

Toastmaster of the Year Phyllis Harmon Puts Her Whole Self In



CONTENTS

04 EDITORIAL

Thank You

by Phyllis A. Harmon, DTM

05 COVER STORY

Toastmaster of the Year Phyllis Harmon Puts Her Whole Self In

Toastmasters Convention Highlights

by Erik Bergman, DTM

07 Tap into Your Inner Power Communicators Plus

08 AS I SEE IT...

Vision For the Future

by Leanna Lindquist, DTM
District Director

11 Present the Best You Go Make a Difference Toastmasters

12 FROM THE DESK

Club Success Plan Incentive And the Winners Are. . .

by Donna Stark, DTM
Program Quality Director

14 FROM THE DESK

Learn the Language of Inviting

by Cathy French, DTM,
Club Growth Director



16 JOURNEYS

Eric Winger, DTM - Coach - Mentor
- Speech Champion
David Johnson

by Brinn Hemmingson, ACG, CL

17 Turn Your Unique Gifts Into Financial Rewards Patriot Talkers

18 Leadership, Personal Growth, & Rap

by Sarah Evans

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20 SUCCESSFUL CLUB

My View of a Successful Club

by Cathy French, DTM,
Club Growth Director

22 Celebration of Communication and Leadership

by Phyllis Harmon, DTM
Public Relations Manager

24 An Ideal Year

by John Rodke, DTM





- 26 And the Winner is. . .
by Darren LaCroix, 2001 World Champion
of Public Speaking
Reprinted by Permission
- 28 The Secret of Success
Clackamas Stepping Stones
- 30 PUBLIC RELATIONS
Making Your Story Newsworthy
by Phyllis Harmon, DTM
Public Relations Manager
- 32 It's Worth More Than Two Cents
by Eric Winger, DTM



- 33 JULY - AUGUST CALENDAR
- 34 Scot Stevenson - Jump In With
Both Feet
by Linda Bradley, CC, ALB
- 36 Strive2Thrive
Need More Speeches?
by Allison Bennett, DTM
Club Coach Coordinator
- 37 WELCOME NEW MEMBERS
- 39 HAPPY ANNIVERSARY TO
SEPTEMBER CLUBS
- 40 HONORING EDUCATIONAL
AWARDS
- 41 TRIPLE CROWN AWARD PINS
- 42 Speechcraft, The Toastmaster's
Most Powerful Tool
by Michelle Alba Lim, DTM
Immediate Past District Director
- 44 TELL ME A STORY
Hooves in the Grass
by Lynn Deal, CC





EDITORIAL

Thank you!

by Phyllis A. Harmon, DTM
Editor/Publisher

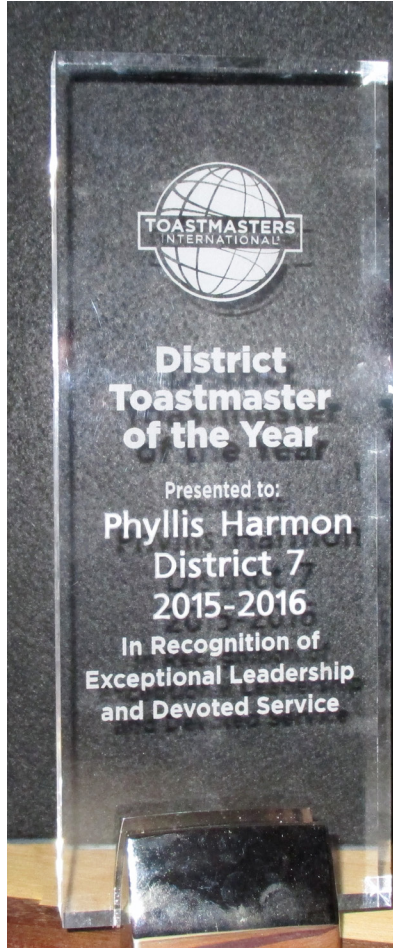
How do you say thank you when presented with the highest recognition the District offers? You do it with humility and gratitude.

I have a lovely trophy sitting in a prominent place on my bookshelf. Every time I pass it, I'm reminded of the people who gave me opportunities to step forward and serve. My journey, culminating at the Celebration of Communication and Leadership on August 27th, began at the Fall Conference in 2008. During the business meeting, Lynda Sloan was announced as the Conference Chair for the 2009 Spring conference. As a brand new Toastmaster, I hoped there would be opportunities for me to get involved outside my club. I volunteered (and was accepted) to serve on Lynda's conference committee. I've never stopped volunteering.

Luckily, District leaders have always found a spot for me. Whether it was serving as a roustabout at conferences, TLIs, and networking events, education coordinator, conference chair, webmaster, mentor/coach, or district officer, they've allowed me to stretch and grow into a much better version of myself.

Along the way many people have guided, coached, and brought me to task. I thank all of you for your continuous support and feedback. I know that who I was before starting my Toastmasters journey is not who I am today. I'm still half-baked, I know, with many trials ahead of me (hopefully, I'll acquit myself well without too many faux pas).

Thank you for the honor and privilege of serving you this past nine years. I look forward eagerly to our continued journey together.



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Voices! is published monthly by District 7 Toastmasters. First issue published August 2014. Submit articles via email at voices@d7toastmasters.org

TOASTMASTERS
INTERNATIONAL

Toastmaster of the Year Phyllis Harmon Puts Her Whole Self In

by Erik Bergman, DTM



Phyllis Harmon can't say she wasn't warned. When she joined Toastmasters in 2008, people cautioned her it could take over her life.

They were right: "It has taken over," she says. As proof, to catch up with her for this interview was a matter of finding a gap in her schedule between other Saturday morning Toastmasters events. Over a cup of coffee and a muffin at a Lake Oswego café, she took time to share why she is so deeply involved in leadership and communications training.

Ask her how much time she dedicates to her hobby, and she just smiles. Let's guess that for most people it would be a full-time job, and then some. Why does she invest so much in an unpaid, volunteer activity? In a word, joy. She says, "I get joy out of watching people grow from bud to full bloom and knowing I played a part."

That love of Toastmasters, and her service to countless members, earned Harmon the District 7 2015-16 Toastmaster of the Year Award at the Celebration of Communication and Leadership in August. This adds to a résumé that already includes Distinguished Toastmaster and past District Governor, among other achievements. The list of her current and planned Toastmasters activities is honor-worthy:

- She's into year three as the founder, editor and publisher of *Voices!*.
- She co-hosts a monthly TV interview show in Salem, "Culturama," which airs on cable access in the mid-Willamette Valley.

- She serves as Public Relations Manager for District 7, where she seeks new ways to tell the success stories of members and clubs districtwide.

- She is learning how to create podcasts to extend the Toastmasters message to new audiences beyond current members.
- Her dream is to create a D7 TV series to portray the life and achievements of Toastmasters members, and a District 7 blog, and. . . well, you get the idea.

Almost none of these activities is based on skills she built during her career in the healthcare industry, from which she retired in 2012 (and when Toastmasters began to take over her life). Rather, she learned these skills through practice in what she calls "the Toastmasters laboratory." She says, "I want to know what

I'm getting into before I jump in." And when she jumps in, she makes a splash.

Feeling the joy of helping others achieve their goals keeps her involved as a member of seven clubs and an

officer in several. Better raise that to eight clubs: She is helping to pioneer one of the first on-line clubs, Great White North Online Toastmasters. Members from countries including the U.S., Canada, England and Bangladesh have already joined as it nears the 20 members needed to charter. The club is already holding face-to-face online meetings, which she notes is a great way to learn to use the latest videoconferencing technology.

Harmon joined Toastmasters literally for career survival: She was told she needed to become a better communicator or lose her job. How she



Celebration of Communication and Leadership 8/2016



TLI Winter 2016 Triple Crown Recipient



Division I (High Desert) Club Officer Training Winter 2013

survived makes for an inspirational speech she often gives at kickoff meetings to help start new clubs. With her job on the line, she gained listening and speaking skills in Toastmasters that resulted in a \$500,000-a-year boost to the company's bottom line, due to her improved communications with the company's managers.



Audo Engineer at TV Toastmasters 2015. In studio with Rose Wellman, video engineer

Go ahead, call her a perfectionist. Call her obsessed. She's heard it before and owns up to it. "I have to work very hard because I want to give people what they expect—which is the bane of my existence, since I never please myself. I always know I could have done better. And what I expect of myself, I expect of others."

She adds, "I learned at a very young age to live up to your commitments to the best of your ability. If I make a commitment, I put my whole body into it, my whole mind. Even if you are not successful, people will recognize you are doing it with the best intentions."

Since her first leadership role as an Area Governor, her commitment to develop herself and others has grown stronger, as has her understanding of leadership. "I made a lot of mistakes in District leadership that I will spend years trying to live down," she admits. "Leadership is a game of trying something and, if it doesn't work, trying something else. I have a thick skin, which comes in handy because you'll never convince everyone you are doing the right thing."

She is passionate, too, about inspiring others to step up to leadership roles so they can make a difference.

Her life in retirement is hardly the leisurely pace many people dream of. Harmon says her husband, Van, approaches her Toastmasters obsession "with a gruffness that I don't take to heart. He wants me to be successful. I have no work-life balance as he sees it, but to me it is perfect."

Along her Toastmasters journey she has picked up words to live by. Let's call them Harmonisms:

"Be passionate about any path you take."

"Be authentic. Speak from the heart. Tell the truth."

"We are always growing and stretching."

"When people have a need, I'm there. Not for me, but for them."

"People need to know what their life's mission is. If they don't know, they can come to me and I can help get them there."

As an example of someone with a mission, she cites Judy, a member of Toastmasters for Speaking Professionals, who helped a weavers guild in Africa get its products out to the world



Schmoozing with Janet Cerasin, Newberg Toastmasters, at 2016 Celebration of Communication and Leadership

market. "What you share is so important to the world," she says. "If you don't take what you learn and share it, what is the point?"

At this stage in life she still considers herself a "work in progress."

"I want to be part of something bigger in the wide world," she says about what might come next, whether with Toastmasters or in some other role. "I want people to feel good about themselves and become who they want to be. What legacy do they want? What do they want to be known for? Now's the time to start building it."

Erik Bergman, DTM, joined Toastmasters in 2007. He is a member of three clubs: Molalla, Storymasters, and WE Toasted. He is currently serving as Sergeant at Arms for WE Toasted Toastmasters in Lake Oswego, and is the immediate past District 7 Club Growth Director.

Tap into Your Inner Power

RESHAPE & *IGNITE* YOURSELF TO SHINE!

Featured Speaker: Joe Polk - Keynote speaker, trainer, facilitator, small business mentor—passion ignitor

A combined total of 37 years in the customer service industry uniquely positions Joe Polk to identify, develop and hone the entrepreneurial spirit that drives business owners onward, leading them to a passionate, focused and successful business future. As a trained operational intelligence analyst for the U.S. Air Force, this unique skill set provided Joe with a precision based education in observational and interactive communications. Today, Joe uses these skills to remove the veil and 'open up' new possibilities for his clients.



Tap into Your Leadership Potential and Passion

Biology. Psyche. Application. Three words. Simple yet strong words. They are the key to unlocking an equation that has helped create limitations that shouldn't exist. Some people live their entire lives without tapping into their leadership potential and passion because they simply don't know how.

In this presentation you will learn how to

- unlock your areas of expertise and confidence
- and leverage them in every part of your life

The desire and pleasure you experience every day increases the energy you will have to grow your business, identify the right people for the proper position, and create the success you have planned and dreamed of. This is the time to reshape your life and ignite yourself to SHINE!

Where: Aspen Ridge Retirement
Great Room
1010 Purcell Blvd, Bend, Oregon
When: October 5, 2016
Time: 6:00-8:00pm
Contact & RSPV: William Martin
skimartin@bendbroadband.com

Free Admission
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AS I SEE IT...

Vision for the Future

by Leanna Lindquist, DTM—District Director

Sit back, close your eyes and imagine. It's August 25, 2017. You're in Vancouver, B.C. at the Toastmasters International Convention. (You always wanted to attend one. This one is close to home.) You and dozens of District 7 members have made the trip. This is it, the big moment. You smile as you grab a corner of the banner proclaiming District 7 a Presidents Distinguished District. Amid thunderous applause you walk to the center of the big stage. The lights are bright. The cameras are flashing. You can't remember when you felt so proud.

Does this sound like a pipe dream, or just wishful thinking? It is neither. Presidents Distinguished District is the goal set forth by our Directors. They chose this goal based on where we are today, and where we need to be on June 30, 2017.

I'm sure you are familiar with the phrase, "it takes a village." Our village is District 7, made up of 172 clubs and over 3000 members. There is no limit to what "our village" can accomplish when we all pull together.

Here's what we need to do . . .

- Keep our members
- Bring in new members



Our Envisioned Future - District 7 Toastmasters surpasses all it's goals this year. Members from across the District



- Start new clubs
- Earn awards

This is how we do it. We offer a quality club experience. Our members stay when they feel they are getting their money's worth and are part of a community.

If you are excited about your club, TALK ABOUT IT. Talk to your co-workers, the new college graduate in your neighborhood, and family members. Others will want to share in your experiences. Invite them to a meeting just to see what it's all about. Wear an "Ask me about Toastmasters" button and people will talk to you.

Would your place of work benefit from a

club? Do you know a business owner? You don't need to start the club yourself, just bring the lead for the club to the District.

Do you have manuals that are partially completed? Is your Competent Leader Manual collecting dust? Haul them out and do a "book review." Create a list of what projects you need to complete to earn an award. Once you have your list set a timeline for yourself. Imagine what can be accomplished by delivering one speech and filling two meeting roles a month.

Awards are a measure of personal growth and achievement. Now that you know how we



istrict will be on stage at the Toastmasters International Convention in August 2017.

can become a President Distinguished District, let's talk about the why.

As I see it, every member deserves to belong to a Presidents Distinguished Club. What would it mean for you? More speakers, more evaluators, all the roles filled at meetings, a full slate of club officers, great meetings, and members who actively work to achieve their personal goals. Does this sound like the kind of club you want to call your home club?

Awards are a way we measure our progress. When you submit an award it means you are actively working the program. The more you work the program, the more you get out of it. It's your personal success that leads to a Presidents Distinguished District.

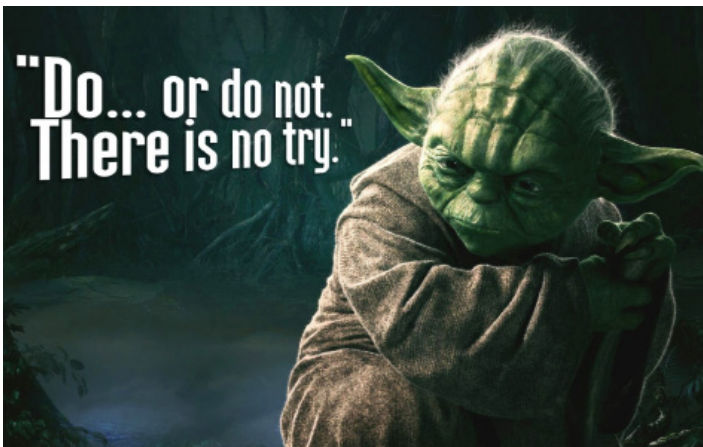
Our countdown to Presidents Distinguished District begins now. Join me in making a pledge that will enhance your membership experience, help you reach your personal goals and secure District 7's place in the banner parade.

- Create a club culture that fosters member

Pledge Now!

- retention
- Bring in a new member
- Start a new club
- Earn an award

Pledges will be acknowledged in the next issue of Voices!



Fundamentally, I believe that the ability to communicate is a God-given talent, which ought to be used by all for the good of all. It is our privilege to help bring this talent into greater usefulness, so that it may be applied to the building of a better world, through the building of a better society made up of individuals who must act in groups. I believe that in bringing improvement in the way of "better thinking, better listening, better speaking" to individuals, we are contributing to the improvement of the society which is made up of these individuals. I like the way that Orison S. Marden phrased his conception of speech training, when he wrote; "The ability to talk well is to a man what cutting and polishing are to the rough diamond. The grinding does not add anything to the diamond. It merely reveals its wealth."

Dr. Ralph Smedley



Go Make a Difference Toastmasters

Present The Best You!

Learn to command a room with your body language and voice at this free Toastmasters event.

Our star presenter will be James Wantz, Dynamic Movement Coach and 1st Place Winner of 2016's Speech Evaluation Contest - District 7

September 26, 2016 ~ 6:30 pm - 7:30 pm

Holy Trinity Church, Beaverton
13715 SW Walker Rd



"By focusing on the physical aspects of presentations, I give speakers the tools to make their presentations dynamic, interesting, and alive."

- James Wantz

For Information: Don Ferris dofer69@comcast.net

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Questions?

Contact: Joe Anthony bymyheel@gmail.com
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what Toastmasters
can do for you!**



FROM THE DESK

Club Success Plan Incentive – and The Winners Are. . .

by Donna Stark, DTM—Program Quality Director

The real winners are the members of clubs where the officers have taken the time to assess their club's needs, set goals, developed action plans to achieve those goals, and documented them in a Club Success Plan (CSP). What is a Club Success Plan? It's the roadmap to success for a club that meets the needs of its members. To encourage club officers to discover the value of a Club Success Plan, those that prepared and submitted a CSP to me were entered into a drawing for one of three \$100 Toastmasters International gift certificates. Seventeen clubs took advantage of the opportunity.

I define a successful Toastmasters club as a club in which members are working the program – making progress through the Communication and Leadership tracks. It's a club that takes care of business for its members—submits applications for awards, dues, and other reports in a timely fashion. It's a club with a team of officers that takes advantage of training opportunities so they are prepared to effectively serve their members. Club success equates to member success.

Even when you have a map (or GPS),

sometimes you need to change course (recalculating!). There is benefit in simply preparing a Club Success Plan, but the maximum value is realized when it is used. Don't file it away and forget it. Make the CSP a standing agenda item for each officer team meeting. Evaluate your progress, adjust the plan as needed, repeat.

All seventeen clubs that submitted plans have their roadmap to success in place. Congratulations to the three clubs that will continue their road trip with \$100 certificates from Toastmasters International – Downtown Lunch Bunch #2714463, Corvallis #395, and Daylighters #2039!

If your club hasn't prepared a Club Success Plan, download Item 1111 from the TI website and map your club's course to Success!

The first round of officer training has wrapped up with 127 clubs completing half of the officer training goal for the Distinguished Club Program by having at least four officers attend district-sponsored training. A special shout out to the Central Division, with every club having at least four officers trained.





The following 28 clubs went all-in and made sure all of their officers received training. These clubs will receive a token or recognition and appreciation, suitable for putting on their club banners. Congratulations to:

- Audacious Orators
- Babble-On Toastmasters
- Bridge Toastmasters
- Capital Toastmasters
- Civil Tongues Club
- Columbia Toastmasters
- Columbian Club
- Communicators Plus
- Coos Bay Toastmasters
- Highnooners
- Hopemasters
- Jefferson State Toastmasters
- La Pine Chamber Toastmasters
- Liberty Toastmasters
- Marylhurst Toastmasters
- McMinnville Toastmasters
- Mentors of Focus Club
- MIME Speaks
- Modoc Toastmasters Club
- Moser Community Toastmasters
- Portland Club
- Redmond Area Toastmasters Club
- Silvertongues
- Smooth Talkers Club
- Spirit Trackers
- Warner Mountain Club
- Yaquina Toastmasters
- Yawn Patrol Club



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something new,
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opportunity to
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FROM THE DESK



Learn the Language of Inviting

by Cathy French, ACG, ALB—Club Growth Director

Here are a few ideas where you can look for club members, or maybe even start a club specifically for them.

Professional Associations (Bookkeeping, Real Estate, Certified Public Accountants, Architects, Engineers, etc.)—Members of professional organizations tend to be from one specific type of industry. Their primary purpose is to exchange information and ideas about their industry. Invite them to come as guests to a meeting. They can become a member in your club, or suggest other people who might join.

Women's Organizations (EWomen Network, Professional Saleswomen, WE of the World, etc.)—Members here are diverse in structure and makeup. You can meet a CEO of a company here. These organizations tend to be concerned with education and professional development as well as networking. It's a great place to look for new members.

Community Service Organizations (Rotary, Lions Kiwanis, etc.)—Just like Toastmasters, the goal of these organizations is to put something back into the community. They garner good public relations. Here you will meet the movers and shakers of the community. No overt networking allowed here. You will need to develop trust and facilitate a referral atmosphere.

Homeowners Associations—Meet consumers, business owners, and CEOs at the meetings. Invite them to a meeting.

If you are a member of any of these organizations, invite a fellow Toastmaster to go with you as a guest. That's two of you to speak up and invite.

Also, remember to introduce them to the members when they do come to a meeting. Ask them to join. Do not let them leave

without at least one ask.

Are you involved with, or have access to Little League, Girl Scouts, Boy Scouts, Baseball/Soccer/Football leagues, PTA, boating clubs, or car clubs?

Do you go to pot lucks, barbeques, parties, cruises, concerts, or a plethora of other social events?

Do you network with other parents or with your social network, if not why not? Do they have the same needs as you? Do they spend money on doctors, dentists, remodels, chiropractors, massages, insurance plans, and mortgages?

Could they benefit from the people in your club? Do you know what kind of businesses they are in? Start building the relationships with these people the same way you do your business contacts. Drop them a line out of nowhere. Send them a card, ask them about themselves. Invite them to come as a guest to your club.

Learn the Language of Inviting—Invite someone every day!



Getting the **MOST** out of Toastmasters

Toastmasters offers all members opportunities to grow their leadership and communication skills. Here are just a few ways to take advantage of what's available:

Toastmasters Leadership Institute (TLI)

District 7 offers TLI twice a year—Winter and Summer. Sessions include club officer training and a variety of other topics you may be interested in. TLI is open to all members regardless of how long you've been a member. Seasoned members return to bone up on some of the basics. (This is a great place to find or remember your WHY?) New members come to learn more about the world of Toastmasters and meet members from across the District.

Advanced Training

Toastmasters International's website contains information on everything Toastmasters, including podcasts, online training, downloadable manuals and forms, and thousands of topic-specific articles.

District 7's e-Magazine, *Voices!*

A monthly e-magazine written by members that keeps you up to date on upcoming events and important information, and offers perspectives and experiences on a variety of topics.

Toastmaster Magazine

Each month, members receive the Toastmaster magazine in their mailbox. It is filled with tips, techniques, and articles that help you become better informed and connected with the worldwide Toastmasters community.

Social Media

Toastmasters International as well as District 7 have an online presence. Facebook pages and groups, LinkedIn groups, and Twitter are available to members across the globe. Members talking to each other, discussing issues, and sharing best practices help foster the sense of connectedness and community.

Check them all out—you never know what you'll discover!

25¢ A DAY

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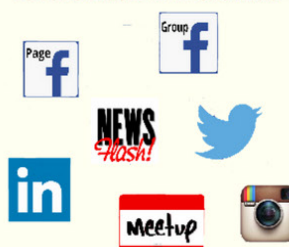
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JOURNEYS

Eric Winger, DTM—Coach—Mentor—Speech Champion

by Brinn Hemmingson, ACG, CL

Those Toastmasters lucky enough to know Eric know he is a man of warm, easy humor who enjoys talking about family. And ironically enough, it is that very subject that brought him



to Toastmasters. In 2009, Eric was going to be the President of his children's elementary school PTO—and he did not know how to run an organization. A friend suggested he attend a Toastmaster meeting, saying how they ran meetings and had fun, neither of which sounded like fun to Eric! Yet, fortunately for all of us, he went anyway.

Eric is a member of Silicon Forest Toastmasters and Feedbackers. Like many Toastmasters, he's served in most if not all the officer roles. He was president of Feedbackers four times in the past and an Area Governor. He is the VP of Membership for Silicon Forest.



often took criticism poorly, sometimes reacting angrily to even helpful advice. Today, I view a lot of that criticism as coaching. That has helped

In his "other life" Eric is a software engineer for GemTalk Systems. He says, "I thank Toastmasters for helping me improve my listening and feedback skills. I

me to grow every day." His appreciation of feedback echoes other Toastmasters who feel they grew most in their ability to listen which improved their performance at work.

Eric won the District 7 Humorous Contest in 2012, and the Evaluation



contest in 2014. He says, "I'm happy to say that I've lost far more contest than I've won. I say I'm happy because in spite of the gut-punch that losing gives you, losing is the place where one grows."

Eric said that his best Toastmaster moments don't come from the contests or his recent DTM, but rather from coaching students at Future Stars and mentoring fellow Toastmasters with speeches or speaking techniques. These are the moments when he is given the opportunity to give back to the community that has been "so gracious and kind." As he puts it, "More importantly, it's a chance to make small difference in someone's life. I can't think of anything better than that."



Turn Your *Unique* Gifts into Financial Rewards

Take Control of Your Career and Find Your Passion—Free Admission!

Featured Speaker—Jennifer G. Anderson

Author, Career Strategist, Speaker, Distinguished Toastmaster

Jennifer Anderson is the founder of Full Bloom Career Academy, a full-service career training and coaching program. A self-proclaimed “High Tech Refugee,” Jen has spent the last 15 years teaching thousands of people the concepts of how to create a thriving career.



If something is missing in your career. . .

. . .if you feel you're making far less money than you're worth or that you might not be achieving your purpose in this go-round on the planet—then now is your chance to transform that forever. In this presentation you will discover

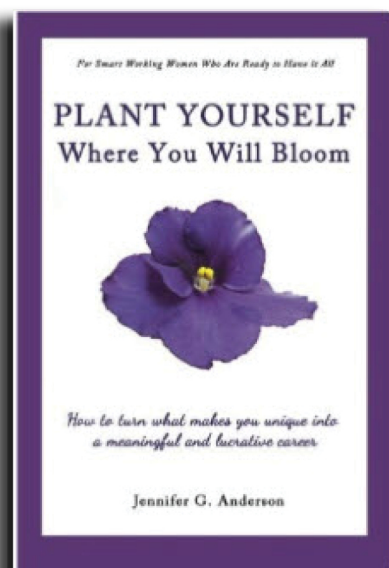
- How to Find Your Perfect Work**
- How to Find your Next Perfect Job**
- How to Take Charge of Your Career**

When: September 27, 2016

Where: Standard TV and Appliance
Conference Room at Rear of Store
5240 SE 82nd Avenue
Portland, OR 97266

Time: 7:00-8:15pm

RSVP Leanna Lindquist
dd@d7toastmasters.org



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Leadership, Personal Growth, & Rap Welcome to MacLaren YCF Toastmasters

by Sarah Evans, Oregon Youth Authority Communications

Warith M. went to his first Toastmasters meeting because they served coffee and snacks, and it was a chance to do something outside his living unit. He had no idea what the organization was — he says he “thought it was about toast.”

Four years later, Warith is president of the MacLaren Youth Correctional Facility Toastmasters chapter, and he says the experience has been instrumental in helping him interact more positively with others.

“I’ve never been shy about public speaking, and I always try to put on an air of confidence when I’m talking to people,” he says. “But I’ve learned to be more polished. When I’m talking to people, I’m rough around the edges. I don’t like censoring myself. I need to make it better so I can communicate with everyone, not just people I’m comfortable with.”

Helping youth learn to be more confident communicators — whether they are in front of a crowd, in a work environment, or simply with each other — has been the goal of MacLaren’s Toastmasters chapter since it formed five years ago.

The group, called Hopemasters partly because it is offered through Janus Youth Programs’ Hope Partnership, is one of 15,900 Toastmasters International chapters worldwide. The club is open to all youth at MacLaren, as well as staff and the general public; currently, a volunteer participates along with the youth.

Toastmasters’ mission is to empower individuals to become more effective communicators and leaders. The organization does this by providing supportive environments

where members can learn together and help each other develop their communication and leadership skills.

If outside Toastmasters were to attend a meeting at MacLaren, they would find many familiar formalities. The members have well-defined roles, including a timer who ensures speakers are following the proper time limits; a grammarian who tracks speakers’ use of unnaturally long pauses and fillers such as “ah” or “um”; and speech evaluators who provide speakers with positive feedback and suggestions for improvement.

What makes the Hopemasters distinctive

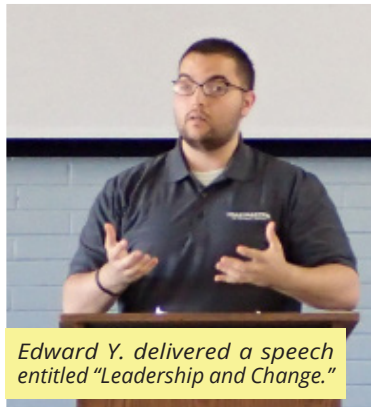
is the speech topics they choose — topics that reflect their backgrounds and circumstances. At a July meeting, when asked what he would change if he was president, one youth said he would “change the ghettos because nobody needs to live in such cramped up areas.” Another youth, in a speech titled,

“Leadership and Change,” urged the audience to consider, “What should our mission be here in this facility? It should be to change our attitudes and behavior through personal growth.”

Warith spoke about his longtime love for freestyle rap. He related how, during his incarceration, he shifted from rapping about “cars, money, clothes, and women” to topics that “could help people know how we feel when we’re locked up here.”

“I learned that you could rap tight and rap about something with conscience at the same time,” he told the group before sharing a freestyle rap about his struggles with anger and distrust of people in power.

Not every youth focused on his current circumstances, however. Gustavo P., the club’s vice president of education, discussed scientific



Edward Y. delivered a speech entitled “Leadership and Change.”



Brandon D. led the Toastmasters meeting



Warith M. shared a freestyle rap during a recent Toastmasters meeting

ideas about whether other life exists in the universe. His topic was based on a research question he had explored in one of his college classes.

Gustavo joined Toastmasters two years ago to face his fear of public speaking. “You should have seen my shirt after my first speech,” he says. “It was drenched in sweat. My friend said, ‘You look like you just ran a 5K,’ and I said, ‘I was just up there giving my speech.’”

He hid his anxiety well at the recent meeting, using a PowerPoint presentation to show data while walking confidently around the front of the room as he spoke. He is working toward earning a Competent Communicator award through Toastmasters.

“It looks great on your resume, and you get to improve your skills,” he says. “I want to be a personal trainer, and I’ll have to talk in front of strangers all the time.”

But that’s not the only way he sees the group helping him. “Sometimes we have to go in front of judges and important people,” he says. “Not being scared and having the right skills helps a lot.”



The timer held up a yellow card to show speaker Gustavo P. that his speech had reached the six-minute mark.

Several members say that joining Toastmasters — and finding support there from staff and other youth — has helped them discover skills they didn’t know they had.

Brandon D. first found his talent for public speaking several years ago when he was asked to speak at his high school graduation at Hillcrest Youth Correctional Facility. When he transferred to MacLaren earlier this year, Toastmasters seemed like a natural fit.

“I really like to reach out to people, put words together, and see what happens,” he says. “Public speaking is something that the majority of people think

they can’t do. After you get that confidence, and you get up there and do it, you just don’t want to quit.”

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This article was originally published in the August 2016 Oregon Youth Authority newsletter. It has been reprinted by permission of the author. Sarah Evans is the Deputy Communications Manager for Oregon Youth Authority, Woodburn, Oregon.

“A person who never made a mistake never tried anything new”

Albert Einstein



SUCCESSFUL CLUB

My View of a Successful Club

by Cathy French. ACG, ALB

What is Success?

Success = Doing the right things at the right Time!!

Success can mean feeling that tingle of excitement about what you do—sticking with it through the hard times no matter what happens. Success is GRIT—the power of passion and perseverance. Isaac Alex Phiri defined his ideas of success as follows:

I cannot really give one specific meaning of success, but I would say success is simply:

- 1. reach to a place where your dreams were pointing to*
- 2. when you get what you really wanted*
- 3. when you triumph over your adversaries, obstacles and barriers of life.*

To all the above, success cannot be a when, but it has to be something within you.

Here's a story about Symantec, a club I considered a Successful Club in the 2015-2016 year. It is a corporate club in the Springfield/Eugene area. I was their Area Director. I was immediately impressed when Club President, Paula Whipple, reached out to me to introduce herself before I was even familiar with the names of the clubs I would be visiting.

Paula let me know about the corporate club, how the members were excited to meet me, and the routine I needed to follow when I visited. Before I arrived, I had a background on some of the members, what the clubs' goals were, and where they were at that time. I have to say, this was the easiest visit I could plan.



**No More Grace Period!
Don't Let Your Membership Fade Away
Submit Your Dues Before September 30th**

When it comes to being successful, confidence is a vital component—not just your own confidence, but the confidence your entire club has in you and in themselves. This club was filled with confidence.

When I visited the club, they had already completed their Club Success plan, had goals set, and were avidly working on manual speeches. Both the club and I had high hopes for their year.

As the year went along, the club was hit with challenge after challenge. Layoffs and a company that split in two, leaving less than half of the members they'd started with. The goal of membership was to hit 20 this year to become a distinguished club. Their base started with 16 members, they were down to 6, and it was already late in the Toastmasters year. What could they do about it? It certainly wasn't the club's fault that so many members were lost.

(This is where my definition of success comes in to play.) Paula and the rest of the club rallied and recruited 9 new members. They continued working their manuals and were able to complete 6 of the Distinguished Club Goals. They would have been a Distinguished Club. Unfortunately the loss of 10 members still left them short of the membership goal.

Did they give up? Nope they are at it again, working hard in their manuals, participating in programs when they are able, and getting right back to recruiting new members.

I am not their Area Director this year, but I can foresee another successful year for them—no matter what the challenges!

I live my life by the poem *Don't You Quit!* When I read it, I am reminded of Symantec. I hope you and your club will take it to heart.

**GOOD LUCK SYMANTEC
YOU ARE SUCCESSFUL**

DON'T YOU QUIT!

When things go wrong, as they
sometimes will,
When the road you're trudging seems
all uphill,
When the funds are low and the debts
are high,
And you want to smile, but you have
to sigh,
When care is pressing you down a bit-
Rest if you must, but don't you quit.
Life is queer with its twists and turns,

As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck
it out.

Don't give up though the pace
seems slow -
You may succeed with another blow.

Often the goal is nearer than

It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the
victor's cup;
And he learned too late when the night
came down,
How close he was to the golden crown.
Success is failure turned inside out—

The silver tint in the clouds of doubt,
And you never can tell how close you are,
It might be near when it seems afar;
So stick to the fight when you're
hardest hit -
It's when things seem worst that you
must not quit.
(Author Unknown)

Celebration of Communication and Leadership

August 27, 2016 - Photo Highlights

“Of the Year” Awards

Toastmaster of the Year—Each year District 7 awards the title of “Toastmaster of the Year” to the individual in the district who exemplified all that is Toastmasters.

Division Director of the Year—Awarded to individuals that have worked well with the Area Directors within their Division and with District Officers. They have been a positive, motivational force in the District in addition within their Division.

Area Director of the Year—Awarded to individuals that have had a positive, motivating force in their Area and the District. They have had successful Area contests and quantifiable results in the Area in membership, educational accomplishments, dues paid, and Area visits to clubs.

Lou Webb Award—The Lou Webb Award is named after the District 7 telephone Coordinator. This award is for long-time service to the District. Individuals are experienced advisor for District Officers, not for the glory but simply out of dedication to serving the District.

Rookie of the Year—The Rookie of the Year is awarded to individuals in their first year of activity at the District level (as an Area Director, committee chairperson, etc) has demonstrated contagious enthusiasm and energy.

Herb C. Stude Educational Service Award—Named after Past District Governor, Herbert C. Stude, DTM. This award recognizes the person who has delivered the most educational service to District 7 members, whether through educational modules or educational sessions at District meetings and conferences. This person represents the teacher who gives to others, and motivates them to learn.

Spirit Award—Awarded to individuals whose service to the District specifically helped Trio members achieve their goals or that provided outstanding service not covered by the other Of the Year awards.



To view more pictures from the Celebration of Communication and Leadership click [here](#)

Of the Year Awardees



Toastmaster of the Year—Phyllis Harmon



Division Director of the Year—Kathleen Tully



Area Director of the Year—Lisa Hutton



Lou Webb Award —Scott Stevenson



Rookie of the Year— Emilie Taylor



Herb C Stude for Educational Service Award—James Wantz



Spirit Awards—Phyllis Harmon for Curtis Low (not pictured), Rodger Cook, Cathy Harris, P.J. Kleffner, Nena Heitz, Allison Bennett, Ginger Killion, Jim Robison, and Ellen Ino (not pictured)



An Ideal Year

by John Rodke, DTM

Why is there such a hullabaloo over club officer training? Training matters because it lays the groundwork for your club to have an ideal year.

OK, so what does an *ideal year* look like for a club?

It is one where every member grows, learns, and enjoys the process. Here is one proven and fun structure to accomplish this goal with ease. I encourage you to take this template, couple it with your imagination, and make it your own.

All officers

- Get trained in summer and winter. 4 minimum per club. All 7 is better!
- Gather 2 assistants. They help you run events and succeed in your role. They are next year's potential officers. Delegation empowers people to grow. Give them clear objectives and support, but let them use their creativity to figure out how to get there.
- Achieve at least one educational goal. This sets the example, and gives you motivation to thrive in your role.
- Learn how to navigate the International website. This includes signing up new members and submitting awards.
- Study the basics of the Distinguished Club Program. Submit awards early and make it a fun to-do list.

President

- Go to both Spring and Fall Conferences and Officer Trainings.
- Be the support for your club. Recognize members who have achieved awards and make a positive ruckus about it. Pro Tip: Have members bring in their paper certificates for the club to write notes of encouragement on.
- Delegate. Do not do everything yourself. This will allow you to enjoy the role.

VP Education

- Track member progress. This can be a spreadsheet or just check in with them regularly.



- Arrange the speech contests (2 spring and 2 fall, usually run jointly) Pro Tip: Delegate this to your assistants or members who need to fulfill their CL manual. 4 people can gain credit per event.
- Run your club Mentorship program. This is the most beneficial way to retain new members and enrich the experience of "seasoned" members. If possible, every person in the club should be a mentor, and have a mentor. Fun and rewarding growth ensues.
- You are in charge of meeting role sign-ups. Work with the Secretary and your assistants to delegate this vital task and gain club buy-in.

VP Membership

- Run two membership campaigns per year. Goal: at least 4 new members per campaign. That's less than a new member per month!
- Welcome visitors and let them know you care. After the meeting, follow up using the contact information you gathered. Show the benefits and explain the simple process to let them join enthusiastically. Tap into that enthusiasm as energy for your club to get excited and grow.
- Reach out to members who haven't attended recently. An unexpected hello goes a long way. The easiest members to recruit are past members. They know the benefits and have so much wisdom to share.

VP Public Relations

- Learn when events are happening and let the club know. The District Calendar is an excellent resource for this: www.d7toastmasters.org Reading *Voices!* magazine is another “Secret Weapon for Success.”
- Run two public relations campaigns. These can be newspaper ads, radio spots, getting a Facebook page together, advertizing on Meetup, etc. Use your imagination. For ideas reach out to Phyllis Harmon. Pro Tip: Get help and CL credit!
- Check that your club web presence is friendly and welcoming. Have a non-member evaluate it for content, clarity, and usefulness.

Secretary

- Make sure your officer lists are submitted to International. This is crucial.
- Publish meeting notes from officer meetings to keep people on track and accountable.
- Help with meeting roles sign-up. Get people credit for the work they are doing. CL manuals are easy if people bring them and pass them around at the meeting.

Treasurer

- Get those dues in. \$45 for 6 months (plus club dues). The deadline is October 1st. Have your assistants help enter people in, and reach out to members.

- Purchase necessary materials for your club. Work with the SAA and Secretary to determine what is needed.

Sergeant At Arms

- Manage the club’s property. Make sure the venue is ready and that the materials needed for the meeting are in good order.
- Plan two events. Fun meetings, BBQ’s, parties, etc. per year. This helps the club bond and increases member connection. Pro Tip: The format of a meeting is a guide. Not a rule.
- Keep order at contests and arrange for sequestration if needed (Table Topics and Evaluation Contests).

Wait, that’s it? That is all I need to do?

Our goal is for members to have a good experience. Remember, as officers you are members too!

Final Pro Tip

If you have questions, contact your Area Director and other “seasoned” members. They love helping you succeed!

Officer Training helps give you practical and actionable ways to be successful. This really works.

John Rodke, DTM is the 2016-17 Division B Director. He says he is the Instigator of Constructive Chaos in two regularly Presidents Distinguished Clubs.

When complacency rears it’s villainous head, and your meetings are floundering, who are you gonna call? **The Credit Master!!!!!!!**

Who is this Superhero of Motivation? -It is YOU. . .or another member of your club each week.

What daring feats do they do? Announce and encourage people to pass their Competent Leader Manuals to someone at the beginning of the meeting and get credit for the meeting roles they are doing.

Where does this happen? At your club and any others you attend.

When do I start? Act NOW to save the day. Starting this role early will allow your club to complete CL manuals before the end of the year.

How do I start this? Boldly go where you have gone before and ask your club if they are willing to use this role to track their hard work and dedication to the Toastmaster cause.

Why should I take up the call? To be the “Secret Weapon” that starts a movement to help your club thrive in the Distinguished Club Program.

Credit for the Credit Master goes to the Symantec Club in Eugene Brought to you by the Instigator of Constructive Chaos, John Rodke, DTM Division B Director





"And the Winner Is . . ."

2016 WCPS Coach's Perspective

by Darren LaCroix, 2001 World Champion of Public Speaking

"What did you think of the speech contest?"

is the question I hear most often right after the World Championship of Public Speaking. I believe that some people wonder what I saw from my perspective, some are looking to validate their views, and some may be wondering what they didn't see. Perspective is the value in the coach's eye.

Every year 30,000 speakers compete in the World Championship of Public Speaking. The contest culminates each year at the Toastmasters International convention in front of 2,000 members and guests. This year it took place on August 20, 2016, in Washington, DC. I usually sit in the second row with the other past World Champions and compare notes while we relive our own experiences.

Whether you are Toastmaster or not, there is much to see, observe, and learn when watching some of the best speakers in Toastmasters from around the world bring their best. This year did not disappoint. Any presenter can learn from these insights. In fact, the day after the contest, at our Stage Time University event, some of the other champs and I compared notes for the audience. It was insightful to hear where we agreed and disagreed. That was what gave me the idea to write this article. Please share it with anyone who might enjoy it.

Before I share my perspective, let me clarify that it is easy to sit back and critique others. We could easily sit back and pick apart my speech as well. It was not perfect by any means. Let me also clarify that no one I was helping in the semifinals this year made it to the finals. Every competitor who made it to the finals earned the right to be there. I watched many semifinalists and I must say that I was glad I was not a judge. I'm just a

coach who helps people deliver their message in a way that allows the audience to receive it. I'm on the side of the audience. That's why we are on stage. I do not have all of the answers, just a few insights from a decade and a half of coaching.

On Thursday, August 18, 2016, 99 of the best Toastmasters competed in ten semifinals of the World Championship. The winners of each of the ten contests then had a day and a half to prepare a completely different speech to compete one last time. One of the downsides of this is that

many people use their best speech to increase their odds of making it to the big dance. I understand the strategy, but as you can see, this can affect the quality of the final speeches.

This year's contest was great. Each year I choose my picks for the top three, and I'm usually wrong. This year, I called all three but was not sure of the exact order. Often at this

level, the differences are so slight that judging could go in many directions. Normally, I would not give unsolicited feedback, but I feel that once they make the world stage, presenters give up their privacy. This is just my perspective. My intention with this article is to teach all who read it so that they can consider these insights and question their own presentations.

Though there is only one winner each year, as David Brooks says, there are "many magic moments" in most of the contest speeches. If you want to see the speeches in their entirety, you or your club can purchase the on-demand video from Toastmasters at <https://www.toastmastersondemand.com>. (FYI, if you do, check out my AS speech on Friday Morning.) Although I was not an official timer, I think two of the speeches went over time.

The pressure of the contest at this level is



tremendous. Speakers also need to connect with themselves first in order to do this. The people who connect more deeply under this pressure will tend to place higher. On any other day, the results may be different as some may be more relaxed and connected with themselves, but that is not how competition works.

One more thing before we start: This, I believe, was the first year with five women and five men in finals. Whether you are an expert or a contestant, your onstage image is important at this level, like it or not. If you are not a fashion expert, please get some coaching or insight from someone who knows. Make sure your clothes are fashionable and fit properly. If you lost or gained weight recently, consider getting your clothes tailored. I needed this advice myself a couple of years ago, so I'm just passing on what I learned from experience. When you are on stage, unless it is connected to your message, we should not notice your clothes in either a good or bad way.

I'm going to start with the finalists who did not place in the order they spoke. Again, I did not coach any of them. I'll break it down into Loved It and Next Time.

Thien Trang Nguyen Phan: "The Right Words"

Loved It

- Thien had a powerful message.
- I felt the passion she had for her message, which is important.
- She made us see deeper into domestic abuse and how to help.



Next Time

- Consider naming your characters.
- Use more dialogue than narration.

Coaching Point for All

Can we feel your message as we did Thien's? Can we tell you are committed to your message? Make sure you name your characters. This will help your audience visualize them and connect more deeply with your story.

Sherwood Jones: "The Greatest Super Power"

Loved It

- The super power, which I will not give away, was a great message!



- Many funny lines were delivered well.
- The revelation in the speech was a great twist.
- Great tie-in to the hot topic in the news, Pokemon GO.

Next Time

- Great last line. We thought it was over, but then he added, "Just wait and see." I felt the close would have been stronger by ending on the line before that. Then Sherwood did not pause at all before he said, "Mr. Contest Master." This diluted his powerful close even more. As Patricia Fripp says, "Your last words linger."

Coaching Point for All

First, Sherwood had a very funny and timely line and tied the Pokemon GO game into his message. What I loved about the way he did it was that it wasn't forced, but seamless. Whenever you can tie your message directly to a hot topic, it makes your message stickier. It also, as he proved, has the potential for humor as well.

Second, do not dilute the effect of your closing by adding soft words. Find your strong close, and stick to it. Point to the contest master; do not verbalize the words.

Kim Kaufman "Recalculating"

Loved It

- I really felt her message in the dialogue she had with the barber. Well done.
- She had a few great laugh lines that I choose not to give away, and she delivered them perfectly.
- Kim had a great revelation moment. If you are not familiar with this term, I'm referring to the Aha! Moment that accompanies the twist moment in a speech. This is where the cure is delivered. It is sometimes referred to as the Aha! Moment when the character on the journey receives the lesson.
- She also had a powerful close, "Not just yet!" I loved it. Then Kim continued, "... because the joy is in the [\[more...\]](#)"



Article reprinted by permission. For the full article visit Darren LaCroix's blog, Stage Time. Darren is the 2001 World Champion of Public Speaking. He is a frequent visitor to District 7 Toastmasters.--Editor

The Secret of Success

*Learn the secret of how
Toastmasters will make all
your dreams come true and
change your life for the best*



Featured Speaker—Gary Schmidt, DTM, is a Past International President for Toastmasters International. He is the Public Affairs Manager for Clackamas County, Oregon. He has worked in the arena of politics for several years and has served on staff for two United States Senators from Oregon – Mark Hatfield and Gordon Smith. He worked as a field office manager, speechwriter, constituent service coordinator and field representative.

Please Join Us for an Open House and 30th Anniversary Celebration

When: September 29, 2016

Time: 6:30-8:30pm

Where: Milwaukie Lutheran Church
Fellowship Hall
3800 SE Lake Road
Milwaukie, Oregon

RSVP to Bob Smith: bobs.kdccc@gmail.com

Hosted by Clackamas Stepping Stones Toastmasters

Food, Fun, and Fellowship

You Are Invited!



District 7 Fall Conference

Warner Pacific College

2219 SE 68th Ave,
Portland, OR 97215

8:00-6:00pm

November 5, 2016

\$65 - \$90

Register Online

Patricia Fripp, Keynote

Coming from out of town?

Reserve a room at the Ramada Portland East, 9707 SE Stark Street, Portland 97216, (503) 252-7400.

Rate is \$69.00 plus tax. Mention **Toastmasters** to get this rate.





PUBLIC RELATIONS

Making Your Story Newsworthy

by Phyllis Harmon, DTM—District 7 Public Relations Manager

What makes a story newsworthy? Perhaps a better way to ask is “what would make a reader actually read what you write?” Sure, some people might be interested to know that your club meets every week, at XYZ location—but that doesn’t make it newsworthy, or better said, worthy of taking up valuable real estate in the news section of the local newspaper. I know, newspapers are becoming as archaic as buggy whips—but that doesn’t change the point I’m trying to make.

Before I talk about what makes a story newsworthy, let’s talk a little journalistic history. Many years ago, in the pre-dawn of the internet, people read newspapers. . . every day. (I know what you’re thinking—save the trees, cut down on waste, whaa, whaa, whaa). Some people read more than one a day. There were dailies that reported breaking news, weeklies that reported on community happenings and grocery sales, and business newspapers focused on the vagaries of the stock market (some were dailies and others weeklies). Then there were the Sunday editions, full of opinion pieces, comic strips, colored ads paid for by the large department stores, sports pages, want ads, etc. They were twice the pages of the dailies, making them extra special, and worthy of the 50 cents they cost. (I’m dating myself, aren’t I?).

Editors, then and now, decided what was

printed. Over the years, they’ve developed a set of criteria by which all news stories are measured. Why? Because newspapers are a for-profit commodity. They rely on subscriptions and advertising to stay in the black. If readers aren’t interested in what’s contained in their newspapers, subscriptions drop, advertising dollars dry up, and stockholders and company owners lose money on their investments. (Loss of revenue equals loss of editor wages.)

But I digress. To make your story newsworthy, it must meet two of the following criteria:

Is it timely?

Is your story new or current? Unless you are writing a human interest story about one of your members, breaking news is just that. Did Toastmaster Leonard just win the lottery and buy the building your club meets in? He says that your club never have to worry about meeting space again. In fact, he is donating space to all clubs in the area. That’s newsworthy!

For your story to meet the Timeliness measure, you must act on your news right away. The longer between the actual event and your reporting of it, the more white whiskers your story grows. When it has a full, Santa-type beard, it’s too old and stale.

Proximity (is the news close to home?)

If, in our example, Toastmaster Leonard

Progressive Club, I ask you not to do it. This is not a one-man movement, but a movement for a principle. Don't ever name any Progressive club after a man who is not dead. As soon as he is dead he ceases to excite antagonism. We are not in this fight to further the fortunes of any one man."

The Colonel's remarks were greeted with cheers.

NEW YORK HEADQUARTERS.

Action of Progressive Executive Committee Regarded as Victory for George W. Perkins.

Chicago, Ill., Dec. 11.—New York was selected as the permanent headquarters of the executive committee of the new Progressive party tonight after a hard fight, in which delegates to the National Progressive conference from sev-

wounded.

A telegram requesting that the State militia be called to quell the disorder was sent to the acting Governor of New Jersey by General Superintendent of the Erie Railroad. A storm of bullets fired at the men he was seeking shelter in.

The Dead.

The men killed were: ANDREW J. GRAW, 29, Bing N. Y.; captain of detectives. CLARENCE MALLOR, 45, on Graw's men.

William Hicks is in a hospital, wounded twenty-three times in legs, body and thighs. Frank A. Brown and William A. Wood were shot through the head and John Leshar and John Lewis, detectives, were shot in the body and legs.

The men, hidden by the trees and trees, waited until a coach discharged its cargo of men brought to take the strikers' places. A volley of blank cartridges did not frighten the strike-breakers, who pushed forward toward the railroad tracks on the coal wharf.

The men in ambush then left their

the President and other Republican leaders.

Forty Passed Upon.

"I have made, all told, approximately ninety recommendations for offices in Texas," said Col. MacGregor. "Of this number forty have been passed on by the President to the State and have been confirmed. The remaining fifty have not been confirmed and are waiting in the future for the administration of MacGregor. A number of the recommendations of those who are recommended position in this State under the present administration. Some of them, though, will be new appointees."

"Personally, I don't care to pull chestnuts for the Democrats," exclaimed Col. MacGregor in speaking of the recommendations that he has made. He declined to make specific recommendations for the future of the administration. "The right to make in the person of Texas office-holders and salaried employees, all such recommendations, if favorably acted upon by the administration, would come from Washington. No changes are anticipated in this district."

Whitely Davis Co. "Come Back"

as against that year.

Mr. Wolf's metal, because he have forced raised the which, he said, he had through the market price of United States, 1,000,000 p.

"During a Amalgamated metal, wasn't it? I can't say the stock of 1907, 1907."

NEWS

timely, impor

actually lives in Pawtucket, Idaho, will the story be important in Southern Oregon or Longview, Washington? The Proximity test determines whether a story will play well in the local market. Of course, depending on the story, it might. For instance, if the building Leonard bought is owned by Toastmaster Henry, your local car dealer, it will pass the proximity sniff test—depending on the angle of the story.

Prominence (anybody we know?)

Big names (politicians, business leaders, celebrities, or Toastmaster Henry) tied to your story will guarantee that it passes the Prominence test. In our scenario, Henry's reactions to the sale of his building will make this story interesting and newsworthy.

Impact or Consequence (so what?)

How many people will your story affect? If Toastmaster Henry donates the money from the sale of his building to the local homeless shelter, thereby getting more people off the streets, that's newsworthy!

Think of this criteria as the "so what" test. If your story has consequences for your audience, it will pass the Impact or Consequence test with flying collars.

Human Interest

Does your story tug at the emotions? People love inspirational stories of struggle. They want to know the ups and downs, and how your subject faces their challenge every day. If your story is a human interest story, all of the criteria tests can be waived. Think about our two Toastmasters, Leonard and Henry. Leonard won the lottery and shared his largesse with the clubs in his area. Henry donated his profits to help house the homeless. Two stories waiting to be told.

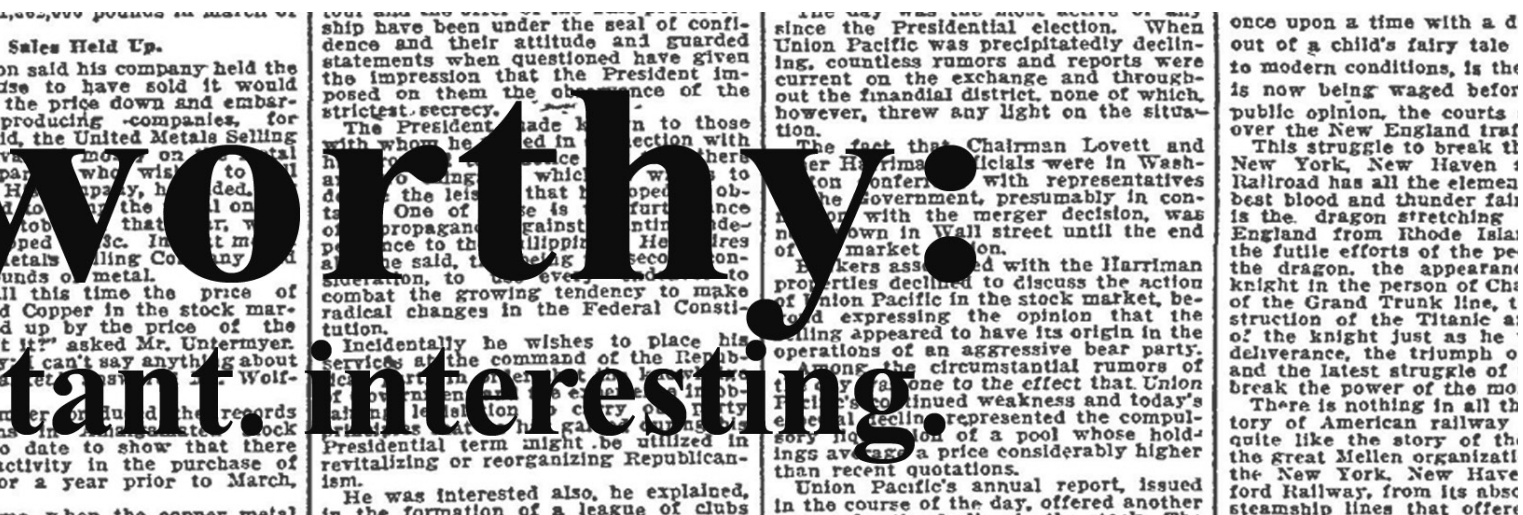
What prompted them to act the way they did? If you tell their stories, your article will rate column space in the local newspaper—perhaps to be picked up by the wire services across the world.

If you are chuckling, thinking this article doesn't apply to you, let me dispel that thought. The same criteria that guided editors across the globe to decide what was printed, applies to you today—whether you are creating a blog, facebook posting, piece for your club newsletter, or (who'd a thunk it??) your next speech. Apply the criteria to every piece you write, and you will develop a following of avid readers. Best of all, you will gain a reputation for providing interesting and memorable content that people will flock to your club to hear. If people flock to your club, and your club provides a quality meeting, membership will skyrocket.

After all, isn't that why you are writing your article—to attract people to your club, meeting, open house, etc? The media used is just the vehicle to share your news or story.

The next time you write a press release, article for the local newspapers, or post a blog check it against the five criteria of newsworthiness—is it timely, is it close to home, is it about anybody we know, who will it affect, and/or does it tug at our emotions. If it doesn't, rewrite until it does. Newspapers might be as archaic as buggy whips, but the lessons learned over the years are still newsworthy.

Next month, we will explore how to create a flyer that draws visitors to your next event.





It's Worth More Than Two Cents

Tips For Coaching that works

(The Three Aspects of Feedback - Part 2)

by Eric Winger, DTM

Have you ever given someone your “two cents worth” and they didn’t take it? Too often, perhaps? It’s a common frustration. Just get a group of parents together and you’ll quickly hear about all the great coaching that was squandered by the next generation.

However, if we stop and analyze the fundamentals of coaching, we can avoid some pitfalls and make your advice worth more than just two cents.

Before you Coach

Know when to coach. And when not to.

Wait—In Toastmasters, every speaker knows exactly when they will get an evaluation for their speech. The real world is not so easy. Football coaches don’t hold practice immediately after a big game. Instead, they wait until Monday. Write down your suggestions, then wait. You might even decide your idea wasn’t that good after all.

Ask—Got a doozy of a suggestion that will help someone’s work by a factor of 10 but not sure if they want to hear it? Try asking. If they want your suggestions but are currently busy, they’ll often suggest a time when they can concentrate on your ideas.

Not in front of a crowd—Unless you’re a professional coach, singling out someone for coaching in front of a group can be destructive. That person may feel embarrassed and feel picked on creating long-lasting resentment. Rather, pull the coachee aside for a little one on one time before delivering your recommendations.

While Coaching

You’re ready to spread your wisdom. Remember these tips.

Be specific—Just like appreciation, coaching is most valuable when it’s specific. Avoid unrealistic suggestions like, “Just be more confident when you shoot!” Instead, focus on practical feedback such as, “Practicing your jump shot 100 times

every day may build confidence.”

Encourage questions and debate—Actively encourage questions while coaching and be open to disagreement. After all, if they disagree with you, at least you know they’re thinking about what you said.

Small Doses—Try giving small suggestions frequently, especially if you’re in an ongoing mentoring relationship. A doctor knows an overdose can kill you. Too much coaching all at once can kill a desire to learn.

After Coaching

They didn’t take your advice. Darn. Let’s look at some reasons why.

Anxiety defeats coaching—In my experience, an uptight, edgy person or a person who is tense will have a harder time accepting coaching - even if they ask for it. It might be better to subtly help them find a way to relax.

You won’t bat 1,000!—Some of the best advice I’ve received in the last few months was “You won’t bat 1,000!” Don’t expect to be successful every time you coach. Take the approach of some sales organizations who only expect about 3% of their sales calls to result in a sale. I’ve found this takes a lot of the frustration away.

Don’t take it personally—If someone doesn’t like your ideas don’t get defensive. Instead, remember that your coaching is for their benefit - not yours. Ironically, you can also learn something from rejected coaching by listening carefully to what the coachee says. You might learn something important.

Most important! If you haven’t figured it out already, this article is not only about coaching, *it is coaching!*. . . for you. That’s the best way to learn how to coach—ask for coaching every day. It will help you be a better coach.

And. . . a good Coach is worth much more than two cents.

Eric Winger joined Toastmasters in 2009. He is a member of Feedbackers and Silicon Forest where he serves as VP Membership.

SEPTEMBER

20

Area 53/54 Fall 2016 Speech Contests hosted by Rose City Toasters @ Columbia River Correctional Facility - 5:30 PM – 8:45 PM

22

Area 42 – Humorous Speech & Table Topics Contest @ Time and Location TBA

Areas 51 / 52 Fall Speech Contests at Bridgeside @ Bridgeside Restaurant
@ 5:00 PM – 8:00 PM

Areas 61, 62, 63 Humorous and Table Topics Speech Contest @ Marylhurst - Villa Maria,
Hemlock Rm - 6:00 PM – 9:30 PM

26

Area 73/74 Contests @ Standard Insurance, Center Auditorium @ 6:15 PM – 8:30 PM

27

Area 64 & 65 Humorous & Table Topics Contest @ Clackamas County Building
@ 6:00 PM – 9:30 PM

Area 24 Humorous Speech and Table Topics Contest @ Ashland Public Library
@ 7:00 PM – 8:30 PM

District 7 Executive Committee Online Meeting @ 7:00 PM – 8:30 PM

30

Last day to hold Area Humorous Speech and Table Topics Contests

OCTOBER

1

First day to hold Division Humorous Speech and Table Topics Contests

22

Division B Humorous and Table Topics Contest @ TBD @ 10:00 AM – 2:00 PM

Columbia Division D Fall 2016 Speech Contests @ TBD@ 12:30 PM – 4:00 PM



Scott Stevenson—Jump In With Both Feet

by Linda Bradley, CC, ALB

Recently, I had the pleasure of sitting down with Scott Stevenson of District 7 to talk about his involvement with Toastmasters and get his perspective on a few things.

“You learn by doing.” This is the concept Scott Stevenson shared as being central to excellent performance in Toastmasters, and he has lived out these words to become one of District 7’s most accomplished Toastmasters.

His quiet and steadfast presence as a member and long-time officer of three clubs helped steer Marylhurst Toastmasters (West Linn), Mentors of Focus (Wilsonville) and Civil Tongues (Portland) to continued success.

Scott was awarded the Lou Webb Award at the Toastmasters Celebration of Communication and Leadership in Wilsonville on August 27, 2016. His long-time service as mentor and coach to District leaders is most appreciated.

Scott has earned his Distinguished Toastmaster designation 5 times, been Toastmaster of the Year twice (2004 and 2010) and served as District Governor in 2009-2010. He mentored Cathey Armillas (2010-2011), Deveny Bywaters (2011-2012) and Leanna Lindquist (2016-2017) for their roles as District Governor/Director. Scott served as Chair of the Nominating Committee multiple times, long-standing Credentials Chair and District Report Writer, presented and trained at countless

Toastmasters Leadership Institutes (TLI) and conferences. As a recent Club Coach, Scott and Carrie Henderson helped Civil Tongues (Portland) become a thriving club.

In 1997, a job requirement brought Scott to



Toastmasters. He was surprised how quickly he gained the confidence to speak in front of his colleagues. Scott has stayed with Toastmasters to share what he’s learned; his reward is seeing other people’s growth. He recommends members jump in with both feet because “you learn by doing.”

Join me in congratulating Scott Stevenson as one of District 7’s most illustrious members!

Linda Bradley joined the Wilsonville Mentors of Focus Toastmasters in 2015. She serves as VPPR, and when she’s not thinking about Toastmasters, Linda is thinking about writing songs.



The League of Extraordinary Toastmasters

Looking for Toastmasters who are:

- **Going Out of Their Way**
- **Giving a Little More**
- **Doing More than Required**
- **Going Above and Beyond**

BE EXTRAORDINARY pins will be give as recognition to those members nominated and reviewed for being extraordinary.



Anyone may nominate a recipient

- 1) **Catch someone in the act of being extraordinary**
- 2) **Complete the Form**

**This is a year-long program with
500 pins to be distributed.**



STRIVE²THRIVE

Need More Speeches?

by Allison Bennett, DTM
Club Coach Coordinator

But I don't have time to write another speech!

We've all heard this before from someone in our club. Several months ago that "someone" was ME!

It was near the holidays. Life was busy. I had finished my CC and was working on my advanced manuals with the goal of attaining the Advanced Communicator Bronze award. As I was bemoaning my plight to my mentor, she suggested that I look at giving one of the "practically pre-scripted" speeches from the Toastmasters Education Series. I did. Guess what I found? There are 3 series to choose from and a total of 31 speeches—which are all pretty thoroughly outlined and even come with Power Point slides! Adding my own personality and flavor to the speech from the Successful Club Series titled *Creating the Best Club Climate* was a cinch!

It was a WIN—WIN—WIN!

WIN #1: I could drastically decrease my writing time and use the provided outline as a model for future speeches.

WIN # 2: Giving 2 educational speeches are part of the requirements for the Advanced Communicator Bronze Award.

WIN #3: Both the club and I learned new techniques and tools to become a stronger club and better speakers!

Which one of these titles piques your interest?

The Better Speakers Series

- Beginning Your Speech (item 270)
- Concluding Your Speech (271)
- Controlling Your Fear (272)
- Impromptu Speaking (273)
- Selecting Your Topic (274)
- Know Your Audience (275)
- Organizing Your Speech (276)
- Creating An Introduction (277)
- Preparation & Practice (278)
- Using Body Language (279)

The Successful Club Series

- Moments OF Truth (item 290)
- Finding New Members (291)
- Evaluate to Motivate (292)

- Closing The Sale (293)
- Creating The Best Club Climate (294)
- Meeting Roles & Responsibilities (295)
- Mentoring (296)
- Keeping the Commitment (297)
- Going Beyond Our Club (298)
- How To Be A Distinguished Club (299)
- Toastmasters Education Program (300)

The Leadership Excellence Series

- Visionary Leader (item 311)
- Developing A Mission (312)
- Values And Leadership (313)
- Goal Setting And Planning (314)
- Delegate To Empower (315)
- Building A Team (316)
- Giving Effective Feedback (317)
- The Leader As Coach (318)
- Motivating People (319)
- Service And Leadership (320)
- Resolving Conflict (321)

These are all downloadable in digital form from Toastmasters.org.

Bonus Tip

Do you have very shy or reticent speakers in your club? Why not suggest that they try giving an Educational Series speech to help gain comfortability and confidence? Then CHEER them on as they step up to the podium!

It will definitely be a WIN—WIN—WIN for everyone!

If your club has 12 members or less and you are interested in the possibility of a Club Coach, please contact coaches@toastmasters.com.

If you are an experienced Toastmaster or are working toward your Advanced Leadership Silver and want to be a Coach, please contact coaches@toastmasters.com.

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Milwaukie Talkies	Adams	Brandi
Portlandia Club	Antisdel	Cate
Portlandia Club	Antisdel	Shane
MIME Speaks	Armatis	Paul
Portland Progressives	Bender	Eva
Banfield Barkers	Boyle	David
Tabor Toastmasters Club	Buhl	Dana
Fortunate 500 Club	Chee	Brian
Sage Beaverton Toastmasters	Christensen	Kim
Rogue Valley Networking Toastmasters	Converse	Brad
Pearl District Toastmasters Club	Cooper	Cyan
Mentors Of Focus Club	Easley	Tim
Walker Talkers Toastmasters Club	Eby	Cynthia
Silicon Forest Club	Eisner	Leonard
Audacious Orators	Elliot	Leslie
Silicon Forest Club	Fitzmaurice	Mark
Lunch Bunch Toastmasters Club	Franco	Gene
Tabor Toastmasters Club	George	Andr��
Swan Island Toastmasters	Getman	Anya
Portland Club	Haas	Eric
University Toastmasters Club	Hollenbeck	Andra
Talk-In-Tel	Homer	Hannah
Bootstrappers Club	Hopkins	Jessica
MIME Speaks	Hyder	Matthew
Creskside Toastmasters	Irwin	Janelle
Corvallis Evening Group	Isaacs	Kyle
MIME Speaks	Jacob	Tabeel
Talk-In-Tel	Jolicoeur	Dan
Newberg Toastmasters Club	Joyce	Marilyn
Leader's Edge Club	Kestel	Adam
Audacious Orators	Long	Sarah
Tabor Toastmasters Club	Maestas	Selena
Symantec Toastmasters	Mantel	Jack
Gateway Toastmasters	Mare	Christopher
Banfield Barkers	Mariappan	Balakrishnan
Feather Tongues Toastmasters Club	Martinez	Mia
Pearl District Toastmasters Club	Miller	Avital
Tabor Toastmasters Club	Nguyen	Hieu
Downtown Public Speakers Club	Nolan	Darlveun
New Horizons Toastmasters Club	Ochs	Adrienne
Portland Club	Parker	Robert
Lebanon Toastmasters	Pepin	Monica
WRIP City Club	Proulx	Jonathan
Jefferson State Toastmasters	Quast	Serina
Essayons Club	Rawlings	David
MIME Speaks	Repukaiti	Reyixiati

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
New Horizons Toastmasters Club	Rice	Ryoko
Tower Toastmasters	Rivera	Heidi
Bootstrappers Club	Salazar	Scott
Storymasters Toastmasters	Sane	Jayant
Toastmasters For Speaking Professionals	Schmidt	Sean
The Society of Oratory Aerialists	Scoppa	Gianluca
Noontime Nomads Club	Severson	Carrie
Portland Club	Smith	Kyle
Bend Chamber Toastmasters	Sottosanti	Adam
New Horizons Toastmasters Club	Taylor	Kristopher
At The River's Edge Club	Tice	Brittney
Milwaukie Talkies	Tuttle	Debbie
Tualatin Valley Toastmasters Club	Uppuluri	Sreemanth
Bootstrappers Club	Urbanowitz	Seth
Sporty Speakers	Wehner	Michelle
Totem Pole Club	Wright	James
MIME Speaks	Zada	Kyle



Happy Anniversary to September Clubs

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

A special
shout out to
Lake Oswego
and Newberg
Mountain half-
century mark!

Charter	Years	Club Name
9/29/2006	10	Banfield Barkers
9/1/1981	35	Daylighters
9/19/2005	11	Feather Tongues
9/17/2002	14	Feedbackers
9/1/1952	64	Lake Oswego
9/1/1952	64	Newberg
9/1/1991	25	Noontime Nomads
9/1/1978	38	Portlandia
9/29/2006	10	Rose City Toasters
9/17/2002	14	Sage Beaverton
9/1/1991	25	Siuslaw Tale Spinners
9/15/2006	10	Toast of the Region
9/24/2012	4	Tower



HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
LDREXC	8/29/2016	Anthony, Joseph D.	Liberty Talkers
DTM	8/5/2016	Arnold, Cate Ann	Storymasters Toastmasters
ALS	8/3/2016	Arnold, Cate Ann	Storymasters Toastmasters
ACB	8/18/2016	Bennett, Sarah L.	Gateway Toastmasters
CC	8/30/2016	Bremer, Gloria	Civil Tongues Club
ALB	8/3/2016	Brewer, Daniel S	Silicon Forest Club
CC	8/17/2016	Buckman, John	Capital Toastmasters Club
CC	8/30/2016	Caisse, Josephine G.	Redmond Area Toastmasters Club
CC	8/1/2016	Campos, Katia R.	Eco Voices Toastmasters
ALB	8/24/2016	Carr, Jeffrey E.	Professionally Speaking
CC	8/5/2016	Charbonneau, Garry M	Sherwood Town Criers Club
CC	8/18/2016	Curran, Jill A.	Symantec Toastmasters
CL	8/31/2016	Davies, Dana	The Standard Speakeasy Toastmasters
ACB	8/12/2016	Davis, Margaret E.	Blue Ox Club
ALB	8/29/2016	De Graff, Peter B.	Clark County Toastmasters Club
CL	8/26/2016	Dreves, Kristin M.	West Beaverton Club
CC	8/17/2016	Dulfu, Catalin	Capital Toastmasters Club
ACB	8/26/2016	Elder, Elizabeth A.	West Beaverton Club
CC	8/30/2016	Fairweather, Carolynne M.	Newberg Toastmasters Club
CC	8/3/2016	Hager, Janet C	Toastmasters For Speaking Professionals
CC	8/7/2016	Harmon, Phyllis A.	Daylighters Club
CC	8/19/2016	Harris, Sarah	Yawn Patrol Club
CC	8/21/2016	Heath, Hailey K	Professionally Speaking
ACB	8/18/2016	Jones, Harold	Capital Toastmasters Club
CC	8/11/2016	Kittelman, Sage McKenzie	MIME Speaks
CC	8/9/2016	Klarenbach, James R.	New Beginnings Toastmasters
CC	8/14/2016	Kleffner, Jerome T.	At The River's Edge Club
CC	8/3/2016	Lawson, Paul B.	Rose City Toasters Club
CC	8/23/2016	Lee, Maria R.	The Thrill of The Quill
CL	8/20/2016	Lee, Maria R.	Evergreen Club
CC	8/20/2016	Lee, Maria R.	Evergreen Club
CL	8/30/2016	Lorenzo, Bernard	Fortunate 500 Club
CL	8/9/2016	Lynch, Patricia M.	Highnooners Club
LDREXC	8/30/2016	Machalek, Anne M.	Siuslaw Tale Spinners Club
CC	8/13/2016	Mason, Alexis R.	The Thrill of The Quill
CL	8/18/2016	McKee, James	Coos Bay Toastmasters Club
CL	8/14/2016	Merritt, Tylor A	Liberty Talkers
CC	8/30/2016	Murph, Wes	Civil Tongues Club
CC	8/20/2016	Okamura, Yoshiko	Evergreen Club
ACS	8/28/2016	Pena, Jolynne	FIG Masters Club
ACS	8/22/2016	Pennisi, David	Smooth Talkers Club
CC	8/5/2016	Robideau, Jeffrey Alan	MIME Speaks
CL	8/3/2016	Ronning-Hall, Karen	Silicon Forest Club

HONORING EDUCATIONAL AWARDS

CC	8/31/2016	Schaffner, Jan A	Bootstrappers Club
CC	8/24/2016	Serhan, Marvin T.	Professionally Speaking
CL	8/23/2016	Siegel Cogen, Arlene	Toastmasters For Speaking Professionals
ACS	8/17/2016	Smith, Linda L.	Clackamas Stepping Stones Tm Club
CC	8/11/2016	Sprunger, Aaron Matthew	MIME Speaks
CL	8/22/2016	Stapelmann, Chris	Nano-Mated Speakers
CC	8/19/2016	Stone, Matthew R	Downtown Lunchbunch
LDREXC	8/29/2016	Taylor, Emilie	Milwaukie Talkies
CL	8/19/2016	Taylor, Emilie	Feedbackers Toastmasters Club
ALB	8/17/2016	Taylor, Michael	Capital Toastmasters Club
CC	8/10/2016	Thygesen, Erica L	Clackamas County Toastmasters
CL	8/8/2016	Tully, Kathleen	WE Toasted Toastmasters
CC	8/8/2016	Tully, Kathleen	WE Toasted Toastmasters
DTM	8/2/2016	Tully, Kathleen	WE Toasted Toastmasters
CL	8/31/2016	Tuohy, Patrick	Sporty Speakers
ALB	8/30/2016	Walker, Marvin Lynn	Newberg Toastmasters Club
CC	8/23/2016	Waters, John E.	Molalla Toastmasters
ACB	8/17/2016	West, Larry J.	Grants Pass Toastmasters Club 852
CL	8/3/2016	West, Larry J.	Grants Pass Toastmasters Club 852
CC	8/3/2016	Wilson, Alex	Eco Voices Toastmasters

TRIPLE CROWN AWARD PINS

MEMBER	AWARDS	
Arnold, Cate Ann	6	ACS, ALB, ACG, LDREXC, ALS, DTM
Bennett, Allison	4	ALS, DTM, ACG, LDREXC
Brewer, Daniel S	3	CC, ALB, CL
Harmon, Phyllis A.	3	LDREXC, ALS, CC
Shehorn, David A.	3	CL, ALB, ACB
Tully, Kathleen	5	LDREXC, DTM, ALS, CC, CL
Winger, Eric A.	3	ACG, DTM, CC
Zakrzewski, Chapin O.	4	LDREXC, ALS, ACG, DTM

Triple Crowns are awarded to members completing three different awards in a single year.





Speechcraft: The Most Powerful Toastmasters Tool

by Michelle Alba Lim, DTM

A Toastmaster friend recently asked me, “What’s Speechcraft?” I replied, “Speechcraft is the most powerful tool in Toastmasters vast arsenal.” My friend gave me a “here-you-go-being-crazy-again!” look and insisted, “Seriously, what’s Speechcraft?” I repeated my first response, then added with a smile, “Speechcraft is a magnificent membership-building tool, a superb strategy to motivate, develop, and retain current members, and a wonderful way to start a new club.”

Wide-eyed, my friend gasped, “Wow! Is Speechcraft really THAT powerful?”

“Yes, in my opinion, Speechcraft is REALLY that powerful!” I assured her.

Toastmasters International calls Speechcraft the “#1 membership-building tool for clubs.” President-elect Balraj Arunasalam goes a step further and considers it the most powerful tool for starting new clubs. “I see it as a “triple crown” program. It’s great for recruiting new members, retaining current members, and starting new clubs.”

Many people find it easier to sign up for a finite program than for club membership. As they participate in Speechcraft sessions and become better and more confident speakers, their desire to join usually increases. Clubs can help with this decision by covering the joining fee in the Speechcraft fee. Some clubs even charge enough to pay for the first six months of membership, should the graduate decide to join the club. Speechcraft Coordinators should also highlight that graduates who join get credit for the first three speech projects in the Competent Communicator Manual.

According to the Toastmasters International website, “Speechcraft is a program that allows experienced Toastmasters to present the fundamentals of public speaking to non-members.” The program covers several topics, such as 1) Speech Organization and Construction, 2) How to Relate to Your Audience, 3) Using Body Language and Gestures, 4) Your Speaking

Voice & Vocal Variety, 5) Using Visual Aids and Presentation Skills, 6) Effective Speech Evaluation to Motivate, and 7) Impromptu Speaking.

Experienced club members are often reenergized by their Speechcraft involvement. Seeing people blossom and grow because of our help is a very fulfilling reward. Speechcraft volunteers can also earn credit for delivering speeches from advanced communication manuals as well as the “Better Speaker Series.” New club members are inspired to stretch beyond their comfort zones and help out. Plus, the Speechcraft Coordinator can use Speechcraft as a High Performance Leadership (HPL) project.

Finally, as immediate past Division C Director, Janet Zeyen-Hall, has personally experienced, Speechcraft can lead to the birth of a new club. In March, Janet started Speechcraft at the Recovery Outreach Community Center (ROCC). The response was very enthusiastic. Within a few months Peer Masters was born!

The Toastmasters International website explains, “Speechcraft can be offered as an integral part of your club meeting or as a seminar-style program presented outside the club. It can be conducted in four, six or eight sessions. Conducting Speechcraft inside the club setting makes it easier for participants to become members. Conducting Speechcraft outside the club setting can lead to the formation of a new Toastmasters club.”

To learn more about the benefits of Speechcraft or how to get started, contact me at ipdd@d7toastmasters.org or Cathy French, Club Growth Director at cgd@d7toastmasters.org.

Michelle Alba-Lim joined Toastmasters in 1996. She is a member of Roseburg Toastmasters and Competitive Speakers PDX. She is serving as the District 7 Immediate Past District Director and 2016-17 Speechcraft Coordinator.

A man with short brown hair and a goatee, wearing a white button-down shirt, is pointing his right hand towards the text on a chalkboard. He is looking back over his shoulder at the camera with a slight smile.

FEEDBACKERS

The Workshop Club

1. Stage Use
2. Vocal Variety
3. Message
4. Call to Action

EVALUATIONS
YOUR WAY

7:30-9:15pm

Beaverton Activities Center

12500 SW Allen Blvd

Beaverton, Oregon

Join us Second Wednesdays
Visitors Always Welcome



Tell Me A Story

Hooves in the Grass

by Lynn Deal, CC

The following story is a work in progress, and eventually will be a chapter in a book Lynn is writing for young adults. She requests your feedback and invites you to help craft the final outcome. {Editor}

Striding up the hill with my water buckets takes a long time. Pa's gonna put a pump right outside the new house, then it will only take me 5 minutes to haul water. We moved here to Indian Territory last fall because we are close to a river. Course, this spring the river washed out our first house. We rebuilt on higher ground, and now hauling water takes a good half hour every morning and again, every evening. Cuts into my horse time, cuts into my drawing time too, but that's different. Drawing doesn't help us work the homestead like our horses do. But once we make this place a home, I'm going to make money painting horses. Kind of like selling eggs from our chickens, but better.

A couple of months ago, Ma figured out a way for me to learn how to paint. First, Uncle George wants to see my drawings. I've drawn in the dirt with a stick most of my life. But now I draw on paper, so Ma can send my drawings to Uncle George in San Francisco. Soon as he approves my drawing skills, he's going to send me paints and a paintbrush. The mercantile in town doesn't sell paints and paintbrushes, but there is a post office. That's a half day's ride from here.

Last month, Ma sent my latest sketch to Uncle George. It's the best drawing I've ever done. I got Dolly's neck and haunches just right. 'Course Dolly is easy to draw. She's so docile that she stands pert near still all day. When I was a baby, Dolly used to lay down in the front yard and let me crawl all over her. I don't recall, but it makes sense to me. I do love horses. Especially smart

ones, like Dolly.

I reach the house and set my water buckets down by the basin. Ma is stirring a pot of beans on our iron stove. Then she sniffs and checks the cornbread in the oven. It isn't ready, so she stokes the fire with her poker. The embers turn bright orange. As Ma shuts the chute, she says, "Gustie, Pa brought a letter from town today."

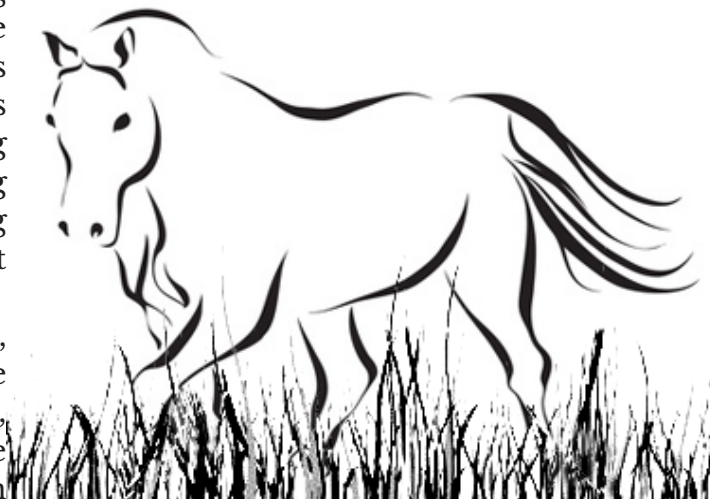
"Is it from Uncle George?" I ask. Ma nods, then carefully tears open the envelope.

Waiting a month for the mail to arrive doesn't seem as long as waiting for Ma to read the letter. It's as if Uncle George has written a book. Waiting always reminds me of churning cream into butter. Ma says I'm impatient. Then she adds, "You're right on schedule, given your age." If we were back

in Philadelphia, where she used to teach school, I'd be in her 5th grade class.

I go outside and pace between the hackberry tree and the house. "Gustie," I tell myself, "you're stirring up a lot of dust." The hem of my blue dress is now red, the color of the dirt. I stop pacing and peek in on Ma. She's still reading. I draw circles in the dirt with the tip of my boot. When Ma finally appears at the door, I dash right over my freshly drawn circles.

"What does he say, Ma? What does he say?" Ma replies by holding Uncle George's letter out. The papers flutter in the wind. I firmly grasp the letter, and Ma lets go. I flip through the letter and find my drawing at the end. Boldly printed



at the bottom of my drawing are his words “Next time, get those hooves out of the grass!”

“Next time? Next time! He is infuriating,” I shout. “He always writes long letters to you and short critiques to me. And every time I work hard to send him better and better drawings, but never are my drawings good enough, Ma. Never! You write and tell him that I do too know how to draw horses.”

Ma starts to speak, but I spin on my heels and flee back down the path. My bonnet flies off my head and the strings yank at my throat, but I don’t feel them. Sage brush and prickly pear tear at my skirt, but I don’t care. Ma calls after me, but I don’t listen. In my mind, Uncle George’s words “Next time, next time” change to different, more painful refrain, “No paint, no paint.”

Out of breath, I reach the bottom of the hill. Bracing myself against a cottonwood tree, I close my eyes. Angry tears, hot as noon, begin to flow. It’s almost dark by the time I squeeze out my last tear. The wind has died down. The cottonwood’s leaves no longer twist above me.

Uncle George will never get another drawing, I tell myself. I kick the dirt with my boots. No more drawings from me! I’m not even going to draw circles in the dirt ever again. No sir-ree-bob!

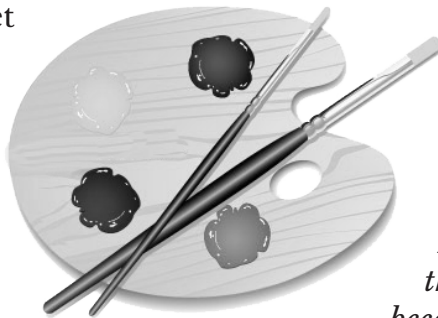
I notice a rock underfoot and knock it about. The rock makes strange little patterns in the sand. I find myself comparing the rock’s patterns to my drawing. I admit, partly to the rock and partly to myself, that the

hooves, pastern and fetlock were too difficult to draw. I had hidden them in the grass.

The abrasive rock stares back at me. “There are so many parts to a horse,” I tell the sandstone. “I did master the legs, body and head though.” I pick up the rock. Bending over feels good. I toss the rock between my hands; back and forth, back and forth. The sandstone scratches my palms in a comforting sort of way. “I have so much to learn and even more to do,” I tell the rock. I clutch the rock tightly and raise my fist, shaking it at the hill. Then I throw the rock hard, far away from the hill, far away from the house, far away from me. The rock lands with a thud and rolls in a puff of dust.

I finally realize my sunbonnet is choking me. I pull it back on my head, square my shoulders and announce to the rock “I can draw those hooves!” My stomach rumbles with hunger as I stride back up the hill. My steps rhythmically acknowledge my thoughts, “I will paint, I will paint. . . I WILL PAINT!”

Lynn Deal is an artist, historian, humanities speaker, and owner of Quilted Chronicals. She joined Toastmasters in October 2014. Lynn is a member of Storymasters where she serves as Sergeant at Arms. Hooves in the Grass is loosely based on the life of Augusta Metcalfe (1881-1971). Known as the Sage Brush Artist, Augusta Metcalfe became an oil painter of pioneer life, horses and animals of rural Oklahoma. Please send your suggestions, comments, and feedback to Lynn Deal at ideallyspeaking@yahoo.com



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