



One Community
Many Voices

District 7 Toastmasters
November 2015

A Resounding Success!



Yoshiko Okamura
Kathleem Sykora

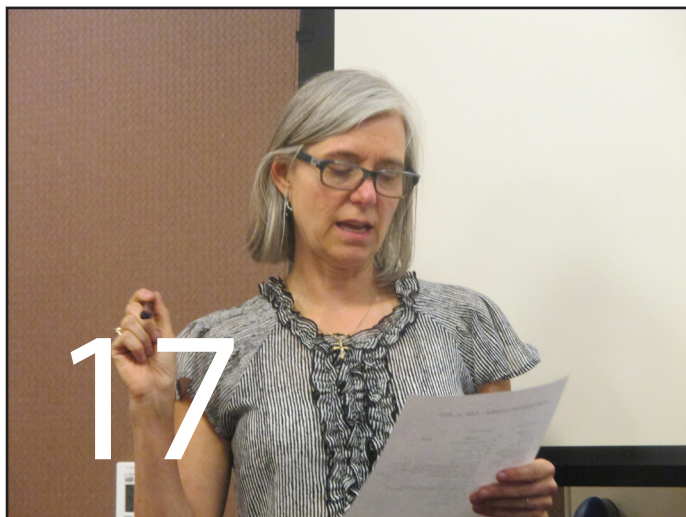
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EDITORIAL

It Takes a Village

by Phyllis A. Harmon, DTM
Immediate Past District Governor

To paraphrase an African proverb – it takes a village to do anything well. The Fall Conference: Make It Matter was no exception. In this issue, you can read the conference recap, interviews with the winners of the Table Topics and Humorous Speech contests, and Yokko's winning speech in the *Tell Me a Story* column.

Let's talk about what goes on behind the scenes – the people who toil to create a successful event. Planning began a year ago, when Leanna Lindquist, Program Quality Director (then Lt. Governor Marketing), asked Ryan Avery to be the keynote. By January, the venue was chosen and planning began in earnest. Rodger Cook stepped up as conference chair. He began assembling the conference team: Eldred Brown - registration chair, Jerry Kleffner - credentials chair, Anne Kroetch-volunteer coordinator, me as marketing and talent recruiter, Ellen Ino – chief judge, and Simon Bosley – contest chair. Rodger met several times with the Warner Pacific staff, Grace – venue, Daniel – A/V, and Joel – chef, to make sure that on the day of the conference everything ran smoothly and the attendees had a great time. Over the months leading up to November 7, the team recruited people to help with registration, room coordinators, greeters, contest toastmasters, judges, counters, and timers.

6:00 AM - November 7. The conference team arrived at Warner Pacific. Like a well-oiled machine, they began setting up for the day - registration tables and credentials were strategically arranged in the lobby, D7 historian, Harvey Schowe, set up displays in the coffee shop area, breakfast was laid out and ready to serve in the cafeteria. Near the entrance Maria Lee and Marsha Ware set up the prison raffle in space donated by the district. Rodger hung directional signs throughout the conference space while Leanna made sure the auditorium was set up correctly. I checked out the breakout rooms, put handouts and presenter tools where they needed to be, and conferred with Daniel to make sure that the venue's sound system and district computer would play well together.

7:30AM – the auditorium began to fill. People connected. The noise level increased. Excitement stirred the air.

8:00AM – Lights! Camera! Action! The conference was off and running.

7:00PM – The team packed up, making sure that we left the venue as we found it.

Thank you to everyone who tirelessly contributed their time and talent to make the Fall Conference one of the best we've had in several years. If you want to become part of the conference team, please contact conference chair, Rodger Cook, at rcook1049@gmail.com.

It takes a village.

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Voices! is published monthly by District 7 Toastmasters. First issue published August 2014.

TOASTMASTERS
INTERNATIONAL

D7 FALL CONFERENCE WAS A RESOUNDING SUCCESS!



By Patrick Locke, DTM, Area 84 Director

"Make it Matter." Isn't that something we all want? To "make it matter" is to make a difference in our personal and professional lives while touching others. Inspiring people in our spheres of influence while collectively increasing our ability to communicate on higher levels. Did our experiences on November 6th and 7th translate into personal growth? I believe that if you were there, you gained from the experience!

Beginning on Friday evening, November 6th, the room was filled with excitement in anticipation of hearing from 2012 World Champion Public Speaker Ryan Avery. We waited three years for this, now only minutes away. Our own Ryan Avery was about to share with us the exhilarating experience of winning the title. Ryan's theme for the evening was "little things make a big difference!" Ryan shared with us how, when working at his job with Special Olympics, he had sent an email with the subject line reading "Order your special Olympic shirt now!" only to realize that the "r" had been left out of "shirt." Little thing, big difference, wouldn't you agree? We chuckled and laughed but everyone came away with increased insight.

We received many tidbits of wisdom that otherwise may have never entered our consciousness. Ryan talked about removing two minor words from our vocabulary. He explained how the words "just" and "only" were words which portrayed low confidence. Since then I have become hyper-aware of these words and I have observed the behavior they support.

Another tidbit which was significant to me related to what Ryan called the "4 Q's of meeting." Why am I meeting? What is one objective of the meeting? What are points or stories I can inject? And how much time do I have? These may seem simple on the surface. However, when you consider them from a perspective of increasing and maximizing your communication skills, there is another dimension brought into play. The richness of what Ryan shared (coupled with his ability to inspire) made this evening a rich learning experience.

Saturday morning seven o'clock! Breakfast with fellow Toastmasters from every division in the district. Some came from as far south as Northern California. From the North came members from Longview and Astoria - a most diverse group of people from all walks of life. We conversed over breakfast as the hustle and bustle



of display setup created a special energy. There is Harvey Schowe. He always finds new information about the history of District 7 and Toastmasters International. I wonder what he found in the past six months to share with us. There is Maria Lee and crew setting up for the prison raffle. Lots of jewelry and the ladies were taking notice. Everywhere people were greeting friends as they arrived. Some of the speech contestants arrive. "You're going to do great," I said to one. She looked around as if to say, "There are so many people... how will I do this? I think, "This is going to be the most fun day you have ever experienced."

As eight o'clock approached, everyone began migrating towards the auditorium. Greetings were continuously exchanged as we move through corridors, stairways, and elevators. The conference Toastmaster was none other than Libra Forde, our recent international speech semi-finalist who performed so eloquently in Las Vegas. She was at her very best that day. At six-foot-five, she is a most beautiful woman with a smile that melts hearts in a millisecond.

Hugs abounded as she flowed through the room waving and blowing a kiss here and there. It seemed like only moments and then, it was time for the conference to begin.

Libra stepped to the stage, gazed at the audience and silence began to flow like a wave across this ocean of people. Her opening comments were filled with the joy of the moment. Having taken care of logistics, it was time to introduce the keynote speaker, Ryan Avery, who leaped to his feet and was instantaneously poised for action. "Real Leaders Are Real Speakers: Communication Strategies All Leaders Should Know, But Most Don't" was the title of Ryan's opening talk. He began with personal stories about how he came to compete for the



"World Champion Public Speaking" title. Through a series of well-articulated stories, Ryan shared strategies he learned to effectively move him towards his vision. The great news was that each of us could learn these strategies and understand how to apply them to our own visions. This was not theory, this was solid proven information we could take and apply. Thank you Ryan, for the effort you expended to prepare this session for us!

The first round of workshops followed with four sessions to choose from. Ryan Avery, DTM, "Stop Being a Leader," James Wantz, DTM, "Introduction to Linear Stage Psychology 101," Tara Rolstad, CC, "Strategic Humor in Speaking: Use It Safely and Save Lives (or at Least Presentations)," and Yaswanth Rangineni, CC, "Effective Time Management: Organize and Execute Around Priorities." Each of these talks was filled with practical information which every member, no matter his or her profession, business, or hobby, could apply to some segment of life, immediately!

Then, it was time for the Table Topics contest. Judges and contestants were briefed, all was ready. The Toastmaster



Ryan Avery, DTM



James Wantz, DTM



Tara Rolstad, CC



Yaswanth Rangineni, CC

announced the speaking order. The first speaker approached the stage while all other contestants are silently led out of the room to a remote location, out of hearing range of the auditorium. The Toastmaster announced the speaker's name, then recited the table topic twice, then repeated the speaker's name. A brief handshake and the speaker was on their own. Speaker after speaker performed impeccably.



Judges completed their ballots. The Chief Judge and ballot counters retired to complete their work. Witty comments during contestant interviews brought laughter from the audience, but all the time knowing these contestants were wondering who was to be the final winner. The Chief Judge emerged from the side entrance with envelope in hand. District Leaders made their way to the stage. It was time to announce the winners. They began: Third Place, Owen Chambers; Second Place, Brandon Heston; then the room became silent as the long-awaited announcement comes. District 7 Toastmasters 2015-16 First Place Table Topics Contest Winner: Kathleen Sykora!



The auditorium erupted in applause, rising to a crescendo of approval. Kathleen stood on the side of the room in disbelief! She was beckoned to the stage. She stepped onto the platform and the First Place Trophy was placed in her hands! She stood as a speechless toastmaster until the audience calmed! Finally she articulated her thanks and appreciation.

Next was the DTM (Distinguished Toastmaster) Award Ceremony. In January of 2014 I made a promise to myself that I would earn my DTM on July 1, 2015 and be on stage with District 7 Distinguished Toastmasters to receive my DTM medallion. The Toastmaster invited all DTM holders to come onstage and prepare to receive the newest DTM awardees. As each name was called, the audience applauded. The current DTM's personally congratulated each new recipient into their ranks. This experience was one of the most gratifying feelings of accomplishment I have ever felt. This award represented everyone who had helped me along the way and every person who allowed me to help them in their journey. We were all winners that day.

Lunch brought more celebration of friendships. Every person I spoke to was having a marvelous experience. For many this was their first District event, and from their comments, was the first of what would be many in the future.



After lunch, our District Director led the business meeting followed by another round of breakout sessions. These were equally as interesting and varied as those earlier in the day. Glen Anderson, CC, "Creating Differentiation Through Your Message"; Chelsea Avery, CC "The Power of Partnerships"; Eric Winger, ACS, ALB, "Beyond the Sandwich: The Five W's of Effective Evaluation"; and Jason Leon, CC, "The Best Investment". I personally attended Chelsea's session where she took us into the meat and potatoes of developing strong sustainable partnerships. Eric Winger always produces powerful interaction within his training sessions, he is a master. Glen and Jason were equally strong presenters with valuable information we could

put into practice immediately.

The last event of the day, the Humorous Speech Contest, found attendees returning to the Auditorium. We were



Glen Anderson, CC



Chelsea Avery, CC



Eric Winger, ACS, ALB



Jason Leon, CC

minutes away. Judges and contestants were briefed, all is ready. The Toastmaster announced the speaking order. The first speaker approached the stage. The Toastmaster announced the speaker's name, the speech title twice, then repeated the speaker's name. A brief handshake and humor began to roll. Speaker after speaker performed. They were hilarious and the audience responded to every speaker. It was evident that each speaker had prepared for this event. They did a fabulous job. One speaker shared a story about embarking on a camping experience. Another told the funniest story about developing a political reality show with presidential candidates. Another shared the inside story of flight attendants telling their side of the flight experience.

In a room of silence the judges completed their ballots. The Chief Judge and ballot counters retired to complete their work. Witty comments from the contestants again brought laughter from the audience. The Chief Judge emerged from the side entrance with envelope in hand. District Leaders made their way to the stage. With the same intensity as before, the Third Place winner is announced, Todd Kimball; Second Place, Paymon Salashoor; again the room becomes silent as the announcement comes. District 7 Toastmasters 2015-16 First Place Humorous Speech Contest Winner: Yoshiko Okamura! The auditorium erupts in applause. Yokko was at the back of the room. She put her hands over her mouth, her eyes wide in astonishment! She stepped up to the platform and was handed the First Place Trophy! The audience's applause bounced off the walls. She too stood as a speechless toastmaster in front of an audience standing to honor her! As the applause died down, she shared her thanks and appreciation.



At the end of the day, the attendees walked away filled with new ideas, knowing they had been part of the best conference experience in recent memory. From opening comments to the final applause, the day was filled with excitement, laughter, and connections. Purchase your tickets for the Spring Conference right now for \$55. Keynote speaker, Balraj Arunasalam (1st Vice President of Toastmasters International) and Craig Valentine, 1999 World Champion of Public Speaking will be showcasing the event on May 7, 2016 at the Lane Community College Center for Learning and Education in Eugene. See you there!

NORTHERN DIVISION CLEA



(Northern Division members Kathleen Sykora and Yoshiko (Yokko) Okamura captured both first place trophies in the Table Topics and the Humorous Speech contests. Kathleen wowed the judges and audience with her entertaining response to the table topics question: Everyone knows you are a celebrated TV personality with millions of viewers. How did you become successful and why are you so admired? . Yokko, dressed in her flight uniform, had everyone rolling in the aisles with her speech, Not So Friendly Skies, about the in-flight challenges of coping with passengers. Following the contests, Patrick Locke, DTM interviewed both Kathleen and Yokko. – Editor)

Interview with Kathleen Sykora

Q: What were your feelings as you won each level of the contest, club, area, division, district? Share with your fellow members how you felt and what helped you win?

Kathleen: The first time I won at the club level, I was so excited because I hadn't won a competition before. I felt really comfortable beforehand, just wanting to enjoy the experience and have fun. At each level, I realized that I had to work a little harder to enjoy the experience and have fun, because I was feeling the pressure of wanting to represent my club and keep going. But, each time I took first place, it was a thrilling experience. The questions were all so interesting, different, and kept me on my toes!

Q: How did your fellow Toastmasters support you, and why was that important to your success?

Kathleen: I couldn't have succeeded like I did had it not been for my home club members. Their support was absolutely key. They were committed in taking meeting time to allow me to get up in front of them and do mock questions, one after the other. We held special meetings before the contests to prepare me for that particular level. It was an amazing experience to have that kind of faith and belief in my abilities to nail this competition.

Q: How do you see everyone gaining from this experience of a contest?

Kathleen: Everyone who participates in whatever capacity they can, support at the home club level, attending the contests gains something. Attending each contest and the Fall Conference was a real eye opener for me. I hadn't attended anything other than our club meetings, and I came away with the feeling that I am part of something much bigger than our club, that there are so many opportunities out there for each one of us to take advantage of to improve ourselves, not only as speakers, but as individuals making a difference in this world. This experience has deepened my commitment to my club and beyond, and to myself to set personal speaking and leadership goals. It has been an amazing experience! And, I want to share this experience with my home club members so that they can one day have the chance to be their District's Table Topics Champion.



Kathleen Sykora is a charter member of UL's (Underwriters Laboratories) Testmasters Club in Camas, WA having participated in the club for the past five years. She has a background in theater and music, having received her Master of Arts degree in Acting from DePaul University, Chicago, IL. A native Southern Californian, Kathleen has made the Pacific Northwest her home for the past 10 years.

Kathleen shares that taking first place at the 2015 District Fall Conference Table Topics contest has been a thrilling experience! And, that Toastmasters has been instrumental in honing her speech writing and speaking skills. Her next goal is to become the 2016 International Champion Public Speaking. So keep a watch out for that curly, gray-haired gal next spring! Congratulations on winning the Table Topics Contest!

INS UP AT FALL CONFERENCE

Interview with Yoshiko Okamura

Q: What were your feelings as you won each level of the contest, club, area, division, district? Share with your fellow members how you felt and what helped you win?

Yokko: Club level - I was lucky that I had funny stories that were so much a part of my life. I spoke from my heart rather than from my mouth. The competition was a thrill. Winning gave me a sense of accomplishment.

Area level - One of my mentors gave me lots of positive feedback and suggestions to make my speech funnier and more memorable. Another mentor kept telling me that all I needed was just to have fun. The excitement of winning fueled me to strive for better.

Division level - At the contest, the presence of my club members to support and cheer for me gave me a sense of purpose. I wanted to give seven minutes of enjoyment to them to show my appreciation. When the winner was announced, I was speechless and shocked. I couldn't figure out what had just happened for a while. The other contestants were all such excellent speakers.

District level - Patrick, because of you, I won. You told me the importance of mental training and visualization. I walked up on the stage and glanced at the audience before I started speaking. I had confidence, which I had never had before. I didn't win. We won. My words could not express how much I appreciated all of the help, support, and encouragement that I got from my fellow members.

Q: I want our readers to understand the power in engaging the system. Share with us how you feel you engaged the system and how the system helped you be a winner?

Yokko: I was afraid of speaking in public. The best way to overcome my fear was to face it. Eight months ago, when I visited a few clubs to check out Toastmasters, I was asked to participate in Table Topics. I struggled through, but the club members thanked me for speaking and gave me encouraging words at the end. I quickly learned that it was a safe place to face my fears. In addition, evaluations by fellow members, that consist of plenty of positive feedback with insightful suggestions, have improved my speaking skills without shattering my self-esteem. Being an evaluator has also made me a better listener and, in turn, a better speaker.

Q: How do you see everyone gaining from this experience of a contest?

Yokko: By speaking only at our club meetings, we become very comfortable with the familiar faces and surroundings. By entering the Humorous speech contest, I realized how much a new setting affected my mental state. Giving a speech in front of new faces, and at an unfamiliar place was intimidating. I thought I was going to pass out while I was waiting for my turn at the Division contest. Surprisingly, I handled it so much better at the District contest. New environments are less of an issue now. We can do a lot more than we think. The only way to find out is to try.

Yokko attended college and flight school in San Diego where she met her husband Tony. He is also a pilot. They moved to Vancouver 20 years ago to fly for Horizon Air. She is still with the same company. Yokko says, "I love my job and I love to fly." She pilots a relatively small airplane. Many of the destinations are small cities near national parks. Because they fly at relatively low altitudes, Yokko loves the amazing views from the flight deck. With average flight times of one hour and frequent takeoffs-and-landings Yokko believes they are perfect for an energetic person like her. On her days off, she can be found working out and preparing a great meal. But, she still gets that urge to fly. I guess she's a workaholic having some fun! Congratulations on winning the Humorous Speech Contest.





Let's Make Real Magic

By Michelle Alba Lim, DTM – District Director

Yes, the title may initially seem like an oxymoron. Real magic? How can magic be real? I would have been as skeptical as the next person, had it not been for Wayne Dyer's paradigm-shifting book "Real Magic: Creating Miracles in Everyday Life" <http://amzn.to/1HSKUQt>. In this book, Dyer cites numerous examples of the seemingly impossible becoming possible because people believed they were possible. He wrote that when we truly believe, our minds and our bodies work in perfect unison to achieve what our hearts already know to be true. The impossible becomes possible. Magic becomes real.

Can we make real magic in District 7? Yes we can! But only IF we truly believe that we can, and are willing to do what it takes to make it real. Let's take our goal of being a President's Distinguished District. With barely seven months left in the Toastmasters year, President's Distinguished District may seem impossible to achieve.

To be globally recognized as a President's Distinguished Club, District 7 needs to have 191 clubs, 7507 member payments, and 88 distinguished clubs. As of this writing, we are at 153 clubs and 2905 member payments. The gap is substantial, however it can be bridged. We can – and will – be a President's Distinguished District if we take action to support what we believe.

What can we do? A LOT! Below are but a few actions that will help make the magic real. Let's do as many of these as possible, and then come up with more!

- Look around your communities for businesses or organizations that could support a Toastmasters club. Obtain contact information and send to our Club Growth Director Erik Bergman cgd@d7toastmasters.org.
- Invite family, friends, and colleagues to attend your Toastmasters club meetings.
- Reach out to former club members and invite them to renew their membership.
- Conduct Speechcraft within your club or in partnership with nearby clubs <https://www.toastmasters.org/Membership/Community-Based-Programs>
- Host an Open House and make it worth people's time by inviting a guest speaker <https://www.toastmasters.org/~media/E2557C2E11B34164A8F80AEAAEFD2A20.ashx>
- Volunteer to coach a struggling club <https://www.toastmasters.org/Leadership-Central/Club-Officer-Tools/Club-Management/Club-Quality/Club-Coach-Program>
- Work on your speech projects as well as your Competent Leadership manual.

My home club, the Wonderful Oregon Wordmasters (or WOW) Toastmasters, will be a test case for making the magic real. We have experienced several setbacks and have lost members. We believe we can end the year as a Distinguished Club! Impossible? No, just extremely challenging! If we can do it, so can anyone else!

Let's make real magic!

Email me at dd@d7toastmasters.org to let me know what you think.



FROM THE DESK

Where Will Your GPS Take You?

by Leanna Lindquist, DTM Program Quality Director

Goal Plan Strategy

Journeys begin with a road map. Today that map is a GPS. A GPS works for your Toastmaster journey too.

Goal setting is a powerful process. Begin by thinking about your ideal future. Where do you want to go? Do you want to be a District speech contest winner, a Distinguished Toastmaster, DTM, or do you want to earn your Competent Communicator award?



When you know what you want to do you will know what you have to do. Begin by looking at the big picture. Clearly define your goal.

Goal

- I will complete the Advanced Competent Silver award by June 30, 2016.

Plan

- Complete two advanced communication manuals – total of 10 speeches
- Deliver two speeches from Better Speaker or Successful Club Series

Strategy

- 31 weeks to achieve goal
- 12 speeches to deliver
- Deliver a speech every 2 ½ weeks
- Ask to speak at another club if my club cannot accommodate my speeches
- Ask Area Director if another club would benefit hearing a Better Speaker or Successful Club Series speech



Think back to why you joined Toastmasters. Set a **goal** that stays in line with the reason you joined Toastmasters. **Plan** a series of small goals that must be accomplished. Develop a **strategy** that is realistic and allows you to be successful.

Did You Know. . .

Is it OK to repeat manuals?

Yes, especially the Competent Communicator and Competent Leader Manuals. We have two members in our District who have each completed over 30 CC manuals. Always carry one; you never know when you will be called upon to give a hot seat speech. As soon as you complete a CL manual purchase a new one. After all you continue to fill club roles. You may submit one CC and one CL award per year per club.

May I visit other clubs?

Absolutely! This is one of the best ways to grow. No two clubs are alike. Contact the club and let them know you want to visit.

Does the District pay presenters at the conference?

No, Toastmasters International prohibits us from paying any speaker.

FROM THE DESK



November Is Deadline Month

By Erik Bergman, DTM, Club Growth Director



If you are someone who waits until the last minute, it's your time to shine — the last minute is NOW!

The end of the month marks a key date in the Toastmasters year. Monday, Nov. 30, is the last day for these key metrics of member, club, Area and District success:

- Unpaid members must renew their membership
- Club Treasurers must submit member renewal payments
- Area Directors must submit Club Visit Reports

All of the above must be received at Toastmasters International (TI) by midnight. Please act on them ASAP and DO NOT WAIT until 10 p.m. that night because TI's system may be slow due to the high volume of last-minute submissions.

Think how much stronger our program would be if all 1,032 unpaid members, listed as "grace" on a club's roster, would renew right now. Let's work to keep them as fellow Toastmasters. Club VPs of Membership and Treasurers play a big role here, but each one of us can urge a tardy dues payer to stay with the club.

Part of being good leaders is taking care of business at all levels of our organization. Spare yourself any further e-nags, and save your fellow Toastmasters the worry and aggravation of hounding you to make a payment or submit a report. Just do it!

Many thanks to these Area Directors whose Club Visit Reports are all in: Nena Heitz, Area 21; Cathy French, Area 31; Diana Jensen Cramer, Area 35; Ken Smith, Area 41; Joyce Eastwick, Area 51; Paul Hansen, Area 52; Joe Anthony, Area 64 and Dennis Hills, Area 83.

To renewals and reports, add a third R – recruits! Every month is the right month to attract new members.



Our District 7 information is on display at an Umpqua Bank branch in Vancouver this month. Thanks to Area 84 Director Patrick Locke, DTM, for helping us spread our Toastmasters message.

Pursuing Potential

Allison Bennett, ACB, CL, is up for any challenge. It’s what led her to take on the role of Club Coach Coordinator on top of an already busy Toastmasters schedule. “I love pursuing potential,” Allison says. “When I see clubs with potential, I want to draw it out. I love helping people learn that they can be great.”



Allison is a member of four clubs herself, as well as Area 43 Director. She says: “Each club has its own personality. I like finding out what makes it unique and growing it into something distinguished. I like to find out which tools will work.”

She sees herself as a resource that clubs with 12 or fewer members can call on to arrange for a club coach. Allison will assign a volunteer coach to help that low-membership club reach Distinguished status.

“Toastmasters has great impact, and there can be even more,” she says. “We have clubs that need speakers and speakers that need clubs to speak at. We can match them up. What could be more awesome than that!”

To volunteer as a club coach or request a club coach, contact coaches@d7toastmasters.org.



Happy Anniversary To November 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: Astoria, Beachtown, Oregon, and Woodburn!



Chartered	Years	Club Nane
Charter	Years	Club Name
11/1/1950	65	Astoria
11/1/1957	58	Beachtown
11/1/1986	29	Columbian
11/25/2014	1	Flying Toasters
11/7/2011	4	Gorge Windbags
11/23/2010	5	Ilwaco
11/1/1946	69	Oregon
11/21/2006	9	Portland Progressives
11/13/2003	12	Sherwood Town Criers
11/1/1982	33	Tabor
11/1/2000	15	Will-Sher
11/1/1955	60	Woodburn

November 30

Last Day to Submit Reports & Membership Renewals Edit

Last day to submit Area Director Reports to Toastmasters International

Last day to submit renewals for October 1 – March 31 period to remain an active club member

Last day to submit changes for first round club

December 2

Capital Toastmasters Club 693720 – Regular Club Meeting @ Oregon State Penitentiary 6:00 PM – 8:15 PM

The Capital Toastmaster members at the Oregon State Penitentiary would like to invite you to visit their club. Our club has over 50 members, including two community members, so the meetings are packed with exciting speeches. If you would like to join us you will need to contact Janet Zeyen-Hall, divc@d7toastmasters.org, for additional information and direction at least 10 days in advance of the meeting.



TRIPLE CROWN AWARD PINS

MEMBER	AWARDS
Bennett, Allison	CL, CC, ACB
Fanning, Paul C.	ALB, ACG, CL
Hills, Dennis Bernard	ALB, CL, ACS
Jensen Cramer, Diana K.	CL, ALB, CC
Lawless, John R.	CL, ALS, DTM
Locke, Julius Patrick	ALS, DTM, CC, CC
Semprevivo, Karen Ann	ALS, ALB, DTM

**FORGOT TO PAY
YOUR DUES?**



**Renew before 11/30/2015
to keep your membership active**

NOMINATIONS NOW OPEN...

Are you ready to step up to leadership? If you or someone you know is interested in sitting on the 2016-17 District Executive Committee, the following positions are open for nominations:

- District Director
- Program Quality Director
- Club Growth Director
- Division A Director
- Division B Director
- Division C Director
- Division D Director
- Division E Director
- Division F Director
- Division G Director
- Division H Director
- Division I Director



or

A thumbnail image of a nomination form titled "2016-2017 Nomination Form for D7 Executive Roles". The form includes sections for "Nominator Contact Information" (Name, Phone, Email), "Is this nomination for yourself or another individual?", "Nominee Contact Information", and "Has the nominee been contacted and agreed to serve in this role?".

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 send an email to Phyllis Harmon, District Leadership Chair (print2pahs@gmail.com), to announce your candidacy.

JOURNEYS...

Spotlight on Success – Cate Arnold

By Alexis Mason, DTM



L-H-T-L-I-T-L-T-Y-L

Don't know what that means? Read on and it will be revealed to you. Our spotlight this month features Cate Arnold. In 1995, Cate (known mostly as Catherine back then) became interested in the Beaverton Committee on Community Involvement and so began her dedication as a volunteer for the betterment of her community. The main task of the Committee was to connect neighborhood associations with city government. They worked on planning codes, the ombudsman program and similar issues. Each association had 5 at-large members. Cate told me that "you have to be very interested in very boring, very complex issues". She was.

By 2003 Cate described herself as a stay at home mom. She immediately corrected herself, however, to say she was more of a "stay in the car and in public buildings like schools, church, and government buildings mom". I thought that was a pretty good description of lots of women who, like Cate, are passionate about where they live and raise their families.



Also in 2003, Cate joined Toastmasters and was a member of the West Beaverton club and Videomasters. She was area 91 governor during that time. She stayed involved in the organization until 2007. In 2004 she won the election for the Beaverton City Council and is still an active member of it. She rejoined Toastmasters in 2012 and is a member of Silicon Forest and Story Masters.

She is currently running for reelection in May of 2016. Her platform is Toastmasters and the value it brings. In fact, her High Performance Leadership Project (HPLP) is based on setting up her campaign. She holds a CC and ACB and has set a goal for this year of a double triple. I believe nothing will hold her back.

L-H-T-L-I-T-L-T-Y-L? Cate lives by this. It means "learn how to live in the land that you love". Cate personifies that philosophy. We are proud of you, Cate Arnold.

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)



the LowerColumbia **Informer** *By Perry Piper*

Tick tick tick tick tick tick tick DING!

Now, there's cinnamon toast, peanut butter toast, strawberry jam toast and a whole recipe book of other kinds of crispy bread. But how do you know which is best or how to properly prepare all of the varieties? Why, just ask the Toastmaster!

Growing up, my friends and I would always gaze with awe upon my mother's Competent Toastmaster plaque hanging in the TV room, thinking of all the different delicious dishes she could make. Little did I know that I'd one day be following in her footsteps, and not to make breakfast variations as I once imagined.

Toastmasters is an international organization that helps members improve their communication and leadership skills. The club I have recently joined is more positive and rewarding than any college public speaking course I've ever taken. I joined after attending a picnic at Lake Sacajawea hosted by Encouraging Words, one of the three local clubs. I decided to check out a meeting just to see what it was like. To my amazement, the club created an extremely focused and fun 90-minute meeting agenda.

Each meeting features up to three speakers, who each hold the podium for about five to ten minutes. Next, for

the table topics portion of the meeting, members are invited to try their hand at impromptu talks based on various themes targeting a two-minute time limit. This is the time of the night people either eagerly anticipate or dread volunteering for. Near the end of the meeting, the general evaluator leads the timer, grammar and



Competent Toastmaster

personal speech evaluators to provide constructive criticism and positive feedback to speakers.

It's easy to stand up and ramble on about something in front of a crowd. What's challenging is organizing an effective and interesting speech, with minimal prep time, without constantly saying "uhm ..., so...", and such between points. Participating for several weeks now, I find it shocking to watch CEOs of major companies

in their press conferences and hear them make all these basic mistakes. It's not just about the amazing products selling themselves — leaders need to be confident and professional to captivate and inspire crowds.

First-time guests are asked to provide feedback to the club at the end of the meeting. I asked if anyone had theater or voice acting experience, because that's just how high level, entertaining and inviting everyone was.

Once joining, I knew I had to get a jump on the various projects. Toastmasters provides a structured book of 10 speech projects and a leadership workbook listing various combinations of club roles to help you develop your abilities of focus, listening and critical feedback while learning to give fantastic speeches.

To test myself and move up the Toastmaster ranks faster, I've signed up to give a 10-minute speech on virtual reality on October 17 at a futurism conference at the Microsoft Campus in Redmond, Washington.

Visitors are welcome at all club meetings. I hope to see some of you at Encouraging Words in the upcoming weeks.

...

Article reprinted by permission from the Columbia River Reader. Author Perry Piper joined Encouraging Words in Longview, WA in August, 2015. He enjoys learning about emerging and evolving technologies. He also teaches technology lessons to help people in the community learn to use (and love) their technology devices.

**Strategies
for Maintaining
Sustainable Clubs**

Mid- Course Corrections



**Toastmasters Leadership Institute
Wilsonville High School
January 23, 2016**



SUCCESSFUL CLUB

Lots of laughs, plus respect, help Toast to US grow strong

By Erin Stammer, President, Toast to US

Toast to US is a corporate club at U.S. Bank that chartered in March 2015. We meet in Tigard, Oregon, at our Equipment Finance division, every Wednesday

at noon in the Columbia Room.

Being a corporate club has some distinct advantages:

- We have the support of U.S. Bank to add Toastmasters participation to our personal development plans.
- Assuming our manager has approved our joining Toastmasters as a development opportunity, our membership fees and club dues are reimbursed by U.S. Bank if we attend 50% of the scheduled meetings and take a role 25% of the time.
- Promoting Toastmasters is that much easier for us due to the proximity of so many potential members in our very own office! We are able to post public relations posters throughout the building, attract potential members via on site events and stop by their individual desks to answer their Toastmaster questions.
- Through U.S. Bank's intranet we are able to locate and attract other U.S. Bank employees to our club via email campaigns and visits to local branches.

Despite these advantages, we do face challenges as a "closed" club. We are not able to draw friends and families interested in public speaking and leadership to our club; we must refer them to other Toastmasters clubs that are open to the public. We are also restricted as to the time of day we can hold our club meetings, and we compete for a slot of time in the Columbia Room each week. Additionally there are security procedures any guests to our club or non-Equipment Finance employees must follow to access our building.

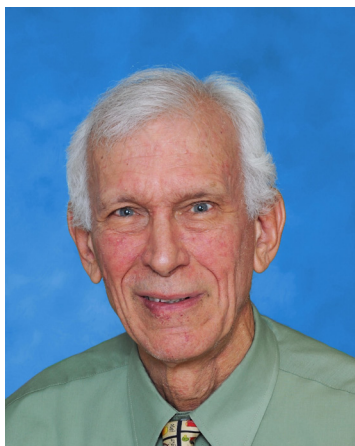
We have been successful in maintaining our membership and in adding new members to Toast to US by thoughtfully considering how to best accommodate our defined population of potential members. At our officers' meetings we ask ourselves what might keep people from joining or staying in the club, and then take action steps to address these perceived obstacles:

- We meet 1:1 with department managers to solicit their support and ask that they suggest Toastmasters to employees they believe would benefit from it.
- We pair new members with established members in a mentor-mentee relationship to create additional support, education and encouragement.
- We make sure people are aware they can bring their lunch to the meeting.
- We celebrate successes large and small for each milestone reached by individuals and the club; we personalize the celebrations with small gifts, food or toasts targeted to the member's unique attributes or goals with Toastmasters.
- Because we all work in the same building, our evaluations must be respectful, point out the positive, yet also contain useful feedback for growth.

Each Toastmasters club has its own character, and Toast to US is no different. We all look forward to our weekly meetings because we know there will always be laughter, raucous applause and surprisingly refreshing prepared or impromptu speeches from our members. Each week we take away a new tidbit of information about someone in the club, and the smiles on our faces last long after we have left the office for the day.

SUCCESSFUL CLUB PICS





Forty Ways to Avoid Sa

by Laurence (Lonnie) Wiig

I spent a good part of a day recently at Hillsboro High School assisting Latino students grapple with the English language. I greatly enjoyed the time spent in Mr. Robertson's Sophomore English class. It was evident how dedicated he was to increasing his students' command of our mother tongue. On entering the classroom I noticed a list posted front and center that read: GARBAGE WORDS -- really, very, bad, good, a lot, lots. The students were to avoid using these words in written assignments.

At the end of the class, I asked him if he had ever read Eleanor Porter's Pollyanna. (He had not.) I shared that one of the stupendous things about the book was the author's incredible variety of ways to avoid saying said. She wormed her way around it on well over 100 different occasions.

I decided to create a short list of alternative words used by Porter and share it with Mr. Robertson. I realized it would be immediately helpful as I worked on a final edit of my book, Toad Suck Summer. It also occurred to me that Toastmasters are always looking for better ways to express their ideas, or as suggested by Reader's Digest, moving towards more colorful language. Below is a list of 40 different variations I compiled from Pollyanna. I challenge you to create a list to replace your most overused word and follow Porter's examples. How about starting with things?

1.	Cried	"Pollyanna, what does this mean?" cried Aunt Polly then. (page 63)
2.	Stammered	"Why, Mr. Tom, Aunt Polly!" she stammered. (page 63)
3.	Ejaculated	"Pollyanna, hand those things to me at once and come in here. Of all the extraordinary children!" she ejaculated. (page 64)
4.	Jerked out	"At the top of the stairs Miss Polly jerked out crisply, "For the rest of the night, Pollyanna,..."
5.	Expressed	"She had more time, also, to 'just live,'" as she expressed it...." (page 65)
6.	Explained	"Oh, no I don't mind it at all," she explained to Nancy. (page 66)
7.	Retorted	"Well, I can't say I do all of 'em," retorted Nancy tersely. (page 66)
8.	Called	"How do you do, sir? Isn't this a nice day?" she called cheerily... (page 67)
9.	Beamed	"Yes, sir," beamed Pollyanna. (page 67)
10.	Called out	"'Tisn't quite so nice as yesterday, but it's pretty nice," she called out cheerfully. (page 67)
11.	Grunted	"Eh? Oh! Humph!" grunted the man as before. (page 67)
12.	Murmured	"Maybe he didn't understand but that was only half an introduction. I don't know his name yet," she murmured... (page 68)
13.	Declared	"And it's glad that I am ter get rid of it," Nancy had declared in private afterwards to Pollyanna... (page 68)
14.	Predicted	"Well, you won't after you've done it once," predicted Nancy sourly. (page 69)
15.	Laughed	"Why, what a funny woman," laughed Pollyanna. (page 69)
16.	Finished	"Humph! Well, Mis' Snow's 'different,' all right I hope, for the sake of the rest of us!" Nancy had finished grimly. (page 69)
17.	Began	"How do you do?" began Pollyanna politely. (page 70)

aying the Word "Said"

18.	Muttered	"Well, if you would, you're the first one that ever 'liked' to see her," muttered the girl under her breath. (page 69)
19.	Apologized	"Why, nothing much," apologized Pollyanna hurriedly. (page 71)
20.	Demanded	"Well, Miss Impertinence, who are you?" she demanded. (page 71)
21.	Sighed	"Oh, dear, I wish I didn't," sighed Pollyanna... page 71)
22.	Exclaimed	"Lose time sleeping!" exclaimed the sick woman. page 71)
23.	Directed	"Here! Do go to that window and pull up the curtain," she directed. page 71)
24.	Scoffed	"Me pretty!" scoffed the woman bitterly. page 71)
25.	Retorted	"Well, no, I didn't," retorted Mrs. Snow, dryly. page 71)
26.	Cooed	"Oh, but your eyes are so big and dark, and your hair's all dark, too, and curly," cooed Pollyanna. (page 73)
27.	Snapped	"The glass!" snapped the sick woman... (page 73)
28.	Agreed	"Why, no, of course not," agreed Pollyanna sympathetically. (page 73)
29.	Proposed	"I reckon maybe, if you don't mind, I'd like to fix your hair just a little before I let you see it," she proposed. (page 73)
30.	Permitted	"Why, I suppose so, if you want to," permitted Mrs. Snow grudgingly (page 73)
31.	Exulted	"Oh, thank you. I love to fix people's hair," exulted Pollyanna... (page 74)
32.	Panted	"There!" panted Pollyanna, hastily plucking a pink from a vase nearby... (page 75)
33.	Nodded	"Of course not and I'm glad, too," nodded Pollyanna cheerfully... (page 75)
34.	Mused	to do it then, wouldn't it?" she mused aloud. (page 75)
35.	Rejoined	"Why, no, of course not," rejoined Milly... (page 77)
36.	Chirped	"How do you do?" she chirped. (page 78)
37.	Added	"Oh, no, sir. You don't look a mite like a Ladies' Aider not but that you're just as good, of course (page 80)
38.	Gasped	"Sakes alive, Miss Pollyanna," she gasped... (page 81)
39.	Smiled	"Why, yes, he always does now," smiled Pollyanna. (page 81)
40.	Surmised	"Oh, for the heathen," surmised Pollyanna. (page 82)

Lonnie Wiig hails from Honolulu, Hawai'i. Following a ten-year stopover in Japan, he arrived in Oregon in 1990. A semi-retired teacher of Japanese, Spanish, French and English to Speakers of Other Languages (ESOL), Lonnie has been active in Toastmasters for Speaking Professionals and is currently interested in joining a Portland area Toastmasters group that meets evenings or weekends. He feels fortunate to have participated in the March on Washington where he heard MLK deliver his "Dream" speech. His current speaking goal is to give interactive presentations around "Diversity, Discrimination and Dr. King's Dream" to classes of prospective elementary school teachers at colleges of education in various parts of the U.S. Lonnie looks forward to hearing from you at discusshistory@live.com.



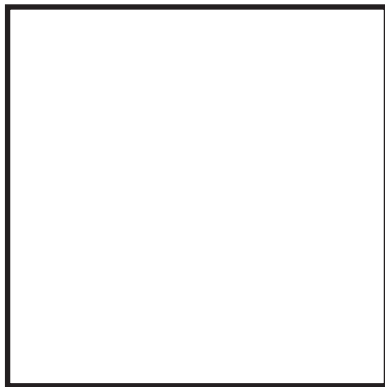
Tell Me A Story..

The Not So Friendly Skies by Yoshiko Okamura



Over the years, air travel has got a bad reputation. Long lines, extra fees, lost bags, delays, full body x-rays, unfriendly agents and flight attendants, and to top it off, tiny bags of gourmet snacks. I am sorry. I work for an airline. We understand passengers' frustration, but there are always two sides to any story. Please let me tell you our side.

Our frustration is dealing with passengers who either complain about pretty much anything we ask or just simply lack common sense. Here are a few examples. "Sir, we are closing the main cabin door. Please turn your electronic device off or to airplane mode." "I'm texting an important message to my client. This device won't interfere with the navigation system." This is a common dialog onboard the aircraft. We are more than happy to reseat anyone to the texting section which is located outside of the aircraft. Here is another example. "Mam, please return your seat-back to the upright position for landing." "This stupid economy seat reclines only an inch. Do you really think that one inch makes the difference between life and death?" She's got a good point. I can't disagree with her. (Life, death, life, death.) But we are not changing FAA regulations. Please comply with crew members' instructions.



There are also passengers who do anything to save money. An infant under the age of two can travel free as long as it is held by an adult. I can't tell you how often we see a child who looks older than two sitting uncomfortably on mom's lap and completely blocking her view. "How old are you, honey?" "Three!" "No, she is one!" If you want your children to travel free, you can train them to stay quietly in your carry-on bags and stow them under the seats.

This is not the only case where passengers find creative ways to save money. If you want to bring your pet into the cabin, you have to pay a fee. The fee is waived for service dogs. Service dogs are typically large dogs, and they are well trained, calm and observant. Red flags go up when we see passengers walking to the airplane with their service dog, a chihuahua, trying to make a break for freedom.

"Brutus, get back here!" Any dog can become a service dog if a passenger requires it for any sort of assistance including emotional support. We have no problem with small dogs that provide emotional support as long as they are trained as a service dogs. Untrained service dogs bark constantly, they try to run away, they tear seat-pockets and as the excitement heats up, they poo. I don't know how those uncontrollable dogs give their owners emotional support. They give us emotional scars. Please pay a fee and bring your lovely pet in a cage with you.

Just as service dogs can travel free, wheelchair service is also free for people who have difficulty walking. At the destination, if all agents are busy assisting others, we ask our passengers to stay on the airplane and wait for a wheelchair. Unfortunately some people believe that they are entitled to be served first, and they yell at us for making them wait. When they finish telling us how horrible our wheelchair service is, they stand up in a huff and storm off without any assistance. I am so glad that we are able to fix your legs in flight. It's a miracle.

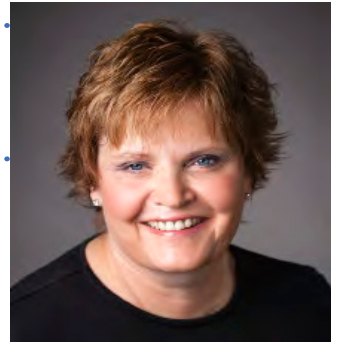
When I see this kind of inflight miracle, I can understand why passengers complain about not using our special powers more often. "Ladies and gentlemen, we apologize for the delay. Portland is experiencing heavy fog, and we are waiting for the weather to improve." "Excuse me. So, I must Portland right now. You know. I am competing at, um, a Toastmasters' humorous contest tonight. You know." We may be able to fix your legs, but we can not change the weather no matter how hard we try.

The next time you get frustrated with air travel, please remember our side of the story. We are punching bags to absorb passengers' frustrations. We are dog trainers to calm unruly dogs. We are also under constant pressure to improve our skills as witches and wizards to create more miracles. Because our goal is to make your flying experience as pleasant as possible, we accept those challenges. Bring them on!

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.



WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Corvallis Evening Group	Addison	Aimee
Embracing Cultures Toastmasters	Ahmed	Hamdia
Professionals of Portland Toastmasters	Andrews	Stephanie
Fortunate 500 Club	Antonio	Atsatsa
MultCo Toasties	Arenholz	Daniel
University of Oregon Club	Bajodah	Mohammed
Sage Beaverton Toastmasters	Barathi	Prabhu
University of Oregon Club	Bergren	Noah
La Pine Chamber Toastmasters	Best	Valerie
University of Oregon Club	Bhattacharjee	Arunima
Clack-Orators Toastmasters	Blaylock	Dylan
Southern Oregon Speechmasters	Blesse	Lucinda
Club Northwest Toastmasters	Borgas-Gastro	Danielle
Club Northwest Toastmasters	Botnik	Daniel
Club Northwest Toastmasters	Botnik	Paige
New Horizons Toastmasters Club	Bottcher	Nick
Redmond Area Toastmasters Club	Bowden	Radiance
Sandy Club #8848	Bowlen	Dianna
Lebanon Toastmasters	Brewer	Tammy
FIG Masters Club	Bright	David
Gresham Toastmasters Club	Brotherston	Joe
University Toastmasters Club	Buckley	John
Modoc Toastmasters Club	Burnett	Pongsri
MultCo Toasties	Bushway	Marilyn
Portland Club	Butler	James
Portland Club	Butterfield	Casey
Yawn Patrol Club	Caban	Alisia
Daylighters Club	Campbell	Christina
Swan Island Toastmasters	Cannon	Jesse
University of Oregon Club	Capaldini	Nick
Columbia Center Club	Cargill	Bryan
Swan Island Toastmasters	Carkin	Richelle
Columbian Club	Chabala	Claire
WRIP City Club	Check	Nolan
West Beaverton Club	Cherevatenko	Olga
Professionals of Portland Toastmasters	Cherry	Adam
Toast to US	Chow	Lia
University of Oregon Club	Choy	Courtney
Babble-On Toastmasters Club	Clark	Sarah
Professionally Speaking	Coder	Benjamin
Advisors Toastmasters Club	Cowen	Elizabeth
New Beginnings Toastmasters	Crosby	Scott
Yaquina Toastmasters	Custer	Olga
Club Northwest Toastmasters	Davis	Denise
Toasting Excellence Club	Davis	Lisa
Swan Island Toastmasters	Davis	Midge
University of Oregon Club	Demise	Eden
Club Northwest Toastmasters	Draper	Annette
Club Northwest Toastmasters	Draper	Scott

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Nano-Mated Speakers	D'Souza	Kevin
Creekside Toastmasters	Eastburn	Terri
Speakers By Design Club	Eckelman	Kevin
Sunrise Toastmasters Club #1492	Edwards	Adrienne
Marylhurst Toastmasters	Ellison	Josh
Molalla Toastmasters	Estergreen	Steven
Coastmasters	Fakier	Charlotte
Coastmasters	Falenski	Heinz
Portland Progressives	Fellner	Eva
Corvallis Evening Group	Fodouop	Brice
University of Oregon Club	Ford	Erik
Portlandia Club	Gandy	Shawna
Babble-On Toastmasters Club	Gannaway	Emily
TV Toastmasters	Gard	Tim
FIG Masters Club	Gardea	Victor
Speakeasy Toastmasters	Garimella	Aditya
MultCo Toasties	Gill	Rita
Columbia Center Club	Goodwin	Kari
University of Oregon Club	Gordon	Lily
Civil Tongues Club	Gould	Jamie
American Red Cross Oregon Trail Chapter	Graybill	Jeremy
Electric Toasters Club	Habash	Jamileh
Eco Voices Toastmasters	Hall	Robert
Lebanon Toastmasters	Hamilton	George
Toast to US	Hardenbergh	Derek
Timber Talkers Club	Haudbine	Patrick
Astoria Toastmasters	Hauer	Lisa
Corvallis Evening Group	Helm	John
Wafermasters Club	Hodges	Jeff
Swan Island Toastmasters	Hodgson	Robert
Walker Talkers Toastmasters Club	Holland	Matthew
Club Northwest Toastmasters	Holtman	David
American Red Cross Oregon Trail Chapter	Howard	Diane
AAA Towsters	Hudson	Robin
New Horizons Toastmasters Club	Hur	Hyungjun
High Noon Club	Hutchinson	Regina
AAA Towsters	Inman	Danielle
University of Oregon Club	Jiang	Lin
Clackamas County Toastmasters	Jones	Ashley
University of Oregon Club	Joseph	Kemy
Sunrise Toastmasters Club #1492	Jula	Jolene
Sunrise Toastmasters Club #1492	Kadykalo	Christine
Suite Talkers Toastmasters	Kalina	Jake
Sporty Speakers	Kanen	Casey
Civil Tongues Club	Kellermann	Charley
Blue Ox Club	Kelly	Amy
AAA Towsters	King	Jaden
Redmond Area Toastmasters Club	Kowalewski	Joseph
West Beaverton Club	Kulkarni	Vidyanand

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Miller Nash Graham & Dunn Toastmasters	Kullen	Tony
FIG Masters Club	Kurtz	Craig
Early Words Club	Lawson	Andy
Noon Talkers	Leary	Victoria
Professionally Speaking	Lebeau	Cindy
Portland Club	Lehouiller	Eric
University of Oregon Club	Li	Haozhe
University of Oregon Club	LI	JIA RONG
Vancouver Toastmasters Club	Linscott	Nate
Storymasters Toastmasters	Liu	Yu (abby)
University of Oregon Club	Lockwood	Daniel
Columbia Center Club	Lucas	Kimberly
Speakeasy Toastmasters	Marimuthu	Jeyasekar
Club Northwest Toastmasters	Marshall	Mary
Toast of Corvallis Toastmasters Club	Marty	Valerie
Club Northwest Toastmasters	Marval	Judy
Hood River Club	McNeil	Carly
Corvallis Evening Group	Medo	Majed
Club Northwest Toastmasters	Melville	Sarah
Milwaukie Talkies	Miller	Virgil
Evergreen Club	Miller	William
Club Northwest Toastmasters	Mooney	James
Mentors Of Focus Club	Morriss	Brent
Yawn Patrol Club	Mortier	Nicholas
AAA Towsters	Muller	Kelsey
Speakeasy Toastmasters	Nandan	Sangeetha
AAA Towsters	Nguyen	Linda
Creekside Toastmasters	Nigmeh	Moses
Gresham Toastmasters Club	Orf	Brian
American Red Cross Oregon Trail Chapter	Osborne	Melanie
Rose City Toasters Club	Parker	Anthony
Portland Club	Paterno	Anthony
Symantec Toastmasters	Patonie	Jason
Columbia Center Club	Peierls	Stefan
Portland Progressives	Pettigrew	Erica
Tabor Toastmasters Club	Pink	Kendra
Wonderful Oregon Wordmasters (WOW)	Portulano	Vince
University of Oregon Club	Power	Michael
Tabor Toastmasters Club	Pulman	Judith
Noon Talkers	Quinn	Michael
Gateway Toastmasters	Rabinovitch	Sara
Speakeasy Toastmasters	Rajbhandari	Sarju
Grants Pass Toastmasters Club 852	Randolph	Cristal
Club Northwest Toastmasters	Ray	Auburn
At The River's Edge Club	Richardson	Brian
New Beginnings Toastmasters	Riem	Nealane
Speakeasy Toastmasters	Rivera-Santiago	Rafael
Sunrise Toastmasters Club #1492	Robbins	Kyle
Club Northwest Toastmasters	Robinson	Cassie

WELCOME NEW MEMBERS

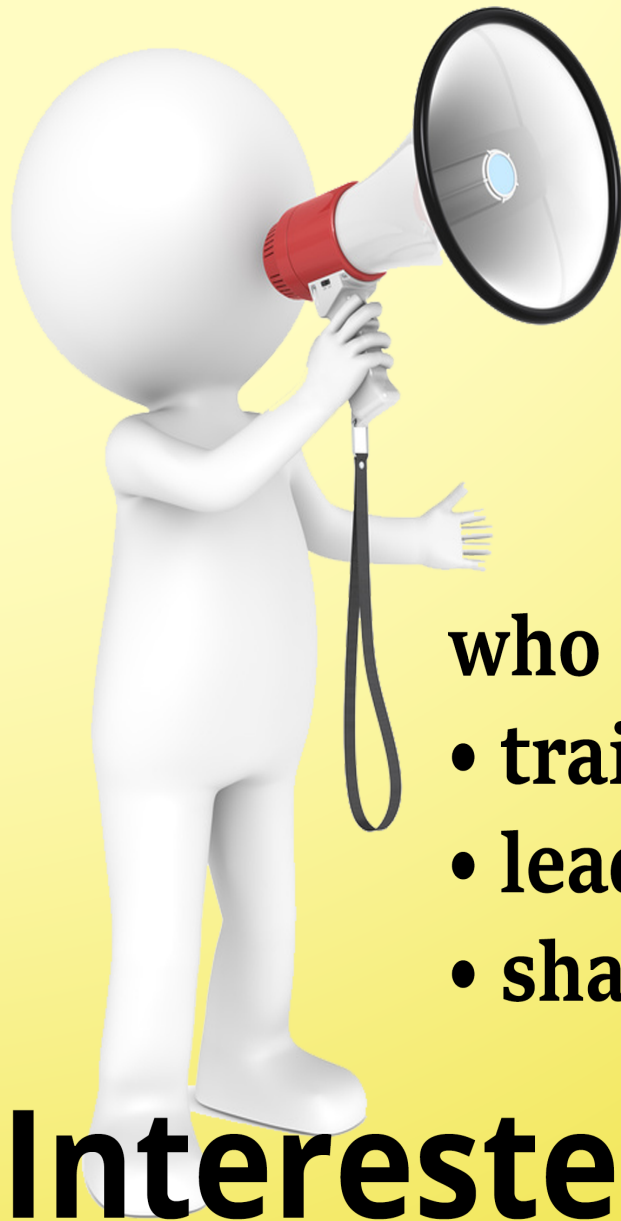
Club Name	Last Name	First Name
Nano-Mated Speakers	Robinson	Scott
Oregonian Club	Romanaggi	Sophia
Club Northwest Toastmasters	Ryerson	Kristin
Club Northwest Toastmasters	Sallas	Jesse
Club Northwest Toastmasters	Sallas	Katherine
Club Northwest Toastmasters	Savage	Bonnie
University Toastmasters Club	Savides	Eli
Astoria Toastmasters	Scharpf	Caryl
West Beaverton Club	Seshadri	Ashwin
West Beaverton Club	Seshadri	Mridula
Portlandia Club	Sharer	Brian
Sage Beaverton Toastmasters	Siegel	Rachel
Coastmasters	Skudstad	Lyn
Tower Toastmasters	Sorensen	Tracie
Columbia Communicators	Sorenson	Samantha
Clark County Toastmasters Club	Stewart	Debra
Downtown Public Speakers Club	Straube	Jacob
Totem Pole Club	Struckmeier	Denise
Battle Ground Toastmasters	Sutherland	Donna
Club Northwest Toastmasters	Teitelbaum	Alexis
Clark County Toastmasters Club	Tenn	Sharon
Toasting Excellence Club	Testi	Anthony
University of Oregon Club	Tezzeta N'Gungwa	Mbuya
Oregon State Toastmasters	Thayer	Jared
Club Northwest Toastmasters	Traugh	Dick
Timber Talkers Club	Umscheid	Parisjat
Club Northwest Toastmasters	Valle	Amanda
Columbia Communicators	Van Ausdell	Taryn
Silicon Forest Club	Vargo	Denice
Silicon Forest Club	Vargo	Emma
Swan Island Toastmasters	Vivall	Ioana
Lake Oswego Toastmasters Club	Walbridge	Jordan
Professionals of Portland Toastmasters	Walker	Kristen
Portland Club	Wallway	John
Civil Tongues Club	Warren	Tom
Battle Ground Toastmasters	Watson	Terresa
Sporty Speakers	Weaver	Thomas
At The River's Edge Club	Wendler-Shaw	Keanen
New Beginnings Toastmasters	Whiting	Howard
Club Northwest Toastmasters	Whiting	Mark
WRIP City Club	Wilder	Susan
Speakers With Spirit Club	Wilson	Jenny
Sunrise Toastmasters Club #1492	Wright	Jennifer
University of Oregon Club	Xiong	Zimu
Talk-In-Tel	Xu	Vincent
AAA Towsters	Yaman	Evelyn
Dawson Speakers	Yarapathineni	Maruthi Rao

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	10/5/2015	Augello, Heather M.	Banfield Barkers
ACB	10/16/2015	Bennett, Allison	American Red Cross Oregon Trail Chapter
CC	10/30/2015	Bergman, Erik	Storymasters Toastmasters
CC	10/23/2015	Brand, Michael	Clackamas Stepping Stones
CC	10/13/2015	Brewer, Daniel S	Silicon Forest
CC	10/30/2015	Brown, Cheryl Denese	Downtown Lunchbunch
ACB	10/13/2015	Coffman, David E.	Yaquina Toastmasters
CC	10/26/2015	Conforti, Karen-Maria	Sunrise Toastmasters
CC	10/14/2015	Dillard-Lubin, Sarah	Audacious Orators
ACB	10/21/2015	Do, Son Xuan	Testmasters
ACS	10/20/2015	Dunne, Gerry	Battle Ground Toastmasters
ALB	10/20/2015	Eastwick, Joyce	ScanEagle Toastmasters
CC	10/6/2015	Edginton, Diane G.	Battle Ground Toastmasters
CC	10/1/2015	Einspruch, Eric L.	NoonTime
CL	10/6/2015	Elmer, Brice T.	Liberty Talkers
ACG	10/16/2015	Fanning, Paul C.	Downtown Lunchbunch
CL	10/30/2015	Fox, Shani	Toastmasters For Speaking Professionals
ALB	10/27/2015	Grover, Kelli A.	Sandy
CC	10/6/2015	Hallmark, Janice E.	Gateway Toastmasters
CC	10/26/2015	Hammock, Lori	Wafermasters
CL	10/29/2015	Holdiman, Sherry	Astoria Toastmasters
CC	10/22/2015	Ingersoll, Kirsten L.	Clack-Orators Toastmasters
ACB	10/6/2015	Kinney, Ray C.	Flying Toasters
CC	10/28/2015	Kroetch, Ann T.	New Horizons Toastmasters
CC	10/11/2015	Locke, Julius Patrick	Speakers With Spirit
CC	10/14/2015	Mason, Alexis R.	Leader's Edge
CC	10/7/2015	McCleary, Heather	Columbia Center
CC	10/26/2015	Miles, Suzanne	Audacious Orators
CL	10/7/2015	Nelson, Debbie K.	Banfield Barkers
CC	10/17/2015	Pennington, Pamela Joy	Newberg Toastmasters
CL	10/29/2015	Pugh, Robert S.	Wallmasters International
CC	10/20/2015	Robinson, Peter M	Blue Ox
CC	10/16/2015	Rollinger, Robert E.	Downtown Lunchbunch
CC	10/7/2015	Scarborough, Mark A.	Ilwaco Toastmasters
CL	10/15/2015	Schiedel, Esther R	Toast of Corvallis Toastmasters
DTM	10/8/2015	Semprevivo, Karen Ann	Portland Progressives
CL	10/6/2015	Shaw, Jo Anna	Jefferson State Toastmasters
CC	10/6/2015	Shaw, Jo Anna	Jefferson State Toastmasters
CL	10/25/2015	Sleeman, Theresa M.	Siuslaw Tale Spinners
CC	10/3/2015	Strait, Jennifer	Toastmasters For Speaking Professionals
ACG	10/29/2015	West, Larry J.	Grants Pass Toastmasters
CC	10/20/2015	Wirick, Levi D.	Yaquina Toastmasters
ACS	10/14/2015	Zakrzewski, Chapin O.	Swan Island Toastmasters
CL	9/29/2015	Ward, Jill M.	Wallmasters International

TLI Opportunities

Looking for dynamic



Speakers

Panelists

Facilitators

who can:

- train club officers
- lead discussions
- share new ideas

Interested?

Please complete this form

Selections made in early December

KEYNOTE

Lead Yourself, Lead the World
Balraj Arunasalam



Mastering Storytelling for Better Speaking
Craig Valentine

Leading the World

Lane Community College

May 6 & 7, 2016

May 6 - 5 - 9:30-pm - \$25.00

May 7 - 7 - 6:30-pm

First 75 registrations - \$55

General registration - \$65

At the Door - \$75

Register Today