is familial affection between parents and children, there is responsibility between monarchs and officials, there is difference between men and women, there is sequence between the old and young, and there is trust between friends."* Aristotle's ethical system was based on self-realization. Immanuel Kant argued that people must act morally right from a sense of duty. He also argued that the consequences of a person's actions were less important than the motives of the person. Kant's statement implied the primacy of virtue. This branch of ethics describes the moral agent or virtuous person as the engine of ethical behavior. If one's character is good, we could reasonably expect that a consistent behavior based on high ethical standards will prevail. GE Moore said in the 19th century that, *"Our duty can be defined as that action which will cause more good to exist in the universe than any possible alternative."* Ursula K. Le Guin said, *"The law of evolution is that the strongest survives! Yes, and the strongest, in the existence of any social species, are those who are most social. In human terms, most ethical. . . There is no strength to be gained from hurting one another. Only weakness."* Jostein Gaarder said, *"Acting responsibly is not a matter of strengthening our reason but of deepening our feelings for the welfare of others."*



Dr. Martin Luther King said, *"The arc of the moral universe is long but it bends toward justice."*

As we gaze into the future, we face not only social issues that pose ethical dilemmas, but we see scientific changes particularly in the realm of biology, nanotechnology, robotics, and artificial intelligence that pose even greater dilemmas to solve. Bioethics needs to improve significantly to meet these challenges. This is why we advance the idea of strengthening, from an early age, our parenting and educational systems like a granite moral and ethical foundation for the rising generations of the 21st century. Ethical behavior is more likely in a just society. Therefore, we all need to work towards strengthening a just society. I can envision a future with a more perfect ethical system that can infuse energy, wisdom, emotion, and intellectual guidance to the collective behavior of our species.

References

- Our Mathematical Universe by Max Tegmark
- The Better Angels of Our Nature by Steven Pinker
- Hardwired Behavior: What Neuroscience Reveals about Morality by Lawrence Tancredi
- A Short Introduction to Philosophy by Robert Olson
- Human Morality by Samuel Scheffler

Earl Ernest Guile is the author of *The Singularity Prize (a novel about future artificial intelligence in press)*, *Antarctic Collapse (a novel about climate change)*, *Secrets to a Richer Life (illuminating interviews with citizens from five continents)*, *Secrets from the Cradle to College Admission at MIT and the Ivy League (a parent student guide to college admissions based on his son's MIT degree)*, and *An Oral Health Survey of Saudi Arabia Vol.I and Vol. II.*

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In the course of years, as we gained experience, it was seen that our processes had values far beyond the mere training of people to face audiences and speak their ideas. Communication was seen to have its effects in almost every phase of life. Improvement was needed not only in public speaking, but in all use of words, whether spoken or written. Training in speech had definite values in many lines of improvement. Some of these may be listed thus: It leads to the discovery of hidden abilities, bringing these latent talents into use, and thus enriching the individual's life. It broadens the person's conception of how to live with people. It helps in the integration of personality. It brings out for use the leadership traits and abilities, and thus helps to prepare the individual to be a leader. It opens the way to more creative and constructive living for the person who takes full advantage of the opportunities offered. (Dr.Ralph C. Smedley)

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Incentive

Distinguished by April 1st

by Leanna Lindquist, DTM Program Quality Director

Thank you Babble-On Toastmasters Club for providing the inspiration for this incentive. For the past 10 years they have been a President's Distinguished club. Here is their strategy for becoming a President's Distinguished Club. It can work for your club too!

1. Create a Club Success Plan
2. Determine how many members your club needs by June 30, 2016 (*Club base plus net gain of 5 members or 20 members*)
3. Complete at least 5 goals, collect and submit dues for the number of members needed to be Distinguished.
4. Make it all happen by April 1st.

All clubs Distinguished by April 1st will receive a \$50 gift certificate to Toastmasters International. If your club needs a banner, banner stand, lectern or any other items from the TI store, this is your chance.

Take the pledge to be Distinguished.





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

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Babble-On Toastmasters Club	Al Semrani	Nabih
Babble-On Toastmasters Club	Bennett	Jennifer
Toastmasters of the Universe	Bowser	Nathan
Sporty Speakers	Broughton	Garrett
Encouraging Words Club	Choate	Christina
Jefferson State Toastmasters	Cook	Becky
Downtown Public Speakers Club	Copenhagen	Shane
Portland Progressives	Darnall	Mason
Yawn Patrol Club	Fair	Brian
Patriot Talkers	Grigsby	Eric
Jefferson State Toastmasters	Hicks	Erin
Babble-On Toastmasters Club	Higgins	Jesse
Encouraging Words Club	Huang	Pelly
High Noon Club	Johnson	Vince
Swan Island Toastmasters	Jordan	Michael
Testmasters	Kaumatule-Muli	Teuila
Babble-On Toastmasters Club	Knopp	Joseph
Rose City Toasters Club	Lash	Andrew
Smooth Talkers Club	Lawrence	Kristopher
Babble-On Toastmasters Club	Loomis	Nick
Swan Island Toastmasters	Lopez	Mira
Walker Talkers Toastmasters Club	Markunas	Dana
Battle Ground Toastmasters	Martin	Leanne
Babble-On Toastmasters Club	Masike	Shingai
Sherwood Town Criers Club	McGanty	Tina
Babble-On Toastmasters Club	McQueen	Bill
Babble-On Toastmasters Club	Nguyen	Molly
Jefferson State Toastmasters	Niernberger	Arie
Babble-On Toastmasters Club	Oakley	Trichelle
Portland Club	Oudijk	Cita
Banfield Barkers	Peyree	Andy
University of Oregon Club	Rasooly	Javid
Swan Island Toastmasters	Rhodes	Stanley
Babble-On Toastmasters Club	Riggen Jr.	Michael
Portland Progressives	Riker	Daniel
M A C Toastmasters Club	Sanchez	Yolanda
Essayons Club	Schafer	Richard
Toast of Corvallis Toastmasters Club	Snyder	Josh
Marylhurst Toastmasters	Soles	Paola
Babble-On Toastmasters Club	Soots	Gayle
The Society of Oratory Aerialists	Tatara	Megan
Essayons Club	Thayer	Derek
McMinnville Toastmasters	Villasenor	Isia
Newberg Toastmasters Club	Walker	Linda
Newberg Toastmasters Club	Walker	Marvin
Essayons Club	Laughlin	Stephen
The Thrill of The Quill	Weber	Roger
Marylhurst Toastmasters	Wolfe	Troy

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	9/3/2015	Bedritis, Bob	WE Toasted Toastmasters
CL	9/11/2015	Bennett, Allison	Sporty Speakers
ALB	9/22/2015	Bridges, Kay Louise	Patriot Talkers
CC	9/9/2015	Chappell, Andrew	Capital Toastmasters Club
CC	9/28/2015	Clapp, Kay M.	Motormouths Club
ACB	9/8/2015	Clark, Michael A.	Silvertongues
CL	9/8/2015	Clark, Michael A.	Silvertongues
ACB	9/7/2015	Cox, Thomas B.	Toastmasters For Speaking Professionals
CL	9/21/2015	DiMattio, Barbara J.	Bootstrappers Club
CL	9/29/2015	Duarte, Nathaniel	Rogue Valley Networking Toastmasters
CL	9/4/2015	Eastwick, Joyce	ScanEagle Toastmasters
CC	9/28/2015	Fellin, Stephen D.	PMI Portland Toastmasters
CC	9/22/2015	Ficco, Ellie J.	Salmon Speakers
CC	9/16/2015	Field, Andrew W.	West Beaverton Club
CL	9/28/2015	Haneberg, Eric B.	Passport To Leadership
ACB	9/23/2015	Hansen, Paul	Columbia Center Club
CL	9/1/2015	Henderson, Carrie	Civil Tongues Club
CC	9/22/2015	Hibbs, Kym A	Salmon Speakers
ALB	9/28/2015	Hills, Dennis Bernard	Columbian Club
CC	9/27/2015	Johnson, Isaac	Clark County Toastmasters Club
CC	9/8/2015	Killion, Ginger E.	Daylighters Club
CC	9/13/2015	Kleffner, Paul J.	Babble-On Toastmasters Club
CC	9/30/2015	Laforge, Shane J.	Columbia Center Club
CC	9/25/2015	Lawrence, Kristopher	Smooth Talkers Club
CC	9/15/2015	Loomis, Marnie A.	Toastmasters For Speaking Professionals
CC	9/25/2015	McIlveen, John P.	Yawn Patrol Club
CC	9/24/2015	Rangineni, Yaswanth	Wallmasters International Club
CC	9/27/2015	Reynolds, Marsha	Will-Sher Club
CC	9/27/2015	Reynolds, Marsha	McMinnville Toastmasters
CC	9/30/2015	Roberts, Robbie	Totem Pole Club
CC	9/23/2015	Rolstad, Tara J.	Toastmasters For Speaking Professionals
ACS	9/9/2015	Rose, Jason	Capital Toastmasters Club
ALB	9/21/2015	Schellenberg, Lyle W.	Bootstrappers Club
CC	9/9/2015	Seed, Kevin	Portland Progressives
ALB	9/27/2015	Semprevivo, Karen Ann	Portland Progressives
ALS	9/9/2015	Semprevivo, Karen Ann	Portland Progressives
CC	9/2/2015	Silliman, Peter Michael	Professionally Speaking
CC	9/11/2015	Stark, Jesse	Smooth Talkers Club
CL	9/30/2015	Stebbins, Maryanne	A-Dec Toastmasters
ALB	9/15/2015	Stevenson, Scott	Mentors Of Focus Club
CL	9/8/2015	Stevenson, Scott	Mentors Of Focus Club
CL	9/23/2015	Strait, Jennifer	Toastmasters For Speaking Professionals
CL	9/16/2015	Taylor, Emilie	Milwaukie Talkies
CL	9/29/2015	Ward, Jill M.	Wallmasters International Club

You are Invited

To Celebrate with



Toast of Corvallis



Charter Anniversary Celebration

Tuesday

October 27, 2015

11:30 am – 1:30 pm

Shepherd of the Valley Lutheran Church

2650 NW Highland Drive, Corvallis, OR 97330

Light Luncheon Served 11:30 am – 12:00pm

RSVP Sandra Bell bewell2@gmail.com

Our mission is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.