



One Community  
Many Voices

District 7 Toastmasters  
April 2017

# YOUR ROAD TO EXTRAORDINARY

District 7 Toastmasters Spring Conference • May 5-6, 2017



Rock It Like a TED Talk  
Cathey Armillas, DTM  
May 6, 2017



# EDITORIAL

## Thoughts on Aging

by Phyllis A. Harmon, DTM  
Editor/Publisher

It's come to my attention most recently that I may be getting old. I'm repeating the phrase *you may be too young to remember this* more often to people who appear to be half my age.

I am also more often googling phrases I'm unfamiliar with. Just the other day, I had to look up the phrase 'Bachman Turner Overdrive'. I couldn't decide whether it was a special gear for the car or a long-lost symphony. I never suspected it was the name of a Canadian rock group! (And, yes, I'm very aware that rock groups play loud, jarring "music", and are not a consortium of gravel pit owners.)

Then there are those new-fangled smart phones everyone is using. People laugh at me when I pull out my trusty Pantech flip phone. This version is only 5 years old for heavens sake! It still connects me with the right people—when I remember their numbers. I can text on my phone if you force me to (the numbers and screen seem to be shrinking the older I get). However, with Google Voice I can type a text on my laptop and send it to your phone. I can also call you from my trusty laptop and talk with you face to face—on a full-sized screen.

Don't get me wrong! I'm not too old to learn new stuff! I'm looking forward to Pathways and what it has to offer. I plan to be one of the early adopters, and have a goal to be one of the first in District 7 to earn a DTM in the new program.

Yes, I'm getting old—gracefully, I think. Life isn't passing me by too quickly. Flip phones are just fine with me, Google keeps me updated on the latest phrases, and seeking out new challenges keeps me engaged and at the top of my game.

So what have you noticed about yourself lately. Are you getting better with age? or just getting older? Are you using your Toastmasters membership to stay at the top of your game? Life is short, and every minute counts. Before you know it, you'll be looking out over a sea of younger colleagues and finding yourself saying, *you may be too young to remember this*. . .

Happy April everyone!

### Publisher

Phyllis Harmon, DTM

### Associate Publisher

Brenda Parsons, ACS, ALS

### Senior Editor

Phyllis Harmon, DTM

### Associate Editors

Leanna Lindquist, DTM

Donna Stark, DTM

John Rodke, DTM

### Layout/Design

Phyllis Harmon, DTM

Curtis Low

### 2016-17 Officers

District Director

Leanna Lindquist, DTM

Program Quality Director

Donna Stark, DTM

Club Growth Director

John Rodke, DTM

Finance Manager

Jill Ward, ACB, ALB

Administrative Manager

Rodger Cook, ACB, ALB

Public Relations Manager

Phyllis Harmon, DTM

*Voices!* is published monthly by District 7 Toastmasters. First issue published August 2014. Submit articles or contact contributors at [voices@d7toastmasters.org](mailto:voices@d7toastmasters.org)

**TOASTMASTERS**  
INTERNATIONAL

# Toastmasters for Nonprofit Professionals

Your message matters. Whether you are addressing your board, donors, or volunteers, what you say and how you say it contributes to the success of your organization.

Toastmasters for Nonprofit Professionals is focused on helping you craft and polish your message for maximum impact while learning how to lead and influence your stakeholders.

Join us as we launch a club focused on you, the Nonprofit Professional.



## When

MAY 24, 2017  
6:00-7:30pm

## Where

Lines for Life  
5100 SW Macadam. #400  
Portland, OR 97239

## Join Us!

RSVP Appreciated  
[https://www.facebook.com/  
events/1710750055891535/](https://www.facebook.com/events/1710750055891535/)

## Kickoff Meeting

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

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

# Free Event



# CONTENTS



02 EDITORIAL  
Thoughts on Aging

07 COVER STORY  
The Coaching Maven  
by Phyllis Harmon, DTM

10 AS I SEE IT  
Together We Can!  
by Leanna Linquist DTM  
District Director

11 FROM THE DESK  
Excellence is a Choice  
by Donna Stark, DTM  
Program Quality Director

12 FROM THE DESK  
The Power of Gratitude!  
by John Rodke, DTM  
Club Growth Director

13 Distinguished Club Program:  
Bringing Home the Gold

14 Succession Planning, or  
How to Get the Horse to  
Drink  
by Charley Patton, DTM  
Region 2 Advisor

15 Connectivity: The Human Way  
by Susan Ellsworth, DTM with Bran Dodd,  
DTM

16 JOURNEYS  
From Silent to Not—  
Ruth Geislinger  
by Brnn Hemmngson, ACB, CL

20 Future Stars - The Orchid Mantis  
by Jasiah Hasan

21 Daylighters Toastmasters  
Goes to Prison  
by Ginger Killion, ACS, ALB

22 Your Road to Extraordinary

26 Are you committed to being  
extraordinary?

30 BINGO Card





- 31 Through the Lens: How to Dramatically Improve Your Club's Speeches  
by Tim Lewis, ACS, ALB

- 32 TELL ME A STORY  
48 Hour Dreams  
by Mitch McDonald

- 33 STRIVE2THRIVE  
Be a "Game Changer"  
by Allison Bennett, DTM

- 34 Road to Presidents Distinguished

- 38 Ken Smith & Jamison Ulibarri  
Snag Trophies  
by Lyle Schellenberg, ACG, ALB

- 38 Club Elections - First Meeting in May

- 39 The League of Extraordinary Toastmasters

- 40 WELCOME NEW MEMBERS

- 42 Extraordinary Pin Recipients

- 43 TRIPLE CROWN AWARDS

- 44 HONORING EDUCATIONAL AWARDS

- 46 HAPPY ANNIVERSARY TO APRIL CLUBS

- 47 April-May 2017 Calendar

- 48 Nominated District 7 Officers 2017-2018

- 58 Toastmasters Promise



# THE COACHING MAVEN

*Interview with Cathey Armillas, DTM*

by Phyllis Harmon, DTM



*Wikipedia says a maven is someone who is a trusted expert in a particular field, who seeks to pass knowledge on to others. This definition describes Cathey Armillas, DTM perfectly. The following interview gives us a look behind the smile and vivacious personalty of one of the most successful members of District 7 Toastmasters.*

## Who is Cathey Armillas off stage?

I was born into a Italian Mafioso family in Chicago. We moved to Los Angeles when I was 7. Within a month of being there, our house was robbed and my parents filed for divorce. I attended Lady of Lourdes, a Catholic school about 1.5 miles from where we lived. I used to walk over 3 miles, round trip, every day to go to school. I started playing fast-pitch softball in my preteens to escape the burdens of my broken family. I ended up being pretty good at it, and played at the national level as a pitcher. I was Olympic-bound when I got pregnant with my daughter. I gave up a shot at the Olympics for an early start on motherhood.

I began playing competitive soccer as an adult. That, along with tennis, snowboarding, and shuffleboard are all the sports I engage in today.

I am unique in many senses but I'm probably most known for being one of the few teetotalers in this world. I have never had a sip of alcohol in my life.

I am known to be a pretty spontaneous person. I'm always creating adventures and doing things like walking bridges all over the world or sometimes bungee jumping off bridges. I love to read psychology books. It's very fascinating to learn why people do what they do. I always credit a psychology class I took as a junior in high school for getting me interested in marketing and, ultimately, to writing my first book. I'm a total OG (original gangster) as I love to listen to old school rap. Pair that with my love for '70s lite rock and you've got yourself one hell of a combination. I spend a lot of time in and out of Portland. I do a lot of traveling with my work—it takes me all over the world.

## Why Toastmasters?

I joined Toastmasters in October 2003. The Human Resources Manager invited me and the very first speech I ever heard was from an executive at a large corporation. She talked about canning peaches. It was funny because I didn't care about canning peaches at all but was mesmerized by her ability to deliver an amazing speech that kept my interest the entire time. At that moment, I knew I had to join Toastmasters. I could see the value, and even though I didn't have much time to invest, I realized that any time I spent in Toastmasters would have a great return.



*2012 District 7 Networking Event*

## What brought you to Toastmasters?

I was working as the Director of Marketing at an industrial shredder manufacturer. The Human Resources Manager invited me to go to Toastmasters with her. She was a fairly new member but was very excited about the possibilities that Toastmasters held. She was trying to invite everyone at the company. I was one of the few people that accepted her invitation. I joined in October of 2003. I'm currently a member of TV Toastmasters.

◀ *Cathey Armillas, DTM—2016 Washington DC*



Some of the high points of being in Toastmasters were being a District Governor and achieving my DTM three times.

## How has Toastmasters impacted your life?

Every single success I have accomplished in the last 14 years can be linked back to Toastmasters. Toastmasters gave me the space and structure to grow and refine myself as a person and professional. I ended up writing a book that won a prestigious award and then I was sought after as a speaker on the book. Then I ended up becoming a TEDx speaker and coach. All of this would not have been possible without the path I walked with Toastmasters.

I even started a youth Toastmasters club called Future Stars as part of the requirements for my first DTM. The club is still running almost a decade later. And 2 of the original members have become world famous in their fields. One in the tech industry and the other in filmmaking.

## What's your favorite Toastmasters experience?

I have a great story about how I ripped an earring out of my ear while speaking at an open house as a newer Toastmaster. It was a turning point for me because in any other situation I would have probably picked up my earring and ran out of the room. I realized I was in a room full of people who were supporting me and truly had my best intention in mind.

## What's your greatest lesson learned in district leadership?

One of the best lessons that I learned from being in district leadership was that you really need to be a great motivator. People will go to the ends of the earth for you if they feel needed and appreciated. I really learned that I needed to motivate people to lead them.

## What prompted you to write a book about marketing?

I decided to write my first book on marketing when I started my business in 2010. I wanted a way to capture my marketing methods and teach

people the importance of strategy. While writing the book, I realized that a lot of what I was writing and thought was “common knowledge”, wasn't.

I recommend writing a book to someone who has something to truly teach or express. A lot of people regurgitate content. A book can be a great source of credibility if done correctly.

On the other hand, I wouldn't recommend someone write a book who is not willing to put the proper amount of time and effort needed to create something worth reading.

## Why did you become a professional speaker?

I didn't choose to become a professional speaker. It chose me. I became a Toastmaster in 2003. I quit my job in 2010 and wrote my marketing book. It won a national award, and then I got asked by companies and organizations to speak.

Nike is my favorite place to speak. They are very progressive, and I love the company vibe. They are my people. My favorite place beyond that was Portoroz, Slovenia where I spoke at the largest media trends conference in Europe.

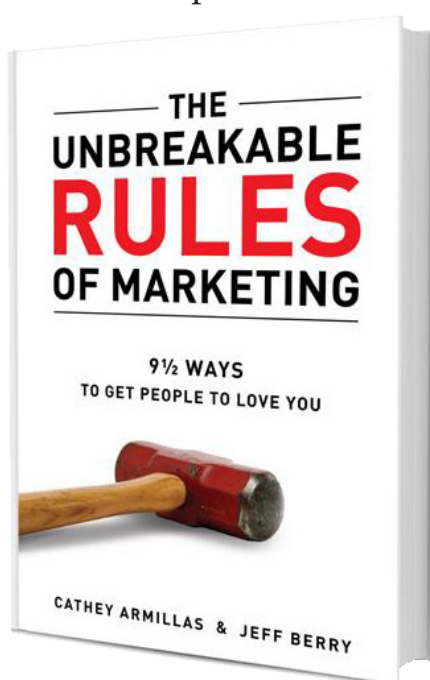
My message has gotten stronger over time. My advice about being in the speaking/training/expert

field is this—put in the work. It takes more than raw talent to make it. And PLEASE have something worthwhile to say. People aren't attracted to the same old clichés being used and reused.

## What is a TED Talk?

TED Talks are short talks about great ideas. They are very different from all other kinds of presentations as they focus on a single idea that is presented in a fresh new way, or from a different angle. Something we've never heard before. TED Talks have become the most watched presentations in the world. And for good reason. They take a lot of hard work and preparation.

One of my marketing clients was asked to give a TEDx Talk after one of his videos went viral. He and his business partner were my first





coaching clients. I ended up giving a TEDx Talk a few years later, and since then have coached loads of people to give TEDx talks.

I love coaching TEDx speakers because I've formulated a very specific process to get someone to articulate a good idea in their life and to be able to support it in a way that the audience can really bring it to life for themselves. The one thing that I've learned about being a TEDx coach is that any idea can be interesting if you present it in the right way.

The one gotcha that most people who want to speak at TED don't realize is that TED is not looking for speakers at all. Many people who try to present an idea at TED say "hey I'm a great speaker". They don't care about speakers, they care about ideas only. They are looking for great ideas.

My greatest moment as a TEDx coach is when I coached 91-year-old, WWII veteran, Frank Moore. His life and his message needed to be told to the world. He talked about how life is as perfect as you make it. It was a beautiful talk. He got a double standing ovation, and was the number 3 trending topic on Twitter the day he gave his talk. It was an amazing transformational experience for me to work with him and help him craft his talk.

## Please give us a preview of what you will share at the District 7 Spring Conference on May 5-6, 2017

With TED talks being as popular as they are, believe that people really want to learn how to incorporate the magic format of TED into their own presentations and speeches.

In the Friday night, pre-conference session, I'm going to talk specifically on how to get a TED Talk and prepare a TED Talk. I'm also going to share some ideas on how to prepare speeches using a TED model to get it done faster and make it more powerful.

As the keynote on Saturday, I'm going to share my TED Talk Essential Elements so that anyone can live up or learn how to give better presentations and speeches with this format.

*Register today for the District 7 Spring Conference Your Road to Extraordinary today at [d7toastmasters.org/spring2017/](http://d7toastmasters.org/spring2017/)*



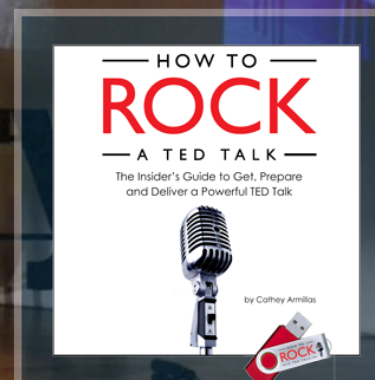
[www.toastmasters.org](http://www.toastmasters.org)

# How to Rock a TED Talk

Tips from a TEDx organizer.

BY CATHEY ARMILLAS, DTM

Cathey Armillas, DTM, presents a 2014 TED Talk titled "Share Your Life" at TEDxHickory, in Hickory, North Carolina.





# AS I SEE IT...

## Together We Can!

by Leanna Lindquist, DTM—District Director

Can we really become a President's Distinguished District?"

The countdown to June 30th has started. What is all the hullabaloo about June 30th? It's the last day of the Toastmaster year. The last day for new members, clubs, and member awards to count toward the Distinguished Club Program. It's when we know if we will be a President's Distinguished District. As you read this we have about 70 more days to get the job done.

Every April, once dues are collected, the official club statistics are available. What do they show and how can they guide us to President's Distinguished? Districts are measured by the number of membership payments that are made, number of member awards earned and the number of paid clubs.

### Paid Members

To be eligible for the Distinguished Club Program, a club must have a net gain of 5 or a total of 20 members. Why does Toastmasters want us to grow our clubs or maintain a charter strength of 20? It's for the health and longevity of our clubs. More members bring more energy and enthusiasm to meetings. More members mean you don't have to hold two club officer roles. More members mean the roles are filled every week. New members bring new stories and new evaluators. Great meetings and welcoming members encourage visitors to join. Clubs earn goals when new members join.

### Awards

Member achievement and growth is measured by project completion. It's all about working the program. When manuals are completed

members earn awards and move on to the next level. They increase their knowledge and their ability to speak and lead. When club members earn awards it inspires other club members to earn awards too. It shows your club promotes excellence.

### New Clubs

We have chartered 7 new clubs this year. We will charter 2 more in the next two weeks. Numerous other clubs will charter before June 30th. Let our Club Growth Director know if you have plans to start a new club.



### Pledges

Have you pledged to help make District 7 a Presidents Distinguished District? Many of you did last June. You pledged to earn awards and recruit new members? Thank you to the following Toastmasters who have completed their pledges.

Allan Edinger	Allison Bennett
David Jamieson	Eric Winger
Gloria Cox	Larry West
Leanna Lindquist	Lyle Schellenberg
Paul Fanning	Tanya Myers
Ted Takamura	

On the road to President's Distinguished District we must first reach Distinguished District. Together we can. We have 10 more weeks to turn our pledges into awards, new members, and new clubs. Look out world, District 7 is on the way to Distinguished.



# FROM THE DESK

## Excellence is a Choice

by Donna Stark, DTM—Program Quality Director



I grew up with a two-volume Funk & Wagnalls dictionary. I used it regularly during my school years to look up the definition and spelling of words (and for pressing flowers between the pages). In this electronic age, my go-to dictionary app is Dictionary.com. Today I checked for the definition of Distinguished. The first entry was, “made conspicuous by excellence.”

Excellence, fellow Toastmasters, is the focus of the Distinguished Club Program (DCP). It provides a framework designed to foster a standard of excellence that helps individual members achieve their goals. Let’s look at the DCP goals and why they matter to you.

The first six goals reflect progress members are making in the program. A healthy, vibrant club has members that are completing speech and leadership manual projects. Are you giving manual speeches? Are you using the Competent Leadership manual to help you be more effective in the meeting roles you fill? If not, you are short-changing yourself and your club.

Goals 7 and 8 are about membership. Attrition is normal. Schedules change, people achieve their goals, and they move on. Without an influx of new members, it doesn’t take long before there aren’t enough members to fill meeting roles, or members take on multiple roles per meeting. Instead of being fun, burnout sets in and meetings can become a chore. Many people first hear about Toastmasters from someone they know. When was the last time you invited

someone to attend your Toastmasters meeting?

Goals 9 and 10 are administrative in nature. Effective club officers will attend training. Dues and required paperwork are submitted to Toastmasters International in a timely manner. Simply put, these goals ensure that clubs are taking care of business (queue Bachman Turner Overdrive). Do your part by submitting your dues to your club treasurer. If you’re a club officer, there are several opportunities to attend district-sponsored training. If you haven’t been a club officer, step up to leadership!

The DCP isn’t really about clubs at all. It’s a tool that helps ensure an optimal experience for the member. Toastmasters is a learn by doing program! What will you do to improve your Toastmasters experience and help make your club conspicuous by excellence?

“Excellence is never an accident.  
It is always the result of high intention,  
sincere effort, and intelligent execution;  
it represents the wise choice of many  
alternatives - choice, not chance,  
determines your destiny.”  
~Aristotle



# FROM THE DESK

## The Power of Gratitude!

by John Rodke, DTM—Club Growth Director (and Dragon in Spirit)

Gratitude is an essential element of our lives that allows us to enjoy

and appreciate this wonderful world we experience. On Friday, our Toastmaster, Joseph Alfano, had us introduce ourselves by expressing gratitude towards one of the other members in the room. The heartfelt care, joy, and appreciation was powerful. The presenter and recipient were deeply moved. I know this message and idea can continue to ripple outward to create more positivity, appreciation for life, and service to others. I encourage you to try this during your next meeting's introductions.

Here is a quick exercise for you to find and appreciate the good in your life. In the morning, write down three things you are grateful for. Simple, effective, and powerful. Here are three of mine:

1. District 7 Toastmasters, thank you for adding value to our clubs by leading, volunteering, sharing, and supporting the growth of our members.

2. Our Area and Division Directors, Club Sponsors, Mentors, Coaches, and Officers. They devote themselves to you, me, and the vision of our organization.

3. My mentors, seeing potential, encouraging it to shine, and challenging me to grow.

We have successfully made it through another dues cycle. A few clubs are finishing up getting their payments in. You can DUE it! Thank you for the efforts of Treasurers and Officers for making this a success.

New clubs are chartering like crazy! If you have the desire to start a new club please let me know! [cgd@d7toastmasters.org](mailto:cgd@d7toastmasters.org)

Club Coaches have been on a roll. If you are interested in stepping into this rewarding role, please email Allison Bennett at: [coaches@](mailto:coaches@)

[d7toastmasters.org](http://d7toastmasters.org)

A huge shout out to Area 74 Director Cindy Eastman for submitting all of her club visit reports!

A helpful hint: Before you visit, send the club officers the previous visit report and any others you have access to. This will show the progression of the club, and remove 90% of the research time. Check the status of the club based on their goals and how they have done historically. This helps the club know where they are in relation to their Fall goals. This paperwork also helps the District to help clubs. It is worth a few minutes to see where your club is, and what can be done to help it thrive!



Are you using your Division Speech Contest as a membership drive? This is an excellent opportunity to show prospective members the communication and leadership benefits of Toastmasters. The more the merrier at the contests!

I am grateful for the growth of our District in ability, members, and experiences. Thank you for adding value to my life and to the lives of our community.



# Distinguished Club Program: Bringing Home the Gold

*Clubs must either have 20 members or a net growth of at least five new members as of June 30. Transfer members do not count toward this total until their membership has been paid and is current in their new club.*

## President's Distinguished

### 10 Goals

Capital  
Sporty Speakers

### 9 Goals

Babble-On  
Silicon Forest  
Swan Island

## Select Distinguished

Clackamas County  
Clackamas Steppng Stones  
New Horizons  
Toast to US  
West Beaverton

## Distinguished

Banfield Barkers  
Electric Toasters  
Flying Toasters  
Gresham  
Multco Toasties  
Nano-Mated Speakers  
Noon Talkers  
Speakeasy



Documentation Changes People



# Succession Planning, or How to Get the Horse to Drink

by Charley Patton, DTM - Region 2 Advisor

This time of year is difficult for our leaders. Not only are you trying to achieve personal and organizational goals as the

Toastmasters year winds to a close, you are also trying to secure success for the upcoming year by identifying who will succeed you. Some people are eager to climb the Toastmasters leadership ladder, but others remain unconvinced that they are ready. How can we encourage those who don't see their leadership potential, think that Toastmasters is only about public speaking, or that leaders are born, not made?

## Leadership is Action

"Who, me? A leader?" Every year at work, I am approached by coworkers who express their discomfort addressing one of the characteristics included in our annual performance rating process: People Leadership. "I'm not in a leadership position," they say. They typically suffer from the same misconception—that leadership is conferred only by appointment to an organizational position of power. But just because you aren't "official" doesn't mean you aren't a leader.

Leadership means being out front, whether it's physically ahead or ahead in thought or action. Were you the first person to earn an education award in your club this year, the one who organized your club's open house event, or the first to reach out to a new member? Surprise! You're leading already. Leadership is action.

## Leadership is Communication

"I just want to be a better speaker." Granted most people join Toastmasters to improve their speaking skills. But have you considered how often you get to speak when you're in the leadership ranks? I've filled numerous speech manuals with speeches delivered across many districts, and each speech forced me to deliver with passion and purpose. Consider this: You can communicate without leading, but you cannot lead with communicating. Leadership is communication.

## Leadership is Learnable

"I don't have what it takes to be a leader." I understand this sentiment because it took me a long time to own my leadership potential. My reluctance came from feeling like I shouldn't have the associated responsibility—I lacked confidence. But over time, as I tried and failed and succeeded, leadership confidence came, just like speaking confidence came with practice. We are not born great speakers or great leaders, but we get better with practice. Leadership is learnable.

Succession planning is inspirational leadership. Who will you inspire today?

## Toastmasters. Where Leaders Are Made.

*Charley Patton joined Toastmasters in 2006. He served as District 5 Governor in 2009-10 where he lead his District to Distinguished District distinction. He has earned recognition for Excellence in Education and Training, 2008-2009 and Distinguished District Governor, Excellence in Leadership, 2009-2010. He is an Eagle Scout.*



# Now is your Time!

# CONNECTIVITY: THE HUMAN WAY

by Susan Ellsworth, DTM with Brian Dodd, DTM



On 2 April 2017, we saw a fascinating FaceBook post about a lecture at Iowa State University by Distinguished Toastmaster Jim Kokocki, our Immediate Past International President. According to Emily Hammer, at the *Iowa State Daily*, his lecture focused on the contrast between the digital world and face-to-face communication.

I dropped Jim a note. “Hello, Jim Kokocki! Saw your post above. In an interesting way, I have discovered that belonging to two online Toastmasters clubs has increased my usage of FaceBook video phone calls. In those video phone calls, my friends and I see each other face to face. We learn about each other directly because we appear to be up close and personal with each other.”

Really?

Yes, really!

Jim’s post had reminded me of my longtime Toastmasters friend and Distinguished Toastmaster Brian Dodd. Separated by more than 2,300 miles and three time zones, Brian and I had exchanged Toastmasters posts with each other through social media for many years. We have built a long-distance trusting relationship. As founding members of the Firebirds Collective, a 100% online club chartered in March 2016, both of us are advocates for the online experience. We share organizational leadership opportunities and experiences.

In the spring of 2016, Facebook Live changed how we connect with each other. Facebook Live had been born. Now we see and hear each other in person at least once a week. Sometimes our Toastmasters chats turn to family or friends. Or even to the latest word on the Toastmasters grapevine.

“So what?” you might ask.

It’s all about building trust—and then building a team.

Success in any club depends upon trust that members have with each other. A big part of

that is getting to know the members in your club as individual people. Not as titles appended to our names because we paid dues to participate in a Toastmasters club. Seeing and hearing someone on a one-on-one basis goes a long way towards developing a trusting relationship.

“So what?” you might ask.

When is the last time you visited (or were



in) a club in which the elected leaders had no trust in each other? Did you see any teamwork among them? Probably not. And yet teamwork is a critical part of every club’s success.

You want a successful Toastmasters club experience? Connect so you can see and hear your fellow Toastmasters.

*Susan Ellsworth and Brian Dodd are pioneers in creating and supporting online Toastmasters clubs. To date there are 11 chartered, online-only Toastmasters clubs with over 600 members. Several more are working towards charter strength. Toastmasters also allows brick and mortar club members to attend meetings via the web. To learn more about this option, take a look at the [January 2017 issue](#) of *Voices!*, where this topic is fully explored, or contact [phyllis.harmon@d7toastmasters.org](mailto:phyllis.harmon@d7toastmasters.org) for more information about how to attend club meetings over the web.*





# JOURNEYS

## From Silent to Not—Ruth Geislinger

by Brinn Hemmingson, ACG, CL

When Ruth first visited a Toastmasters group (Columbia Center, now Moser Community) it was roughly 15 years ago. And it took about 3 meetings before she could even tell Dick Moser her name. Having a disability was bad enough—but in her family, she was physically struck repeatedly, to encourage her to stay quiet. Abuse and disabilities coupled to make for a silence she could hardly overcome. Yet, overcome it she did, thanks in large part to the late Dick Moser.

From saying her name to giving her icebreaker, Ruth began to find herself—and a new family, too. Toastmasters was a safe place to grow, to speak, and to cry. Friendships were and are a huge part of what Toastmasters is for Ruth.

Ruth has been a member of one Toastmasters group, but she has been the Sergeant-at-Arms many times. One day, she asked to be . . . President! She was the Club President for one term. Over time she began to participate more and more, volunteering at the conferences and even competing. She served as Area Governor (with some assistance since Ruth does not drive).

Two years ago Ruth decided to set her sights on earning her DTM. She hoped to work with Special Olympics to bring Toastmasters to them. While that goal did not come to pass, Ruth did earn her DTM! I was on her team. I was one of those fortunate enough to see her get her award.

Ruth uses her Toastmasters skills to encourage others and to broaden the lives of many people. She currently goes to Salem to see Governor Kate Brown. Ruth is on the Budget Committee and Housing Committee, and she brings her

voice to discuss concerns the disabled have over transit, housing, and other issues. She assists other people in the disabled community to access assistance that is available.

Ruth would say to people, “Toastmasters is like family. The friendships we make are enduring. We open up and share of ourselves in our clubs, and in many ways we are vulnerable. But our clubs provide safe havens for us.”

The opportunities for growth are huge. Anyone who knew Ruth when she first joined Toastmasters compared to now would be amazed. Once silent, she is far more confident. She contributes. Now, Ruth has a vision for herself and others.



Ruth Geislinger, DTM

*It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent.*

Madeleine Albright





# **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**

Join us on May 5th & 6th and learn...

# How to Rock it Like a TED Talk!



**Cathey Armillas**

TEDx Organizer, Speaker and Coach

## YOUR ROAD TO EXTRAORDINARY

District 7 Toastmasters Spring Conference - May 5 & 6, 2017

Register at [d7toastmasters.org](http://d7toastmasters.org)

**FRIDAY - PRECONFERENCE • 6-9pm**

### How to Rock a TED Talk

Learn the secrets behind TED Talks and how you can get booked to give one

- 6:00pm - Hearty appetizers, no host bar, and networking
- 7:00pm program begins

**\$25**

Oregon Medical Association  
11740 SW 68th Pkwy #100, Portland, OR 97223

**SATURDAY - CONFERENCE • 7-6pm**

### Keynote:

### How to Rock It Like a TED Talk!

Learn the distinct differences between presentations and TED Talks and how to use those differences in your presentations

Events Include:

- Breakout Sessions
- Contests
- Business Meeting
- District Elections
- Networking
- ... and Much More!

**\$55**

1st 75  
registrations

**\$65**

General Admission

Al Kader Shrine Center  
25100 SW Parkway Ave, Wilsonville, OR 97070



# Tell Me a Story Toastmasters

Join us — April 25, 2017

Life Doesn't Always  
Happen According  
to Plans . . .

Shannon Fridell



How Eli Changed  
Civilization Forever

Mike Goss

Tuesdays, 7 - 8pm

Standard TV & Appliance

Retail Store Conference Room

5240 SE 82nd Ave

Portland, Oregon

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



*The following speech won the Future Stars youth gavel club speech contest recently held in Portland, Oregon.*

When an orchid mantis hatches, it hatches alongside hundreds of its brothers and sisters. With a name like “orchid mantis”, you’d think they’d be pretty, but as they dry out their wet and vulnerable bodies, they look a like cross between a fire ant and a gross shrimp on steroids.

After they’ve dried their outer shells, they sit on the large leaves. Hundreds of them. And they wait. They wait. And they wait. And they wait. No mantis is moving a muscle and it’s deathly quiet—they’re all just staring each other down with their beady black eyes.

Now many of you (I hope) are looking at me and thinking this girl is not an orchid mantis. You’re right. So what does this have to do with anything? Well, the reason the orchid mantis hatchlings are not moving is because they innately eat anything that moves or breathes. Anything at all. And that includes their fellow brothers and sisters.

The sad thing is, I can relate to the orchid mantis, just in a less fatal scale. And I know I’m not the only one out of a certain 50% of the human population. Sometimes I feel like an orchid mantis that’s just hatched, waiting and being stared down, afraid to make a wrong move that may lead to everyone around me eating me alive.

I remember earlier this year we had just finished a bio quiz, our first one of the

whole year. It was a simple review of chemistry, but for some reason, everyone had failed it. Everyone but yours truly. I remember hearing people argue and complain—“does this teacher even know basic chemistry?”—and I was sitting there just trying to contain my happiness. This was a good day. I was feeling good, empowered. Maybe there was an actual hope for me in this class?

Then I hear a boy say, “Ugh, this teacher is stupid. I wrote that ionic bonds are the strongest and he marked that wrong. Everyone knows ionic bonds are the strongest.”

He kept going on and on like that, belittling the teacher, insulting his intelligence, acting like he knew everything in the world.

So finally I piped up. “Actually, covalent bonds are stronger that’s why he marked you wrong.”

“Um, no. You’re definitely wrong. Ionic bonds are stronger.” Then he rattled off reasons.

I interrupted him and told him, “in biology, all reactions take place in an aqueous solution, so covalent bonds are actually stronger.”

“Aqueous solutions don’t matter. Have you read a textbook in your life?”

“Yeah they do. Water is composed of charged ions which interfere with the charged attractions in ionic bonds, weakening them.”

And he shot back, telling me I didn’t know what I was talking about. So I showed our actual textbook where it explained exactly what I said with diagrams and everything. He told me to get new glasses because evidently I couldn’t read.

Now I was getting a little defensive. Why was this boy not taking me seriously?

“I’m telling you, man! Water is the most important component of biology. It is everywhere in our body.  $H^+$  and  $OH^-$  ions weaken ionic bonding, that’s why covalent bonds are stronger.”

And then he widened his eyes, held up his hands,





and said: “Ok, I cannot deal with an emotional girl today. Is it that time of the month? Trust me, I’ve taken IB Chemistry, I know what I’m talking about.” And then patted my head in the most condescending way ever and turned away.

I did not feel good that day and I definitely didn’t feel empowered anymore. When the teacher went over the quiz the next day, he explained why covalent bonds were stronger in biochemical reactions. He said the same exact thing as I did. And the boy in front me said: “ugh, I knew that all along. I was just so tired I put the wrong thing down.”

That day, that boy made me feel so stupid. And he wasn’t the first boy to do this and I’m sure he won’t be the last.

A girl’s world is a lot of a mantid’s world. We’re conditioned to be quiet, still, under the constant scrutiny of society. If we move the wrong way, dress the wrong way, speak the wrong, look at something the wrong way, everyone pounces on us. And we’re eaten alive, treated like inferiors by people who are supposed to be allies. If people keep continuing this, there will be girls who will never move, never take a stance, for fear of being judged and eaten alive.

I’m a naturally quiet girl, and coupled with the fact that I’m small and brown, people don’t take me seriously—there’s a toxic stereotype that Asian girls are meek and spineless. When I assert myself or defend my opinion in company that’s mostly male, I’m attacked for things that are completely irrelevant. And it’s not just boys who perpetuate this. Girls do it to other girls, too.

Why is a girl’s world a mantid’s world? How can we change it?

That same boy asked my friend to copy her homework for bio the other day. And she looked him straight in eyes, fluttered her lashes, and said: “I’m sorry, I think it’s my time of the month. I’m feeling pretty emotional, so I probably got all these answers wrong. You don’t want to copy from me.” And she let him fail the assignment.

And that was like the most incredible moment of my life. Because it taught me that in this case we just fight fire with more fire.

Girls, don’t stay quiet. Assert more, defend more. If he makes you feel stupid, make him feel even more stupid. If he mistakes your ambition and your drive as you being a b-word, own it. Be a b-word. And boys, stand up for girls. Be allies. Slowly we can create change. And maybe one day, a girl’s world will no longer be a mantis’s world.

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

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

---

## Daylighters Toastmasters Goes to Prison!

by Ginger Killion, ACS, ALB - Area 91 Assistant

Daylighters Toastmasters held a meeting on March 28, 2017 at the Coffee Creek Correctional Facility so that Area 91 Director Angela Kim could make an official club visit. Angela is past president of Audacious Orators, which is located at Coffee Creek, where she is a resident.

Ken Coomes, Rick Clements, Cathy Harris, Naomi Inman, Marvin Mitchell, Lorri Andersen and Ginger Killion—all Daylighters members—attended the meeting, along with Immediate Past District 7 Director Michelle Alba-Lim.

Daylighters President Ken Coomes and Audacious Orators President Carolyn Exum opened the meeting together. Rick Clements, Daylighters Vice President of Education, served as Toastmaster of the evening and carried the theme “Seasons of Toastmasters” throughout the meeting. Cathy Harris of Daylighters gave a speech and was evaluated by a member of Audacious Orators. Angela Kim of Audacious Orators gave a speech evaluated by a member of Daylighters.

Other roles were shared by both groups.

# YOUR ROAD TO E

## District 7 Toastmaster

### May 6,



### KEYNOTE: Rock It Like a TED Talk

Cathey Armillas, DTM

#### Event Includes:

- Breakout Sessions
- Contests
- Business Meeting
- District Elections
- Networking
- ... and Much More!

Al Kader Shrine Center  
25100 SW Parkway Avenue  
Wilsonville, OR 97070

7:00 – 8:00am	Registration, Networking, Breakfast
8:00 – 8:15am	Welcome
8:15 – 9:15am	Cathey Armillas Keynote
9:15 – 9:30am	Break
9:30 – 10:30am	Breakout Sessions
10:30 – 10:45am	Break
10:45 – Noon	Speech Evaluation Contest
Noon – 12:20pm	DTM Ceremony
12:20 – 1:00pm	Lunch
1:00 – 2:30pm	District Council Meeting
2:30 – 2:45pm	Break
2:45 – 3:45pm	Breakout Sessions
3:45 – 4:15pm	Break
4:15 – 6:15pm	International Speech Contest
6:15pm	Closing Comments

# EXTRAORDINARY

## ers Spring Conference 2017

### Breakout Sessions



**Pathways, the New  
Path To Success in  
Toastmasters!**  
Adele O'Neal, DTM



**Dynamic Networking:  
Grow Your Career,  
Grow Your Business**  
Susan Bender Phelps, ACS,  
ALB



**Rock Your Webinars**  
Roger Courville



**Story Framework -  
How To Structure  
Powerful Stories  
From The Foundation  
Up**  
Joe Anthony, ACG, ALB



**The Power of  
Engagement**  
Le and Ann Snelling

**REGISTER**





*Members of Coastal Communicators Toastmasters Club April 10, 2011 60-Year Anniversary and Gary Schmidt*



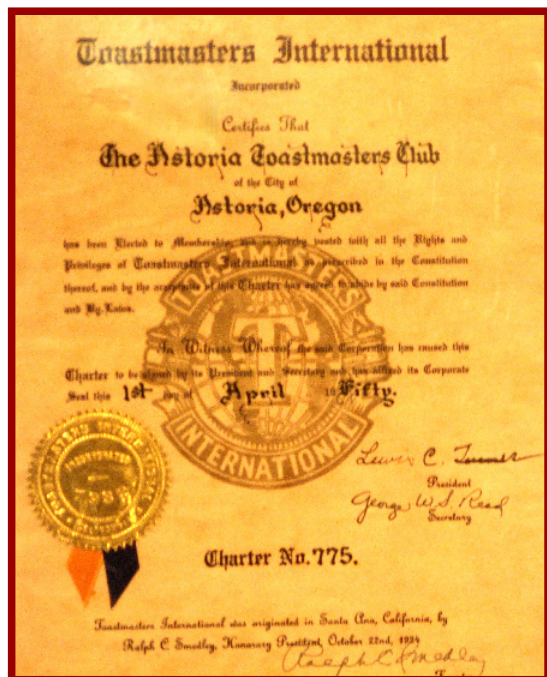
*Coastal Communicators Sixty Anniversary Celebration April 10, 2011*

# ASTORIA TOASTMASTERS CLUB

by Harvey Schowe, DTM - Distrit 7 Historian



The Astoria Toastmasters club # 775 in Area 1 was officially chartered during the evening of April 1, 1950 at the Jacob John Astor Hotel, Astoria, Oregon.



Club members participated in their first Area 1 speech contest on Saturday at 6:30 pm March 10, 1951 at the Congress Hotel, Portland, Oregon. Pat Casey and Ned Thorndyke were contest judges. Dave Head received the second place award for his speech titled *Every Man His Own Salesman*. Charles Ross, Tillamook Club, was awarded first place. Club president Merrill Ginn was in attendance. Dr. Henry Duff served as the 1951 Club Deputy Governor. In 1956, A. N. Thorndike became the first club member to serve an Area 1 Governor.

Hashim Shawa, DTM, became an Area 6 Governor in 1971. He moved on to Lt. Governor of Education and then District 7 Governor, 1975-1976. This club held a joint meeting of Area 15 Toastmasters clubs for speech contest training September 1981. According to the Daily Astorian newspaper the meeting program listed the following:

Maureen Casterline, District 7 Lieutenant Education Governor, spoke about speech contest preparation. Maurine Casterline

became the first woman District 7 Governor.

Jim Casterline, Metro West Division Governor speech President's Table Topics Contest

Bram Mizer, member of Tillamook Toastmasters speech Judging Speech Contests.

Gurie O'Connor, Area 15 Governor and Area 15 Governor – Toastmaster of Meeting

Terry Nesmith, member of Seaside Turnaround club – Table Topics

Tom Lane, member of Astoria Toastmasters club – General Evaluation

Jan Shaffer, Member of Clatsop Co-Eds Toastmasters club - Timer

Eileen Morgan, member of Clatsop Co Eds Toastmasters club - Grammarian

Astoria Toastmasters club members changed the name of their club to Coastal Communicators. They celebrated their sixty year anniversary on April 10, 2010 at the Astoria Elliott Hotel with Gary Schmidt, Past International President, as their guest speaker. Coastal Communicators remains active as Astoria Toastmasters Club.

## CHARTER PARTY PROGRAM

**Invocation:** Dr. Blair Henningsgaard

**Toastmaster:** Lloyd Burgess

**Topics Master:** Dr. George Thomas

**Speaker:** Bill Larson

**General Evaluator:** Charles Dolph, Oregon Toastmasters Club

**Address of Welcome:** Don Nelson, Oregon Toastmasters Club and Past District Governor

**Installation of Officers:** Leonard Lindas, District 7 Governor & Oregon City Toastmasters member

**Presentation of the Gavel:** Evans Hamilton, Lieutenant Governor District 7

**Presentation of Charter:** Carl Hassenkamp, Director Toastmasters International & Past Governor

**Acceptance of the Charter:** Merrill Ginn, President of Astoria Toastmasters Club



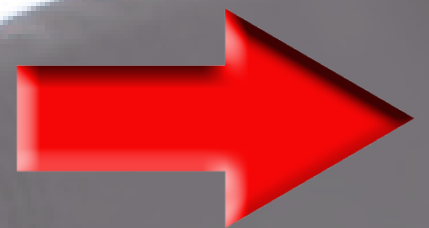
*Are you committed to  
being extraordinary?*

## **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 Tsmtrs	•					•
Alexis Mason	Clark Cnty, Lders Edge, Thrill of the Quill	•	•	•	•	•	•
Allan Edinger	McMinnville	•		CC		•	
Allison Bennett	Tsmtrs for Speaking Prof			CC	ACG		DTM
Amber McMurry	Multco Toasties	•		•		•	
Anne Machalek	Siuslaw Tale Spinners	•	•	CC			S-DTM
Barbara Coleman	Tower Tsmtrs			•	•		
Barbara Wade	Noon Talkers			•		•	•
Becky Holm	Roseburg, WOW	•		•			
Beth Ann Fischberg	Babble-On						
Bill Martin	Communicators Plus	•					•
Bob Leach	Babble - On				•		
Bob Smith	Clackamas StpgStones			•		•	•
Brenda Bryan	Storymasters			•		•	•
Brice Elmer	Storymasters	•	•		•		•
Brinn Hemmingson	Portland Progressives						•
Brian Setzler	Eco Voices	•				•	
Cari Corbet-Owen	Vancouver Tsmtrs				•	CL	
Carley Meuchel	Clark County			•			
Carmil Ritchey	Clackamas Stpg Stones			CC			•
Carol Wagar	Gorge Windbags	•			S		•
Cate Arnold	Silicon Forest	•		•	•	•	•
Cathy French	Siuslaw Tale Spinners	•	•	CC			S-DTM
Chapin Zakrzewski	Swan Island			•			
Cleon Cox	Wallmasters	•	•	CC	•		
Daniel Flood	Jefferson State, University	•		•	•	•	•
Dave Mason	Clark County, Lders Edge			•		•	
Dave Shehorn	Clark County	•			•	•	•
David Crockett	Redmond	•		•		•	
David Jamieson	Beachtown	•			•		
David Johnson	Fortunate 500	•		CC		•	
Dawnette Hale	Swan Island Tstmrs	•		CC	•	•	
Dee Cort	Redmond Area Tsmtrs			•			
Diane Flansberg	Beachtown	•					
Donna Stark	Downtown Public Sp\kers			•		•	•

# PLEDGE - I'm Committed to Being Extraordinary

Name	Club	Recruit a Member	New Club	CC	AC B/S/G	CL	AL B/S/DTM
Doug Whitmore	New Horizons			•			
Eldred Brown	Babble - On	•	•	CC		•	•
Emilie Taylor	Milwaukie Talkies	•	•	CC	S-G		DTM
Eric Grigsby	Patriot Talkers	•		•			
Eric Winger	Feedbackers	•		CC			
Erik Bergman	WE Toasted	•		•	•	•	•
Faye Phillips	5442 Highnooners - Bend	•		•		•	
Gabrielle Proust	New Horizons	•		•	•		
Gary Schmidt	Clackamas Stpg Stones	•		•			
Ginger Killion	Daylighters	•	•	•	•		•
Gloria Cox	New Horizons	•					
Gloria Crockett	Redmond			•		•	
Gordon Zimmerman	Marylhurst	•		CC		•	
Harvey Showe	Blue Ox				G		•
Jaime Zenter		•					
Jay Mittal	Noontime					•	•
Jill Ward	Wallmasters				S	•	
Jim Daniel	WOW, Roseburg	•					•
Joe Harper	New Horizons					•	
Joe Anthony	Liberty Talkers	•	•	CC	•		B
John Rodke	Yawn Patrol, University Club	•			B-G	•	•
Karen A. Semprevivo	Blue Ox	•			•	•	•
Ken Harris	Yawn Patrol				•		
Kimberly Burdon	Corvallis	•			•		•
Larry West	Grants Pass Tsmtrs	•			S-G	CL	B-S
Leanna Lindquist	Marylhurst	•		CC	S	CL	B-S-DTM
LeRoy Nollette	Newbertg				•		
Linda Bard	Tsmtrs for Speaking Prof	•					
Linda Cox	Newberg				•	•	
Linda Potter	A-dec Tsmtrs	•			•	•	
Lisa Hutton	Marylhurst				•		•
Lisa Schupp	Toast of Corvallis			•		CL	
Lisa White	Multco Toasties			•		•	•
Lorri Andersen	Daylighters	•		•	•		
Lucas Murphy	Downtown Public Spkrs	•			•		
Lyle Schellenberg	Bootstrappers			CC		CL	B
Mary Canton	New Horizons				•		•

# PLEDGE - I'm Committed to Being Extraordinary

Name	Club	Recruit a Member	New Club	CC	AC B/S/G	CL	AL B/S/DTM
Maureen Adams-Hegwood	Redmond Area Tsmtrs	•		•			•
Michael Daily	New Horizons				•		
Michel Singleton	Keizer Communicators	•			•		•
Michelle Alba-Lim	Roseburg Tsmtrs	•	•	•	•	•	•
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				B		
Ted J Takamura	Marylhurst Tsmtrs				S		
Terri Brewer	Gresham	•		CC		•	
Terry Harrell	Transtosters					•	•
Tom Knapp	Liberty Talkers	•	•		B		B

**Make a Pledge**



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

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
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](mailto: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.

# Through the Lens

## *How to Dramatically Improve Your Club's Speeches*

by Tim Lewis, ACS, ALB



Congratulations! You've decided to start videotaping your club's speeches. You see the benefits, how watching yourself give a speech can reveal unexpected strengths and growth areas, and now you want to give that gift to your members as well. The question is: what is the best way to go about doing this, and what are some common problems and pitfalls?

The first consideration I would put out there is the importance of using a camera with a wide angle lens. A wide angle lens captures more of the room, if your speaker or presenter starts to get into their speech and move around the room more, you won't wind up with a video of an empty lectern, and the person recording the video won't spend the entire speech trying to adjust the camera to keep the speaker in view. My club uses a GoPro 3 on a tripod. It's unobtrusive, rugged, and has an excellent wide angle of video capture. The camera can "see" just about anything in front of it, as long as the speaker doesn't suddenly run to the back of the room, they'll be on video.

The second consideration is sound quality. No matter how great the speech is, the video won't be worth much if it doesn't capture what the speaker is saying. GoPro cameras come with a waterproof case that also happens to make clear audio recording pretty much impossible. We got around that problem by buying a small external microphone that plugs into the GoPro and gives excellent sound of everything in the room. It's perfect for hearing both the speech and the audience's reactions.

The third consideration is how to get these great videos to your members. There are a lot of different online file storage solutions out

there, and any of them will work for hosting videos and sharing them with your club. My favorite is Google Photos, which offers free unlimited storage space for photos and videos. Once the videos are uploaded I put together a weekly email with the links to the videos and send it to the members of the club. Usually speakers can watch their video later on the same day they speak, which can lead to quick improvements from the video feedback.

We at Yawn Patrol have seen immediate and profound benefits from recording all of our member's speeches. At the moment we have almost 4 years of speeches and evaluations online for our members. Our members have shared videos of their speeches with family and friends, and some have used their videos for professional promotional materials on their personal websites and social media.

In short, making videos of your weekly speeches can be a great tool for the growth of your members and also for the growth of your club. The technology needed is cheap, easy to use and delivers a tremendous amount of value. Even if all you have is an old smartphone and someone to hold it, you can give recording your members speeches a shot. If you have any questions, please don't hesitate to ask me at [tim@TimLewisPhotography.com](mailto:tim@TimLewisPhotography.com) Good luck!

*Tim Lewis joined Toastmasters in 2012, and is a member of Yawn Patrol where he is serving as VP of Public Relations. He is the owner of Tim Lewis Photography in Eugene, Oregon.*





# TELL ME A STORY

## 48 Hour Dreams

by Mitch McDonald, Area 63 Int'l Speech Champion

*The following speech won the 2017 Area 63 International Speech Contest. It is reprinted with permission of the author.*

Have you ever had a dream? Something that you really wanted to do, yet it never quite happened?

I've lived a life full of big dreams—to be a veterinarian, a musician, a bodyguard, a painter, a poet or a priest! Yet one dream has always remained at the forefront of my mind: to work in the movies.

Ever since I was old enough to understand what movies were, I wanted to be a part of that magic. In high school I took a film class and discovered my calling: special effects makeup. To create a wound, perhaps add some horns or to transform into a weathered old man with

wake but a hollow ache.

Has life ever gotten in your way? When you knew exactly what you wanted to do yet it remained tantalizingly just out of reach?

One day I randomly heard about a film contest and a stranger who needed a crew in order to compete. In an uncharacteristically bold moment I sent out an email! “Do you need a makeup artist?” I asked. (A question to be laughed at I was sure.) “WHAT ARE YOU THINKING? YOU’RE NOT GOOD ENOUGH!”, I scolded myself! I awaited for the mocking, “Phhhhht! Not YOU!”, that was sure to come.

Isn't it interesting how as we stand on the precipice of something incredible our minds panic! They begin trying to pull us back from the edge into the safety of the known . . .

Despite all my self doubt, a response did come. “Sure! We can use all the help we can get!” That was the 48 Hour Film Project in which contestants have two days to write, shoot, edit and score a seven-minute short film. One weekend with no sleep, several makeup effects, a brazen bicycle beat down, blood squirting freely and tons of coffee that shot me onto the path of the movies! That was one year ago. Since then I have worked on five projects, one of which was a feature length film released at the end of last year, and I have several more scheduled out.

In the words of Jim Carey, “You can fail at what you don't want, so you might as well take a chance on what you love!”

My challenge to each of you is to reach for your dream, that impossible thing! Dream BIG! Act BOLDLY! And live your DREAMS!

*Mitch McDonald joined Marylhurst Toastmasters in January 2016. He is currently serving as VP Public Relations.*



a bugged out eye . . . it became a passion that I had a talent for!

Do you remember your dream? That one impossible thing that sets your soul on fire?

Yet I lived my life in limbo, a perpetual state of desire. Never quite taking that first step to create the life of my dreams. I worked, I played and makeup was relegated to Halloween. Time marched relentlessly forward, years ticked by, and decades rolled past leaving little in their



# Be a "Game Changer"

by Allison Bennett, DTM - Club Coach Coordinator



Why have a Strive2Thrive Club Coach?

- Do your meetings feel a little stale?
- Are you feeling overwhelmed?
- Need some new Energy or "breath of fresh air"??
- Did you know that there are scripts and easy "How To" lists for meeting roles like Toastmaster, General Evaluator, Timer?
- Are you looking for new ideas for encouraging club and member growth?
- Scheduling tools to help fill roles?
- Wonder what other Toastmasters clubs are doing?
- Could your Officers use additional training or support?
- Do you ever feel:  
"There has to be an easier way?!?"
- Is your club membership 12 or less?

Consider connecting with a D7 Strive2Thrive Club Coach! Experienced coaches are available to support your club and members. They are there for you with ideas, resources, strategies,

They won't tell you what to do, but will partner with your officers and members for everyone's success! A Club Coach will be your best friend in creating a fantastic club experience! Call or email us today at [coaches@toastmasters.org](mailto:coaches@toastmasters.org) if you are interested in finding out more about requesting a Club Coach or becoming a Club Coach!

**Hooray and welcome to our newest Strive2Thrive Game Changing Club Coaches!**

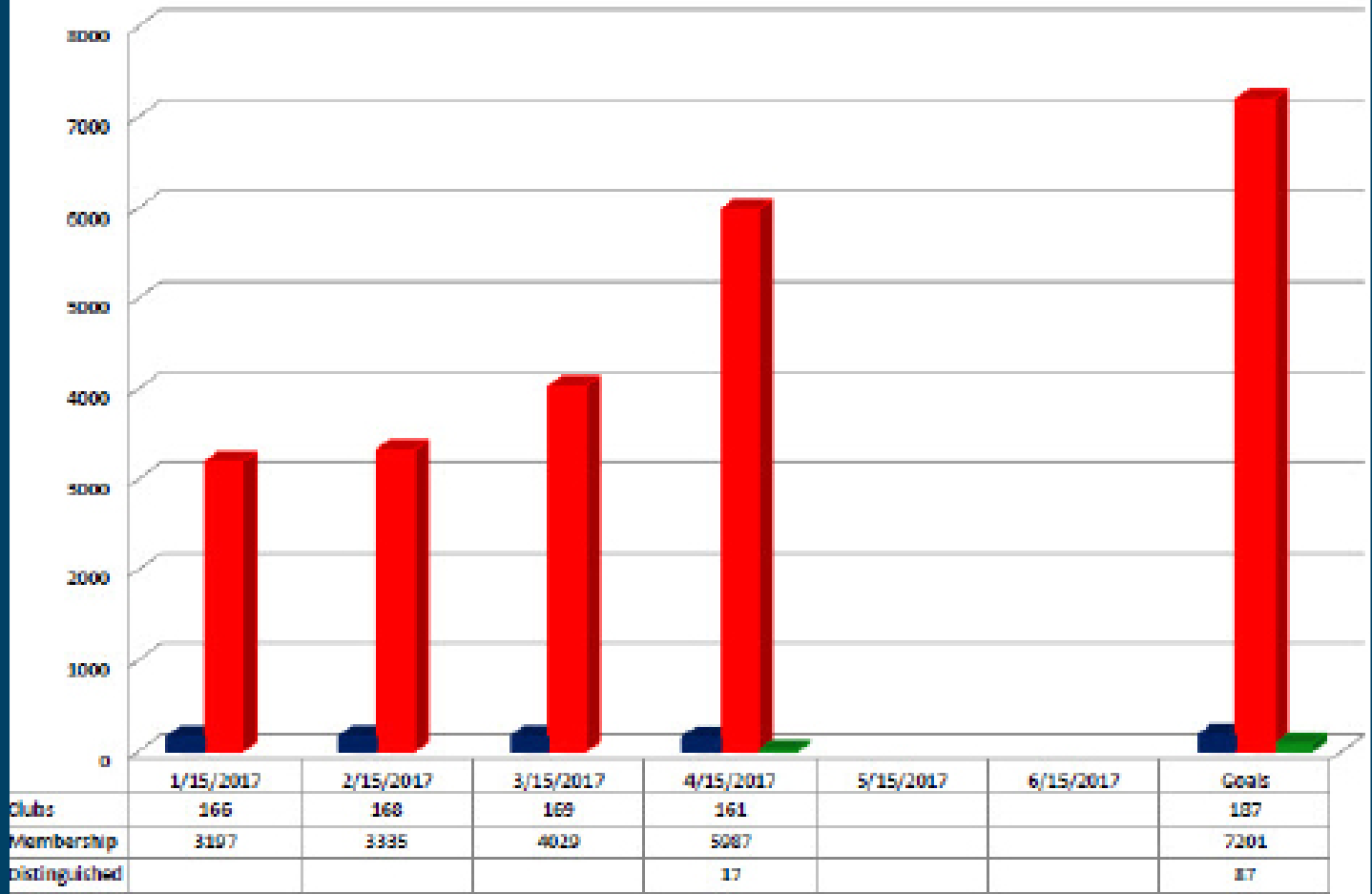
Cate Arnold - Transtoasters - 1/2017  
Carol Wagner - Dalles Toastmasters - 2/2017  
Brinn Hemmingson - Chanticleers - 3/2017

These amazing coaches helping to change lives!

"Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work."

William Arthur Ward

## On the Road to Presidents Distinguished



On the Road to Toastmasters  
International Convention

Alturas, CA

**District 7 Toastmasters**  
Presidents Distinguished

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



**ROAD TO  
PRESIDENTS DISTINGUISHED**





# PUBLIC RELATIONS

## CURING EMPTY-CHAIR-ITIS

by Phyllis A. Harmon, DTM - Public Relations Manager

Before we get into this month's topic, let's talk about the elephant in the room. You know the elephant—*membership renewals* (said in a stage whisper).

Every six months we hold our collective breath hoping our club members renew. None of us ever cajole, beg, or prostrate ourselves before members to keep them in the fold . . . right? Sure. Uh huh. Not so fast with the denials please. I've seen the emails and heard the whispering in the corners.

For those of you shaking your heads and sporting smug smiles, don't be too quick to revel in your current membership count. Remember that every club chartered with 20 or more members. Economic shifts, loss of perceived value, and a host of other unforeseen life events can decimate even the strongest club.

So, what happened? Why did your members leave—Career changes? Personality conflicts? Bored? Life happened? The reasons don't much matter, do they? Your members are gone, and now you have empty-chair-itis.

For those of you who are deciding whether the loss will impact your ability to participate in the Distinguished Club program, it's good you're focused on meeting your goals. But, adding new members to your club base has nothing to do with gaining points. It has everything to do with providing a great product that current and potential members are eager to buy.

We have a great product. Toastmasters

International's spent over 90 years developing a best-of-class curriculum, and are now launching a major revision district by district.

Okay, enough about that dang elephant blocking the light—for now!

Our focus this month is product awareness and delivery systems. Hmm, that sounds a little like 'corporate-speak' doesn't it? Hey, there is no reason why we can't borrow a few tips or best practices from the business world, is there?

Let's start with product awareness. Beginning with the July 2017 issue of *Voices!*, we've discussed several different methods for publicizing your club. You might want to review those for tips on getting your club's name before your potential audience. You can find them stored at <http://d7toastmasters.org/issues-voices/>

Product awareness is about getting your club's name and what you offer before the buying public. It isn't an activity that happens occasionally, when the mood strikes. It's an ongoing consistent campaign of exposure. In



today's world, consistent product awareness is not hard to do. Social media allows you to send automated messages based on a schedule you select. But savvy public relations and marketing professionals use multiple approaches to get their clients' products in front of potential buyers.

Well, guess what—you can do the same thing! For very little cost, your club can get the word out to your community. Flyers, free postings to online bulletin boards, social media, television and radio spots, blogs, human interest articles in the local papers, conversations in networking groups, and talking in the grocery store checkout lines are just a few of the avenues your club can use in your club's marketing campaign. Consistent exposure, like the drip, drip, drip of a faucet is more effective than an occasional media blast.

But consistent awareness takes work and creativity. Here's a secret you can use to your club's advantage — sometimes public relations requires you to *create* the news so you can report on it. Is your club experiencing a dry period? Start a new project and write about it: *XYZ Toastmasters recognizes members who. . .* end with your club name, location, and meeting time and day.

Is nothing spectacular happening in your club that's worth writing about? Perhaps you just need a new perspective! Consider looking for connections between what your members are learning in your club and what's happening in your community. Connect the dots for your potential members.

Blog about events in your members' lives. For example: *Mary Smith, a member of XYZ Toastmasters, spoke before the school board last evening. Her argument in favor of school sports was delivered using an easy-to-follow three-point structure. She answered questions from the school board clearly and succinctly. Mary credits Toastmasters for her ability to speak under pressure. She . . .* end with your club name, location, and meeting time and day.

Or, write an article for that well-delivered speech: *Joe Johns, member of XYZ Toastmasters, spoke on the growing trend in jaywalking in the ABC neighborhood. He . . .* end with your club name, location, and meeting time and day.

Every member has a story. Mine those nuggets and shout them to the world. Remember to include your club name, location, and meeting

time and day.

The more often you can get your club name and your product before your potential buyers, the faster you can cure your club's case of empty-seat-itis.

Which leads us—smack, dab—into product delivery.

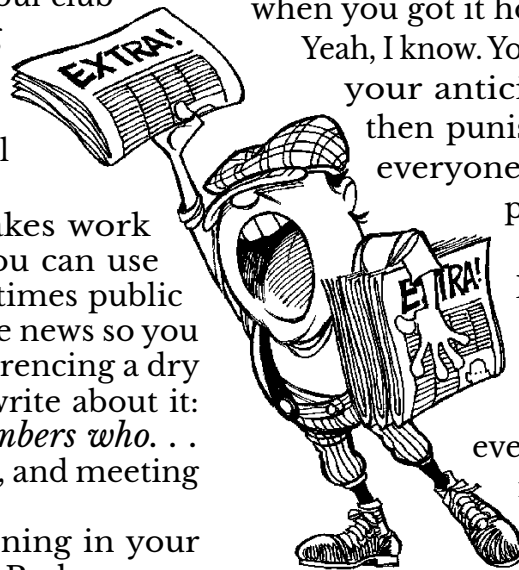
Have you ever gotten sucked into buying one of those “as-seen-on-TV” offers where the product looked like it would be a wonderful addition to your life? Do you remember the rush of excitement when you knew—just knew—it was the exact product you'd been looking for? Then when you got it home, it was a dud?

Yeah, I know. Your disappointment outweighed your anticipation exponentially. You then punished the company by telling everyone who'd listen what a terrible product it was.

Well, here's the sad truth. If your club meetings don't meet the expectations of your members, they won't renew. And worse yet, they will tell everyone who'll listen about their impression of your club.

Last month's article was focused on discovering what your members wanted from your club. If you know what your members expect from their membership, you will be in a better position to keep your chairs filled. But that's only one facet of your product delivery system. Does your club have a culture of giving only prepared speeches using the educational manuals? Are your members giving evaluations that offer the speaker feedback they can use? Are table topics giving members an opportunity to stretch and learn new skills? Do your members engage with the speaker, or do they look and act like they are simply waiting for the speech to end? How are guests treated? What is the climate of your club—warm and friendly or tepid and cliquish? Are you sure?

Filling your chairs requires consistent attention and commitment. By being creative in how you talk up your club, using more than one approach (product awareness) and creating a fun, learning environment where visitor and member expectations are met (product delivery), you will be able to get the elephant off the table and cure your club's case of empty-chair-itis.





# Club Elections - First Meeting in May

Clubs that meet weekly may elect officers annually or semiannually. If the club elects semiannually, elections are held at the first meeting in May and again at the first meeting in November. Clubs that meet less frequently than weekly must elect officers annually, with the elections in May. Annual office terms must run from July 1 through June 30; semiannual terms run from July 1 through December 31 and January 1 through June 30. Holding elections at any other time is in direct conflict with the Club Constitution and Bylaws.

A quorum (51 percent of active members) is needed to conduct club business, including electing officers. Proxies or absentee ballots are not allowed at the club level. Members must be active and present to vote.

When your club has elected new officers, the current president or secretary should submit their names and contact information to World Headquarters online through Club Central.

New club officers should mark their calendars for the June 3rd TLI, Toastmasters Leadership Institute. This is the District wide event that provides training for all the new club officers.



## Ken Smith & Jamison Ulibarri Snag Trophies

by Lyle Schellenberg, ACG, ALB - Division C Director

Capital Division's International Speech and Speech Evaluation contests were held on April 15, 2017 at the Salem Public Library. Jennifer Thomas acted as Toastmaster for the event. She did an outstanding job of introducing the contestants and conducting the interviews.

Eric Silberg provided an interesting model speech for the evaluators based on experiences from a recent trip to Canada.

Both Jennifer and Eric are members of the Bootstrappers Club.

The judges had a difficult challenge choosing winners for the two contests. In the end, they performed their roles with aplomb, and the following winners were announced:

### International Speech Contest

1st place: Ken L Smith - Flying Toasters

2nd place: Janice Hallmark - Capital Toastmasters

3rd place: Lou-Ellen Bissell - High Noon Toastmasters

### Speech Evaluation Contest

1st place: Jamison Ulibarri - Silvertongues

2nd place: Brent Smith - Toasting Excellence

3rd place: Janet Zeyen-Hall from Capital Toastmasters



*International Speech Contest  
L to R: Lou-Ellen Bissell, Janice Hallmark, Ken L. Smith*

*Evaluation Speech Contest  
L to R: Janet Zeyen-Hall, Brent Smith, Jamison Ulibarri*





# **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.**

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Evergreen Club	Allen	Emika
Politically Speaking	Amundson	Vanessa
Swan Island Toastmasters	Anderson	Tosha
McMinnville Toastmasters	Aquinas	Karen
Eco Voices Toastmasters	Biemer	Jon
The Society of Oratory Aerialists	Bourgazas	Zoey
University Toastmasters Club	Braham	Adam
Evergreen Club	Branch	Michole
Stevenson Club	Brandt	Abby
Essayons Club	Braun	Andrew
Toast of Corvallis Toastmasters Club	Brucks	Corinne
Swan Island Toastmasters	Brysch	Vanessa
Politically Speaking	Campbell	Teresa
Fortunate 500 Club	Chan	Ron
Toast to US	Charlton	Jessie
University Toastmasters Club	Cleaver	James
Vancouver Toastmasters Club	Cody	Tamie
Politically Speaking	Colweil	Richard
Jefferson State Toastmasters	COOK	BILL
Politically Speaking	Corneliu	Lucescu
Mentors Of Focus Club	Dale	Kendra
Early Words Club	Damewood	Pamela
Politically Speaking	Davis	Mary
Politically Speaking	Delavar	Katja
Politically Speaking	Delavar	Michael
Evergreen Club	Downing	Kimberly
Civil Tongues Club	Eller	Lashanda
Babble-On Toastmasters Club	Farmer	Carmen
Marylhurst Toastmasters	Flores Ulloa	Luis
Politically Speaking	Gandarillas	Pamela
Cascade Micro-Toasters	Gheresus	Petros
Civil Tongues Club	Gillette	Angel
The Dalles Toastmasters Club	Gove	Holly
Noon Talkers	Greene	William
Milwaukie Talkies	Hamilton	Christina
Bend Chamber Toastmasters	Heck	Zechariah
Capital Toastmasters Club	Hendrix	Donald

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Silvertongues	Hurtado	Dania
Keizer Communicators	Johnson	Erin
Politically Speaking	Jones	Rosie
NoonTime Club	Keppler	Daniel
Politically Speaking	Kraft	Vicki
Clark County Toastmasters Club	Kunihisa	Blane
Silicon Forest Club	Li	Zhi
New Horizons Toastmasters Club	Litke	Rima
Politically Speaking	Lundstadt	Daniel
Politically Speaking	McEwen	Piper
Sporty Speakers	Miller	Susan
Fortunate 500 Club	Muni	Dipti
WE Toasted Toastmasters	Nims	Luisa
Capital Toastmasters Club	Palacio	Juan
Swan Island Toastmasters	Panaccione	John
Professionally Speaking	Pelkey	Tami
Civil Tongues Club	Perez	Edward
Cascade Micro-Toasters	Peterson	Kevin
Politically Speaking	Pike	Liz
Downtown Lunchbunch	Preston	Patrick
Cascade Micro-Toasters	Raschko	David
Politically Speaking	Rice	Houston
Columbian Club	Ritter	Jeannine
Politically Speaking	Rockhold	Daniel
Cascade Micro-Toasters	Ryan	Nicholas
Swan Island Toastmasters	Sackett	Tim
Noon Talkers	Shanahan	Kelly
Politically Speaking	Siegle	Kermit
Politically Speaking	Sieloff	Jill
Tualatin Valley Toastmasters Club	Sinha	Arani
Oregon State Toastmasters	Smith	Cassidy
Politically Speaking	Smith	Kenny
Gorge Windbags	Stelzer	Jonathan
Stevenson Club	Stevenson	Emily
Pearl District Toastmasters Club	Stone	Eileen
Cascade Micro-Toasters	Troung	Duc
Portland Club	Tyler	Andrea
Politically Speaking	Wagner	Joseph



# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Communicators Plus	Westphal	Nils
Oregon City Toastmasters	Wheelon	Larry
Lake Oswego Toastmasters Club	Wong	Ladybird
Capital Toastmasters Club	Yevseyev	Vasiliy
Flying Toasters Club	Zook	Mackenzie

## 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](mailto:cgd@d7toastmasters.org) for the support you need to start the next club in District 7.



Congratulations to *Be Extraordinary* Pinrecipients — Paul Ahrns, Nina Smith, Cleon Cox, Yacoub Raheem, Linda Bradley, Rodger Cook, Jill Ward, David Shehorn, Brice Elmer, Joe Anthony



# 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	5	ALS, ACG, LDREXC, CC, DTM
Brewer, Daniel S	3	CC, CL, ALB
Broughton, Garrett	3	CC, ACB, CL
Dopp, Leslie Valentine	4	ACG, LDREXC, ALS, DTM
Eaton, Kevin	3	CC, CL, ACB
Fanning, Paul C.	3	CC, ALB, ACB
French, Cathy	4	LDREXC, ALS, DTM, CC
Goodpasture, Caleb B.	3	ACS, CL, ALB
Harmon, Phyllis A.	8	ALS, LDREXC, CC, CC, ACG, CC, DTM, CC
Heitz, Nena	4	ALS, ACG, DTM, CL
Hills, Dennis Bernard	4	ACG, CL, CC, CC
Isom, Jeff	4	LDREXC, ALS, ACG, DTM
Kent, Jason	3	LDREXC, DTM, ALS
Kleffner, Paul J.	3	CL, ALB, CC
Knapp, Thomas K.	3	CL, ACB, ALB
Lindquist, Leanna	8	CL, ALB, ACS, ACG, DTM, CC, LDREXC, ALS
Machalek, Anne M.	4	LDREXC, ALS, DTM, CC
Schellenberg, Lyle W.	3	CC, CL, ALB
Shehorn, David A.	3	ACB, CL, ALB
Smith, Kenneth L.	3	ACS, ALB, LDREXC
Squires, Valaree M	3	CL, CC, ALB
Taylor, Emilie	7	ACS, CL, LDREXC, ALS, ACG, DTM, CC
Thygesen, Erica L	3	CC, CL, ALB
Tjan, Vanessa	3	CL, CC, ACB
Tully, Kathleen	5	LDREXC, ALS, DTM, CC, CL
Wantz, James	4	CC, ACS, ACB, CC
West, Larry J.	6	ACB, CL, CL, ACS, ALB, CL
Winger, Eric A.	4	CC, 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.*

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACB	3/30/2017	Adams, Grant Kevin	Vancouver Toastmasters Club
CC	3/9/2017	Adams, Tracey L.	West Beaverton Club
CL	3/9/2017	Alexander, Casey	Hopemasters
CL	3/25/2017	Bauske, Ruby Christina M.	MultCo Toasties
CC	3/19/2017	Bennett, Allison	Toastmasters For Speaking Prof
ACS	3/31/2017	Blackstone, Richard	Yawn Patrol Club
CL	3/29/2017	Blanchard, Charles	Yawn Patrol Club
CL	3/28/2017	Broughton, Garrett	Sporty Speakers
ACB	3/28/2017	Broughton, Garrett	Sporty Speakers
CC	3/1/2017	Brown-Gratcheva, Julia V.	Speakeasy Toastmasters
CL	3/25/2017	Coleman, Anne D	Professionally Speaking
CL	3/11/2017	Conarton, Joel E	New Horizons Toastmasters Club
CL	3/16/2017	Corbet-Owen, Carina	Vancouver Toastmasters Club
CL	3/2/2017	D'Angelo, David A.	Downtown Lunchbunch
CC	3/14/2017	Devine, Steven A	The Standard Speakeasy
CL	3/11/2017	Drilsma, Roland	New Horizons Toastmasters Club
CL	3/13/2017	Duncan, Lindsey B.	Milwaukie Talkies
ACB	3/30/2017	Eaton, Kevin	Smooth Talkers Club
ACB	3/23/2017	Einspruch, Eric L.	NoonTime Club
CC	3/23/2017	French, Cathy	Siuslaw Tale Spinners Club
CC	3/20/2017	Geist, Melinda G	At The River's Edge Club
CL	3/13/2017	Goodrich, Daniel A.	Professionally Speaking
CL	3/15/2017	Hale, Dawnette S.	Swan Island Toastmasters
ACG	3/3/2017	Hanson, Evan F.	Rogue Valley Networking
CC	3/26/2017	Hills, Dennis Bernard	Columbian Club
CC	3/23/2017	Hills, Dennis Bernard	Columbian Club
CL	3/28/2017	Holdridge, Ronda M.	Columbian Club
CL	3/27/2017	Holdridge, Ronda M.	Competitive Speakers PDX
DTM	3/24/2017	Isom, Jeff	The Standard Speakeasy
ACG	3/24/2017	Isom, Jeff	The Standard Speakeasy
CL	3/11/2017	Ivy, Britt	University Toastmasters Club
ACS	3/13/2017	Jamieson, David H.	Beachtown Toastmasters
CC	3/1/2017	Johnson, David R.	Fortunate 500 Club
ACB	3/28/2017	Klarenbach, James R.	New Beginnings Toastmasters
CC	3/25/2017	Kryzanek, Lorelei P.	Communicators Plus
ACB	3/30/2017	Leach, Julianna	Yawn Patrol Club
CC	3/28/2017	Lebeau, Cindy J	Professionally Speaking
ACB	3/31/2017	Lecoq, Paul E.	Politically Speaking
CL	3/12/2017	Lindquist, Leanna	Tell Me A Story



# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CL	3/15/2017	Lunsford, Thomas	Competitive Speakers PDX
CC	3/21/2017	Magana, Abraham	Transtosters
CC	3/10/2017	McIntire, Mark W	Flying Toasters Club
CL	3/8/2017	McNiece, Kristina Lynn	Clackamas County Toastmasters
CC	3/16/2017	Melikian, Chuck	Portland Progressives
CL	3/27/2017	Mills, Dennis J.	Oregon City Toastmasters
CC	3/27/2017	Munro, Karen L.	At The River's Edge Club
ACB	3/27/2017	Myers, Tanya	Sporty Speakers
CL	3/20/2017	Norris, Brian A	Yaquina Toastmasters
CC	3/7/2017	Osheroff, Mike D.	Evergreen Club
ACB	3/21/2017	Pennington, Pamela Joy	Newberg Toastmasters Club
CC	3/18/2017	Pierce, Lennon	Southern Oregon Speechmasters
CL	3/20/2017	Rawlings, Taylor Jellum	MIME Speaks
CC	3/6/2017	Rhodes, Stanley L	Swan Island Toastmasters
ACS	3/1/2017	Richards, Natalie A.	Essayons Club
CC	3/10/2017	Riker, Daniel C	Portland Progressives
CL	3/28/2017	Salmon, Nathan P.	Spirit Trackers
ALB	3/5/2017	Schellenberg, Lyle W.	Bootstrappers Club
CL	3/12/2017	Shaw, Jo Anna	Jefferson State Toastmasters
CC	3/3/2017	Shepherd-Gaw, David	Early Words Club
CL	3/12/2017	Smith, Brent E.	Toasting Excellence Club
CC	3/10/2017	Smith, Ken W.	Flying Toasters Club
LDREXC	3/27/2017	Smith, Kenneth L.	Flying Toasters Club
CL	3/22/2017	Solberg, Thomas Roe	MIME Speaks
ACB	3/29/2017	Speaks, Sheree C.	Lebanon Toastmasters
ALB	3/21/2017	Stark, Jeffrey James	Tower Toastmasters
CC	3/28/2017	Svehaug, Alan R.	Politically Speaking
CC	3/21/2017	Taylor, Emilie	Milwaukie Talkies
CC	3/30/2017	Tuohy, Patrick	West Beaverton Club
CC	3/9/2017	Vasquez, Ezequiel	Hopemasters
CC	3/21/2017	Vilalay, Sourixay	Babble-On Toastmasters Club
ACB	3/21/2017	Walker, Marvin Lynn	Newberg Toastmasters Club
CC	3/13/2017	Wantz, James	New Horizons Toastmasters Club
CC	3/15/2017	Wright, Randy	West Beaverton Club
CC	3/22/2017	Zubrick, Marissa	Stagecoach TM

# Happy Anniversary to April Clubs

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

Charter Date	Years	Club	
4/15/2013	4	A-Dec	Newberg
4/1/1986	31	Clackamas Stepping Stones Tm	Milwaukie
4/1/1987	30	Communicators Plus	Bend
4/1/1970	47	Early Words	Longview
4/1/1959	58	Essayons	Portland
4/1/1951	66	Gresham	Gresham
4/1/1949	68	Hood River	Hood River
4/11/2006	11	I.R. Speaking	Wilsonville
4/18/2013	4	Lebanon	Lebanon
4/1/1996	21	Noon Talkers	Portland
4/30/1946	71	Oregon City	Oregon City
4/1/1935	82	Portland	Portland
4/1/2016	1	PTown Toasters	Portland
4/2/2002	15	Redmond Area	Redmond
4/1/1939	78	Salem	Salem
4/30/2014	3	Toastmasters of the Universe	Portland
4/1/1986	31	Transtasters	Salem
4/1/1999	18	University of Oregon	Eugene
4/2/2002	15	Wafermasters	Camas
4/1/1965	52	Yaquina	Newport

A special shout out to  
Essayons, Gresham,  
Hood River, Portland,  
Salem, and Yaquina who  
passed the half-century  
mark!



## APRIL

### 22

Last Day for Division level International Speech & Speech Evaluation Contests

Division B Speech Contests @ 10:00 AM – 1:00 PM Division Speech Contests

Southern Division A International Speech and Evaluation Contest  
@ 12:00 PM – 4:00 PM Jacksonville Oregon Library

High Desert Division International Speech & Evaluation Contests  
@ 1:00 PM – 4:00 PM Downtown Bend Public Library

Sunset Division (H) International Speech and Evaluation Contest  
@ 1:00 PM – 4:00 PM Beaverton Library - Room B

### 24

Directors and Trio Call

## MAY

### 1

Beat the Clock membership-building program

### 5

Friday Night Pre-Conference with Cathey Armillas @ 6:00 PM – 9:00 PM  
Oregon Medical Association, 11740 SW 68th Pkwy #100, Tigard, OR 97223

### 6

District 7 Spring Conference – Your Road to Extraordinary @ 7:00 AM – 6:00 PM  
Al Kader Shrine Center, 25100 SW Parkway Ave, Wilsonville, OR 97070

### 22

Division Calls with Trio @ 7:00 PM - 8:00 PM

### 26

Division Calls with Trio @ 8:00 PM - 9:00 PM

### 31

Corrections to second-round club officer training reports

End: second-round club visits

Due: second-round club visit reports

# April - May 2017





## Nominated District 7 Officers 2017-2018

District Director:  
Donna Stark, DTM

Program Quality Director:  
John Rodke, DTM

Club Growth Director:  
Emilie Taylor, DTM  
Lyle Schellenberg, ACG, ALB

Division A Director:  
*No Candidates Interviewed*

Division B Director:  
*No Candidates Interviewed*

Division C Director:  
Lynda Sloan, ACG, CL

Division D Director:  
*No Candidates Interviewed*

Division E Director:  
Jacqueline Bakke, ACS, ALB

Division F Director:  
Paul Fanning, ACG, ALB

Division G Director:  
Kendra Duby, ACB, ALB

Division H Director:  
*No Candidates Nominated*

Division I Director:  
Faye Phillips, ACS, ALB

### Leadership Committee

Scott Stevenson, DTM, Chair  
Larry West, DTM  
Allan Edinger, DTM  
Ann Snelling, DTM  
David Johnson, ACS, ALB  
Gary Schmidt, DTM, PIP  
PJ Kleffner, DTM  
Patrick Locke, DTM  
Ginger Killion, ACS, ALB  
Pat Lynch, ACB, ALS

Nominations will be taken from the floor during the business meeting. All floor candidates must:

- I. Sign the Toastmasters International Officer Agreement and Release Statement.
- II. Submit a completed Candidate Biography Form and photograph.



# 2017-18 District 7 Candidates

## Office: District Director

### Donna Stark, DTM Candidate for District Director

I consider it an honor and a privilege to be nominated to serve as your District 7 Director in 2017-2018.

My Toastmasters journey started as a charter member of Downtown Public Speakers in Eugene. Mileposts along the way have included most club officer roles, Area Governor, Division Governor, DTM, Division Director, Pathways Ambassador, and I am currently the D7 Program Quality Director. The best part has been the people I've had the pleasure of sharing this journey with. The leadership roles and my fellow Toastmasters have provided a rich learning experience to help prepare me for the role of District Director.

It's an exciting time to be a Toastmaster in District 7. The rollout of the updated educational program has begun and we expect Pathways to arrive in D7 in the very near future. My goal is to help our district embrace the inevitable change as a wonderful opportunity to enhance every Toastmaster's membership experience.

I believe in the power of the Toastmasters program. I'm grateful for what the program has done for me, and my passion is watching new members discover their own voice and leadership potential. My vision is that every Toastmaster's experience includes the full range of growth opportunities that the Toastmasters program provides. Toastmasters —Where Leaders are Made!





# 2017-18 District 7 Candidates

## Office: Program Quality Director



John Rodke, DTM

Candidate for Program Quality Director

Toastmasters enthralls my heart and imagination when I see the look of awe on a members face as they overcome a fear, try something new, and grow in the process. This is my why for Toastmasters. As Program Quality Director, my goal is to help create more of these experiences for our members through growth oriented training, engaging events, and dynamic support.

Toastmasters focuses on creating exceptional leaders and communicators. We have a proven program that works, if it is effectively delivered and understood by our members. I believe that providing the proper actionable, informative, and engaging training at each level of leadership is essential to enable our members to thrive.

The new Pathways Education Program is on the horizon. We should be starting it before fall. It provides an amazing growth opportunity for our organization. Coupled with this growth is the potential for some chaos as new challenges arise. I look forward to working with you to navigate through this upcoming constructive chaos that will push us out of our comfort zone, and into our growth zone.

I have the honor to serve as your current Club Growth Director. I stepped up in January from Division B Director to fill the role. It has been a wild and fun opportunity. Thank you for your support as I gained my sea legs, and helped our District grow. New clubs are blossoming due to the hard work of many driven Sponsors and Mentors. I have had a blast encouraging those efforts. We have struggling clubs who have challenged the imaginations of my Club Coach team and myself to help them regrow. This rewarding opportunity has been amazing. Thank you to the Coaches and members who have inspired me through their service driven leadership.

In my 7 years of Toastmasters, I have gained wisdom from thousands of generous storytellers. They helped me grow from an awkward and shy speaker, into a dynamic leader, presenter, mentor, and lifelong student. Receiving my DTM was a tremendous honor. It finished one chapter, only to create a multitude more where I help support, grow, and positively influence my fellow Toastmasters, and the members of my community.

In District Leadership, the growth within our members is what matters. As Program Quality Director, I will work with teams to create dynamic meetings and events that provide positive value to our members during every Toastmaster experience. This growth creates a huge beneficial impact on our world!

Join me in this effort by support my candidacy for your 2017-2018 District 7 Program Quality Director.





# 2017-18 District 7 Candidates

## Office: Club Growth Director

Emilie Taylor, DTM  
Candidate for Club Growth Director



### Values

Integrity, dedication, and inclusiveness applied to every action and opportunity.

### Experience

Already actively developing clubs; Willamette Division Director; Area Director; mentored new club and struggling clubs; realignment committee member. Work: Federal and state grants manager and grant writing. Non-profit organizations and educational institutions.

### Passion

Inspired by growth in myself and others. Brings FUN and contagious positive energy. Focus on TEAM building.

### Building and Maintaining Clubs

Beyond the requirements of building and maintaining clubs, I want to be sure that individuals, communities, and corporations have Toastmasters available at the right time in the right way to serve them.

### District Office

In order to be most effective, I look forward to working with existing teams and forming new teams. Doing so, allows for effective and rapid response to clubs' needs and requests.

### New Opportunities

With the introduction of Pathways in 2017-2018 in District 7, new target markets will open to new organizations and generations. Marketing to these new groups is important. Supporting and energizing core membership is vital.

### Bottom Line

Toastmasters changed my life! Now I want to share my ideas, make a difference, and be of service.

2016 District 7 Rookie of the Year  
2017 Triple Crown Recipient

*Emilie T.*



# 2017-18 District 7 Candidates

## Office: Club Growth Director



**Lyle Schellenberg, ACG, ALB**  
Candidate for Club Growth Director

The members of District 7 will soon be deciding on whether or not I will make an outstanding choice for the district's Club Growth Director. To accomplish this task you the member must know more about me and why you should place your confidence in my abilities. Before I list my background, let's start by focusing on three main aspects of the position.

The first major action once assuming the Club Growth Director's position will be to develop a district marketing plan. I will put together a marketing plan by recruiting a team to help draft a new marketing plan and set goals for my term.

The second major action item would be another team effort to develop a strategy to support clubs that are bordering on dropping out. My philosophy is that preventing the loss of clubs by providing support is essential. Each lost club requires a new club just to maintain the same number of clubs.

The third action item that I would focus on is starting new clubs. Once again this will require a team approach. Once a perspective club is identified, I would suggest following up in an accelerated manner. This is important as a group's interest can diminish, when the process drags out over a long period. Maintaining the enthusiasm is essential during the startup. I believe that the club sponsor and club mentor are key to developing strong new clubs and the role of the Club Growth Director is to provide ongoing support to these key roles.

You might be asking about what skills and accomplishments Lyle brings to the position. That is a valid question with a long, long, long answer. Therefore, let's proceed with the condensed version. I am a successful international business person. Growing one's business to the international level is a significant accomplishment that took a team effort. I have experience as a founding member and President of NUCA, an Oregon & SW Washington trade association. I have served as the National President of NUCA, based in Washington D.C. On two occasions, I provided testimony before congress. I was appointed by Governor Kitzhaber to be a representative for a four year term on the OUNC state board. Over the years, I have served on numerous committees and task-forces, focusing on marketing, membership, contracts, industry best practices, negotiations, and strategic planning, just to name a few. Lastly, I hold a bachelor's degree in business.

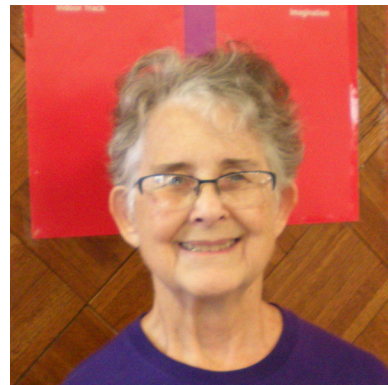
As an early retiree, I have the time, experience, and desire to focus on the duties of Club Growth Director: marketing, supporting existing clubs, and building new clubs. I hope that you now know more about me, I will gain your trust & support.



# 2017-18 District 7 Candidates

## Office: Division C Director

Lynda Sloan, ACG, CL  
Candidate for Division C Director



People join Toastmasters for a variety of reasons: they want to overcome a fear of public speaking, they want to improve leadership skills, they are looking for a career change, or someone else talks them into it because they can see it will help the person overcome a natural shyness. I was talked into joining Toastmasters for the last reason – I am naturally shy. I am not a “born leader”. I don’t have lofty goals. I do, however, plan to work with the area directors to help them succeed in their goals to have distinguished clubs and areas. If I can succeed in that, my division will be distinguished as well.

I have been a Toastmaster since 2002 as a member of Flying Toasters. I have served that club as President, Vice-President Education, VP Public Relations, and VP Membership. This year I am serving as Area 42 Director, and have previous stints as governor of areas 41 and 42. During this year as Area 42 Director, three of the four clubs in my area will or have already achieved President’s Distinguished status. The fourth club is struggling and I am working with them to be re-ignited and regain their former distinguished status. One of my goals for the coming year is to assist the new area director in making this club strong again.

I want to help Toastmasters continue to grow and become known in the community. One of the ways I have been doing this is by coordinating Youth Leadership Programs. This year I have conducted two sessions with a group of home-schooled high school students. My home club, Flying Toasters, sponsored this group. I have had a wonderful time with this group of 15 youngsters who made some good growth in the program and I think I made some life-long friends.

One of the areas of Toastmasters I enjoy is helping new members get acquainted with Toastmasters tools and procedures, so I have mentored several people, including a member not in my own club. As the division director I will enjoy mentoring the area directors and I will look for ways to encourage and support them fully as other division directors have done in the past.

If I am elected as the Division C director, I will do my very best to model the Toastmasters promise and to help our district shine by having a distinguished division.





## 2017-18 District 7 Candidates

Office: Division E Director



Jacqueline Bakke, ACS, ALB  
Division E Director

**No Information Provided**



# 2017-18 District 7 Candidates

## Office: Division F Director

Paul Fanning, ACG, ALB  
Candidate for Division F Director



I have had the pleasure of being a Toastmaster since 2009. There are several things I have observed through the years since I joined that I would like to basically call “my platform” as a candidate for Division “F” Director.

First-we are communicators. We all joined Toastmasters to improve our communication skills through public speaking-both “manual” speeches as well as impromptu speaking. Toastmasters International excels in promoting these much-needed skills through the various competency manuals as well as District and Division events. Yet it is my observation that the average club, although often award winning and communicating well within the club, does not participate or “communicate” to their area and division leadership their needs and wants as well as not relating their successes. We need to hear from you, and open communication to a two-way street-not just “down” to a club, but “up” to leadership. The Area Directors are vital communication links and should be instrumental in the communication process.

Secondly-we are evaluators. Often, I have been told the only way “is the Toastmaster Way.” What does that mean to your club? I seriously believe that Toastmasters need to work for you, not you for Toastmasters. It needs to meet you club member’s needs and goals. It should be what have you been able to achieve, what goals did you want to meet, and what success have you measured. Yes, we have the overall DCP goals, etc. But let’s take to time to evaluate our club members and shape our club goals and objectives to meet their needs in a method that creates success, openness and achievement from the club level up.

Thirdly-we are leaders. Every club meeting has a series of leadership roles to fulfill. Each club has an officer/executive committee leadership team. We need to train every Toastmaster on the club, area and division levels as well as the District. We need to identify good “trainers” from successful clubs that can be used to convey “real world” experience and “this is how it works for us” at every Toastmasters Leadership training session. I would like to see multiple sessions in our division in 2017-18 meeting those needs and if practical, hands-on and club life changing training.

Fourthly-PDX or the Downtown Division has unique challenges with three clubs meeting in one building and the need for new members. I would love to explore with a development team some suggestions and methods for recruiting new members and exposing the public to Toastmasters through dedicated events, increased awareness and even better visibility in the downtown area.

Lofty goals-of course. Are they a challenge-no doubt. But I honestly believe that with a great area director leadership team, and club involvement in area councils these can be achieved-and we all can and will be successful Toastmasters, winners and achievers in 2017-18.



## 2017-18 District 7 Candidates

### Office: Division G Director



Kendra Duby, ACB, ALB  
Candidate for Division G Director

What a journey this has been! When I joined Toastmasters in 2014 to increase my comfort with public speaking I had no idea what I was getting myself into. I had no idea I would be gifted with the opportunity to develop my creative writing skills. I had no idea I would be gifted with the opportunity to develop my performance evaluation skills. I had no idea I would be gifted with the opportunity to develop my leadership skills. The opportunities are endless, especially in a volunteer organization, and it is up to each of us to determine how we shall take advantage of these gifts. I have previously served Toastmasters in the capacity of club officer (VP of Education, VP of PR, VP of Membership) and Area 84 Director. I see now before me the opportunity to support the Northern G Division. This is my gift to you, fellow Toastmasters. If you see fit to elect me to this position, I will use my skills to support this division. My goal for the next year centers around membership, to sustain current clubs and develop new ones. The world is an ever changing place and Toastmasters must adapt and change along with it. My vision is to encourage each club to embrace the electronic age and create an online presence that provides potential and existing members with easy access to information and to each other. Like you, I believe that Toastmasters has incredible gifts to share with the world. I want to make sure that the world can find us. I appreciate all of those Toastmasters who have shared their gifts with me and I look forward to the opportunities the future brings.





# 2017-18 District 7 Candidates

## Office: Division I Director

Faye Phillips, ACS, ALB  
Candidate for Division I Director



Division I, the High Desert Division, covers a lot of beautiful real estate in central Oregon and northern California. The Division consists of three Areas. Two of the Areas have only three Clubs, with one having four Clubs.

The description of the Division presents an outline for my goals as the 2017-2018 Division Director for Division I. My goal is two-fold: strengthen the Areas and start more Clubs. The goal must encompass both of these points.

It is pointless to neglect the clubs we have while trying to build new clubs. That is like a business driving off its current clientele while attempting to gain new customers. It costs more and takes more effort to attract new customers than it does to do the things that are needed to keep the customers you already have. The same goes for Toastmasters Clubs.

While it is important to keep and strengthen the Clubs we currently have, it is also important to grow new Clubs. The Division has the minimum number of Areas to be a Division, and two of the three Areas have the minimum number of clubs to be an Area. If we lose one Club in either of those two Areas, it not only affects the local members and the Area, but also affects the Division. I would like to see each Area add a new Club in the next year.

There is no way I can accomplish the above-stated goals myself. It takes a TEAM (Together Everyone Achieves More). I will be relying heavily on the help and support of the Area Directors and the Club Presidents to make this happen. **CALL TO ACTION:** Dedicated Toastmasters in Areas 10, 11 & 12, please step up now and volunteer to be an Area or Club leader!

It has truly been said that if you fail to plan, you plan to fail. Without a plan, how can you possibly reach your goal . . . if you even have a goal. Planning is hugely important. Implementation is also important. What good is a plan if it is not implemented? Toastmasters has done much of the work for us. TI has conducted extensive research and has developed the DCP Program as a result of that research. District 7 has a year-at-a glance plan to help is keep on track for when club visits, dues payments, contests, officer training and such need to be done. All it takes is fine-tuning the program at Division, Area and Club levels. Let's take this Plan and make it our own and **RUN WITH IT!**

Speaking of running, if you haven't guessed already, I am running for Division Director of the High Desert Division for the 2017-2018 Toastmaster Year. I would appreciate your vote!

# 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