

Voices!

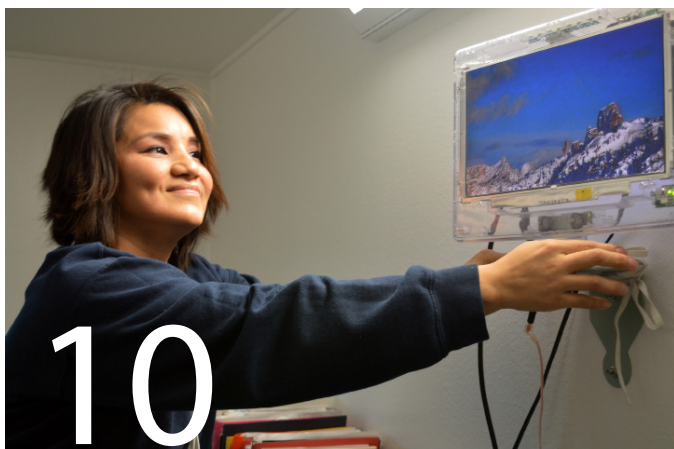
One Community
Many Voices
District 7 Toastmasters
March 2016

Reach for DTM GOLD!



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EDITORIAL COURAGE

by Phyllis A. Harmon, DTM
Immediate Past District Governor

“True champions aren’t always the ones that win, but those with the most guts.” I really like this quote by Mia Hamm, Olympic Gold Medalist. I equate “guts” with “courage.” Heaven knows, District 7 Toastmasters know all about courage. A fine example is contest season. I admire those of you who find contests challenging or rewarding, and are eager to participate. Not only do you practice your deliveries over and over again, but you seek advice from all who are willing to share their thoughts. Since our advice is often conflicting, you have the patience to sift through the well-meaning dross for the nuggets that will help you achieve your objectives.



You spend weeks polishing and perfecting your messages and deliveries. And then, like a meal placed before a hungry horde, your time in the spotlight is over and done with in 7 minutes, 30 seconds or less.

What courage! First for stepping onto the stage and vying for placement. And then, if not successful, having the courage to swallow your disappointment and congratulate the winners. Winners, thank you for having the courage to accept your wins with aplomb and grace (suppressing the urge to break out in a happy dance).

You are an inspiration and an example for the rest of us. Someday, when I grow up, I aspire to have your courage and willingness to step into the scary world of competition.

Thank you for leading the way. See you in Eugene!

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TOASTMASTERS
INTERNATIONAL

Reach for the DTM GOLD!

by Allan Edinger, DTM



30 Competent Communicators, 9 old Competent Leaders, over 300 speeches and 7 DTM'S. . . "Why would you do that?". The answer is very simple. "Because it's there." "Because I waste nothing. I have been in Toastmasters since 1988—nearly 28 years. I waste nothing. Every speech counts. Doesn't matter who you are or what position you hold. Seven DTM's in 28 years amounts to one every 4 years. I could do more but there are a few roadblocks that stopped me.

Here are a few clues that will guide you to your DTM.

First. . .have fun in everything. See the humor in everything. Regardless of the speech you do, with the exception of a few, make them personal. Why are you researching a speech? Make almost every speech one of a personal nature. Who can ask a question or make a statement that goes against your speech when it is of a personal nature. I can sit with everyone and within 10 minutes come up with 50 personal topics, regardless of how old you are. For example, your mom and dad, 2 brothers and 2 sisters, born in another state, now work in Oregon, what schools have you attended beginning with grade school. There are at least 11 subjects, and I have not asked anything about your life.

Second. . .complete 20 speeches and nothing else, and you have a Competent Communicator (CC) and Advanced Communicator Bronze (ACB). Ten more speeches and two presentations from The Better Speaker Series and/or The Successful Club Series and you have an Advanced Communicator Silver (ACS). Complete ten more speeches from the Advanced Communication

Series, a presentation from the Success/Leadership or Success/Communication Series or a Youth Leadership. And finally coach a new member with their first three projects. Bingo, an Advanced Communicator Gold (ACG). You're done! Simple! A few extra projects and the Communicator Series is done.

Third. . .complete a Competent Leader. Not that hard. Take positions in your meetings. Volunteer for what you need. The more clubs you belong to, the merrier. Serve 6 months as a club officer in one of the 7 positions and participate in the preparation of a Club Success Plan. Participate in club officer training and conduct 2 presentations from Successful Club and/or Leadership Excellence Series. Wow! You have an Advanced Leader Bronze (ALB).

Fourth (and maybe the hardest). . .complete a term as a district officer (one of seven). Complete a High Performance Leadership Program. Serve as a club sponsor, mentor or coach. You now have an Advanced Leader Silver (ALS). Combine that with your Advanced Communicator Gold (ACG) and you have your DTM.

Now a couple of hints. Serving as a Division Director is easier than as Area Director but an Area Director is preferred to be first. Area Directors visit clubs and Division Directors do not. The High Performance Leadership program does not have to be Toastmaster oriented, but it is much easier if it is. Use the Area Director or Division Director as your plan. Try to make all of your clubs distinguished when they have not been before. Remember your



plan does not have to be successful. Try to be successful. Sponsoring a new club is tough. Mentor or coach a club for more opportunities to speak and lead.

Stand up in front of the audience and receive your DTM. It's an honor. It's fun. It is an accomplishment. Not everyone can do it. Not everyone wants it. It is hard. But it is fun. Look at the people you meet. The club members you meet. The people you engage with. And most important it is meant to be fun. And it will be if you let it.

Toastmasters is a fun organization and a

learning process. Where can you have fun and learn at the same time? The first DTM feels the same as the seventh. Will there be more? I do not know. I continue my books and learn as I go. "I waste nothing and everything counts". Since my stroke in the past year I have not slowed down. And why should I "its still fun".

Allan has served District 7 for many years. Some of his past roles include Region Advisor, District Governor, Division and Area Governor. He is currently the District Prison Club Liasion, a member of 6 clubs, and a club officer in 5 of them.



2015 Fall Conference DTM Ceremony, left to right, Allen Edinger, Adele O'Neill, Erik Bergman, Alexis Mason, Leanna Lindquist, David Mason, Michelle Alba-Lim, James Wantz, Syrena Glade.

Perfect 10

Congratulations to Capital Toastmasters for hitting a milestone. This is the 9th year in a row the club has achieved all 10 goals. Their culture of excellence and commitment to the Distinguished Club Program is an example to us all. We are proud to have you in District 7.



Leading the World

Lane Community College • Eugene, Oregon

Lead Yourself, Lead the World

Balraj Arunasalam
1st Vice President
Toastmasters International



KEYNOTE

Mastering Storytelling for Better Speaking

Craig Valentine
1999 World Champion
Public Speaking



FEATURED

May 6 & 7, 2016

Register Today

May 6 - 6pm-9:00pm - \$25

May 7 - 7am-6:30pm

- First 75 Registrations - \$55
- General Admission - \$65
- Saturday Dinner & Discourse - \$35

<http://d7toastmasters.org/spring2016/>

Friday Night with Craig Valentine- \$25 Make Your Message Matter Championship Coaching

Saturday Night - \$35
Dinner and Discourse
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FROM THE DESK

What's in Your Club's DNA?

by Leanna Lindquist, DTM Program Quality Director



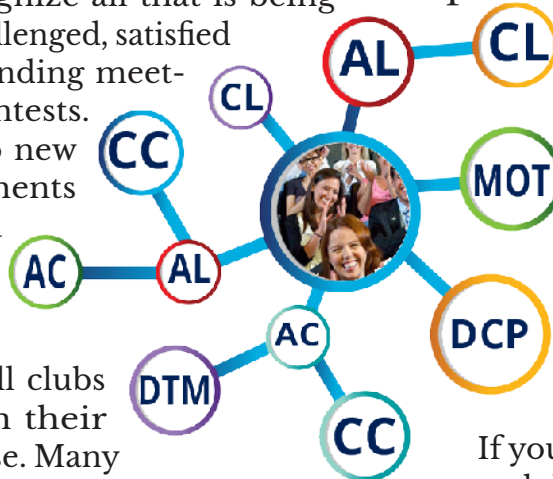
Is your club Distinguished 'N' Achieving?

If your club is Distinguished you are in a club that will help you grow your skills. Your club embodies what Toastmasters is all about. Members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. It is in your clubs' DNA to strive for excellence. We have many such clubs in District 7. People join these clubs because they recognize all that is being offered. Members feel challenged, satisfied and look forward to attending meetings. The club holds contests. Mentors are provided to new members. Accomplishments are celebrated. There is a great sense of comradery and pride. "We are always Distinguished."

It would be great if all clubs had "Distinguished" in their DNA. Sadly, it isn't the case. Many clubs have lost sight of the Distinguished Club Program. Educational awards are not being earned. Manuals are not being completed. Members are losing out. They are not getting their money's worth. Personal growth is not occurring. Most likely the club struggles attracting and retaining members.

The good news is, club DNA can be altered. It

begins when a club recognizes business as usual is not developing communication and leadership skills. Business as usual is not attracting and retaining new members. Albert Einstein said, "insanity: doing the same thing over and over again and expecting different results." Clearly it's time for a change. How do you start? A Moments of Truth. This tool will help your members look at their club



up close and personal and identify areas that need some work.

What do Distinguished clubs have in common? All weekly speeches are manual speeches. Every speaker receives a high quality oral evaluation. All meetings are well organized. They begin and end on time. Members feel satisfied when they leave the meeting.

If your club is not Distinguished talk to your club members. Let them know your time is too valuable to spend in a Toastmasters Club that does not strive to be Distinguished. Then offer to help. Mother Teresa said, "I alone cannot change the world, but I can cast a stone across the waters to create many ripples." What ripple will you set in motion? How will you alter your club's DNA?

Think of success as a game of chance in which you have control over the odds. As you begin to master concepts in personal achievement, you are increasing your odds of achieving success. —Bo Bennett, Founder & Developer of FreeToast Host



FROM THE DESK

Campaigns, Kickoffs, and Contests

by Erik Bergman, DTM, Club Growth Director



Our transit ad campaign is rolling along!

All aboard! Buses and trains from across our District 7 are carrying the Toastmasters message to new audiences this month in our spring advertising campaign.

Transit ads are rolling out in six cities: Corvallis, Eugene, Klamath Falls, Medford, Portland and Vancouver. We have brought back this campaign, which we launched last year in these same cities, because we believe this is an effective way to spread our message and attract new members in prime recruiting areas.



Ads will appear on the side, rear or inside the vehicles, depending on the city. The overhead posters, called Michaelangelos in honor of the painter's work on the Sistine Chapel ceiling, will be seen in the Portland area and feature the faces of 18 local Toastmasters.

Look closely, as you might just recognize someone you know!

When you see a Toastmasters ad on public transportation, I'd love to hear about it. Drop me a line at cgd@D7toastmasters.org and report the sighting. Better yet, take a picture and send it in. That's what Donna Stark, Division B Director, did when she saw our ad under a rainbow in Eugene. Thanks for sending that photo, Donna!

We hope those who see the ads will go to the Toastmasters International website and find a club near them. It could be yours! In other words, we hope they get on board with Toastmasters.

Club kickoffs shift to high gear

We're staying busy with more kickoff meetings to launch new clubs, primarily at corporations. An ace team delivered a fabulous presentation at Keen Footwear in Portland, and the prospective

club has 25 charter members in line and ready to sign up. On the horizon are meetings at Catalyst IT in Beaverton, Hewlett-Packard in Vancouver, Mt. Hood Community College in Gresham, Samaritan Health in Corvallis, and Peace Health Hospital in Florence.

Dedicated Toastmasters are also pushing ahead with plans for community clubs in Gresham, Ridgefield, and St. Helens.

Every new club may be assigned two mentors to help launch it in the right direction. Mentors serve for six months and earn credit toward the Advanced Leader Silver. A second Wells Fargo Bank club, called Stumptown Toasters, has formed at Wells Fargo Center in downtown Portland! Stumptown Toasters needs two mentors who can be there for its Thursday, noon-1 p.m., meetings. To volunteer for a kickoff team or as a club mentor, please contact me and let me know where you are located and what date or time would suit your schedule.

Talk Up Toastmasters—Feb. 1-March 31

Add 5 members, earn rewards! Our Talk Up Toastmasters program runs till the end of the month, so you still have a couple of weeks to earn rewards for your club. All clubs are eligible, and the rules are simple: Add five new, dual or reinstated members with a join date between February 1 and March 31, and you'll receive:

- Talk Up Toastmasters ribbon for your club banner
- Special discount code for 10 percent off at the TI online store
- Special bonus prize from District 7

Take advantage of Talk Up Toastmasters. Encourage your members to invite guests to a meeting where they can learn about the fun, the value and the benefits of being a Toastmaster. Toastmasters love to connect, so take advantage of it.

A New Kind of Freedom

Nature channel offers window to the world for Coffee Creek inmates

by Jake Bartman

For inmates at Coffee Creek Correctional Facility's medium security prison in Wilsonville, a new television channel in the facility — which screens images of waves rolling in from the ocean, mountains flanked by drifting clouds, the night sky and more — has gone a long way toward making incar-

in 2010, the “Blue Room” was designed to help de-escalate charged situations in the facility's Intensive Management Unit, where inmates spend all but 40 minutes per day in solitary confinement.

The Blue Room was the first program of its kind in the country, and TIME Magazine named it one of the “25 Best Inventions of 2014.” When a situation would become tense, prison guards experimented with bringing inmates to the Blue Room for an hour or so to watch videos of different natural settings instead of employing more forceful tactics.

The program was so successful in reducing incidents of misconduct that Department of Corrections officials, including Sustainability Coordinator Chad Naugle, began to consider implementing it at other facilities as well.

Staff had the idea to broadcast nature imagery on a continuous basis, and sought a facility to try a pilot program. When the DOC approached administrators at Coffee Creek, they were met with a “really accepting” response, Naugle said.

In April 2014, the prison introduced the channel to its mental health infirmary (MHI).

“It reduces stress and agitation,” Naugle said. He said that it benefits prisoners by increasing quality of life and reducing suicide attempts and incidents of self-harm, but also benefits staff by making the correctional environment safer for them.

Having received positive results in the MHI, the facility began to broadcast nature imagery throughout the prison's television network in February 2015. There are televisions in many of



SPOKESMAN PHOTO: JAKE BARTMAN - Coffee Creek Correctional Facility inmate Lanelle Warner, shown here with the television in her two-bunk cell, says that some of the nature images screened on a new channel broadcast throughout the facility bring her back to her childhood on a Native American reservation.

ceration more bearable.

“In here, our lives are mediocre,” said inmate Karlyn Eklof, who has been imprisoned since 1995. Eklof is serving a life sentence without the possibility of parole after a murder conviction, and said that the images broadcast by the channel exposed her to things she thought she might never see again.

“The first couple times I saw (the channel), it took my breath away,” Eklof said.

The channel was modeled after a program begun at Snake River Correctional Facility in Malheur County, Ore. in 2013. Inspired by a TED talk given by ecologist Nalini Nadkarni

the prison's common areas and in many of its cells as well. Inmates earn credits by working at the prison and exhibiting good behavior, and can save the points for use toward items like small televisions and MP4 players. Now those televisions allow inmates to enjoy the nature channel at any time of the day or night.

Inmates loved the program for a number of reasons, they say.

"It takes you out of being here," said Jean Keating, who entered CCCF in 2013 after being convicted of manslaughter. Keating is scheduled for a 2019 release. She said that the channel mirrors Oregon's geographic variety with its scenarios.

"There is always a place (on the channel) that someone is going home to," she said.

Some images are screened with audio to match, like the sound of wind blowing or of birds chirping, while others include classical music. Keating said that the sound of birds was especially exciting as it is something that inmates forget about after spending years behind bars.

Images of stars and the moon are another scene inmates "don't see for years," Keating said. That scenario is Cynthia Rowe's favorite. Rowe has been serving a life sentence for murder since 2003, and works in the prison's hospice care unit. She says that the channel has proven especially powerful for women

who are near death.

"It takes them outside these walls for the last time," Rowe said. She added that hospice staff are working with prison staff to have the walls of every room in the hospice unit painted white, so that the channel can be viewed in a larger format than the televisions at the foot of each hospice bed allow.

Rowe said that for her, watching the channel brings her in equal measure to the past and to what she dreams of for the future. That was the case for inmate Lanelle Warner as well. Warner began a 10-year manslaughter sentence in 2011. Warner was raised in a cabin on a Native American reservation, where she hauled water and chopped wood for the family's stove.

"It's a piece of home," she said.

Warner said that she intends to better appreciate the natural world once she is released. But for Eklof, who likely will never again see any of the scenarios shown on the channel in person, there is a touch of heartache in her appreciation for the program.

"It's a strong example of what we've lost," Eklof said.

Contact Jake Bartman at 503-636-1281 ext. 113 or jbartman@pamplinmedia.com. *This article originally published in the Wilsonville Spokesman. Reprinted by permission from Jake Bartman.. Lanelle Warner and Karlyn Eklof are members of Audacious Orators.*

Widen Your Business Footprint

Do you have a business or service that you wish to promote? Could it be beneficial to share that information with other Toastmasters? An investment of \$25 will place a color copy of your business card in the program of our Spring Conference, Leading the World.

Toastmasters like to do business with other Toastmasters. Whether you attend the conference or not, your name and business will be in front of potential clients. Your advertisement investment will help support our conference. Place your ad before April 15th to assure your place in the program. [Click here to place your ad.](#)



Distinguished by April 1st



Cheers to the clubs who pledged to become Distinguished or better by April 1st. Clubs reaching their stated goals when the Toastmasters International Dashboard refreshes the week following April 1st will receive \$50 credit to the TI Store. Here are the current stats. Updated March 14th

	Members	Required	Goals Completed
Distinguished			
Babble-On	43	20	8
Clackamas Stepping Stones	19	20	5
Fortunate 500	16	20	4
Gorge Windbags	17	20	4
Liberty Talkers	14	20	7
Milwaukie Talkies	23	20	5
New Beginnings	14	13	7
New Horizons	30	20	9
Noon Talkers	32	20	6
PMI Portland	19	20	5
Siuslaw Tail Spinners	17	20	6
Thrill of the Quill	9	13	4
Toast to US	22	20	4
U of O	44	20	5
West Beaverton	27	20	4
Select Distinguished			
Blue Ox	17	18	7
Presidents Distinguished			
Audacious Orators	31	20	9
Clackamas County	30	20	5
Clark County	20	20	5
Daylighters	16	20	3
Feedbackers	19	20	7
Grants Pass	20	20	7
Marylhurst	33	20	7
Moser Community	41	20	8
Sporty Speakers	37	20	9
Swan Island	33	20	9
WE Toasted	28	20	7
Yawn Patrol	29	20	9

These clubs have added 41 new members and 21 goals in the last month



JOURNEYS...

Spotlight on Jane Wolfe, ACS, ALB

By Alexis Mason, DTM

Jane spent her early years in Minnesota. Later she attended the University of Wisconsin in Madison and earned her degree. She had been a reporter and editor for various publications, but during her senior year in Madison, she took an art class. That was a significant opportunity for her.

Jane relocated to Denver and worked as a systems analyst. She also sold both computer hardware and software in California. In her spare time she became involved with improvisation. Her purpose was to focus on spontaneity, to be playful, and to meet people. That was a second significant opportunity for her.

Artist commissions allowed her to stay home for six months to figure out what was going to be next and to decide where

to live. She and Norman used a Google program called FindYourSpot.com to help them decide. The program is designed to help you find your home. They entered their top twenty values and desires and guess what popped up? If you guessed Portland, you are correct.

However, it was Vancouver instead. That was at the end of 2011. In February of 2012 they joined Vancouver Toastmasters, club 353, one of the oldest in our district. Since then Jane has served as an area governor and needs only to coach or mentor a club to achieve her DTM. That is in the works.

Outside of Toastmasters, Jane works with Norman and on her own, consulting and teaching improv in the public and corporate sector. Her first book *Improv Your Relationships* is nearly ready to go. And we say, "You go, Jane."



Leadership Opportunities

by Leanna Lindquist, DTM

Opportunities to practice and grow your leadership skills are abundant in District 7. It's not too early to consider an appointed position for the new Toastmaster year beginning July 1st. If you want to be considered for a position as an Area Director, Administrative Manager, Financial Manager Public Relations Manager please submit your name for consideration.





PERSPECTIVES

Idea Germination

by Shannon Milliman

Have you ever had an idea that catapulted itself into your mind and you thought, "That would be a great speech idea." You then swiftly went along with your prior activities and nigh forgot that said stroke of brilliance? The idea that should have "*Veni, Vidi, Vici-d*" never quite reached that brilliant conquering phase. It came as possibility: your mind synopsis started the work. They contemplated the potential and processed what connections you would creatively channel ...and the phone rang, a project became due or another load of laundry was started and the casualty of all this priority management always tends to be your fleeting ideas.

A simple practice can begin to transform your discipline to germinate and eventually develop ideas worth sharing. This will allow more of your ideas to be considered and given opportunity to be developed into concepts that can change and motivate yourself and others. The practice is common. It uses common tools: a note book (the same notebook) or your cell phone and common sense. With those two things all you must do is jot the thought, idea, dream, funny moment, inspiration down. Do it all the time. Write ALL of the ideas that come to you in the same place. Similar to when we brainstorm and we accept in this phase

there are 'no wrong ideas,' allow the muses, spiritual enlightenment or inner power to trust you with these ideas. When they begin to see you will record these ideas, you will be granted more ideas.

When you struggle with



"What shall I give a speech about?" you will pattern yourself to track back through your notebook and develop the right idea for this moment. As Toastmasters we are drawn toward expression, creativity and inspiration. We attend meetings often hoping to fill our wells with some of this and to in turn, do the same for our fellow toastmasters as we embark upon another week

focused on refining our leadership and communication skills and exemplifying these skills in the world inspiring others.

At times, though, we fail to maximize the potential of our day-to-day experiences and their power to transform. Writing down fleeting ideas is the first step in reclaiming your power to discern wisdom worthy of sharing. It is this way of thinking that elevates the mundane and reveals the remarkability in everyday life. There is unspeakable wonder in something as small as a seed sprouting just as there is in the day to day moments: burnt toast, driving the wrong way on a one way street or misinterpreting an accent might have great potential to uplift. You do not need to have survived disease, experienced ultimate betrayal or climbed Mt Kilimanjaro to find a human, relatable message. Forming a speech can be powerful executed because you honored an idea filtered to you at the right time. Honor your thoughts as seeds. Record them.

Shannon Milliman joined Toastmasters in 2013 and is a member of Competitive Speakers PDX.

*Paid your
Toastmasters
dues yet?*



Due by 4/1/2016



Marketing: Riding the Seesaw

by Janet Hager

There are two schools of thought about designing product and service offerings.

One camp says: The customer is always right. We design what they want and deliver it to them.

The other camp says: This is who we are. If you don't like it, that's okay; we're looking for the people who do.

Neither camp is entirely right, of course; extremists rarely are. The answer is somewhere in between. I see it as a seesaw, with *who you are* on one side and *what the client wants* on the other. We all lean toward our clients a bit. But how much? How do you strike that balance? How do you decide where to give in, and where to drive a stake into the ground?

I recommend starting from the this-is-who-we-are end of the seesaw. Outline who you are and what you stand for as a company first; find clients who love you for it; then if those clients suggest ways you can change for the better, consider it.

Starting with yourself (your company's self) means the work you do or the products you make come from a place of authenticity and truth within, rather than from doing what someone tells you to do.

None of us got into business for ourselves so we could do what other people tell us to do.

Furthermore, people value a strong sense of self in the companies they do business with. People want to know what you stand for, they demand transparency from companies in a way they never have before.

Having a written brand platform that outlines your core values, your core offerings, and your core customers is valuable; that's your touchstone. When you get feedback from a client about changing your offering or the way you do business, compare it back to that brand platform. How far can you lean before the seesaw tips too far? Does it feel right?

When you start to feel like what you're doing is a little bit hollow, when you start to

feel under-appreciated, when you wonder why your clients aren't taking full advantage of your abilities, when you just feel lackluster about your business — then you may have leaned too far. It's time to go back to your brand platform and review who you are and what you stand for. Have you tipped too far on the seesaw?

When it comes to your Toastmasters club, start from within. What is your club all about? What makes you special? Then find people who want what you're offering. When you have complete alignment between what you have to offer and what they want in a club, it will be apparent from the get-go; they'll sense it in their very first meeting, and so will you. Those are the best members to bring on board. And a few of the best members are far better than a whole raft of not-so-great members.

Janet Clesse Hager can help you find balance on the seesaw, and then some. She's a marketing and branding specialist, a dynamic speaker, distiller of information, and solver of problems. Her company is called [Tinfish Initiatives](#).





Members Helping Members Revitalize Clubs!

Allison Bennett, ACB, CL, Club Coach Coordinator

CONGRATULATIONS!

D.C.P. = Documented Changes in People!

Hoorah!! 2 of our Club Coaching Partners have their DCP GOALS MET!

This shows that the Club members are learning, growing, and achieving goals in communication and leadership skill building using the Toastmasters CC, CL, and other Manuals as a guide. The lessons and projects in these manuals are based on the very same information, insights, and exercises some people pay professional trainers and coaches \$1,000 to Excel. Fantastic way to put the Toastmaster tools to use! What a great accomplishment!

- Southern Oregon Speechmasters:
Jo Anna Shaw, ACG, ALB
John Conteras, ACG, ALB
- Civil Tongues:
Carrie Henderson, ACG, ALB
Scott Stevenson, DTM

This shows that the Club members are learning, growing, and achieving goals in communication and leadership skill building using the Toastmasters CC, CL, and other Manuals as a guide. The lessons and projects in these manuals are based on the very same information, insights, and exercises some people pay professional trainers and coaches \$1,000 to Excel. Fantastic way to put the Toastmaster tools to use! What a great accomplishment!

CLUB MOTTO

Does your club have a Club Motto? Something that identifies, invigorates, inspires your club members? Sometimes an easy phrase that rings true in one's head can really unite the spirit of a club. It can be a motivational reminder to come to meetings and achieve toastmaster goals.

Toastmasters International's Motto is: Where Leaders Are Made.

Here are Some Other Club Mottos:

- Hour of Power
- Best Hour of the Week
- Happy Hour
- Take a Leap
- Take the Next Step
- Don't Say No, Just Go!
- What would Dick Moser Do?



Welcome to our newest Strive2Thrive Club Coach Partnerships!

Embracing Cultures, Tigard Oregon:
Dawnette Hale, ACB, ALB

Patriot Talkers, Portland Oregon: Leanna Lindquist, DTM, Program Quality Director

We are looking for even more Coaches to Encourage, Empower, and Partner with striving clubs.

Is this for you?

Contact: coaches@d7toastmastrs.org.

Speak UP!

Have you visited another club? Have you given a speech at another Club? Has your club invited other Toastmasters to speak at your meetings? I enthusiastically encourage you to do so!!

Here's some reasons you may want to consider Reaching Out to another TM Club:

Broadening your horizons. Gaining new insights. Bring new ideas into your club. Challenge yourself to the next level. Meet new friends. Networking.

For more information contact: AllisonInnovates@gmail.com



BURIED TREASURE

KLAMATH FALLS MODOC TOASTMASTERS # 98

by Harvey Schowe DTM-District 7 Historian

During fall 1937, Toastmasters International staff issued a preliminary charter number of #98 after receiving a charter application for Klamath Falls Toastmasters Club. Toastmasters' magazine announced the new club in 1937 December issue of Toastmasters Magazine. Medford Toastmasters members assisted in organizing Klamath Falls Toastmasters club including George Davis of Lovenze Company of Klamath Falls who was promoting Toastmasters. Members held a meeting at 7:00 pm on November 15, 1937 at the Elk Hotel. Frank Gray was Toastmaster and speakers were John Gribble; Tuberculosis Seal Campaign, Seth Bullis; Safety, Dr. William F. Roney Humor, and Frank Hull; Purposes of Toastmasters. Klamath Falls newspaper Evening Herald article announced the meeting of the new club on January 31, 1938 at Elk Hotel on Monday evenings at 6:30 pm. Club officers were Vern Moore-president and Carl H. Mason-secretary. On Monday May 23, 1938, members from Klamath Falls and Medford Toastmasters Clubs held another joint meeting in Medford, Oregon where Dr. George S. Jennings, Medford club presided and Vern Moore Klamath Falls club president was Toastmaster. Klamath Falls members delivering speeches were Paul Mathews, Lee McMullen, George Davis and Ed Davis. Club members discussed plans for organizing Toastmasters clubs in Ashland and Grants Pass. Ernest Davis District Two Governor presented the club charter May 1940.

During 1940s, club sponsored high school speech contests, provided speakers for Red Cross and spoke on radio supporting war bond sales and scrap metal drives. Furthermore, club often had joint meetings with Toastmistress club. For instance,

Club president Frank Eberlein invited Toastmistress president Mrs. A. J. Voye and members to Toastmasters meeting October 21, 1940. Mrs. Paul Buck was Toastmistress for this meeting. Both Medford and Klamath Falls Toastmasters clubs competed in an area speech contest with prepared and impromptu speeches held at Klamath Falls on Monday April 15, 1941 for new District 7. Wesley Hayes of Klamath Falls won this contest with Gomer Caseman of Klamath Falls placing second and Ray Harrison of Medford placing third place. Frank Eberlein was Toastmaster for contest. Membership dropped to lowest in district in 1945. Club members then initiated a successful September Speech Craft program that resulted in the second highest membership in District Seven. District Seven Governor Donald T. Nelson wrote about this successful Speech Craft program in November Toastmasters magazine. Club members celebrated their tenth anniversary with Mt. McLaughlin club #656 charter presentation November 5, 1948. Club members voted on changing the club name from Klamath Falls to Modoc March 1949.

On May 25, 1957, club hoisted District 7 Conference at the Willard Hotel in Klamath Falls. Joseph Mercer, Area 3 governor Modoc member was chairperson for General Session. Other Modoc club members assisting in this conference were Dr. Glenn C. Miller, Chester Clark, Herman F. Smith, Raymond Walker, Bob Davies and John Heyden. John Hornback of Tillamook Toastmasters club won the speech contest with speech Fifth Amendment. He competed in the Zone A Speech Contest competition in Tacoma, Washington. Modoc Club # 98 continues as an active club.

Harvey Schowe is the District Historian and a staff writer for Voices!. He joined Toastmasters in 1980 and is a member of Blue Ox Toastmasters.

Leading the World

Lane Community College • Eugene, Oregon

Saturday May 7, 2016 - 7am-6:30pm

Mastering Storytelling for Better Speaking



What is the absolute most important skill you need in speaking? It is the ability to tell your story and sell your point. This is due to the following truth:

“When people buy into your story, they buy into your message. In Daniel Pink’s groundbreaking book, *A Whole New Mind*, he emphasizes we are moving from the “Information Age” into the “Conceptual Age.” People need a way to filter through a daily avalanche of information. Hence, they look to concepts as shortcuts. Who wins in this new age? Those who sell concepts win. What’s the best way to sell concepts? Storytelling.

In this powerful and interactive program, Craig Valentine shares tools to help you...

- Keep audiences on the edge of their seats with your stories
- Uncover humor that keeps your audience laughing throughout the speech
- Connect deeper than most speakers ever will
- Get your audience to take the next step you want them to take (connect and convert)
- Become the kind of speaker others line up and sign up to see

This is one interactive program you cannot afford to miss! Turn yourself into a storytelling champion and watch as opportunities become abundant for you.

District 7 Toastmasters Spring Conference

May 7 - 7am-6:30pm

- **First 75 Registrations - \$55**
- **General Admission - \$65***
- **Saturday Dinner & Discourse - \$35**

***Breakfast & Lunch included in registration**



**MAIN
CAMPUS**



Lane Community College

Center for Meeting and Learning

4000 E 30th Ave, Eugene, OR 97405

Register at: <http://d7toastmasters.org/spring2016>

SUCCESSFUL CLUB

The Three Fs help Flying Toasters soar in Salem

by Ken L. Smith, ACB, Area 41 Director

The Flying Toasters is a Thursday noontime club that meets on the Capital Mall in Salem. The club was chartered in 1997 and grew to a peak of 17 members in 2009. Over the next few years, due to a variety of issues, the membership dwindled down to the minimum allowable membership of eight in 2013. Since then the club has been working very hard to rebuild by focusing on three core tenets.

We call them the Three Fs.

Fun – The number one goal of our club is to keep it fun. Nothing attracts others like a group of people having a good time. All of our meetings have themes, often with a quirky twist. Just some examples include backward meetings, “talk like a pirate” meetings and Tall Tales Throw-down contests with another club. We honor members with awards for progressing in the Competent Communicator manual: Ice Breaker candies are awarded for your first Ice Breaker speech, 3 Musketeers bars for completing your first three speeches and a Toastmaster International name badge for completing your Competent Communicator Award.

Friendly – The next goal of the club is to keep it friendly. In many ways, the club is more of a family than a community group. We have Pizza Night two times a year for families and members. We encourage members to welcome and engage

with guests. Guests are always encouraged to return as often as they would like. Once a guest decides to join, we have an active mentoring program and try to match new members with veteran members very quickly. Twice a year we have an open house and/or membership drives where members are encouraged to invite friends and co-workers.

Focused – There is more to Toastmasters than friends and fun. The next goal is to keep it focused on membership goals. We all have personal goals that we want to reach in Toastmasters. Our VP of Education solicits member goals every year and helps members create a plan to achieve them. Club meetings always have time for two manual speeches as well as Table Topics. Should members have difficulty signing up for a speech in a timely manner, we change to a speech-a-thon format that allows for four speeches and evaluations during a meeting. In addition, our meetings are always timely and effective.

By keeping things Fun, Friendly and Focused, we have been able to come back from the edge, rebuild and thrive. We currently have 23 members and are on track to be President’s Distinguished by June. Things are definitely looking up for the Flying Toasters!



The Flying Toasters

A Multi-cultural, ALL-WOMEN's Toastmasters CLUB



EMBRACING CULTURES

Ladies, join us for a **FREE workshop!**
"Leading with LOVE: Seven Timeless Principles of Effective Leadership"

with District 7 Director Michelle Alba-Lim, DTM, SPHR, MAED

Michelle has conducted seminars and workshops in various parts of the world. She is a certified *Senior Professional in Human Resources*®, a certified facilitator for *The 7 Habits of Highly Effective People*® and *Situational Leadership*® and a faculty of the American Management Association. Her mission in life is to help in bringing out the BEST in people and organizations, and to be a catalyst for others to reach greater heights.

When: Tuesday March 29th 7-8:30 PM

Where: Everest Institute Tigard

(4th Floor, Room 6)

9600 SW Oak St, Tigard, OR 97223

For any questions please email us at:
ec8741@gmail.com or call 9712382104

Enjoy Free Food and Refreshments!

Toastmasters International is a worldwide nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Since 1924, Toastmasters has helped people from diverse backgrounds become more confident speakers, communicators, and leaders.



Tell Me A Story

A BUCKET OF PROP WASH

by Rodger Cook, ACB, ALB

It's Friday, August 29th, 1969. I was nineteen years old, nervous, and also very excited. I walked from my car into the passenger terminal, at the San Jose Municipal, for my very first day on the job. I didn't know airplanes from roller skates, as I had never flown on one. And now here I was about to start work for an airline.

I stepped up to the Hughes Airwest ticket counter and introduced myself to the ticket agent. "Hello, my name is Rodger Cook, and I'm looking for Ward Gross."

The ticket agent, John Peterson, looked at me, smiled, then sort of giggled, "You must be the new guy. Step over here and I'll take you back to the office."

As we entered the back office area, the entire room of my soon to be coworkers went silent, and they stared me down. I felt embarrassed, I wanted to turn around and go back home.

One of the coworkers told me that Ward Gross, the station manager, was waiting to see me in the next office down the hall.

Mr. Gross was sitting behind a large, old wooden desk covered with stacks of papers, tickets, and a telephone. There were bookshelves full of binders, and the walls were covered with photos of the company's aircraft. A cigarette was smoldering in the ash tray.

"Hello Rodger, welcome aboard, come on in and have a seat. I'm Ward the station manager." He reached his right hand out and we shook hands. "Our first flight this afternoon is due to arrive in about a hour, and I want you to

understand some safety tips before going out to work the flight."

"Always wear your ramp helmet, ear protectors, and gloves. Watch where you are walking, never run, and stay away from the airplane's propellers until they have completely stopped . . . or, you could end up like me!"

From under the desk he raised his left arm and I saw "The Hook" for the first time. My eyes became the size of saucers, and I said loudly "Yes Sir!"

Later that evening, after I had received some coaching from my new colleagues on how to guide an aircraft to it's parking spot, I was assigned to greet the next in-bound flight. I had my helmet, ear protection, and gloves on, and I followed my coworkers out onto the tarmac. My heart was thumping as they showed me where to stand.

As the 40-passenger Fairchild F-27 twin turbo prop taxied towards the ramp, my thoughts evolved around what Ward "The Hook" Gross had told me. The aircraft taxied closer and closer, the high pitch scream of the Rolls Royce Dart engines getting

louder and louder. My eyes were popping, my stomach began to churn, and my nervous system began to thrum like a too tightly wound guitar string.

My arms motioned for the aircraft to come forward. Closer and closer it came, the engines ever so loud. My arms began to move slower and then come together. When the aircraft was only 25 feet away, I made the signal to STOP!

My colleagues congratulated me on parking the aircraft right on the center of the painted white line. Yes, I did it!



The next day upon arriving at work, I was taken aside by a fellow worker named Mark. He handed me a bright orange bucket and said that he needed me to go to the United Airlines maintenance office and see if we could borrow some prop wash. He handed me a bucket and off I went.

I knocked on the door and a United mechanic greeted me. I told him that we needed to borrow a bucket of prop wash. Well, he said sorry that they were fresh out, however Air California should have plenty. Thus I headed to their office. This time I was told that they had just used their last bucket full, and wouldn't have more until Friday. They suggested that I try Western Airlines. And so I went. . .

After 45 minutes and visiting every airline's maintenance office at the airport, I came back empty handed. As I returned defeated. I entered the back room, my co-workers were there to greet me, frantically laughing.

This when I discovered that the term "Prop Wash" was the definition for the wind vortex created behind a propeller aircraft. I felt like a fool. . .

On my third day at work I was tasked to see how good of a luggage stacker I was.

The Fairchild F-27 aircraft we operated had the cargo compartment located between the cockpit and the passenger cabin. The access door was about 3' x 5' tall, and was about 3' off the ground. The area was small, and there was an art to stacking luggage in the small confines to insure that everything got on.

After several failed attempts to stack all the bags. I was so proud that I was able to get everything stacked and secured.

Just after climbing out of the aircraft and back onto the tarmac, Dennis, one of my co-workers, looked inside the cargo compartment and said, "Get back up there!"

"What's wrong?", I said, Dennis said that I had stacked the luggage and cargo entirely wrong.

"Now how could that be, everything is on-board and secured." I responded.

Dennis said, "Yes, but you stacked blue bags with red ones, and you also intermixed a plaid bag here and there. It all just clashes terribly! Now redo it!"

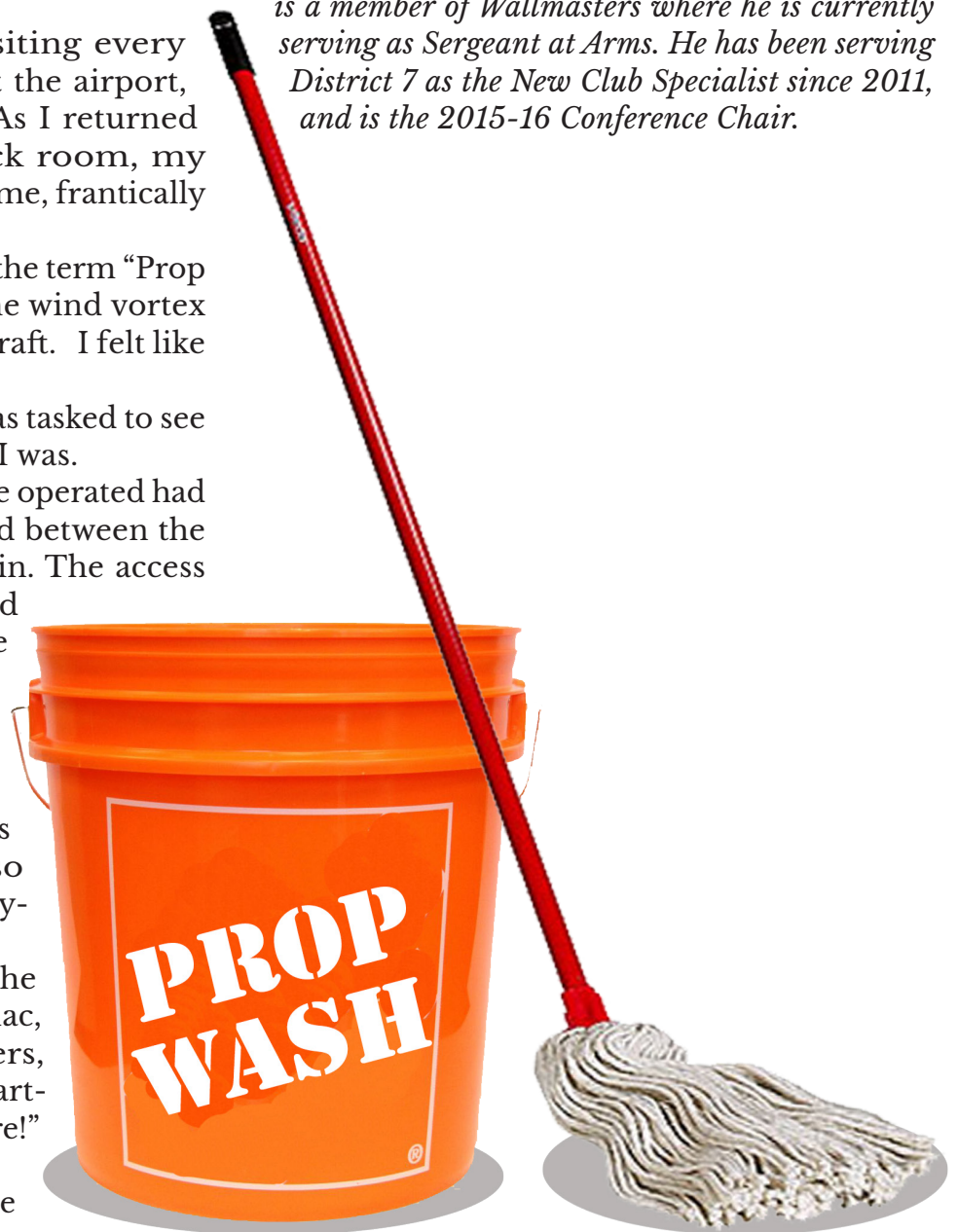
He gave me a big grin, winked an eye, and walked away. Leaving me scratching my head.

I'm sure many of you have some great stories to tell about your first days on the job.

From those early experiences I learned the value of being a team player, and having a good sense of humor no matter what.

Little did I know that these early days would lead to a 30+ year career in commercial aviation—where I went from the ramp to the executive offices.

Rodger Cook joined Toastmasters in 2007. He is a member of Wallmasters where he is currently serving as Sergeant at Arms. He has been serving District 7 as the New Club Specialist since 2011, and is the 2015-16 Conference Chair.



WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Grants Pass Toastmasters Club 852	Lorraine	Sharon
Feather Tongues Toastmasters Club	Stockett	Lily Jasmine
Club Northwest Toastmasters	Bahn	Jannelle
Myrtlewood Hootowlers Club	RADKEY	HEDDY
Jefferson State Toastmasters	HAGERTY	ANA
Yaquina Toastmasters	Norris	Lauralee
University of Oregon Club	Groof	Husain
University of Oregon Club	Philips	Kevin
University of Oregon Club	Tran	Chien
Symantec Toastmasters	Olson	Zoe
Corvallis Evening Group	Qu	Botong
Toast of Corvallis Toastmasters Club	Carter	Katie
Toast of Corvallis Toastmasters Club	Jennings	Michelle
Toast of Corvallis Toastmasters Club	Lonning	Michaela
Toast of Corvallis Toastmasters Club	Wolfe	Rebecca
NuScale Toasters	Wagner	Jayne
MIME Speaks	Albassam	Faisal
MIME Speaks	Bowser	Weston
MIME Speaks	Elatlassi	Rime
MIME Speaks	Fields	Benjamin
MIME Speaks	Hunsaker	Joshua
MIME Speaks	Kittelman	Sage
MIME Speaks	Kopriva	Cody
MIME Speaks	Martin	Molly
MIME Speaks	Morris	Erik
MIME Speaks	Narwankar	Chinmay
MIME Speaks	Rawlings	Taylor
MIME Speaks	Robideau	Jeffrey
MIME Speaks	Solberg	Thomas
MIME Speaks	Sprunger	Aaron
MIME Speaks	Uribe	Andres
MIME Speaks	Wang	Sigi
Yawn Patrol Club	Raiter	Mimi
Yawn Patrol Club	Wright	Scott
Bootstrappers Club	Schaffner	Jan
Flying Toasters Club	Hunt	Jan
Flying Toasters Club	McIntire	Mark
Hood River Club	Ihmoda	Charlene
Gorge Windbags	Ideker	James
Gorge Windbags	McManus	Bailey
Gorge Windbags	Sullivan	Kelly
Moser Community Toastmasters	Myatt	Kristy
Moser Community Toastmasters	Nojima	Elizabeth
Moser Community Toastmasters	Rodriguez	Luis
Banfield Barkers	Alomar	Caryn
Banfield Barkers	Hargreaves	Deborah
Banfield Barkers	Heade	Julie
Banfield Barkers	Ten Pas	Jake

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Fortunate 500 Club	Fitzjarrell	Jesse
Portland Club	Armstrong	Neal
Portland Club	Bruns	Michael
Portland Club	Hart	Kyle
Portland Club	Lyashenko	Vicky
Portland Club	Oliver	Bence
Portland Club	Pew	William
American Red Cross Oregon Trail Chapter	Holden	Donna
Civil Tongues Club	Miller	Sarah
Civil Tongues Club	Miller	Joan
Babble-On Toastmasters Club	Lewis	Matthew
Babble-On Toastmasters Club	Ruiz	Michael
Toast of the Region Club	Yang	Qing
Tabor Toastmasters Club	Alfaro	Danilo
Lake Oswego Toastmasters Club	Lasseigne	Cory
Marylhurst Toastmasters	Lillie	Nancy
Marylhurst Toastmasters	Melfi	Julie
Clackamas County Toastmasters	Nava	Brian
Mentors Of Focus Club	Innes	Kaitlyn
Mentors Of Focus Club	Nejedlo	Denise
Mentors Of Focus Club	Valentine	Michael
I.R. Speaking Toastmasters Club	Mack	Leonard
I.R. Speaking Toastmasters Club	Ryan	Samuel
Audacious Orators	Fox	Haley
Oregon City Toastmasters	Haulbrook	Paul
Oregon City Toastmasters	Mahuika	Dee
Clackamas Stepping Stones Tm Club	Teatsworth	Jamie
Noon Talkers	Gonzales	Mariah
Noon Talkers	Lenroot	Stacy Jo
Noon Talkers	Musser	Pamela
Noon Talkers	Smillie	Chiaki
Oregon Toastmasters Club	Harry	Rajiv
NoonTime Club	Fields	Kelli
Suite Talkers Toastmasters	Meltzer	Daniela
Suite Talkers Toastmasters	Meltzer	Adam
Pearl District Toastmasters Club	Conway	Amy
Pearl District Toastmasters Club	Young-Jackson	Ann
Washington Street Club	Benson	Arnold
Washington Street Club	Romney	Scott
The Society of Oratory Aerialists	Cohen	Ilyse
The Society of Oratory Aerialists	Marquis	Julie
The Society of Oratory Aerialists	Plaughner	Joseph
Speakers By Design	Hennessee	Kelley
Speakers By Design	Wilson	Ellen
Battle Ground Toastmasters	Durmaz	Barry
Battle Ground Toastmasters	Moller	Nathan
Clark County Toastmasters Club	Reich	Jenesa
Astoria Toastmasters	Fuller	Catherine

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Early Words Club	Chace	Hunter
Encouraging Words Club	Wardell	Joey
Liberty Talkers	Woosley	Tina
Sporty Speakers	Rodriguez	Katrina
Sporty Speakers	Wang	Marie
Daylighters Club	Peil	Rodman
Sage Beaverton Toastmasters	Unger	Beth
Walker Talkers Toastmasters Club	Walker	Joshua
New Horizons Toastmasters Club	Chandy	Abraham
New Horizons Toastmasters Club	Kraus	Cathy
Noontime Nomads Club	Wetherington	Robert
Dawson Speakers	Mullett	Michelle
Talk-In-Tel	Zehnder	Laura
Speakeasy Toastmasters	Ghare	Gautam
Speakeasy Toastmasters	Oks	Vijay
Speakeasy Toastmasters	Park	Roy Min Gi
Speakeasy Toastmasters	Singhi	Ashish
Passport To Leadership	Lane	Janice
Passport To Leadership	Miller-Chung	Tura
Tualatin Valley Toastmasters Club	Agbugba	Victor
Tualatin Valley Toastmasters Club	Aleshe	Ade
Tualatin Valley Toastmasters Club	Fanger	Diane
Tualatin Valley Toastmasters Club	Liedtke	John
Downtown Lunchbunch	Kelley	Todd
Downtown Lunchbunch	Meeks	Spenser
Downtown Lunchbunch	Roberts	Rachael
Downtown Lunchbunch	Shah	Atul
Redmond Area Toastmasters Club	Craig	Marilyn
Redmond Area Toastmasters Club	Crockett	Gloria
Redmond Area Toastmasters Club	Crockett	David
Redmond Area Toastmasters Club	Rookstool	Kent
Highnooners Club	Shilling	Ruth
Bend Chamber Toastmasters	Barnholdt	Erin
Bend Chamber Toastmasters	Bell Copley	Noelle
Bend Chamber Toastmasters	Brown	Ryan
Bend Chamber Toastmasters	Kinzer	Paula
Bend Chamber Toastmasters	Mercurio	Danielle
Bend Chamber Toastmasters	Otts	Joe
Modoc Toastmasters Club	Goodyear	Jan
Modoc Toastmasters Club	Jarrell	Lacey
Modoc Toastmasters Club	Kaiser	Amy
Modoc Toastmasters Club	Stevens	Melissa

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	2/1/2016	Corado, Jorge	Lunch Bunch Toastmasters
CC	2/10/2016	Cox, Cleon M.	Feedbackers Toastmasters
CC	2/9/2016	Cox, Cleon M.	New Horizons Toastmasters
CC	2/5/2016	Cox, Cleon M.	Wallmasters International
CC	2/23/2016	Crosby, Nicole A.	New Beginnings Toastmasters
ACB	2/21/2016	Dorner, Catherine Helen	McMinnville Toastmasters
CC	2/28/2016	Duncan, Lindsey B	Milwaukie Talkies
CL	2/14/2016	Edwards, Prince	Smooth Talkers
CC	2/16/2016	Ennis, Melody S.	Gresham Toastmasters
CC	2/26/2016	Ferguson, Mary J.	Gresham Toastmasters
CC	2/19/2016	Flores, Alexander	Swan Island Toastmasters
ACB	2/24/2016	Gantenbein, Michael L.	Jefferson State Toastmasters
CL	2/25/2016	Genly, Elisabeth B.	Tmstrs For Speaking Profes
CC	2/10/2016	Glover, Margie L.	Creekside Toastmasters
CC	2/2/2016	Grabast, Lani G.	Ilwaco Toastmasters
ACS	2/21/2016	Harmon, Phyllis A.	Storymasters Toastmasters
CC	2/12/2016	Hayden, Marc R.	NuScale Toasters
CC	2/16/2016	Holt, Amber M	Silvertongues
ACS	2/10/2016	Johnson, David R.	Fortunate 500
CC	2/8/2016	Lindquist, Leanna	New Beginnings Toastmasters
CC	2/20/2016	Lorenzo, Bernard	Moser Community Toastmasters
CC	2/21/2016	McClellan, Eileen H.	Communicators Plus
CC	2/8/2016	Murphy, Anne M.	NuScale Toasters
CL	2/19/2016	Myers, Tanya	Sporty Speakers
CL	2/17/2016	Naegeli, Elyse R	Encouraging Words
CC	2/10/2016	Newman, Richard L.	Creekside Toastmasters
CC	2/23/2016	Okimoto, Eric J	Professionally Speaking
ALB	2/15/2016	Pena, Jolynne	FIG Masters
CC	2/22/2016	Pirrung, Stella	Lake Oswego Toastmasters
CL	2/21/2016	Proffitt, Lee	Will-Sher
CC	2/16/2016	Putz, Brienna	Mentors Of Focus
CL	2/21/2016	Reynolds, Marsha	Will-Sher
CL	2/21/2016	Reynolds, Marsha	McMinnville Toastmasters
CC	2/10/2016	Rivoli, Barb	Silvertongues
CC	2/5/2016	Robison, James Craig	Portland
CC	2/2/2016	Saxton, Cynthia A.	Chanticleers Toastmasters
CC	2/4/2016	Schmitt, Stephen B.	Timber Talkers
CL	2/24/2016	Semprevivo, Karen Ann	Civil Tongues
CC	2/23/2016	Snow, Wendy K.	New Beginnings Toastmasters
CC	2/17/2016	Stott-Smith, Amanda	Audacious Orators
ACB	2/24/2016	Tucker, Daniel	Toasting Excellence

HONORING EDUCATIONAL AWARDS

CL	2/9/2016	Tuohy, Patrick	West Beaverton
ALB	2/16/2016	Unger, Sue E.	Clackamas County Toastmasters
CL	2/4/2016	Unger, Sue E.	Clackamas County Toastmasters
DTM	2/19/2016	West, Larry J.	Grants Pass Toastmasters 852
ALS	2/19/2016	West, Larry J.	Grants Pass Toastmasters 852
CL	2/26/2016	Wilson, Robert C	Babble-On Toastmasters
ALS	2/25/2016	Winger, Eric A.	Silicon Forest



TRIPLE CROWN AWARD PINS

MEMBER	AWARDS
Anthony, Joseph D.	ALB, ACS, ACB
Bennett, Allison	ACB, CL, CC
Clark, Michael A.	ALB, CL, ACB
Duby, Kendra Morgan	CL, CC, ALB
Fanning, Paul C.	ACG, ALB, CL
Hale, Dawnette S.	ACS, ACB, ALB
Harmon, Phyllis A.	ALB, CC, ACB, CC, ACS
Hills, Dennis Bernard	ACS, CL, ALB
Jensen Cramer, Diana	ALB, CC, CL
Kinney, Ray C.	ACB, CC, CL
Knapp, Thomas K.	CC, DTM, ALS
Lawless, John R.	CL, ALS, DTM
Locke, Julius Patrick	CC, ALB, ACS, ALS, DTM, CC, ALB, ACS, CL
Pena, Jolynne	CL, ACB, ALB
Rose, Jason	ACG, CC, ACS
Semprevivo, Karen	CL, CC, ALS, DTM, ALB, CL, ALB, CL
Stevens, Katherine M.	ACG, CC, CL
Wantz, James	CL, ALB, CC, ACS
West, Larry J.	ACG, ALS, DTM
Wilson, Robert C	CL, CL, ACB

Happy Anniversary To March Clubs

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



A special shout out to Cascade, Coos Bay, and Sunrise who have passed the half-century mark!

Charter	Years	Clubname
3/25/2013	3	Audacious Orators
3/31/2004	12	Babble-On
3/29/2001	15	Battle Ground
3/17/2003	13	Bend Chamber
3/1/1948	68	Cascade
3/1/1999	17	Clark County
3/30/2010	6	Coastmasters
3/13/2012	4	Columbia Communicators
3/1/1944	72	Coos Bay
3/1/1984	32	Highnooners
3/31/2010	6	Liberty Talkers
3/1/1980	36	Lunch Bunch
3/4/2011	5	Milwaukie Talkies
3/1/1993	23	New Beginnings
3/1/1988	28	Patriot Talkers
3/1/1985	31	Prime Time
3/3/2010	6	Professionals of Portland
3/3/2014	2	Salmon Speakers
3/31/2009	7	ScanEagle
3/1/1991	25	Southern Oregon Speechmasters
3/15/2010	6	Suite Talkers
3/1/1954	62	Sunrise Toastmasters Club
3/26/2009	7	Symantec
3/27/2006	10	Tabula Rasa
3/1/1999	17	The Dalles
3/30/2011	5	The Society of Oratory Aerialists
3/30/2015	1	Toast to US
3/7/2006	10	Walker Talkers
3/1/1986	30	West Beaverton

March - April 2016

MARCH

22

Area 53 and 54 Spring Contests 6:00 PM – 9:00 PM Rose City Park United Methodist Church

Areas 91 and 92 International Speech and Evaluation Contest 6:00 PM – 8:30 PM Beaverton Community Center

24

Area 63/64/65 International Speech & Evaluation Contest

Area 72 and 75 International Speech & Evaluation Contests 6:00 PM – 8:30 PM Legacy Good Samaritan

Area 71/73/74 2016 International Speech and Speech Evaluation Contest 6:00 PM – 10:00 PM Standard Insurance Center Auditorium

26

Area 84 Intl Speech & Evaluation Contest @ 1:00 PM – 4:00 PM

APRIL

1

Last Day to Hold Area Contests

2

First Day to Hold Division Contests

Area 83 International Speech Contest @ 1:00 AM Cowlitz County PUD Meeting Room

Division C International Speech Contest and Evaluation Contest @ Keizer Fire Department @ 9:00 AM – 12:00 PM

Central (B) Division International Speech & Speech Evaluation Contest @ City of Eugene Public Works yard, Building 2 conference room

Division A International Speech Contest and Evaluation Contest @ Seven Feathers Casino - Grape Room, Canyonville, OR

APRIL

6

District Executive Committee Meeting call @ 7:30 PM – 9:00 PM

9

High Desert – Division I Speech Contest @ Church of Christ, Redmond OR @ 12:00 PM – 2:00 PM

Columbia Division D Spring 2016 Contests @ Rose City Park United Methodist Church | Portland @ 12:30 PM – 5:00 PM

13

Willamette Division (E) International and Evaluation Speech Contests @ Reed College Apr 13 @ 6:30 PM

16

Downtown (F) Division International Speech & Speech Evaluation Contest @ Connective Dx @ 10:00 AM – 1:00 PM

Sunset Division (H) International Speech and Evaluation Contest @ Tektronix Building 38 Auditorium, Beaverton @ 1:00 PM – 4:00 PM Last Day to Hold Division Contests

23

Last day to hold Division Contests

Division G International Speech and Evaluation Contest @ Cowlitz County PUD @ 2:00 PM – 5:00 PM Cowlitz PUD

Great Social Media Tool

by Leanna Lindquist, DTM

I just heard about a great social media tool, nextdoor.com. My club meets near my home. I signed up for a free account. This way I can keep track of happenings in my own neighborhood. I set up my profile then posted this:



What if there was a way to improve your speaking and leadership skills? What if you could do it on your way to work? Toastmasters is the answer. We meet every Wednesday from 6:40 am - 8:00 am. Drop by and see what we are all about, visitors are always welcome.

I followed it with the address. Within a few hours I had two great responses; both people will visit our club. It couldn't have been easier.

If you live near a Toastmasters Club I urge you to see if nextdoor.com includes your neighborhood. If you don't attend that club you could still post on their behalf. It's all about spreading the word.

Join Us!

Celebration & Open House
April 28th 6:30-8:30pm



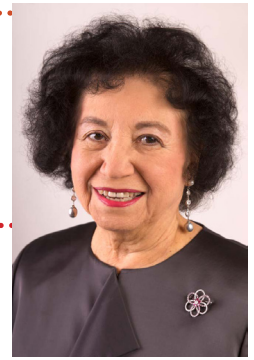
Oregon City Brewery
1401 Washington Street
Oregon City, OR 97045

Light Dinner Served
No Host Bar
Humorous Speeches

pam@changeforthehealthofit.com

Talking Up Toastmasters

by Loretta J. Schwarz, DTM



Since 2003, Bob and I have been host parents to students from Japan, Korea, Taiwan and France. The Pacific International Academy of Marylhurst University offers an English Study Program to students from Asia and other countries such as France and Saudi Arabia an opportunity to study English.

In 2015, I considered introducing our Asian college students to Toastmasters. Nozomi Yoshida was our first student, majoring in International Studies, with interest in the United Nations. Nozomi was very interested in American Culture and volunteered in several activities. She volunteered to teach Japanese at Beaverton High School, volunteered to help with Portland Historical Society, volunteered to help in the only non-profit restaurant in NE Portland. When Bob and I talked to her about Toastmasters, she was very interested in attending a Toastmasters Club.

I called Marylhurst Toastmasters Club to learn about the time and meeting place on Marylhurst University Campus. After looking at her busy English learning and volunteering schedule, we attended Marylhurst Toastmasters Club twice. Nozomi embraced the experience and looks forward to joining the toastmasters club in Hiroshima, Japan. Nozomi returned to Hiroshima, Japan on February 13, 2016 to complete her last two years of college.

After Nozomi returned to her home, Ayane Imamura of Kukuoka, Japan came to live with us for a month. Bob and I introduced Toastmasters Training to her and she was ready to visit Marylhurst Toastmasters Club. On Thursday, March 10, 2016, we visited Marylhurst Toastmasters Club. On the program were four very good and interesting speakers. Ayane expressed how much she learned from the speakers, the Toastmasters program format and will consider joining the Toastmasters Club in Kukuoka, Japan

My Toastmasters experience goes back to 1962 with Oregon Trail Toastmistress Club that met at lunch time in the Bonneville

Power Building. Bob's toastmasters' experience began with the Blue Ox Toastmasters Club in about 1965.

While living on our 4.5 acre Christmas Tree Farm in Cornelius, Oregon in 1975, we became very active in the Hillsboro Toastmasters Club. Bob was the President and worked to meet all requirements for his DTM. From Cornelius, OR we moved to West Linn, Oregon in May 1992. In 1993, we started the West Linn Toastmasters Club with about 12-15 members. It disbanded in 1995 and we joined the Oregon City Toastmasters Club. Bob retired from Oregon City Toastmasters Club in about 2008. I retired as a DTM from Oregon City Toastmasters Club in about 2010. Since I have retired, I have continued to extoll the virtues of Toastmasters Club Program and Leadership Training. I returned to college at age 32 and I contribute good grades to my toastmasters training. After I retired as a Financial Manager with Indian Health Service in 1992, toastmasters training helped me to be elected to the City of West Linn's Budget Committee. In 1985 I was selected from stiff competition to be selected as Federal Employee of the Year in Technical and Managerial Category.

Also, Bob's Toastmasters' experience opened many doors for him in his Civil engineering background. He trained Federal Employees in Safety Management Practices and became the President of the National Safety Management Organization in 1972-1973.

Therefore, Bob and I will continue to tell young people about what the Toastmasters International Program is all about and what this program will do for them. We will continue to take our foreign students to visit Marylhurst Toastmasters Club.

Article submitted on behalf of Bob and Loretta Schwarz by Leanna Lindquist, DTM. Bob is a WWII veteran, and Loretta runs her own business.

Leading the World

Lane Community College • Eugene, Oregon

Friday May 6, 2016 - 7-9pm

Make Your Message Matter Championship Coaching



Join Craig Valentine (the 1999 World Champion of Public Speaking) and get the top tools to keep your audiences on the edge of their seats and persuade them to take your next desired step. Whether speaking to an audience of 1 or 1000, you will pick up tools to...

1. Hook your listeners into your presentation from your very first words
2. Turn your presentation into profits
3. Motivate and influence your audience to take action when you are finished
4. Craft, deliver, and sell your message effectively
5. Present in a confident, assured, and engaging manner
6. Make your message memorable
7. Breathe life into your presentations, bring your audience to you, and build a message that sticks!

This is one interactive presentation you can't afford to miss. Build your confidence and your competence and have lots of fun in the process!

\$25

Appetizers & No Host Bar Included



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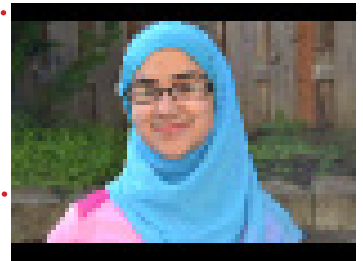


District 7 Toastmasters Spring Conference

Lane Community College
Center for Meeting and Learning
4000 E 30th Ave, Eugene, OR 97405
Register at: d7toastmasters.org/spring2016

Making Future Leaders Today

by Hanin Najjar



Future Stars, a gavel club for Toastmasters International, empowers the youth of today and makes the leaders of tomorrow by training members with the essential communication and leadership skills. Club meetings consist of youth speakers as well as adult guest speakers. However, this club does not only help the youth develop public speaking skills, but hosts speaking competitions, and sends the youth to volunteer with various organizations such as the Oregon Food Bank. With little supervision and help from the coaches, the club is run entirely by youth members. Like any other Toastmasters club the members learn to speak as well as to listen, but what makes Future Stars unique is that it doesn't just teach public speaking skills but life skills in leadership and responsibility.

My name is Hanin Najjar. I am a junior at the International School of Beaverton. Being a part of Future Stars for 6 years now has changed me completely and helped me develop a confidence in myself not only speaking on stage but off stage in a casual setting. I am now more confident in who I am

and I am not afraid to stand out. As former secretary, president, event planner, and current website and social media manager I have seen a lot of how the club runs. It never ceases to amaze me the outcome of youth who are given a chance to shine. The most valuable lesson taught at Future Stars is the the empowerment of the youth. Given the opportunity and the motivation, the youth will bloom and rise above anyone's expectation. It is time to allow the youth to take charge and plant the seeds of leadership in them now. Empowering youth by providing them opportunity and responsibility embeds in them the skills to become future leaders. Future Stars allows these youth members to grow into leaders and makes tomorrow's leaders today.

Check out Future Stars on Facebook www.facebook.com/futurestarstoastmasters

“Developing excellent communication skills is absolutely essential to effective leadership. The leader must be able to share knowledge and ideas to transmit a sense of urgency and enthusiasm to others. If a leader can't get a message across clearly and motivate others to act on it, then having a message doesn't even matter.”

— Gilbert Amelio, President and CEO of National Semiconductor Corp.

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Keep current on District events