Voices!

One Community
Many Voices

District 7 Toastmasters
May 2017

Page 24

District 7 Conference Recap

EDITORIAL

Time is Slipping Away

by Phyllis A. Harmon, DTM
Editor/Publisher

Another Spring conference completed successfully with Quint Crispin and Alexis Mason emerging as our International Speech and Speech Evaluation champions, a new (or not-so-new) slate of district officers elected for the 2017-18 year, and one more year of Toastmasters is marching towards June 30th and year end.

Seems like we just started this year! I'm reviewing what club and personal goals I've accomplished and what I have left to do by June 30th. Seems to me that the check marks in my completed column are greater than my "still to do" list. My home club finally got their 20th member and President's Distinguished status again. My other clubs are working their way towards having enough new members to qualify for the Distinguished Club Program and Distinguished or better.

It's been a tough year for membership retention and growth throughout the district, but as of today it looks like our numbers are beginning to recover. With six weeks still to go, I have confidence that we will continue to work towards our goals and that we can attract new members who see the value Toastmasters can bring to them.

Personal goals? I'm pleased that more and more people are enjoying *Voices!* as our third year in production rolls to a close. I earned my third DTM, coached several people towards their own goals, and will complete my pledges by June 30th.

What about your club and personal goals? Are you still working on them? There is still time left this year to complete what you started. Six weeks is a lifetime in some circumstances.

Need to finish a few more speeches? Consider visiting other clubs and getting your name on their agenda. Same with meeting roles. Your club needs one or two new members to meet their goals? Who have you reached out to and invited to a meeting? How about a blended meeting with people dialing in via Skype or similar programs? All routes are possible. All you have to do is give it a try!

Six weeks is all you need to finish what you started. Begin now—time's slipping away.

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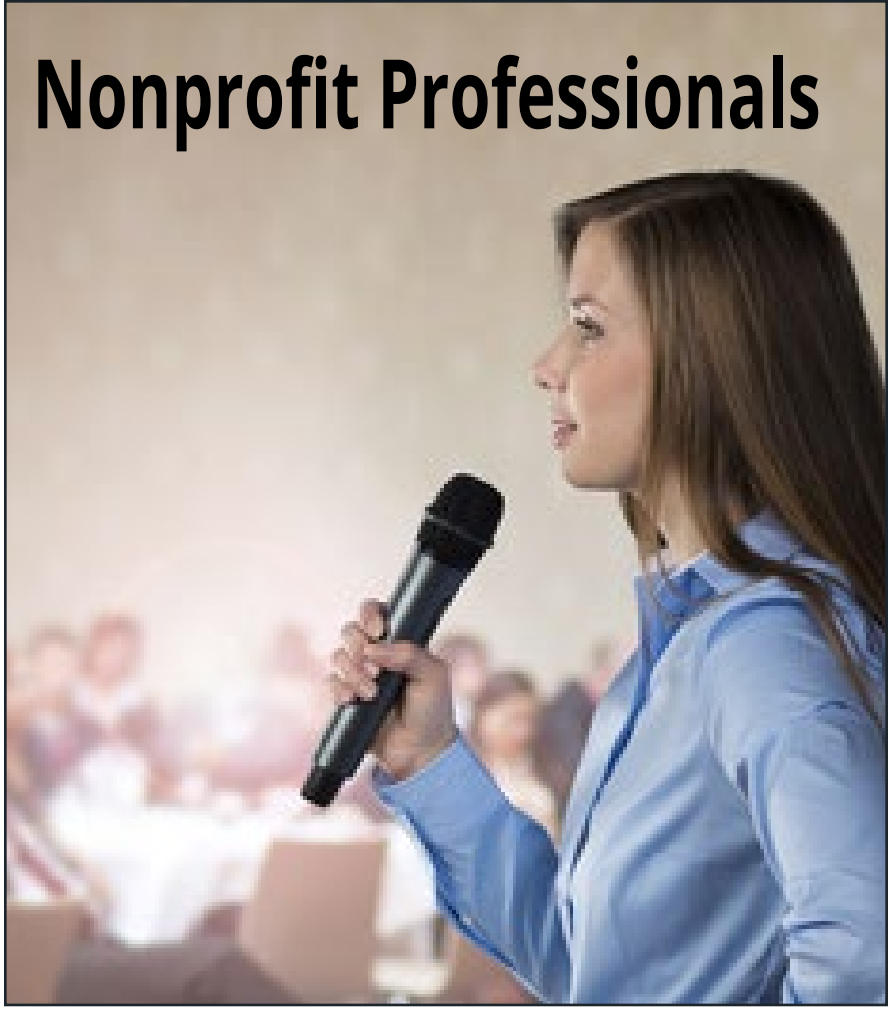
TOASTMASTERS INTERNATIONAL

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
davidw@linesforlife.org
(971) 244-4637

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

TOASTMASTERS INTERNATIONAL

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Speech Champions

Interviews wth Quint Crispin and Alexis Mason

by Phyllis Harmon, DTM

On May 6, 2017, two District speech champions were chosen by the judges at Your Road to Extraordinary, *the District 7 Spring Conference. Quint Crispin, International Speech champion moves on to compete at the world semi-finals on August 24th in Vancouver, BC. Alexis Mason emerged as the 2017 District Speech Evaluation champion. Her on-point evaluation of the target speech,* Say It Like Gale, *presented by Dean Klaus gives her bragging rights until the next Spring Conference. Quint and Alexis agreed to answer a few questions for the May issue of* Voices!

Quint Crispin joined Walker Talkers in 2009, and is serving as the club's VP Education.

What brought you to Toastmasters?

I joined Toastmasters because I was tired of the sick feeling in my stomach and sweaty palms every time I gave a status report at work. I put off visiting a club for two years because why on earth would I want to do more of what was making me ill? I should have joined much sooner.

I can't believe how miserable I was worrying about speaking in public. Just this year I felt some of those feelings returning at a higher-level meeting, and I made a personal commitment to do more speeches and enter the International Speech Contest. You might say it's a 'winning' formula.

How has it helped your career?

Toastmasters has enhanced the quality of my interactions both in meetings and one on one. The impromptu Table Topics sessions are great practice for those "hey, what are you working on" questions in the hallway with zero time to prepare. I've also encouraged several coworkers to join Toastmasters which benefits my employer as well as the club.

How has Toastmasters helped you personally?

Being less stressed at work means I'm less stressed when I get home. Additionally being a club officer has pushed me to improve my people skills which come in handy dealing with family issues.

What is your process for developing a speech idea?

When an idea for a speech pops into my head I try to enter it in my smartphone or scribble it down before I forget. I'm watchful for changes in my perception that could be crafted into a message for others. Starting with something that's relevant to me means I'll be more engaged as I write and deliver it.

Quint Crispin

What has helped you most to develop an award winning speech?

Fully committing to the process, but that brings with it a host of things: researching books on comedy, visiting other clubs to speak and get feedback, recording yourself each time and reviewing it and being willing to make tweaks when individuals are offering the same suggestions.

As you practiced your speech for competition, how did you keep it fresh and not sound over rehearsed?

I've asked this question of many seasoned speakers and the answer is anything but straight-forward. The goal is to maintain a conversational

style, like meeting a friend for lunch, but that's difficult to do on stage for the 10th time. I used to view the audience as one big mass of people but now I make an effort to acknowledge the individuals and their reaction to me. Stage fright tends to lock you up in a way that prevents you from experiencing your audience's feelings. Opening yourself up to their emotions can help calm your nerves and enhance your stage presence.

On the day of competition, what's your favorite way to prepare for your seven minutes on stage?

I give myself plenty of time to get there, casually find my way up front to see what the room looks like from that perspective (multiple times if possible) and don't dwell on the speech like it's a pending dental procedure. I try to think of it like anything else I have to do that day; going to the grocery store, making dinner, whatever. Also I only run through the speech once or twice in my mind just to prove to myself it will be there when I need it.

What do you do for relaxation? Favorite foods? Tell us about Quint – what makes you tick?

I have a passion for tinkering and creating things you can't buy in a store. It helps me be a good engineer but has also led to some interesting home projects. Two summers ago my kids and I turned their little red wagon into a solar-powered electric go-cart. Then we built an automated water rocket launcher like the one at OMSI that launches 2-liter bottles. Last year we built a set of articulating dragon wings for my daughter's Halloween costume that runs off CO2 canisters. This year I built a smoke-ring cannon for a school science fair that had kids lined up all night to try it out. I always wanted to do those things as a child so it's rewarding to be that source of inspiration for kids now that I'm an adult.

My wife and I will be celebrating our 20th wedding anniversary in June and we're looking for some place special to go.

After my District 7 win, we decided we'd take a few extra days in Vancouver, B.C. for our anniversary no matter the outcome of the contest, but it would be an extra special celebration with a world championship trophy!

How have you used the skills learned

Alexis Mason joined Toastmasters in 2000. She is a member of three clubs: Leaders Edge, Clark County, and Thrill of the Quill. She is currently the club president for both Leaders Edge and Thrill of the Quill. Alexis served as the 2006-07 District Governor.

Why did you originally join Toastmasters?

I attended my first Toastmasters meeting because my husband Dave Mason invited me to come listen to one of his speeches. I believe this is still the best way to encourage a friend or family member to check it out. We were both retired, but we had committed to learning something new together every year. This seemed like a good fit, particularly since I was self conscious and didn't want to live out my life feeling uncomfortable in social situations.

to advance your communication and leadership skills over the years?

Nothing I am doing now would have been possible without Toastmasters and the safe environment I experienced while I was working on "getting over myself". I now identify as a professional speaker, author, professional storyteller, business coach and most recently an Uber driver.

What do you look for when evaluating a speech?

Evaluating a speech during a club meeting and evaluating in a contest setting are vastly different. In a club meeting, depending upon the skill level and experience of the speaker, one or two practical suggestions that can be applied to the next project feels about right. Overwhelming someone with a laundry list of suggestions is not effective. In a contest setting, in which 30% of the possible points are based on recommendations, I do offer more.

How do you decide what elements to include in your evaluation?

There is a big difference between observations and recommendations. Merely pointing out to someone that they tended to meander, for example, is not a recommendation and would be worth 0 points on a judging form. Following up the observation with a recommendation and perhaps even modeling more effective use of the space is better, worth some points, and more helpful to the speaker.

Could you give our readers one or two tips about competing in an evaluation contest?

I think the most important element of any evaluation, whether it is at a club meeting or in a contest, is affirming what the speaker does well. Appreciation for a job well done, along with something practical for the speaker to add to their personal tool box, and some remarks about the ways in which you were impacted by the speech are added bonuses. I like to comment on the speaker's use of language, pointing out great imagery, vocabulary, and moments of humor as well as some emotional tugs, depending on the content.

Tell us about Alexis – favorite foods?

Hobbies? What do you do for fun?

Dave and I live in a retirement community in Vancouver, WA, in a cottage on the premises of an independent senior community. It's perfect for us, since it has a little space where I can garden without knocking myself out.

We are still learning something every year. This year we are going to be exploring northeastern Oregon in July, visiting the Wallowa Wilderness area around Joseph, Lostine and that part of the state.

As far as favorite foods go, I can't think of anything I would not eat, but my favorites are whatever just came into season.

I love to read and write. I enjoy my clarinet which was one of those new somethings years ago. I like to sing, too. My personal new learning for this year is knitting. I'm really excited about that. Life is fun and if it isn't, my mom would say I'm not doing it right.

Don't forget to elect 2017-2018 club officers and update your officers list with Toastmasters International by June 30, 2017

AS I SEE IT. . .

Time to Say Thank You

by Leanna Lindquist, DTM—District Director

One of the greatest strengths of the Toastmaster Program is its volunteers. Every member is a volunteer at one time or another. Volunteering starts at the club level when someone signs up to give a speech or serve as a functionary. People who wish to take their volunteerism to the next level become club officers. When you walk into a club meeting and the roles are filled, the agenda is printed and the room is set up, you can thank a volunteer.

If you have attended an area or division contest, thank your Area Director. Area Directors serve as liaisons between the club and the District. During the area visits they share deadlines, conference and training information.

Area Directors are required to visit clubs twice a year. Many visit clubs multiple times providing training and support to strengthen the club. Dawnette Hale is the Area Director for Rose City Toasters, a prison club. Read the follow up to her recent article in this issue of *Voices!* See how she goes above and beyond to help her clubs. Thank you Dawnette.

If you have attended makeup training you can thank your Division Director. These volunteers are responsible for supervising, inspiring, and making sure your Area Director has the information needed to be effective in the role. They make sure there is a Division Contest and club officer makeup training. Directors commit to a full year of volunteering. Some drive 100 miles one way to visit their clubs. Directors are the people who help guide our ship. Thank you to all our Directors.

If you have attended TLI, walked in the door, registered, and grabbed a hot cup of coffee you can thank a small army of volunteers. They are at the front door at 6:00 am schlepping in equipment, arranging chairs and putting out food. Connie Smith, our Hospitality Chair, unloads her car stuffed with bins of cups, plates, silverware and yes, that hot coffee I mentioned earlier. Prior to TLI, presenters have been recruited, facilities secured, and the word has been spread. Thank you to our Program Quality Director and team.

If you have attended a District conference you can thank a conference chair and another small army of volunteers for showing up at the door at 6:00am. Registration has been expertly handled by P. J. Kleffner for as long as I can remember.

It's a challenge, as members are registering at the last minute and P. J. is printing badges into the wee hours of the morning. Jerry Kleffner expertly handles our proxy votes making sure there is a quorum for our business meeting. Planning for a conference begins months ahead of time. A space is secured, speakers recruited, food ordered, and all the other details required to put on a conference are managed. Thank you Lisa Hutton, Spring Conference Chair.

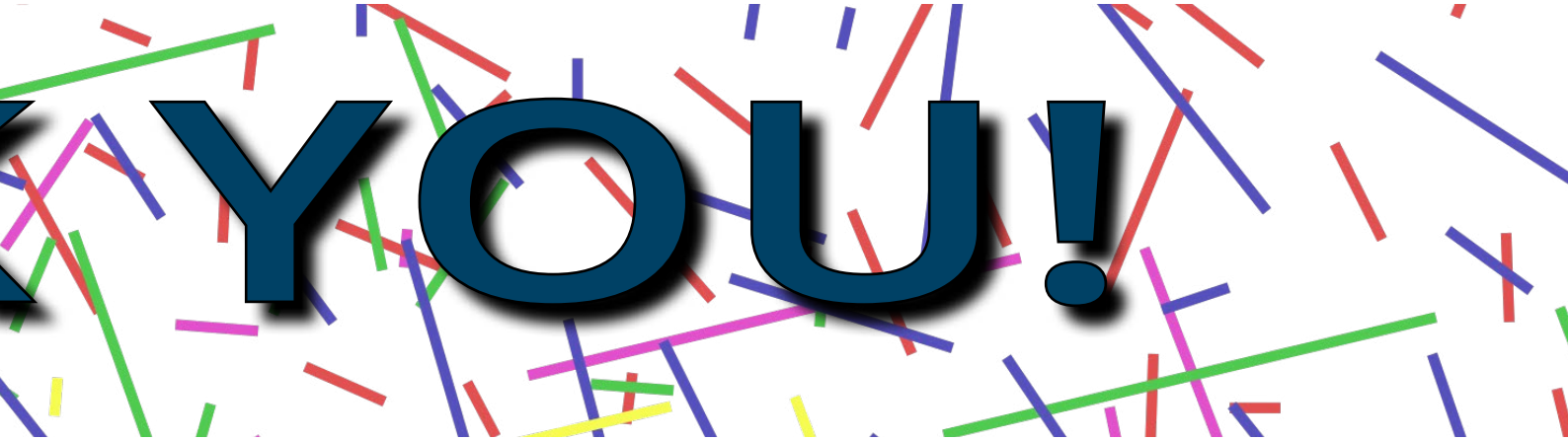
If you have have read *Voices!*, requested a custom flyer, or learned about promoting your club to the community, you can thank Phyllis Harmon, our Public Relations Manager. Phyllis can be seen all over the District, and the world for that matter, as she is in an online club. She puts on workshops, webinars, videos presentations, writes press releases, and shares her wisdom about how to bring guests into your club. Thank you Phyllis for your many years of service.

If you have seen transit ads, attended trainings, received an award or tuned into a Webinar you can thank our Finance Manager Jill Ward for helping us stay on budget. Toastmasters International has a rigorous system of checks and balances when it comes to managing the funds of the District. Jill is at the core of it all. She writes and submits our reports and keeps track of the bottom line making sure we comply with all the rules. Thank you Jill.

If you have read the minutes from the District 7 Business Meeting you can thank Administration Manager Rodger Cook. His accurate recording of actions taken at our business meetings guides our District from year to year. Meeting minutes are required for all 501 C-3 non-profits. In addition, Rodger is our Club Extension Chair. When anyone contacts TI about starting a new club Rodger is the first contact. His prior career in sales has served District 7 well. Thank you Rodger for selling our program.

If your club has a coach you can thank Allison Bennett, our Club Coach Coordinator. Allison has reenergized the program. Club coaches are trained to help clubs help themselves. She works to match coaches with clubs for a successful outcome. Thank you Allison.

The big picture for the District is managed by the Trio, made of up the Club Growth Director, Program Quality Director and District Director. When you add the role of Past District Director, it's a four-year commitment. Trio members have already served as a club president and held one or more District Leadership roles. It's a big volunteer commitment, one that comes with its challenges and its rewards. It requires teamwork, time management skills and lots of on-the-job learning. Thank you Donna Stark and John Rodke for stepping up to the challenge.



As this Toastmaster year draws to a close and a new one is about to begin, I wish to express my heartfelt thanks to all of you who volunteered your time and talent to mentor new members, start new clubs, spread the word, hold club and district offices and the hundreds of other acts of volunteerism, both large and small, that happen around our District every day. I hope you have found fulfillment in volunteering. I know I have. I encourage you to volunteer at a level that works for you. Our volunteers are our strength.

FROM THE DESK

It's About the People

by Donna Stark, DTM—Program Quality Director

A newer member in my home club recently asked me why the Distinguished Club Program matters. Why do we care about being a Distinguished Club?

Here's what being a member of a distinguished club means to me:

- Participating in the DCP encourages best practices. Speeches are based on manual projects, focused on learning and improving specific presentation skills. Members working through the Competent Leadership manual perform their meeting roles more effectively. This results in a better club atmosphere and experience for all.
- There are enough members to cover meeting roles. There are eleven roles to fill on our agenda each week, plus room for three to five Table Topics speakers. We're a lunch time club. Many of our members work in the area and sometimes, work happens! Maintaining our membership numbers at charter strength or better gives us the flexibility to miss a meeting and still fill the agenda without members taking on multiple roles. Toastmasters is supposed to be fun. Burnout isn't fun.
- There is visible growth in speaking and leadership skills in members that work the program. They become more effective communicators with increased confidence. They become leaders in the club, in the work place, and in the community. Being around people who are improving themselves is motivating!
- Our club officers are trained for the roles they perform. Education awards are submitted promptly on behalf of members. Dues are paid to maintain the good standing of the club and the members.

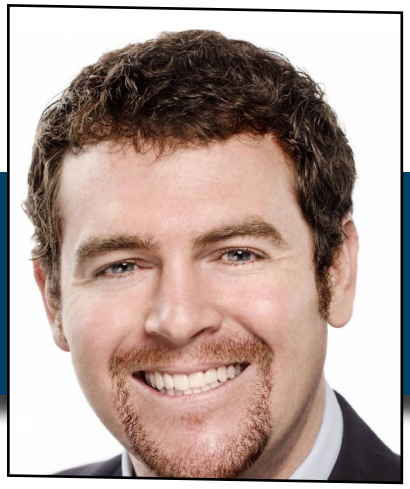
I'm busy. We're all busy. If we're going to take the time to attend a Toastmasters meeting, why not make the most of it? If the meeting experience is mediocre, or worse, members won't stay and guests won't join. It becomes a challenge to fill roles at meetings. Members speaking and leadership growth slows.

For me the focus isn't on our club being distinguished. My focus is on creating the maximum growth opportunity for our members. Achieving the DCP goals is a natural by-product. To borrow a quote from log-time Toastmaster Janice Hallmark, "It's the program that brought me in. It's the people that bring me back." Seeing new Toastmasters blossom is a big part of why I stay in Toastmasters!

FROM THE DESK

Well Done!

by John Rodke, DTM—Club Growth Director



Spring of 2017 has been a blast! It has been my pleasure to see members grow, take on new challenges, and having fun in Toastmasters!

Spring Conference was a wonderful experience. Excellent competition, enlightening presentations from Cathey, and inspiring breakout sessions. A huge thank you for those who orchestrated the event and for the members who attended. Please pass on what you learned to your clubs.

Abundant opportunities are available to develop your leadership and communication skills:

Area Directorships—We have a slate of nine experienced and enthusiastic Division Directors to work with. Area Directorship teaches you how to serve, and lead, large groups of people to success, with a strong team to support you. I encourage you to step into this role and grow as a leader. If you do not feel ready for this, we are creating two support positions as Assistant Area Directors. This will give you the chance to shadow the role so you will thrive at it in the future.

Pathways Guides—Everybody, with a Competent Communcator award and above, received an email letting you know about this opportunity. Adele will have more information on this role.

My deepest thanks to the excellent leaders currently working to keep our Distirict vibrant as Club Coaches, Sponsors and Mentors. We are experiencing a plethora of success with clubs chartering this year. These roles are a great way to share your Toastmasters experience with others, grow as an empathetic leader, and create positive impact for the future. Revitalizing a club, getting one started, and establishing/maintaining a powerful, dynamic, and life changing culture, are amazing experiences every Toastmaster should take advantage of. You will grow by leaps and bounds. We would love to share your wisdom and energy with our clubs and community to keep our District Thriving.

Congratulations to our new Club Officers. I hope you are ready to attend our TLI (Toastmasters Leadership Institute) at Wilsonville High School on June 3rd. This event will provide actionable steps for success in your experimental laboratory of a club.

Experimental Laboratory? Yes, the club is where we get the chance to try out new stories, communication methods, and ideas to help our members grow. I hope you are excited about this opportunity.

It is my honor to move forward as your Program Quality Director. I am inspired to be working with an amazing team of motivated individuals to create an exceptional member experience as we all get out of our comfort zone, and into our growth zone.

Two questions:

- How are you growing in Toastmasters?
- Will you join us in leading our District to success?

Adventuring with Vocal Variety Playshop

Allison Bennett, DTM
Playshop Provider

The fastest way to cultivate and practice vocal variety skills

Allison Bennett is a Club Coach Director, Stage & Speech Coach, Distinguished Toastmaster, and Innovative Consultant

Fun! Laughs! Ah Ha Moments!

When: June 2, 2017

Time: 6:30-8:00pm

Where:
Good Samaritan Hospital
1st Flr Conf Rm Med Bldg 2
1040 NW 22nd Ave
Portland, OR 97210-3057

TOASTMASTERS INTERNATIONAL

Join

Free Event

hosted by Competitve Speakers PDX

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
New Horizons
Silicon Forest
Swan Island
Vancouver Toastmasters
Wallmasters
West Beaverton

Select Distinguished

Clackamas County
Clackamas Steppng Stones
Eco-Voices
Electric Toasters
Noon Talkers
Professionally Speaking
Toast to US
Toasting Excellence
Yawn Patrol

Distinguished

Banfield Barkers
Flying Toasters
Gresham
Multco Toasties
Nano-Mated Speakers
Sherwood Town Criers
Speakeasy
Sunrise Toastmasters

Toastmasters Leadership Institute

Wilsonville High School, Wilsonville, Oregon

June 3, 2017—7am-2:15pm

Calling all leaders to Toastmasters Leadership Institute (TLI) at Wilsonville High Shool on Saturday, June 3, 2017. There's something for everyone at TLI: Club officer training, breakout sessions, and our featured keynote speaker, Diane Allen.

The ever-popular potluck is back! Bring something to share for breakfast or lunch. Or—feel free to bring your own brown bag. There will also be coffee and tea available during the 7:00 - 8:00 registration hour.

7:00-8:00am	Registration & Breakfast
8:00-8:15am	Welcome
8:15-9:00am	Keynote Speaker Diane Allen *Magnetic Influential Leader*
9:00-9:15am	Distinguished Club Program
9:15-9:30am	Break
9:30-10:30am	Breakout Educational Sessions
10:30-10:45am	Break
10:45-11:45am	Breakout Educational Sessions
11:45-12:45pm	Lunch
12:45-1:00pm	Int'l Speech Contestant Prep
1:00-2:00pm	Pathways
2:00-2:15pm	Awards, Wrap-up, Announcements

REGISTER TODAY

Open to All Toastmasters
Free Event

Tell Me a Story Toastmasters

Join us — June 6, 2017

Tell Your Story with Impact and Purpose

Great storytellers entrall, entertain, and engage their listeners. They take the audience on an emotional rollercoaster ride that leaves them eager for more. In ths workshop, you will discover and practice a simple formula that can help you bring your stories to life!

Phylls Harmon, DTM

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!

tellmeastorytoastmasters.org/

JOURNEYS

Scott Stevenson – Success is Available Through Toastmasters

by Brinn Hemmingson, ACG, CL

Scott had one of the best reasons for joining Toastmasters that I've encountered so far. He said, "I became involved when I discovered that my new job required me to stand before the CEO and his staff each week to deliver the status on my projects. This happened in August 1997."

Several Toastmasters I know joined clubs when the need arose at work. But speaking in front of the CEO each week—yikes! Double yikes!

As to the various clubs and officer roles he has held; the short answer is—many! Scott has filled all club officer roles multiple times in many clubs; (Mentors of Focus, Marylhurst, and Civil Tongues, just to name a few). At the district level, he has been Area Governor (3 times), Division Governor, Lt. Governor of Education & Training, and District Governor. I think Scott and I would agree—we might need a 12-step recovery for our Toastmaster addiction!

Scott has participated in contests as well. He has won area contests for Humor, Table Topics and Evaluations. He says that contests really are not his "forte", but has been known to compete just for fun.

Toastmasters has helped Scott primarily in his career. He said, "I was ready to quit my job in 1997, but through my growth in Toastmasters I stayed at that company for 14 more years."

I asked Scott what he would say to encourage others to join TM. He indicated, "It is a self-paced and supportive learning environment that gives back far more than what you put into it. Whatever communication and leadership challenges you are currently facing, Toastmasters can provide solutions to help you work through those challenges. If you want to succeed, you will succeed—all you need to do is to participate."

Scott is an encouraging and supportive person. He has seen how Toastmasters assisted him in his career and how it helped him continue working for many years, and now focuses on helping others do the same.

The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.

Steven Spielberg

FEEDBACKERS

The Evaluation Workshop Club

Wed 6/14/2017

Vocal Variety to Enhance Your Presentation

Allison Bennett, DTM

Why People Lie

Leanna Lindquist, DTM

Moments of Crisis

Quint Crispin, CC, CL

7:30-9:15pm

Beaverton Activities Center

12500 SW Allen Blvd

Beaverton, Oregon

Join Us!

Visitors Always Welcome

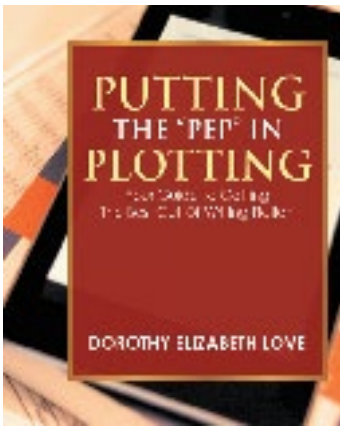
DOTTIE LOVE PRESENTS: *STORYTELLING WORKSHOP*

hosted by Storymasters Toastmasters

Speaker, Author, Triple Crown Achiever

Just about every one I've told that I'm a published author, almost always interjects into the conversation that they have a story to tell. Most do. The incredible stories I've heard have a common theme: Somebody dealing in a crisis or Somebody transforming in some way.

That's also true for a well-crafted speech. Learn creative techniques to enhance your ability to 'move' and 'motivate' via story-bounded speeches. Join Dottie Love, author of, *Putting the Pep in Plotting*, a guide to better storytelling.



When

Thursday, May 25, 2017
6:30-8:00pm

Where

Storymasters Toastmasters
Providence St. Vincent Medical Ctr
Stanley Famly Conf Center, Rm 20
9205 SW Barnes Road
Portland, OR 97225

JOIN US!

RSVP Appreciated
phylls.harmon@d7toastmasters.org

Free Workshop

Everyone tells stories. The best storyteller wins. Storymasters Toastmasters focuses on developing our skills as storytellers.

Our club is inclusive. Our club is nurturing. We all help and encourage each other to become the best speakers—storytellers—that we can be. Once you visit us, you'll want to join us.

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.

Adding Tools to the VPE's Tool Box

by Paul C. Fanning, ACG, ALB

They're just a simple ribbon of satin stamped in silver with the Toastmasters International logo and the words "HALFWAY TO COMPETENT" Communicator or Leader. Truth be told, they're practically unknown to the average club. However, they're an incentive tool hidden away in any club's or VPE's "tool box" to promote the Toastmasters Education Award Program.

I "discovered" them after doing an analysis of my home club. I found that many of our newer members seemed to have lost interest and momentum in achieving their CC or CL awards in their first year. As you may recall, it takes a good ten months towards a CC award, and maybe twelve to accomplish all the roles and tasks required for the CL award. People seemed to lose sight of the goal and viewed the education system as daunting and unobtainable.

There were positive areas I discovered in the analysis such as "we" did a respectable job starting new members off on their trail to being competent. With twenty club members all working towards their awards and at diverse levels, sometimes the newer Toastmasters, who had received mentorship and encouragement in their first three speeches or months, were then "put on the back burner" when new members joined, or experienced members achieved their awards. Award certificates, "ICE BREAKER SPEECH" ribbons and advanced award ribbons were given out, but the ten to twelve months to get to that level seemed out-of-reach to some. Oh, yes. As VP Education, I could personally cajole, guide, mentor, bribe and coerce (well not really) members to achieve. I put up weekly progress charts, but we as a club weren't recognizing their progress. That's when surfing the Toastmasters Store awards I "discovered" a new tool, a new incentive award and a new way of publicly recognizing their progress.

There were two ribbons-the blue Halfway ribbon to Competent Communicator and maroon Halfway to Competent Leader. They could be given out after five speeches or five projects completed. The sense of progress received at the beginning of their journey could once more be felt and received by the member with waning achievement in their goal progress to CC or CL. In fact, we award them for AC and AL awards as well. Once a month the Club President or VPE will present the ribbon awards. Smiles returned to frowningdoubtful faces—they could receive their awards with just a little more work! Their goal achievement would help the club achieve their DCP goals! Everyone became a winner.

Oh—and by the way—I also saw there were ribbons for all ten speeches or projects as well as for all the advanced awards. Maybe after I do a little more analysis we could. . .

Paul Fannng joined Toastmasters in 2009. He is a member of Downtown Lunchbunch, Columbia Square Squawking Heads, and Talk-In-Tel. He is serving as VP Education for Downtown Lunchbunch and club coach for Talk-In-Tel. He is also serving as area 72 director, and is the incoming Division F Director.

How Toastmasters Can Help Creative Types

by Connie Smith, ACB, CL

Creative people are busy people, in or out side of meetings. We may be artists, web or interior designers, or teach others to tap their creative side. Toastmasters learn to lead members of other organizations to make their meetings more focused and efficient.

Attending Toastmasters club and training meetings are wonderful networking opportunities. Many members are business or community leaders with information about ways to build a creative person's exposure and career advancement. Members may have contacts with gallery owners, public art committee members or in the market for art for their homes.

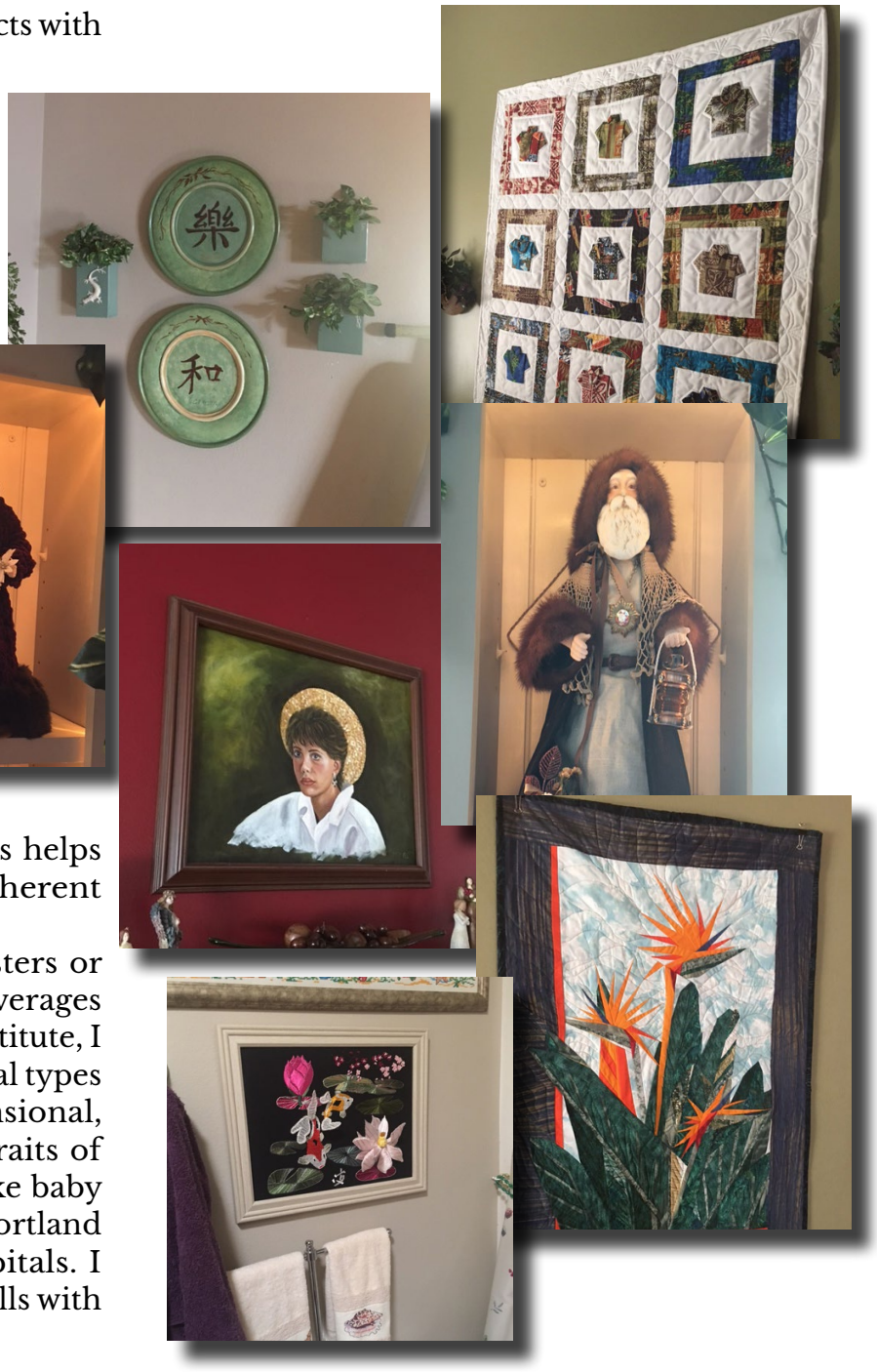
Why do I devote time every week to Toastmasters? I have found it connects me with friends working to improve themselves. The other club members inspire me with new ideas or ways of looking at the world.

Also, have you heard of the "lonely artist", struggling to be creative every day? Sometimes art is a lonely endeavor. We creatives need to improve our confidence. We need to shut out the negative self-talk we all experience. For me, Toastmasters helps me to recognize and diminish my inherent procrastination skills.

When I am not attending Toastmasters or helping District 7 with the food and beverages provided at Toastmasters Leadership Institute, I try to be creative every day. I enjoy several types of embroidery, including three-dimensional, Brazilian embroidery. I paint oil portraits of clients and family members. I also make baby quilts and lap robes to donate to the Portland VA and Doernbecher Children's Hospitals. I make soft dolls and Father Christmas dolls with porcelain heads and hands.

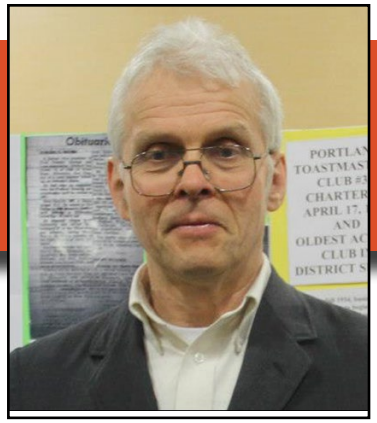
I enjoy Toastmasters and appreciate the skills I have learned throughout my 10 years of membership at Clackamas Stepping Stones. Catch us on our website and stop in for a friendly, creative meeting. We meet on Thursday evenings from 6:30 to 8pm at the Milwaukie Lutheran Church on Lake Road. We would love to meet you.

Be creative every day!



EARLY OREGON TOASTMASTERS - PART 1

by Harvey Schowe, DTM - Distrit 7 Historian



The successful establishment of Toastmasters clubs in Oregon resulted from the dedicated and hardworking efforts of early Toastmasters club members. Arnold E. Kuhnhausen, born in Glenwood, Washington in 1889, was a member of Portland Toastmasters Club #31. His friend Charles Stidd, a charter member of Portland Toastmasters Club, probably invited him to join Toastmasters in 1936. Both were Oregon State College graduates and members of the Orange Council Alumni Association. Arnold Kuhnhausen was toastmaster at the January 1937 Annual Orange Council Banquet. Charles Stidd spoke at the Annual Orange Council Banquet honoring high school students on the interscholastic football team.

After graduating from college in 1914, Arnold Kuhnhausen, his brother Walter C. Kuhnhausen, and his father E. Kuhnhausen started the first success electric appliance business in Portland in 1919. This business expanded in 1948 with a new store on East Burnside that still operates today.

In 1937, District 2 Toastmasters was divided into five Areas. Area 5 was Oregon with four clubs; Portland # 31, Portland No. 2 #92, Baker #56 and Medford #67. District 2 Governor Ray C. Gruhlke of Olympia, Washington appointed Arnold Kuhnhausen as first Lieutenant Governor for Area 5 from 1937 to 1938. During the spring of 1938 Olympia, Washington District 2 members Arnold Kuhnhausen and Robert Nixon participated as speech contestants. William Butchart was the Toastmaster and Rev. Elmer B. Christe, Olympia, was General Critic for this contest. Forrest B. Richardson of Aberdeen, Washington placed first with speech title "Thank God for the Depression", Henry Johnson of Seattle, Washington placed second with the speech "Free Speech Savior of Democracy" and Ernest R. Owen of Vancouver, British Columbia placed third with his speech titled "Friend O' Man". He supported the Red Cross Multnomah Charter annual October 1938 roll call along with other Portland Toastmasters members with speeches. On November 2, 1939, Ernest C. Davis, held a Toastmasters demonstration meeting at a Hillsboro Rotary Club meeting. Portland Toastmasters members Jack Carney, Toastmaster, and Phil Thurman, General Critic ran the meeting. Speakers were Ernest Sinett, Ralph Walstrom, Arnold Kuhnhausen and Ernest C. Davis. Hillsboro Toastmasters club chartered January 1940 because of this meeting. After 1939, Kuhnhausen's involvement in Toastmasters remains unknown.

During the May 1944 election, Arnold Kuhnhausen received 8,745 votes as Multnomah County candidate for Republican State Representative on a platform for restoring free private enterprise with elimination of regulations that interfere with businesses, farms and workers. Arnold became president of the Northwest Appliance Retailers Association in 1949. After retiring in 1958, he moved to Woodburn, Oregon where he died in 1969.

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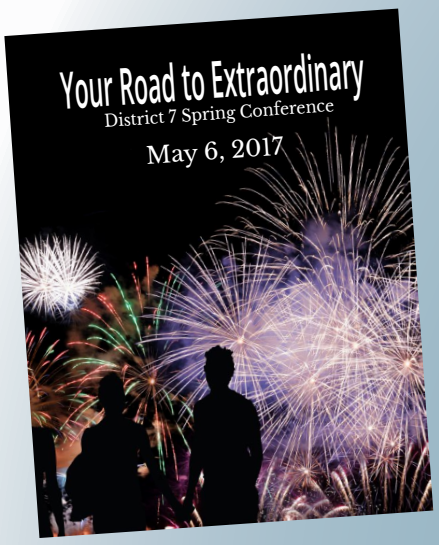
A.E. Kuhnhausen

YOUR ROAD TO EXTR

District 7 Toastmaster

May 6,



Adele O'Neal, Pathways presentation

International Speech Contest L to R: Nikhil Badwai-3rd Place, Quint Crispin-1st Place, Sheri Perry-2nd Place

Pre-conference event was well attended

L to R: Jacqueline Bakke, Lyle Schellenberg,, Janice Hallmark

L to R; Bob Smith, Eva Fellner

L to R: Lyle Schellenberg, Emilie Taylor

L to R: Rodger Cook, Leanna Lindquist, David Shellhorn

International Speech Contestants

L to R: Adele O'Neal, John Waters, Tom Knapp, Ray Kinney, PJ Kleffner, Le Snelling, Michelle Alba Lim, Ann Snelling, Eric Winger

James Wantz, Speech Evaluation Toastmaster

Susan Bender Phelps

RAORDINARY RECAP

rs Spring Conference
2017

Speech Evaluation Contest L to R: Alexis Mason-1st Place, Asriel Malloy-2nd Place, Lily Gordon-3rd Place

Tom Knapp reviewng the conference program

L to R: Cathy French, Allan Edinger, Janice Hallmark

L to R: Mary Canton, Joe Anthony, Rodger Cook

Lunch - South of the Border cuisine

We Can Do It! Distinguished in BC

Robert Brewer, International Speech Toastmaster

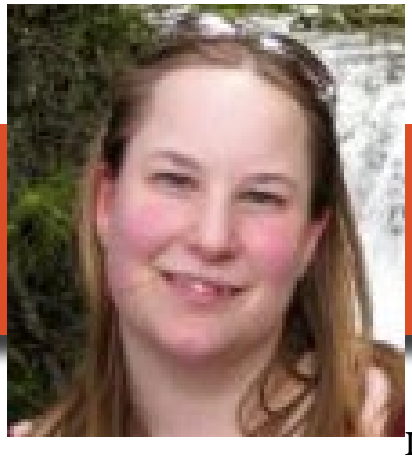
Saturday Conference Attendees

L to R: Ann Snelling, Le Snelling

Roger Courville

L to R: Leanna Lndqust, John Rodke, Donna Stark

Cathey Armillas pre-conference event



SUCCESSFUL CLUB

Swan Island Toastmasters

by Trenna Xavier, ACB, ALB

In 2010 the Swan Island Toastmasters club was chartered as a closed club with the goal of supporting self-improvement and personal growth among Daimler Trucks North America (DTNA) employees. If there is one thing that has shined the most in the Swan Island club, it's the support. The club started out as one large group which met weekly.

By 2013, the club meetings had been reduced to twice monthly and membership was dropping. The club seized the chance to revive with Chapin Zakrzewski as the club mentor. Chapin's continuous smiles and encouragement reminded everyone why the Swan Island Toastmasters club was created. We won distinguished club with the guidance of Chapin for 2012, and in 2013 she set a trend of Presidents Distinguished for our club every year.

Her drive motived other members to challenge management support. In 2014 with the help of David Hunt, DTNA agreed to have Toastmasters membership listed on the employee intranet under "Training and Development". This allowed Toastmasters membership to be paid as part of the training budget. Management was encouraged to support Toastmasters and began to see tremendous changes in those employees who joined our amazing club.

Around this same time Swan Island Toastmasters was tasked by upper level management to create a place to give women employees a supportive venue to hone their public speaking skills. Chapin, Stephanie Hope, and Dawnette Hale created a separate meeting for women at DTNA. The women's only meeting was a huge success! Women from all different levels and walks of life working for Daimler came together to share a common bond. We were women, working in a male dominated industry and Toastmasters could help us thrive.

Our club has an ever evolving and continuously improving mindset. Even with four meetings a month, nothing stops the Swan Island Toastmasters from holding a special meeting to help someone finish a manual before they embark onto another phase of life. Relocations, promotions and retirements—you name it—the club celebrated and made sure that every member has the opportunity for personal growth and self-confidence. Programs such as the Mentor 1-2-3 were introduced when volumes of new members was too large for one-on-one mentorships. Monthly writing workshops were generated to support members who couldn't find any other time to write a speech.

Today as I write this, our club had its first ever "Not-A-Tuesday" meeting. A third branch of meetings set up to support employees who can't make Tuesdays. These meetings will be held on Fridays twice a month. The second Friday of the month will be for those employees located in the new Daimler facilities, and the fourth Friday of the month will be for those employees still located at Montgomery Park.

A total of 6 meetings every month will be supported by the Swan Island Toastmasters. All to support different avenues for our members schedules and work/life balance. SUPPORT is our number one goal from Swan Island Toastmasters.

Last month we said congratulations to our esteemed Chapin as she embarked on her newest journey—retirement! Before she left, she set one more trend for the Swan Island Toastmasters—earning a DTM. As the current President of the Swan Island Toastmasters, I was beyond proud to serve with Chapin, and hope to pass her drive, enthusiasm and determination on to the fellow members. No dream is too big when you have such an amazing support structure as the Swan Island Toastmasters.

Trenna Xavier joined Toastmasters in April, 2013. She is currently serving as club president.

New Club Debuts: Columbia Square Squawking Heads

by Paul Fanning, ACG, ALB

One of the newest Toastmasters Clubs in District 7 held on Thursday May 18, 2017 their Club Charter Party with District 7 Director Leanna Lindquist as special guest and presenter. The Columbia Square Squawking Heads, Club #5443129, who had filed their charter paperwork in April, celebrated their status formally as an open club and charter members with the meeting theme of "Commencement" at the AECOM offices in downtown Portland. The club meeting room was appropriately decorated with "CONGRATULATIONS" banners and crepe paper streamers as well as a large frosted cookie with a congratulatory message which served as the post-meeting treat. Club President Yacoub Raheem led the party ably as Toastmaster and began the festivities with the words "Congratulations Toastmasters Class of 2017" to the 20 members and guests.

District Director Leanna unfurled and presented to the club their new club banner. After informing the club of their special status as one of the newest in the District, she then presented Charter Member certificates to 14 charter members present. After further remarks, she formally installed the Club

Officers:President-Yacoub Raheem, VP of Education-Robin Tlehhema, VP of Membership-Seth Kabala, Secretary Christina Seo and Treasurer Angela McKennie. Present at the celebration were AECOM Vice President Karen Beattie, Club Sponsors Brian Setzler and Lisa Busenbark, and Club Mentor Paul Fanning.

As the word of the day was Debut, what followed these presentations was a fun club meeting with an unforgettable speaker, theme based table topics, a safety minute, (a unique weekly feature of this club,) and the usual leadership and evaluation roles. They truly "graduated" from their fledgling standing and "commenced" their formal Toastmasters status with a fantastic and themed "debut" meeting. Welcome to District 7 Columbia Square Squawking Heads!

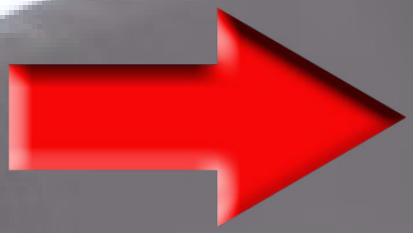
Are you committed to being extraordinary?

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	•		CC		•	
Anne Machalek	Siuslaw Tale Spinners	•	•	CC			S-DTM
Barbara Coleman	Tower Tsmtrs			•	•		
Barbara Wade	Noon Talkers			•		•	ALB
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	Jeffrson State, University	•		•	•	•	•
Dave Mason	Clark County, Lders Edge			•		•	
Dave Shehorn	Clark County	•			S	•	•
David Crockett	Redmond	•		•		•	
David Jamieson	Beachtown	•			•		
David Johnson	Fortunate 500	•		CC		•	
Dawnette Hale	Swan Island Tstmrs	•		CC	•	CL	
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	CL	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	•		CC	B-G	CL	•
Karen A. Semprevivo	Blue Ox	•			S	•	•
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			CC		•	
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	•		CC		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	Transtoasters					•	•
Tom Knapp	Liberty Talkers	•	•		B		B

Make a Pledge

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

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

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

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

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

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

The Magical Element: Storytelling

by Jake Batty

Well told stories are magic. They allow us to travel in time, space or in any dimension we can dream up. They permit us to experience anything that can be imagined. They have the power to change our opinions, perspectives and even beliefs. A well told story expands our understanding of being human.

But not all stories are well told. What distinguishes a well told story from a blasé, not-so-well-told story? What magic does one have that the other does not? It comes down to one thing. One thing which is so critically vital in a story that including it means a well told story. Omitting it means a banal, trite and generally uninteresting mish-mash of words spread across a page. That one thing; that's the Magical Element.

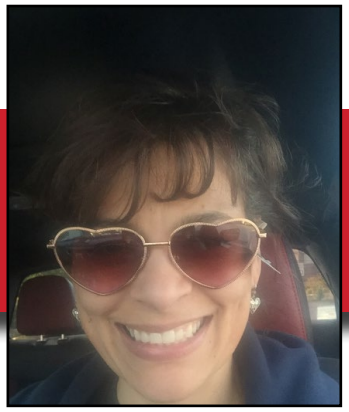
The Magical Element goes by another more common name—the Suspension of Disbelief (SoD), which is a willingness to suspend one's critical faculties and believe the unbelievable; or to sacrifice realism and logic for the sake of enjoyment. To put it another way, SoD provides a mechanism by which the audience can become fully immersed within the story.

And that's the magic. Complete and full immersion in a story allows the audience to experience empathy, rage, love, lust, vengeance, peace, hate, serenity, thrills, chills and any other emotion within the vast spectrum of human experience. Without this element in place, the audience will not connect to the story on an emotional and visceral level. Without this emotional connection, the story becomes hollow and can only be experienced from the outside, at arm's length. This is why partially read books are set aside, never to be picked up again and why movies are clicked off, unfinished. When SoD vanishes, the magic evaporates.

The Magical Element coalesces within a story when two main principals are followed. First, the storyteller remains within the internally consistent rules and framework of the story they have created. Second, the storyteller does not distract the audience with anything which shifts the focus away from the narrative thread. Bring the magic back to your stories, color within the story's lines. But only with colors which make sense within the story's world.

Suspension of Disbelief is incredibly powerful but equally as fragile. Pay it no heed and your audience will forever be on the outside looking in—if they continue to participate in the story that is. Master it and the audience will experience magic and be hungry for more. And this is exactly where you want them, hungry for more. If you master SoD, you've mastered storytelling.

Jake Batty joined Storymasters in 2016. He is an aspiring screenwriter in his spare time.



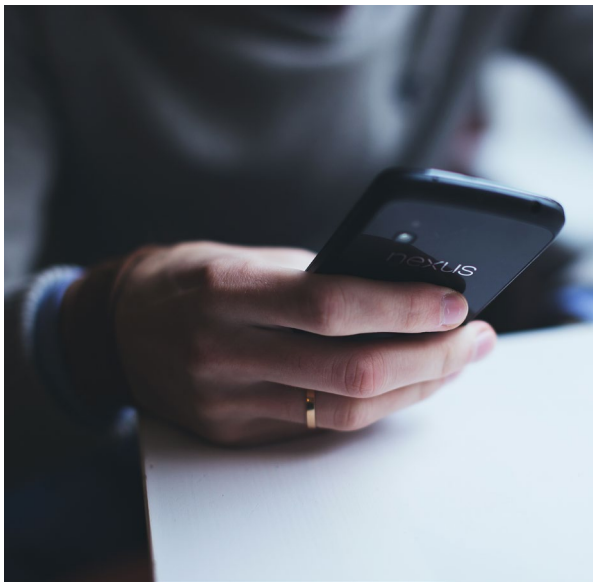
TELL ME A STORY

Call Your Dad

Cheri Perry, ATMB, AL

The following speech was presented at the 2017 District 7 Spring Conference on May 6th, and earned the author 2nd Place in the International Speech contest. It is reprinted here wth the author's permission.

We are more digitally connected than ever before today. In fact, 9 out of every 10 Americans has a cell phone and a full 40% of us no longer have a land line phone in our homes. If you look around, it won't take long to see what we are connected to these days. We can barely have a meal together without answering a phone or checking our text messages. We rarely meet strangers today because our noses are in our phones and we have even gone as far as to disregard the safety of others so we can stay connected with social media and our precious cell phones while we are driving.



I am old enough to remember way back before everyone had a cell phone. Back then, we were certainly not as digitally connected as we are now but we did seem to have more personal connections- perhaps due in part to the fact that our land lines kept us tethered to the house where our parents could hear every word while we were talking on the phone!

Let's spend a few minutes thinking back to some of the calls we used to make and some of the ways we connected before our 'weapons of mass distraction' (holding the cell phone up) took over.

Maybe you had to make this call: "Dad, I've been in an accident". I was terrified to make that call because I had just wrecked my Father's brand new full sized Bronco so he surprised me with his first question. "Sweetheart, are you OK"? Well I was OK right then but I was concerned about later that night when he got home! As the tears flowed and I listened to my Father put me at ease, I realized that he was connecting with me- letting me know that I was way more important than his new vehicle and while the Bronco was still a wreck- I was definitely on the mend! He closed out the call with a comment that has stayed with me all these years, "It's only iron & rubber Sweetheart". I'd love to tell you that was the last time my Father had to say those words to me but that would not be true. My Father truly connected with his daughter that day, in a way that affected me deeply.

How about this call: "I did everything you told me Dad! I came early! I worked late! I even memorized every item on the menu and they FIRED me today Dad!" As I waited for his words of wisdom, the reality of being without a job back when every penny made the difference, felt like the weight of the world was on my shoulders and that's when he said the words that snapped me out of my dark moment. "Sweetheart, maybe your future is not in food service". Nothing was fixed overnight but in that moment, my Father connected with my deeper sense of purpose and lifted me up to realize that even though it felt as if the world had stopped spinning- life would go on and I would find my way.

This call was one of the toughest ones I ever had to make—maybe you've been there: "Dad, I'm so tired. After 7 years, I thought we would have things figured out. How do you know when you're done Dad? How do you know when it's

time to give up and call it a day?" His answer was uncharacteristically SHORT and a bit heated. "Sweetheart, it's NEVER time to give up!" ....and he HUNG up- he disconnected the call. I was so angry in the moment. I felt as if he had sided with my husband, like he disconnected with me- but did he? Or, did he disconnect my thoughts of giving up on my marriage and really CONNECT with the fact that sometimes you have to say no to the thoughts that don't serve you?

Technology is an amazing thing. Our phones have the power to connect but they also wield their power to disconnect more often than we might care to admit. There is no amount of technology that can take the place of human interaction. No device SMART enough to let a child or family member know how important they are to you. No text message written expertly enough to lift someone out of the pit of despair and no APP wise enough to help you HANG UP on those ideas and thoughts that do not serve you. Finally, there is no WIFI connection STRONG enough to connect to loved ones who have passed on.

I remember the last call with my Father; it went something like this: "Hi Dad! How are you feeling? How did your voice therapy go?" My father had been undergoing voice therapy for a few weeks prior to this phone call and if you ever met my Dad, you would know how much the loss of his beautiful, uplifting and commanding VOICE rocked his world. This day was a little different. "I'm doing fine Sweetheart", he said in a very scratchy voice. Then he said my name in a way only my Father could say it, "I love you Cheri", it was as clear as a bell and I knew that everything was going to be fine! My father was finally on the mend. We ended the call and everything seemed right in the world until the following morning when my Mother made the most difficult phone call of her life. She called to let me know that my Dad was gone. The final disconnect is the most brutal.

We are all more digitally connected than ever before but if we don't figure out how to master the POWER button, we will miss the opportunities that genuine, eye to eye & heart to heart contact can provide in our lives. We will miss the opportunity to speak words of wisdom and encouragement into our friends and family because time waits for no one.

The precious gift of friends and family is a treasure to be cherished. Let's make sure we are more personally connected to them and take every opportunity to POWER DOWN these weapons of mass distraction so we can connect with them here on this earth while we have the chance. Won't you take a moment. . . if you still can, and Call Your Dad?

Cheri Perry joined Toastmasters in 2000. She s a member of Totem Pole Club in Vancouver, Washington. This year she is serving as VP Public Relations.

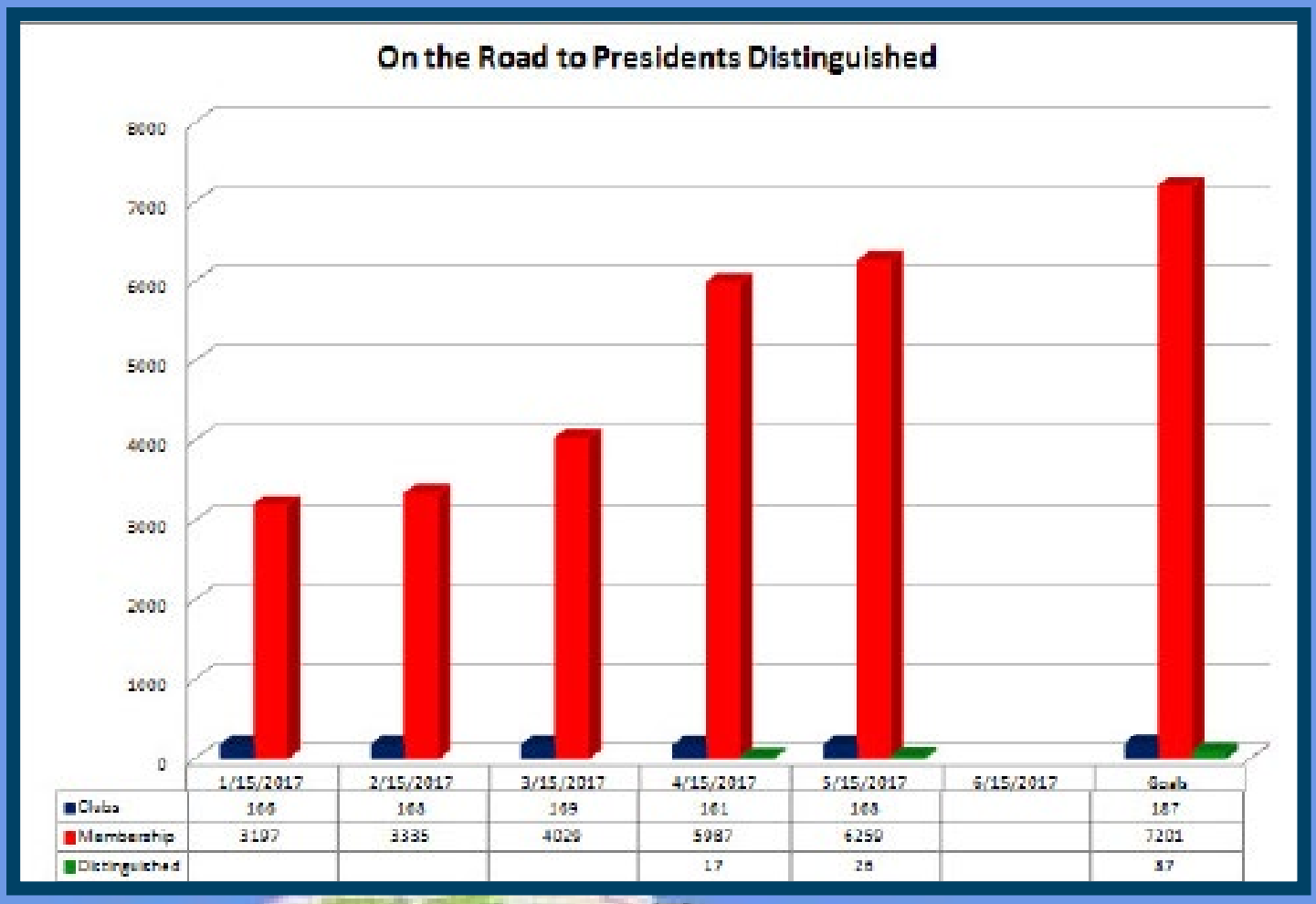
CUPCAKE UPDATE

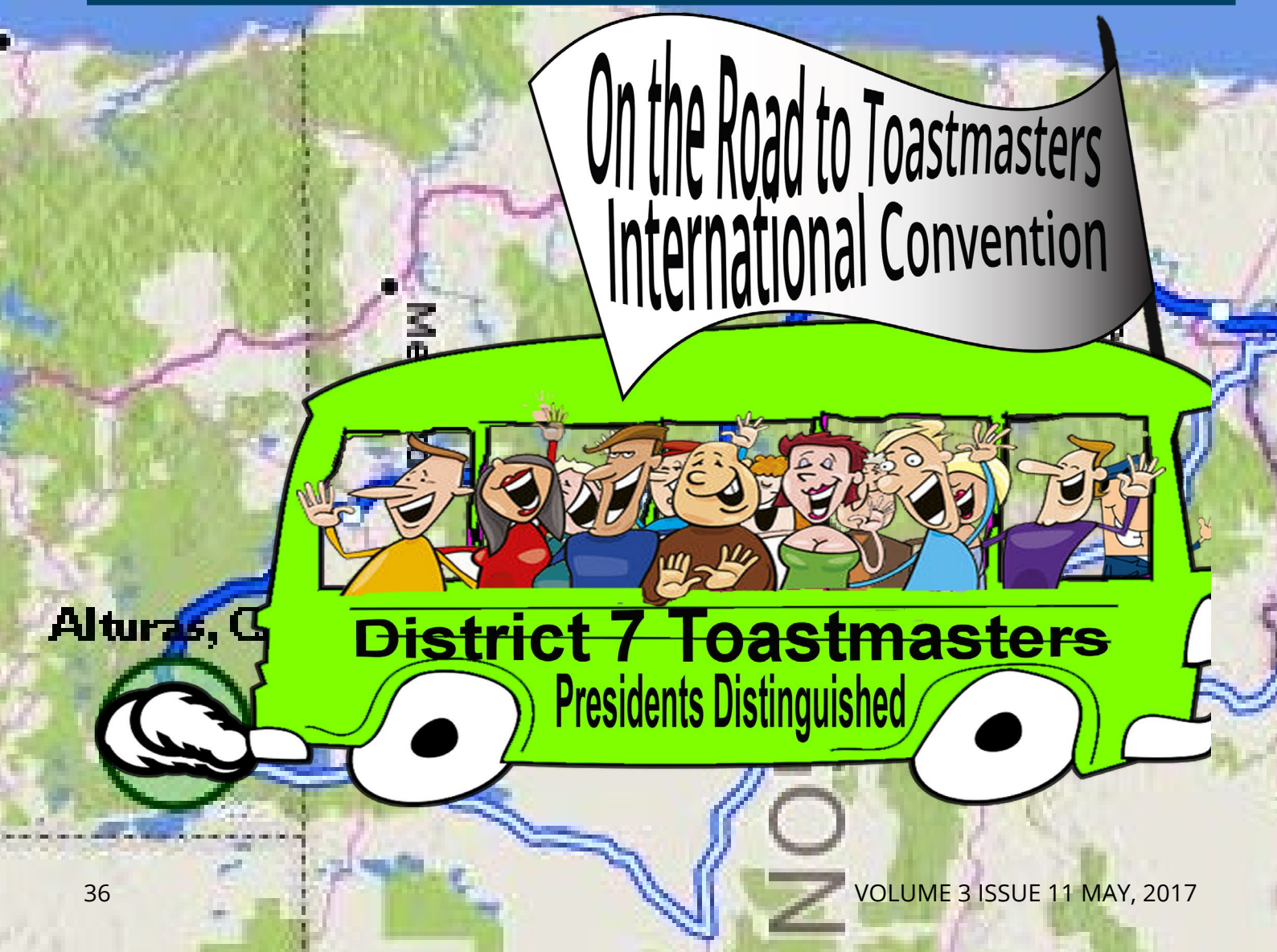
by Dawnette Hale, ACS, ALB

Rose City Toasters is currently at 10 members and 7 DCP Goals. David Johnston and I joined in May ~ David received his cupcakes at the Spring District 7 Conference.

We are working with six people who are interested in joining the Club. Two at CRCI, Two new Toastmasters, and two from other Clubs!!! If we can help them join, we would be at 16 members. We are still short of Distinguishing members (or Cupcakers as I like to call them). Our target is 18.

Could you see yourself helping? The Club is very interested in growing their skills and would be very appreciative of members from outside. Please contact me at Dawnette.hale@gmail.com to join.


On the Road to Presidents Distinguished
8000
7000
6000
5000
4000
3000
2000
1000
0
1/15/2017 2/15/2017 3/15/2017 4/15/2017 5/15/2017 6/15/2017 Goals
Clubs 166 166 169 161 168 187
Membership 3197 3335 4029 5987 6250 7201
Distinguished 17 28 87


On the Road to Toastmasters International Convention
District 7 Toastmasters
Presidents Distinguished

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

Hope in Action!

by Judy Miller

When I began my work as a volunteer with a women's weaving cooperative in rural South Africa, my goal was to help the women make their co-op sustainable. I didn't know their language or their culture and had no experience in marketing, but I threw myself into the job for these humble women had captured my heart. I brought a hope-filled American energy to their world and they brought faith, tenacity, patience and laughter to mine.

The first time a group of American tourists visited the studio and left with their arms filled with woven goods, I cheered with the women as they sang and raised their arms to the heavens giving thanks for their good fortune.

Through the years, as many others stepped forward to support the women and children of Rooboklaagte, I found myself serving as a conduit between generosity and gratitude. Catastrophes occurred, whether it was Gertrude's house falling down on her disabled granddaughter or Anna getting a diagnosis of full blown AIDS, and people helped. They also pitched into the community, giving the grade school a long overdue facelift, and funded the digging of a well for clean drinking water.

Just last week I got word that Eulender had graduated from college. She had watched her sister die a wrenching death and she wanted to be a doctor and start a hospital where people were treated with love and dignity. Six families stepped forward to pay her school fees for seven years. Eulender will pay it forward, I know.

My fourteen years and counting with the women of the Mapusha weaving coop taught me the power of hope and the truth of Nelson Mandela's words, *Action without vision is only passing time, vision without action is merely daydreaming, but vision with action can change the world.*

My book, *Handspun Hope, Making a Difference in Rural South Africa*, chronicles my partnership with the Mapusha Weavers.

My African Thanksgiving tour in November offers the opportunity to meet my beloved South African world. My wonderful Toastmasters for Speaking Professionals club is helping me gain the skills I need to share my message of hope.

Judy Miller joined Toastmasters for Speakng Professonals in May 2016. When she isn't guiding tourists to South Africa, she shares wonderful stories about her time wth the Mapusha Weaver's Guild wth her audience. To learn more about Judy, visit her website at Judithbmiller.com. Her book is available on Amazon.com

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
West Beaverton Club	Adams	Andrea
Gresham Toastmasters Club	Alexander Jr.	Daniel
Col Sq Squawking Heads	Allen	Sausha
Toast to US	Ameigh	Betty
Babble-On Toastmasters	Anderson	Sarah
Platt Electric Supply	Anderson	Ted
West Beaverton Club	Arceo	Manuel
VA SORCC Toastmasters	Archer	Deborah
Bridge Toastmasters Club	Arp	Tammy
Silicon Forest Club	Aryal	Suraj
VA SORCC Toastmasters	Asplund	Mark
Clean Water Toastmasters	Baez	Kellyn
West Beaverton Club	Bahng	Brandon
Col Sq Squawking Heads	Baker	Benjamin
Toast of the Region Club	Banuelos	Liset
Coos Bay Toastmasters Club	Barton	Bret
Swan Island Toastmasters	Beacham	Charles
Platt Electric Supply	Bell	Jared
Washington Street Club	Bell	Tracy
University of Oregon Club	Bender	Amanda
Platt Electric Supply	Benson	Eric
Yaquina Toastmasters	Benson	River
Tower Toastmasters	Bigelow	Scott
Oregon State Toastmasters	Bilginer	Abdussamed
Tower Toastmasters	Bo	Emily
Clackamas County Toastmasters	Bonsi	Rachelle
VA SORCC Toastmasters	Bostic	Sherry
Samaritan Ah-so-Um	Boyd	Melinda
Col Sq Squawking Heads	Brown	Maria
Coos Bay Toastmasters Club	Bryant	Herman
Speakeasy Toastmasters	Bujak	Krzysztof
VA SORCC Toastmasters	Burger	Chad
Coos Bay Toastmasters Club	Burns	David
Wallmasters International	Burns	Erin
Platt Electric Supply	Byington	John
Noon Talkers	Byrd	Mandy
Hopemasters	Calaway	David

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Essayons Club	Caldovino	Clay
MultCo Toasties	Campion	Amy
Redmond Area Tmstrs	Carlson	Mack
Bend Chamber Toastmasters	Carmichael	Megan
Sporty Speakers	Chopyak	Chuck
Tabor Toastmasters Club	Clifford	James
Bend Chamber Toastmasters	Cole-Jobert	Jillian
University of Oregon Club	Collver	Robert
Noontime Nomads Club	Cook	Kayla
UNEEK Speaks	Cooper	Catherine
Bend Chamber Toastmasters	Corzo	Irving
VA SORCC Toastmasters	Covert	Anne-Renee
UNEEK Speaks	Crew	Callie
Clackamas Stepping Stones	Crowther	Geoff
VA SORCC Toastmasters	Currie Dose	Maureen
Portland Progressives	Dahlen	Lydia
Transtoasters	Dale	Amy
Portland Club	Dare	Caleb
Battle Ground Toastmasters	Demarino	Rebecca
Audacious Orators	Deverell	Nina
VA SORCC Toastmasters	Dickson	Steven
Symantec Toastmasters	Dipaola	Alex
Downtown Lunchbunch	Eastburn	Johnathon
Lebanon Toastmasters	Ehrhard	Paul
Titan Toastmasters Club	Emmett	Leah
VA SORCC Toastmasters	Enderlin	Rob
Jefferson State Tmstrs	ESCOBAR	HEATHER
Swan Island Toastmasters	Espinoza	Javier
Totem Pole Club	Evans	Amanda
Speakeasy Toastmasters	Fang	Juan
Platt Electric Supply	Ferring	Jeremy
Col Sq Squawking Heads	Fletcher	Brian
New Beginnings Toastmasters	Fowler	Caitlin
Tell Me A Story	Fridell	Shannon
Corvallis Evening Group	Fuller	Thomas
NoonTime Club	Gale	Jeff
Arlington Toastmasters Club	Geary	Suzanne
Evergreen Club	George	Thomson

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Downtown Lunchbunch	Golden	Corey
PMI Portland Toastmasters	Gonzales	Anna
NoonTime Club	Goode	Helene
Samaritan Ah-so-Um	Griffin	John
Col Sq Squawking Heads	Groves	Adam
Platt Electric Supply	Gunstream	Chad
Swan Island Toastmasters	Hagg	Greg
AAA Towsters	Hall	Katie
VA SORCC Toastmasters	Hall	Ryan
Capital Toastmasters Club	Hall	Theron
Yawn Patrol Club	Halnon	Emily
Downtown Public Spkrs	Hardersen	Justin
VA SORCC Toastmasters	Harris	Elizabeth
Wonderful OR Wordmstrs	Hartman	Nicolas
Portland Club	Harvey	Thomas
Communicators Plus	Hauxwell	Sam
VA SORCC Toastmasters	Havniear	Anne
Samaritan Ah-so-Um	Hawke	Russell
Toast to US	Heft	Eric
Lebanon Toastmasters	Hill	Erin
Lebanon Toastmasters	Hill	Steve
Walker Talkers	Hofrock	Amy
Arlington Toastmasters Club	Houle	Brad
Babble-On Toastmasters	Isik	Mutlu
Highnooners Club	Iwaoke	Peter
Platt Electric Supply	Jackson	Corey
Electric Toasters Club	Jansen	Noelle
Nano-Mated Speakers	Jibben	Marla
Washington Street Club	Johnsen	Roger
Salmon Speakers	Johnson	Shawnee
Mentors Of Focus Club	Jost	Charles
Col Sq Squawking Heads	Kabala	Seth
Swan Island Toastmasters	Kain	Lisa
Hood River Club	Kaler	Daniel
Beachtown Toastmasters	Kalis	Joni
Rose City Toasters Club	Khounlavouth	Aryavong
Col Sq Squawking Heads	Kline	Danni

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Nano-Mated Speakers	Kloucek	Vit
Highnooners Club	Knutson	Cole
Electric Toasters Club	London	Genevieve
Highnooners Club	Longlet	Michael
VA SORCC Toastmasters	Lund	Wyndess
VA SORCC Toastmasters	Maassen	William
So Or Speechmasters	Madera	Tiana
Capital Toastmasters Club	Mahmoud	Moustafa
Hood River Club	Martin	Knud
VA SORCC Toastmasters	Maxwell	Aaron
Rose City Toasters Club	Mazurkiewicz	Jason
VA SORCC Toastmasters	Mc Coy	Lynnae
Col Sq Squawking Heads	McKennie	Angela
Col Sq Squawking Heads	McLandrich	J.D.
Spirit Trackers	Miller	David
Platt Electric Supply	Miller	Heide
VA SORCC Toastmasters	Miller-Flaugh	Jacinda
Yawn Patrol Club	Moberly	Christopher
Bend Chamber Toastmasters	Mooney	Craig
Wonderful OR Wordmstrs	Morton	Phillip
Battle Ground Toastmasters	Muhonen	Barbara
Pearl District Toastmasters	Myette	Yvonne
New Horizons Toastmasters	Nakazato	Mayumi
M A C Toastmasters Club	Nassib	Arianna
Sporty Speakers	Neyman	Blain
Timber Talkers	Nguyen-Tran	Cathy
Speakers By Design	Nichols	Lee
Platt Electric Supply	Noreen	R.C.
AAA Towsters	Olanna	Joshua
Prof of Portland Tmstrs	Onishi	Asuka
Hood River Club	Osterberg	Nathaniel
Bend Chamber Toastmasters	Packebush	Mary
Storymasters Toastmasters	Norman	David
AAA Towsters	Olanna	Joshua
Prof of Portland Tmstrs	Onishi	Asuka
Hood River Club	Osterberg	Nathaniel
Bend Chamber Toastmasters	Packebush	Mary

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Clack-Orators Toastmasters	Palmer	Casey
Swan Island Toastmasters	Pearce	Kayla
Bend Chamber Toastmasters	Peters	John
Tell Me A Story	Pham	Khanh
West Beaverton Club	Pitman	Whitney
The Dalles Toastmasters Club	Polehn	Frank
Swan Island Toastmasters	Porter	Claire
New Beginnings Toastmasters	Prothero	Christopher
Modoc Toastmasters Club	Provenzano	Amanda
Dawson Speakers	Ragsdale	Keith
Bend Chamber Toastmasters	Rasmussen	Kelly
VA SORCC Toastmasters	Record	John
Lebanon Toastmasters	Rice	Jeffrey
Platt Electric Supply	Richardson	A.
Gresham Toastmasters Club	Rivera	Michael
Daylighters Club	Rockett	T
Corvallis Evening Group	Rodriguez	Alvaro
Silvertongues	Rush	Don
Silvertongues	Rush	Ian
Creekside Toastmasters	Ryan	Margaret
UNEEK Speaks	Sakarias	Bex
Sherwood Town Criers Club	Sandine	Gary
Gresham Toastmasters Club	Sbisa	Sally
Speakeasy Toastmasters	Schnathorst	Scott
Col Sq Squawking Heads	Schomp	Robert
Passport To Leadership	Sears	Tina
Col Sq Squawking Heads	Seo	Christina
Hood River Club	Shays	Melissa
Col Sq Squawking Heads	Shewalla	Mahendra
Platt Electric Supply	Shields	Adam
Toast to US	Shye	Jeannie
Grants Pass Tsmrs	Simpson	Coral
Grants Pass Tsmrs	Sisson	Brenda
Bend Chamber Toastmasters	Skidmore	Caroline
Oregon State Toastmasters	Smets	Amanda
Toasting Excellence Club	Smth	Brian
AAA Towsters	Smith	Emily

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Sherwood Town Criers Club	Smole	Lisa
Washington Street Club	Stoecklein	Kelly
Col Sq Squawking Heads	Stuart	Patience
Stagecoach TM	Suljic	Fatima
Chanticleers Toastmasters	Takach	Lisa
Marylhurst Toastmasters	Terry	Taunia
NoonTime Club	Thomas	Dwayne
Evergreen Club	Thomason	Bradford
Nano-Mated Speakers	Tilson	Ashley
Col Sq Squawking Heads	Tlehhema	Robin
UNEEK Speaks	Turley	Laura
AAA Towsters	Ulrich	Alex
Coos Bay Toastmasters Club	Vandeventer	Monte
Rose City Toasters Club	Vazquez	David
Stagecoach TM	Vogel	Robert
Titan Toastmasters Club	Walch	Joseph
Col Sq Squawking Heads	Wallace	Dasha
Platt Electric Supply	Webber	Justin
Wafermasters Club	WEEKS	KORINN
Col Sq Squawking Heads	White	Janine
Platt Electric Supply	Whitton	Jason
Prof of Portland Tmstrs	Williams	Emily
Smooth Talkers Club	Williams	Ronald
Grants Pas sTsmrs	Wilson	Michael
Col Sq Squawking Heads	Yazzolino	Lindsay
Tell Me A Story	Zenczak	Shannon
Speakeasy Toastmasters	Zhuang	Amy

Every successful individual knows that his or her achievement depends on a community of persons working together.

Paul Ryan

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACS	4/17/2017	Anthony, Joseph D.	Liberty Talkers
CL	4/6/2017	Barnett, Rubea F.	Roseburg Club
CC	4/29/2017	Bergman, Erik	WE Toasted Toastmasters
CC	4/21/2017	Bowden, Radiance C.	Redmond Area Toastmasters Club
CL	4/21/2017	Bowden, Radiance C.	Redmond Area Toastmasters Club
CL	4/27/2017	Brandt, Becky	Noon Talkers
ALB	4/3/2017	Broughton, Garrett	Sporty Speakers
CC	4/25/2017	Campbell, David M	High Noon Club
CC	4/4/2017	Carlo, Jilian	University of Oregon Club
CL	4/26/2017	Crockett, David B.	Redmond Area Toastmasters
CC	4/24/2017	Crockett, David B.	Redmond Area Toastmasters
ACB	4/6/2017	Daniel, Jim	Roseburg Club
ACB	4/28/2017	Douglass, Matthew	PMI Portland Toastmasters
ALB	4/25/2017	Dreves, Kristin M.	West Beaverton Club
CL	4/9/2017	Edinger, Allan B.	Liberty Toastmasters
CL	4/7/2017	Edinger, Allan B.	McMinnville Toastmasters
CL	4/7/2017	Edinger, Allan B.	Will-Sher Club
CC	4/12/2017	Franko, Tana Louise	Newberg Toastmasters Club
CL	4/26/2017	Gillis, Joseph D.	A-Dec Toastmasters
CC	4/6/2017	Gillis, Joseph D.	A-Dec Toastmasters
ACB	4/20/2017	Griffith, Dennis	Battle Ground Toastmasters
CC	4/2/2017	Grigsby, Eric L.	Tell Me A Story
CC	4/13/2017	Hansen, Barbara	WE Toasted Toastmasters
ACB	4/20/2017	Hemmingson, Brinn Carla	Portland Progressives
LDREXC	4/7/2017	Holdridge, Ronda M.	Columbian Club
CL	4/6/2017	John, Alan B.	PMI Portland Toastmasters
CC	4/13/2017	Johnson, Nicole	Civil Tongues Club
ALB	4/11/2017	Kelley, Todd D	Downtown Lunchbunch
CC	4/11/2017	Kelley, Todd D	Downtown Lunchbunch
CC	4/20/2017	Killion, Ginger E.	Daylighters Club
DTM	4/13/2017	Kinney, Ray C.	Flying Toasters Club
ALS	4/13/2017	Kinney, Ray C.	Flying Toasters Club
ACB	4/22/2017	Lim, Jong	Capital Toastmasters Club
CL	4/29/2017	Locke, Julius Patrick	Early Words Club
CC	4/29/2017	Locke, Julius Patrick	Speakers With Spirit Club
ALB	4/14/2017	Locke, Julius Patrick	Speakers With Spirit Club
CC	4/20/2017	Love, Dottie	Sporty Speakers
ACS	4/7/2017	Malshe, Rohit	Sporty Speakers
ALB	4/6/2017	Malshe, Rohit	Sporty Speakers

HONORING EDUCATIONAL AWARDS

CC	4/27/2017	Mayer, Richard D.	Columbian Club
CC	4/9/2017	McDonald, Mitchell R.	Marylhurst Toastmasters
CC	4/9/2017	McMurry, Amber	MultCo Toasties
CC	4/9/2017	Moorehead, Darrell Larry	Coastmasters
CC	4/24/2017	O'Bryant, Roxann	Keizer Communicators
ACG	4/20/2017	Peterson, Gretchen D.	Noon Talkers
CC	4/15/2017	Pierce, Emanuel S.	MultCo Toasties
CC	4/1/2017	Poore, Cynthia	Newberry Speak To Succeed
CL	4/22/2017	Reunert, Michael K.	Wallmasters International
CL	4/6/2017	Reynolds, Marsha	McMinnville Toastmasters
CC	4/6/2017	Reynolds, Marsha	McMinnville Toastmasters
CL	4/6/2017	Reynolds, Marsha	Will-Sher Club
CC	4/6/2017	Reynolds, Marsha	Will-Sher Club
CC	4/28/2017	Robison, Patrick C	Downtown Lunchbunch
CC	4/25/2017	Rodke, John Russell	University of Oregon Club
CL	4/4/2017	Rodke, John Russell	University of Oregon Club
CC	4/21/2017	Rodman, Rachel C.	Downtown Public Speakers
CC	4/28/2017	Rogers, Maureen	Redmond Area Toastmasters
ACS	4/22/2017	Rose, Jason	Capital Toastmasters Club
CC	4/24/2017	Sanders, Connor	Spirit Trackers
CL	4/3/2017	Sanders, Connor	Spirit Trackers
CC	4/8/2017	Sanseri, Wanda K.	Clackamas Stepping Stones
CL	4/24/2017	Scudder, Aaron	Spirit Trackers
ACS	4/27/2017	Semprevivo, Karen Ann	Civil Tongues Club
ACG	4/17/2017	Serhan, Marvin T.	Professionally Speaking
LDREXC	4/6/2017	Shaw, Jo Anna	Jefferson State Toastmasters
ACS	4/29/2017	Shehorn, David A.	Clark County Toastmasters
CL	4/17/2017	Simmons, Rashelle	WRIP City Club
ALS	4/5/2017	Smith, Kenneth L.	Toasting Excellence Club
DTM	4/11/2017	Smith, Robert D.	Clackamas Stepping Stones
ALS	4/11/2017	Smith, Robert D.	Clackamas Stepping Stones
LDREXC	4/11/2017	Smith, Robert D.	Clackamas Stepping Stones
CC	4/4/2017	Stevenson, Scott	Civil Tongues Club
CC	4/26/2017	Stoddard, Marc A	Ilwaco Toastmasters
CC	4/2/2017	Svetkovich, Christine	Sunrise Toastmasters
CL	4/18/2017	Taylor, Emilie	Molalla Toastmasters
CL	4/25/2017	Test, Cindy S.	High Noon Club
ALB	4/13/2017	Wade, Barbara	Noon Talkers
ALB	4/24/2017	Wagner, Loren	The Dalles Toastmasters
ACB	4/6/2017	Wall, Michele	McMinnville Toastmasters

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	4/6/2017	Wall, Michele	McMinnville Toastmasters
ALB	4/26/2017	Weaver, Del	West Beaverton Club
CC	4/11/2017	Wilson, Chris	Hopemasters

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

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

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

Seen on a bus in downtown Portland twice in one day by Raynette Yoshida, Marylhurst Toastmasters

TRIPLE CROWN AWARD PINS

MEMBER	AWARDS	
Anthony, Joseph D.	6	LDREXC, ACS, ALB, CC, CL, ACB
Arnold, Cate Ann	6	ACS, ALB, ACG, LDREXC, ALS, DTM
Bennett, Allison	5	CC, ACG, LDREXC, DTM, ALS
Brewer, Daniel S	3	CC, CL, ALB
Broughton, Garrett	4	CC, ACB, CL, ALB
Dopp, Leslie Valentine	4	ACG, LDREXC, ALS, DTM
Dreves, Kristin M.	3	CC, CL, ALB
Eaton, Kevin	3	CC, CL, ACB
Fanning, Paul C.	3	CC, ALB, ACB
French, Cathy	4	ALS, DTM, LDREXC, CC
Goodpasture, Caleb B.	3	ACS, CL, ALB
Harmon, Phyllis A.	8	ALS, LDREXC, CC, ACG, CC, CC, CC, CC, DTM
Heitz, Nena	4	ALS, ACG, DTM, CL
Hills, Dennis Bernard	4	ACG, CC, CC, CL
Holdridge, Ronda M.	4	LDREXC, CL, CC, CL
Isom, Jeff	4	LDREXC, ALS, ACG, DTM
Kelley, Todd D	3	CL, CC, ALB
Kent, Jason	3	ALS, DTM, LDREXC
Kleffner, Paul J.	3	CL, ALB, CC
Knapp, Thomas K.	3	ALB, ACB, CL
Lindquist, Leanna	8	DTM, ALB, ACS, ACG, CC, LDREXC, ALS, CL
Locke, Julius Patrick	3	CL, ALB, CC
Machalek, Anne M.	4	LDREXC, ALS, DTM, CC
Malshe, Rohit	4	ACB, CL, ALB, ACS
Rodke, John Russell	4	CL, ACG, ACB, CL, CC
Schellenberg, Lyle W.	3	CC, ALB, CL
Schowe, Harvey L.	3	CC, ACG, ALB
Semprevivo, Karen Ann	3	ACS, CL, ALB
Shaw, Jo Anna	3	CC, CL, LDREXC
Shehorn, David A.	4	ACB, CL, ALB, ACS
Smith, Kenneth L.	4	ALS, ACS, ALB, LDREXC
Smith, Robert D.	3	LDREXC, ALS, DTM
Squires, Valaree M	3	CL, CC, ALB
Taylor, Emilie	8	ACS, CL, CL, ALS, LDREXC, CC, ACG, DTM
Thygesen, Erica L	3	CC, CL, ALB

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

TRIPLE CROWN AWARD PINS

MEMBER	AWARDS	
Tjan, Vanessa	3	CC, CL, ACB
Tully, Kathleen	5	LDREXC, ALS, DTM, CC, CL
Walker, Marvin Lynn	3	ALB, ACB, LDREXC
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.

A New Path To Success in Toastmasters!

by Adele O'Neal, DTM - D7 Chief Ambassador

You've been hearing about it. You've been reading about it. Pathways, the new educational program at Toastmasters!

The long awaited rollout of this exciting program is coming to District 7, as soon as September. We are looking for Toastmasters to serve as Pathways Guides who will visit all the clubs in the district and get the word out about Pathways. If you are interested in serving District 7 as a Pathways Guide, please email me at aj_oneal@comcast.net soon, no later than May 24th. To help you decide if you want to apply to be a Pathways Guide, here is the Pathways Guide Role Description for your review. If you are interested, you will receive more information about the role and the application to apply.

If you have questions, please email me. We are looking forward to working with you on this exciting project!

Happy Anniversary to May Clubs

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

Charter Date	Years	Club	
5/1/1956	61	Chanticleers	Portland
5/31/1946	71	Corvallis Evening Group	Corvallis
5/1/1964	53	Dawson Speakers	Hillsboro
5/1/1979	38	Electric Toasters	Portland
5/1/1964	53	High Noon	Salem
5/1/1948	69	Roseburg	Roseburg
5/28/2003	14	Silvertongues	Silverton
5/14/2009	8	Spirit Trackers	Madras
5/13/2015	2	Storymasters	Portland
5/1/1996	21	Timber Talkers	Tigard
5/6/2016	1	UNEEK Speaks	Portland
5/29/2007	10	WE Toasted	Lake Oswego

A special shout out to Chanticleers, Corvallis Evening Group, Dawson Speakers, High Noon, and Roseburg who passed the half-century mark!

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.

WE CAN

DO IT!

MAY

31

Corrections to second-round club officer training reports
End: second-round club visits
Due: second-round club visit reports

JUNE

3 - 4

Summer Toastmasters Leadership Institute TLI @ 7:00 AM – 2:15 PM
Wilsonville High School, 6800 SW Wilsonville Rd, Wilsonville, OR 97070

Division & Area Director Training @ 3:30 PM – June 4, 2017 @ 2:00 PM
Aldersgate Camps & Retreats, 7790 Marion Rd SE, Turner, OR 97392

Adding Events to the District Calendar

All members of the District Executive Council are encouraged to post upcoming events on the District 7 Event Calendar. Typically posted events include:

- Club Open Houses
- Area Contests
- Division Contests
- Club Officer Training
- Club Workshops
- Significant Deadlines
- Conference Calls
- Webinars

If you are a club officer, and you have an event you want posted, please contact your area or division director who will help you get your event scheduled on the calendar.

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