

Voices!

One Community
Many Voices

District 7 Toastmasters
October 2016

**PATRICIA FRIPP
ON STAGE AT
D7 FALL
CONFERENCE**



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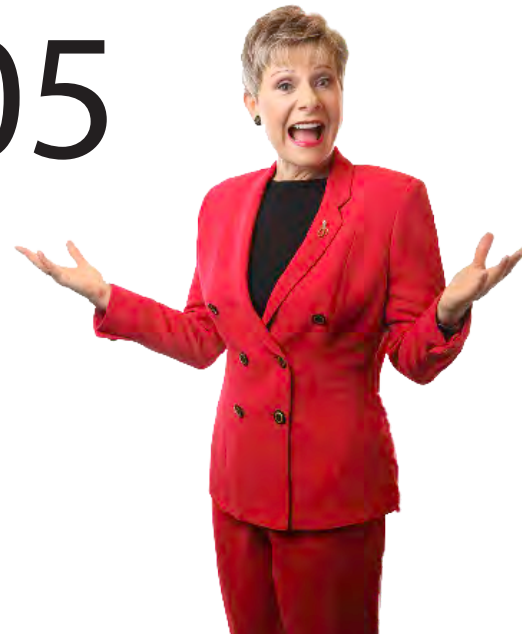
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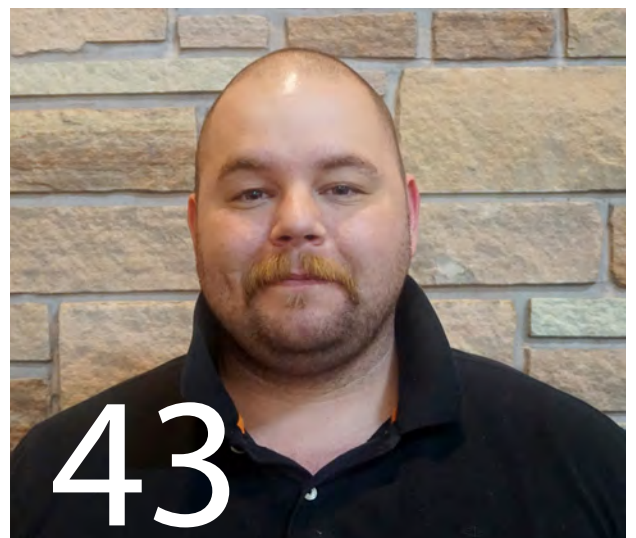




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EDITORIAL

The Common Good

by Phyllis A. Harmon, DTM
Editor/Publisher

In 1727, Benjamin Franklin formed the Junto, a club of like-minded artisans and tradesmen who came together for self improvement. A friend and member of the Junto, Esmond Wright, noted that self improvement inevitably led to the improvement of the city and state. Franklin firmly believed that man must continue to grow in order to best serve the common good and his fellow man.

While Ben Franklin and Ralph Smedley were separated by a couple of centuries, I wonder if Ben didn't influence Dr. Smedley. Both their organizations were built on creating environments where like-minded individuals could continue their educational pursuits. Both men were community minded, and both believed that skills learned were best used when serving their fellow man.

Which leads me to ask—are you committed to your own self improvement? If not, why are you in Toastmasters? It seems to me that being a Toastmaster comes with unspoken responsibilities and obligations. Certainly, one responsibility would be to maximize the monies spent to be a member. Since I suspect none of us are spendthrifts, getting the most bang for our buck seems self evident. Don't you think? Other responsibilities, in my opinion, would be to prepare appropriately for club roles and step up when called upon to serve.

Carrying those thoughts a bit further, doesn't our self improvement inevitably lead to the improvement of our fellow members, club, area, division, and district as Wright noted with the Junto? It seems to me that if each of us commits to being extraordinary, to doing our very best as a member, club officer, and Toastmasters citizen, everyone benefits.

Which leads me down the path of obligation. If our responsibility is to learn and grow through continuous practice, don't we have an obligation to our fellow members to encourage them to also grow and become the people they were meant to be? To provide them, through our commitment to ourselves, an environment where everything is possible?

If you do that, commit to becoming the best you, using the tools and opportunities Toastmasters provides, don't you think that—at some point—we can change the world?

Think about it, and commit to being extraordinary—not only for yourself but to serve the common good and your fellow man.

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TOASTMASTERS
INTERNATIONAL

8 Common Pitfalls to Avoid When You Speak: Turn Dull to Dynamic

by Patricia Fripp, CSP, CPAE



Whenever you open your mouth, whether your audience is one person or a thousand, you want to get a specific message across. Perhaps you want your opinions heard at meetings, lead a training session, or you are delivering a formal presentation. Possibly your sales team needs to improve its customer communication, or you're in a position to help your CEO design an important speech.

Anyone who sets out to present, persuade, and propel with the spoken word faces 8 major pitfalls.

1. UNCLEAR THINKING

If you can't describe what you are talking about in one sentence, you may be guilty of fuzzy focus or trying to cover too many topics. Your listeners will probably be confused too, and their attention will soon wander. Whether you are improving your own skills or helping someone else to create a presentation, the biggest (and most difficult) challenge is to start with a one-sentence premise or objective.

2. NO CLEAR STRUCTURE

Make it easy for people to follow what you are saying. They'll remember it better--and you will too as you deliver your information and ideas. If you waffle, ramble, or never get to the point, your listeners will tune out. Start with a strong opening related to your premise; state your premise or central theme; list the rationales or "Points of Wisdom" that support your premise, illustrating each with examples: stories, statistics, and case histories. Review what you've covered, take questions if appropriate, and then use a strong close.

3. NO MEMORABLE STORIES

People rarely remember your exact words. Instead, they remember the mental images that your words inspire. Support your key points with vivid, relevant stories. Help your

listeners "see" your message by using memorable characters, engaging situations, dialogue, suspense, drama, and natural humor that is within your example.

A good example can simplify the complex, get your audience emotionally involved, and transport them to another time and place.

4. NO EMOTIONAL CONNECTION

The most powerful communication combines both intellectual and emotional connections. Intellectual means appealing to the rational self-interest with data and reasoned arguments. Emotional connection comes from engaging the listeners' imaginations, involving them in your illustrative stories, and by answering their unspoken question, "What's in this for me?" Use what I call a "highYou/I balance." For example: Not "I'm going to talk to you about ----," rather "You're going to learn the latest trends in -----." Not, "I want to tell you about Bobby Lewis," but "Come with me to Oklahoma City. Let me introduce you to my friend, proud father Bobby Lewis." You've pulled the listener into the story.

5. WRONG LEVEL OF ABSTRACTION

Are you providing the big picture and generalities, when your listeners are hungry for details, facts, and specific how-to's? Or are you drowning them in data when they need to position themselves with an overview and find out why they should care? Get on the same wave length with your listeners. My colleague Dr. David Palmer, a Silicon Valley negotiations expert, refers to "fat" and "skinny" words and phrases. Fat words describe the big picture, goals, ideals, outcomes. Skinny words are minute details and specific who, what, when, and how. In general, senior management a high level overview which may be considered "fat" words. Middle management requires medium words. Technical staff and consumer hot line users are hungry for skinny words. Feed them all according to their appetites.

6. NO PAUSES

Good music and good communication both contain changes of pace, pauses, and full rests. As counter intuitive as it may seem, your listeners connect to you more in the silence as they digest what they have heard. When you give your audience time to consider how your message applies to them, they are more likely to remember and repeat your key ideas and message. If you rush on at full speed to crowd in as much information as possible, chances are the audience has tuned out. It's okay to talk quickly if you pause whenever you say something profound or proactive or you ask a rhetorical question. This gives the audience a chance to think about what you've said and to internalize it.

7. IRRITATING NON-WORDS

Hmm--ah--er--you know what I mean--. How often have you been irritated by speakers who begin each new thought with "Now" or "So." This might be okay occasionally, but not every 30 seconds. Record yourself to check for similar bad verbal habits. Then keep recording your side of conversations, rehearsals and actual presentations. Be sure to listen, become aware, and rescript your phrases until such audience-aggravators have vanished. The constant use of "Right?" at the end of your sentences kills the impact and lowers your credibility as it appears you are looking for agreement.

You will not improve what you are not aware of.

8. NOT HAVING A STRONG OPENING AND CLOSING

Engage your audience immediately with a powerful, relevant opening that immediately engages them. It can be dramatic, thought-provoking, or amusing. Your goal is to break the distraction and hook your audience immediately with a taste of what is to follow. You have many options: a rhetorical question, interesting statistic, powerful quotation, personal story, needed explanation, or transport the audience to a different time or place by starting the sentence with the word "Imagine..." or the phrase "I wish you could have been there."

Before you close, review your key ideas, if appropriate, ask for short specific questions, challenge the audience to take action based on the content of your presentation, and close on a

high. Preferably your close will tie back into your opening theme in a circular way. Remember, your last words linger.

When you can avoid these 8 common pitfalls, you're free to focus on your message and your audience, making you a more dynamic, powerful, and persuasive communicator.

Companies who want a competitive edge hire Patricia Fripp. She is a Hall of Fame keynote speaker, executive speech coach, sales presentation skills and on-line training expert. Patricia is also a subject matter expert for Continuing Education at XTRACredits. When your message must be memorable, your presentation powerful, and your sales successful in-person or online Patricia Fripp can help.

You can see Patricia Fripp in person at Find Your Focus, the District 7 Fall Conference on November 5-6, 2016 at Warner Pacific College, Portland, Oregon.

Register now at
d7toastmasters.org



District 7 Fall Conference

Warner Pacific College

2219 SE 68th Ave,

Portland, OR 97215

8:00-6:00pm

November 5, 2016

DATE	TIME	EVENT
Friday Pre-conference	6:30 – 8:30pm	Patricia Fripp – Keynote: Under the Magnifying Glass: How to Make Your Presentations Great!
Saturday Conference	7:00 – 8:00am	Registration, Networking & Breakfast
	8:00 - 8:15am	Opening Comments
	8:15 - 9:15am	Keynote – Patricia Fripp
	9:15 - 9:30am	Break
	9:30 - 10:30am	Linda Cohen - Workshop: Getting the Most out of Your Toastmasters Membership
	10:30 - 10:45am	Break
	10:45 - 11:50am	Table Topics Contest
	11:50 - 12:05	DTM Ceremony
	12:05 - 1:00pm	Lunch
	1:00 – 2:10pm	Business Meeting
	2:30 – 3:30pm	Fripp afternoon session
	3:30 – 4:00pm	Break
	4:00 – 5:50pm	Humorous Speech Contest
	5:50 – 6:00pm	Closing Comments

District 7 Toastmasters

Fall Conference
November 5, 2016
7:00am - 6:30pm

Keynote



Patricia Fripp



\$65

Saturday Only

Workshop



Linda Cohen

Warner Pacific College
2219 SE 68th Ave, Portland, OR 97215

Register now at d7toastmasters.org

Friday - Workshop

Under the Magnifying Glass: How to Make Your Presentation Great

If you enjoyed coaching by Craig Valentine at the D7 Spring Conference, wait until you get coached by Patricia Fripp on the D7 Fall Conference!



Saturday - Keynote

How You Can Electrify an Audience: Proven Techniques for Career Success

There is nothing more exhilarating than the feeling of walking away from an audience knowing you just hit the mark with your presentation! It's great connecting with the audience, feeling the energy in the room, and seeing the smiling faces and knowing you made a difference to improve their life and career.



Saturday - Workshop

Maximizing Your Toastmasters Membership: Contests, Community, and Connections

Have you considered leveraging your membership to create your personal vision of success? In this workshop we will discuss your Toastmasters membership for marketing opportunities, making life long connections, and utilizing all the roles in the meeting can help you achieve your vision.

Pre-Conference Friday Night Only	\$30.00
Humorous Speech Contest Only	\$10.00
Friday Night & Saturday - Save \$5.00	\$90.00
Saturday Conference Only	\$65.00
Business Card in Program	\$25.00

Register now at d7toastmasters.org



2015 Fall Conference Highlights



Register now at d7toastmasters.org

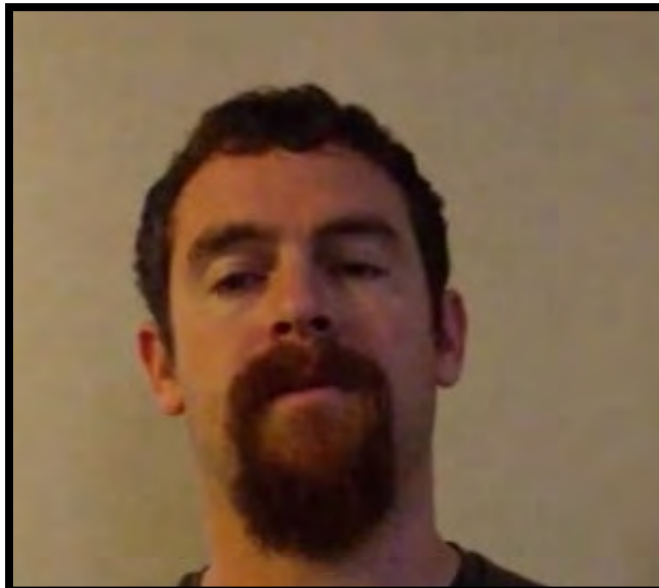


Register now at d7toastmasters.org

Are You Registered: Video



<http://bit.ly/2eeCujH>



<http://bit.ly/2dVROiR>



Register now at d7toastmasters.org

Video Clips



<http://bit.ly/2dgmooq>



<https://youtu.be/f2E0WfPFzkU>

Register now at d7toastmasters.org



AS I SEE IT...

SCORE!

by Leanna Lindquist, DTM—District Director



Start today. When June 30th comes you will wish you had. No matter where you are in your Toastmaster journey, commit today to actively continue. Set a goal that makes sense to you and your schedule. Make a pledge on the facing page. Give speeches. As often as you can. All from manuals. When June 30th rolls around you will SCORE.

Choose to step out of your comfort zone. Last year I was asked to be the test speaker for Competitive Speakers PDX Evaluation Contest. It was my first time. I chose an emotional story from my first year as a nurse. Even though I had given well over a hundred speeches I was feeling out of my comfort zone. My speech was well received and I found I really enjoyed it. I'm glad my self doubt didn't hold me back. If you have never spoken in front of another club ask your Area Director to help you arrange it. Consider being a contestant. It's not too early to prepare for the International

Start Today
Choose
Oppportunity
Remember
Extraordinary

Speech and Evaluation Contests coming in early 2017. Try something a little bit scary. There is no growth in the comfort zone.

Opportunity is what you make of it. Take advantage of all that come your way. Always take your manuals to your meetings. The next time

there is a last minute opening for a speaker, volunteer to give a hot seat speech. Every time you speak you improve your speaking skills. Don't miss out on the opportunity to hear world class speaker/coach Patricia Fripp at the District 7 Fall Conference, Find Your Focus. Develop a habit of taking on new opportunities as a way of growing.

Remember why you joined Toastmasters? Did it have something to do with

self-improvement or career? Now that you have revisited your reason for joining, take stock of where you are and how far you have come. Are you working the program as effectively as you can? If developing your leadership skills is your goal, are you a club officer? Have you created a Membership Campaign for your club? Have you organized a club contest? Get back on track or continue full steam ahead as you realize your goals.

Extraordinary, outstanding and unforgettable should be our goals every time we speak or take on a role. There is something inherently good in hard work. Hard work is what it takes to give an unforgettable speech or lead an outstanding meeting. Planning ahead and preparing properly will insure that you rock. Don't be satisfied with good enough. Be extraordinary!



Are you committed to being extraordinary?

- Create a club culture that fosters member retention
- Bring in a new member
- Start a new club
- Earn an award

Make a Pledge

Name	Club	Recruit a Member	New Club	CC	AC B/S/G	CL	AL B/S/DTM
Bill Martin	6525 Communicators Plus	•					•
Bob Smith	Clackamas Stepping Stones			•		•	•
Cate Arnold	Silicon Forest	•		•	•	•	•
Faye Phillips	5442 Highnooners - Bend	•		•			
Gabrielle Proust	New Horizons	•		•	•		
Jill Ward	Wallmasters				•	•	
Joe Anthony	Liberty Talkers	•	•	•	•		•
Karen A. Semprevivo	Blue Ox	•			•	•	•
Leanna Lindquist	Marylhurst	•		•	•	•	•
Lorri Andersen	Daylighters	•		•	•		
Mary Canton	New Horizons				•		•
Michel Singleton	Keizer Communicators	•			•		•
Michelle Alba-Lim	Roseburg Toastmasters	•	•	•	•	•	•
Patrick Locke	Early Words	•	•	•	•	•	•
Patrick Tuohy	West Beaverton			•		•	
Paul C. Fanning	Downtown Lunchbunch			•			•
Phyllis A Harmon	Wallmasters International			•		•	•
Raynette Yoshida	Marylhurst	•			•		•
Tanya Myers	Sporty Speakers				•		

Pledges Made



FROM THE DESK

Your Toastmasters Experience

by Donna Stark, DTM—Program Quality Director

I've heard a Toastmasters meeting referred to as the "hour of power." That's certainly true of my club. Even on the most hectic of days, I feel inspired and energized after my club meeting. I have fun! I don't feel like I "spent" an hour—I invested an hour in myself and my fellow Toasties.

A number of you have shared similar thoughts with me about your own club meetings. Our clubs provide a safe and supportive atmosphere in which to grow. If you would like to experience this energy on a larger scale, I encourage you to attend activities outside your club. TLI, contests, and conferences are a great opportunity to expand your Toastmasters experience.

The Fall Conference is just around the corner. Here's some of what you can expect:

- Top-level presentations—Speakers from inside and outside our district have included experts in the fields of communication and leadership, former International Speech contest competitors and champions, and International officers.
- District level contests—Speakers who advanced through the club, area, and division contests will compete for the District 7 title. Will your division take home the trophy?
- Networking—There are a lot of fascinating Toastmasters in our district. Share stories, tips, and best practices!
- Get energized—I'm always excited and motivated to incorporate new ideas and techniques into my own presentations, and to achieve new goals.
- It's FUN!

Invest in your growth and development by exploring Toastmasters activities outside of your club. See you at the conference!



Toastmasters Leadership Institute (TLI) – January 28, 2017 Call for Presenters—Share your knowledge and help train our club leaders. If you would like to present at TLI,

send an email to PQD@D7Toastmasters.org with information about your topic.

Be Extraordinary!

Our first Be Extraordinary! pin recipients have been announced. The following members have gone above and beyond:

Lynda Sloan, Flying Toasters is a powerhouse when it comes to visiting clubs and training officers.

Jill Curran, Symantec for her longtime commitment to the club

Dick Parsons, Wonderful Oregon Wordmasters (WOW) is going above and beyond the call of duty as an Area Director.

Anne Machalek, Siuslaw Tale Spinners served as interim Area Director when the Area Director resigned.

Congratulations to all of you for doing the ordinary extraordinarily. To acknowledge a Toastmaster with a Be Extraordinary! pin, fill out the [form](#).





FROM THE DESK

Know Your Mission

by Cathy French, DTM—
Club Growth Director



Why are you a Toastmaster?

What is your mission? Beyond simply being a member of a Toastmasters group, what are your long-range personal, professional or Toastmaster goals? What is your dream? Do you want to help others succeed?

If you haven't done so already, get out a notebook and jot down your answers to the questions in the last paragraph. Knowing the answers to these questions will help you tell others what Toastmasters is all about. Your ability to communicate this information to others will be invaluable as you formulate your plan to gain more members the most effective way—through referrals.

Every day you have the chance to contribute to someone else's success. Take the time to call that member that didn't renew their membership. Is there something they need from Toastmasters that they didn't receive? What can the district or club do to help them achieve the goals they originally set for themselves through Toastmasters?

New clubs

Congratulations to all those members involved in starting 4 new clubs since July 1. Welcome to all the New members of Peermasters, Stage Coach TM, Samaritan Ah-So Um and Puppetmasters Toast. The members, club officers and district officers are here to help you with any questions you may have along the way to achieving your Toastmasters Goals. We are excited to have you with us!

Looking for new members?

Try a Stack Day. A Stack Day is a regular meeting where each club member invites someone from the same profession.

Why should you have a Stack Day? It creates interest in the opportunity and provides choices for all those involved. Those who are not right for your club may fit better in another. Follow

up with each guest and help those who did not fit your club find another. Follow up is the Key!

Remind all your members of the club goal and affirm it at every meeting – and your visitors will know as well that Toastmasters may be what they need to complete their career goals.

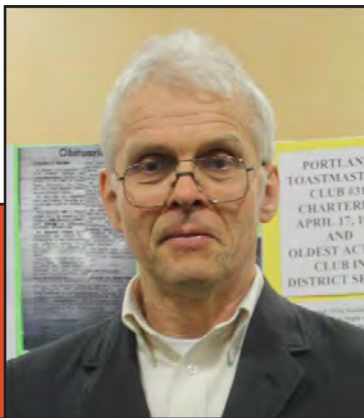
When we help others, we will. . .

- ✓ Strengthen our relationships
- ✓ Strengthen our business
- ✓ Strengthen our networks
- ✓ Strengthen our clubs
- ✓ Be Extraordinary—Demonstrate your extraordinary strength of character!



District 7 Toastmasters Welcomes New Clubs!

Peermasters
Samaritan Ah-So-Um
Stage Coach TM
Puppetmasters Toast



HIDDEN TREASURE

Coos Bay Toastmasters Club #249

by Harvey Showe, DTM

Coos Bay Toastmasters Club # 249 was originally called Marshfield. Eugene Toastmasters club #145 assisted in organizing the new club during late 1943. The Coos Bay Times newspaper reported on February 16, 1944 that the club was receiving a charter from Toastmasters International. The 20-member club met on Thursday evenings at the Chandler Hotel for the charter presentation. On March 17, 1944, Charles S. McElhinny, District 7 Governor made the charter presentation to the club president.

Marshfield Club Officers

Wayne Chaney, Club President
Charles Robinson, Vice-President
John Nelson, Secretary-Treasurer
Ray Hunsaker, Deputy Governor
Dr. R. M. McKeown, Sergeant-at-arms

Marshfield Charter Members

F. M. Scoville
J. Alfred Person
C. Wylie Smith
Stillman Wessela
John Bergen
Lewis H. Small
Walter Waite Jr.
Lloyd Quick
George C. Hug-Horne
Lloyd KunniPeter Gray Jr.

Speakers from the Eugene Toastmasters club for charter meeting were club president Howard Needham and Carroll Adams. Fred Brennie served as general critic. The Marshfield club speakers were G. C. Huggins and Ray Hunsaker.

The club name was changed to Coos Bay Toastmasters club in 1945 and was placed in Area 2. May 1945, the club charter was suspended, most likely because of World War II. Rationing made training materials difficult to obtain. The club was reactivated August

1946 according to Toastmasters Magazine. The club incorporated into Area 8 along with Coquille Club #605 and Roseburg Club #604 in 1948. John H. Nelson served as Area 8 Governor from 1948 to 1950. Don Persinger, representing Area 8, served on the 1948 District 7 Nominating Committee.

An offshoot of the Coos Bay Toastmasters club was North Bend Toastmasters Club #688 chartered February 17, 1949 at the Club Balboa. The charter program was printed on a piece of cedar.

- Toastmaster: Ennis Keizer
- Topic Master: Oscar Olsen
- Speakers: Ernest Kennedy, Frank Whitlock and Kenneth Reckard
- Evaluator: Blair T. Alderman, Lt. Governor District 7
- Charter Presentation: Irving L. Saucerman, District 7 Governor, Portland Toastmasters Club # 31
- Charter Acceptance: W. D. Hollingworth, President Club No. 688
- Welcome: John Nelson, Area 8 Governor from Coos Bay Toastmasters Club
Sylvanus Smith of the Coquille

Toastmasters club, Area 8, served on the District Educational Committee. Coos Bay Toastmasters club is now an active prison club that meets at SCCI Shutter Creek Correctional Institute. The North Bend Toastmasters Club charter number transferred to a Canadian club after the club disbanded. The Coquille Toastmasters club is no longer active. The charter number transferred to Lake Oswego Toastmasters club.

NOTE: Toastmasters International no longer allows the transfer of club charters.

November 11, 2016



This year, how will your club
honor members
who've served their country?

Capital Toastmasters Celebrates!

by Waylon Phillips

August 10, 2016, Capital Toastmaster hosted its annual awards banquet at the Oregon State Penitentiary. With 33 members and 21 guests in attendance, it was a night to remember. The newest award given was the Allan Edinger Service Award. Named after one of our most determined and intelligent supporters, it was our honor to present this award for the first time. "I was surprised and honored" was the sentiment given by Allan after the presentation of the award. His contributions to our club over the years have made a significant contribution to our success, progress, and growth.

Happy Bibimbap supplied the food for the event and it was a huge success. Presenting authentic Korean dishes in a luxurious and tasty arrangement, this was perhaps the highlight of the year for many of our inside members. Provided at cost, Happy Bibimbap had asked for a way to give back to the community, and we were very willing to let them. The food and service they provided at the event surpassed all of our expectations and many of us left there stuffed past capacity. Located at 635 Chemeketa St NE in Salem, OR, I give Happy Bibimbap five tasty stars.

Our new executive body was heralded in and the outgoing service members were all recognized. It was a great night with smiles all around. Following the recognition of our new executive body, awards were presented in the following order:

Toastmaster of the Year, Jason Rose; Jeff Ames Outstanding Progress Award, David Carr; Triple Crown Winner, Jason Rose; 1st Place Humorous Contest, Archie Crozier; 2nd Place Humorous Contest Mick Taylor; 3rd Place Humorous Contest Janice Hallmark; 1st Place Table Topics Contest, Ronald Edgemon; 2nd Place Table Topics Contest, Allan Edinger; 3rd Place Table Topics Contest, Gerald White-Calf; 1st Place International Contest, Archie Crozier; 2nd Place International Contest, Janice Hallmark;

3rd Place International Contest, Gerald White-Calf; 1st Place Evaluation Contest, Allan Edinger; 2nd Place Evaluation Contest, Cornelius Davis; 3rd Place Evaluation Contest, Andrew Chappell; 1st Place Tall Tales Contest, Kyle Hedquist; 2nd Place Tall Tales Contest Cornelius Davis; 3rd Place Tall Tales Contest, Gary Eagle-Thunder;

Two Year's, John Buckman, Dave Feb, Jason Rose, Mick Taylor, and Gerald-White-Calf; Three Year's, Andrew Chappell, and Alyce Dunham; Four Year's, Deniz Aydiner, Allan Edinger, and Janice Hallmark; Ten Years, Archie Crozier; Eleven Year's, Kyle Hedquist; Twelve Years, Casey Jones; Sixteen Years, Ronald Edgemon; Community Recognition, Allan Edinger, Janet Hallmark, Janet Zeyen-Hall, and Alyce Dunham; Community Supporters, Leanna Lindquist; Staff

Certificate of Appreciation, Robin Burch; Competent Communicator, David Carr, Jason Rose, Andrew Chappel, and Mick Taylor; Advanced Communicator Bronze, Harold Jones; Advanced Communicator Silver and Gold, Jason Rose; Competent Leader, Mick Taylor; Advanced Leader Bronze, Mick Taylor. The Allan Edinger Service Award was presented to Ronald Edgemon.

It truly was a memorable evening and everyone had a great time. We would all like to thank everyone who contributed and made this event possible for all of us. Thank you all very much, Cheers!

Waylon Phillips joined Capital Toastmasters in 2016. He is currently serving the club as VP Public Relations. He is a frequent contributor to the Capital Toastmasters newsletter, Capital News.



PERSPECTIVES

Judging and Fairness

by Shannon Milliman, ACB, CL



I observed an experience I believe is far too common with our contest speeches. The astute Toastmaster tirelessly prepares and strategically does so using the official evaluation form *Official Judges Guide and Ballot* to develop their speech. Recall that the point weight favors in this order 1) Speech Development 2) Effectiveness 3) Speech Value. You can find the entire rubric by clicking [here](#). This Toastmaster loves the program, organization and process that they go through to refine their speech.

The positive Toastmaster takes it as a learning experience and appreciates the comradery and fun on the journey. The speech contest occurs. Though our Toastmaster never sees the results in detail, the manner that the winners are placed in seems surprising.

This speaker put focus on development, structure, organization, having a single message and re-occurring line so it is presented in an easy to follow manner. A

competitor did not demonstrate this through the speech (granted, this is subjective) but had the third most weighty rubric-Speech Value dialed in! Originality oozed. Creativity, unexpected surprises and fun flowed but structure was lacking. This speaker was awarded a first place win. The rule following, rubric toting, evaluation stamped speaker achieved a 2nd place win.

So, playing Toastmaster Goddess, my analysis of this scenario is that judging appeared not fair but was better. From my completely subjective perspective Speech Value has more value (repetition intentional!). Creativity and original thought are what make waves that change the world.

Toastmasters exists to develop leaders and speakers foundationally. It is my desire to push the borders of what Toastmasters promises.

This being said, if you or

I judge, we commit to judging fair. Thus you commit to weighting the columns as the numbers infer even if it clashes with your personal preferences, biases, hopes and dreams for what Toastmasters can be.

It is a conundrum I would like to advocate change for. I challenge each of us in our practice speeches to take more risks, to do things differently, to disregard the common feedback for the sake of trying something new.

Our clubs are safe zones for us to try new things. When we try and are intentional with our choices we become better communicators and leaders. We can feel confident making a

message that is new, daring and intelligent and we are proud of our message.

Sharing a thoughtful, personal speech in a contest that might be irregular has incredible personal value and even greater audience value. The routine pattern

of an expected speech has value but the value is greater when the message is presented with fire in the bosom and reinvention in the vision. I cheer when I hear a contest speech that does not fit the mold. You have to learn the rules to break the rules but oh, the satisfaction when you do it right. A boring meeting, a boring speech has purpose--Toastmasters is teaching but what about after we have learned but yet we refuse to grow. We continue in comfortable patterns and comfortable feedback? Toastmasters asserts it is a "world leader in communication and leadership development." That means you and I are world leaders. Will we lead right? Next step, who's with me for storming the Headquarters doors with our petition considering a change in the number weighting for Speech Value?!



DISTRICT 7 – July 1, 2016 – December 31, 2016

B	I	I	G	O
Volunteer at an area speech contest	Volunteer at a TLI session	Fill in a role in a club not your own	Mentor a New Club	Visit another club in your area
Attend a division speech contest	Go to TLI in Wilsonville	Visit another Division club	Give a speech at another club	Volunteer at an Area speech contest
Volunteer at a division speech contest	Participate in a Kickoff meeting	FREE SPACE	Visit another Division club	Go to the District Conference
Visit another Area club	Pay your dues by Sept 15, 2016	Be a Club Coach	Visit a club in another district	Bring a guest to a club meeting
Write an article for your club website or newsletter	Visit another club in your division	Volunteer at a kickoff meeting	Sponsor a New club	Pay your dues by Sept 15, 2016

Have you completed your Bingo Card Yet?

Rules: X out a block when you complete a task. Have the individual running the task, initial the box.

You win BINGO if you get five across, five down, diagonal or four corners.

Prizes: Individual members get a magnetic name badge; clubs earn a \$60.00 bookstore credit if more than 50% of the July 1 club membership base complete a BINGO card. One prize per member or club

BLACK OUT BINGO Complete the entire card and receive the entire Speaker to Trainer Set.

Contest starts July 1, 2016 and ends on December 31, 2016. Completed cards can be emailed to cgd@d7toastmasters.org or mailed to PO Box 562 Florence, OR 97439 all cards must be received by Jan 7, 2017 to be eligible for the prizes.

Your Name: _____ Club No.: _____

Club Officer Signature: _____ Date: _____

WOW Open House Template Great Success!

by Leanna Lindquist, DTM

Awaken Your Speaking Power was the theme for the special event Communicators Plus held October 5th in Bend. The event was the catalyst for recruiting new members.



James Evanow

Patterned after WOW Open House, the event brought in 30 attendees.

Area 11 Director Faye Phillips coordinated the evening. Long time Communicators Plus member Bill Martin along with members Eileen McLellan and Lorelei Kryzanek were key to the success of the event. Flyers were created and distributed, information was placed in the local paper, announcements were made and invitations extended. A large meeting space was acquired at a local retirement residence. Refreshments and marketing materials were available.



L to R: Pat Lynch, Mary Chisholm, Bill Martin



District Director Leanna Lindquist welcomed the attendees. International speaker, author, trainer and local Toastmaster, James Evanow, delivered his speech “Empower Your Journey.” Using his 20 years of experience as a sea captain James encouraged us to take care of ourselves, to carve a path and leave a trail, and offer our services to our community.

While the initial purpose of the event was to recruit members for Communicators Plus, all three Bend Clubs were showcased. In attendance were the presidents of the three Bend clubs; Fredrick Moore, Communicators Plus; Lucy Brackett, Highnooners; and Danielle Mercurio, Bend Chamber. A handout featured the meeting information for all three clubs. Everyone enjoyed networking and refreshments. Several guests committed to joining clubs.

Clubs interested in hosting a WOW Open House will find the link to the information here.

A week later, Communicators Plus hosted 11 people at their meeting. Three people joined, with another considering the possibility. All the new people have had officer roles in other out-of-town TM clubs.

The club continues their recruiting efforts.



New Horizons Toastmasters

invites you to

MASK-A-RADE

**October 29, 2016
8-9:30am**

*Join us for a Morning of
Fun, Fantasy, and Lively
Entertainment*

University of Phoenix

13221 SW 68th Parkway #500, Tigard, OR 97223



Costumes, Masks, and Your Favorite Personna are Highly Encouraged

Nasreen Sheikh: World Entrepreneur

by Phyllis A. Harmon, DTM



I was introduced to Nasreen Sheikh by fellow Toastmaster, Steve Davis. I was intrigued by her story, mission, and purpose in the world. Below are the results of our meeting.

Tell us about you. Where were you born, how big was your family. Did you have siblings, older, younger?

I don't know my real birthday. My school teacher gave me the birthday of November 11th, 1991. I was born in a small village near the India/Nepal border. I have three sisters and one brother. I was a middle child. I have many



cousins – I am from a very large family. My village was a completely male-dominated society. The boys were allowed to go to school and girls stayed at home to clean, do laundry, and cook. It is a village where boys ate first while the girls got what was left over. It was a village where a girl's 15th or 16th birthday marked the day when she was arranged or forced into marriage. This is a village where men made most of the decisions for women. I have seen women being very oppressed and committing suicide. It was a really remote village where there weren't any relief organizations or social media to publicize the story of where I born.

What defining moments started you on your life's work?

I was around 6 or 7 years old and the hardest thing in my life was seeing my own older sister forced into marriage. My sister wanted to study. Instead, my grandpa and my parents arranged her marriage when she was just 12 years old. When she turned 16 she was married. When she

visited her husband's house for the first time, she didn't like him because he would drink and he would sometimes mistreat her. One time she ran out from her husband's house to our mother's house. My mother returned her to the husband's house the same day and said, "This is your fate. If you die you have to die in your husband's house." I still feel that she wanted to escape this marriage but no one was there to help her. I saw her face, scared and still forced into a life with a man of whom she was very frightened. She lost her confidence to talk about it and started to believe that this was her world. I asked mother that day: "Yasmin (my older sister) didn't want to get married. Why did you marry her? Now she needs help and you are saying it's her destiny?" She told me, "That is what our culture is. It happened to me, to your sister, and it will happen to you."

That's when I knew I had to run. I began searching for outside help. I went to Kathmandu, where my cousin's brother worked for a large factory. He negotiated with my family and I was allowed to work. After a few months I had learned to make handicrafts with my cousin's brother, supporting myself and sending some money to my family. There I was, just 12 years old, working for a massive export company – what I now know was a sweatshop.

How does the culture of your home country differ from what you've seen in the world?

I feel everywhere humanity is struggling. It's not a question of rich and poor, and it's not a question about different countries - we are all suffering in our own way. In other parts of the world, people have money, cars, and houses. Yet they are still suffering and feeling miserable because they don't have spiritual or family connections and work too much.

We humans are not happy - we all are struggling; trying to discover how we can bring that long lasting peace and love that exists into our lives. Can we make it happen? I feel we can once we start to believe in ourselves and a unity of community where no one is judged by their status, color caste, religion, etc., when everyone

gets treated equal, and where everyone can find their own truth. Holding that true energy will inspire human kind.

We really need to find a balance right now. I feel we are very imbalanced which is why humanity is suffering, the plants are suffering, the birds are suffering, and the climate is changing. It

and work independently. I began dreaming about setting up my own training center for disadvantaged women so they could find a fair way out of misery. I dreamed of saving children from forced marriage and slave labor. It is one of the hardest feelings a human can face, being a slave to a factory owner or to a husband. I was



is becoming a universal problem and we need to become united in finding balance. I feel humans are one of the most intelligent species, and if we find true value in being a human, slowly everything will come into balance. We all are connected and we all are one.

You mentioned that you learned to be self sustaining when you left home. Please tell us a little about how you survived and what you learned when you moved to the city.

I worked for almost one and half years in a sweat shop. I still remember I had very tiny room around 10x10. I worked in that space with three other people, eating, living, sleeping, and working. Sometimes I would sleep on pile of T-shirts. Shirts we were exporting to a Western rich country. I worked 12 to 18 hours a day and made less than \$5 a day. I worked so hard for one of the agents, and they didn't pay me. They owed me twenty thousand Rupees around (\$200) and refused to pay. I had escaped one form of slavery only to find another. That is when I felt I needed an education.

Almost by magic, I found a teacher who offered to teach me for free. I started to study

able to escape from that system but there are many more who didn't.

I knew I had to help free them through support and education. So I did. At 16 years old, I was working with six disadvantaged women. One year later, I had my own store in central Kathmandu called Local Women's Handicrafts. When I turned 18, my family started to arrange my marriage. This time many friends and family members supported my mission. I was able to convince some of my family that my life had a different purpose. With the help of my women, friends and family, we were able to create a space just outside of Kathmandu where women could come together and work in their own safe community. The house is called Local Women's Handicrafts.

You've been a Toastmaster since May 2016. How has Toastmasters helped you to spread your message?

Toastmasters has definitely helped me to get over my nervousness. I gained confidence and personal growth. Teresa Hovland, my mentor,

has played a really beautiful role in guiding me through the learning process. I missed meetings due to my busy schedule. As soon I get spare time, I would love to renew my membership. One day I would like to introduce Toastmasters to my organization.

What can we do to help you in your work?

The main goal of Local Women's Handicrafts (LWH) is to teach women freedom. When you have the capacity to develop your strength, you can live your life with pride and dignity and everyone deserves that. All you need is a bit of support and hope. That is what I hope to give to these women, if they want to make a change in their life, with a bit of support and hope, they can come here to work and live until they figure out what's next.

Each woman who participates in LWH goes through a training program for 12 months. Women have a choice in which skills they want to pursue. Some of which include: design, sewing, weaving, embroidery, knitting, jewelry making, and pattern work. The women also have the option of living in the workshop house. While in training, each woman receives a stipend and hopefully a sponsor to help live during their time there.

With these new skills, a stipend and 12 months in a safe community of women, they will be able to take the next steps necessary to progress in their lives, become independent and self sufficient- living and working on their own.

One of our projects is on the way to completion but due to financial instability we are still working on it. If you can support this mission and help me complete it, I can focus my energy on the next project. Thank you.

<https://www.gofundme.com/localwomen>

Please follow us on our non-profit projects at www.locwom.com. If anyone is interested in supporting our mission by selling Women Crafted products contact us through www.lwhnepal.com. To follow me please visit www.nasreensheikh.com

Nasreen joined Moser Toastmasters in May 2016. She travels frequently in her work, and returns to the club as a visitor when time permits. You can learn more about her life's work through her website and the many interviews she's given on radio, television, and in print media. Please visit her websites and help her make the world a more equitable place in which to live.

**Got an opinion?
Voices! is looking
for feedback! Do
you like what
you are reading,
yearn to learn
something new,
or simply want
to be heard?
Now's your
opportunity to
share what you
think! Simply
click on this [link](#)
and fill out a
Feedback Form.**





JOURNEYS

Karen Sempervivo, DTM Toastmasters Powerhouse

by Brinn Hemmingson, ACG, CL

In a recent interview with Karen Sempervivo, columnist Brinn Hemmingson discovered that Karen is a person who understands the value of the Toastmasters program. Karen shared her personal journey and the reason she encourages everyone she meets to use Toastmasters to become a better leader and communicator. Below are the results of that interview [Editor].

How did you discover Toastmasters and when was that?

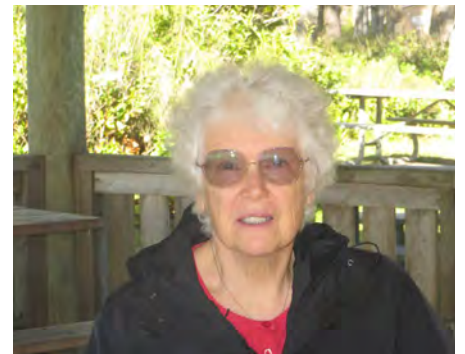
In September of 1995, I became a graduate student in the Portland State University Masters of Public Administration program, where I was expected to give oral as well as written presentations. Actually, the very thought of oral reports was terrifying, akin to a hideous death. For my very first class presentation, after having contemplated leaving town (and the graduate program), after sleepless nights before and on the presentation date, I reluctantly gave the presentation. Not wanting to spend the following two years in perpetual fright and meltdown, I expressed this fear to one of my professors, who strongly recommended Toastmasters. My first inclination was this: why would anyone want to join some organization at which you were asked to speak all the time? You see, my avoidance-of-public speaking meter was clearly in the red zone.

However, I decided to try Toastmasters. Since I worked at the Portland State Office Building, I checked the TI website and learned that the Blue Ox Club met at Bonneville Power Administration (BPA). At that time, Blue Ox was a small club composed of mostly men. Although they welcomed me, I was not sure I could take this on along with graduate coursework. However, it was either take on Toastmasters or take off graduate school. I decided, after much persistent invitations from a Blue Ox member named Leo Kurkoski, I finally joined and stayed in the Blue Ox club until about two years ago, when I got into club coaching. That led to the “too many clubs” syndrome all too familiar to overly busy Toastmaster members.

Thanks to Toastmasters (and a lot of hard work), I graduated from that Masters of Public Administration program in 1998, having used

those valuable Toastmasters skills that I learned and honed while at Blue Ox. This year I am celebrating 20 years with Toastmasters,

which all began with graduate school and Blue Ox Toastmasters membership in September 1996.



How many clubs have you been in and are you in now?

I have been in as many as five clubs at once. Some were clubs that I joined after official appointment as Club Coach. Currently I am in two clubs, Portland Progressives and Civil Tongues. At some point, I would like to rejoin Blue Ox, which is my Home Club.

What positions have you held?

- Blue Ox Club, President, 1998-1999; 2002-2003
- Civil Tongues Club, President, 2003-2004
- Portland Progressives Club, President, 2008-2009
- Division Governor, 2002-2003; 2010-2011
- Area Governor, 1999-2000; 2004-2005
- District Sgt at Arms, 2006-2007
- District Secretary, 2007-2009
- District Database Coordinator, 2004-2005
- District Speechcraft Chair, 2004-2005
- Club Mentor for Civil Tongues (2000): six months for credit, another six months for the club
- Club Coach: Wrip City, At the River's Edge
- Club Sponsor: Portland Progressives, Civil

Tongues (a founding “mother” for these two clubs)

NOTE: Throughout my Toastmasters “career,” I have held each of the seven club officer positions multiple times in multiple clubs.

Awards

- Toastmaster of the Year, 2001
- Rookie of the Year, 2000
- Best Division Governor, 2011
- Miscellaneous club awards for service
- Won third place in the District Table Topics Contest in 2014

How has Toastmasters helped you in your OTHER life (work, presentations, hobbies, etc.)

As I said earlier, Toastmasters got me through the Masters of Public Administration program and led me to receive an unexpected promotion. As a matter of fact, Toastmasters speaking skills helped me complete a Masters of Library Science in 2013 at age 70. Other areas of Toastmaster benefits: the ability to strike up conversations with strangers, which I could never do before; delivering presentations as part of my job, acing several job interviews; the confidence to pursue difficult subjects, such as Latin, Ancient Greek, Egyptian Hieroglyphs, statistics, piano and art lessons.

Somehow those weekly Toastmasters meetings always send me on my way back to a better day, instilled with something new and refreshing every time. Along my Toastmasters journey, I found that I had leadership skills, something an introverted person such as me would never have considered, had I not been given the opportunity

to lead in a number of club-and District-level offices.

One of the blessings, more priceless than gold, has been the privilege of mentoring and helping others in Toastmasters. Again, if Toastmasters had not offered this opportunity, I might have shrunk from this task, blaming it on my shyness and shirking the experience. Instead, I grew along with my mentees and am a better person for it.

Why would you encourage people to join Toastmasters?

I would encourage anyone who wants to communicate well and has any interest in being a leader to join Toastmasters. Whether

your goal is career related, becoming an activist for some cause, or simply wishing to communicate your views, you will learn how to prepare speeches, how to speak “off the cuff,” learn how to perform the various meeting roles at a Toastmasters



meeting, gaining “Emcee” skills as the Toastmaster of a meeting, mastering the art of impromptu speaking, or competing in semi-annual contests, not only in one’s club, but also at progressive levels inside the District.

In short, Toastmasters offers a plethora of learning opportunities and personal growth. Members will experience personal growth, enhance skills as they experiment with speaking and leading. These skills allow them to become more self-confident, fulfilled people – all in a supportive and safe environment – with a group that becomes a “family,” providing life-long friendships.



Sitting in Judgement

Tips To Understanding Judgement In Feedback (The Three Aspects of Feedback - Part 3)

by Eric Winger, DTM

“I judge people,” said no one ever.

We like to think of ourselves as objective, rational,

and non-judgemental observers. We’re not. Instead, we label. We categorize. We show bias. We compare. Yes, we judge.

Sometimes that judgement can be valuable. Often, it can be destructive. Understanding judgement is key to its effective use in our feedback.

Judgement Is Comparison¹

Simplistically put, judgement is a comparison. It’s a comparison between where someone is and where they are going.

It’s a comparison between people. It’s a comparison between the reality and the ideal. If your feedback is comparative, it may be judgement.

Judgement can be Useful—When someone wants to know their status in relationship to a goal, judgement can be useful. For example, in Toastmasters speech competitions competitors want to know how they rank compared to other speakers. Judgement can also be used by employees to learn what they have to do to get that next promotion.

Judgement can be Destructive—“That’s awful,” said too many Reality TV judges. “You’ll never be good at that,” said too many parents. “The speech really needs improvement,” said too many Toastmasters. We’ve all felt the sting of cruel judgements and they can hurt.

Judge Not Lest Ye Be Judged—If you judge, be prepared to be judged. People have their own ideas about where they rank and if your judgement doesn’t align with theirs, you will certainly be told. That doesn’t mean your judgement was wrong but it does remind us that judgement is more opinion than fact.

Coaching can be Turned into Judgement

—Despite our best efforts at being non-judgemental, the listener may hear judgement because of low self esteem and misunderstandings. This can help explain why people react negatively to seemingly helpful feedback. Don’t assume, however, that the listener is wrong. Sometimes we don’t even know we judge.

If In Doubt Leave It Out—If you are unsure that your judgement is wanted, leave it out. It’s

ok to help someone with a contest speech even if you don’t think it will win. Instead, focus on appreciation and coaching. Although judgement may be a part of good feedback, the goal of feedback is not



to judge but to help. Judgements are powerful. They can be a force for good by motivating effort towards a goal. Or, they can be destructive in the implications. By understanding our instinct to label and compare, we can use judgement for better feedback.

This concludes a series on the three aspects of feedback - appreciation, coaching, and judgement. Understanding and knowing when to use all three is not only beneficial to those whom we give feedback, but can help us avoid many difficult situations.

¹From the book, *Thanks for the Feedback*, by Douglas Stone and Sheila Heen. They use the term “Evaluation.” I replaced that with “Judgement” to avoid confusion with Toastmasters evaluations.

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

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 Here**

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



PUBLIC RELATIONS

KEEP IT SIMPLE! - Flyer Design

by Phyllis Harmon, DTM—District 7 Public Relations Manager

Creating marketing flyers doesn't have to be an arduous task. You can create fabulous flyers by following a universal formula - KEEP IT SIMPLE!

I hate to be the bearer of bad news, but putting too much detail on your flyer will guarantee that no one reads it. As a rule of thumb, your flyer will receive about 20 seconds worth of attention. In that time, you want your intended audience to see graphics, who, what, where, and a call to action.

Should you add speaker biographies and long details of what the event is about? My short answer is don't do it—at least on the front of the page.

What? You forgot there was a backside to your page? Don't believe me? Simple test - pick up a piece of paper, look at it, then turn it over. (Told you so!)

Okay—let's get back to the subject at hand. Here is an example of a flyer front side.

BECOME A BETTER SPEAKER

Personally and Professionally



When

Your Date
Begin and End Time

Where

Location
Address

Join Us!

RSVP Appreciated
Your Contact Information

OPEN HOUSE

Overcome your fear of speaking before an audience, and train your butterflies to fly in formation.

Toastmasters provides a safe environment where you can practice your next presentation and get quality feedback on how to take your speech to the next level.



Example 1

The sample is great for a generic open house at your next club event. Of course if you have a keynote speaker as a draw to your event, replace the graphic with a headshot or action shot of your speaker. Here is the same sample modified to highlight a keynote.

Robert Becker, CSP

Voice and Stagecraft Coach



Lorem ipsum dolor sit amet, esse philosophia te vel. Dicit dolore dolorum nec no. Facer scripserit eu vim, ut sea voluptua reprimique mediocritatem, facete legimus salutandi mel at. Sea cu simul quodsi numquam. Eos id stet fugit laoreet, ius bonorum molestie conclusionemque at, id tractatos inciderint eos. Ad cum stet exerci, ex mea diam summo, sea agam neglegentur et.

Agam oblique bonorum usu cu, probo fabulas vim ea. In vim platonem scriptorem. Vis ex mutat accumsan, ad aliquip evertitur posidonium sea.

Contact: <http://generator.lorem-ipsum.info/>

Example 2

Both samples are easy to read, contain only essential elements, and pass the 20-second-attention rule.

When you create your flyer consider the colors used. In the first example, the background is the same for both the top and bottom of the flyer, thus creating a pleasant, easy-to-read piece for the eye. However, in the second example, the top and bottom are different focusing emphasis on the keynote.

There are studies that discuss in detail the psychology of colors. You may want to do some web exploration to find out what works best for your event. You can always fall back on the brand colors of your organization as a method

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There are studies that discuss in detail the psychology of colors. You may want to do some web exploration to find out what works

On the Road Again. . .

If you are in the Portland, Vancouver, Eugene or Medford area, be on the lookout for transit ads. Buses are already on the roads displaying the ads on sides and tails. If you spot an ad, snap a photo, safely of course, and email it to our Club Growth Director Cathy French at cgd@d7toastmasters.org

We will have two winners in Medford, and one in Portland, Eugene and Vancouver. Our 5 winners will each receive a blue Toastmasters umbrella. Keep your eyes peeled. Bonus points if you post it on Facebook.

Robert Becker, CSP
Voice and Stagecraft Coach

Lorem ipsum dolor sit amet, esse philosophia te vel. Dicit dolore dolorum nec no. Facer scripserit eu vim, ut sea voluptua reprimique mediocritatem, facete legimus salutandi mel at. Sea cu simul quodsi numquam. Eos id stet fugit laoreet, ius bonorum molestie conclusionemque at, id tractatos inciderint eos. Ad cum stet exerci, ex mea diam summo, sea agam neglegentur et.

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Example 3



OCTOBER

20

Willamette Division (E) Table Topics and Humorous Speech Contest @ Reed College, Portland Oregon @ 6:00 PM – 9:00 PM

22

Last day to hold Humorous Speech and Table Topics Contests

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

Columbia Division D Fall 2016 Speech Contests @ Self Enhancement, Portland, Oregon @ 12:30 PM – 4:00 PM

Division I- High Desert Contest (Area's 10,11,12) @ La Pine Library, 1:00 PM – 3:00 PM La Pine, Oregon

27

Division H Humorous Speech & Table Topics Contest @ Beaverton Community Center, Beaverton, Oregon @ 6:00 PM – 8:00 PM Beaverton Community Center

NOVEMBER

4

Under the Magnifying Glass: Good to Great Presentations. Pre-conference workshop with Patricia Fripp, Warner Pacific College - Egvedt Room 203, Portland, Oregon @ 6:30 PM – 8:30 PM

5

Find Your Focus, District 7 Fall Conference @ Warner Pacific College, Portland, Oregon @ 7:00 AM – 6:00 PM

SUCCESSFUL CLUB

Feedbackers *The Workshop Club*

by Leanna Lindquist, DTM - District Director



Feedbackers Club chartered 14 years ago. The focus of the club is, well, feedback. At each of our meetings three members, or guests, give 5-7 minute speeches. Each speaker receives feedback from four different evaluators. The speakers request what type of feedback they wish to receive. It can be based on manual, vocals, organization or stage to name a few. The four evaluators are then given feedback on their evaluations so they can improve too.

Our members joined this club because they realized that providing feedback on what people do well and what can be improved on is how growth happens. Many people say they are too intimidated to join Feedbackers. When you come to a meeting what you will find is a

welloiled machine that makes it up as it goes. Our speakers are signed up in advance. Our evaluators volunteer on the spot. With timers, grammarians and general evaluators we are three separate meetings in one. You will find you will always learn something and you always have fun.

Our club has three District Evaluation Contest winners; Cleon Cox, Eric Winger and James Wantz. Our club strives for excellence. President's Distinguished Club is always our goal. We have a history of helping District speech contestants fine tune their speeches.

If you don't think you have time for another club, think again. If you are looking for a way to have fun and receive championship feedback join us at Feedbackers. We meet at the Beaverton Activities Center, 12500 SW Allen Blvd, every second Wednesday of the month, from 7:30 pm to 9:00 pm. Join us, it will change your life.



WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Wonderful Oregon Wordmasters (WOW)	Abel	Irene
Samaritan Ah-so-Um	Abernathy	Tad
Roseburg Club	Barnes	Alexandria
New Horizons Toastmasters Club	Bartels	Jeremy
West Beaverton Club	Bateny	Fatemeh
Samaritan Ah-so-Um	Bean	Susan
Stage Coach TM	Beck	Jessica
Toast to US	Bemis	Jessica
The Standard Speakeasy Toastmasters	Birudugadda	Ravi Babu
Samaritan Ah-so-Um	Blair	Marisa
Flying Toasters Club	Bohl	Carrie
Walker Talkers Toastmasters Club	Breen	Chris
PDX Pioneers	Bryan	Diane
Speakers With Spirit Club	Carssow	Jacquelyn
Speakeasy Toastmasters	Chan	May
Roseburg Club	Cooney	Kendra
Professionally Speaking	Copper	Kaytra
Stage Coach TM	Cordes	Eric
AAA Towsters	Crawford	Annie
Stage Coach TM	Cresalia	Sharon
Samaritan Ah-so-Um	Crouch	Kerri
Noontime Nomads Club	Cruz	Carmen
Salmon Speakers	D'Ambrosio	Sofia
Samaritan Ah-so-Um	Damitio	Cheri
Samaritan Ah-so-Um	DeKam	Audrey
Stage Coach TM	Dhindsa	Sahib
Stage Coach TM	Do	Quyen
Stage Coach TM	El Madani	Ahmad
Babble-On Toastmasters Club	Fedance	Lauren
Wonderful Oregon Wordmasters (WOW)	Flynn	Kathleen
Samaritan Ah-so-Um	Fulleton	Valerie
Civil Tongues Club	Gannamaneni	Satish
Samaritan Ah-so-Um	Godkin	Savannah
Samaritan Ah-so-Um	Graves	Sarah
Newberg Toastmasters Club	Green	Dee
Clark County Toastmasters Club	Green	Ryan
Stage Coach TM	Hernandez Herrera	Eduardo
Milwaukie Talkies	Hollis	Theressa
Stage Coach TM	Homo	Katarina
Stage Coach TM	Horrax	Steven
Samaritan Ah-so-Um	Howland	Sharon
Testmasters	Ingloe-Kern	Sheryl
Siuslaw Tale Spinners Club	Jensen	Robert (Bobby)
Stage Coach TM	Johnson	Amy
PDX Pioneers	Jones	Madalyn

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Stage Coach TM	Kavanaugh	Ryan
Stage Coach TM	Khan	Paige
Essayons Club	Koustareva	Kate
Stage Coach TM	Kraljev	Shelly
Downtown Public Speakers Club	Kronholm	Bridget
Roseburg Club	Langkamp	Leslie
Stage Coach TM	Laycock	Amanda
Sage Beaverton Toastmasters	Leavitt	Scott
Essayons Club	Lunski	Scott
Oregon City Toastmasters	Lyman	Aaron
Essayons Club	Magill	Tyler
Keizer Communicators	Maini	Nipun
Samaritan Ah-so-Um	Manning	Julie
Essayons Club	McAllister	Kevin
Stage Coach TM	Medak	Stacey
Stage Coach TM	Merit	Brian
Stage Coach TM	Moersfelder	Stephanie
Stage Coach TM	Moon	Steve
Stage Coach TM	Mota De Leon	Julio
Gorge Windbags	Murray	Linda
Stage Coach TM	Myles	Ericka
Stage Coach TM	Neeley	Daniel
Washington Street Club	Olsberg	Megan
Silicon Forest Club	Orr	Evelyn
Samaritan Ah-so-Um	Parmeter	Angel
Samaritan Ah-so-Um	Peterson	Klint
Stage Coach TM	Powell	Angela
Samaritan Ah-so-Um	Prasad	Sharna
Stage Coach TM	Racareanu	Alexandra
Milwaukie Talkies	Ray	Christopher
Wonderful Oregon Wordmasters (WOW)	Reeves	Robert
Roseburg Club	Robinson	Barry
Stage Coach TM	Rosas	Margaret
Toast of the Region Club	Ruggiero	Ryan
Electric Toasters Club	Salisbury	Heather
Blue Ox Club	Salyer	Krystalyn
Essayons Club	Sanders	Michelle
Portland Club	Scarpine	Kimmy
Cedar Hills Club	Shakman	Igor
Babble-On Toastmasters Club	Simon	Jocelyn
AAA Towsters	Sommers	Michael
PDX Pioneers	Sumida	Scott
Symantec Toastmasters	Tedesco	Amie
Samaritan Ah-so-Um	Theige	Kyle
Stage Coach TM	Unger	Tom
Liberty Talkers	Ward	Will

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Stage Coach TM	Wagnier	Paul
Salmon Speakers	White	Michael
New Horizons Toastmasters Club	Whitmore	Rose
Samaritan Ah-so-Um	Wiederkehr	Peggy
Gorge Windbags	Withers	Richard
Samaritan Ah-so-Um	Worden-Acree	Gail
Leader's Edge Club	Wright	Charline
Stage Coach TM	Young	Jordan
Stage Coach TM	Zubrick	Marissa

Happy Anniversary to October Clubs

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

Charter	Years	Club Name
10/20/2014	2	Clean Water
10/15/2015	1	Club Northwest
10/1/1998	18	Marylhurst
10/30/2012	4	NuScale Toasters
10/1/1993	23	Speakeasy
10/21/2014	2	Titan
10/1/1990	26	Toast of Corvallis
10/3/2012	4	Wonderful Oregon Wordmasters (WOW)
10/1/1965	51	Yawn Patrol

A special shout out
to Yawn Patrol for
passing the half-
century mark!



HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	9/28/2016	Amory, Heather	Professionals of Portland Toastmasters
ACB	9/6/2016	Anthony, Joseph D.	Storymasters Toastmasters
CL	9/6/2016	Anthony, Joseph D.	Storymasters Toastmasters
ACB	9/29/2016	Applen, Kenneth C.	Smooth Talkers Club
CC	9/29/2016	Brentnall, Natalie Leigh	Swan Island Toastmasters
CC	9/29/2016	Byman, Art J.	Encouraging Words Club
CC	9/7/2016	Cadena, Angela Maria	Suite Talkers Toastmasters
CC	9/14/2016	Cook, Rodger K.	Wallmasters International Club
ALB	9/27/2016	Davis, Margaret E.	Blue Ox Club
CC	9/1/2016	Diamond, Bert F.	Sherwood Town Criers Club
CC	9/14/2016	Edinger, Allan B.	Beachtown Toastmasters
CC	9/13/2016	Edinger, Allan B.	Will-Sher Club
CC	9/13/2016	Edinger, Allan B.	McMinnville Toastmasters
ACB	9/17/2016	Fafard, Tom	Early Words Club
CC	9/27/2016	Ferris, Don	Storymasters Toastmasters
CC	9/13/2016	Fischberg, Beth Ann	Babble-On Toastmasters Club
CC	9/23/2016	Gabris, Robert T.	MultCo Toasties
CL	9/7/2016	Guckert, Jerid	Smooth Talkers Club
CC	9/29/2016	Hale, Dawnette S.	Swan Island Toastmasters
ACS	9/1/2016	Hanssen, Kevin W.	Bootstrappers Club
CC	9/6/2016	Harmon, Phyllis A.	Newberg Toastmasters Club
ALS	9/2/2016	Harmon, Phyllis A.	New Horizons Toastmasters Club
CC	9/29/2016	Hernandez, Carlos	Smooth Talkers Club
ACB	9/19/2016	Hines, Jency	Milwaukie Talkies
CC	9/20/2016	Kemp, Chelsea	The Society of Oratory Aerialists
ALB	9/24/2016	Knapp, Thomas K.	Feedbackers Toastmasters Club
ACB	9/24/2016	Knapp, Thomas K.	WRIP City Club
CL	9/3/2016	Knapp, Thomas K.	Liberty Talkers
ACB	9/1/2016	Malshe, Rohit	Sporty Speakers
CC	9/15/2016	Martin, Leanne R.	Battle Ground Toastmasters
CC	9/19/2016	Matthews, Roxanna S	Milwaukie Talkies
CL	9/23/2016	McCoy, Mary Patricia	Toast to US
ACB	9/23/2016	McCoy, Mary Patricia	Toast to US
CL	9/26/2016	Milliman, Shannon April	Competitive Speakers PDX
CC	9/17/2016	Nguyen, Hai T.	Clackamas Stepping Stones Tm Club
CC	9/10/2016	Pettigrew, Erica M	Portland Progressives
CL	9/13/2016	Piper, Perry E	Encouraging Words Club
CC	9/25/2016	Portillo-Soto, Gustavo	Hopemasters
CC	9/13/2016	Pratt, Jeffrey	Speakers By Design
CL	9/30/2016	Putnam, Duane	The Standard Speakeasy Toastmasters
ACB	9/19/2016	Reunert, Michael K.	Wallmasters International Club
CC	9/14/2016	Sandwich, Jean K.	Wallmasters International Club
CL	9/9/2016	Simon, Neil C.	Downtown Lunchbunch

HONORING EDUCATIONAL AWARDS

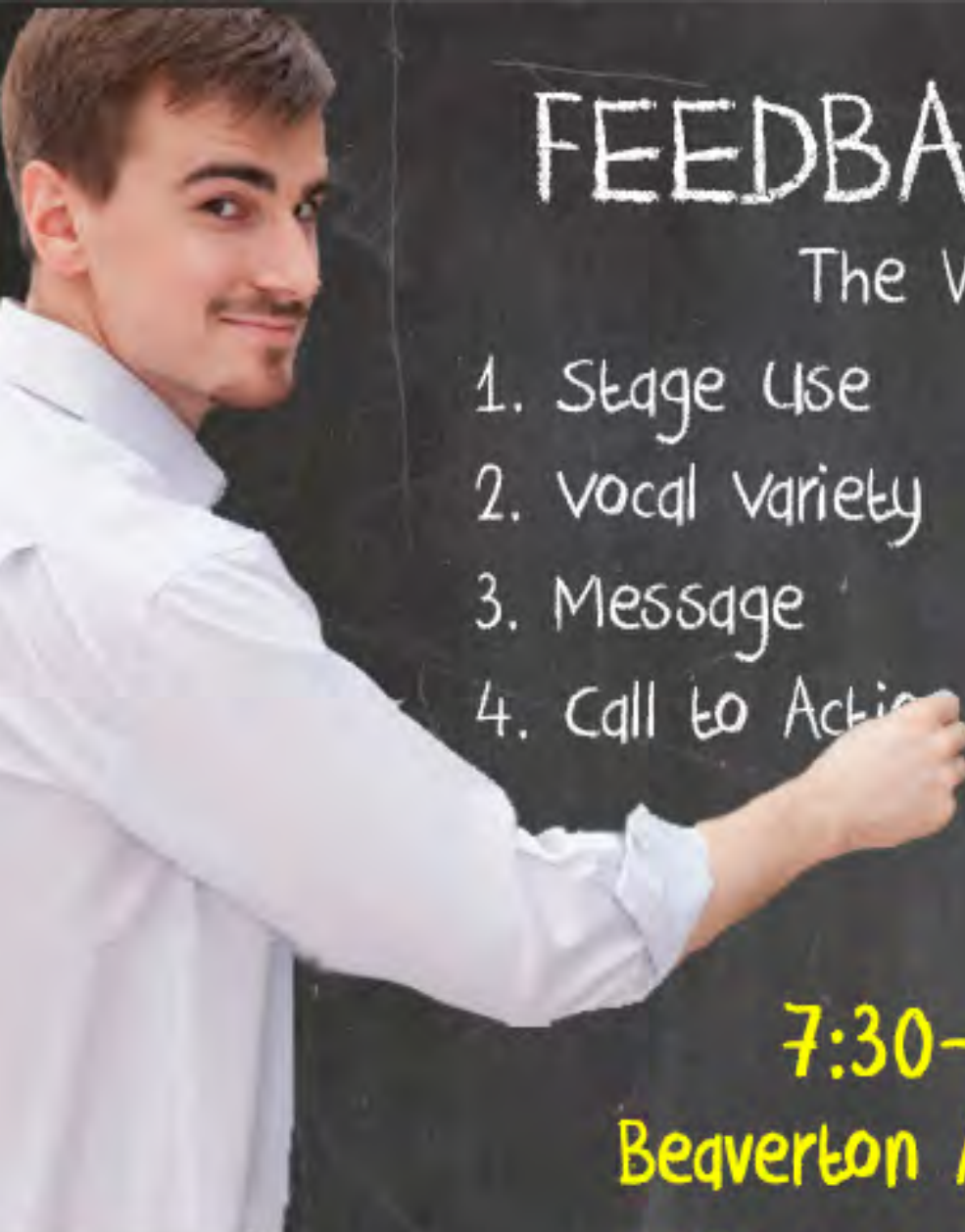
CC	9/19/2016	Sitowski, Dominic A.	Moser Community Toastmasters
ACS	9/26/2016	Smith, Kenneth L.	Toasting Excellence Club
ACB	9/19/2016	Stefan, Joshua	Oregon City Toastmasters
CL	9/22/2016	Sumner, Blake R.	FIG Masters Club
ACB	9/28/2016	Tjan, Vanessa	MIME Speaks
CL	9/16/2016	Tjan, Vanessa	MIME Speaks
CC	9/7/2016	Treanor, Dawn	Columbia Communicators
CC	9/3/2016	Vandewettering, Brian M	Liberty Talkers
CC	9/29/2016	Walker, Kristen M	Professionals of Portland Toastmasters
CC	9/6/2016	Wantz, James	Storymasters Toastmasters
ACS	9/2/2016	Wences, Teo	Yawn Patrol Club
CC	9/28/2016	Wilkinson, Meg	Toast to US
DTM	9/1/2016	Winger, Eric A.	Silicon Forest Club
ACG	9/1/2016	Winger, Eric A.	Silicon Forest Club
CL	9/16/2016	Winn, Barbara L.	Flying Toasters Club
CC	9/21/2016	Yorston, Richard A.	At The River's Edge Club
ACS	9/4/2016	Yoshida, Raynette K.	Marylhurst Toastmasters
CL	9/20/2016	Zimmerli, J. Barclay	Rose City Toasters Club

TRIPLE CROWN AWARD PINS

MEMBER	AWARDS	
Anthony, Joseph D.	3	LDREXC, CL, ACB
Arnold, Cate Ann	6	ACS, ALB, ALS, DTM, ACG, LDREXC
Bennett, Allison	4	DTM, ACG, LDREXC, ALS
Brewer, Daniel S	3	CC, CL, ALB
Edinger, Allan B.	3	CC, CC, CC
Harmon, Phyllis A.	5	LDREXC, ALS, CC, CC, ACG
Knapp, Thomas K.	3	ACB, ALB, CL
Lee, Maria R.	3	CC, CL, CC
Shehorn, David A.	3	ACB, CL, ALB
Tjan, Vanessa	3	CC, CL, ACB
Tully, Kathleen	5	LDREXC, ALS, DTM, CC, CL
Winger, Eric A.	3	CC, ACG, DTM
Zakrzewski, Chapin O.	4	LDREXC, ALS, ACG, DTM



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

A man with short brown hair and a light beard, wearing a white long-sleeved 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

Learning to Say "No!"

by Jawad Ali, Member of Future Stars



Five years. That is how long I have been a member of Future Stars, a diverse youth Toastmasters gavel club dedicated to improving as leaders and speakers.

When I first started, I was skeptical of the results that I was promised by my parents. Looking back at my 6th-grade self, I could not see myself becoming the person I am today without these past years as a member. I have learned many things from speeches, feedback, and experience, but what helped me the most was learning to say "no."

It took me five years to learn that it was okay to say no. When I was younger, I did not know how to say it. If there was anything that I was asked to do, I accepted it without a question. Not being able to say no made life extremely stressful and hectic.

Recently I learned how to say no when my peers wanted me to run for class president. I immediately felt like I was being pressured into running, and there was no way to stop it. Even though I had a heavy workload, and I was playing sports and volunteering, I said alright and signed up to run.

When I came home and told my parents about my situation, they told me to go back and tell the teacher in charge that I would not be running. The next day I told the teacher, but he said it was too late to change my mind.

Fast forward a couple months. The time to vote came. Sadly (thankfully), I lost the election.

If I had known how to say no, it would have saved me a lot of stress.

I believe that communicating clearly and saying no to things you can not do is important. Toastmasters helped me sharpen that skill.

Five years is a long time. As I continue to spend more and more time at Toastmasters and get involved in many different things, I am using many different skills that I have learned through Toastmasters. The most important thing that I have learned was to say no. Saying no is a skill.

Josh Billings, a famous nineteenth century writer once said, "Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough."

Future Stars Gavel Club, is a youth communication and leadership club administered by Toastmasters International, helping the young people of today become the great leaders of tomorrow! The club is open to all middle school and high school aged kids. It gives them the opportunity to become better listeners, thinkers, speakers and leaders.

The club meets weekly during the school year every Saturday from 10:30am-12:00pm at 4115 SW 160th Avenue, Beaverton, Oregon 97007 in the first room in the portal. To learn more about Future Stars or to visit the club, please contact us at futurestarstoastmasters@gmail.com or contact Coach Eric at 503.516.6271. Visitors are encouraged to visit the club and see for themselves why Future Stars should be part of their educational journey.

Donation Made to District 7 Prison Foundation

by Leanna Lindquist, DTM

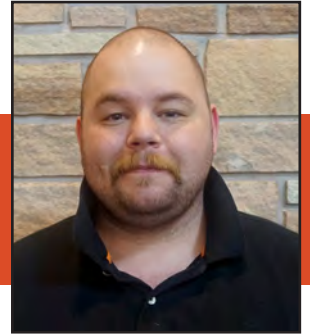
Last August I received an email from the HR Director at Compassion & Choices, Care and Choice at the End of Life. She asked for a Toastmaster to conduct a Public Speaking 101 workshop at a leadership retreat. The people at the retreat do a considerable amount of public speaking to individuals at all levels; legislators, doctors and individuals in retirement communities, to name a few. I immediately thought of Eric Winger.

Eric prepared diligently and delivered a two-hour workshop that garnered rave reviews. Compassion & Choices responded with a \$1000 donation to the District 7 Prison Foundation. The fund helps pay Toastmaster dues for some of the inmates in our 6 prison clubs.

Thank you Eric, for graciously sharing your expertise and making a difference in the lives of those trying to turn theirs around.

TELL ME A STORY

Talking Trees by Joe Anthony, ACG, ALB



Imagine a young earth without tall trees. Imagine a place where poplars stretch no higher than your knees, and oaks that come up to your ankle. Imagine fields of fully-grown maples that sway like short stalk wheat, and evergreen firs that blanket valleys like dense, short shrubbery. This is the world we'd occupy, if not for a very special type of fungus.

Recently, thanks to the podcast Radiolab and a series of Scientific American articles by Jennifer Frazer, I was introduced to this alternate, nascent earth. Being a layman in arboreal matters I've lived my life believing that tree roots gather all the nutrition the sun and rain can't provide. I thought trees were utterly self-sufficient, and had formed on this planet as they are now: tall,



majestic, and hardy. Not so.

Trees, I learned, are actually quite bad at absorbing minerals and carbon, two key elements needed to grow solid, stable trunks. Carbon and minerals are to trees what iron and rivets are to the Eiffel tower. Water and sunlight? Trees gobble that up. But without minerals and carbon your everyday ponderosa pine wouldn't have the strength to reach higher than a Great

Dane's snout. It needs outside help to gather these all-important resources. In steps a helpful symbiotic organism—a strain of *Amanita* fungus.

When a new tree emerges from the soil this specialized fungus, which looks like a tiny bleached-white thread one tenth the width of an eyelash, snuggles up to the new root. The tree recognizes the fungus for what it is, a new partner, and weakens its root in just that spot. And like a new limb this fungal string attaches itself to the root, and a mutually beneficial partnership begins.

You see, this mycorrhizal fungi is a miner. It secretes acids, and it borrows as it grows. It eats through rock, dirt, decaying plant life, and even small creatures and discarded animal matter. If a grizzly eats a salmon near an oak tree, some of that salmon protein will end up in the tree, thanks to this burrowing fungi. Because of this absorption, all trees are technically opportunistic carnivores. And this isn't even the fungi's best trick.

Trees have a banking system, through the fungus. The tiny white strands are restless, and will seek out nearby fungal networks and connect to them. Dozens upon dozens of trees can be involved in one of these networks. Scientists call these mycorrhizal networks, or wood-wide-webs. Once connected, trees of any variety will allocate tremendous amounts of their resources to the network, which the fungi can dole out to other trees in need. A redwood might share its nutrients with a sick birch. A hickory might get too dry during a heat wave and make a "withdraw" from the network's store. The greater the variety of trees in the network, the healthier the forest becomes in general, because different types of trees can cover for different nutritional shortcomings.

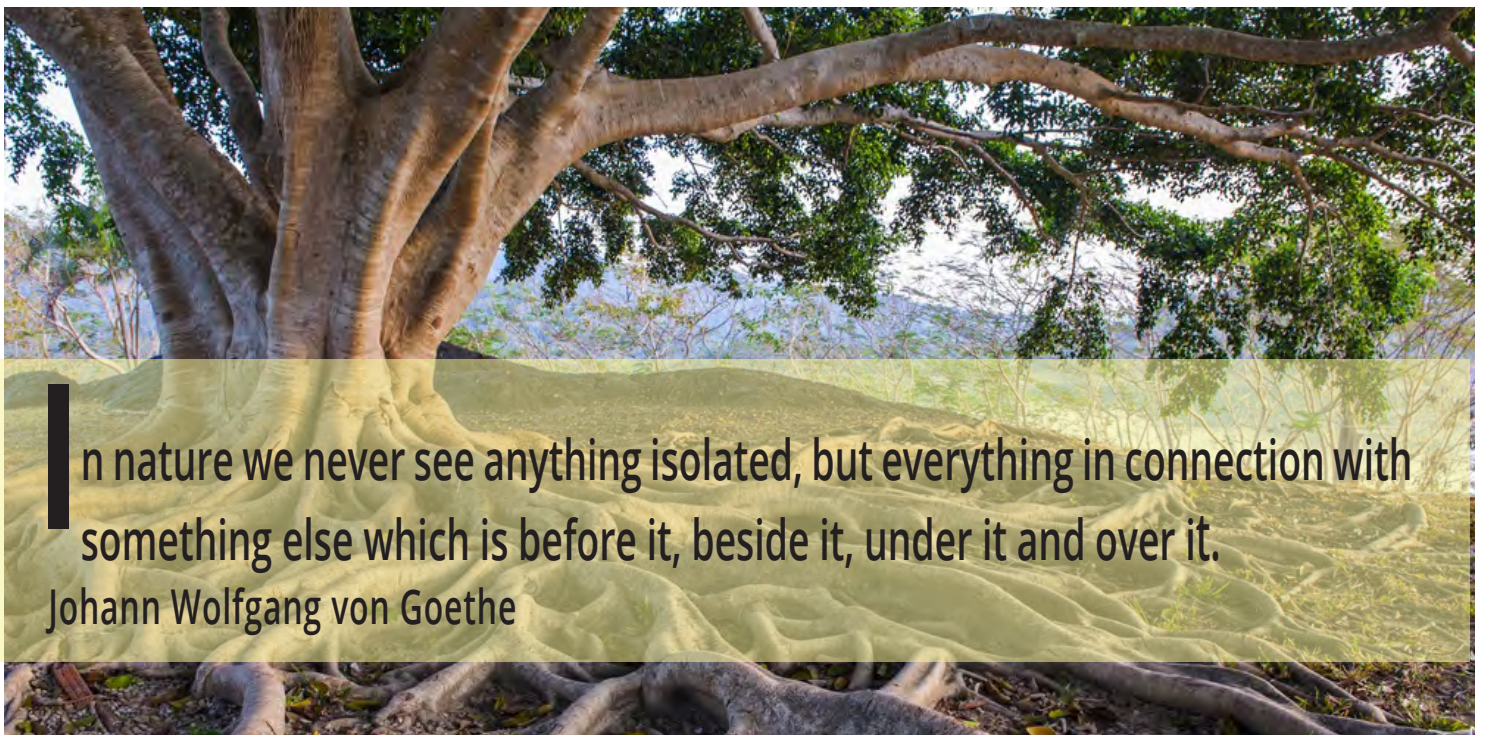
Thanks to this network the trees can also “will” their nutrients away when they die, or “warn” other trees of impending danger. If a pine dies of natural causes (rot, beetles, etc.) it will sometimes flush its nutrients into the mycorrhizal network, where the fungus shares its bounty with the nearby trees. These trees, with their largess, will use the excess nutrients to fortify themselves against the coming danger. And the biggest recipient of this dying wealth? Young trees. The fungus will send huge amounts of nutrients to the newest trees in the network—who will be better equipped to deal with the

changing environment.

Sitting in my yard, gazing at the oaks and firs near my house, I used to think the most successful trees grew tall because they had the best position; the most light, access to water, good elevation. I thought trees grew for the same reason successful restaurants grow; location, location, location. I believed less competition from other trees and better soil determined the strength of the plant. Boy, was I wrong.

Like all good Toastmasters already know, success is more about the strength of your network than a slight resource advantage. We don’t grow strong by being isolated, standing alone in a field absorbing the benefits that befall us. Like people, the strongest, hardest, mightiest trees are in the middle of the network, sharing the wealth with all of its neighbors.

Joe Anthony joined Toastmasters in 2014. He is currently serving as club president for two clubs, Liberty Talkers and Storymasters. He is the 2016-17 Division H Director. Outside of Toastmasters Joe is an award-winning science fiction author and blogger. In his quiet times, he is an avid, eclectic reader.



Are You Connected?



Keep current on District events