

Cover Story - Page 6

**Don Holtzheimer
says "Stick to It!"**

WE LOVE OUR
TOASTMASTERS
CLUB



EDITORIAL

Open-Your-Heart Month

by Phyllis A. Harmon, DTM
Editor/Publisher

We all know that February, in modern times, is the month we gush over the loves in our lives. Candy, flowers, and expensive gifts make a girl's heart flutter. And we girls, just to even the score, give our significant others the opportunity to take us out to dinner and spoil us rotten. What a deal!

But it wasn't always that way. For the ancient Romans, February had an entirely different meaning. It was the month of ritual purification, or Februa. It was also the month when the priest Valentinus got his comeuppance for performing Christian marriages against the wishes of Emperor Claudius II. Not a smart move on Valentinus' part. He lost his heart and his head on February 14th for displeasing the emperor.

I think it's time to put February in perspective, to give it a new meaning. Candy, flowers, and expensive gifts are fine, but really? And nobody loses their head for performing marriages any more, do they?

What if we designate February as open-your-heart month by sponsoring new members into our clubs? It costs a lot less than perishables and high ticket gifts, and our return on investment will last longer than a kiss or two. Or donate the cost of that dinner to the District 7 Prison Fund which helps inmates pay their dues. Our hearts will expand instead of our waistlines!

Think about it—we Toastmasters are known for our generous spirits. Let's leverage our well-deserved reputations to become known as Toastmasters who open our hearts to help a fellow member in need.

Wishing you a happy open-your-heart month. May your month be filled with moments of generosity.

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TOASTMASTERS
INTERNATIONAL

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Cathey Armillas, DTM, Keynote

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- ✓ How to Use Those Differences in Your Presentations

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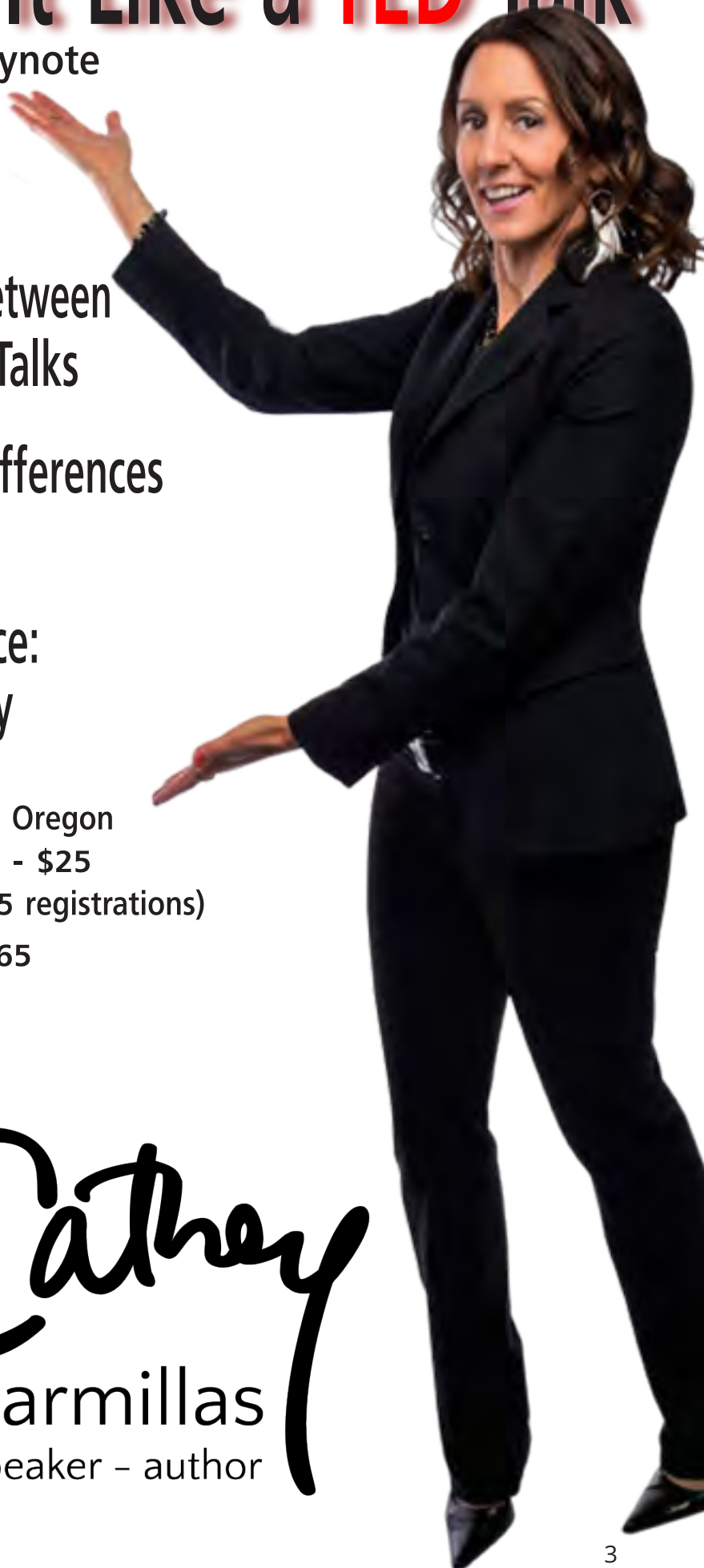
Friday Pre-conference workshop - \$25

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Don Holtzheimer says “Stick to It!”

by Phyllis Harmon, DTM



Last Friday, I met with Don Holtzheimer, who has been an active Toastmaster in District 7 for over a half century. For 45 minutes we reminisced about life, Gresham, and Toastmasters.

Don began practicing veterinary medicine in Gresham in December, 1950 as a veterinary resident. He received his license to practice as a full-fledged veterinarian in 1953. He built the animal hospital, Town & Country Animal Clinic on 125th and SE Division, which he owned and operated for 35 years. Today, the practice is under different ownership, and continues to be a thriving business.



In the 1950's, Gresham was the hub of the East Multnomah County farming community, and boasted a population of around 3,000. As a veterinarian in a small community, Don knew and became friends with most of the community leaders. He joined Gresham Toastmasters in 1953, and has remained an active member for 63 years.

“The Toastmasters in Gresham started around 1951,” Don shared, “and all the important individuals in Gresham were Toastmasters—including the mayor, the doctors, and some senators. So I thought it would be nice to join. I was asked to join, so I did.”

Don has been president of the club three times. He says that the club has changed over the years. One of the major changes was when Toastmasters International relaxed the membership rules in the 1970's and allowed women to join the club. Today nearly half the members are women.

“The women, of course, changed it a lot,” Holtzheimer shared, “they bring in a variety

of speeches we weren't used to hearing—bringing up the kids, relatives who died, their problems. So it has changed some. But the basic thing is, learning to speak in public, having an influence on some of the newer members to stick around and finish a book or two. One speech is not enough.”

I asked Don if he would comment on how the Toastmasters organization had changed since he joined.

“They've developed new books. You finish one and you shift to another one, and you continue on with the type of speech you want to talk about. The books and the education you get from Toastmasters is much more than a public-speaking course in college. When you get through with it you feel like you've done something.”

I asked if he was looking forward to the new Pathways program. He chuckled and gave me a resounding “no.” He said, “I'm getting to that age where my hearing is a little less than it should be, and my speaking doesn't come out fluently like it used to. I don't think I am going to go much further. I'm going on 93, and there's no point in pushing it!”

Don rose through the district hierarchy to become District Governor. He shared that he hadn't wanted to go any further. His veterinarian practice and other commitments kept him focused at the local level. He says that nowadays, he defers to his fellow club members to fill open roles. He wants those who need the credit to get the experience and practice.

When I asked him why he'd stayed with Gresham Toastmasters for 63 years, his answer was very pragmatic—“it's close, it's only a few minutes away.”

He expanded on his answer after a dramatic pause, “A lot of the friends I've had were Toastmasters. My golfing buddies, we played poker together, we went on vacation together. We picniced together. So all of our friends were pretty much right here in town.

“As I said before, everyone came to Toastmasters—the mayor, the doctors, everyone came to Toastmasters to start with. Even the state senators joined our club. We

were all friends. It was a family.”

I asked Don to share some of his personal history.

“I grew up on a dairy farm and also a poultry farm in northern Washington,” he said. “We also had pigs and horses.

“I was married to my first wife for 62-1/2 years. I’ve been married to June for about 8 or 9 years. Between us we have six kids, so we all get together occasionally.”

“We live on 3-1/2 acres here in Gresham.”

I asked if he had recruited any of his kids or grandkids to become Toastmasters. He said he’s tried, but so far no one has taken him up on his offer!

Don doesn’t remember how many times he’d worked his way through the Compentent Communication manual. Unfortunately, he had a fire eight years ago that burned his manual collection. He knew that Toastmasters has records of his accomplishments if he really needed them. So far he hasn’t needed them.

When I shared that I had my own pile of old manuals, he advised, “If you go through those manuals, one at a time, you’d have a better education than if you’d taken speech in college.”

We switched gears and began talking about the leadership track Toastmasters offers.

“When people come in,” Don commented, “and the company knows they’re in Toastmasters, that’s showing leadership right there. They seem to get recognized more often, by the company for the help then can give, and their careers go much further.”

I asked Don to share about some of the people he’s coached and mentored over the years who went further in their careers because of Toastmasters. “I could name half a dozen or so,” he said. He mentioned a couple by name, and I’ve added a little background on each.

Ross Morgan, senator from Salem was the first he mentioned. *Mr. Morgan was elected to the Oregon Senate in 1967; he procured the original funding to build Mt. Hood Community College, for which he was named the school’s first “patron saint.” Ross left the senate in 1969 to become administrator of the employment division for the State of Oregon. He was later elected national president of the Interstate Conference for all 50 state employment agencies, based in Washington, D.C. He later became an administrative law judge; was state chairman of the Employment Appeals Board and was a 30-year state of Oregon retiree. A lifelong member of Toastmasters International, Mr. Morgan had a remarkable career as a persuasive public speaker. (Funeral notice published in The Oregonian on September 2, 2009.)*

Stan Swan was in the Democratic Party, but

he was many times in Washington, D.C. with Edith Green, U.S. House of Representatives. *Stan Swan spent his career assisting politicians and helping the public. He retired and spent his free time raising flowers and playing golf. (1987 press photo).*

As the interview came to a close, I asked Don what were some of his fondest Toastmasters memories over the past 63 years.

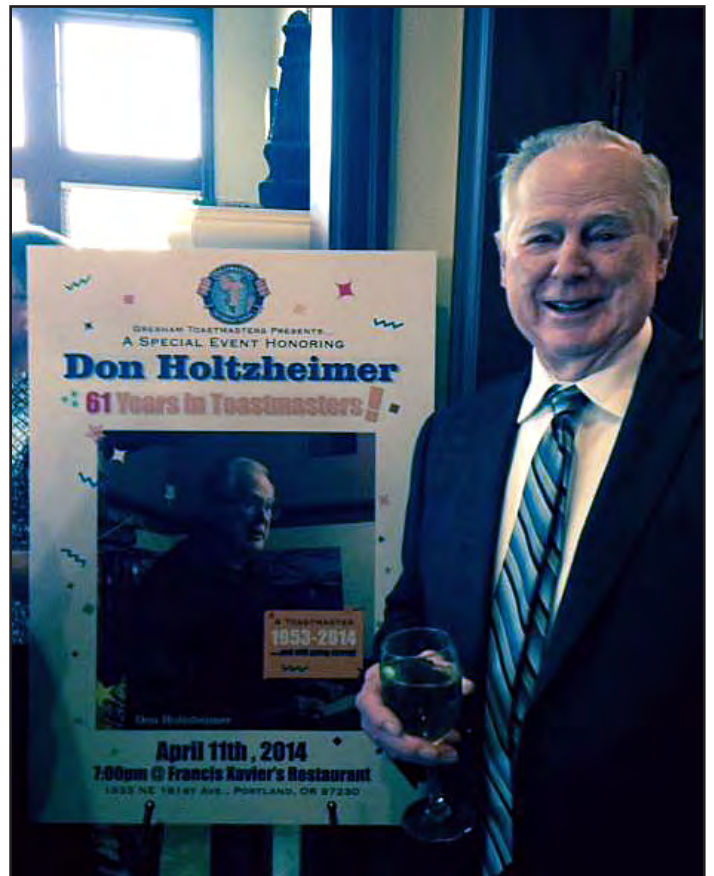
“Friends really,” he said, “it’s the friends you meet during that period of time. They just welcome the opportunity to say hello and shake your hand. That means a lot to me.

“Toastmasters has been of value to me over the years. There have been doctors, money management individuals, preachers—a number of them have been very knowledgeable and helpful to me in my life.”

I asked Don who he would like to touch in the world, given his long history with Toastmasters.

“The individual who would probably get more use out of Toastmasters is somebody who is just coming out of college or high school and has a job. Someone who wants to increase their salary. You have to push yourself to get out there.”

Don’s final words to everyone were “stick to it. Finish your manuals, and you will come out better in life.”



Don’s 90th Birthday Party - April 11, 2014

Mid-Year Review: Distinguished Club Program

Clubs with 10 Goals

Bootstrappers
Capital Toastmasters

Clubs with 9 Goals

Smooth Talkers

Clubs with 8 Goals

Milwaukie Talkies
Feedbackers
Spirit Trackers

Clubs with 7 Goals

Sporty Speakers
Toast to US
Toastmasters for Speaking
Professionals
WE Toasted
New Horizons
Swan Island
MIME Speaks
Southern Oregon Speechmasters
Club Northwest
Grants Pass

Clubs with 6 Goals

Siuslaw Tale Spinners
Babble-On
Eco Voices
Mentors of Focus
Marylhurst
Clackamas County
Vancouver
New Beginnings
West Beaverton
Wallmasters

Clubs with 5 Goals

University of Oregon
Toast of Corvallis
Newberg
Gorge Windbags
Gresham
Rose City
Blue Ox
Audacious Orators
Electric Toasters
The Standard Speakeasy
Evergreen
Professionally Speaking
Banfield Barkers
Timber Talkers
Talk-In-Tel
Nano-Mated-Speakers
Downtown Lunchbunch



GOALS



AS I SEE IT...

Why Members Love Their Clubs...

by Leanna Lindquist, DTM—District Director

Have you heard someone say “I love my club”? Do you feel that way about your club? What makes a club worthy of being loved? It’s the members. How they work together, support one another and their desire for excellence. It’s about looking forward to attending your meeting and leaving feeling satisfied. You learn some, you laugh some, and you grow some. You invite your friends and co-workers to join your club, because you want them to be part of this great experience. Friendship is important in this club. Members often socialize outside the weekly meeting. Members are welcoming, positive and supportive. They genuinely care about each other’s progress and success. They give specific, positive, helpful feedback.

As a member of this club opportunities abound. You can develop, practice and perfect your talent and skills. Learn to respond intelligently to impromptu questions. Exercise your time management skills. Develop your listening skills. Lead well organized meetings with confidence. Give presentations that command

attention. Discover your own strengths. Speak to inspire and entertain. Assume a leadership role. Get out of your comfort zone. Become a paid speaker.

Members love their clubs when they improve. When they watch others improve. When they help others improve. When they are invested in helping their club become Distinguished.

Think about your Toastmaster self. What might you do with superb communication skills? What if you were looked to as a leader? What if you were known for your outstanding speaking skills? We have seen the skills learned in Toastmasters launch speaking careers, help members land new jobs and gain promotions. Self-confidence gained has led to career changes, goals realized and talents discovered. For some it brought love and marriage.

Could your life be more fulfilling and your career more rewarding? A club that you love can be the answer.



**Is Your Passport Current?
Join us for the 2017
Toastmasters International
Convention in Vancouver, BC
August 23-26, 2017**

Tell Me a Story Toastmasters

Join us — February 28, 2017

How to Grow Your Sales and Enrich Your Life with Storytelling

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the stories that touch the hearts of
the audience, and motivate them to
take action.



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*Join us and learn
how to tell
your story!*



FROM THE DESK

I ♥ Toastmasters

by Donna Stark, DTM—Program Quality Director

Olympia Beer claimed “it’s the water” that made it special. In Toastmasters, it’s the people! I’m not a beer connoisseur so I have no idea if Oly was an outstanding beer or not, but I am a Toastmaster and can confirm there are a lot of outstanding people in District 7!

It was good to see so many outstanding Toastmasters at TLI. Thank you for your patience and cooperation as we scrambled to address the challenges of relocating to a venue that would accommodate us on short notice. If you attended and haven’t yet provided feedback, please do!

If you are a club officer that hasn’t attended training this winter, I encourage you to seek out an officer training session by February 28th. Your Area Director will know what is scheduled in your division, or you can check the D7 calendar to find a training session that fits your schedule. The number one commonality among outstanding clubs is that their club officers have attended training. Don’t miss out on your opportunity to be an outstanding club officer!

I’m excited about the upcoming Spring Conference in May, featuring one of District 7’s outstanding people, Cathey Armillas! Cathey, the author of, “How to Rock a TED Talk” and a TEDx speaker herself, will share how TED talks are different, and how to use those differences in our own presentations. The first 75 registered will get the outstanding early bird registration for Saturday of \$55! Cathey will also present a Friday evening workshop.

Why do I ♥ Toastmasters? Because of outstanding Toastmasters like YOU!

I ♥ Toastmasters

FROM THE DESK

Growth & Change Thru Collaboration

by John Rodke, DTM—Club Growth Director



We are growing, and our clubs are improving through your effort. A huge thank you to our club officers who attended training, combined forces via brainstorming to address the challenges our clubs face, and are implementing those ideas within their clubs.

Here are five awesome TLI takeaways:

- Reinvigorate previous and veteran members as mentors for new members.
- Casually discuss the benefits of Toastmasters within other social groups and provide a soft invite to a meeting.
- Commenting, liking, and sharing on social media as yourself (not your club) so your entire network sees what benefits you are gaining.
- Assign roles ahead of time, so members can properly prepare. This generates buy-in and accountability by members being responsible for filling that role themselves, or with another member.
- Modify your meeting theme and host special events to draw in new folks and excite current members.

What creative ideas do you have? Share them with us and your Area Directors to amplify your ideas to create a larger impact.

A massive shoutout of thanks to the members starting new clubs and coaching clubs to success! We had a large outpouring of support from members who are willing to coach and had new club leads, but we still need your help. If you are interested in either exciting opportunity, please reach out to: cgd@d7toastmasters.org

If you would like to participate in a kickoff meeting or special event, you are encouraged to check out the District 7 Calendar for events near you. If you would like to have your event featured, please reach out to your Directors so we can create hype and support your energy! Congratulations to new club charters for 2016-17 to date:

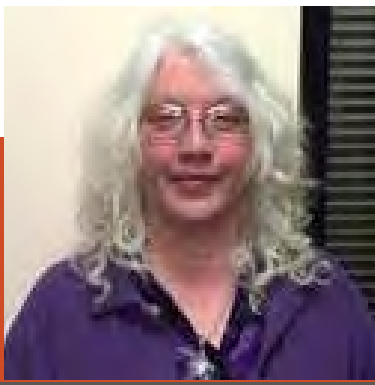
Congratulations to all newly chartered clubs in 2016-17

- Stagecoach TM
- Puppetmasters Toast Club
- Peer Masters
- Samaritan Ah-so-Um

March Member Madness!

The first five clubs to get five new members to join between Feb 18th and March 31st will get a Club Success or Leadership Excellence Series workshop packet and a copy of Simon Sinek's *Leaders Eat Last*.





JOURNEYS

Meet Allan Edinger Toastmaster Extraordinaire!

by Brinn Hemmington, ACG, CL

Allan decided 29 years ago that he wanted to be a member of the management team that gave good information in an excellent way. He had seen examples of people who could speak eloquently but present little information, who garnered good reviews from the company owner. And he saw people with excellent information who could not present well, and they got no response. As he put it, "It did not hurt that the owner was also in favor of Toastmasters!"

In 2003 Allan became the District Governor (Director) and Carole Petranek was given the task of forming a Toastmasters Club in the State Prison. Capital Toastmasters Prison Club was a gavel club at the time, and it turned out to be 1 of 17 clubs formed in that year. The District barely made Distinguished District that year, so all 17 were needed! This was the first of the Prison Clubs, now located in Portland, Wilsonville, Salem, Madras, Lakeview and Coos Bay. Allan began mentoring prison clubs and became the District 7 Prison Liaison.

Allan joined Toastmasters in 1988 and has held every club office position, as well as Area Governor, Division Governor and District Governor and finally, Regional Advisor. His personal goal had been to become District Governor after retiring; however Adele Edwards O'Neal was a personal friend. When he had the opportunity to work with her, he took it (because, as his wife says, "In Toastmasters you don't always get a choice in whom you deal with!") Currently Allan belongs to 5 Toastmaster clubs. His home club is in McMinnville. The others are Beachtown in Lincoln City, Capital in Salem, Wil-Sher in Willamina and Liberty in Salem (an advanced club).

Allan worked for 30 plus years at Evergreen International in McMinnville. It was a difficult place to work with a lot of turnover. He worked in many departments and offices there. His final job was Accounts Payable Manager in the Airlines. He was also responsible for Accounts

Receivable in most companies and for all cargo claims with the airlines. He believes Toastmasters helped in all phases of his job. Allan talked with customers every day; collecting money and paying monies owed. He had to deal with staff all the time. That many of those close to Allan also joined Toastmasters helped! They followed the adage, "When we walk through that door, we all become equal."



Allan's prison volunteer work began with Capital Toastmasters. His vision was very clear. He lives in Salem. Many of the families of inmates moved there too. After an inmate leaves the system, if they are going to stay in the community Allan wants them to be a normal citizen. He wants them to be able to look well and talk well. Allan wants them to be able to get interviews and jobs. He says, "I am blessed to have community people volunteer in order to make meetings possible." All of these volunteers are Toastmasters, and they could use more volunteers!

The most rewarding thing for Allan is to see an inmate get out and succeed. He knows how hard these individuals work to make a difference for themselves and the community. He is happy, and proud to note that inmates who join Toastmasters in prison, and then join Toastmasters in the community in Oregon, has a 0% recidivism rate. Allan found as Regional Advisor that Hawaii has the same rate. He has seen inmates enroll in universities. He is pleased with their success!

For new members, Allan would say Toastmasters is a fantastic opportunity. It helps you with all phases of your life – your job, in church, even in home life. He has seen it save lives. He has seen job promotions. Shy people begin to speak; “talkers” learn to control their speaking. Allan has sponsored over 500 people in his years with Toastmasters. He also has over 100 educational awards because he makes everything count. Every speech is a manual speech.

Allan has been married almost 50 years to his high school sweetheart. He has 3 children and 4 granddaughters. He is anticipating the arrival of his first great grandchild. This little one could be the first male on his side of the family in 43 years! His family all live within 15 minutes of Salem. Allan says, “In retirement, I believe you must stay busy. I do that with Toastmasters.” May we all take a page from his book!



Have a Heart Fundraiser

**Sponsor an inmate—donate \$45
towards International dues**

Payable to: Prison Foundation

Mail to: c/o Allan Edinger • PO Box 5606 • Salem, OR 97304



HIDDEN TREASURE

Toastmasters Int'l 39th Conference: Portland, Oregon—August 1970

by Harvey Schowe, DTM - District 7 Historian

August 10 - 13, 1970 the Hilton Hotel was the site for the one and only time the Toastmasters International Conference was held in Portland. District 7 Governor Don Kearton, 1969-1970, started preparations for this conference in 1969 with the appointment of a Host District Committee. District Governor Carroll E. Hermanson, ATM, 1970-1971, took charge of this committee after becoming governor. Members serving on this committee were John H. Miller, ATM; Committee Chairman, Ed Miska, ATM; Vice-Chairman, Stewart Clelen; Ken Fulford, Harold Kitzman, Chet Klink, Glen Meek, Rollie Meier, Dave Pebworth, Page Pferdner, Marvin H. Porterfield, G. Richard Weaver and Donald M. Kemper, ATM. John Miller visited District 7 clubs asking members to help with the conference. President of Toastmasters International Arthur M. Diamond presented Ed Miska and John Miller with plaques for their outstanding work hosting the conference.

Other District 7 members participated in the conference. George C. Scott, International Director and Chair of the District-Club Operations Committee, participated in a panel discussion regarding the Toastmasters International current policies and programs. Scott was a member of Chanticleers Club # 622. In 1975 he served as Toastmasters International President and continued as an active member in Toastmasters. District 7 Governor Carroll Hermanson and John Miller presented a Western Whirl, or a Frontier

Western Party, Tuesday evening August 11th. This event included a buffet dinner. Bruce Kelly's New Oregon Singers and the Van Hooissen Combo provided entertainment. October 1970, Toastmasters Magazine devoted an article to the August conference. This article had photographs of District 7 club delegations that included Dale Kneeland, administrative vice-president of Chanticleers Club #622; Bill Logan president of Sunrise Club #1492; Don Davey, president of Blue Ox Club #1235; and Jay Amin, president of Early Words Club #3657 of Longview, Washington. The District 7 International Speech Contest winner did not advance past the Regional contest.

1970 International Speech Contest winners
1st Place: Stephen D. Boyd, Region V, "What Are We Worth In the Auction of Life"

2nd Place: Andrew Keogh, Region VI, "I've Got a Horse"

3rd Place: Major Phil A. Stein, Region III, "The Forgotten Americans"

Taped Speech Contest winners

1st Place: Niall Behan of Shannon Club 44-TCBI, County Clair, Ireland "Mistaken Identity"

2nd Place: Peter B. Wood of Ingham Club 3028-TCA in Ingham, Queensland, Australia, "Should I Take the Opportunity"

3rd Place: Ying Hsu of Taiwan Club 3102-U in Tainan, Taiwan, "The Significance of American Spirit"

Since 1970, Portland, Oregon has not hosted a Toastmasters International Conference. Portland lacks a large headquarters hotel.



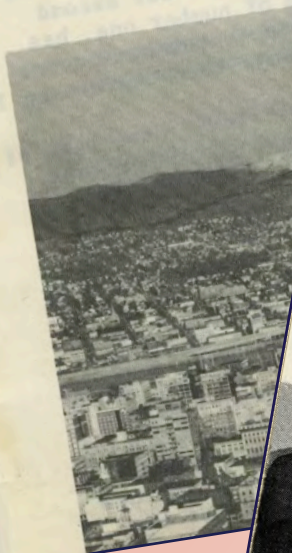
DISTRICT 7 NEWS

APRIL 1970

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Vol. 5, No. 7

**DISTRICT 7 WILL HOST
THE 1970 TOASTMASTERS
INTERNATIONAL CONVENTION
AUGUST 10-13
AT THE HILTON
IN PORTLAND, OREGON**



IDEA FAIR—A Toastmaster develops an idea from one of the many exhibits at the convention Idea Fair.



PORTLANDERS — Don Davey, president of Blue Ox Club 1235-7 in Portland, heads up his club's delegation to the 39th International convention.



LOCAL DELEGATION — Bill Logan, president of Sunrise Club 1492-7 in Portland, leads his club's delegation at the convention.



A PORTLAND CLUB — Dale Kneeland, administrative vice-president of Chanticleers Club 622-7 in Portland, leads a delegation from his club.

President Earl M. Potter; Director George C. Scott, ATM, chairman of the district-club operations committee; Director James L. Wu, ATM, chairman of the community relations committee; and Executive Director Buck Engle.

Tuesday began bright and

reports and minutes of the 1969 annual business meeting were presented for approval of the delegates.

Delegates at the annual business meeting approved five groups of amendments to the International Bylaws and District Constitution



Lighting Setup for Online Meetings

by Steve Davis, ACB

Communicating well and making a good impression are as important in online presentations as they are in person. There are several elements to consider as you prepare for your next online project including appearance, clothing, colors, sound of your voice, choice of words, cadence, volume, and especially the lighting and scene decisions that you make for each appearance.

In presenting over the web, bandwidth limitations and how computers handle colors become important. Wearing neutral colors, without busy patterns, and keeping the background uncluttered are the best options.

By doing this, you can reach people who may have slow internet speeds, which might include you while transmitting your data during

an online meeting, due to changing online conditions.

The stage area can be large, as in a large hall, outdoors, or in a small room. Any of these are appropriate, depending on the purpose of your presentation. In fact, you can meet anywhere that you can take your smartphone, tablet, or laptop. Let your imagination take you there!

In the the office or home environment, you have an easy way to control the lighting and background, to show you on stage in the best light.

To conclude, take a look at how each person appears in Figure 3, and take a look at how you appear in your own online meeting setup. What do you see in these photos? What kind of mood do you want to create for your speech?

Enjoy your journey! Hope to see you online, and in person!

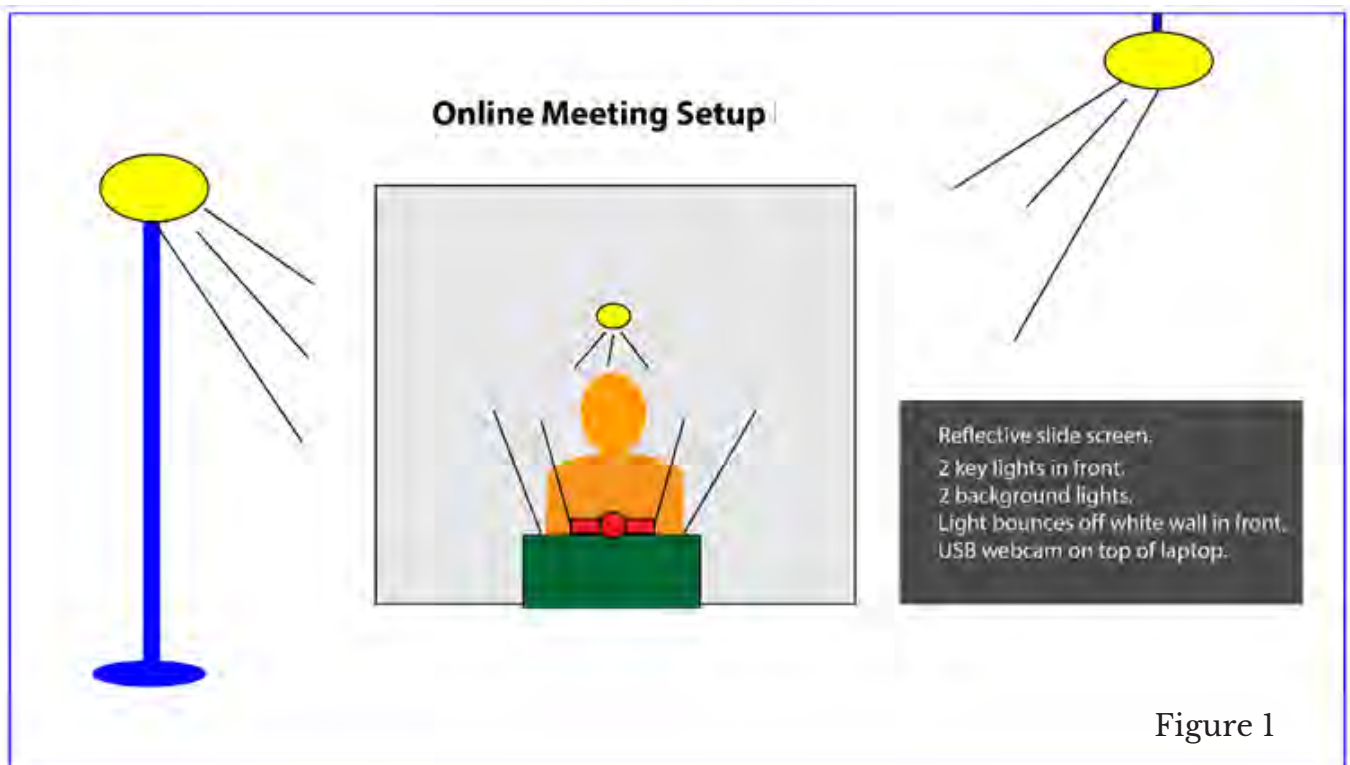


Figure 1

Figure 1: This is a diagram that show a setup, with a reflective slide screen, two backlights, and two key lights. Shadows are nearly eliminated, and the overall effect is a diffuse lighting, with a plain silver-white reflective background. Note the position of the speaker, webcam with microphone, laptop, slide screen, and lighting.

Here are some references to help you learn about good lighting design:

1. [Three-point lighting](#)
2. [Category: Stage Lighting](#)
3. [High-key lighting](#)
4. [Low-key lighting](#)
5. [Godspot](#)
6. [Key light](#)
7. [Fill light](#)
8. [Backlighting \(lighting design\)](#)

Steve Davis joined Toastmasters in 2014. He is a member of New Horizons, Toastmasters for Speaking Professionals, and Great White North Online Toastmasters. He is currently serving as the VP Membership for Great White North.

He is also the founder and owner of [Healing Light Yoga and Massage](#). To learn more about him, visit his [author page](#) on Amazon.com.

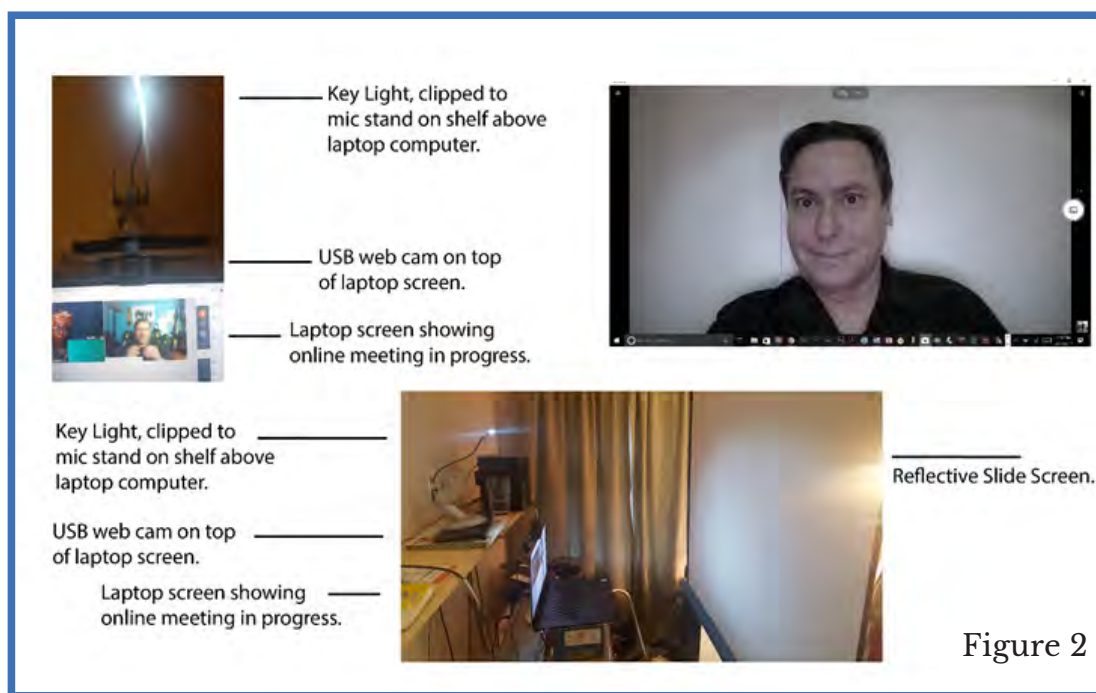


Figure 2. There are three photos in this figure, which show the setup illustrated in Figure 1.

Figure 3. This is a screen capture by one of our members, that shows how six of us appeared in a recent Great White North Online meeting. Note that I did not have the bright keylight when I appeared in this meeting. All I had for lighting in the front was the light of the computer screen.



Figure 3

"A three point system in theatre can be used in a variety of ways to help set a mood of the character. By having bright key light, but minimal fill and back light, this will give the effect of anger, whereas if the scene is very brightly lit with little shadow on the actor, this can make the scene look very happy."
Three point lighting. Wikipedia

Toastmasters Leadership

February 4



I loved the content - it was relevant, it was easy to understand and it was truly valuable. I think he did a fantastic job presenting and getting us all to understand the true dynamics of leadership. Katrina Rodriguez



Positive and supportive environment. Speakers from both of my attended sessions were really good. I particularly like Cleon's examples and his approach Anonymous



I loved seeing our "old" friends and making new ones. I also liked the reporting out at the end of the open officer training from each of the sessions. Alexis Mason



Tom is an excellent speaker who kept my attention. He was clear, concise, and gave practicable information, not just "pie in the sky" stuff. I especially liked the end, where Erik Bergman asked a good question and Tom gave an excellent answer that he could implement. Linda Bradley



Ship Institute Highlights 4, 2017



I was impressed with the quality of the training. Much improved from the last time I attended. Debbie Burger



I learned something new that I can take back to my club. Rick Gamble



Appreciated having a choice of sessions, so there were opportunities for other Toastmasters to present to people. David Johnson





Draw Up a Plan for Success, then Work It!

by Marvin Walker, CC, ALB

My first abbreviated year in Toastmasters was rewarding. The growth in my speaking and leadership skills has improved markedly.

Our club finished as President's Distinguished Club 2016, but I missed my Triple Crown by 2 speeches. I was asked to share my journey with the readers of *Voices*!

When my wife, Linda, and I retired from teaching we signed up as substitute teachers to keep active. Looking for a leisure hobby activity that would work into our schedules I thought we might try Toastmasters. For a few weeks during college I had attended the Newberg Toastmasters Club which met before my first class, but never joined because of my busy schedule. We did some searching around and found the time and location of the Newberg TM club. We attended a meeting in August, signed applications, and paid our dues. On September 1, 2015 we officially joined.

As part of the new member packet, besides the Competent Communication (CC) and Competent Leader (CL) manuals, there were 3 booklets on CD. I printed out *Your Speaking Voice*; *Gestures: Your Body Speaks*; and *Effective Evaluation*. I devoured all the handout materials I'd been given (*When You're The Introducer*; *A Toastmaster Wears Many Hats*; *Welcome To Toastmasters!*), plus the CD printouts. When I gave my first two manual speeches, I handed out the CD evaluation sheets as well as the manual. That way one could get two different evaluators' views of the speech to help to improve. Then I downloaded the club constitution template.

That first month I even worked on a club speech contest. The Speech Contest Rulebook was available on www.toastmasters.org so I downloaded it. (During college I had taken some speech courses and competed in two Pi Kappa Delta intercollegiate tournaments.)

It's true that you only get out of something what you invest. For my Icebreaker I wore a tuxedo and talked about penguins. Who knows more about ice than a penguin? When I spoke about the Indy 500 race I wore a driver's suit. When I messed up a speech, the evaluations were constructive. I gave talks at church where two Toastmasters attended and could critique. Whenever there was an unfilled meeting role I made myself available.

A good mentor is essential. Mine was Janet Cerasin, ACG, CTM. She critiqued my performances in meeting roles. A list was made of the club members so that I could keep track of the evaluators to give my CL manual to, so that I could get a balanced view of my progress from everyone in the club. My

wife is a gifted speaker so she could dissect my presentations as well. I have played it forward by mentoring two new members.

When our Sergeant at Arms was transferred to another city for his job, I volunteered and was elected to fill out the year. I went to the TM website and downloaded the Club Leadership Handbook, plus two SAA training presentations. Then I attended the January TLI. There, in addition to more SAS training, I went to the Better Contests class. After helping with another Club Speech Contest I chaired one, then volunteered at Area and Division contests. I actually competed at a club contest last year!

My home library has added *Expanding Your Horizons* and *How to Be a Distinguished Club*. In addition, I have my own copy of *The Successful Club Series*. The Newberg Club has more copies of PowerPoint programs to draw on.

What's next? I am on my second year as SAA, have finished my ALB (when this is published my ACB and 2ND CL), am working on a HPL, ACS, and ALS. Stick to your plan, use the manuals as a guide for the fundamentals. Embrace Pathways.



Show Your Love to Your Neighboring Toastmaster Clubs

by Allison Bennett, DTM

February is traditionally the month to show your care and support to your loved ones. We also extended that to friends and family; so why not our Toastmaster community?

Here's a great idea from our new Club Growth Director John Rodke! A recipe for a fun filled, eye opening adventure!

- Start with an idea to expand your horizons and visit another club with fun, support, and learning in mind. Add a friend—2 or 3 or more. Choose a club member you'd like to get to know better or your Mentor/Mentee
- Choose a different club to visit—perhaps a bigger club to see what they do or a smaller club to experience the intimacy
- Locate a club locator on the Toastmasters.org website. Give them a quick call, text or email to the club to let them know you're coming

or spice it up and be spontaneous. Arrive with smiles and encouragement and your Competent

Communication (CC) and Competent Leadership (CL) manuals in case you get a chance to participate

- Be open to a different way of doing things and be prepared to be inspired
- Stretch and challenge another club to see who can bring in the most members
- Designate one club a month in your area and have the rest of the clubs and members visit that club. When you do make it a party!

Share your Toastmasters love any time of the year! Let us know how it went by emailing a quick note to coaches@d7toastmasters.org



Starting a New Club? or Want to Start a New Club?

District 7 has the resources to help you make it happen. We have experienced members who can put on a stellar kick-off meeting. You will receive advice on marketing to attract the members you need. Don't worry about the charter paperwork, we can help you with that too.

Don't go it alone. Contact Club Growth Director John Rodke, DTM, cgd@d7toastmasters.org for the support you need to start the next club in District 7.

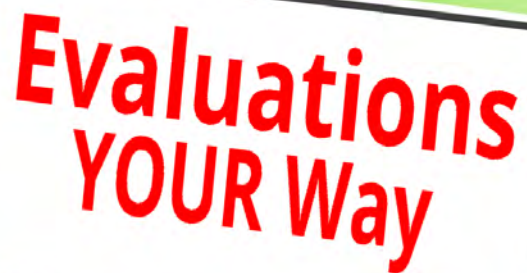




FEEDBACKERS

Evaluations Workshop Club

**Beaverton Activities Center
12500 SW Allen Blvd
Beaverton, Oregon**



**Evaluations
YOUR Way**

**7:30-9:15pm
Join Us Every
2nd Wednesday**

Video Killed the Radio Star, but Made a Toastmaster Superstar

by Bryan Cargill

Palms are sweaty as you make your way back to your seat. The crowd's applause tapers off and then it hits you, "What just happened?"

You remember the Toastmaster of the Day reading your well prepared introduction, sliding your chair back, and looking out at the faces of the crowd. But then what? Everything is a blur. The solution? Capture your speech on video. If you're anything like me, you may have a little eisotrophobia. The fear of watching and hearing yourself in video or photos. Don't let this hold you back. After all, Toastmasters is about self improvement and learning, not only from others, but from yourself.

Perhaps you may have been told that you use filler words such as you know, and, so, ah, and my personal favorite, kinda like. These are all common tendencies that we have. But unless brought to our awareness, we will continue to fall back on these filler words. This is only one of the many examples of what can be assessed when seeing yourself replayed through the magic of captured video. Besides holding up a mirror and using a fancy audio monitor to hear yourself, video is the only possible way to see yourself as the audience does (though this would be quite the sight and a maybe even a potential speech exercise).

We are fortunate to live in a time where access to a video camera is now ingrained into our cellphones. Many phones, in fact, capture video in high definition so they look great for the internet. That is, if you feel comfortable sharing with friends and relatives. Many professionals use tripods to hold their cameras. Get creative. Prop your phone against a book or a wall. This is also a great opportunity to make friends with someone at your club and see if they would be willing to film you on your phone or on their

own and text/email you the video clip. If the file is too large to be sent over email, use the free site www.wetransfer.com which allows you to send up to two gigabytes of data.

Remember: Film horizontally to get the best picture quality results, the video will fill the whole screen on other devices such as computer monitors and tablets.

Benefits of filming yourself:

- Evaluate your body language, tone, and vocal variety
- See yourself as the audience does
- Thorough Self Evaluation that can be replayed
- Archive your speech legacy

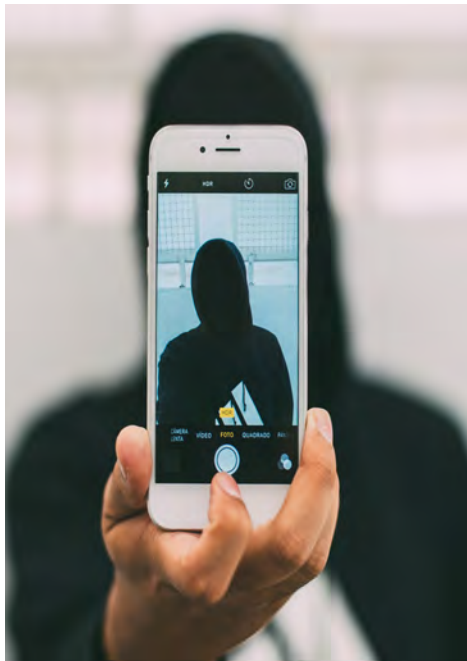
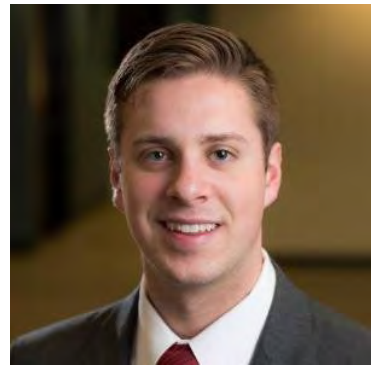
For any questions feel free to reach out to me at bryancargillvideo@gmail.com

Since September of 2015, Bryan Cargill has been a member of Toastmasters International. As a part of Moser Community Toastmasters and River's Edge Toastmasters, he enjoys challenging himself with different styles of

speeches. He is currently working out of the Advanced Communicator Manual: Storytelling. His favorite part about Toastmasters is meeting new people and admiring the unique style that each Toastmaster possesses.

Using video to connect with a prospect is so much more than a cold call. It humanizes the selling process.

Jim Rowley, Social Selling Evangelist



*Are you committed to
being extraordinary?*

Make a Pledge

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	CC	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			CC		•	
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			•		•	•
Brice Elmer	Storymasters	•	•		•		•
Brinn Hemmingson	Portland Progressives						•
Cari Corbet-Owen	Vancouver Toastmasters				•		
Carley Meuchel	Clark County			•			
Carmil Ritchey	Clackamas Stepping Stones			•			•
Carol Wagar	Gorge Windbags	•			S		•
Cate Arnold	Silicon Forest	•		•	•	•	•
Cathy French	Siuslaw Tale Spinners	•	•	•			S-DTM
Chapin Zakrzewski	Swan Island			•			
Cleon Cox	Wallmasters	•	•	CC	•		
Daniel Flood	Jefferson State, University	•		•	•	•	•
Dave Mason	Clark County, Leaders Edge			•		•	
Dave Shehorn	Clark County	•			•	•	•
David Crockett	Redmond	•		•		•	
David Johnson	Fortunate 500	•		•		•	
Dawnette Hale	Swan Island Toastmasters	•		CC	•	•	

PLEDGE - I'm Committed to Being Extraordinary

Name	Club	Recruit a Member	New Club	CC	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-G		DTM
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	.		CC		.	
Harvey Showe	Blue Ox				G		.
Jay Mittal	Noontime					.	.
Jill Ward	Wallmasters				.	.	
Jim Daniel	WOW, Roseburg	.					.
Joe Harper	New Horizons					.	
Joe Anthony	Liberty Talkers	.	.	CC	.		B
John Rodke	Yawn Patrol, University Club	.			BG	.	.
Karen A. Semprevivo	Blue Ox
Ken Harris	Yawn Patrol				.		
Kimberly Burdon	Corvallis	.			.		.
Larry West	Grants Pass Toastmasters	.			SG	CL	S
Leanna Lindquist	Marylhurst	.		CC	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	CC	AC B/S/G	CL	AL B/S/DTM
Lorri Andersen	Daylighters	•		•	•		
Lucas Murphy	Downtown Public Speakers	•			•		
Lyle Schellenberg	2397 - Bootstrappers			CC		CL	•
Mary Canton	New Horizons				•		•
Maureen Adams-Hegwood	Redmond Area 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			CC			B
Paula McDermid	Jefferson State	•		•			
Phyllis A Harmon	Wallmasters			CC	G	•	DTM
Poppy Olson	Toast of Corvallis	•					
Raynette Yoshida	Marylhurst	•			•		•
Scott Salazar	Bootstrappers			•			
Scott Stevenson	Mentors of Focus			•		CL	
Stephanie Magoulas	Noon Talkers	•			•		•
Steve Smith	Redmond Area	•				•	
Susan Baer	Noon Talkers	•				•	
Susan Bender Phelps	TM for Speaking Prof	•				•	B
Susan Strayer	Advisors				•		
Sue Unger	Clackamas County				•		
Syrena Glade	Passport to Leadership			•			•
Tanya Myers	Sporty Speakers				•		
Ted J Takamura	Marylhurst Toastmasters				S		
Terri Brewer	Gresham	•		CC		•	
Terry Harrell	Transtasters				•	•	
Tom Knapp	Liberty Talkers	•	•		B		B

Make a Pledge

DISTRICT 7 – (January 14 – June 15, 2017)

B	I	N	G	O
Serve at an area speech contest	Attend Jan TLI session	Visit another Division club	Mentor a New Club	Visit another club in your area
Sponsor a new club member	Participate in the spring contests	Give an educational session at TLI	Give a speech at another club	Write an Article for Voices
Pay your Dues by March 15, 2017	Participate in a Demo meeting	"FREE SPACE"	Visit another Division club	Serve at a division speech contest
Visit another Area club	Club Officer Training	Be a Club Coach	Go to the Spring District Conference	Bring a guest to a club meeting
Write an article for voices	Pay Dues by March 15th	Mentor a Member (New or Existing)	Submit an Education Award	Attend a D7 Webinar

Rules: Cross out a block when you complete a task. You win BINGO if you get five across, five down, diagonal or four corners.

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

Contest starts Jan 14, 2017 and ends on June 15, 2017. Completed cards can be emailed to cgd@d7toastmasters.org or mailed to PO Box 50232 Eugene, OR 97405.

All cards must be received by June 20, 2017 to be eligible for the prizes.

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

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



I'm an Extraordinary Millennial

Speechcraft Coming to Umpqua Community College

by Jim Daniel, ATMS, CL

People in Douglas County will soon have a simple, quick, and economical way to learn to lead a meeting, give a talk, speak off-the-cuff, evaluate others, and communicate more effectively. Usually the first step in this process is overcoming fear of standing up in front of a group.

The course runs 8 weeks this Spring at a UCC local campus. Each week will cover several topics and handling situations where participants can sharpen their skills and learn to become standout managers, leaders, and instructors. Learning techniques for introducing a speaker, keeping a meeting running on time, developing your own personal story, organizing a talk, using body language and gestures, and more are aimed at making you a leader. Management techniques include evaluation and skills for leading discussions & public contact skills.

Additional sections cover making your voice more interesting and easier to listen to, saying what you really mean clearly, and keeping it short and simple. Details of concluding a talk and mentoring others are interwoven into the course.

The course starts and ends with solid self-evaluation and tracking your skill building.

Backed by 90 years of experience from Toastmasters.org, this course syllabus was created over many years by highly experienced trainers and professional speakers. It has been presented hundreds of times around the world and this is the first time it will be available in Douglas County.

Jim Daniel joined Toastmasters in 1997. He is a member of Wonderful Oregon Wordmasters and Roseburg Club. Jim is currently serving his clubs as VPPR and VPM. He also serves as a contributing photographer at District 7 events.



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 Outstanding Growth Award

What Makes a Club Outstanding?

- 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



More Info

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.

John Rodke, Club Growth Director
cgd@d7toastmasters.org



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

Winter Webinars

Snowapocalypse seems to be the new word of the day. Many of you found yourself snow-bound and your club meetings cancelled. District 7 has an opportunity for you to enhance your your Toastmaster experience and benefit your club. Between now and April, we are offering one hour webinars. Pick and choose all that are of interest to you. No matter the weather you can enjoy them all from the comfort and convenience of your own home. We will be adding additional webinars. Check the District 7 Event Calendar for updates. If you have a topic you would like to share with our members please contact Leanna Lindquist dd@d7toastmasters.org

Website Wizardry Tuesday, January 24, 7:00 pm – 8:00pm

In this one hour Webinar, presented by District 7 Public Relations Manager Phyllis Harmon, DTM, you will:

1. See examples of websites in need of refreshing
2. See examples of well-crafted websites
3. Learn how to turn your website into your best marketing tool

[Replay](#)

Navigating the Toastmasters Website Monday, January 30, 7:00 pm – 8:00pm

In this one hour Webinar, presented by District 7 Director Leanna Lindquist, DTM, you will:

1. Learn how to use Club Central
2. Learn how to manage your account
3. Discover the resources available to you

[Replay](#)

So You Want to Be a Contestant Monday, February 13, 7:00 pm – 8:00pm

In this one hour Webinar, presented by James Wantz, DTM, you will:

1. Learn how contests can enhance your Toastmaster's experience
2. Learn how to get past the fear
3. Discover resources available to you

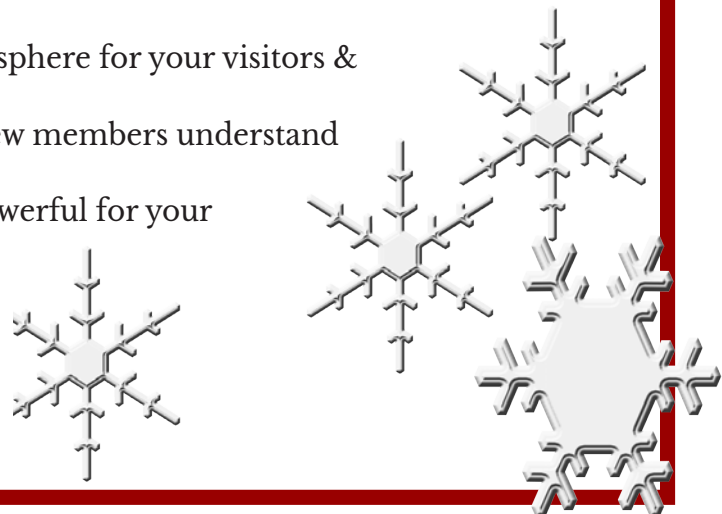
[Replay](#)

New Member Orientation Monday, February 20, 7:00pm – 8:00pm

In this one hour webinar, presented by Sporty Speakers VP Membership Katrina Rodriguez, you will learn how to:

1. Be Inviting: Make a great impression & atmosphere for your visitors & members
2. Be Informative: Make sure your visitors & new members understand Toastmasters
3. Be Influential: Make your club valuable & powerful for your visitors & members

[Replay](#)



Judges Training Thursday, February 23, 7:00 pm – 8:00 pm

In this one hour Webinar, hosted by Program Quality Director Donna Stark, DTM, you will

1. Learn the difference between judging a contest speech evaluating a speech
2. Learn how to follow the judge's guide when you mark your ballot
3. Learn what constitutes a good judge

[Register Here](#)

WOW Open House Wednesday, March 1, 8:00 pm – 9:00pm

In this one hour webinar, presented by District Director Leanna Lindquist, DTM, you will learn:

1. How to create an EVENT that attracts guests
2. How to plan and publicize
3. What do we do once it's over

[Register Here](#)

Build a Workshop March 13, 7:00 pm – 8:00 pm

In this how-to webinar, presented by District 7 Public Relations Manager Phyllis Harmon, DTM attendees will

1. Explore workshop ideas
2. Determine Market Saturation
3. Decide what material to share

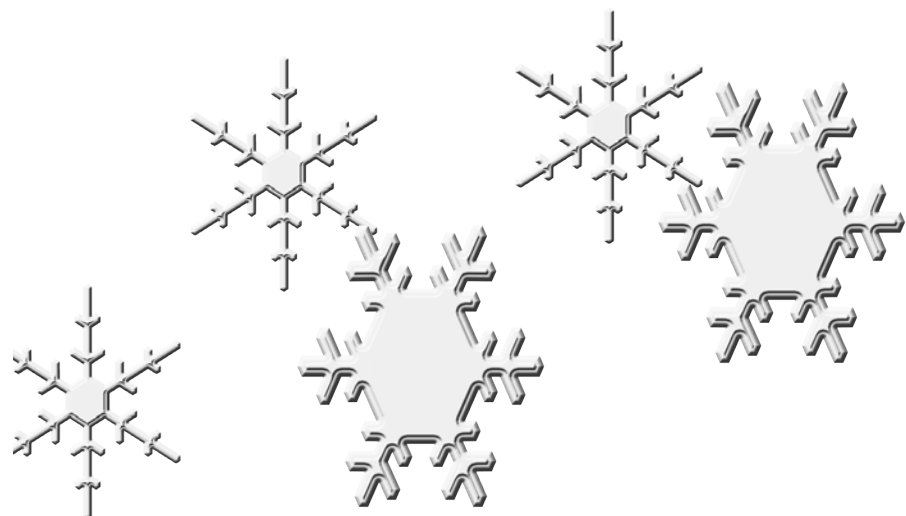
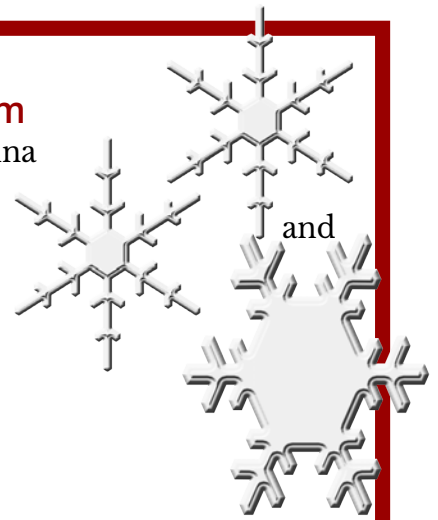
[Register Here](#)

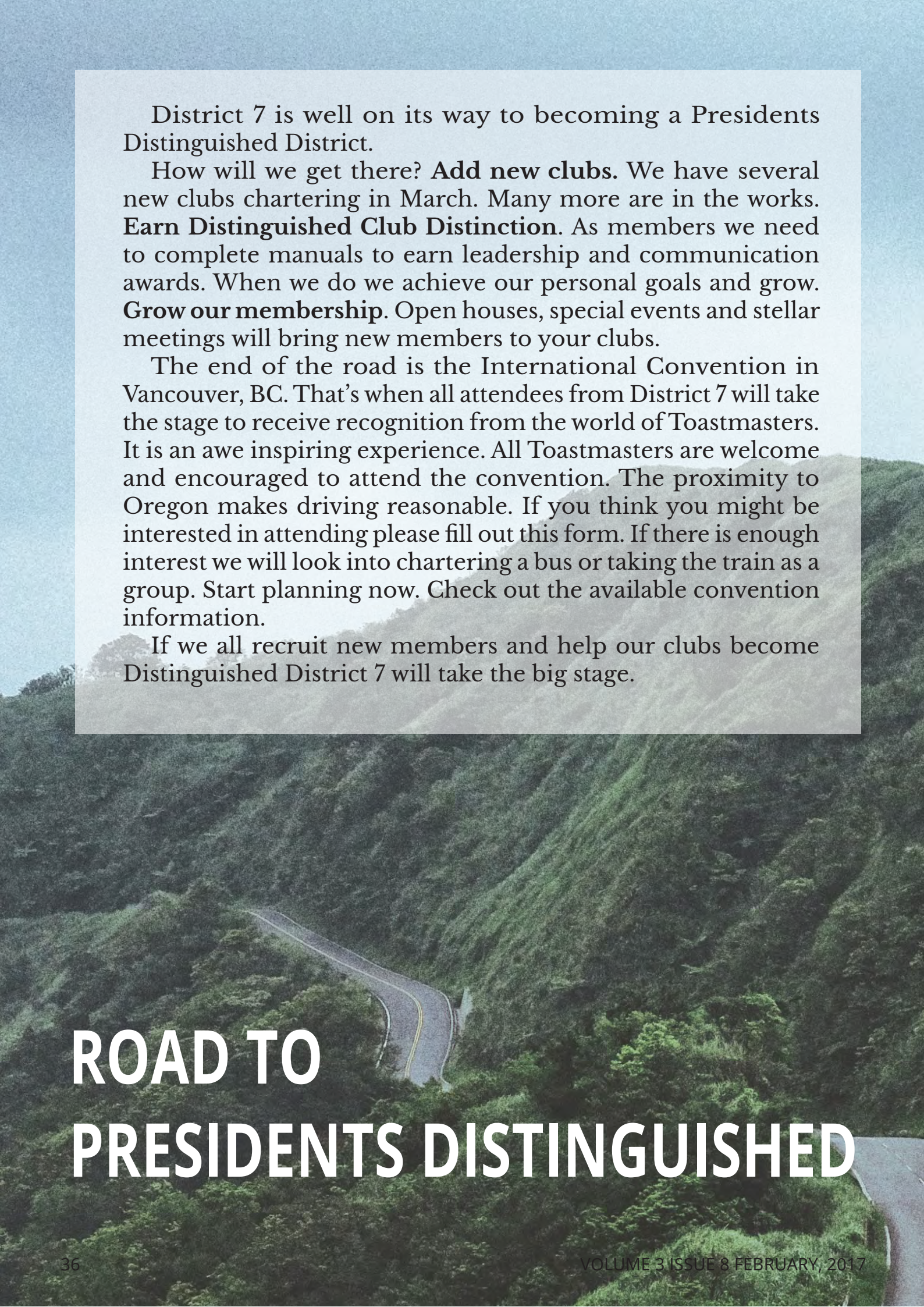
Tools for Membership Success Thursday, March 16, 7:00 pm – 8:00pm

In this one hour Webinar, presented by Club Growth Director John Rodke, DTM, you will learn:

1. How to gain new members
2. How to retain existing members
3. How to invigorate your club.

[Register Here](#)





District 7 is well on its way to becoming a Presidents Distinguished District.

How will we get there? **Add new clubs.** We have several new clubs chartering in March. Many more are in the works. **Earn Distinguished Club Distinction.** As members we need to complete manuals to earn leadership and communication awards. When we do we achieve our personal goals and grow. **Grow our membership.** Open houses, special events and stellar meetings will bring new members to your clubs.

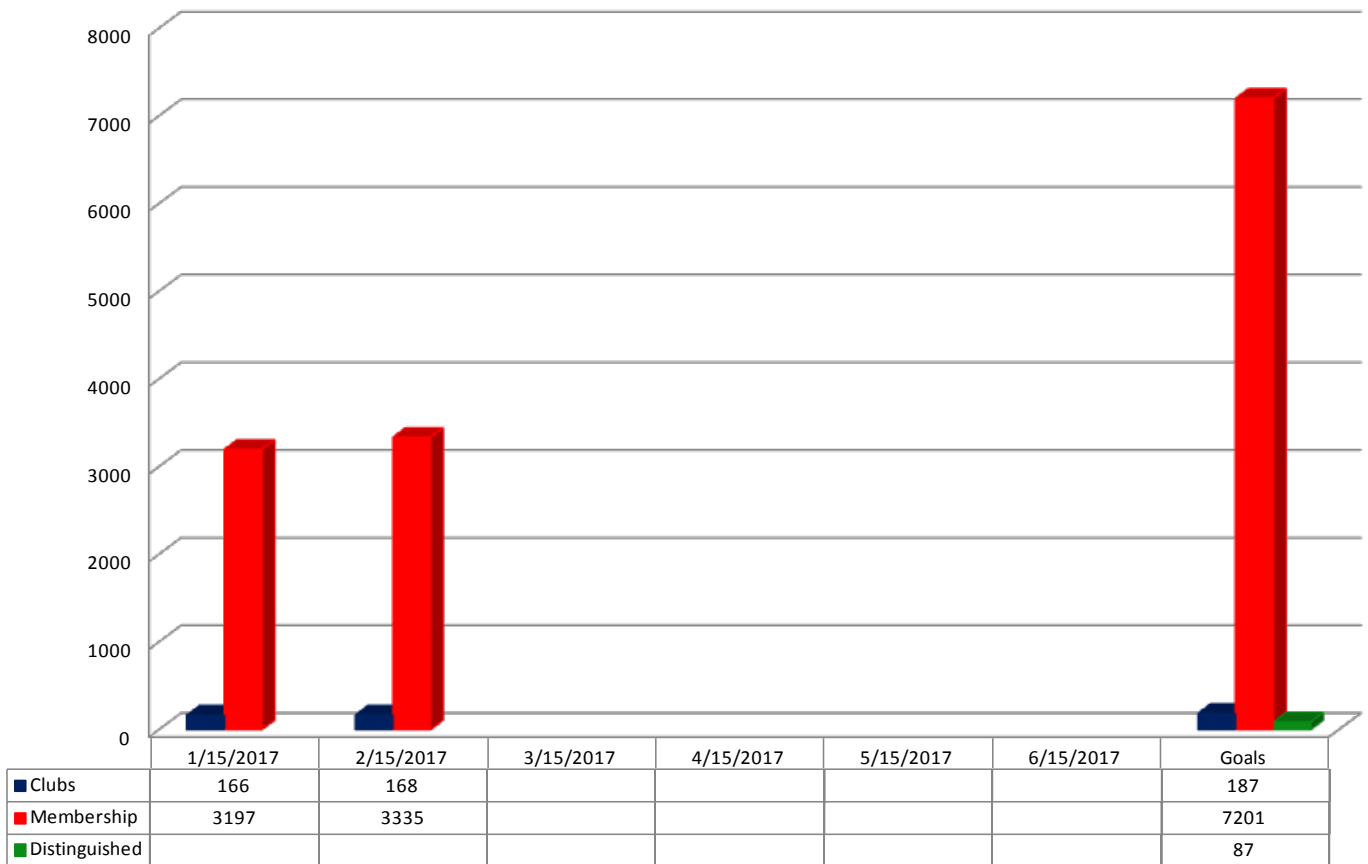
The end of the road is the International Convention in Vancouver, BC. That's when all attendees from District 7 will take the stage to receive recognition from the world of Toastmasters. It is an awe inspiring experience. All Toastmasters are welcome and encouraged to attend the convention. The proximity to Oregon makes driving reasonable. If you think you might be interested in attending please fill out this form. If there is enough interest we will look into chartering a bus or taking the train as a group. Start planning now. Check out the available convention information.

If we all recruit new members and help our clubs become Distinguished District 7 will take the big stage.

ROAD TO PRESIDENTS DISTINGUISHED



On the Road to Presidents Distinguished





PUBLIC RELATIONS

Lessons from a Master Chef

by Phyllis A. Harmon, DTM - Public Relations Manager

Have you ever wandered through the exhibitors section of a conference or public event? Brightly lit booths, splashes of color, attractive displays, and staff eager to discuss their products or services are all there for your entertainment and consumption. If the exhibitors have done their jobs well, they walk away with contact lists and a hefty increase to their bottom lines.

One January, I worked with Joe at one of America's largest RV shows. The show attracted a million visitors to Quartzsite, Arizona during the week of the show. Joe, the exhibitor, demonstrated and sold carbon steel woks and bamboo steamer baskets, I collected money for him and dispensed product. What he did, that no other vendor was doing, was steam chickens – every day. At around lunch time, the aroma of cooked chicken wafted throughout the exhibition hall. People flocked to the booth, and the woks and steamers flew off the shelf. He didn't put money into expensive advertising - he put it into chickens. He used his time and effort to appeal to his customers' senses.

As I walked through the show, some booths seemed to attract more visitors than others. Exhibitors who had crowds around their booths were entertaining their audiences. I saw plenty of unstaffed booths and booths where the staff looked bored and didn't make eye contact with the passersby. I saw people glance at those booths and move on.

Then there was Joe. He was always onstage, extolling the virtues of the products he was selling. He made eye contact, joked with the

people walking by, and was always chopping, stir frying, or doing something to attract a crowd. What set him apart from everyone else? The aroma of cooking chicken? His banter with the audience? Perhaps, but I think there was more to it than stagecraft.

Joe knew his audience. He incorporated the five senses of smell, touch, hearing, sight, and taste into his presentations. While the audience was savoring steamed chicken, he served up his recipes – his secrets to mastering the art of wok cooking. He was a master of his game, and the audience ate it up.

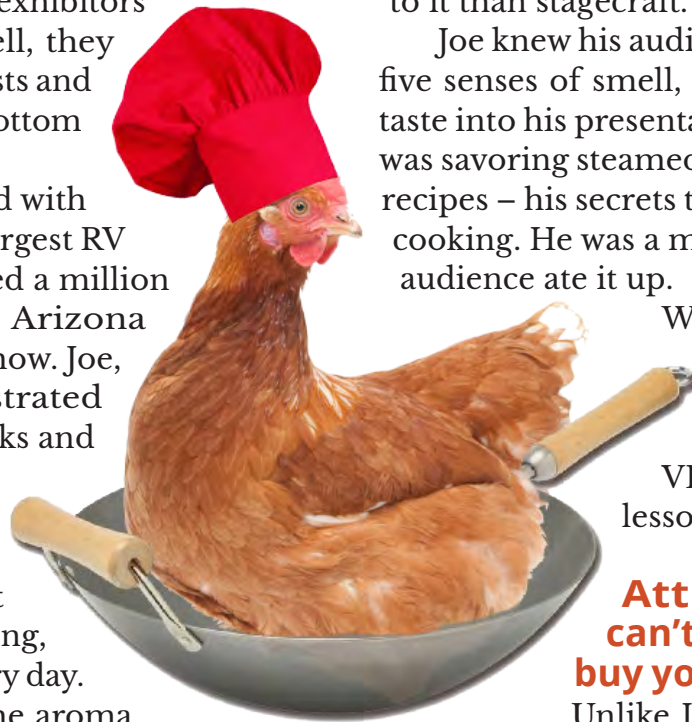
What can we learn from Joe that will help us be more successful in our roles as club Public Relations VPs? Here are a few of the lessons he taught me:

Attraction—If people can't find you, they won't buy your product or service

Unlike Joe, most of us don't have a million people walking past our club meeting doors. But that doesn't mean we can't reach out through social media, club websites, print media, or online bulletin boards to attract a million visitors to our door. In one of my clubs, a member put a notice in Nextdoor.com and attracted her neighbors to a meeting where they joined. Well-designed, graphic-heavy flyers attract attention. I attracted over 50 people to a kickoff meeting using Facebook, personal emails, and flyers to charter a club in 30 days.

Entertainment—give them a good show and teach them something

Joe was always on stage. He bantered with the audience, dispensed cooking advice and samples, and shared recipes during his presentations.



When visitors attend our club meetings, we are on stage. We are the entertainment. We should be the brightest, funniest, most engaging people we can be.

I think it's important to remember that visitors come to discover what we have to offer. They join because of the emotional connections they make in our meetings. It's a sales opportunity that begins with the "show." The toastmaster of the day, general evaluator, and table topics master, in their opening comments, can share techniques and tips on how to be better presenters. Members can respond with nods, clapping, and exhibiting the techniques and tips during their presentations.

Giveaways—Give your audience a reason to remember you

Joe served cooked chicken to his audience. Unlike Costco, where the samples are set out on a tray for people to snag as they walk by, Joe personally handed the samples to his audience. Each was a gift freely shared. He always followed up with the confirming question, "Isn't that the best chicken ever?" People loved his succulent, perfectly cooked offerings.

Toastmasters International has promotional materials your club can purchase to create visitor kits, as well as pens, key rings, magnets, and other low cost promotional items you could include in the kits. Better yet, establish a buddy program in your club. A member takes charge of a visitor, sits with them and guides them through the meeting. After the meeting, they take time to answer questions, share how Toastmasters has helped them become a better presenter or leader, and gets contact information for ongoing communications. At the end of the conversation, the visitor kits can be offered freely. At that time, tell the visitor how much you enjoyed getting to know them and ask them to come back.

During the recent snow and ice storms, club meetings were cancelled all over the district. In one of my clubs, I kept our previous visitors up-to-date on cancelled meetings letting them know that they mattered. The next time we were able to have a meeting, they attended and joined. It really is the personal connection that makes a difference.

Promotion—Sales are what pay the bills

Joe always remembered, at the end of the day,

selling woks and steamers paid the bills. Joe was a trained master chef who loved to entertain. But more than anything else, he was a businessman. He knew that no matter how many chickens he served to the audience, without sales his business would fail. It was the main reason behind everything he did from bantering with the audience to extolling the virtues of his product. He always said the proof of his effectiveness was in the bottom line. Joe consistently asked for the sale. His closer was always something like, "You can serve delicious meals, with very little preparation, using my woks and steamers. Purchase both right now for only \$39.95. Take one home today. My assistant, Phyllis, is ready to help you make that happen."

The same holds true for growing membership. An increase in the club's bottom line begins with attracting potential members to the meeting through public relations. Communications in the public forum must be consistent and ongoing. A one-time shout out probably will fall on deaf ears. Simon Sinek discusses the psychology of sales in his book, *Start with Why*. In a nutshell, he opines that people buy from people they like. They buy emotionally and later discuss their purchase logically.

For all intents and purposes, your club is a small business that provides an educational program to the general public. Your bottom line—your balance sheet—is the difference between the numbers of members your club has at the beginning of the fiscal year on July 1 and at the end of the year on June 30. The product you sell, the Toastmasters educational program, is a tried-and-true, best-of-class offering. What you do during the year to attract visitors—who convert to members—because of the product you sell—spells the difference between clubs that are circling the drain and those who continue to thrive and grow.

In the long run, Joe was a businessman who understood that appealing to his customers through smell, touch, hearing, sight, and taste increased his bottom line. The woks and steamers? They pretty much sold themselves.



Moving from Management to Leadership

by Joel Conarton, CC

In this third article in a five-part series on leadership, Joel continues his discussion on the six levels of management styles as interpreted by the people most affected by those in charge.

The Last 0.1% percent of Managers

The three levels discussed last month, covering 99.9% of people, had to do more with management than leadership. The three levels presented here fall on the leadership side of the spectrum.

Also recall, as you identify yourself with these levels, that leaders are not measured by what they think or do most of the time, they are measured by what one does in a crisis. It is during a crisis that people desperately seek leadership, and leaders are found.

This month's article covers the top of the three levels, and the traits usually found at each. This article identifies the levels, it does not try to recommend changes. It is promoting awareness, which "can" lead to change.

0.09% - Mentoring

The main tenant of mentoring is sharing knowledge and experience with others. Timely advice that, if the mentee is capable of hearing, can give direction, while not giving directives.

It is possible that efforts will fail, and that needs to be acceptable. It is possible to learn from success, but failure has always proven to be a better teacher. A mentor's responsibility is to mitigate the risks and factors around efforts. Allow the mentee to grow, to learn, to become skilled at recognizing the factors so they can become leaders in their own style.

How much more interested and engaged would anyone (you?) be when building something, or making something happen. How

much more productive, responsive, and resilient would the individual be at this project and others in the future.

0.009% - Moseying

A moseying leader is defined by two

main questions. Variations may exist, but the two questions they ask are: First, "Are you ok?", followed by, "is there anything you need?"

Sadly, those who are at the

maneuvering level tend to ask very similar questions. The difference is that the Moseying leader is defined by the fact they are really looking for the answers. More than just looking for the answers, they will do what is necessary to bring the greatest benefit to both the individuals and the organization.

Once an individual has the skills, giving them the freedom and support to succeed only expands their ability to get more done with less. A caution: giving freedom to someone who is not ready can be disastrous. It is the leader's responsibility to be observant, to know when one is ready for such liberty.

The last 0.001% - Musing

How does one muse? Usually by asking a simple question starting with, "What if..."

Building on the previous 'M Levels of Leadership', when the followers are ready to follow at this level they are ready to answer the questions based on the roles and lenses they are responsible for. Individuals are no longer looking to accomplish some provided goal; they are looking to answer the 'what if' question. They



are trusted to provide a 'no' if that is the answer. They are also trusted that with a yes, they will have the best possible answer with that yes.

Confirming the 0.001%. Think of how many leaders you know who lead in this way. No matter your background, likely you will only come up with a few. Not the ones who occasionally spout proverbs, but who truly live the life of a muse.

More than getting things done, individuals involved with this type of leader get things done. They get results.

Still to discuss

Now that the levels are defined, next to be covered are the dichotomies of leadership vs. management, and corporate leaders vs. non-profit leaders. Looking at reasons why they are less of a dichotomy and more of a spectrum.

Self-analysis is always hard. Everyone thinks they know their motives and considerations, but what is not known is what is unknown at the time. We will get into an interesting way of determining actual leadership style, based not on what one thinks, but on what one observes.

Joel Conarton, Area 65 Director, is owner of Catalystis LLC, where he coordinates consultants, coaches and service providers to provide greater results for all types of organizations.

The manager does things right; the leader does the right thing. William Bennis

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 John Rodke 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.



WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Tualatin Valley Toastmasters Club	Aase	Blake
Timber Talkers	Aedo	Christopher
Pearl District Toastmasters Club	Bacchetti	Stephen
Spirit Trackers	Banker	Michael
Oregon Toastmasters Club	Bean	Lauren
Banfield Barkers	Becker	Toommy
Jefferson State Toastmasters	CARLTON	ELIZABETH
Silicon Forest Club	Chandranata	Inggrid
Oregon State Toastmasters	Collins	Laura
Toast to US	Dahl - Frank	Erika
Storymasters Toastmasters	Denng	Lici
Samaritan Ah-so-Um	Emery	Stephanie
West Beaverton Club	Favret	Jane
Marylhurst Toastmasters	HEITZINGER	DANIELA
Ilwaco Toastmasters	Hickey	Daniel
Testmasters	Hulett	Amanda
Storymasters Toastmasters	Indane	Bhagyashree
University of Oregon Club	Johnson	Caroline
Portlandia Club	Kelley	Chris
Silvertongues	Kulikov	Nik
Fortunate 500 Club	Lawrentz	Sera
Pearl District Toastmasters Club	Lee	Vanessa
Wonderful Oregon Wordmasters (WOW)	Lininger	Elena
Modoc Toastmasters Club	Loser	Joseph
Modoc Toastmasters Club	Marker	Brigitte
Oregon State Toastmasters	Maulimov	Mukhtar
Banfield Barkers	McCormick	Mimi
Totem Pole Club	McKendall	Kerry
University of Oregon Club	McLean	Brennan
Spirit Trackers	McMurchie	Joshua
Washington Street Club	Meller	Jenifer
Mentors Of Focus Club	Montclair	Carol
Timber Talkers	Montplaisir	Mandi
Spirit Trackers	Nye	Gregory
Clackamas County Toastmasters	Oberson	Cindy
Corvallis Evening Group	Olsen	Whitney
Banfield Barkers	Perry	Tyler

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
I.R. Speaking Toastmasters Club	Petrime	Mark
Creekside Toastmasters	Powers	Mark
Southern Oregon Speechmasters	Riley	Jacqueline
Pearl District Toastmasters Club	Robledo	Ernest
University of Oregon Club	Smallwood	Griffin
Downtown Lunchbunch	Smith	Kelly
Wallmasters International Club	Smith	Tootie (char-lean)
Nano-Mated Speakers	Srinivasa	Chethan
Nano-Mated Speakers	Sternberg	Lewis
Cascade Toastmasters Club	Thomas	Caleb
Speakers By Design	Travis	Kristin
Tabor Toastmasters Club	Trimble	Abbie
Columbia Communicators	Vannett	David
Salem Toastmasters Club	Villanvera	Lupe
Eco Voices Toastmasters	Wagner	Brian
Noon Talkers	Weatherly	Serena
Oregon Toastmasters Club	Young	Lauren
Talk-In-Tel	Zarifketabi	Hamid

CALL FOR SPEAKERS AND CONFERENCE STAFF

Are you a dynamic, engaging presenter? Do you have a topic related to communication or leadership that others can benefit from personally or professionally? If so, let us know by [clicking here!](#)

We are looking for a few good people who enjoy working behind the scenes. These people will help make the District 7 Spring conference a resounding success. Want to lend a hand, be influential, and let your creative juices flow? Let us know by [clicking here!](#)



HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CL	1/6/2017	Alomar, Caryn I.	Banfield Barkers
CC	1/24/2017	Anthony, Joseph D.	Storymasters Toastmasters
ALB	1/24/2017	Anthony, Joseph D.	Storymasters Toastmasters
CC	1/31/2017	Ballah, Belinda	Gorge Windbags
ALB	1/6/2017	Bender Phelps, Susan A.	Toastmasters For Speaking Prof
CC	1/3/2017	Coffeen, Margarete P.	Columbia Communicators
CC	1/30/2017	Corella, Bill R.	Portland Progressives
CC	1/9/2017	Cox, Cleon M.	New Horizons Toastmasters Club
CC	1/8/2017	Cox, Cleon M.	Wallmasters International Club
CC	1/8/2017	Cox, Cleon M.	Feedbackers Toastmasters Club
ALB	1/31/2017	Dorzab, Andrea	The Dalles Toastmasters Club
CC	1/25/2017	Drilsma, Roland	New Horizons Toastmasters Club
CC	1/26/2017	Dunne, Gerry	Battle Ground Toastmasters
CL	1/3/2017	Eaton, Kevin	Smooth Talkers Club
ACB	1/31/2017	Fanning, Paul C.	Talk-In-Tel
CC	1/13/2017	Foster, Douglas M	Rose City Toasters Club
CC	1/24/2017	Fuller, Lonnie B.	Molalla Toastmasters
CC	1/3/2017	Geissel, Levi	Speakers By Design
ALB	1/26/2017	Goodpasture, Caleb B.	Spirit Trackers
CL	1/4/2017	Hills, Dennis Bernard	Columbian Club
CC	1/27/2017	Holmes, Chaz	Tabor Toastmasters Club
CC	1/3/2017	Imdieke, Brian Patrick	Clackamas County Toastmasters
CC	1/4/2017	JOHNSON, MICHELLE R	Jefferson State Toastmasters
CC	1/22/2017	Jula, Jolene D	Sunrise Toastmasters Club #1492
ALS	1/6/2017	Kent, Jason	Rose City Toasters Club
CC	1/12/2017	Lawson, Andy E.	Early Words Club
ALB	1/6/2017	McCright, Larry	Spirit Trackers
ACB	1/6/2017	McCright, Larry	Spirit Trackers
ACS	1/3/2017	Micciche, Ashley	Electric Toasters Club
ACB	1/4/2017	Parsons, Richard B.	Wonderful Oregon Wordmasters
CL	1/27/2017	Perry, James A.	Siuslaw Tale Spinners Club
CC	1/12/2017	Perry, James A.	Siuslaw Tale Spinners Club
CL	1/6/2017	Portillo-Soto, Gustavo	Hopemasters
CC	1/8/2017	Pugh, Robert S.	Wallmasters International Club
ACS	1/19/2017	Ramsay, Lawrence	Smooth Talkers Club
CC	1/20/2017	Rector, Kenneth F.	Toast to US
CC	1/11/2017	Robinson, Steven M.	Spirit Trackers
ACB	1/24/2017	Rodke, John Russell	University of Oregon Club
ACB	1/3/2017	Rohlfing, Beverly	Columbia Communicators

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACS	1/6/2017	Schmeltzer, Joel C.	Banfield Barkers
ACB	1/6/2017	Seed, Kevin	Portland Progressives
CL	1/6/2017	Stevenson, Scott	Mentors Of Focus Club
CC	1/26/2017	Suriano, Carrie C	Eco Voices Toastmasters
DTM	1/9/2017	Taylor, Emilie	Milwaukie Talkies
ACG	1/9/2017	Taylor, Emilie	Milwaukie Talkies
ALB	1/9/2017	Thomas, Jennifer Ann	Bootstrappers Club
ACS	1/31/2017	Thomas, Randall Scott	Bootstrappers Club
ALB	1/9/2017	Thygesen, Erica L	Clackamas County Toastmasters
CL	1/9/2017	Thygesen, Erica L	Clackamas County Toastmasters
ACS	1/25/2017	Wagar, Carol	Gorge Windbags
CC	1/31/2017	Wagner, Aiden K.	The Dalles Toastmasters Club
CC	1/10/2017	Wendt, Kevin	Speakers By Design
ACG	1/4/2017	Westover, Philip S.	A-Dec Toastmasters
ALB	1/31/2017	Whipple, Paula S.	Symantec Toastmasters
CL	1/3/2017	Whipple, Paula S.	Symantec Toastmasters
ACB	1/24/2017	Whiting, Howard	New Beginnings Toastmasters
ACB	1/4/2017	Xavier, Trenna J	Swan Island Toastmasters
CL	1/25/2017	Young, Richard	Nano-Mated Speakers

Congratulations to *Be Extraordinary* Pin recipients
 —Laura Handke, CC, Yacoub Raheem, Craig Watkins,
 Lynne Foster, Theophan McKenzie, Ted Takamura, Brice
 Elmer, Mary Canton, Nick Spiegel, Linda Bradley, Joseph Harper, Jo
 Anna Shaw, Mary Chisholm, Bettina Schempf, Eric Grigsby, Jim Daniel



TRIPLE CROWN AWARD PINS

MEMBER	AWARDS	
Anthony, Joseph D.	5	LDREXC, CL, ACB, ALB, CC
Arnold, Cate Ann	6	ACS, ALB, ACG, LDREXC, ALS, DTM
Bennett, Allison	4	ACG, LDREXC, ALS, DTM
Brewer, Daniel S	3	CC, CL, ALB
Fanning, Paul C.	3	CC, ALB, ACB
French, Cathy	3	LDREXC, ALS, DTM
Goodpasture, Caleb B.	3	ACS, CL, ALB
Harmon, Phyllis A.	7	CC, DTM, CC, LDREXC, ALS, ACG, CC
Heitz, Nena	4	ALS, ACG, DTM, CL
Kleffner, Paul J.	3	CL, ALB, CC
Knapp, Thomas K.	3	ACB, CL, ALB
Lindquist, Leanna	7	ALB, ACS, ACG, DTM, CC, LDREXC, ALS
Machalek, Anne M.	4	LDREXC, ALS, DTM, CC
Shehorn, David A.	3	ACB, CL, ALB
Taylor, Emilie	6	ACS, ALS, LDREXC, ACG, DTM, CL
Thygesen, Erica L	3	CC, CL, ALB
Tjan, Vanessa	3	CC, CL, ACB
Tully, Kathleen	5	LDREXC, ALS, DTM, CC, CL
Wantz, James	3	CC, ACS, ACB
West, Larry J.	5	ACB, CL, CL, ACS, CL
Winger, Eric A.	3	CC, ACG, DTM
Zakrzewski, Chapin O.	4	LDREXC, ALS, ACG, DTM

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



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.**

Happy Anniversary to February Clubs

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

Charter Date	Years	Club
2/1/1953	64	Blue Ox
2/1/1973	44	Bootstrappers
2/1/1955	62	Cedar Hills
2/11/2009	8	Creekside
2/1/1982	35	Encouraging Words
2/1/1995	22	Mentors Of Focus
2/9/2016	1	MIME Speaks
2/1/1938	79	Modoc
2/11/2008	9	Molalla
2/12/2013	4	MultCo Toasties
2/1/1964	53	Oregon State
2/20/2001	16	University
2/1/1992	25	Washington Street

A special shout out to Blue Ox, Cedar Hills, Modoc, and Oregon State who passed the half-century mark!



TELL ME A STORY

Toastmasters: a Paradigm Shift

by Emilie Taylor, DTM



Emilie delivered this speech at New Horizons Toastmasters in January 2017. She received a standing ovation. It is reprinted here with her permission. [editor]

In 2002 Steven and I were devastated by the death of our son from Sudden Infant Death Syndrome. Losing a child is one of the hardest things to go through. Sudden Infant Death Syndrome (SIDS) is the worst nightmare a new parent faces. Some people make it and some don't. Some marriages make it, and some don't. I lost my world, my bearings, my meaning and part of my life. For a long while, I was so angry—dark clouds became my norm.

I didn't remember I had been to a Toastmasters meeting in August 2000, two years before my son died. I thought my only memory of Toastmasters was when Edel, my older brother in Maryland, mentioned it in the spring of 2013.



I'd come home from an extended stay on the east coast with Steven, to take care of the house and bills that had stacked up. One evening I called Edel and told him how sad and lonely I had become. "Check out Toastmasters," he said "you will meet people." I don't think I'd ever heard of the organization. He mentioned it was about public speaking. I Googled "Toastmasters" and found a club nearby.

It took me another year to visit Milwaukie Talkies—which became my home club. I joined despite my reservations about all the clapping

during the meeting. That was not my world. Char, one of the members, took me aside after that meeting, and explained what they did in the club. She was very kind. I felt the loneliness begin to fade.

A paradigm shift began after my second visit. It was taking hold of my broken spirit. A shift in paradigm is a shift in perspective and worldview. We are here to change the letters s-c-a-r-e-d to s-a-c-r-e-d—to honor and support one another. When Toastmasters takes a scared person and makes them sacred, lives change!

It took me almost three months to peck my shell open and deliver my Ice Breaker. My first speech was almost a disaster. I forgot what to say in the middle of my speech, but members' supportive and sparkly eyes cheered me on. (I'm sure it was called the "ice breaker" because I was scared stiff and frozen with fear!)

Fast forward. While preparing for project 8, "Get Comfortable with Visual Aids," I looked for pictures from Edel's wedding. I looked in all the places where Steven and I normally stashed past memories and couldn't find them.

I discovered they'd been filed in "that" filing cabinet. The one tucked away in the corner of the study room. The one we never open. The one that contained my baby's hospital records from 13 years ago.

When I pulled out the "Wedding Pictures" folder, right behind it, was a folder labeled "Toastmasters." I was dumbfounded! I began to wonder why "that" folder was in "that" filing cabinet.

The folder contained an application for membership I'd filled out in August of 2000, a sign-up sheet; an evaluation form; two Toastmasters flyers, and two Toastmasters magazines dated September 1997 and November 1998. On the back of the

evaluation form was my handwritten note: *Neither be cynical about love for in the face of all aridity and disenchantment it is as perennial as the grass.* A quote from the poem *Desiderata*. A message . . .

I felt a massive headache coming on. I returned to the folder. I kept looking at it, trying to remember . . .

Slowly the memory came back. I kept looking at the papers and couldn't remember the place and time. It's truly amazing how our minds trick us into only remembering things we can handle at any given point.

When I found Toastmasters, I was just putting one foot in front of the other every day—just existing.

Toastmasters gave me new hope and renewed optimism . . . it allowed me to start thinking and dreaming again. When I turned 50, I promised to deliver a speech about how much weight I lost . . . I'm still the same weight, but I'm 60 lbs. lighter emotionally . . . my heart is lighter . . . my mind is freer and clearer.

I truly believe in the core of my spirit, that Toastmasters made the difference. You may think sometimes that what you do in Toastmasters is not making a difference. I am here to tell you it has made a big difference in my life. It allowed me to jump start myself 10 different times, one speech at a time, one leadership opportunity at a time. It helped me to rise up, start moving on with my life, and let go.

I learned that if you stay in the past, you go nowhere. You don't even go backwards; you are just stuck, your life is stuck. I was stuck for more than 13 years.

I finally realized that with one speech at a time, you can pick yourself up by the bootstraps and move forward. You have lifted me up, you have encouraged me—been there for me whether you know it or not. If there's anything inspirational here, it's the fact all of you have been supportive of your fellow Toastmaster.

Toastmasters is our safe haven where we can learn to step out, step up, and step forward. By being part of Toastmasters, we are part of something greater. Every little drop in the pond . . . every little ripple we create . . . matters. Don't underestimate the power you have to change people's lives. When those mornings come, when you feel you don't/will not make a difference, know that I was changed because of

you - by showing up to be there for me, and by me showing up to be there for you. It has made a real difference.

Know you are making a difference. The lessons and inspirations we take with us, the ideas we carry forward beyond Toastmasters makes a difference in society. Remember that everybody out there is scared. Everybody out there is challenged in some way. We can say, "It's okay to be challenged, it's okay to be scared".



We are here to help one another become better than our old selves.

I am carrying forward your gift to me into the world. The inspiration I gained from Toastmasters is a gift I carry on. It's not just leadership for me, it's encouraging and uplifting others, as I was uplifted and encouraged by all of you.

I want to thank you for all the inspiration, for all the support. You have no idea how much it has raised me and brought me out of some of the deepest sadness and pain one could experience. You have helped me to crack my shell open, spread my wings and begin to fly, to fly in thoughts and fly in spirit. I thank you so much...

As a parting thought, let me share what a seagull once told me, "Sometimes what you're most afraid of doing is the very thing that will set you free."

Emilie Taylor joined Milwaukie Talkies in 2014. She is also a member of Oregon City, Feedbackers, Molalla, and New Horizons. She is currently serving as Willamette Division Director and as club president of Molalla, VPPR for Milwaukie Talkies, and VPE for Feedbackers. She earned her DTM January 2017.

PERSPECTIVES

5 Ways to Beat the Ground Hog & His Six More Weeks of Winter Ploy

by Shannon Milliman, ACB, CL



You know the old adage, “If the groundhog sees its shadow, 6 more weeks of winter.” If you’re like 99% of Toastmaster magazine’s readership, you live and breath every superstition that comes your way—you might be fretting our collective destiny. Oh, you say, “I’m NOT superstitious?” Have you ever avoided a crack just in case it did, in fact, break your mother’s back? Ever wished on a star? Ever thought your horoscope in *Willamette Week* was spot on? Ever questioned an ‘alternative’ fact? See, I told you superstition has its place.

Punxsutawney Phil has sentenced us with more winter. As if a foot of rain, 6 inches of snow, and 4,320 additional car accidents in the Portland Metro area was not enough. Well, if you can’t beat ‘em, join ‘em.

Here are 5 tips to make the most of the remaining winter:

1. **Get your fluffy little groundhog tail to your Toastmasters club.** I know you have lots of excuses, “It’s rainy—the snow is too bad—I’m cold—I am not ready to commit to another speech yet.” Not good enough. Show up and melt the snow together with your resounding applause supporting your club members.
2. **Recommend a ground hog themed meeting.** You can go hog wild! Table Topics invited endless possibilities. A few that come to mind: When did you think you were headed one way (for 6 more weeks of winter, for instance) and life redirected and took you another direction? Besides Punxsutawney Phil, tell us about another pet your mother wouldn’t let you have?
3. **Write a speech about your hometown.** Is your

hometown Punxsutawney, Pennsylvania? (How’s that for a word of the day?) I would assume a large percentage of our Toastmaster population does not hale from this fair city but every place has a story. Those speeches that tap into who we are and why we are have the potential to lift us up and unify us in a meaningful way. Isn’t that one of the true delights of being a Toastmaster?

4. **Take a picture and post it online of your Toastmaster club.**

Preferably, could you do this while all of you are climbing out of a burrow? (How else can I connect this to this article?) Perhaps you could schedule an outside club adventure where you all break bread, toast to spring, share time together.

5. **Invite all the Toastmasters you know to donate their used Toastmaster Magazines and heft them all on top of Phil the groundhog’s burrow.** If he can’t escape his burrow, we have taken back our own destiny and our own hope for Spring! You could recycle them and share them with your Membership leader to provide new or investigating members a glimpse into the Toastmaster potential.



FEBRUARY

22

Sunset Division (H) Club Officer Make-Up Training @ 6:15-8:00 PM

23

Judges Training @ 7:00 pm – 8:00 pm - Webinar

25

Columbia Division D Club Officer Training NE Portland @ 1:00 PM – 3:00 PM

27

Director Calls with Trio @ 7:00 PM – 8:00 PM

MARCH

1

WOW Open House @ @ 7:00 PM – 8:00 PM - Webinar

4

Directors Training @ 9:30 AM – 1:30 PM, Frog Pond Church, Wilsonville, OR 97070

10

Last Day for Club International Speech/Speech Evaluation Contests

11

First day for Area level International Speech & Speech Evaluation Contests

13

Host a Workshop @ 7:00 PM – 8:00 PM - Webinar

15

Area 93/94/95 International Speech and Evaluation Contest @ 6:00 PM – 8:00 PM

16

Area 61/63 International Speech and Evaluation Contest @ 6:00 PM – 9:00 PM

17

Tools for Membership Success @ 7:00 PM – 8:00 PM - Webinar

18

Area 21 International Speech and Evaluation Contest, @ 11:30 PM – 11:30 PM

20

Areas 71/72/73 International and Evaluation Contests @ 6:00 PM – 8:30 PM

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

Are You Connected?



Keep current on District events

A TOASTMASTER'S PROMISE

As a member of Toastmasters International and my club, I promise

- To attend club meetings regularly
- To prepare all of my projects to the best of my ability, basing them on the Toastmasters education program
- To prepare for and fulfill meeting assignments
- To provide fellow members with helpful, constructive evaluations
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow
- To serve my club as an officer when called upon to do so
- To treat my fellow club members and our guests with respect and courtesy
- To bring guests to club meetings so they can see the benefits Toastmasters membership offers
- To adhere to the guidelines and rules for all Toastmasters education and recognition programs
- To act within Toastmasters' core values of integrity, respect, service and excellence during the conduct of all Toastmasters activities