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One Community Many Voices

District 7 Toastmasters December 2016

THE GIFT OF TOASTMASTERS Page 7

THE GIFT THAT KEEPS ON GIVING



EDITORIAL Wishing You the Best by Phyllis A. Harmon, DTM

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VOLUME 3 ISSUE 6 DECEMBER, 2016

Merry Christmas!

Shylio

Wishing You the Best of the

Holiday Season

Leanna, Donna, & Cathy

VOLUME 3 ISSUE 6 DECEMBER, 2016

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The Gift of Toastmasters Interview with Ryan Avery, DTM by Phyllis A Harmon, DTM

.



It's been said that your dad gifted you with your first membership in Toastmasters. What was your first reaction on receiving such a gift?

Well for me, I thought Toastmasters was only for older people. So when my dad said you should join Toastmasters, I said "Well I have to wait until I'm older," and he says, "No, anyone can join Toastmasters."

At first I thought it was a way to get out of not even joining. Once I knew it wasn't for older people, I said "Well I don't have the money." (I used that as an excuse to not join.) He says, "Perfect, I'll pay for it."

So it was like "dang it!" So literally there was like no turning back. I knew that anyone could join, and I knew that he could pay for it, so then I realized okay.

I did know that I needed it because I used to say 'like' every other word 'like totally looks amazing,' 'like it's great!,' and I had butchered this media interview. So I knew I needed it, I just didn't want to do it, not at first.

What prompted you to cash in the gift? Was it a little pressure from Dad perhaps?

It wasn't so much pressure from Dad. I used to work at Special Olympics, I was the Director of Marketing. I had butchered a TV interview. I said, "like every, like totally, like y'all should like come down and like ah support like the Special Olympics," and I could see firsthand how horrible I was on camera. So that's when my dad said, "you need to join Toastmasters." I did understand the benefit from it.

Literally what I did was type "Portland Toastmasters" into Google, and Portland Toastmasters Club #31 came up. They were the first club that I went to visit, and they were the first club I joined.

When you went to that first meeting what was your first impression?

I liked it. The reason why I love Club #31

so much, and I didn't know it until I went

to other clubs, was Club #31 was so diverse. We had black, white, gay, straight, Christian, Muslim, old, young - it felt like everyone was so diverse, and everyone was getting along that it was a really good fit for me. There's not a lot of clubs like it. I was lucky to stumble upon Club #31 because of the diversity. So when I walked in, everyone was nice. Everyone was different. Everyone was willing to say what Toastmasters was about, why it's beneficial, and how it can help. It was a really good experience. I remember within a couple months span, all of the speeches were different. I remember hearing political speeches, speeches for needing to find work. It was all different backgrounds and different talks. I really liked that about the club.

Did you decide to come back and to finally join because of the diversity and the way you were welcomed into it?

That's a really good question. I actually don't know when I joined. It had been that night or at the next meeting.

This is something that people might not know. We then had an open house, and they asked me to speak. I created a speech called *Just Jump* and it was like 'just jump into Toastmasters, just jump into it, just jump into these things. That *Just Jump* speech that I gave at the open house for Club #31 was the beginning of *Push Past It*, my semifinal speech.

You were in Toastmasters for about a year when you decided to enter the International Speech Contest. What was the defining moment that made you decide to go for it?

In January 2012, my best friend sent me a text message. He said, "Hey, what's the hardest thing you've ever had to do?" The reason why he asked me that was he had recently quit his job to pursue his dream. When he texted me, I felt bad because I couldn't give him an answer that I felt proud of. So I was thinking about it for a while. A couple weeks later, I came across this person going for the World Championship of Public Speaking. And I thought, "Well I should do that. I should win the World Championship, I should go for it. This should be the hardest thing I'll ever have to do." I decided. "OK I'm going to go all in for it." That's what prompted the whole thing.

From the seminal thought to the finished semifinalist speech, what prompted you to write about your grandmother's phrase 'push past it'?

I was developing the speech. *Just Jump* was my first talk. People said, "That's good, that's sweet. Good job, Ryan" like the normal Toastmasters. You could bomb, and people are like "I can't wait for your next speech," and I could feel it wasn't that good. I was, in



a way, complaining to my grandmother. I was like, "Man, I feel bad. I want to do this contest but I can't find the message." She, over the phone like normal, gave me the advice, "Push past it, you'll figure it out." Then it clicked, and I was like, "Push past it, yeah! I should just use this message that my grandmother taught me."

So when I was talking to my grandmother, and she said the push pass it message, I knew that it would resonate with me and my heart and everything that I did. It all tied together.

I don't know if I've ever told anyone else but it was really, really, really hard for me after I got out of the cast. So many people told me, "You have to wear the cast. You have to wear the crutches. If you don't the speech won't work." Like that's what makes a speech, you know. People see you in that. I was so like, "OK maybe I'll use it as a prop, and I was like "no that's so fake, And that's not from the heart." So I just struggled with it so much because the message that I kept getting was "that speech won't be as powerful if you're not on crutches."

When I won the semifinals, people asked me like how do you feel when you want the world championship and the difference is when I won with the semifinals of *Push Past It*, I was elated, I was so excited. Crazy exciting feeling. And then I won the World Championship. It was a relief feeling. A lot of people think that when you win the World Championship you're so excited. It wasn't an excitement, it was a relief!

Following your championship win, how did you balance work, family, and speaking gigs during those early days?

It was really tough. I didn't. And that's what was wearing me out. I literally would go to Special Olympics Monday through Friday, and fly out Friday night, go keynote on Saturday, and fly back on Sunday. I did it, and I was getting really burnt out. It was affecting me personally.

That's when I went to Chelsea and I said, "Look, I'm pretty sure this is a business, I'm pretty sure people do this full time. However I'm working sixty hours at Special Olympics, so my time can't be dedicated to writing a keynote, or a book, or anything. But if I quit Special Olympics, and I put all my time and energy into it, I really think I could do this full time. That would mean we'd have to move back in with my parents, move back to Texas, we'd have to leave all of our friends, we would have to leave the city that we love, we'd pretty much, practically have no insurance to speak of, and have zero dollars to our name, what you say?" And Chelsea said, "Yeah, let's do it." So we moved to Texas and got on our feet. About six months later, we did that 50-city tour, and that really helped us get started professionally.

How did winning the championship change your life?

Its been a journey, and it's not over yet. It's starting in so many ways. So when I won, I remember looking at Chelsea and hugging her. I remember the crowd going wild. But I also remember the silence of looking at Chelsea, and I remember hearing my mom scream. I remember my dad coming up to me and the first thing he said was, "that was the best \$60 I've ever spent."

I think the biggest change was being entrepreneurial. So I was working for Nike—I was working for Special Olympics—I was working for all these people, and then all of a sudden (and pretty fast), I went from working, to nonprofit, to speaking professionally and being entrepreneurial. Now Chelsea and I speak about one hundred times a year, on every continent in the world, and do this professionally.

It's changed our life immensely, crazily. Again, I didn't know this was a job. So learning the business side of things, the people I've met, the places that I've gone, that I would have never gone to before.

Antarctica. You know this time last year I was in Antarctica. China, Australia. So how has it changed my life? The people that I've met that I would have never met. The places I have gone to that I never would have gone to. The lessons that I've learned that I never would have learned. The pure—what I get to do for a living! People think I'm a workaholic—I haven't worked in four years! My friends say, "Ryan is a crazy workaholic." I can tell you for a fact that I haven't worked in four years.

When you quit your day job and launched your business as a professional speaking coach, were there times when you questioned your decision?

Well I felt, because I'd won the world

championship, I had to talk about public speaking at first. That was a big mistake. I wasn't happy about that but that was the business side of things. Because I was the world champion, people wanted to know about public speaking.

So the biggest thing that I've learned was you've got to speak about what you want. That transitional period was very hard to break because people saw me as training on public speaking.

Well that's not what I do anymore. In getting there and learning that, and

I remember my dad coming up to me and, the first thing he said was, "that was the best \$60 I've ever spent."

transitioning through that, was probably the hardest part. I remember when I called Randy and told him I won. He'd watched it live. He said, "Get ready for the real work to begin." And I was like, "What! I have literally been working my a-- off." Because people didn't realize how much time and energy that Chelsea and I put in to this contest. I mean we were up at 5am and training till 8am, eating breakfast, going to work, then training at the Special Olympics warehouse from 5pm to midnight, and then going to give speeches all around the District. It was a lot of work.

So just to explore that a little bit further then what are you doing now is it all leadership training?

My main message is going from A to B don't be "a" leader, be "the" leader, and how you transition from that. That is 90% of my business, and the way of how you go from A to B is strategic communication. So my thought leadership expertise is strategic communication. How to be strategic with the way that you communicate so you don't have to be "a" company, be "the" company, don't be "a" district, be "the" district. Don't be "a" speaker, be "the" speaker, and the difference is what that makes up.

So when you decided to change to your business model, did it feel like things were beginning to gel and you were happier?

Well I'm an anomaly. I think there are a lot of people who are into this contest so they can be the World Champion of Public Speaking. I wasn't wanting to be a World Champion. I was wanting to be the

best at something, and I happened to be at World Championship of Public Speaking.

One of the things that I've learned is there are some people who do very well as the World Champion of Public Speaking, and they've been at it for ten years or twenty years or whatever. That is one of the things that I have done, and one of the things that I wanted to do. There are many other things I want to do, so I have to be careful in my branding and in my positioning that I'm not glued to that one title.

What words of wisdom can you impart to people who are standing where you stood in 2011 with a new membership in hand?

Take advantage of Toastmasters. Take advantage of it. Go to at least three clubs before you join a club. I've heard from a lot of people, who go to their first Toastmasters meeting, say, "It wasn't for me," when it was because they probably didn't find the right group, right? So I would say first, if you're standing in my shoes thinking about joining Toastmasters and you've been given the gift of membership, go to three before you decide to join.

The second thing I would do is don't let people persuade you to go the communication or the leadership route. You go the route that you want to go and stick with it. Because you won't be happy if you think, "I've got to be a DTM, or I've got to be a world champion, or I got to be a district leader. Decide what do you want to be, not what do you *have* to be. That was a big one for me.

Then the third thing is, once you've been in Toastmasters for a year, I would encourage you to gift a membership as



well. It will be one of the best investments you make.

Who would you give the gift of Toastmasters to this holiday season?

I would give it to a coworker who you can tell is wanting to grow but hasn't figured out the right thing to do in order to do that. So you've identified a coworker who's hardworking—they're great, they've plateaued, they want to become a manager. You know they want to do something different. I would gift it to them. Because honestly, the reason why I became director from manager so fast was because I would practice so many of my special Olympic pitches at Toastmasters. I would get the feedback, and then I would go and do the real pitch. I would sell more sponsorships, I would get more gigs, I would do those things for Special Olympics at a faster rate.

So my CEO was like, "Wow this is OK, you're doing a good job." So how I could be a 23-year-old Director of Marketing? It was because Toastmasters let me practice. There's no other organization that will let you practice and get the feedback in a safe environment other than Toastmasters. That's why I would say "work" because you really benefit the most of it from work.

Who are you off stage? Who are you in your down time?

I'm the same person that I am onstage as I am off stage. I am the guy who shares stories. If you see me on stage, that's who I am offstage as well.

My interests? I recently finished my first full Iron Man two months ago, so I'm an Iron Man [a multi-event sporting contest demanding stamina, in particular a consecutive triathlon of swimming, cycling, and running editor]. I'm continuing to do them but I'll be doing 70.3 miles instead of 140.6 miles. I like to watch movies. Family guy is who I am. Family is the number one thing. So I'm all about Chelsea, I'm all about Atlas. I now live in Colorado.

What does next year look like for you?

A lot of things. Well next year will be optimal and significant professional growth for our business. We reached our goal this year of what we wanted to accomplish, and now we're looking to be even even more ambitious, right? Dream Big is the tagline. My definition of what it means to be the leader is when your actions inspire others to take action. That's when you're the leader. We have to look at what are we doing. We're telling people to dream. Well how are we dreaming big? I'm breaking five world records next year. I have been growing my business and doing things personally. I'm spending time with my baby and Chelsea and my family. I'm speaking a lot more. I'll probably do 100 gigs next year.

The next book comes out in February. It's called *Motivating Milennials*. I'm really, really excited about this book. It's great. My co¬author is phenominal. This book is going to be even bigger than the last one. It's great. The book promotion starts in January and everything will be on ryanavery.com.

Do you have any final words of inspiration you'd like to share?

The one thing I want people to understand. Go big. You're going to be putting the time and energy into anyway. So why do anything small, when you have the ability to do something big.

Take advantage of every opportunity to practice your communication skills so that when important occasions arise, you will have the gift, the style, the sharpness, the clarity, and the emotions to affect other people. —Jim Rohn

Call for Club Videos!

Submit a 2-minute or less club video by January 15, 2017 of why you love your Toastmasters club. Selected videos will become part of a Districtwide marketing campaign.

The club videos chosen to appear will be added to a drawing to earn manuals for their club.

Submit completed videos to this Dropbox link.

February is 'We Love Our

Toastmasters Club' Month

or or of or



JAN 14

Toastmasters Leadership Institute -Winter, 2017

by Donna Stark, 2016 Program Quality Director

Free

REGISTER

DATE AND TIME

Saturday, January 14, 2017 7:00 AM – 1:00 PM PST

LOCATION

Wilsonville High School 6800 SW Wilsonville Rd Wilsonville, OR 97070

VIEW MAP

EVENT DESCRIPTION

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." ~ John Quincey Adams.

Calling all leaders to Toastmasters Leadership Institute (TLI) at Wilsonville High Shool on January 14, 2017. There's something for everyone at TLI...club officer training, breakout sessions, and our featured keynote speaker, Thomas Cox.

We need to be out of the high school earlier than we have in the past, which presents an opportunity to do things differently. We will not have a potluck lunch. We will have breakfast available during the 7:00 - 8:00 registration hour which will include oatmeal, hard boiled eggs, yogurt, fruit, muffins, coffee and tea. A suggested on-site donation of \$2 is requested to help offset the cost.

Let's kick off the second half of the Toastmasters year with enthusiasm! TLI - see you there!

Toastmasters Leadership Institute (TLI) — January 14, 2017						
Wilsonville Hight School						
7:00-8:00	Registration & Breakfast					
8:00-8:15	Welcome, logistics, etc.					
8:15-9:15	Keynote Speaker - Thomas Cox					
9:15-9:30	Transition/Break					
9:30–10:30	Breakout sessions include: Pathways – Adele O'Neal President – John Rodke VP/Education – Emilie Taylor, Kathleen Tully VP/Membership – Public Relations 201 – Phyllis Harmon Treasurer/Secretary – Scott Stevenson Sergeant-at-Arms – Karen Sempervivo					
10:30-10:45	Transition/Break					
10:45-11:45	Breakout sessions include: Authentic Performance for Speakers – Laura Handke Toastmasters Leadership Opportunities – Patrick Locke How to Run a Contest from Soup to Nuts – Ginger Killion, Joe Anthony, Brice Elmer Starting New Clubs – Cleon Cox Competition Evaluation – Brinn Hemmingson Pay Pal is Your Pal! – Scott Stevenson Effective Listening – Ronda Holdridge					
11:45-12:00	Transition/Break					
12:00-12:45	Awards, Announcements, Raffle					
12:45-1:00	Tear down, clean-up					

AS I SEE IT. . .

MEMORIES OF THE SEASON by Leanna Lindquist, DTM—District Director

by Leanna Enroquist, DTM—District Dire

It's the Most Wonderful Time of the Year, is an old Andy Williams holiday song from my childhood. It's part of the radio playlist this month.

This time of the year has different meanings for all of us. It evokes memories of family for me. When my Grandma was 98 my parents brought her to our home in West Linn for Christmas.

She had spent her 98 years in a handful of small towns in Western Montana, the last 65 years in a town with a population of 1000. Coming to Portland was a real adventure for her.

Arthritis had taken its toll. Grandma was 100% dependent on her walker. She could no longer crochet, something she enjoyed and helped her pass the long

days. Grandpa had passed 6 years earlier after 71 years of marriage. To get her upstairs we sat her in her wheel chair and my husband and son took her up backwards. It allowed her to view all the old black and white family photos hanging on the stairway wall. They brought her great pleasure. While her joints had deteriorated greatly, her mind was sharp.

Our son volunteered at OMSI. He gave demonstrations at an exhibit. We took Grandma to see him. He was talking to the small group that gathered. She looked up at the person standing next to her. "That's my great grandson." I can still see the pride on her face. We drove her through downtown Portland. She couldn't imagine she would ever see anything so wonderful. The tall buildings and bright lights that we take for granted were a feast for her eyes. She found pleasure in all that she saw. It was heartwarming to see her eyes light up like those of a child.

Grandma was born before the Wright brothers flew at Kitty Hawke. She taught grades 1-12 in a one-room school house, arriving early to start the fire in the wood stove. My Grandpa was a forest ranger. They once lived in a tent for a year while a ranger station and house were being built. My uncle was a soldier in WWII. Grandma

I couldn't give you a list of gifts I got when I was a child, but certain memories do stand out. Most often, they are togetherness moments, memories of fun shared, and things done together. walked every day to the post office in hopes of finding a letter from him. If there wasn't one she walked all the way home in tears. Many children came to live with them, some for a few months and others for years. These are a few of the stories I had heard all my life. Her favorite

line was, "I don't know what people do without family." Grandma lived to be 101. During her lifetime we went from the first flight to the space shuttle; from one-room school houses to charter schools. She lived through the depression and two world wars. As I look back I wish I had asked her more questions, written down the answers, and recorded her oral history of world events and our family as she remembered them.

As families gather this time of year we all need to take advantage of the opportunity to learn about our family history. Use our good listening skills. Ask those great questions. Share those family stories. The skills we have learned in Toastmasters have prepared us well.

It is my wish for you that it's your most wonderful time of the year.

Peanna

FROM THE DESK

GOALS = IMPLIED ACTION by Donna Stark, DTM—Program Quality Director

New Year's resolutions—I'm not a fan. In my mind the word resolution is synonymous with, "ain't gonna happen." Google indicates that my definition is accurate for approximately 92% of people who make resolutions. The word goal, on the other hand, to me implies action. With a plan and specific action items, goals are achievable.

If your club prepared a Club Success Plan at the beginning of the Toastmaster year, now is a great time to assess your progress. Is your club on track to be distinguished? Do the action items that were identified still make sense or do they need to be revised?

Unlike New Year's resolutions, goals can be set at any time. If your club didn't prepare a Club Success Plan in July, do it now! The <u>Distinguished Club Program and Club</u> <u>Success Plan (Item 1111)</u> can be downloaded from the Toastmasters International website. It's a great tool for mapping your club's path to Distinguished status.

Did you know that clubs whose officers attend officer training are far more likely to be distinguished clubs? <u>Toastmasters Leadership</u> <u>Institute (TLI)</u> is scheduled for Saturday, January 14th at Wilsonville High School. TLI isn't just for officers. All Toastmasters are welcome. Look for the registration link in other parts of the magazine. If you can't attend TLI, plan to attend the follow-up training sessions that will be offered in your division.

What's your next Toastmasters goal? Whether it's a CC, CL or DTM, make a plan to achieve that goal. When I see you at TLI on Saturday, January 14th, please share your goal with me.





FROM THE DESK

Who You Are is Who You Attract by Cathy French, DTM—Club Growth Director

It is critical to know how to recruit new

members to increase membership in your club. To do that you must know why you are a Toastmaster. Sit down for a few minutes and ask yourself, "Why do I go to the meetings? What do I like about Toastmasters? What benefits have I received from Toastmasters?"

If you can answer those questions, then you can be a great recruiter. You have your answers. Do you believe that there are others who could benefit the same way you have? If so, give them the opportunity to receive these benefits. Ask them to a meeting. More than one. Give them a chance to see the benefits. Let them know what you have received, and then let them decide for themselves.



Excitement and belief are much more effective than logic ever will be. Assume that everyone you meet would be excited to become a member if they only knew about it. Your goal is to show them the opportunity and make it enjoyable.

Who you are is who you attract. When you have a mindset and attitude of excitement for Toastmasters you will find everyone you ask to attend a meeting will have the same excitement, and then be more likely to become a member. One of the first questions a prospect asks themselves is Can I do this. If their answer is "I can't do what they are doing," they quit before they even get started. Point prospective members to the great tools Toastmasters has. Let them see for themselves that they CAN DO THIS.

Here are a few of the Marketing tools that Toastmasters has available. If you haven't seen these materials before please go to the TI website, look at them, decide which you would like and then contact me. Check this month's *Voices!* for contests available. Use these tools to benefit your club and make your Toastmasters experience even more valuable to you.

1. From Prospect to Guest to Member

Help your guests decide to become members. This brochure outlines the benefits of membership and the steps to enrolling a new member.

2. Guest Packet

Give this packet to guests and they will want to come back to learn more. The contents within the stylish presentation folder include:

- Find Your Voice. (Item 99)
- <u>Confidence. The Voice of Leadership.</u> (Item 101)
- <u>All About Toastmasters (Item 124)</u>
- <u>The Benefits of Toastmasters</u> <u>Membership (354F)</u>
- <u>Toastmaster Magazine</u>

3. <u>Promotional Welcome Ribbon</u>

Let your guests and members know how important they are by presenting them with this unique ribbon. It's perfect for welcoming new guests and members, and distributing at conferences or other promotional events

4. <u>The Benefits of Toastmasters Membership</u> Ever wondered about all the benefits of being a Toastmaster? Hand out this flier to guests and members, and encourage them to share it with their friends, family and colleagues.

5. 10 Tips for Public Speaking

Give your guests something that they can use right away. These 10 tips will help them with their first speech and how to improve their speaking skills in the real world.

Looking for more? Here are a few other terrific resources:

- <u>Membership Building Kit</u>
- <u>Membership Growth</u>
- <u>Success 101</u>
- <u>The Toastmaster magazine</u>

20 Members per club is an achievable goal. Are you a club with 12 members or less? Let us help you build your club to 20. Contact me at cgd@d7toastmasters.org for ideas, coaching, or other questions you may have. I would love to help you achieve your goal.



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.



Congratulations to *Be Extraordinary* **Pin recipients**—Rubea Barnett, Bernard Lorenzo, and Anne Machalek





THE GIFT THAT KEEPS ON GIVING by Lynne Foster, ACS, ALB

Simply stated, the Recession was tough

for me. Laid off in the waning days of 2008, I spent the next five years bouncing from one low-paying, temporary job to another. In between jobs, I strived to improve my skill set by perfecting my computer technique, taking leadership courses and listening to personal growth CDs. In June 2013, I attended a workshop offered by WorkSource (part of Oregon's Unemployment system) on perfecting your "Elevator Speech." (This is when you give a verbal snapshot of yourself in 30 seconds.) For two mornings, I sat in a classroom at Willow Creek PCC with 5 people as this amazing woman, with a brilliant smile, taught us how to "sell ourselves" in business (with the utmost propriety, of course.) We chatted a bit after class and she invited me to a Toastmasters meeting that Friday held in downtown Hillsboro. I said, "Yes, of course." I had planned that day and the realty office where the meeting was held was a short bike ride from my house.

That woman's name was Phyllis Harmon.

I went to the meeting on Friday and loved it. Downtown Lunchbunch club was seeking their 20th member in order to qualify for chartering. Phyllis offered to sponsor me as the much needed final charter member. On the surface, she did this for the club. Personally, I think she recognized a spark in me, knew this would help, and wanted to help as I was financially challenged. Since I come from a theatre and entertainment industry background, it wasn't hard for me to stand up and present speeches that I had written. My butterflies were certainly there, but I had practiced tools that allowed me to mask them. One of my biggest challenges in those early days was looking people in the eye as I spoke. I was used to looking over the audience as actors do onstage. That took practice.

I made it to District level that September in the Humorous Speech contest as we worked on getting Downtown Lunchbunch on the District 7 map. Toastmasters gave me an arena to hone my leadership skills and rebuild my confidence. Being laid off was a blow and it hurt me a lot in many ways. I worked on completing my CC and CL by my one-year anniversary. I set goals every year and received a Triple Crown this past July. I'm now working on my ACG and ALS, and have held various officer roles within our club.

What Toastmasters has given me is tremendous. I've learned so much, made good friends. It is a strong component of altering the



paradigm of my life for the better. What it has given me has allowed me the self-assurance to attain a good job as a valued employee in the Headquarters of Virginia Garcia Memorial Health Center.

I often think back on the gift Phyllis gave me four years ago, and hope that I can one day do the same for someone else. As you look at the list of people you are giving to this December, perhaps a present of membership is one of the best things of all. The gift of confidence, comradery and leadership can be one of the most life altering of all.

Thank you, Phyllis.

Lynn Foster is a charter member of Downtown Lunchbunch where she is currently serving as club secretary/treasurer. She is a frequent speech competitor, and an anchor member of her club.

Are you committed to being extraordinary?



Here's how:

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

Pledge holders are listed on the following pages

PLEDGE - I'm Committed to Being Extraordinary

Name	Club	Recruit a Member	New Club	сс	AC B/S/G	CL	AL B/S/ DTM
Abraham Chandy	New Horizons			•		•	
Adele O'Neal	Toasting Excellence	•		•			
Alan John	PMI Portland Toastmasters	•					•
Alexis Mason	Clark County, Leaders Edge, Thrill of the Quill	•	•	•	•	•	•
Allan Edinger	McMinnville			٠		•	
Allison Bennett	Toastmasters for Speaking Professionals				•		•
Amber McMurry	Multco Toasties	•		•		•	
Anne Machalek	Siuslaw Tale Spinners	•	•	CC			S- DTM
Barbara Coleman	Tower Toastmasters			•	•		
Barbara Wade	Noon Talkers			•		•	•
Becky Holm	Roseburg, WOW	•		•			
Beth Ann Fischberg	Babble-On						
Bill Martin	6525 Communicators Plus	•					•
Bob Leach	Babble - On				•		
Bob Smith	Clackamas Stepping Stones			•		•	•
Brenda Bryan	Storymasters	and the second s		•		•	•
Brice Elmer	Storymasters		1.		•		•
Brinn Hemmingson	Portland Progressives	X ACL					•
Cari Corbet-Owen	Vancouver Toastmasters	1 0-		No.	•		
Carley Meuchel	Clark County			•			
Carmil Ritchey	Clackamas Stepping Stones	192		•			•
Carol Wagar	Gorge Windbags	•	and the second se		•		•
Cate Arnold	Silicon Forest	•	-	•	•	•	•
Cathy French	Siuslaw Tale Spinners	1.	•	7.			S-DTM
Chapin Zakrzewski	Swan Island	110		•			
Cleon Cox	Wallmasters	1.1	•	•	•		
Daniel Flood	Jeffe <mark>rson State,</mark> University			•	•	•	
Dave Mason	Clark County, Leaders Edge	111	1	•		-	
Dave Shehorn	Clark County			1	•	•	•
David Crockett	Redmond	1.V	1	•		•	
David Johnson	Fortunate 500	1.		•		•	
Dawnette Hale	Swan Island Toastmasters	•		сс	•	•	

PLEDGE - I'm Committed to Being Extraordinary

Name	Club	Recruit a Member	New Club	сс	AC B/S/G	CL	AL B/S/ DTM
Dee Cort	Redmond Area Toastmasters			•			
Diane Flansberg	Beachtown	•					
Donna Stark	Downtown Public Speakers #595492			•		•	•
Doug Whitmore	New Horizons			•			
Eldred Brown	Babble - On	•	•	•		•	•
Emilie Taylor	Milwaukie Talkies	•	•		S		S
Eric Grigsby	Patriot Talkers	•		•			
Eric Winger	Feedbackers			•			
Erik Bergman	WE Toasted	•		•	•	•	•
Faye Phillips	5442 Highnooners - Bend	•		•		•	
Gabrielle Proust	New Horizons	•		•	•		
Gary Schmidt	Clackamas Stepping Stones	•		•			
Ginger Killion	Daylighters	•	•	•	•		•
Gloria Cox	New Horizons	•					
Gloria Crockett	Redmond			•		•	
Gordon Zimmerman	Marylhurst	•		СС		•	
Harvey Showe	Blue Ox				G		•
Jay Mittal	Noontime					•	•
Jill Ward	Wallmasters				•	•	
Jim Daniel	WOW, Roseburg	•					•
Joe Harper	New Horizons					•	
Joe Anthony	Liberty Talkers	•	•	•	•		•
John Rodke	Yawn Patrol, University Club	•			G	•	•
Karen A. Semprevivo	Blue Ox	•			•	•	•
Ken Harris	Yawn Patrol				•		
Kimberly Burdon	Corvallis	•			•		•
Larry West	Grants Pass Toastmasters	•			SG	CL	•
Leanna Lindquist	Marylhurst	•		СС	S	•	B-S-DTM
LeRoy Nollette	Newbertg				•		
Linda Bard	Toastmasters for Speaking Professionals	•					
Linda Cox	Newberg				•	•	
Linda Potter	A-dec Toastmasters	•			•	•	
Lisa Hutton	Marylhurst				•		•
Lisa Schupp	Toast of Corvallis			•		CL	
Lisa White	Multco Toasties			•		•	•

PLEDGE - I'm Committed to Being Extraordinary

Name	Club	Recruit a Member	New Club	сс	AC B/S/G	CL	AL B/S/ DTM
Lorri Andersen	Daylighters	•		•	•		
Lucas Murphy	Downtown Public Speakers	•			•		
Lyle Schellenberg	2397 - Bootstrappers			СС		•	•
Mary Canton	New Horizons				•		•
Maureen	Redmond Area	•		•			
Adams-Hegwood	Toastmasters						
Michel Singleton	Keizer Communicators	•			•		•
Michelle Alba-Lim	Roseburg Toastmasters	•	•	•	•	•	•
Mike Rogers	Noontime	•			•	•	
Mitch McDonald	Marylhurst			•		•	
Nina Smith	Clack-Orators			CC	•	CL	•
Pam Gundrum	Marylhurst	•			•		•
Pam Mills	Oregon City	•	•		•		•
Pat Lynch	Highnooners, Bend	•			•		•
Patrick Locke	Early Words	•	•	•	•	•	•
Patrick Tuohy	West Beaverton			•		CL	
Paul Fanning	Downtown Lunchbunch			СС			В
Paula McDermid	Jefferson State	•		•			
Phyllis A Harmon	Wallmasters International			СС	G	·	DTM
Poppy Olson	Toast of Corvallis	•					Sec.
Raynette Yoshida	Marylhurst	•			•		•
Scott Salazar	Bootstrappers			•			
Scott Stevenson	Mentors of Focus			•		•	
Stephanie Magoulas	Noon Talkers	•	-		•		•
Steve Smith	Redmond Area Toastmasters					•	
Susan Baer	Noon Talkers	•				•	
Susan Bender Phelps	Toastmasters for Speaking Professionals	•				•	
Susan Strayer	Advisors				•		
Syrena Glade	Passport to Leadership			•			•
Tanya Myers	Sporty Speakers				•		
Ted J Takamura	Marylhurst Toastmasters				•		
Terri Brewer	Gresham	•		•		•	
Tom Knapp	Liberty Talkers	•	•		В		В

Make a Pledge

Extraordinary Millennial Award

- You are under the age of 30
- You are busy, technologically savvy, and willing to use your talents to help others
- You help other Millennials find what you have through Toastmasters

How to Win

Recruit 5 or more Millennials into your own club or another club in the District between November 1, 2016 and March 31, 2017

and

Help find and sponsor a new club in a young-minded, energetic corporation or community

New Club Assistance

I'm an Extraordinary Millennial

The Club Growth Director, Club Extension Chair and other members of the New Club Team are there to help you start a new club

For more information, contact: cgd@d7toastmasters.org

Be the First to Receive the Extraordinary Millennial Award

Butterflies in Formation

Fear

Growing up I always had anxiety about public speaking. In church, for example, we would have an event for the youth and I would always shy away. In school when I would be given a task in front of the group, I would freeze up and wouldn't be able to speak. Often for class I would be called on to read and would have impediments in speech. It was so bad that one

of my teachers considered me being illiterate. The butterfly and anxiety feeling would be so overwhelming I would just tremble in the process of speaking.

The Beginning

In college, I had continued to have this butterfly feeling, but interpreted it differently. I remember I did poorly on a presentation and was mortified by the embarrassment. So, I

> had come across a book on public speaking. The book had referenced Toastmasters many times.

I thought it was a club for toast machines or something to that effect. I was unsure how toast making with bread had any relationship with public speaking. But I was determined to find some jewels of knowledge from this book. I came across a passage in the paperback that revealed that butterflies are made to fly in formation. That in most cases we never get rid of butterflies and that instead of having them fly crazy inside of us to point of nervousness. We need to control these emotions, so that it works in our favor. Which means that we can use the rushing feeling of uneasiness to be a channel towards enthusiasm. Very similar to a rush of what an extreme sports performer may receive when doing a death defying feat, we too as speakers can harness this sensation to our benefit.

Doubting Intimidators

As I started to enjoy public speaking more I was inconsistent in presenting eloquent and compelling speeches. I was a student of evangelism, ministries and theology, so publics peaking and sermons were a required element of the curriculums. Because lack of preparation and long periods without speaking engagements, would affect my performances. I also felt as though I needed some type of evaluator that I could trust, so that I could

improve. But there weren't any available applicants for the job, especially someone that would give an honest constitutive critique. Because of this, I had acquired some

harsh critics along the way. I had teachers and family members suggest that I should not try to speak anymore in front of a group. That I should retire this notion of being a presenter and orator. These expressions and criticism haunted me

as I started getting addicted to the rushing butterflies feelings. I was starting to really like getting in front of the crowd and having the belief that this was one of my callings in life.

World Champion Ryan Avery

Because I started to believe the doubters I put my passion of elocution on hold for years, till I saw a great speaker. I had come to understand that maybe they were all right, that I needed to stop pretending to be a presenter. That this was a talent that one was born with and that I couldn't be cultivated or enhanced. Until I saw a YouTube video of Ryan Avery, the 2012 World Champion of Public Speaking for Toastmasters. I was impressed by his presentation skills and was surprised to know that he was from Oregon. After I did some more research I found out that his Toastmasters club was conducting meetings at Concordia University campus which was right around the corner from my house at the time. The fact that he was local and one that he won the world championship over hundreds of contestants ignited my passion again for public presentations.

Born Again

VOLUME 3 IS

After feeling reborn, I statted looking for a club of my own. The Concordia University campus Ryan Avery had attended, didn't fit in my schedule at the time. I discovered that there was another club that conducted meeting at my

business school DeVry University campus. I attended one meeting and fell in love. I had asked about other clubs, as to know which was the best and most exciting. New Horizons Toastmasters Club in Tigard came up in the discussion.

New Horizons Toastmasters

New Horizons has been the most helpful and encouraging environment I have ever been around. One of the reasons why I had issues preforming well was due to lack of exposure and practice. Whatever you don't use you will lose as far as skills go. Toastmasters International through New Horizons has nurtured my speaking ability. It has given me a new found confidence in myself. It has allowed me to be a leader amongst my peers. It has elevated me to more speaking engagements and added promotions. It has allowed me to shun the naysayers of this ability to speak and to prove them wrong. Toastmasters International through New Horizons has allowed me to follow my dreams of presentations. It has allowed me to let those awkward butterflies of nervousness fly in formation.

Charles Shambry joined New Horizons Toastmasters in 2014. He is a motivation speaker, entrepreneur, wealth management consultant, author and writer, YouTube Page: charlesshambryjr



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WHO WINS? Pondering Cognitive Ease by Joe Anthony, ACG, ALB

Two presenters give a competition speech. One

waxes poetically about personal values, discovery, awareness, self-actualization, and the winding, often dangerous path that brought them to this very time and place—all things that should interest us. The other speaker talks about their quirky family. Who wins?

During this fall competition cycle—Table Topics and Humorous Speech—I attended over a dozen competitions at various levels. Midway through my tour, I began noticing a trend. The 1st place Table Topics speakers had, without exception, used humor, simple language, clear metaphor, and great physical gestures. These are all characteristics we've come to expect from exceptional Toastmasters.

Good presentation habits aside, I started noticing something else, too. Something perhaps

more sinister. I noticed that when I tried to write down the message or moral the winning speaker was imparting on me, I couldn't squeeze more than a few words onto the page. From four different winning speakers, here are four separate messages I came away with;

Family is important. Be kind to strangers. Speak your message. Don't procrastinate.

Nothing new here. I know these lessons already. I mean, I really know them, down to my toes. So why do I enjoy an anecdote about a lovably dysfunctional family, more than a speech from the fourth-place runner-up who espoused living "in the moment?" Why, at another competition, did I vote for a simple yet humorous message, while barely deigning to acknowledge a presentation about "owning one's authentic personality?" Am I shallow? Simple-minded? Do I latch onto flashy presentations while ignoring substantial messages?

If so, the competition judges seem to be in my camp. But what I'm theorizing today is that we're not just an audience of clapping seals, waiting to get our mental treat of intellectual anchovies. I suggest that cognitive ease may play a much larger role in how receptive we are of another

speaker's message.

First, however, let's have a quick look into the study of cognitive ease. In 1969 Nobelwinner Daniel Kahneman began taking out ads in the newspapers of Michigan colleges. These ads consisted of single, nonsense, made-up words, splashed across the ad panels. Words like Kardirga, Saricik, Biwonjni, Nansoma, and Iktitaf.

Some words would be given the star treatment at one college, showing up on dozens of pages, while the same word might appear

once or twice in a rival publication. After several weeks of publishing this word salad, Kahneman distributed a questionnaire asking the readers to rate his made-up words. He wanted them to rate which words felt most "positive" and which felt "negative."

Can you guess which words had the most positive ratings?

If you guessed that the words most frequently printed were also the most positively rated, then give yourself a cookie. Frequency, or familiarity, breeds trust and positivity in our mind. This has become known as the Exposure Effect. Frequently seen words feel good to us. Frequently heard phrases, metaphors, and stories feel good to us. This also applies to familiar shapes, songs, names, and even faces.

When you see a co-worker at the grocery

Frequency, or familiarity, breeds trust and positivity in our mind. This has become known as the Exposure Effect. store, do you get giddy like me? Our brains have evolved to give us a double-scoop of dopamine whenever we encounter something familiar and non-threatening. Advertisers who focus on brand recognition know this better than anyone. As humans, encountering something new means dealing with a potential danger. On the other hand seeing or hearing something familiar feels easier, cognitively, than something novel.

So how can you use cognitive ease to improve your speaking skills?

Go back and listen to your favorite speakers. Listen to Table Topics winners, great extemporaneous storytellers, and famous orators. I bet they have one thing in common (aside from their Herculean Toastmaster abilities.) Great speakers use cognitive ease to win audiences to their side. They deliver short, familiar messages. They give us easy metaphors and jokes to follow along with. They sooth us and delight us with relatable situations. And, if they're very good, they give us a powerful message to take home with us. Heck, if you look at the speech structure of winning politicians, they seem to adhere to this pattern quite closely.

I recently gave a presentation at our Storymasters club in Portland, where I pitched the notion that more speech contestants win by abusing this mechanism of cognitive ease, than those who win with creativity or sincerity. . .fool that I am. My fellow club members were merciful on me, and quickly pointed out two glaring flaws in my initial, more cynical theory. Here is the sage feedback I was given:

- 1. Be creative. Be clever. Be sincere. But the audience won't hear you unless you put them at ease first.
- 2. Simple anecdotes and stories aren't about tricking people. They are building blocks. Hopefully the speaker will use these blocks to reach something higher than the superficial—a message worth sharing.

For this correction I am extremely grateful.

I present to you, dear reader, the same thought experiment as before. Two presenters give a competition speech. One waxes poetically about awareness and self-actualization, and the path that brought them here. The other puts us at ease with familiar ideas and relatable stories, and they go on to expand on the simple lessons their spouse and children have, by some quirk or heartfelt exchange, imparted on them. The speaker then leaves us with a lasting message simple in its structure, but truthful at its core.

Who wins?

[Note: Joe is looking for your feedback, experiences, and ideas to better refine how cognitive ease can be utilized to hone communication skills. If you have any advice or recommendations please contact him at bymyheel@gmail.com]

Joe Anthony joined Toastmasters in 2014. He is a member of Liberty Talkers and Storymasters, where he holds the role of club president in both clubs. He is serving as the 2016-17 Division H Director. Joe is a frequent blog contributor and award-winning author.



Volunteer at an area speech contest	Volunteer at a TLI session	Fill in a role at a club not your own	Mentor a New Club	Visit another club in your area
Attend a Division speech contest	Attend 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 a club in another Division	Attend the District Conference
Visit another Area club	Pay your dues by September 15th	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 September 15th

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, five diagonal or four corners.

Prizes: Individual members receive a magnetic name badge; clubs earn a \$60.00 TI store credit if more than 50% of the July 1 club membership base completes a BINGO card. One prize per member or club **BLACK OUT BINGO**: Complete the entire card and receive the Speaker to Trainer Set.

Contest starts July 1, 2016 and ends on December 31, 2016.

Completed cards must be emailed to cgd@d7toastmasters.org or mailed to PO Box 562 Florence, OR 97439. All cards must be received by January 7, 2017 to be eligible for the prizes.

Your Name:	Club No.:
Club Officer Signature:	Date:

REMINDER: Bingo Cards must be completed and returned to Cathy French by January 7th to be a winner.

What to Do

Toastmasters love to talk. Take advantage of it. Encourage your members to invite guests to special meetings where regular procedures are augmented by a discussion of Toastmasters' many benefits.

Awards

- A commemorative banner ribbon for your club
- Qualifying clubs earn a special \$50 coupon off their next club order
- Individuals will receive an Oustanding Growth Award

What Makes a Club Oustanding?

- A great website and social media presence
- Participates in Toastmasters events and trainings
- In good standing—dues and officer lists submitted on time
- Actively working to achieve goals for Distinguished recognition
- Welcomes and follows up consistently with visitors
- Achieves charter strength



Reach for the Stars

Contest

The winning clubs will be announced within a few weeks of the contest ending. Winning clubs should allow up to 10 business days to receive their award.

More Info

Cathy French, Club Growth Director cgd@d7toastmasters.org

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Be Part of an Outstanding Club of the Year

Qualifications

Individual Outstanding Growth Award

- Help inspire and recruit 2 new members for your club to reach charter strength of 20 people
- Help another club in your area reach their charter strength goal by recruiting 2 new members

You don't have to do this alone. Form a team of members and each of you follow through.

Outstanding Club

- Add 12 new, dual or reinstated members between November 1, 2016 and March 31, 2017
- Renew the same 12 for the dues dates of April 1, 2017 through September 30, 2017
- Applications and payments for members who join between November 1, 2016 and March 31, 2017 must be received at World Headquarters by March 31, 2017
- The club must reach 20 members and be distinguished or above

Newly Chartered Clubs

- Any new club joining District 7 between July 1, 2016 and March 31, 2017 must have on time and renewing dues paid in October 2016 and April 2017 (when applicable)
- New clubs will grow their membership numbers to 25 by March 31, 2017
- New clubs must have all officers trained, officer lists filed and one or more persons should attend one conference or TLI during the year



HIDDEN TREASURE TILLAMOOK TOASTMASTERS CLUB # 420 PART 2 by Harvey Schowe, DTM - District 7 Historian

After 1949

Tillamook club members continued making the club one of the best in District 7. During this time Barview Club and two others chartered. Neahkanie and Tillamook Toastmasters club had frequent joint meetings with these clubs. To celebrate 27 years of Toastmasters International, a joint meeting with Astoria, St. Helens, Hillsboro, Neahkanie and Timberline club of Portland was held October 19, 1951. Charles Rose won the speech title "The Three Legged Stool" and was the fourth consecutive club member to win a Northwest area speech contest on March 10, 1951. Club members voted to have a Friday morning meeting and two evening meetings for first and Thursday meetings. It was one of few Toastmasters clubs to do so. C. Ray Johnson was one of the first club members to attend the Toastmasters International Convention in Los Angeles. He served as a delegate from August 17 to August 20, 1955. In 1957 Jack Hornback, a high school principal, won the District 7 International Speech contest and then won in the Regional Contest. A local Tillamook attorney coached Jack Hornback during the speech competitions. He competed in the Toastmasters International Speech Contest in Dallas Texas.

Al Kofoed, club president, along with several Tillamook Toastmasters, and Richard Gotting of Astoria Toastmasters, attended the District 7 Fall Conference in Corvallis to secure the Toastmasters District 7 Conference in Tillamook May 20, 1967. The group was successful in securing Tillamook as the District 7 Spring Conference location, competing with Bend, Oregon. Robert Price, club president helped make the District 7 Conference in Tillamook a success. District 7 Governor Andy Anders presented him with the Toastmaster of the Year Award on November 22, 1967. In addition, club members were actively involved during the fall of 1966 providing speech training for youth groups such as Junior High School students and Explorer Scouts. Other civic activities included speaking at Red Cross, Lions Club and other civic organization meetings.

Bram Mizee, a nurseryman from Netarts and Tillamook Toastmasters club member won the Zone A contest, May 11, 1968, the District 7 International Speech Contest in Bend, Oregon and Region I contest in Anchorage, Alaska. He was one the eight finalists competing August 17, 1968 at the 37th Toastmasters International Convention at the Deauville Hotel in Miami Beach, Florida with the speech titled "Americas Potential".

During the Tillamook Toastmasters Club 25th Anniversary December 9, 1971, Area Governor Hashim Shawa, and future District 7 Governor, presented an Outstanding Toastmaster award to club member C. Ray Johnson, Governor.

After women were allowed to join Toastmasters during the 1970s, a woman Tillamook Toastmasters member, probably the first one to join this club, competed at the Astoria District 7 Toastmasters November 1981 Humorous Speech Contest.

Unfortunately, Tillamook Toastmasters club disbanded in 1996 after 50 years of service to the community and no other Toastmasters club has replaced them in Tillamook County.



QUANTUM TOASTMASTERS CLUB CLUB VISITING IN HIROSHIMA, JAPAN by Lani Wiig, Member of New Horizons Toastmasters



Have you ever visited, or thought of visiting, a Toastmasters club in a foreign land?

I took my first trip to Japan as a tourist 50 years ago and, in the 1980s, spent the better part of a decade working as an English teacher there. On a return journey in 2015, I was excited to spend an evening with the Quantum Toastmasters Club in Hiroshima.

My host in Hiroshima was Ron Klein, an American resident of that city, who put me in contact with his local Toastmaster friend, Jake Hirao. When I made initial contact with Jake, I did not realize that there were any "English only" Toastmasters clubs in Japan. I was hoping to be able to give a presentation in Japanese–a language that I had studied industriously in college.

Jake indicated that I could give a speech if I spoke just in English. I decided to update an old standby presentation from my English-teaching years in his country: *Words from Japanese Used in American English*.

Saturday evening, April 11, 2015. I took a streetcar to the Hiroshima International House. Jake was awaiting my arrival in the spacious first floor lobby. Together we rode an elevator up to the meeting room. Imagine my surprise when all the members greeted one another in English. "Oh, Miss Sasaki, how are you doing this evening?" "Nice to see you, Mr. Nakagawa."

I was made to feel cordially welcomed. Quantum President Nakagawa started the meeting with a "Thought for the Day." He wrote the visitors' names on the board and turned the meeting over to the toastmaster for the evening.

The first speaker was Cyndi Bacus from the Philippines. By way of introducing her speech, *To Love Or To Be Loved*?, Ms. Bacus belted out an impressive, fearless rendition of Elvis's "Love Me Tender." The conclusion of her speech was charming: "To love is a choice and to be loved is a gift."

At one point, various members shared what

had been happening

in their lives recently. One member who had been away from the club for approximately a year reported that a friendly telephone call from a club member had prompted her to return to the club.

During my speech, I had the members practice the "correct" American pronunciation of words such as "karate" (ka-rah-dee, not kahrah-tay, the correct pronunciation in Japanese.) To Japanese ears, people in the USA make hash of numerous borrowed words such as karaoke, samurai, harakiri and futon.

Every aspect of the meeting was handled in English-the evaluations, Table Topics, and Word of the Day ("terrific"). Still, the most impressive part of the evening was yet to come. Jake and five other members asked me if I would like to join them for dinner. We chatted our way in the invigorating night air to a nearby restaurant. where all of our nearly two hours of socializing was conducted in English.

In conclusion, I believe Toastmasters clubs in Oregon have some valuable things to learn from the Quantum Club in Hiroshima.

1) Why don't we call up members who have been away for a while?

2) Why not write guests' names on the board?

3) Finally, for those of us who travel, why not visit an English-speaking TM club in, say, Jamaica, India or China?

Lani Wiig is a member of New Horizons Toastmasters. He is the author of Toadsuck Summer, published in 2016.

Enjoy the holidays!

休暇を楽しんでね! Kyuuka wo tanoshinde ne!



ROAD TO PRESIDENTS DISTINGUISHED

District 07 Performance



District 07 Annual Membership Payments Month to Month 8,000 Hide All Show All 2010-2011 6,000 2011-2012 2012-2013 2013-2014 2014-2015 4.000 2015-2016 2016-2017 2,000 0 Jul Aug Sep Oct Nov Dec Jan Feb Mar Apr May Jun Month



VOLUME 3 ISSUE 6 DECEMBER, 2016

JOURNEYS

Karen O'Keefe – Bravo for Toastmasters! by Brinn Hemmingson, ACG, CL

Like many individ-

uals, Karen did not seek out Toastmasters. Rather, she found it. As she put it, "When I first moved to Oregon (from Ohio), I got a job at a company that had a Toastmasters meeting at work. I had been meaning to go to a Toastmasters meeting for 20 years and never did it (fear of speaking). While that meeting was awful, the club coach (Cathey Armillas) encouraged me to go visit other clubs and invited me to an area humorous speech contest. Cathey then sought my help for doing a write-up for the fall conference. She also encouraged me to take a leadership role in my office club, which I did. That club ultimately failed, but I was hooked! I'm grateful to Cathey for encouraging me and showing me the way."

Many people who fall in love with Toastmasters go the extra mile – and Karen did (and does!) She has served in numerous officer roles (President, VP of Ed and PR) and district leadership roles. She said, " I've learned a lot from the experience: a) you may not be great the first time at something, but each time you serve you do a better job (and it gets easier)." Her "best" roles were as VP of Education, Area Governor (now director) and Division Governor (now director). Currently she's Club President for Competitive Speakers PDX, an advanced club where we are both members. Karen's advice to all club officers is to attend every conference/ training available. As she noted, the clubs with trained officers consistently serve their members better.

Toastmasters hopefully impacts our "other lives, too. For Karen, "It gave me confidence; the importance of which I cannot overstate. My Toastmasters high-performance leadership project helped me be promoted into leadership positions at work."

She says, "I'm grateful to have found Toastmasters and wish I had gone to a meeting when I was younger. I firmly believe that there is no dream you can dream, no goal you can have, no job you can aspire to that Toastmasters can't help you with. Make sure you get everything you can out of your Toastmasters experience! Mentor someone and be mentored (yes, experienced members can be mentored too). You will experience the most growth from that experience."

Karen inspires a lot of people, myself among them. I see her and I think Bravo, Toastmaster.



Karen O'Keefe (recipient of the 2015 Herbert C. Stude Educational Service Award) presented by Phyllis Harmon


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

Is Your Website Naughty or Nice? by Phyllis A. Harmon, DTM - Public Relations Manager

It's that season again

when lists are checked to see who's been naughty or nice this past year. Tradition has it that those who didn't behave received a lump of coal in their stockings hung by the fireside, while those who did received all kinds of wonderful, useful gifts.

Lately, I've been spending a lot of time checking lists of website links to see which clubs in District 7 are visitor friendly, follow the 2011 branding guidelines, and contain current information.

Yikes! There are several who should receive the proverbial lump of coal for neglected, out of date, broken links, and. . . (said in hushed tones) unbranded websites!!

Neglect is one of the challenges every club website faces. It's not nice to visit a website where the last update was six years ago,

has the wrong meeting address, or (worse yet) out-of-date or no branding.

Websites, like children, require constant attention. It's

not nice to find that the last time someone updated the content was 2013. My first question when visiting one of these websites is, "does this club even exist?"

It really is annoying to spend time clicking on a club url only to find the links are broken. Of course, unlike a potential visitor, I dig deeper, much deeper. I'm finding websites have been abandoned in favor of Facebook or a club management system, or vice versa. Well, ok. . . but who's responsibility is it to update the url in Club Central?

There was a time when clubs were free to be downright creative with what they displayed on their websites. Some were darn cute with cartoon creatures cavorting across the page. Others were works of art using wood tones, trees, and beautiful fonts. Then there were those pages that looked like they'd been created at the dawn of the computer age. That all changed in 2011. Toastmasters International, under whose umbrella clubs exist (kind of like a franchise arrangement), refreshed the logo, message, and brand colors. There was a huge communications campaign whch included a "how to" handbook, webinars, contests, and brand ambassadors who were available to help clubs update and refresh their club materials and electronic resources.

Today, five years later, there are clubs who should receive coal in their holiday stocking

for not updating their web presence to reflect current branding. (Like Santa, I'll protect your names, but. . .!)

Did you know that Toastmasters isn't particular about what type of website your club chooses to use—as long as the club follows the brand guidelines? You can find setup guides, mastheads, and other useful information for bringing your club website current under <u>Resources</u> on the Toastmasters International website.

Did you also know that there are members who can and will assist you to set up your site or bring it into compliance? Contact me at phyllis.harmon@d7toastmasters.org for more information.

You can get your website off Santa's naughty list, and avoid impending coal in your holiday stocking, with a periodic maintenance schedule. Just like tuning up your car, maintenance keeps your website humming along. It can also help you identify and fix issues before they become a major problem.

Weekly Website Checks

All pages are loading without errors

Check all forms to ensure they are working properly

Review and resolve any issues with emails sent from the web server

Check and remove spam comments, form submissions and user accounts

Check that member email addresses are current

Check for any broken links

Check for 404 errors and resolve these by fixing links or redirecting

Marketing: Update front page with current club news

Check social media links to/from website

Monthly Website Checks

Review security scans and resolve any issues

Review website statistics. What is your most popular content? What is your least popular? Where are visitors coming from? What is your best conversion source? Tweak your content to suit

Spellcheck and audit content for readability

Review your local search visibility

Marketing: send an update to your email list

Quarterly Website Checks

Review website - what could be improved?

Web Graphics and photos – are these up to date? Could they be improved to be more current?

Check your website content – what is dated and what could be improved?

Review and tweak meta title and meta description tags

Test the website to ensure that it looks and displays properly on the most popular browsers and mobile devices

Validate your site. (CSS/HTML, Accessibility, Mobile-friendly)

Review and adjust website advertising campaigns

Yearly Website Checks

Update the copyright date in your website footer and in any other references

Review each page of the site for content accuracy

Renew your website domains name(s)

Review your website strategy to align with your club goals

The Psychology of Visitors

Visitors come to club websites with certain expectations - they want to know quickly (within 10 - 15 seconds) whether the club meeting fits within their schedule, if the members look friendly, what type of a group is it (fun, serious, professional, casual), and what makes your club different from the one down the street.

Most people won't follow links unless absolutely forced to. The perceived information must be so compelling that they must take that next step.

In eye-tracking studies conducted in 2008, people were found to scan (not read) from left to right, then down the page in a diagonal line to the left bottom corner and then across to the right bottom corner, creating a "Z" pattern. Anything not on those points is considered secondary information. Additionally, small, fuzzy pictures were ignored. Large, high quality pictures, of ordinary people looking directly into the camera caused the visitor to linger on the page for about 5 seconds. That's nearly a third of the time someone visits your webpage! Large blocks of text were ignored. Floating messages were also ignored.

And speaking of expectations, the Toastmasters 2011 brand is very familiar. TI has done an excellent job of acquainting the general public with the logo, colors, and tagline of the organization.

Imagine the poor visitor who lands on a website, purported to be a Toastmasters club page, and finds no branding or old branding. Their radar goes up, and they have to determine whether it's a "fake" website or whether the club is defunct.

When faced with unmet expectations, visitors will opt to leave your page in under 3 seconds.

To learn more about sprucing up your web page, join us for the <u>Website Wizardry webinar</u> on January 24, 2017.





SUCCESSFUL CLUB

MIME SPEAKS TOASTMASTERS WORKING TO BECOME THE BEST THEY CAN BE by Aaron Sprunger, CC

Every Tuesday at 7 a.m. approximately 20 college students join me to develop our speaking and leadership skills. Yeah, that's right, before most of their roommates, friends, or classmates are even awake, there are students at MIME Speaks Toastmasters working to become

the best that they can be. MIME Speaks Toastmasters is a primarily student (but not exclusively) group at Oregon State University (OSU) in Corvallis, OR housed within the school of Mechanical, Industrial, and Manufacturing Engineering (MIME) that started in February 2016, and is well on its way to achieving Presidents Distinguished Club by June 2017. How did we start and what are we doing to achieve our goals? It may seem obvious but we started with specific goals and we track everything.

Our group was started by a group of professors who have been longtime Toastmasters, saw its benefits, and wanted their students to leave school with the valuable knowledge that Toastmasters provides. It is our goal to enhance the education we (students) receive in the classroom, to prepare ourselves to speak

and lead wherever we go beyond OSU.

Some might think it is crazy to have a meeting of college students at 7 a.m., but meeting at 7 a.m. is done with purpose. There are no class conflicts that prevent students from attending meetings, and while it is challenging to speak so early, it is also a



saying in our club that "if you can speak at 7 a.m., you can speak at any time," in the classroom, giving a presentation, or at a job interview.

We are a bunch of busy college students, how do we make sure that we are accomplishing our goals as individuals, and as a club? Simple, we track each goal, individual and club, and keep everyone aware of the progress that is being

> made. Each week our VP Education sends out the club newsletter reporting on highlights of the past week, working members for the next four meetings, and individual and club progress toward our goals. It is important to us that each member is aware of their progress to keep themselves accountable, others' progress to keep each other accountable, and the club's progress to keep the leadership and group as a whole accountable. This system of accountability has helped us to achieve our goals thus far.

Engineering students aren't always known for being early risers, or well-spoken individuals. But at MIME Speaks Toastmasters, we work to change that stereotype and send engineers into the world who can speak to groups, convey their ideas, and lead change in the world.



BUT THAT'S NOT WHAT I THINK! by Joel Conarton, CC

Fair or not, leadership is measured, not by the ideals you think about or even your usual style —but by what you do when under pressure to perform. People remember more how you made them feel at these points in time than any other, and thus it is these times you are evaluated on.

Will you be remembered as a leader or a manager?

The challenge for leaders is understanding the spectrum between the two concepts of leadership and management. It is a spectrum described well by Janet O. Hagberg in her book about personal power.

Understanding this spectrum by evaluating it at the 6 key points below is what we will explore over the next several months as we investigate the 'M Leadership Model'.

Authentic Leadership



Bear in mind, there is no 'best way' to lead. Authentic Leadership means you lead from who you are, and as we are all different, there are many different 'best ways' to lead. Even within the above model, there are six points, but it is not about getting to the 'top' level. It is about finding where you want to be on the scale and owning it.

There are advantages, tradeoffs, and limitations at every level of leadership. I would go so far as to say 90% of businesses operate at the base level, and yet, business gets done.

"Yeah, but..."

Business gets done, but what is the biggest complaint when people get home? How they

were treated at work. So, is there a better way? Like improving

your speaking skills, is there a way to improve leadership skills? Well, yes—and it takes time and effort.

At one time or another we all have thoughts and actions all along the spectrum. You may remember a time you spurred someone to action just by sharing an idea. How did that make you feel? How did I make them feel? I am sure there has been times when you have said, "Just do it!" How were feelings shared then?

Shining Stars

Leadership is also about bringing everyone along the spectrum with you. Jumping to the highest level alone will make you appear to be a blubbering idiot if those you want to follow you are not responding in kind. Leaders without There are advantages, tradeoffs, and limitations at every level of leadership

followers are simply out for a stroll.

Coming Soon

- Advantages, trade-offs, and limitations of the levels.
- The transition from management to leadership
- Why the 'top' levels are hard to find in the corporate world
- Ways to self-analyze and work toward the level that makes for an authentic leader.

Join in on the path to great leadership. Joel Conarton joined Toastmasters in 2007. He is a member of New Horizons Toastmasters. He is serving as the 2016-17 Area 65 Director.

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Lake Oswego Toastmasters Club	Amos	Grace
Transtoasters	Вау	Cassie
Pearl District Toastmasters Club	Beyerle	Nora
Lake Oswego Toastmasters Club	Bhattachartt	Subrotesh
Columbia Communicators	Bolyard	Michael
High Noon Club	Bowers	Teresa
Cedar Hills Club	Brubaker	Jarrod
MultCo Toasties	Buntin	Daedra
Hopemasters	Ceja	Reynaldo
Tualatin Valley Toastmasters Club	Chandy	Abraham
Clackamas County Toastmasters	Crumbaker	Lawrence
Sunrise Toastmasters Club #1492	Evensen	Eric
NoonTime Club	Fink	Lyndsi
Portland Club	Flynn Young	Olivia
Tower Toastmasters	Gerth	Joshua
Sunrise Toastmasters Club #1492	Gruber	Melissa
Speakers By Design	Heydemann	Evan
West Beaverton Club	Hodgson	Clinton
Clackamas County Toastmasters	Ноу	Nobuko
Hopemasters	Humble	Donovan
Babble-On Toastmasters Club	Iheanacho	lvory
NoonTime Club	Jaspersen	Breanna
New Beginnings Toastmasters	Kanner	Dakota
Hopemasters	Kelm	lan
West Beaverton Club	Kirsch-Mahaffey	Chris
Sage Beaverton Toastmasters	Lesieutre	John
Electric Toasters Club	Lloyd	Nichole
Salem Toastmasters Club	Lutz	Adriande
M A C Toastmasters Club	O'Sullivan	Tice
Talk-In-Tel	Price	Madalyn
Mentors Of Focus Club	Raheem	Mizan
Jantzen Club	Regier	Dawn
M A C Toastmasters Club	Robertson	Barbara
Banfield Barkers	Russell	Carly
Milwaukie Talkies	Schwien	Guenevere
Silicon Forest Club	Shi	Jue
Babble-On Toastmasters Club	Srinivas	Preethi
Downtown Lunchbunch	Stanfield	Faith
Hopemasters	Tavarres	Demetre
Hopemasters	Taylor	Jess
Bootstrappers Club	Theisen	Rebecca
Fortunate 500 Club	Zahn	Stuart

Happy Anniversary to December Clubs

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

Charter Date	Years	Club
12/11/2012	4	Passport To Leadership
12/17/2015	1	PDX Pioneers
12/1/1979	37	Arlington
12/1/1987	29	Rogue Communicators

A special shout out to Arlington and Rogue Communicators who passed the quarter-century mark!



HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
СС	11/2/2016	Alexander, John	Capital Toastmasters Club
СС	11/29/2016	Allison, John	Lake Oswego Toastmasters Club
CL	11/7/2016	Bell, Sandra V.	Toast of Corvallis Toastmasters Club
СС	11/17/2016	Birdsell, Kevin	Feather Tongues Toastmasters Club
СС	11/10/2016	Botnik, Daniel Morris	Club Northwest Toastmasters
ALB	11/3/2016	Campbell, Alan L.	Siuslaw Tale Spinners Club
СС	11/1/2016	Carr, Jeffrey E.	Wafermasters Club
CL	11/30/2016	Charlton, Karen M.	Flying Toasters Club
CC	11/18/2016	Chew, Sherry Kim	Wallmasters International Club
CC	11/7/2016	Chiu, Paul C.	Newberg Toastmasters Club
ACB	11/3/2016	Corbet-Owen, Carina	Vancouver Toastmasters Club
CC	11/29/2016	Crosby, Scott H	New Beginnings Toastmasters
ACB	11/2/2016	Crozier, Archie	Capital Toastmasters Club
CC	11/10/2016	Cummings, Paul M.	Sunrise Toastmasters Club #1492
CC	11/10/2016	Davis, Denise A.	Club Northwest Toastmasters
CC	11/2/2016	Douglass, Matthew	PMI Portland Toastmasters
CC	11/7/2016	Dyson, Nancy F.	Myrtlewood Hootowlers Club
ACS	11/22/2016	Exum, Carolyn	Audacious Orators
ALB	11/30/2016	Fanning, Paul C.	Talk-In-Tel
CC	11/29/2016	Fanning, Paul C.	Talk-In-Tel
ACS	11/14/2016	Farley-Campbell, Gwendolyn D.	Siuslaw Tale Spinners Club
CC	11/27/2016	Fong, Julie	Sporty Speakers
ACS	11/29/2016	Goodpasture, Caleb B.	Spirit Trackers
CC	11/10/2016	Harmon, Phyllis A.	Feedbackers Toastmasters Club
CC	11/30/2016	Hauth, Jeri	Samaritan Ah-so-Um
CC	11/7/2016	Healy, Charles A.	Coos Bay Toastmasters Club
ACG	11/30/2016	Heitz, Nena	Grants Pass Toastmasters Club 852
СС	11/28/2016	Hood, Jenifer K	Toasting Excellence Club
ACS	11/9/2016	Houghton, Daniel O.	Southern Oregon Speechmasters
СС	11/2/2016	Katz, Blanche S.	Columbian Club
LDREXC	11/8/2016	Kent, Jason	Rose City Toasters Club
DTM	11/2/2016	Lindquist, Leanna	Marylhurst Toastmasters
ALS	11/2/2016	Lindquist, Leanna	Feedbackers Toastmasters Club
LDREXC	11/2/2016	Lindquist, Leanna	Feedbackers Toastmasters Club
CC	11/16/2016	McKay, Natham J.	McMinnville Toastmasters
CC	11/11/2016	Norris, Brian A	Yaquina Toastmasters
СС	11/13/2016	Raut, Guruprasad D. Tualatin Valley Toastmasters	
СС	11/2/2016	Sallas, Katherine M. Club Northwest Toastmasters	
СС	11/29/2016	Schellenberg, Lyle W. Bootstrappers Club	
CL	11/23/2016	Schley, Timothy M.	Spirit Trackers

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
СС	11/23/2016	Schley, Timothy M.	Spirit Trackers
ACG	11/7/2016	Schowe, Harvey L.	Blue Ox Club
CL	11/10/2016	Schupp, Lisa S.	Toast of Corvallis Toastmasters Club
CL	11/29/2016	Shinn, Charlotte Mary	Milwaukie Talkies
CL	11/16/2016	Smith, Nina Michelle Monroe	Clack-Orators Toastmasters
СС	11/16/2016	Smith, Nina Michelle Monroe	Clack-Orators Toastmasters
СС	11/18/2016	Snow, Stephanie	WE Toasted Toastmasters
CC	11/11/2016	Spargo, Lee R.	Grants Pass Toastmasters Club 852
CC	11/30/2016	Squires, Valaree M	Encouraging Words Club
CL	11/1/2016	Stark, Jeffrey James	Tower Toastmasters
CL	11/15/2016	Stoller, Debbie	Noon Talkers
ACB	11/22/2016	Svehaug, Alan R.	New Beginnings Toastmasters
CC	11/28/2016	Thomas, Mark	Toasting Excellence Club
CC	11/2/2016	Traugh, Dick A.	Club Northwest Toastmasters
CL	11/12/2016	Tuohy, Patrick	Sporty Speakers
CL	11/11/2016	West, Larry J.	Grants Pass Toastmasters Club 852
CL	11/10/2016	West, Larry J.	Club Northwest Toastmasters
CL	11/11/2016	Wolfe, Norman	Vancouver Toastmasters Club
СС	11/11/2016	Wolfe, Norman	Vancouver Toastmasters Club
СС	11/10/2016	Zentner, Jamie Lynn	Clackamas County Toastmasters
CC	11/17/2016	Zimmerman, Gordon V	Marylhurst Toastmasters



TRIPLE CROWN AWARD PINS

MEMBER	AWARDS		
Anthony, Joseph D.	3	LDREXC, CL, ACB	
Arnold, Cate Ann	6	ALB, ACS, DTM, ALS, ACG, LDREXC	
Bennett, Allison	4	ALS, LDREXC, ACG, DTM	
Brewer, Daniel S	3	CC, ALB, CL	
Carr, Jeffrey E.	3	CC, ALB, CC	
Edinger, Allan B.	4	СС, СС, СС, СС	
French, Cathy	3	LDREXC, ALS, DTM	
Harmon, Phyllis A.	7	CC, LDREXC, ALS, CC, DTM, ACG, CC	
Heitz, Nena	4	CL, ALS, DTM, ACG	
Knapp, Thomas K.	3	ACB, ALB, CL	
Lee, Maria R.	3	CC, CL, CC	
Lindquist, Leanna	7	DTM, ACG, ALB, ACS, ALS, LDREXC, CC	
Machalek, Anne M.	4	LDREXC, CC, DTM, ALS	
Shehorn, David A.	3	CL, ALB, ACB	
Taylor, Emilie	4	ACS, CL, LDREXC, ALS	
Tjan, Vanessa	3	ACB, CL, CC	
Tully, Kathleen	5	DTM, CC, CL, LDREXC, ALS	
Wantz, James	3	ACS, ACB, CC	
West, Larry J.	5	CL, ACB, CL, CL, ACS	
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.

The beautiful thing about learning is that no one can take it away from you. —B.B. King

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Confidence to Lead Effectively by Susan Bender Phelps, ACS, CL

How many times have you found yourself

in a soul-killing meeting—the meeting with a weak or non-existent agenda, a leader who gets sidetracked or loses control of the discussion? Even worse, no decisions are made or the same old issues get hashed and rehashed with no viable solutions in sight.

We've all been there.

Here's something I hate to admit though, it's likely that some of the first meetings I ever led, early in my career, may have shown up exactly that way for my colleagues. Over time, I did develop skills that helped me to lead more effective meetings. But the real breakthrough snuck up on me about a year after joining Toastmasters for Speaking Professionals.

I was elected Chair of the Washington County Democratic Party, a two-year term. Among my accountabilities was leading a monthly Executive Committee meeting to plan our monthly Central Committee meetings, with four officers and 10 committee chairs. The second big responsibility was leading our monthly Central Committee meetings with anywhere from 90-150 people attending. I'd get input from many different people, we had to agree on and book speakers and panelists, and we had to discuss, debate, and vote on issues and initiatives. Everyone was a volunteer.

Though I'd spoken many times for audiences that size, and larger, I never had to plan and lead that many meetings over a two-year period with that many moving parts. Once the glow of winning the election dimmed, I realized the magnitude of the challenge. I wasn't sure I was up to it. I got a case of the nerves.

By then, I'd been a member of Toastmasters for Speaking Professionals for about a year, it was and is my first club. I'd had the opportunity to be Toastmaster for at least five meetings. I'd also seen really great Toastmasters from my club lead meetings with grace and aplomb—even when things didn't go as planned.

Once I took a deep breath and thought about it, I realized I had effectively used all of the skills I would need in Toastmasters. That realization gave me the confidence to plan and lead highly productive and engaging meetings during my two-year term and beyond.

One of the aspects of leading a Toastmasters meeting that I love is setting the agenda and setting a specific time for each topic or activity it's built in and it's critical. Seeing it in action each week at Toastmasters, gave me the confidence to set and stick to the agenda, manage disruptions, roll with the unexpected, and still begin and end on time.

One of the best compliments I ever got was from a State Representative who came up to me at the end of a particularly lively and contentious meeting, "I just have to tell you, it takes real courage to put the times on your agenda for everyone to see. And it takes a real leader to manage that agenda the way you did tonight."

I will never forget how I felt when he told me that. In that moment, I knew I had come a long way, and that I owed Toastmasters for giving me such a solid foundation.

Susan Bender Phelps joined Toastmasters for Speakign Professionals in 2011. She is serving as club president. She speaks nationally on mentorship, leadership, and communication. She is The Speaker's Coach, and works with speakers and executives to be and feel successful when they present. She posts success tips for speakers on the District 7 Facebook page. Susan is the author of Aspire Higher, available on Amazon.

com.

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TELL ME A STORY

The Gold-Wrapped Box by Phyllis Harmon, DTM

A week before Christmas, a rather large box, wrapped in shining gold paper, trimmed in a beautiful red bow, appeared beneath the Black's Christmas tree. The box was easily big enough to contain a new doll, or a pair of skates, or maybe, just maybe an entire set of paints and brushes. Marigold knelt before the box as she had since it appeared, what it contained. trying to guess There was no label on it. but she hoped it would be hers. She really wanted it to be hers.



Marigold, eight years old and smart as a whip (her parents always said), knew very well that the box might not be for her. Every year, one gift was placed beneath the tree for someone who would be invited to share the day with them. She never knew who it would be. One year it was the homeless paperboy. Another year, it was the man who slept on the bench in the park. Another time, it was the new preacher from the community church on the corner. This year, she'd heard her mom and dad talking about inviting a little girl, who was just a little bit older than she, whose family could no longer take care of her.

Marigold's parents, Ben and Mary, loved their daughter very much. They wanted her to have all

the advantages they'd missed as children. Both had grown up in foster care, where clothing, food, and love were in short supply. They had climbed out of poverty, worked their way through college, and settled into jobs and a marriage that suited them. But they always remembered what it had been like to be unwanted and unloved.

They taught Marigold the difference between wants and needs. They hoped that their examples of living a socially conscience life would stay with her, and she would become a well-rounded, caring individual who fought against injustice.

They wanted Marigold to know that not everyone was as fortunate as she. They both worked hard to help people get back on their feet—Ben, as a social worker, and Mary as a family law attorney. They very much thought that Marigold was special—an extension of themselves—a person who would always put other people first.

As the days to Christmas counted down, Marigold made up her mind that the box could not, would not belong to someone else. Mary was well aware that Marigold wanted the box. She had deliberately left off the tag, letting her daughter worry about who would own it. She felt that Marigold was old enough to learn the lesson of uncertainty.

On Christmas Eve, Marigold learned that a little girl would be joining them for Christmas day. Her name was Crystal, and she was 10-years-old. As she'd overheard, Mary told her that Crystal's parents could no longer take care for her and there were no relatives willing to take her in. It would be Marigold's job to make her feel welcomed and to entertain her for the day.

Marigold listened, as she always did when her parents spoke, and nodded that she would do as asked. She wanted to please them, even though she wasn't so sure that Crystal would like her. And she really didn't want her to get the gold-wrapped box. The following day, the doorbell rang, and Marigold ran to answer it. Her dad was right behind her as she opened the door. Standing on the threshold, was a very skinny, dark-haired girl, half hidden behind Betty, the social worker from Ben's office. She grabbed the girl by the shoulders and pushed her gently into the house. "Hi Ben, this is Crystal," she said. "She is very happy to be here, and she thanks you for inviting her to spend the day with you." With that, Betty waved goodbye and was gone.

In the silence that followed, Marigold and Crystal sized each other up. "Honey," said Ben, "why don't you invite Crystal into the kitchen. I believe your mother just made fresh cookies, and I know I smell hot chocolate!" As the girls headed for the kitchen to get acquainted over sugary treats, Ben sought out Mary. He found her in the family room re-arranging gift packages. The gold wrapped box was no longer beneath the tree.

About 20 minutes later, Ben asked, "Are we ready?" Mary nodded, and he went to collect the girls from the kitchen. He found them with their heads together whispering and giggling. The cookies and milk were long gone, and it appeared the girls were having a good time.

"Okay girls, it's time to open our gifts," announced Ben. Marigold locked her arm through Crystal's, and said "C'mon. I can hardly wait to see what gifts Santa brought you. If he forgot, you can have some of mine." Ben was so proud of his daughter. She was definitely his child, caring about the welfare of her guest.

Marigold headed directly to where the gold wrapped box had been all week. It wasn't there!



Her heart sank when she realized that the box wasn't hers. She turned to Mary, "Mom, what happened to the gold box? I don't see it!" Mary, understanding her daughter's question said, "That box has a special purpose. We will open it later." Crestfallen, but not wanting to let her mom know how disappointed she was, Marigold nodded and smiled bravely.

There were gifts for everyone. Ben received a brand new watch and books written by his favorite authors from Mary, and a very nice, hand-painted plate from Marigold. Mary was thrilled with her new leather gloves and books written by her favorite authors from Ben, and loved the hand-painted coffee mug from Marigold. The girls received clothes, games, books, and leather-bound diaries to record all their secrets.

After they had examined each other's gifts and exchanged thank yous, Mary brought over the rather large box, wrapped in shining gold paper, trimmed in the beautiful red bow. She set it in the middle of the floor where everyone could see it. "This gift," Mary said, "is for all of us. It contains our hopes and wishes from this past year in remembrance of who we are in the world. Marigold, would you please open this gift while we watch."

Solemnly in the spirit of the moment, Marigold untied the red ribbon and laid it carefully aside. The shining gold paper was detached from the box, and folded and smoothed so that no wrinkles could be found. She lifted off the box lid, and laid it aside.

"Thank you Marigold, please join us over here near the tree," said Mary who was seated next to it. "Ben, would you please share the contents of the box."

The box was filled with note cards. Over the past year, Mary and Ben had written a note every time one of them had wished or hoped for something. There was the hope from Marigold that she passed her spelling test, a wish from Mary that she wouldn't be late for a custody hearing, a hope from Ben that he wasn't catching a cold after standing in the pouring rain waiting for the bus. The box was full of hopes and wishes. One by one the cards were read aloud and discussed, reminding them of something that seemed important at the moment it happened, but was soon forgotten. There were also hopes and wishes from Crystal, who had shared those moments with Betty, her social worker. The shared moments, laughter, and lessons learned brought the four closer together and began a new family tradition.

At the very bottom of the box, purposely left for last, were two cards. One was a wish from Crystal, the other a hope from Mary and Ben.

"There are only two cards left," said Ben. "Marigold, would you please read them for us."

"This one is from Crystal," said Marigold as she began to read. "I wish I had a family who loved me. My mom and dad don't want me anymore." Crystal hung her head to hide the tears that flooded her eyes, as she remembered the wish she'd shared with Betty not so long ago. Mary put her arms around her, and held her tight. Marigold, overcome with Crystal's plight, was ashamed about how selfish she had been coveting the gold-wrapped box.

"Marigold, there is one more card in the box," Ben gently reminded her.

As she pulled it out, Marigold's face brightened as she looked from her dad to her mom. "Before you read it aloud, do you agree?" asked Ben. Marigold nodded excitedly. "Then please read what it says."

"This one is from Mom and Dad and me," she said excitedly. "We hope that Crystal will come to live with us. We wish to adopt her as Marigold's sister."

After the final card had been read, all four of them began to cry, and laugh, and hug each other as every family does when it receives the very best news in the world. And to this day,



whenever someone states a wish or hope, it goes into the gold-wrapped box to be read aloud on Christmas Day.

Got an opinon? 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.



STRIVE2THRIVE

ENERGY, ENTHUSIASM & ENGAGEMENT

by Allison Bennett, DTM Club Coach Coordinator

What makes people keep coming back for more meetings? I find the Toastmasters meetings that I enjoy the most have great Energy, Enthusiasm, and Engagement.

Energy

Have you ever gone to a concert, or sports game, a convention or Ted talk and you can just feel a palpable energy in the air? You become filled with a sense of excitement and alertness? Meetings that attract and maintain member's attention are interesting and enjoyable and almost electric. Both Sporty Speakers and West Beaverton at Nike Campus have this energy that can be felt each time you enter the meetings.

- There is a purposeful drive to Accomplish Growth Goals.
- There is an expectation that the meeting and information gained from the speeches will be of great value.
- The members not only work through the educational materials (the Competent Communicator & Leadership Manuals as well as the Advanced Manuals) but encourage each other to do so as well.
- And more importantly they Praise & Celebrate each other's accomplishments and mile stones constantly.

Enthusiasm

One of the most fun meetings I've attended was at WE Toasted in Lake Oswego Oregon. If there is ever a last-minute request for someone to fill in as Toastmaster or GE or any role, the response is met with immediate enthusiastic, energetic volunteering. If we have a picture in our minds that an upcoming meeting is going to be fun, entertaining and informational, we'll walk into the meeting with a ton of enthusiasm! And the enthusiasm we bring in to the club is contagious!

When we choose to:

- Pop up out of our seat to fill a last minute open role, that enthusiasm spreads courage to others who will pop up too!
- Laugh at the jokes, attempted or successful

Humor in speeches, even Ourselves, generally have a good time in the meetings, others will too!

• Excitement to Try New things, make mistakes & laugh about them; this provides a Safe environment to take risks. Even have fun while risking. When we truly Enjoy the process others will too!

ENGAGEMENT

This might be the most important factor.

Being relatable and relating to others is a very valuable skill in today's world. Practicing personal interaction with members and guests will set the club experience apart and will keep us involved.

Feedbackers members in Beaverton routine joke with each other before during and after the meetings. The camaraderie is catchy and we want to be part of it.

The Speaking Professionals are a busy group of people often in and out of town. Individual members send reminder texts or emails to each other off and on. Once, a late night check- in text from a member asking if I needed help filling roles the next day reminded me that I was the Toastmaster of the Day. I was so grateful and everything went off without a hitch! That's teamwork!

Facebook pages have been great at creating community and engagement.

Other Engagement actions I've seen:

- Chatting with the person sitting next to you before or after the meeting.
- Assigning a member to specifically greet and sit next to a guest to help them understand the meeting as it happens.
- Contacting members who have missed meetings, letting them know their presence was personally missed.

It only takes one person to start making all the difference in a meeting. That one person could be you! Are you the one that gets the ball rolling and leave people coming back for more?





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