

Voices!

One Community
Many Voices

District 7 Toastmasters
December 2015



Toastmasters *is* where
leaders are made.



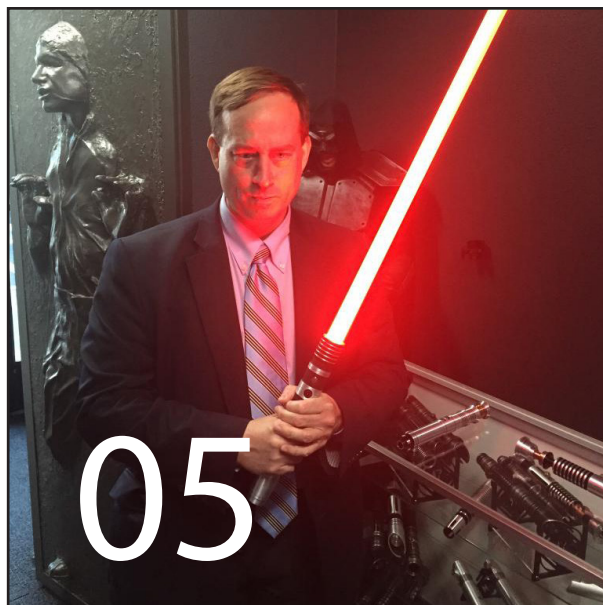
Gary Schmidt

INSIDE

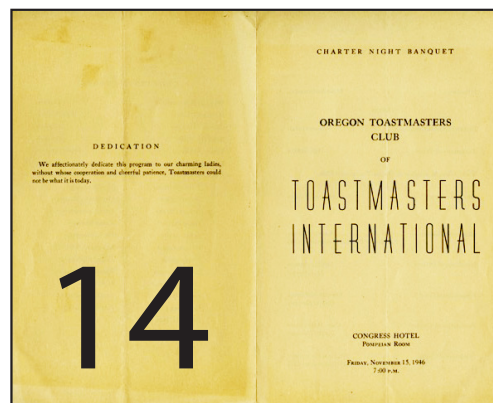
The 501st Legion: The Bad Guys Who
Do Good

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TOASTMASTERS
INTERNATIONAL

Toastmasters is Where Leaders Are Made

by Gary Schmidt, DTM, PIP



Why did you join Toastmasters? You probably joined for the same reason I did—to overcome a great fear of public speaking. Toastmasters is so much more than just helping us become better speakers. A joyous revelation for me was how Toastmasters develops leaders.



I joined Toastmasters 20 years ago. My reason for joining was simple—I was unemployed. I was a newly-minted college graduate yet I could not find a job. The economy was pretty good in 1995 so I can't say jobs were scarce. My communication skills were scarce. A

book about finding employment, a college professor and a friend all recommended I join Toastmasters. I finally visited a club. I was terrified. But I had hope that Toastmasters might be the place where I could become a better speaker and find a job.

It worked. Six weeks after joining Toastmasters, I talked my way into a job with Oregon U.S. Senator Mark Hatfield. I found my dream job thanks to Toastmasters. What Toastmasters provided to me in six short weeks was confidence. Delivering speeches, offering evaluations and thriving in Table Topics all slowly built my confidence and demonstrated to me that I could find success as a communicator.

But there was more. A club member recommended I become a club officer. But I joined Toastmasters to be a better speaker! That wise club member told me how being a club officer would teach me valuable leadership skills that would not only help me be a better speaker but also help me get promoted quicker in my job. Bingo! That was what I needed to hear.

That moment was really the turning point in my Toastmasters career. Serving as a club officer, and then as a district and

international officer, all provided me the skills I needed to be a better leader. Leadership skills are intertwined with communication skills.

Giving an amazing speech means nothing unless you have a purpose. We use our words to inspire others to take action and make our communities better.

Soon after becoming a first-time club officer, I was promoted at my job with Senator Hatfield. My supervisor asked me how I had improved my leadership skills so quickly. In Toastmasters I proudly replied! I was now hooked on my leadership development. For me, it meant that I could progress more rapidly in my career.

Each leadership role in Toastmasters taught me more about myself and how to be a successful leader. I learned how to organize people and paper, create and oversee budgets, motivate volunteers, overcome conflict, coordinate huge events, keep on top of the details and offer meaningful feedback to others.

And I kept getting promoted at work! I earned more money! Others were asking me where they could learn these skills. I brought them to Toastmasters!

As I kept learning more and more about leadership, I kept progressing in Toastmasters officer roles. I gladly served in Toastmasters leadership roles for 15 consecutive years without a break. After serving the club, I became a district officer—Area Governor, Division Governor, Lt. Governor Marketing, Lt. Governor Education and Training, District Governor (the tiles were changed earlier this year).

After serving as a district officer, I still had more to learn! With a motivated heart, and encouragement from others, I served as an international officer—International Director, 3rd Vice President, 2nd Vice President, Senior Vice President and finally International President of Toastmasters International in



2009-2010.

My greatest personal growth was during my service as an Area Governor, District Governor and International President.

As Area Governor, I learned that words and actions mattered. I could positively influence the clubs in my area by sharing encouraging words and proactively offering ideas for membership and educational success.

As District Governor, I learned that avoiding conflict never solves a problem! In fact it makes

it much worse! Even when it is painful, you have to offer direct feedback to your team to help them learn and grow.

As International President, I learned to lead with directness and compassion. A leader needs to set clear expectations then let the team go to achieve results without your constant oversight.

Even after all these wonderful experiences, I still have more to learn as a leader. That is why I remain in Toastmasters. There are so many more opportunities to give, share and grow.

Now it is your turn. Come forward and serve as a club or district officer. Don't wait to be asked. Take the plunge. You will be grateful for how that single decision will transform your life. Toastmasters is where leaders are made.

Gary Schmidt joined Toastmasters in February 2005. He is a member of Clackamas Stepping Stones, Clackamas County Toastmasters, and Electric Toasters. He is the 2014-15 recipient of the District 7 Lou Webb Award as well as many others during his illustrious career.



Leading from the Inside Out

by Michael (Mick) Taylor, CC

I recently had the privilege and the pleasure of coordinating a class on Working in the Team Environment. At that class, we explored ways to be effective team members and team leaders. Since the Toastmasters' motto is "Where Leaders are Made," it was no surprise that some participants wanted to further examine the finer points of being a good team leader.

One of the things we discussed were the skills a team leader needs to build and maintain communication with team members. I emphasized that the three most important skills are, in my opinion, fairness, loyalty, and consistency. These are three of the Four Pillars of leader authenticity. Why is authenticity important to being an effective leader? Because authenticity makes leaders more trustworthy and approachable. This enhances commitment from team members, which leads to better results. To be an authentic leader requires self-awareness. This means having a good grasp on our strengths and weaknesses.

What are the Four Pillars of Leader Authenticity? They revolve around accountability. Accountability means taking responsibility for the results - both good and bad. It means having the self-awareness to know when we've made a mistake, and knowing how to make

amends for that mistake. It means that when we mess up, we need to fess up.

Apologizing doesn't always come easily to many of us (myself included), but an apology offered, when called for, is a powerful way to enhance our authority and credibility. Sometimes we see an apology from a leader as a sign of weak-



ness or incompetence; but in reality, it shows that we as leaders are concerned for the team's success. An apology must be genuine to be credible. We must acknowledge the mistake and our role in it. For example, how many times have you heard this "non-apology": "I'm sorry that you felt that way about what I said." That's not an apology. That's blaming the person for their reaction without admitting error.

The quickest way for a leader to restore credibility and win better trust is by following the six A's of Leadership Accountability.

They are:

1. ACCEPT - The first step

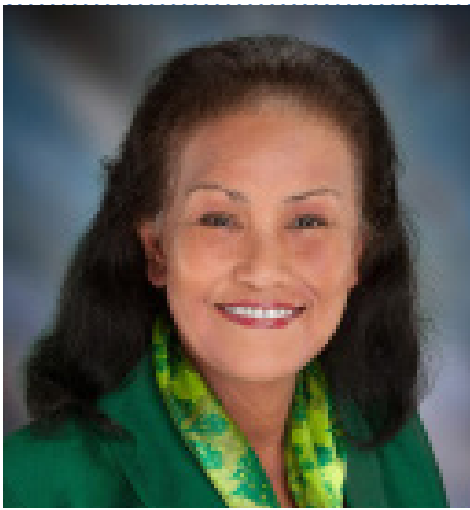
is the hardest - accepting that we made a mistake. Swallow hard and accept that we made a mistake.

2. ADMIT - Publicly acknowledge the mistake. Otherwise, no one will think we are serious about taking ownership.
3. APOLOGIZE - Specify what we did wrong. (See previous paragraph)
4. ACT - Quickly respond to address the consequences. Then people know we're serious about fixing the problem.
5. AMEND - Often overlooked in the process. Appropriate reparations should be made when and where needed.
6. ATTEND - Judge if our actions are working by paying close attention to team members' reactions.

Remember - Effective leadership is an "inside-out" process. Self-awareness makes us more authentic. Authenticity leads to accountability, and accountability makes a team leader that others want to work with.

This article first appeared in the December 2015 issue of the Capital News. It's been reprinted with permission of the author Mick Taylor.

Mick joined Toastmasters in 2014. He is a member of Capital Toastmasters where he serves as Club Secretary.



VIEWPOINT

Celebrating Christmas

by Michelle Alba-Lim, DTM, District Director

Over two billion people celebrate Christmas around the world. Unfortunately, for many, Christmas is synonymous with spending. It's that time of year when credit cards get the most mileage, as millions scramble for presents. I bought into this mindset for many years.

This changed in 1995, when I lost a great deal of money bringing Andrew Matthews to the Philippines. I loved how he drew cartoons while speaking however, as I painfully discovered, he wasn't popular enough to fill a hotel ballroom. Being a small business owner, by the time I had paid the bills, there was barely enough money for food and other necessities. As I succumbed to shame, remorse, and guilt for a bad business decision, I fervently wished that Christmas would skip that year. Then, a few days before Christmas, the haunting strains of "Why don't you give love on Christmas Day? Even the man who has everything would be so happy if you would bring him love on Christmas Day. No greater gift is there than love..." floated on the air waves and into my consciousness. A light bulb went on! We didn't need money to celebrate Christmas. We didn't need presents bought from a store. All we needed to celebrate Christmas was love.

I gathered the kids and explained that I had no money to buy presents. Instead, I would give them my love, my time, and my attention. My youngest (then 10 years old) asked if she could request a gift. Tremulously, I nodded, fearing that she didn't understand that I had no money. The gift she requested was for me to read her bedtime stories again!

On Christmas morning, we opened home-made cards that pledged gifts of time, love, and kindness. My son promised his sister that he would stop pulling her hair. Her gift to him was including his laundry when she did hers. She gifted her younger sister with a promise to help with math assignments. And so on. Incredible as it may sound, that was one of our best Christmases. We each took the time to discover what was meaningful for the other person.

Nowadays, since we live in various parts of the globe, my family celebrates Christmas in various creative ways. Video calls on Skype. Long Facebook chats. And yes, Amazon.com helps.

Likewise, with my closest friends, our most precious gifts are time, care, and support. We care for each other not only during the Christmas holidays, but throughout the year.

How will you celebrate Christmas? Buying a bunch of presents is great if you can afford it. Beyond presents, though, strive to discover what your family and friends find truly meaningful.

If Christmas catches you a bit low on finances, cheer up. Cliché though it may be, the best things in life are indeed free. Like we did, discover the pleasure of celebrating Christmas with gifts of time, care, and attention. Happy holidays!

Email me at dd@d7toastmasters.org or call/text me at 541-530-1038 to let me know what you think, or to ask me to sing your favorite Christmas tune (WARNING: I can't carry a tune if my life depended on it.)



FROM THE DESK

Awaken the Force within You

by Leanna Lindquist, DTM Program Quality Director



Star Wars mania has taken over since the release of Star Wars the Force Awakens. I remember when the first movie took the world by storm. The year was 1977. I saw it in the theatre seven times. "May the force be with you" became a common phrase. The wisdom of Yoda is still valid and can be applied to Toastmasters.

Much to learn you still have. The Toastmasters program reaches far into the galaxy. There are more speeches to give, more evaluations to receive and more contests to enter. There is always more to learn. We will never exhaust all that Toastmasters has to offer.

Patience you must have. Great improvement in skills does not happen overnight. It takes time. It requires giving manual speeches and filling meeting roles. This means you need to regularly attend club meetings and participate. That is how skills will be developed.

If you end your training now, if you choose the quick and easy path as Vader did you will become an agent of evil. Many people leave Toastmasters after only a few months. Why? They develop a little self-confidence. They mistake that self-confidence for good speaking skills. Many others leave because they received white washed evaluations. They were falsely led to believe they had mastered great speaking skills. There is no quick and easy path to becoming a skilled leader or speaker. It comes only with continued effort and work.

A Jedi must have the deepest commitment, the most serious mind. Are you going aimlessly through the Toastmasters program? Have you taken the time to set goals to achieve your aspirations? While

Toastmasters affords us the opportunity to progress at our own

pace, setting goals is paramount in achieving success within the program. When you establish goals, write them down and schedule yourself to speak. Commit to stick with your goals to achieve the best results.

Always pass on what you have learned. Lead by example. Bring your manuals and come well prepared. Others will learn from your example. When you give a speech

that focuses on a speaking or leadership skill you help the newer members. Information you have picked up from other Toastmasters, from articles you have read and from visiting other clubs deserves to be passed along.

Look to Yoda and heed his wisdom. Strive to be like a Jedi Knight. Train your mind and seek to improve yourself. May the Force be with you.



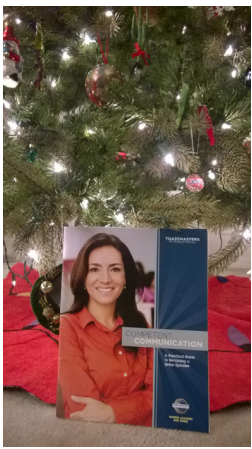
FROM THE DESK

The Gift That Keeps on Giving

by Erik Bergman, DTM, Club Growth Director



and ready to take the world by storm. Or maybe you were a reluctant Toastmaster like I was, who joined under pressure because your boss said that he wanted you in the company Toastmasters club.



I'll admit that I viewed my first meeting as a chore rather than an opportunity. At least I was smart enough to change my attitude quickly once I saw what the program could do for me. Once I got into the groove of giving a speech every month, my progress

made me feel great. Soon I knew that I had been handed a gift that seemed to grow more valuable the more I stretched my comfort zone.

Since then I've been able to hone my skills and speak out on issues that matter to me. Both within my company and beyond in my volunteer work, Toastmasters has helped raise my public profile. It also made me a far stronger leader, although I hadn't even considered that benefit when I first joined.

My eight years in Toastmasters have taken me places I never imagined — including the front of the room at business meetings and center stage at alumni events. For someone who was painfully shy as a kid, that feels remarkable. Standing up to speak before a crowd is now a cause for excitement rather than panic.

Yet the longer I've been in Toastmasters, the more I understand that it is not about me. It is really

about the fellow members I can help along the way, just as so many Toastmasters encouraged, advised and coaxed me on my path. Where once I had not been ready to receive the gift, I became ready to share it with any member who needed it. Whatever path you took to get to Toastmasters, I hope you consider your membership and your participation as a gift — to yourself and to others. For me, Toastmasters has truly become a gift that keeps on giving.



New Clubs Set to Charter! We have great news out of Portland this month. We expect corporate clubs at WebMD and CBRE to

charter before year's end! The two clubs will bring extra strength and energy for Division F, the Downtown Division.



Many thanks to the employees at both WebMD and CBRE who will soon be charter members. Thank you also to Toastmasters Katherine Stevens, ACS, ALB, who has mentored and nurtured the WebMD club to the charter strength of 20 members. For CBRE, cheers go to the husband-and-wife team of Cleon Cox, DTM, and Gloria Cox, and club mentors Jeff Isom, ACS, ALB, and Eldred Brown, ACG, ALB, who will ensure the club gets off to a strong start.

If you work for a company that needs a Toastmasters club, or simply know of a company that could use one, tell me about it in an email to cgd@d7toastmasters.org. Starting new clubs is how we spread the gift of Toastmasters to more people in more places.

Pursuing Potential



Under the leadership of Club Coach Coordinator Allison Bennett, the Club Coach Program is about to take an exciting step forward. We are revitalizing the Club Coach Program to be an exciting, viable and sought-after opportunity for smaller clubs to partner with trained coaches. We'll match resources with club needs to revitalize meetings, achieve members' goals, achieve club membership goals and build enthusiasm. In the near future look for easily accessible programs that not only help clubs grow but also increase the opportunities for emerging speakers and leaders to practice their skills.



The District aims to provide tools, tips, resources and speakers to help clubs with low membership regain a solid footing and become distinguished. Any club with 12 or fewer members can request a club coach — or even two. Club coaches take an attitude of “do with” rather than “do to” or “do for” because that is the best way to create possibilities, explore solutions, and encourage continuous growth.

Club officers can request a coach, and members can volunteer to be coaches, by simply sending email to coaches@d7toastmasters.org. Serving as a club coach is a key step on the road to the Advanced Leader Silver award. It's also guaranteed to be hands-on practice in listening, leadership and collaboration.

We'd like to officially welcome these dedicated Toastmasters to the Club Coach Program:

- Joe Anthony, ACB, ALB, who will coach Clack-Orators Toastmasters
- Joyce Eastwick, ACB, ALB, who will coach The Dalles Toastmasters Club

This brings to eight the number of clubs that are taking advantage and benefitting from the Club Coach Program.

Happy Anniversary To December Clubs



Chartered	Years	Club Name
12/1/1989	26	FIG Masters
12/1/1979	36	Arlington
12/1/1987	28	Rogue Communicators
12/11/2012	3	Passport To Leadership

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: FIG Masters, Arlington, and Rogue Commicators!

January - February 2016

January

1

Begin second-round club visits

23

Mid-Year Club Officer Training @ Wilsonville High School

8:00 AM – 3:30 PM

Mid-year training for all club officers. All members are welcome.

February

23

Frog Pond Networking Event @ Meridian United Church of Christ - Frog Pond Church

8:00 AM – 12:00 PM

29

Last day to complete mid-year club officer training for Distinguished Club Credit

Submit second-round club officer training reports online

Save the Date

Frog Pond Networking Event - February 23, 2016

Back by popular demand are the networking events affectionately known as “Frog Pond.” We will start the day with coffee, a bite to eat and great conversation. The morning will be filled with interactive educational sessions. If you have a suggestion for a topic or you have a presentation you want to make please fill out the form.

All Toastmasters are welcome. There is something for everyone. [Register today.](#)

JOURNEYS...

Spotlight on Success

By Alexis Mason, DTM



This spotlight is dedicated to the most important person in the entire worldwide Toastmasters organization. That is you, all of you as individuals. Without you, the individual member, there would be no organization, no regions, no districts, no divisions, no areas, and certainly no clubs.

Think of your membership as a gift to yourself, but also to everyone with whom you associate, either personally or in some community or corporate capacity. Aren't you a better family member, citizen, employee, employer, civic minded volunteer, Sunday school teacher, or any of a myriad of other roles you play?

As we roll into 2016, and the second half of our Toastmaster year, I ask you not only to resolve certain goals. Please commit as well, and the commitment will help keep you on track. What should you commit? Please commit to attendance. If you are

not there at your club meetings, the club and you are missing out. Please commit to accepting roles in the meeting. Some folks are intimidated by the thought of being general evaluator or table topics master, for example. If you are, take the risk. You will find that your club is not only a safe environment to try out speech ideas, it's also a safe environment for the challenge of other roles. This is also a chance for you to be mentored. One of the tasks in the CL manual is to mentor an experienced member. Let someone help you.

Commit to officer training, even if you're not an officer. TLI events and other training opportunities are more than skill sets. They are connections to other Toastmasters, opportunities to try on new ideas, and a way to hear about innovative methods to take back to your club.

Please commit to manuals. Even very experienced Toastmasters

should always speak from a manual. Why? The manual might not have changed since you completed it before, but you have. You will gain new insights each time you complete the CC or the CL manual. In addition, the advanced manuals, modules, and seminar materials will benefit you and your club. If you're a leader, and you are, please lead by example.

You are worthy of the best Toastmasters has to offer.

Until I see you again. . .



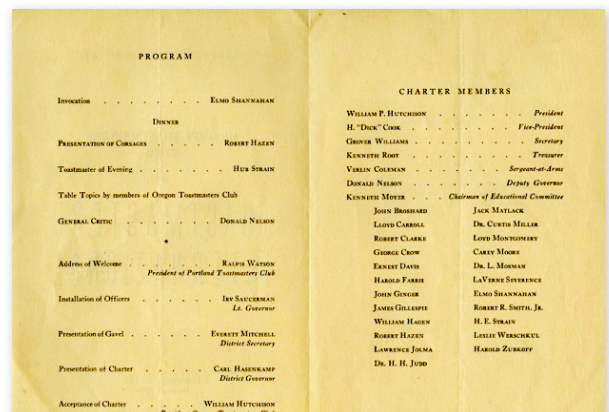
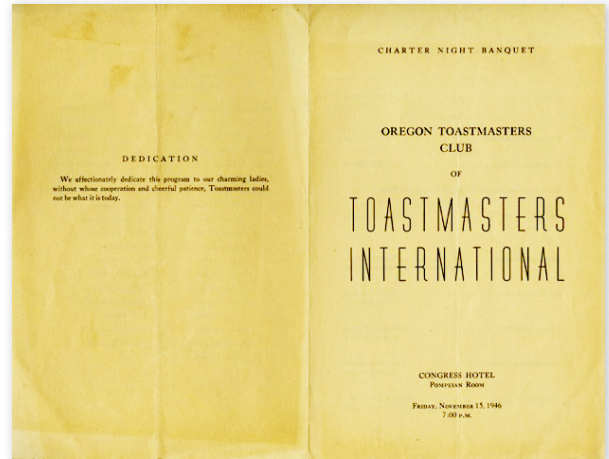


BURIED TREASURE

70th ANNIVERSARY 2016
OREGON TOASTMASTERS CLUB #424
 by Harvey Schowe DTM-District 7 Historian

On Friday November 15, 1946 Oregon Toastmasters Club # 424 charter party was held at Portland Congress Hotel Pompeian Room. The charter party program included Governor Carl Hasenkamp presenting the charter, Lieutenant Governor Irv Saucerman installing new club officers and District Secretary Everett Mitchell presenting the gavel. Club officers were M. R. Wilkinson, president, Dean Anderson, Vice President; Charles Holt, Secretary, Dwight Daugherty, treasurer, Max Armstrong, sergeant at arms, Glen Meek, deputy governor. Distinguished charter members present were Ernest Davis - past TMI president and past District 2 Governor, Donald Nelson - past District 7 Governor and Toastmasters International Director, Robert Hazen - President of Savings and Loan Association and Glen Meek - past District 7 Historian. This club included in Area Seven with The Dalles # 522, Oregon Trail # 480, Farmers # 622 and C.P.A. # 657 clubs.

Afterwards, Oregon Toastmasters members made valuable contributions to Toastmasters. For instance, in 1949, over a dozen members provided general evaluators for newer clubs and Toastmistress clubs. The club received the Howard Gordon trophy Toastmasters Club of the Year award for 1948 and 1949 at Toastmasters International Conferences and an honorable mention for club of year in 1950. During 1950 Spokane Toastmasters International Convention members of High Dawn and Oregon Toastmasters Clubs under direction of Donald Nelson with Harris O. Johnson of Indianapolis presented a Club in Action demonstration meeting during Saturday morning session. During this conference, Mr. Ralph S. Nohlgreen, Oregon Toastmasters Club member, became first District 7 member to participate in Toastmasters International Speech Contest finals. He won second place



with a speech titled *'This Time We Shall Never Stop'*. Before moving to Portland, Mr. Nohlgreen represented Salem Club #138 at a 1948 District 7 Speech Contest. Members wrote a newsletter titled *Bulletin* which included a club calendar and news. During the club's 7 anniversary celebration, Victor Miller, club deputy governor, noted that Oregon Toastmasters Club achieved the Club of Year award four times during its seven year existence. Furthermore, this club sponsored organization of 15 Toastmasters clubs such as Hood River #701, Gresham #7897, Astoria #775, St. Helens #727, Oregon City #390, Dico #595, Farmers #622, Rosaria #588, and First National Bank #584. Oregon Toastmasters Club #424 continues as an active club in Area 71 Downtown Division.

Strategies
for Maintaining
Sustainable Clubs

Mid- Course Corrections



REGISTER TODAY



Toastmasters Leadership Institute
Wilsonville High School
January 23, 2016

Toastmasters Leadership Wilsonville High School

7:00-8:00am	Registration			
8:00-8:15am	Trio C			
8:15-9:15am	Why Just Survive? Dottie Loe			
9:15-9:30am				
9:30-10:30am	Cafeteria	101	103	105
	VP Education Panel Discussion Brent Smith Lisa Hutton Phil Westover	VP Membership Panel Discussion Sandra Stein Shannon Milliman Debi Hammond	Secretary/Treasurer Panel Discussion	Better You, Be Team: Collaborating Difficult People Phyllis Harmon,
10:30-10:45am				
10:45-11:45am	Grace Period, New Gary			
11:45-12:00pm	Revitalized E Ad			
12:00-12:15pm	Trio			
12:15-1:30pm	D7 Po			
1:30-2:30pm	Cafeteria	101	103	105
	Club President Panel Discussion James Wantz Robert Wilson Anne Machalek	3 Purposeful P's to Competing! Jim Robison Ronda Holdridge	VP Public Relations Panel Discussion Stephana Johnson Michelle Alba Lim Marvin Mitchell	Authentic Performance for Speaker Bring Emotion Espressivity to Authentic Voice Laura Handl
2:40-3:00pm	Drawing			

Institute - January 23, 2016

Hotel - Wilsonville, Oregon



Registration & Breakfast

Opening Comments

How to Thrive when you can Thrive?
Allison Bennett

Break

	115	117	119	123
Letter with ole DTM	How to Wow Your Audience by Mind-Mapping Your Content Mike Goss, DTM	Speech Contests: Prep Work & Rules Alexis Mason Ellen Ino	What's the Plot? How to Use Storytelling to Improve Your Presentation Joe Anthony	How To Run A High Energy Club Meeting Without A Taser Bill Burns

Break

Club Lead, Distingusihed Clubs
Schmidt, DTM, PIP

Education Program Update
ele O'Neal, DTM

Announcements

otluck Extravaganza

	115	117	119	123
ce s: nal Your ice ke	Sergeant at Arms Panel Discussion Bruce Rottink LeRoy Nollette	How to Get Your Club to Accept Credit Cards: What's In Your Wallet? Scott Stevenson	Qualtiy Meetings: Coaching Your Club to Success Leanna Lindquist Patrick Locke	

ing and Final Wrap

REGISTER TODAY

SUCCESSFUL CLUB

Making Toastmasters Part of the Company Culture

by Matthew Clarke, President, Toastmasters of the Universe

Toastmasters of the Universe serves employees of Connective DX, a digital experience agency in Northwest Portland. The club has paid off for the company, as its president describes here.

We regularly see the benefits of a closed club because we are a small company with a fairly high percentage of Toastmasters. Just a few days



ago we had a company meeting that sums it up nicely. There were three presentations on three separate work projects. The last group, all Toastmasters, absolutely nailed it. The other two presentations weren't even close. These were not highly coordinated and rehearsed presentations, so the

Toastmasters excelled. They didn't need much time. Their presentation was on point, it flowed, it had the audience captured, and no one in the crowd, Toastmaster or not, would disagree that they were head and shoulders above the others.

Our club is closed to the public. We receive requests throughout the year, and it's hard to turn them down, but it suits us best. We always encourage our speakers to tie in their work when applicable. Because of this we hear a nice mixture of professional and personal experiences. We learn about each other and learn to trust each other while honing our leadership skills.

I like to say the leadership part of Toastmaster is really a byproduct.

It's a bonus. Whether you come in with the

mindset of being a better leader or not, you leave one. Mostly we promote a safe environment to grow, learn, collaborate, create and share with each other.

Another twist for us is that we do not favor PowerPoints or digital presentations in general. This might seem odd as we are a digital agency, but for us Toastmasters is a way to go beyond that. I like to remind people that your fancy deck might get lost. Your cloud might be down. Heck, the power could go out. Mastering the essence of your presentation and being able to motivate people with nothing more than your mind, your body and your voice is what's important. Funny animated GIFs and fancy transitions might get some oohs and aahs, but they are supporting, not core, elements.

We stress a fun and safe place to explore and communicate. We value and take the quality of our feedback quite seriously, especially when someone is presenting company work. The entire feedback loop is something we are trying to export from Toastmasters into our conference rooms and interpersonal communications by listening, being positive, and providing constructive and actionable suggestions for improvement.



We love it when other folks in the company remark that they hear us clapping and cheering in our meetings. When someone stands up to speak, we clap. When they are done, we clap. If they get up but don't say anything (as in Table

SUCCESSFUL CLUB PICS

Topics), we clap anyway. The positivity has spread into our company. It warms my heart to hear someone say that work has been tough, but they know Toastmasters is there every Tuesday for support.

There are employees who don't and perhaps won't ever participate. That's OK. They are always welcome regardless. We try to get non-members to participate as much as possible. We love drop-ins. Personally, I can't think of a single reason why one would not see value in what we do.

We try to hold as many special events as we can. They are sometimes elaborate, like putting on a cooking show. Sometimes they merely follow themes. We tend to keep the basic meeting structure and let the content dictate the specialness of the event. Because we do this fairly frequently, we are surprisingly good at it — that leadership thing again. We can conceive, promote and produce a very entertaining event with minimal effort.

I have seen people afraid to talk in public months later speak at a club contest. I have seen people who thought they knew everything about public speaking become even better speakers simply by getting feedback that they would have never received otherwise. Toastmasters has carved a place into our company culture. That was my mission when I became president, and we are at the point where we are seeing this effort pay real dividends.





The 501st Legion: The B

by Mark Scholz, DTM - TB-19161 Biker Scout, Cloud City Garrison

Some movie fans are content to collect action figures and posters. Other fans want to BE action figures while making a difference. Together, we are all interconnected through a love of Star Wars and a commitment to fundraising, charity work, and volunteerism.

In 1997, a couple of “geeks” created a Geocities website where they could post pictures of their homemade Stormtrooper costumes. They called themselves the 501st Legion. Ten years later, 200 Stormtroopers marched in the Tournament of Roses parade with George Lucas as the Grand Marshal, in celebration of the 30th anniversary of the original Star Wars movie.

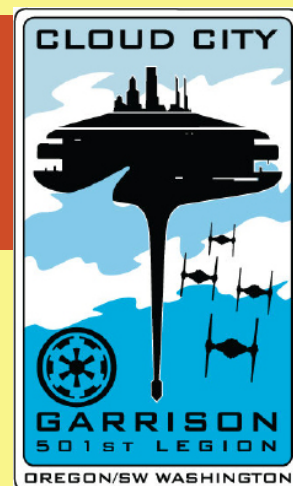
And now in 2015, the 501st Legion and the Rebel Legion have a combined 8,000 members in more than 50 countries with over 11,000 costumes represented. The 501st is currently one of the largest volunteer fan-based costuming organizations in the world, and is Lucasfilm’s preferred Imperial costuming organization.

The 501st Legion is focused on characters which represent the Empire and the “Dark Side”. The Rebel Legion includes the Rebel Alliance, such as Jedi, rebel pilots, and even Wookies. The Mandalorians represent the Bounty Hunters like Boba Fett.



Bad Guys Who Do Good

on, 501st Legion



Why dress up in costume?

First, not just any costume will do. Costumes are hand built and assembled by fans, and must be “movie correct” to a specific movie or scene. It is not uncommon for a fan to have over \$1500 invested in building a costume. Once built, the costume must pass detailed inspection, and the member must agree to abide by a strict code of conduct.

Second, appearance at events are regulated, and are intended to support the community while sharing the magic of Star Wars with others. These appearances included community events, private engagements, and special events like the release of a new Star Wars movie.

Third, 501st members perhaps have their greatest impact in charity fundraising. No member may get paid for their appearance, but instead will redirect funds towards charities and community needs. In 2012, members spent an estimated six million combined hours to raise \$184,000 in direct contributions to charities, and participated in events raising \$14.7 million worldwide.

Locally, we are known as the Cloud City Garrison and Kashyykk Base. Find out our upcoming events and appearances at <http://www.cloudcitygarrison.com/>

Links

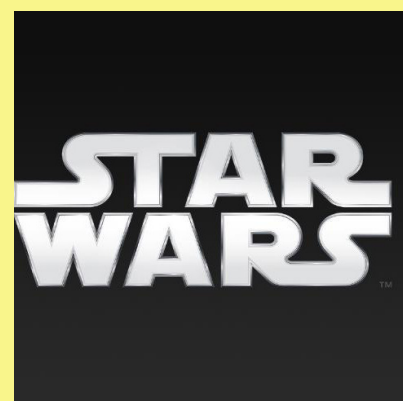
Wikipedia https://en.wikipedia.org/wiki/501st_Legion

501st Legion <http://www.501st.com/>

Rebel Legion <http://www.rebellegion.com/>

Bounty Hunters <http://mandalorianmercs.org/>

Mark Scholz joined Toastmasters in October 2001. He is a member of Wallmasters International and Feedbackers. In his spare time, Mark can be found attending charity events, as a biker scout with the Cloud City Garrison in the uniform he designed. He is shown here in full regalia. When off duty, he has been known to appear as Darth Vader.





Tell Me A Story

You Can't See Time

by Eric Winger, ACS, ALB



You can't see time.

Watching the clock on the wall tick away, you might think that you are seeing time but you are not. You can't see time. You can't taste time. You can't even touch time. The clock shows us that time is working but we can't see it. Time is invisible.

In Toastmasters we like to talk about time. Being on time. Ending on time. Staying within time.

We also like to talk about improvement. Sure, we talk about the growth. We talk about getting better. But we really can't see their improvement, because when we see a speaker present, we only see them as they are that day. Improvement, like time, is invisible.

As a coach at Future Stars Toastmasters, a youth gavel club in Beaverton, I watch kids give speeches every week. One particular speaker stood out. A little girl who gave her very first speech.

It started well. She had her opening memorized. She started to warm up.

Then, time stopped. She froze. Her lips trembled. Tears welled up in her eyes like rain drops hanging off an eavespout. Biting her lip, she ran off the stage and put her head in her hands, trying not to let all the other kids see her shame.

At moments like this, it's all a coach can do to keep his own tears from falling. I gave her a consolation hug and a little encouragement but there was little else I could do. She wanted to quit.

Fortunately, the little girl agreed to come back the following week. Eventually, she

tried a timer role, then grammarian, and finally she worked up the courage to be Toastmaster.

Then the time came to give another speech. She worked hard. She improved. She delivered. No tears. Four invisible minutes ticked by. The audience cheered. She walked off the stage, head held high with pride. And probably a little relief.



If you only saw that second speech, you wouldn't have seen the improvement. All you would have seen was a nervous little girl delivering a speech.

Time will tell where the little girl goes in life. Yet someday, I suspect that people will look up to her on a big stage, spellbound as her words make them forget the clock ticking on the wall. They will assume she was always that good. They will see neither improvement nor time.

They will only see a confident young lady, my daughter, who's time has come.

Eric Winger joined Toastmasters in July 2009. He is a member of Silicon Forest and Feedbackers. He is also the head coach for Future Stars, a youth gavel club located in Beaverton, Oregon.

Incentive

Distinguished by April 1st

by Leanne Lindquist, DTM Program Quality Director



ThankyouBabble-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
The Standard Speakeasy Toastmasters	Aaron	Lisa
West Beaverton Club	Adams	Tracey
Tabor Toastmasters Club	Basom	Ben
Professionals of Portland Toastmasters	Black	Jessica
Flying Toasters Club	Campbell	Carol
Capital Toastmasters Club	Caprru	Viorel
Capital Toastmasters Club	Clark	James
University of Oregon Club	Collins	Kaid
Testmasters	Coombes	Marina
Redmond Area Toastmasters Club	Cort	Jennifer
Lake Oswego Toastmasters Club	Diaz	Daniel
Sandy Club #8848	Durfee	Kathryn
Siuslaw Tale Spinners Club	Edge	David
Portland Club	Eichman	Alex
Coastmasters	Fallman	Alexander
Astoria Toastmasters	For-Makwai	Gideon
Banfield Barkers	Fritz	David
Electric Toasters Club	Gilbert	George
Astoria Toastmasters	Hauer	Karl
Jantzen Club	Hennessey	Ken
La Pine Chamber Toastmasters	Horne	Chuck
Electric Toasters Club	Hsu	Benjamin
Jefferson State Toastmasters	Johnson	Michelle
Sunrise Toastmasters Club #1492	Jones	Sonja
Civil Tongues Club	Kekona	Anita
Toastmasters of the Universe	Kemper	Steve
Portland Club	Kight	Ronald
Wallmasters International Club	Kravchenko	Vitaliy
The Standard Speakeasy Toastmasters	Lowe	John
Spirit Trackers	Lowell	Travis
WE Toasted Toastmasters	Manovill	Dave
Sporty Speakers	Mao	Benjamin
Siuslaw Tale Spinners Club	Markley	Tracy
Pearl District Toastmasters Club	Marushia-Laurain	Jacey
McMinnville Toastmasters	McKay	Natham
Wafermasters Club	Meixner	Haruko
Portland Club	Miles	Joanna
Portland Progressives	Miles	Joanna
Battle Ground Toastmasters	Miles	Shayne
Toastmasters For Speaking Professionals	Mokry	Soodabeh
Pearl District Toastmasters Club	Morris	Ruth
Spirit Trackers	Nagy	Timothy
Eco Voices Toastmasters	Nimmo	Ian
NuScale Toasters	Paden	Cindy
University of Oregon Club	Park	Michael
Tualatin Valley Toastmasters Club	Poe	Larry (Jay)
WE Toasted Toastmasters	Prassad	Vandana
Gorge Windbags	Ramirez	Alicia
Club Northwest Toastmasters	Draper	Scott



WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Testmasters	Ray	Gregory
Toast to US	Reyes	Christina
NuScale Toasters	Richardson	Kirk
Talk-In-Tel	Rossmeissl	Chad
Toast of Corvallis Toastmasters Club	Savageau	Deb
Totem Pole Club	Shefner	Jennifer
Essayons Club	Silver	David
Toastmasters For Speaking Professionals	Spray	Jeremy
Silicon Forest Club	Sridharan	Poorna
Blue Ox Club	Teeny	Hala
Clackamas County Toastmasters	Thygesen	Erica
Club Northwest Toastmasters	Van Dusen	Anna
Clark County Toastmasters Club	Vela	Adriana
Eco Voices Toastmasters	Welch	Cameron
Blue Ox Club	Williams	Arlene
Beachtown Toastmasters	Williams	Linda
Wallmasters International Club	Williamson	Jack
Cascade Toastmasters Club	Woods	Joel
Portland Club	Wright	David
WE Toasted Toastmasters	Yang	Joe

HONORING EDUCATIONAL

AWARD	DATE	MEMBER	CLUB NAME
CL	11/06/15	Bell, Sandra V.	Toast of Corvallis Toastmasters Club
CC	11/05/15	Burgess, Jonathan	Liberty Talkers
CC	11/18/15	Cox, Russell T.	Feather Tongues Toastmasters Club
CC	11/23/15	Crosland, Dana K	Communicators Plus
CC	11/18/15	Curry, Cheryl L.	Washington Street Club
CC	11/16/15	DeBone, Tony	La Pine Chamber Toastmasters
CC	11/04/15	Duarte, Amy	Audacious Orators
CL	11/23/15	Dysinger, Janice	Patriot Talkers
CC	11/24/15	Elbitar, Nadine N.	Mentors Of Focus Club
CC	11/16/15	Fafard, Tom	Early Words Club
CL	11/20/15	Fairbairn-Stammer, Erin Joanna	Toast to US
CL	11/04/15	Glover, Margie L.	Creekside Toastmasters
CL	11/13/15	Haggerty, Brian E.	Spirit Trackers
ACS	11/02/15	Hanson, Evan F.	Rogue Valley Networking Toastmasters
ALB	11/29/15	Harmon, Phyllis A.	New Horizons Toastmasters Club
CC	11/24/15	Hennick, Sharon D.	Myrtlewood Hootowlers Club
ACG	11/25/15	Hernandez, William Daniel	Sporty Speakers
ACS	11/08/15	Hills, Dennis Bernard	Columbian Club
CC	11/02/15	Hoffman, Christopher J.	Gresham Toastmasters Club
CC	11/08/15	Hudgens, Paul Lewis	Blue Ox Club
ACB	11/11/15	John, Alan B.	PMI Portland Toastmasters
CC	11/21/15	Johnson, David R.	Fortunate 500 Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	11/06/15	Johnson, Kara L.	Swan Island Toastmasters
CL	11/29/15	Kovnatska, Olya	Marylhurst Toastmasters
CL	11/13/15	Laughlin, Calvin E.	Spirit Trackers
CC	11/13/15	Laughlin, Calvin E.	Spirit Trackers
CL	11/03/15	Lawless, John R.	Encouraging Words Club
ACB	11/10/15	Lefohn, Kevin A.	Creekside Toastmasters
CC	11/05/15	Little, Patrick H	Speakers With Spirit Club
CC	11/06/15	Lucason, Beth J.	NuScale Toasters
ACB	11/13/15	Lynch, Patricia M.	Redmond Area Toastmasters Club
CC	11/08/15	Maxie, Richard Lee	Jantzen Club
CC	11/25/15	Merritt, Tylor A	Liberty Talkers
CL	11/13/15	Muthukumar, Lakshmi Kanthi	Tualatin Valley Toastmasters Club
CC	11/11/15	Myers, Tanya	Sporty Speakers
CL	11/04/15	Newman, Richard L.	Creekside Toastmasters
CL	11/12/15	Ostoj, Jennifer R.	Toastmasters of the Universe
CL	11/07/15	Pena, Jolynne	FIG Masters Club
CL	11/09/15	Rone, Regina G.	Smooth Talkers Club
CC	11/04/15	Scott, Shannon S.	Chanticleers Toastmasters Club
ACB	11/18/15	Smith, Kenneth L.	Toasting Excellence Club
CC	11/10/15	Solomon, Matthew	Gorge Windbags
CC	11/12/15	Spilman, Devorah R.	Toastmasters For Speaking Professionals
CC	11/17/15	Stark, David M.	Tabor Toastmasters Club
CC	11/19/15	Takamura, Ted J	Marylhurst Toastmasters
ACB	11/03/15	Thorson, Mary A.	La Pine Chamber Toastmasters
CC	11/09/15	Topping, Sean Phillip	Nano-Mated Speakers
CL	11/06/15	Wedam, Andy	Swan Island Toastmasters
CL	11/25/15	Whitney, A. Denise	Noon Talkers
CC	11/04/15	Whitney, A. Denise	Noon Talkers
ALB	11/02/15	Xavier, Trenna J	Swan Island Toastmasters



*Wishing you the
best of the
holiday season!*

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

A tilted image of a nomination form. The title is "2016-2017 Nomination Form for D7 Executive Roles". It includes sections for "Nominator Contact Information" (Name of Person Nominated, Your Phone #, Your Email Address) and "Nominee Contact Information" (Is this nomination for yourself or another individual?, Have the nominee been contacted and agreed to serve in this role?).

The [D7 Nominating Form](#) 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 Phyllis Harmon, District Leadership Chair (print2pahs@gmail.com), to announce your candidacy.



*Launch a Career
Give the Gift of
Toastmasters
this Holiday
Season*



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 - 9:30am - \$25

May 7 - 7 - 6:30-pm

First 75 Registrations - \$55

General registration - \$65

At the Door - \$75

Register Today