



One Community
Many Voices
District 7 Toastmasters
January 2016

2016: Keys to YOUR Success



INSIDE Veteran Contestant, Bruce Rottnik says, "Do It!"

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EDITORIAL

Got Goals?

by Phyllis A. Harmon, DTM
Immediate Past District Governor

January is goals setting month. You do a personal assessment and decide what you want to accomplish during 2016. Losing weight or becoming a better person with spouses, friends, co-workers, kids, ad nauseum are just two of the goals people usually set. We see a bump in membership each January as people set goals to become better communicators and leaders. It's also typical that goals set in the glare of the glowing New Year's ball fade away to "Oh, well" regrets by the end of March.

There are as many excuses why people don't follow through as there are people who make excuses. Life happens, focuses shift, or the set goals are just too boring and time consuming. Fitness center owners know this, and that's why you end up paying for annual memberships (but I digress).

What makes some goals attainable and others not? Dr Edwin Locke and Dr Gary Latham, researchers from the University of Maryland, studied the subject in the 1960's. They found that goals needed to be specific, and those that were more specific, had a higher completion rate. They also needed to be sufficiently difficult to provide a challenge but not so challenging that they were unattainable.

Additionally, feedback was extremely important so that people could develop their areas of weakness. The feedback needed to be given in a positive context, use constructive and positive language, focus on behaviors and strategies, be tailored to the needs of the individual, and be a two-way communication process.

Sounds a lot like the Toastmasters educational program, doesn't it? Locke and Latham could have saved themselves a lot of research time and money by joining their local Toastmasters club! In July, if every club member made a point of verbally stating their goals during the first club meeting of the Toastmasters year (or during the first meeting as a new member), and each had a mentor to help them focus on the stated goals, think what could be accomplished! Member engagement and retention would increase, members would have their needs met, and clubs would thrive.

There are several articles in this issue that will help you set or renew your goals for the rest of the year. Be sure you read them, put their advice into practice, and finish the year a better YOU!

I'll see you at the finish line on June 30th when we celebrate each other's successes.

Publisher

Phyllis Harmon, DTM

Associate Publisher

Brenda Parsons, ACB, ALS

Senior Editor

Phyllis Harmon, DTM

Associate Editors

Leanna Lindquist, DTM

Erik Bergman, DTM

Karen O'Keefe, DTM

Alexis Mason, DTM

Layout/Design

Phyllis Harmon, DTM

Curtis Low

2015-16 Officers

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Michelle Alba Lim, DTM

Program Quality Director

Leanna Lindquist, DTM

Club Growth Director

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District Treasurer

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Tom Knapp, ACG, ALB

Public Relations Manager

Becky Holm

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TOASTMASTERS
INTERNATIONAL



Keys to YOUR Success!

by Mike Wiley, ACB, CL

Founder and Coach, Disciplined Life Coaching



For many people, a New Year brings new resolutions to be better and do better than last year.

However, the biggest challenge with resolutions isn't making them, it's keeping them. Studies show that most personal resolutions for the New Year are broken or forgotten by the end of January.

So, what can you do to make sure that you keep your resolutions this coming year? The following three attitudes are keys to successfully keeping any resolution or fulfilling almost any goal.

#1: Recognize that you **MUST** succeed

When we make personal resolutions, there is often a little voice inside us that says, "Success would be nice, but it's no big deal if I fail. After all, it's only a commitment to myself." That's dangerously false.



For young Theodore Roosevelt, such failure was not an option. He was born frail and he was soon diagnosed with severe asthma. His life was often in grave

danger. The best doctors could not help him. His constant gasping for air was a source of deep worry for his parents. Finally, his father said to him, "You have the mind, but you do not have the body. You must make your body". From that point on, he resolved to remake his physique and his health.

Of course, we know the end of the story. Roosevelt achieved great things, becoming the 26th President and an enduring symbol of energy and vitality.

Unlike Roosevelt, your life is not usually in immediate danger if you fail to keep your

resolutions. However, in key ways, it is just as important for you to keep your resolutions as it was for Roosevelt to keep his.

For your own psychological health, when you make a resolution or set a goal, you **MUST** succeed. This doesn't mean you won't occasionally fall short and have to renew your commitment. Those things happen.

However, if you give up on a resolution or abandon a goal to which you once committed yourself, that's a different story. You may not think it matters, but it does. It has a subtle debilitating effect on other areas of your life — relationships, attitudes, health, and work.

Change is hard, but recognizing that failure to keep your resolutions has its own hidden costs is one key to keeping them.

For the sake of your mental health, self-esteem, and emotional well-being, when you make a resolution, don't give yourself the option of failing.

#2: Take full responsibility for your life

Keeping your resolutions in 2016 means accepting full responsibility for your life circumstances as they are now. This means accepting that no one else is to blame — not your parents, your boss, your spouse, your children, or your friends.

It means taking responsibility for the current state of your finances, career, health, fitness, relationships, and spirituality. It is one of the most empowering things you can do.



Try this right now. Think of an area of your life that is not what you want it to be and then say out loud, "I am responsible." Say it again. See how empowering it is?

Once you accept that you are responsible for your life, you can do something about it! You can change it. Understanding this is a powerful key to keeping your resolutions.

#3: Recognize the importance of building positive life routines

Robin Sharma says, “Achievement is less about your genetics and more about your rituals. The pros aren’t more gifted. They just install better habits.” Sharma is right. True self-discipline is not about teeth-gritting willpower. It is about developing life-long habits and routines that serve you well.

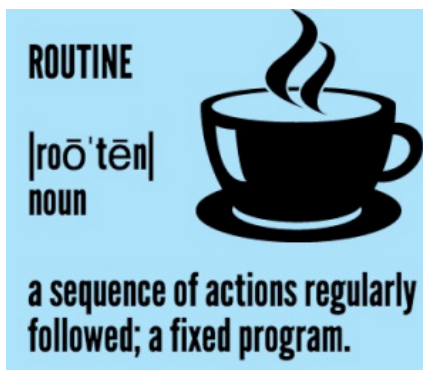
In my coaching practice, I emphasize the importance of establishing positive daily routines. It is the most important key to life success. For example, let’s say that one of your resolutions for 2016 is one that’s fairly typical, to lose some weight and get in better shape. So, you resolve to follow a diet and exercise program.

However, if you allow your go-to-bed and get-up times — especially your get-up time — to vary more than 30 minutes a day, it will be nearly impossible to consistently maintain your diet and exercise resolution. Thus, because of the lack of a disciplined routine in one area of life — one that doesn’t seem directly related — your resolution to lose weight and get fit fails.

The simple lack of a daily routine to retire and rise at a consistent time each day can lead to a cascade of poor life outcomes. It is why you should make establishing positive daily habits and routines one of your key resolutions for 2016.

As you look to make 2016 a success, remember the importance of these three keys. Have a great year!

Mike Wiley joined Toastmasters in 2012, and is a member of Toastmasters for Speaking Professionals. He is also an entrepreneur and life coach. He is the Founder of Disciplined Life Coaching. He can be reached via phone or text at [503-329-2257](tel:503-329-2257) or email at: coachmike@disciplinedlifecoaching.com



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 7 - 7 - 6:30-pm
General registration - \$65
At the Door - \$75

Register Today

I can do that. Yes you can!

by Linda Cohen. ACB, CL



I was giving a sales pitch to a client in the summer of 2007, in a coffee shop in Portland, when a gentleman overheard me and asked me if I knew about Toastmasters. I had never heard of the organization. At the time, I was primarily a stay-at-home mom for my then 6 and 9-year-old children working part-time as a consultant running a home-based skin care business.

Fast forward 8 years, I am literally blown away by how many aspects of my life have been affected by the one decision to join Toastmasters.

The year before I joined Toastmasters my father had passed away. I was bereft and began a simple project to perform 1,000 mitzvahs (acts of kindness) in his memory. I started a blog. In the next three years, the project and blog grew into a full fledged book published by a Bay Area publishing house. Next came radio interviews and television appearances and main stage speaking opportunities.

Each step of the way, I relied on what I was learning in Toastmasters. How to be succinct with my words and how to tell a meaningful story. I used those skills over and over again during the process of getting a book published and marketed. Table Topics proved to be a valuable practice when I created a two minute pitch to share with multiple publishers at a writers convention. When I answered questions for television interviewers about my project and shared stories from my book I needed to use those

same impromptu skills. Before I gave my very first keynote at a luncheon at the Governors Hotel in front of 300 people, I practiced several versions of the speech at a couple of local TM clubs. My Toastmasters community always provided support, encouragement and evaluations to help me improve.

When people first join Toastmasters their initial reasons might be to improve their speaking skills and most of us do become better speakers. But there are often other noticeable side benefits that occur as well.

We become more confident. We seek new opportunities to step out of our comfort zone because we see others doing it. We listen better. We adopt a can do attitude.

My Toastmasters experience has pushed me to say yes more often. Last year, I was approached by a stranger, who'd seen me speak on stage, and wanted to know if I could coach her for an upcoming presentation. I knew I had the skills to help her improve and said yes. Within months, I had a handful of additional speaker coaching



clients. Saying yes, helped me launch a new side of my business that I'd never anticipated.

This past fall, I launched a workshop series called "Just a Mom? No Way!" geared to Stay-at-Home moms. My confidence in myself and knowing I could use my speaking skills to create these workshops inspired a valuable opportunity for other moms. My goal in 2016 is to find more venues for these workshops and also add a webinar option.

No matter what we do or



what we speak about, being part of Toastmasters creates a safe and supportive atmosphere to constantly grow and improve ourselves. That my friend is why I keep showing up.

Linda Cohen joined Noontime Nomads Toastmasters in 2007. She is currently the president of Toastmasters for Speaking Professionals. Cohen's book 1,000 Mitzvahs: How Small Acts of Kindness Can Heal, Inspire and Change Your Life was published in 2011. When she's not speaking or leading workshops, you'll find her at a yoga class, or hanging out with her family and her two loveable King Charles Spaniels. Connect with Cohen at www.lindacohenconsulting.com



FROM THE DESK



Be Strategic

by Leanna Lindquist, DTM Program Quality Director

Plan, plot and pursue your way to success

Plan where you want to be as a speaker or leader

Define your goal. Write it down. Set a target date. Tell others. "I want to complete the Professional Speaker Manual by May 1st. I find this manual intimidating. It will be a stretch goal for me."



Pursue your goal

"By giving one presentation every 3 weeks I will complete the manual by May 1st. I will have 3 weeks between speeches to properly prepare my presentations."

What specific goal do you want to achieve? Close your eyes. Imagine what your life will look like if you achieve that goal. Share it with your club members. Ask them to make you accountable. Ask for their support. Plan out your speeches and put them on the calendar. Pursue your goal with passion.

What's holding you back?

Plot it out on your calendar

What do you need to do to reach your goal? "I need to give 5 speeches in 15 weeks. I need to prepare, practice and present a speech, every 3 weeks to meet that goal. My 3 weekly clubs all have FreeToastHost websites. I will sign up now to give my first speech in 3 weeks. I will sign up for a speech every 3 weeks thereafter. I am also working to complete another CL Manual. I will be strategic by signing up for roles I need to complete my manual."



FROM THE DESK

It's Kick-Off Time for New Clubs!

by Erik Bergman, DTM, Club Growth Director



Turning the calendar to January means we're halfway through our Toastmasters year. January shapes up as a busy month for kickoff meetings that lead to chartering new clubs.

What is a kickoff meeting? First of all, it's the result of a lot of behind-the-scenes planning. In a typical scenario, a Toastmaster has identified a company or organization that has expressed interest in hosting a club of its own. That Toastmaster has shared this lead with new club coordinator Rodger Cook and me, the Club Growth Director, so the District can track the progress of this lead and help with next steps.

We've established a contact at the company, confirmed interest in starting a club and provided marketing materials that explain the benefits and value of Toastmasters. Then our contact promotes a time and place where potential members can come see how we build our skills.

As TI says it in the handy manual *How to Start a Toastmasters Club*, "A demonstration meeting is your opportunity to show prospective members how a Toastmasters club meeting is conducted and what the Toastmasters program can do for them." We put together a dynamic, hour-long session for at least 20 (but ideally 30 or more) potential new members. The more who attend, the better the odds are of chartering the club quickly and strongly.

The agenda goes something like this:

- The first half is a shortened version of a regular meeting, usually with a speaker, a speech evaluator, a timer and a Table Topics

Master.

- The second half is a question-and-answer session.
- Once all questions have been answered, the Toastmaster makes the "ask": "If you had a Toastmasters club here, how many of you would join?"
- If 20 or more people raise their hands, we have enough to charter a club. It's time to set the day and time of the next two meetings and sign up volunteers to fill roles for a full agenda.

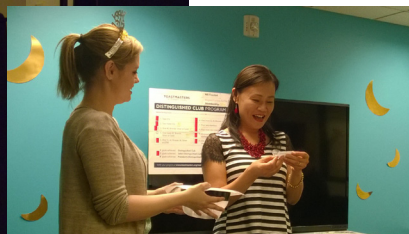
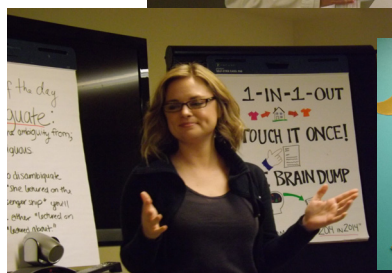
In the month ahead we have kickoffs set for Columbia Square and Wells Fargo, both in downtown Portland; Reed College in Southeast Portland; and are about

to schedule meetings for Catalyst IT Services in Beaverton and Hewlett-Packard in Vancouver, among other leads we are

tracking across the District.

If kickoff meetings sound like something you want to help with, let me know. You can earn manual speech credit as a speaker or for taking another meeting role. We need volunteers from around the District to demonstrate what we do. Forming new clubs is a key part of our mission to spread the Toastmasters program so the most people possible can benefit from the experience we enjoy so much.

Do you want to participate in a kickoff meeting? Do you have a lead as to where we can start a new club? Email me at cgd@d7toastmasters.org.





P³ —Passion, Purpose, and Perseverance

by Bob Pugh, ATMS, CL

If you have not had a life event that disrupts your plans, you will at some time! At an early age I saw myself a successful person inspired by what I perceived as prominent professions. As I grew, my goals focused on the world of business where I envisioned myself in a successful career in corporate America.

Well that dream came true, as I spent my first 17 years working for a company, eventually rising to a top leadership position with that company. Then, in a 10 minute conversation, that career and all my work went away with an un-ceremonial dismissal! My world had collapsed and I was set adrift and confused.

What I have discovered is that if you have Passion, Purpose, and Perseverance you have the keys to overcome and you can come through that life event stronger and more successful than ever.

Passion starts by knowing what your top five values are. They are the foundation of your principles and core beliefs. What do you value most in your life? Is it freedom, honesty, spirituality, family connections, health? What you value most in your life is where your Passion is.

Purpose is your personal mission statement. The author David Bach says that if you know your “Why”, you’re a far more likely to reach the goals you set for your life. Incorporate your top values in your mission statement to further strengthen your ability to handle life disrupting events.

Your key to success in anything you set out to do is to have purpose and passion above all else. If you do not believe, you will not

be trusted. Confidence comes from your belief in what you are doing.

Perseverance is supported with your own compelling vision of the future. Steve Jobs said “People don’t know what they want until you show it to them.” Your life is just like that, without a compelling future vision for yourself; you will not reach your full potential.

When I was dismissed from all that I had known, what I didn’t realize was what propelled me in a successful career would be what would allow me to move forward with my future. I had always had a firm set of values, a strong sense of Purpose filled with Passion, and Perseverance that came from a compelling vision for my future. Never underestimate yourself. With a well-defined set of values, a passionate mission statement tied to a compelling vision you can accomplish your biggest dreams.

Bob Pugh joined Wallmasters International in 1995. He was the first recruit credited to Cleon Cox, DTM. Bob is currently serving as club president. He has been an active member since joining, serving as club treasurer for several years. He competed and won both evaluation and table topic contests at the Division level.

Outside of Toastmasters, he is a Registered Representative and Investment Advisor Representative with Transamerica Financial Advisors, Inc., Transamerica Financial Group Division. Robert works with individuals, families, and businesses and non-profit organizations. He is dedicated to helping families achieve financial independence. Using the resources of Transamerica Financial Advisors, Inc. he believes it’s important to help families accumulate and preserve their wealth through active third party management. In addition to the advisory services he uses a suite of other services and products.

Strive2Thrive

D7 Club Coach Partnership Program



Members Helping Members Revitalize Clubs!

Allison Bennett, ACB, CL, Club Coach Coordinator

Did you know that there is a Club Coach Partnership Program for “eligible” clubs?

What would you say to the OPPORTUNITY for:

- Empowerment and partnership?
- A focus on potential and possibilities?
- Building your club’s unique culture?
- Easy access to resource sharing?

What if your club could get a boost to move past “struggling” to being a **striving** club with the goal of being a **thriving** club?

What if you could Request an experienced Toastmaster member trained as a D7 Club Coach Partner to come along side your club with resources to help identify your unique club culture, potentials, and possibilities to strengthen meetings and grow your members?

Would You say YES?

If so, and your Club has 12 members or less, then the **Strive2Thrive** D7 Club Coach Partnership Program is for YOU! Click to [REQUEST a COACH here!](#)

Experienced Toastmasters and Coaches—What would you say to the opportunity to expand your skills? Partner and empower clubs? Learn new techniques? Would You say YES?

[APPLY HERE](#) to be a **Strive2Thrive** D7 Club Coach!

Welcome New **Strive2Thrive** Club:
Keizer Communicators and their coaches: Janet Zeyen-Hall and Allison Bennett

TIP for Smaller Clubs: IT’s **CONTEST TIME!**

Did you know there are many Toastmasters speakers looking for more opportunities to give speeches at other clubs? Invite Toastmasters from other clubs to be a guest speaker! Use manuals and evaluations. It’s a WIN-WIN for everyone’s growth!

See the D7toastmasters.org **Strive2Thrive** Club Coach page for more information.

Allison Bennett joined Toastmasters in 2015. She is a member of American Red Cross, Toastmasters for Speaking Professionals, Sporty Speakers, and Sage Beaverton. She is serving as VP Education for Sporty Speakers, Area 43 Director, and D7 Club Coach Coordinator.



Incentive

Distinguished by April 1st

by Leanna Lindquist, DTM Program Quality Director

Has your club become complacent? Has it been awhile since you worked the Distinguished Club Program (DCP)?

Now is the time to press the RESET button!

- Review your club stats
- Rework your Club Success Plan
- Remind members to achieve their goals
- Revitalize your club

To hold yourself accountable Pledge to make your club Distinguished by April 1st. Your pledge will be shared with the entire District in Voices. We will all know you are committed to being a Distinguished Club. We will be cheering for you.

Pledge a stretch goal to be distinguished

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.



LAST DAY TO PLEDGE
JANUARY 31, 2016

Take the pledge to be Distinguished.

Earn \$50
to Toastmasters International Store



Mid-Course Corrections



Register Today

Toastmasters Leadership Institute (TLI) - January 23, 2016

7:00-8:00a.m.	Registration & Breakfast	Commons						
8:00-8:15a.m.	Trio Opening Comments	Cafeteria						
8:15-9:15a.m.	Dottie Love	From STRIVING to THRIVING						
9:15-9:30a.m.	Break	Commons						
9:30-10:30a.m.	Cafeteria	101	103	105	107	117	127	129
	Challenges and Successes for Vice Presidents of Education Brent Smith, Lisa Hutton Phil Westover	VP Membership Panel Discussion Sandra Stein Shannon Milliman Debi Hammond	Notes & Numbers: Exploring the Secretary & Treasurer Roles Marie Lee, Jerry Kleffner Cleon Cox	Better You, Better Team: Collaborating with Difficult People Phyllis Harmon	How to Wow Your Audience by Mind-Mapping Your Content Mike Goss	How to Hold Spectacular Contests, Even at the Club Level Alexis Mason Simon Bosley	What's the Plot? How to Use Storytelling to Improve Your Presentation Joe Anthony	How To Conduct High Energy Meetings! Bill Burns
10:30-10:45a.m.	Break	Commons						
10:45-11:45a.m.	Gary Schmidt	Grace Period, New Club Leads, Distinguished Club Program						
11:45-12:15p.m.	Awards, Call for Nominations, and Other Monumental Messages	Cafeteria						
12:15-1:30p.m.	D7 Potluck Extravaganza	Commons						
1:30-2:30p.m.	Cafeteria	101	103	105	107	117	127	129
	The Power and Passion of being a Club President James Wantz Robert Wilson Bill Maher	Preparation, Practice and Persistence Jim Robison Ronda Holdridge	Five Key Ways to Promote Your Club and Grow Membership! Stephana Johnson Michelle Alba-Lim Marvin Mitchell	Authentic Performance for Speakers: Bring Emotional Expressivity to Your Authentic Voice Laura Handke	The Club Sergeant-at-Arms: A Key Role for Every Club Bruce Rottink LeRoy Nollette Jonathan Burgess	How to Get Your Club to Accept Credit Cards: What's In Your Wallet? Scott Stevenson	"The Hour of Power" - Making Your Meeting Rock Leanna Lindquist Patrick Locke	Communicate. Connect. Conquer. How to Attract More of Your Best Members and Build Your Club. Janet Hager
2:40-3:00p.m.	Drawing and final wrap	FREE CONFERENCE TICKET						



JOURNEYS...

Spotlight on Alexis Mason

By Alexis Mason, DTM

I was old when I retired. Well, not really, since I was only 53. I had taught for over 30 years and believed that I should “leave the party while it was still fun.” I felt old, though, because I couldn’t clearly see many options. I remember at my retirement banquet saying to the crowd that they would probably find me at the blood bank handing out cookies and juice or at the library reading stories to their children or grand children. Worst case scenario, I told them, I would volunteer to relieve their hospice caregiver.

That was in 1998 at the end of the school year. Two years later, in July of 2000, I was invited to a Toastmasters meeting by Dave, who had been attending for a year or so. I went and everything changed. I was extremely self-conscious and had always been. I was fine in my class, fine in a parent conference, not so fine anywhere else.

I didn’t want to live out my

life that way, but didn’t realize the power that Toastmasters has as a change agent. I thrived in the nonthreatening culture of my home club and realized that none of the awards were totally out of reach. I achieved my first Distinguished Toastmaster (DTM) medal in 35 months. When Ted Corcoran, the International President, placed it around my neck he whispered, “We expect more from you.” Really? OK.



With wonderful encouragement from “friends in high places” I ran for Lt. Governor of Marketing, then Lt. Governor of Education, and finally District Governor. What a fulfilling

opportunity!

Since then, which was the Toastmasters year 2006-2007, I have continued to learn and grow. Each time I complete the basic manual, I learn more. The manual doesn’t change much, but I do. I appreciate the insistence of my home club, Clark County Toastmasters, on our adherence to protocol. You know the one: “no manual. . .no speaky”.

I now identify as a speaker, author, coach, and storyteller, with business opportunities related to each of those roles. I play clarinet in a senior band, sing with a senior chorus and am active in our church. I’ve never been busier, and have never enjoyed life more. It’s all due to Toastmasters and I will forever be grateful.

BURIED TREASURE

BAKER TOASTMASTERS CLUB # 55

by Harvey Schowe DTM-District 7 Historian



Baker Toastmasters Club #55 in Baker, Oregon was the second club that chartered in Oregon. An organizational meeting was held on Monday 6:15 pm January 21, 1936 at Nook restaurant with Henry McKinney as Toastmaster. Speakers were Lucient P. Arant, E. G. Prescott, Desmond Long, J.W. Crawford, and Jack Langrell. The March 1936 issue of Toastmasters Magazine issue announced the club chartered and noted that every business class was represented in the club except lawyers and doctors in a city with a population of 8,000.

As a contrast, Portland Toastmasters club #31 (April 1935) members were businessmen, managers, professional people, and insurance salesmen. First club officers were Carl Lehmann, President; Floyd Douglass, Vice President; Gordon Wright, Treasurer; Jack Langrell, Secretary; Henry McKinney, Sergeant-at-arms.

During March 31, 1936, meeting program speakers spoke on topics such as "The Porcupine as a Menace to Forests and Livestock," "The Menace of Communism," "Lesson in Memory" and "The Material Damage Caused by Cigarettes." Baker Toastmasters club members sponsored a 1937 high school speech contest. Raymond Huff, Past Toastmasters International President, presented the club charter to Desmond Long, club president on May 24, 1937 during a joint meeting with Baker Toastmistress club. This women's speech club had no affiliation with Toastmistress International that started December 1938 but was associated with Alpha Literary club and Federation of Women's Clubs.

Ernest Davis, District Two lieutenant governor, visited the club on October 23, 1939 and participated as a general critic. The Toastmasters Magazine March 1940 article mentions the club celebrated it's fourth anniversary at Baker Hotel on February 12, 1940 where five charter members became newlyweds.

In a February 1940 Toastmasters magazine article, Ernest Davis, District Two Governor, was quoted "I had two hours to spend in Baker, Oregon. The officers of the club met with me for a conference on club problems. Here is an example what official visitation can do. My first visit seemed to help and the second even more. The club feels itself a part of us now, enjoying the things they always wanted but unable to have while we neglected them on account of their distance." During an April 1940 meeting, club members began recording speeches and meetings on wax disks. The club became part of District 7 in the summer of 1940. During March 20, 1944 meeting, Victor Lyman, Deputy Governor inducted new club officers. Donald T. Nelson District 7 Governor in 1945 and John B. Woodward of Utah were meeting guests. Baker Toastmasters Club #55 was transferred from District 7 to District 15 in July 1945. Unfortunately, Baker club disbanded during the early 1970s'.

Sources used for the article obtained from Toastmasters magazine and Baker Herald newspaper with written permission.

It is always the speaker's responsibility to make his speech effective. If he does that, applaud him, commend him, vote for him, even though he violated all the rules in the book. The test of the speech is not in following the textbook, but in making the sale. {Dr. Ralph Smedley}

SUCCESSFUL CLUB

Sunrise Toastmasters Celebrates More Than Six Decades of Success

By Marili Green Reilly

How is your club's health? Are your meetings fun and welcoming? Do your members take the benefits of Toastmasters back to their jobs? Do your speakers inspire and support each other?

These and other qualities were identified by our members during a brainstorming session a while ago, and they're qualities that have kept Sunrise Toastmasters healthy and successful since it was chartered in 1954.

A Warm Welcome - One of the things that members recall long after their first meeting is the friendliness that was shown to them when they first arrived. Many of our visitors find us through meetup.com, but once they are through the door it is up to all of us to make them feel welcome. We've all felt nervous about stepping into a new situation, so we make sure someone is there to extend a hand of welcome, help new arrivals find a seat and introduce them around.

That nurturing environment continues as we grow together. Almost like a second family, we are there for each other through job changes, moves and personal celebrations.

Fun and Efficient Meetings - Guests often comment on how much we accomplish in a little more than an hour. Our standing agenda and our schedule of assignments are two facets of this success.

From introductions and Table Topics to speeches, evaluations and club business, each activity has its assigned time frame during the meeting and each task is assigned up to four weeks in advance.

The agenda is included in the club handbook, but it's also taped to the lectern for easy reference. This not only helps the President and Toastmaster stay on schedule, but also provides a useful guide when we must shuffle the meeting elements to accommodate a participant's other commitments.

The schedule is emailed to everyone once a month. We assign 19 separate tasks, from

speakers and Toastmaster to ballot counter and timer. Members are responsible for finding a replacement if they can't make it, and we have found people are more likely to show up for the meeting if they know they have an assignment.

Transferrable Skills - The real measure of our success, however, is whether we have helped members develop skills they can use to meet personal and professional goals. Sunrise not only supports members who are completing Toastmasters manuals and programs, but also assists them through mentoring assignments, formal evaluations and informal suggestions.

Thoughtful and caring evaluations focus on the speaker's goals; as one member puts it, an evaluation is a "gift" to help the speaker improve. It is inspiring to watch how people progress from being too timid to participate in Table Topics to giving confident, inspiring speeches.

Many of our members have been in the club for a decade or more, providing continuity and a broad mentoring base for newcomers, but they cannot carry the club alone. New people bring fresh perspectives, transforming what could be a stagnant pool of thought into a river flowing with new ideas.

Providing a warm welcome, having fun and efficient meetings, and learning skills that will serve you beyond the club have kept Sunrise Toastmasters healthy for more than 60 years. Perhaps our greatest strength, however, is that we don't take ourselves too seriously. Our meetings provide many opportunities for humor and laughter, an important feature when you must be in good form at 6:45 in the morning.

Look for Sunrise Toastmasters on www.meetup.com or <http://www.sunriset Toastmasters.net/>. We meet Thursdays, 6:45-8:00 a.m., at the Standard Insurance Center in downtown Portland.



2015 Sunrise Toastmasters Club Photo

SUCCESSFUL CLUB PICS



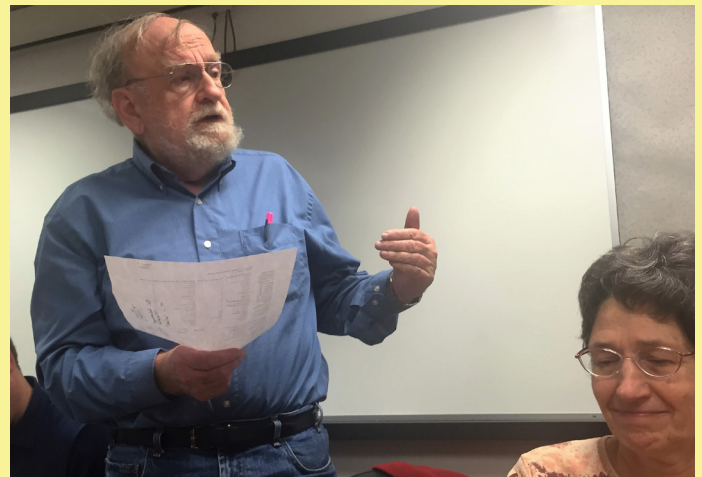
2014—Scott Wyse – Scott Wyse, CTM, speaks off the cuff, captivating John Rockwood, Marili Reilly, Dick Vaughn, and Octavian Tudorache. (Eric Evensen is shown from back.)



2014—Shaun Donaghue Sp – Scott Wyse and Mike Smith listen as Shaun Donaghue, speaks from the heart.



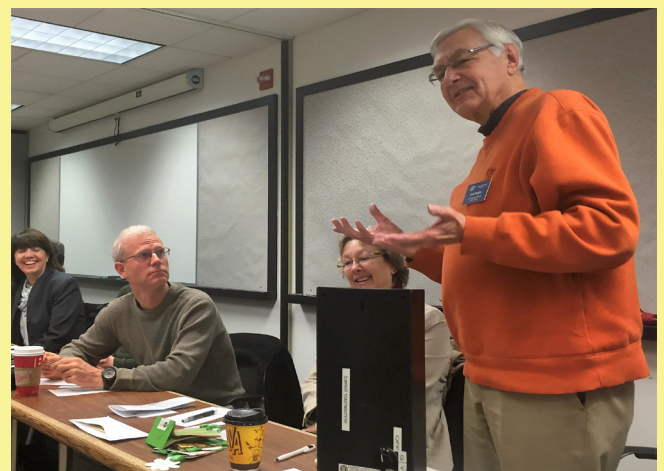
2014—Mike Smith TM –Mike Smith, ATMG, CL, takes to the lectern as Toastmaster. Also pictured: Shaun Donaghue, Tom Kuhns, and Jane Meskill



2014...Glenn Bridger GE –Phyllis Adams listens as Glenn Bridger, ATM, provides a General Evaluation of the meeting.



2014—Tom Kuhns Speaker – Tom Kuhns, CC, speaks to a 2014 meeting. Also pictured: Shaun Donaghue, Jane Meskill, and Jess Bogumil



2014—Dick Vaughn TT – Kathy Phillips, John Rockwood, and Marili Reilly enjoy a table topic presented by Dick Vaughn, ATM-B, a member of Sunrise since 1968 and the longest tenured member



Veteran Contestant, Bruce Rottink, says "Do It!"

by Leanna Lindquist, DTM Program Quality Director

Bruce Rottink visited Feedbackers Toastmasters Club last week. Cleon Cox stood up and shared that his good friend has been the District Champion for all four contests. Yes, all four; International, Table Topics, Evaluation and Humorous Speech Contests. Contest season has started. I asked Bruce some questions that might entice you to take the contest plunge. Bruce is a member of Lake Oswego Toastmasters

Q: What was your first contest and what motivated you to compete?

A: My first speech contest was the Evaluation Contest. I'd recently joined Toastmasters, and when the 1990 speech contest season rolled around, I thought "Well this is what Toastmasters do, and I'm a Toastmaster so...." I made it to the Division Contest in Salem that year, a good 45 minute drive away. I did not even place, and my ego was crushed. As I pulled out of the parking lot in Salem, I vowed to never enter another speech contest, ever! By the time I got home, that same ego had kicked into gear, and I'd decided I was going to come back next year and do better.

Q: Do you have a favorite contest?

A: The Humorous Speech Contest is my favorite by a country mile. As the younger sibling in the family, I resorted to humor in order to survive my childhood. I love making people laugh. In an odd way, humor is the ultimate power trip. Since laughing involves the convulsing of certain muscles, when you make an audience laugh, you are in essence thinking, "I'm going to take con-

trol of your body right. . .Now! and. . .Now!" After I won the District Humorous Speech Contest in 1997, I quit competing in Humorous for a couple years to give other people in our club a chance. Then I came up with a speech ("The Bus Speech") which provided tips on how to survive a bus ride, and used it to win the 2006 District 7 Humorous Speech Contest. Two months after the District contest, I was heading home when our city bus broke down, and we had to wait for a replacement bus. I seized the opportunity to walk to the front of the bus, and deliver "The Bus Speech" to the passengers. The "Bus Speech" is the only one I've ever given which years later, people have asked me to repeat.

Q: Do you have any advice for our members who are considering entering a contest?



A: Do it! It is a great learning experience. You may have a chance to speak in front of your largest audience ever, filled with people you do not know. I still remember competing in my first District Contest in Medford. As I mounted the stage I thought "Yikes this is a lot of people!" But competing at this level will help you get used to large audiences. Also, when I am a competitor, I pay closer attention to the other speakers than

I ever have before in my whole life! I always learn a lot from them, and it is inspiring. Whenever I'm in a District speech contest that I have not won, I usually stay awake for hours afterwards preparing my next "contest speech." Keep trying! I am proud to say that I probably have the largest collection of District-level 3rd Place and Runner-Up trophies in District 7, ten in total.

Q: Do you have tips for preparing for a contest?

A: Bruce's tips:

- Revise, revise, revise! As I am preparing for a contest, I typically go through 15 to 20 versions that are different enough to save on my computer.
- One of the toughest things I have to do is to throw out a really good laugh line that just doesn't fit anymore with the newly revised speech. Never fall in love with any one part of your speech.
- Get feedback from people you know, and at least a few people you don't know. The people who know you best have already adjusted themselves to your "quirks," and will probably not even be aware of them anymore. You need some "fresh ears."

Q: What has kept you in Toastmasters for 26 years?

To be honest, it's the people in Toastmasters who have kept me in Toastmasters all this time. The people are interesting, and listening to speeches is a great way to get to know them. Evaluations are wonderful. An evaluator is essentially someone standing up there who is interested in helping you improve. How often do you get that?

Q: What was it like to compete in a regional contest?

A: It was educational. In the Region I Humorous Speech Contest (R.I.P) I learned that a really big audience laughs longer than a just "big" audience. There had been so much prolonged laughter for my speech that upon seeing the red light, I started rushing (probably with a tinge of panic in my voice)

to finish my speech. My bad! The official time was 7:29, within 2 seconds of being disqualified. I got a good education, but no trophy, which in the long run was better than the other way around.

For my only Regional-level, International Speech Contest, I drew the speaker #1 position. There was a huge, huge room full of people. The sound engineer used my speech as an opportunity to learn how to run the sound system. The amplifier "died" at least three times during my speech. Distraction much? The lesson here is that sometimes "things" happen and you need to slog on through and make the best of it.

Q: What do you love so much about being a contestant?

A: Samuel Johnson, the 18th century English writer said, "When a man knows he is to be hanged in a fortnight, it concentrates his mind wonderfully." Knowing that your "do or die" contest speaking opportunity is the end of next week has the same amazing effect! You focus on your speech like never before.

Leanna Lindquist joined Toastmasters in 2009. She had great mentors from the beginning who encouraged her to take on leadership roles. She has held most of the club officer roles multiple times. She is serving as VP Membership, VP Public Relations and VP Education in three different clubs. Her first District role was Education Coordinator. She has served as an Area Governor, Division Governor, District Club Coach Coordinator, District Public Relations Officer, Conference Chair, Lt. Governor Marketing and is currently the Program Quality Director. Her home club is Marylhurst Toastmasters. A club of which she is most proud. She also belongs to Feedbackers, Daylighters and New Beginnings. She has been awarded Division Governor of the Year and

March 11: Last Day to Hold Club Contests

Now is the time for clubs to schedule their International Speech and Evaluation Contests. All current members in good standing, belonging to clubs in good standing, are eligible to compete. Members must have completed 6 speeches from the Competent Communicator Manual to compete in the International Speech Contest. The rule is waived for clubs chartering since July 1, 2016. District officers are not eligible to compete in District sponsored contests.

First place winners advance from the Club to the Area Contests. Winners from the Area Contests advance to their respective Division Contests. The first place winner from each Division Contest will advance to the District 7 Speech Contest. It will be held May 7, 2016 at the Spring Conference, Leading the World, at Lane Community College in Eugene.

All the information you need to be a speech contest organizer, participant or contestant all the is here. If you are the organizer or a judge I urge you to review these tutorials.



Tell Me A Story

Ridiculous, Idiotic Feats of Manly Strength

by Joe Anthony, ACS, ALB

Since time immemorial man has tested his strength, stamina, and prowess against the forces of nature. We scaled sheer, crumbling cliffs to plant our proverbial flag. We hunted lions with spears to prove our valor and eliminate competitors for food. We allowed poisonous ants to pierce our skin to display our unflinching resolve. And we challenged giant flightless birds to spaghetti eating contests to...wait, that one doesn't sound right.

Really? This happened? Well, okay.

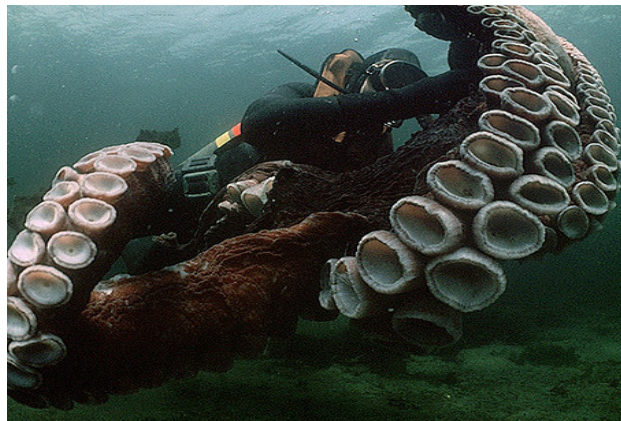
For your entertainment (but mostly for mine) here are two unnecessary, possibly idiotic feats of manly strength performed by individuals hell-bent on telling the animal kingdom to step aside.

Man vs Ostrich – Spaghetti Eating

In 1919 Ping Bodie was a center fielder for the New York Yankees. That's 1919, as in the year before prohibition, when America had three things in abundance: liquor, baseball, and a shockingly negligent attitude toward animal cruelty. This was about five minutes before the 20's began to roar, when the country as a whole had beer muscles, and we were ready to prove it at the drop of a hat.

So it was that the hardy Italian-American Ping Bodie

agreed to duel the prize bird of the Jacksonville Florida Zoo—an ostrich named Percy. The weapon of choice picked by the ball player was, of course, Spaghetti. On April 3rd the



Jacksonville City Hall was filled with eager onlookers, despite the event not being advertised in the local paper. Ping managed to put down 11 bowls of pasta while Percy, probably due to a very small brain, tried to match the burly baller noodle-for-noodle. By firsthand accounts Percy also ate a man's pocket watch by accident. Depending on the source Percy also passed out, or

died, after the 11th dish from a condition we recognize today as Old Country Buffet Exhaustion.

When you consider the fact that ostriches can stomach about 8 pounds of grain, one might find Percy's death-by-pasta a little suspect. Except for the fact that articles about ostriches and emus eating themselves to death are pretty easy to come by.

Man vs Octopus – Wrestling

In the time-worn pages of ancient history we find documented cases of divers dragging octopi up from shallow waters, risking life and limb to show these 8-limbed sacks of writhing muscle who's boss. How far back in the annals do we have to search to find these titans of the deep; these chisel-jawed men willing to spit in Poseidon's eye for machismo and bragging rights?

Oh, only about 1949, as seen in *Mechanix Illustrated*.

And that's not even the latest version. In 1963 during the World Octopus Wrestling Championships (oddly a real thing), a 57 pound Giant Pacific Octopus was wrangled up from the blue. And "giant" isn't a colorful moniker they gave to the animal that previously held the title for "not being dragged

out of its oceanic home by bored jerks.” It’s a documented species that can reach over 150 pounds of angry invertebrate.

If you’re from the internet like I am, by now you may be rolling your eyes, unimpressed by grown men whose claim to fame is grabbing a wet mass of wrinkly flesh from the ocean floor. That is, until you consider the ink clouds, the high intelligence, the raw strength, the camouflage, and the venomous beak of the octopus.

A quick search of Octopus Camouflage videos on YouTube reveal blending techniques that would make a chameleon weep.

That’s because they use chromatophores, pigment spots that can contract or expand, which help them mimic their environment better than if they had personal cloaking devices. At least in Sci-Fi movies invisible creatures sparkle and shimmer when they get wet. Putting a 60-lb octopus in a half nelson would be like wrestling the invisible man on his home turf, if he suddenly went slack whenever you dragged him over the threshold of his front door.

By and large the sport of Octopus Wrestling has died out and is now banned in most states. But like most things

strange, idiotic, or heinous, you can still find recent videos of people going toe-to-tentacle with these poor cephalopods. Another victory for the internet, I guess?

Joe Anthony is a long time member of Willamette Writers, and won second place in the 2014 Kay Snow fiction contest for Engines of Sephione. He also edits and writes short articles for the gaming and comedy website Statbonus.com. He is a member of Liberty Talkers, where he serves as VP Education, and a charter member of Storymasters where he serves as VP Public Relations.

Happy Anniversary To January Clubs



A special shout out to Evergreen, Myrtlewood Hootowlers, Totem Pole, and Vancouver who have passed the half-century mark!

The following clubs are celebrating their charter anniversary this month. Congratulations to all!

Chartered	Years	Club Name
1/5/2004	12	Bridge
1/29/2004	12	Downtown Public Speakers
1/1/1949	67	Evergreen
1/1/1995	21	Motormouths
1/1/1963	53	Myrtlewood Hootowlers
1/15/2003	13	Pearl District
1/1/1977	39	Professionally Speaking
1/4/2010	6	Swan Island
1/20/2011	5	Testmasters
1/1/1995	21	Toasting Excellence
1/1/1955	61	Totem Pole
1/1/1946	70	Vancouver
1/1/1981	35	Wallmasters International

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
WE Toasted Toastmasters	Alarcon	Michael
PMI Portland Toastmasters	Arai	Keiko
Babble-On Toastmasters Club	Arveson	Lori
Timber Talkers Club	Bankole	Olu
The Standard Speakeasy Toastmasters	Bare	Cindy
Essayons Club	Bedard	Jason
PDX Pioneers	Bernhardt	A.J.
PDX Pioneers	Bigby	Jake
PDX Pioneers	Bowman	Sydney
PDX Pioneers	Bowser	Erin
PDX Pioneers	Brice	Autumn
American Red Cross Oregon Trail Chapter Club	Brown	Jillian
Essayons Club	Burns	Jared
ScanEagle Toastmasters	Carroll	Daniel
PDX Pioneers	Cockriel	Danny
PDX Pioneers	Collier	Felicia
Cascade Toastmasters Club	Delepine	Jessyca
Warner Mountain Club	Dunn	Cary
Highnooners Club	Esche	Alicia
Highnooners Club	Fisher	Nicole
Professionals of Portland Toastmasters	Flynn	Rebecca
Redmond Area Toastmasters Club	Ford	Thomas
University Toastmasters Club	Forgan	Carole
PDX Pioneers	Fridlyand	Marina
Babble-On Toastmasters Club	Ghiassy	Shaheen
PDX Pioneers	Green	Jason
Jantzen Club	Haloway	Maja
PDX Pioneers	Hawkins	Erika
Toast of Corvallis Toastmasters Club	Humphrey	Graeme
Columbia Center Club	Ionescu	Carmen
Wallmasters International Club	Ionescu	Carmen
Flying Toasters Club	Janssen	Marc
PDX Pioneers	Kahn	Carrie
Speakeasy Toastmasters	Kulkarni	Manjari
PDX Pioneers	Logan	Matt
New Horizons Toastmasters Club	Lynch	Yuko
Columbian Club	Mayer	Richard
PDX Pioneers	Nolan	Cara
Columbian Club	Palmer	Berkley
PDX Pioneers	Price	Kim
NuScale Toasters	Raffaelli	Rae Ann
Capital Toastmasters Club	Reed	Payne
PDX Pioneers	Reid	Spencer
Lunch Bunch Toastmasters Club	Rodman	Rachel
PDX Pioneers	Santangelo	Nick
PDX Pioneers	Savage	Bob
PDX Pioneers	Schaffer	Patty
Cascade Toastmasters Club	Singh	Nmeeta
Bootstrappers Club	Sit	Weng-Kai

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Toastmasters of the Universe	Summers	Ryan
PDX Pioneers	Taylor	Graham
The Thrill of The Quill	Thiemann	Phyllis
Toasting Excellence Club	Valenzuela	Pauly
Gresham Toastmasters Club	Ward	Ron
PDX Pioneers	Weigel	Scott
PDX Pioneers	West	Tiffany
PDX Pioneers	Whipps	Jared
Downtown Lunchbunch	Wilkinson	Pamela
Portland Club	Wood	James
PDX Pioneers	Worl	Sean

TRIPLE CROWN AWARD PINS

MEMBER	AWARDS
Anthony, Joseph D.	ACS, ALB, ACB
Bennett, Allison	ACB, CC, CL
Duby, Kendra Morgan	ALB, CL, CC
Fanning, Paul C.	ALB, CL, ACG
Harmon, Phyllis A.	CC, ALB, CC, ACB
Hills, Dennis Bernard	CL, ALB, ACS
Jensen Cramer, Diana K.	CC, CL, ALB
Kinney, Ray C.	CC, CL, ACB
Knapp, Thomas K.	CC, DTM, ALS
Lawless, John R.	CL, ALS, DTM
Locke, Julius Patrick	ACS, CC, ALS, DTM, ACS, CL, CC
Mason, Alexis R.	CC, CL, CL
Rose, Jason	ACG, CC, ACS
Semprevivo, Karen Ann	CL, CC, DTM, ALB, ALS,
Wantz, James	ACS, CC, ALB

*Your Toastmasters club is your laboratory in which to try experiments in better communication. You can try anything once [in front of] this frank but sympathetic audience, and you can learn by listening to their comments.
[Dr. Ralph C. Smedley]*

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HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACS	12/12/2015	Adams, Phyllis	Sunrise Toastmasters Club #1492
CL	12/17/2015	Anderson, Traci	Marylhurst Toastmasters
CC	12/4/2015	Baer, Susan A.	Noon Talkers
CC	12/12/2015	Burgess, Jonathan	New Horizons Toastmasters Club
CC	12/7/2015	Conway, Jody L.	Columbian Club
CC	12/11/2015	Cox, Danielle	Audacious Orators
CC	12/15/2015	Crabb, Stephen A.	Sage Beaverton Toastmasters
CL	12/16/2015	Davis, Margaret E.	Blue Ox Club
CC	12/2/2015	Duby, Kendra Morgan	Clackamas County Toastmasters
ACS	12/18/2015	French, Cathy	Siuslaw Tale Spinners Club
ACB	12/19/2015	Harmon, Phyllis A.	Feedbackers Toastmasters Club
CC	12/6/2015	Harmon, Phyllis A.	New Horizons Toastmasters Club
ACB	12/16/2015	Haydon, Steve	Grants Pass Toastmasters Club 852
DTM	12/11/2015	Hernandez, William Daniel	West Beaverton Club
CC	12/14/2015	Iltis, Jacob	Oregon City Toastmasters
CC	12/10/2015	Keniston, Jim	Walker Talkers Toastmasters Club
CC	12/18/2015	Kinney, Ray C.	Flying Toasters Club
CC	12/13/2015	Knapp, Thomas K.	WRIP City Club
ACS	12/14/2015	Lewis, Tim A.	Yawn Patrol Club
ACS	12/18/2015	Locke, Julius Patrick	Early Words Club
CL	12/17/2015	Locke, Julius Patrick	Speakers With Spirit Club
ACS	12/17/2015	Locke, Julius Patrick	Speakers With Spirit Club
CC	12/18/2015	Locke, Karen "K"	Early Words Club
CC	12/5/2015	Moy, Miranda E.	Clark County Toastmasters Club
ACB	12/13/2015	Njau, Francis G.	Cedar Hills Club
ACS	12/2/2015	Ortiz, Debra	Professionally Speaking
CC	12/18/2015	Rose, Jason	Capital Toastmasters Club
ACG	12/18/2015	Rose, Jason	Capital Toastmasters Club
CC	12/20/2015	Ruitzel-Schmidt, Liorah J.	Babble-On Toastmasters Club
CC	12/13/2015	Salahshoor, Paymon M	WRIP City Club
CC	12/9/2015	Semprevivo, Karen Ann	Blue Ox Club
CL	12/9/2015	Semprevivo, Karen Ann	Blue Ox Club
CC	12/16/2015	Smith, Ken W.	Flying Toasters Club
CC	12/4/2015	Snelling, Ann E.	Silvertongues
ALB	12/1/2015	Sulffridge, Derek	Capital Toastmasters Club
CC	12/1/2015	Sulffridge, Derek	Capital Toastmasters Club
CC	12/18/2015	Taylor, Michael	Capital Toastmasters Club
CC	12/12/2015	Wantz, James	Feedbackers Toastmasters Club
CC	12/1/2015	Wright, Glenn	Capital Toastmasters Club
CC	12/21/2015	Zmolek, Donna	Titan Toastmasters Club

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" (Name of Person Nominated, Your Phone #, Your Email Address). It also has checkboxes for "Is this nomination for yourself or another individual?" and "Have the nominees 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.

NOMINATIONS CLOSE JANUARY 31, 2016

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.

31

Last day to submit nominations for elected 2016-17 District Executive Committee positions

Last day to pledge Distinguished by April 1st incentive

February

1

Begin: Talk Up Toastmasters! membership-building program

20

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!

Frogpond Networking Event, Feb 20, 2016

Are you looking for opportunities outside of TLI and conferences to get together with Toastmasters from around the District? Do you have a presentation that would be beneficial to our members? Does your club have a great program to share? Join us for the relaunch of the former Saturday morning networking event. The events were held at the Frog Pond Church in Wilsonville. They became known just as “Frog Pond.”

Frog Pond will premiere on Saturday, February 20, 2016. 8:00 – 8:30 am will be a light breakfast and networking. The program will end at noon. If you are interested in being a presenter fill out the form.

[Register to Attend Frogpond](#)