

Got Goals?

One Community Many Voices

District 7 Toastmasters August 2017

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FEEDBACK FROM AROUND THE WORLD



EDITORIAL Pathways: Are You Ready?

by Phyllis A. Harmon, E Editor/Publisher

There's been a lot of activity in District 7 over the past couple of months as we prepare to embrace the new Pathways educational program sometime in September. I applaud Adele O'Neal, Scott Stevenson, and John Rodke for the tremendous amount of prep work they've done to get the Guides their club assignments and handle scheduling challenges.

I think the Pathways Guides have been doing a phenominal job with the Infomercials they've been presenting. However, for some it's been a challenge to get stage time at club meetings. Before the program can roll out in our District as well as those that are in the pipeline behind us, 70% of all clubs in the region must have been visited by a Guide, seen the presentation, and had an opportunity to get their questons answered. In the presentation, members are shown how to prepare for the rollout, and VPEs, Club Presidents, and Secretaries are introduced to their member support roles. If your club has not yet seen the presentation, contact your VPE and ask for a Guide to visit your club asap.

What's really attractive is the way Pathways is designed like a college program with mandatory requirements and electives. The program offers members an opportunity to tailor their path to meet their educational goals and earn merit badges along the way. Better yet, it's all online for those who choose the Basecamp option.

If you missed the presentation in your club or want to learn more about Pathways, Division H Area 93 Director, Katrina Rodriquez, is planning an informal, free Pathways get together on 8/29. You can learn more about the get together and register to attend on page 24.

Pathways is coming. Are you ready?



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Monday, August 28 6:30 pm - 8:30 pm Providence St. Vincent Medical Center 9205 SW Barnes Road, RM 20-21 Portland, OR 97225

Click here to Register

LAST CHANCE CLUB OFFICER TRAINING

Next club officer training January 2018

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If You are a Toastmaster, Thank

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Got Goals? by Tom Cox, ACB, ALB

Why should you set goals? Quite simply, because they work.

What's a goal?

A goal is a thing you wish to accomplish. When you have a goal, it means you wish to bring about a result in the future, and it's not yet true.

Setting a goal creates tension

- There's tension between the state of affairs that is true, and the state of affairs you want to be true.
- There's tension between now and the future.

How do goals help?

The scientific literature on goals is compelling. Hundreds of studies have shown that goals, set properly so that they are both specific and challenging, can reliably and powerfully boost performance and drive behavior.

Goals work for several reasons

- Goals help us focus—we cut away other tasks when we decide to focus on a goal.
- Goals increase our investment—a good goal is motivating, and missing the goal will feel bad, so setting the goal can mobilize our energy and effort.
- Goals can increase our risk taking—if we are shy about getting out of our comfort zones or taking chances, a goal can help us overcome that resistance.
- Goals can feel rewarding—Sometimes it's fun to check off an accomplishment simply because we set the goal and now we get to mark it as complete. (The brain chemical in play when we feel this is Dopamine.)
- Goals can be flexible—An accomplishment goal can get us to focus while a learning goal can get us to notice, reflect, and learn.

While goals do have strong positive effects, they can also be misused.

Like a powerful drug, goals need to be used carefully—in measured doses and with

Thomas Cox, Winter TLI 2016 VOLUME 4 ISSUE 2 AUGUST, 2017 an awareness of their potentially harmful side effects.

The risks of goals match their strengths. According to a Harvard Business School working paper, "Goals Gone Wild: The Systematic Side Effects of Over-Prescribing Goal Setting" by Lisa D. Ordóñez, Maurice E. Schweitzer, Adam D. Galinsky & Max H. Bazerman, goals create these risks:

- Goals help encourage over-focus—when we cut away other tasks, that can include crucial side effects of our goal seeking. *Moby Dick* is a story of a goal gone wild.
- Goals can increase our investment too much—if a goal is too hard and too important, failing to achieve it can feel punitive and can harm performance for the long term.
- Goals can increase our risk taking too much—many instances of corporate and personal corner-cutting, excessive risk taking, and unethical behavior were fueled by strong goal seeking.
- Goals can reduce our intrinsic motivation— Researchers have found that, when external goals and rewards are introduced, workers can lose touch with the inherent joy of the work, leading to an overall decreased sense of joy, craftsmanship, and engagement.
- Goals can misdirect us—An accomplishment goal can harm learning, while a learning goal can harm performance.
- Goals can create a culture of competition and harm teamwork.

It can also be devilishly tricky to set the right

Goals help us focus we cut away other tasks when we decide to focus on a goal



goal. Set it too low and it can become a ceiling you reach the goal and stop, when you would have continued had the goal not been there. Set it too high and you can become frustrated and discouraged, and stop trying.

What's an Intention?

An Intention, as I define it in my class, *Set Powerful Goals that Motivate You*, is very different from a goal. Specifically, an Intention does not focus you. Rather, it expands your world of possibilities. Contrast these two statements:

- I will take 10,000 steps daily
- I will find new fun ways to move my body daily

The first is a goal. The second is an Intention.

When should you use Intentions?

Use an Intention when you're exploring possibilities. Suppose you have a goal to lose weight, and you plan to use a better diet and more exercise as approaches to achieve that weight loss goal. And suppose you realize you hate walking, running, and jogging—you've tried it again and again, and failed every time.

If you immediately set a goal (or sub-goal) to take 10,000 steps daily, you've not addressed your obstacle of hating these forms of exercise. You're focusing yourself on using your willpower to force yourself to try again something you know is hard.

If you were instead to set an Intention to find new fun ways to move your body daily, you're opening up. You'll start to notice options. Oh, a Zumba class opened up. Oh, that cute co-worker walks at lunch. Oh, some friends are hiking this weekend. Oh, there's a free dance lesson coupon in my junk mail.

Intentions are a vital part of adjusting your goal pursuit. When you find your progress on a goal blocked, use Intentions as part of your toolbox to craft potential countermeasures.

Know Thyself

In order to set the right kinds of goals for yourself, you need to know yourself. What you want to do in life? What are you good at? What do you struggle with?

If you don't know what you want to do in life, you are at risk of setting goals that will fail to motivate you, that take you in the wrong direction, or both. If you don't know what you're good

at, you won't take advantage of your strengths, and may neglect to set appropriate subgoals to build your strengths further.

If you don't know what you struggle with, you can set yourself up for failure. You may overlook the need to enlist allies, hire experts, and use tools and systems to shore up your weaker areas. Left unaddressed, those weaker areas can trip you up, preventing you from reaching your goal.

I recommend several different approaches to self-knowledge. One is journaling. Another is using scientifically validated assessments. (Try the free VIA Character Strengths assessment by clicking <u>here</u>. Yet another is to humbly ask your spouse and co-workers each for a single improvement suggestion.

Set a Trial Goal

When exploring a new domain, don't set performance goals. You should only set performance goals when you are applying a known solution to a known problem. For your first goal, we already know that we don't know how exactly to set goals for ourselves. We are just starting out.

When exploring a new domain, set a trial (learning) goal. I first learned this as a high school freshman selling Christmas candles door-to-door as a fundraiser. I had foolishly set a performance goal for myself to sell 50 candles to earn a special jacket. I quickly became frustrated because it was taking me forever to sell each candle. My performance goal seemed completely out of reach.

The first real goal I accomplished was, "find out how many doors I have to knock on, on average, to sell one candle." The next goal I accomplished was, "figure out how many doors I can knock on in an hour." The first answer was seven, and the second answer was 14. I was selling two candles an hour. It took me four hours to puzzle this out. I had sold eight candles.

I now knew I needed to invest roughly another 21 hours to get that jacket. My frustration vanished, because my learning goals told me what I needed to know. I was finally applying a known solution to a known problem. Now all I had to do was show up, do the work, and try to figure out how to walk faster between doors and increase my close ratio. I now shifted fluidly and naturally from a learning goal to a performance goal: 42 more candles, probably requiring 21 more hours.

I wore that jacket almost every day for the next five years. I was sinfully proud of it. For your trial goal, set a learning goal around the topic you care about, that is small enough to be doable and big enough to be worth doing. Figure out how you're going to measure your results.

If you're wondering what topic to pick for your trial goal, think about your life purpose, or something that fascinates you, or something that irritates you. Few things will give you greater joy than identifying a long running irritation, taking a fresh look at it, and eliminating it permanently.

SMART Goals

Rivers of ink have been used to describe SMART goals, but most explanations I've found to be useless. A truly excellent explanation comes from Charles Duhigg's book, <u>Smarter Faster</u> <u>Better</u>. Here's my interpretation of Duhigg's material (a more detailed version is available as a free download):

Goal Statement—First, state the goal in normal language. It can be a little vague for now, because the SMART prompts will tighten it up for us. Example: *sell enough Christmas candles to earn a jacket*.

Specific—State the goal with more specificity, including an amount and an approximate timeframe. Example: *sell 50 Christmas candles before Christmas*.

Measurable—What's my daily grind of measurable output? Example: *Each day I* will knock on doors until two hours have passed.

Achievable-by-me—What's my 'task loop' each day? Do I have the skills? Example: I will use my map and plot out a route to walk, perform my daily grind above, and mark the map showing where I walked that day.

Realistic in my context—How do I fit this work into my existing time commitments? Do I have the tools and supplies I need? Example: I'll go immediately after school from 3 to 5 PM. I'll always keep my order form in my backpack so I can go right to work.

Timeline—How will my time unfold across the goal work period? How will I check to ensure I'm on track? How will I regroup? Example: *I will walk every weekday. By the end*

of the day Wednesday I should have sold at least 12 this week, and by Friday it should be 20. If I'm seeing numbers 20% or more below that, I will ask my Dad for advice and I will pay extra attention to how people treat me when they answer the door to see if I'm doing something to put them off. Maintaining Momentum

Specifically, an Intention does not focus you. Rather, it expands your world of possibilities.

Visible Progress—Research shows that making visible progress towards a worthy goal provides an enormous sense of pleasure and motivation. For that reason, I urge you to use a progress tracker of some kind.

Progress Tracking—The simplest progress tracker is the thermometer chart. I don't like it, because it doesn't show time very well. I much prefer a burn down chart. Play around until you find one that works for you.

For my own goal of establishing the habit of checking my tickler file daily, my greatest success has come from using a "don't break the chain" calendar.

Six-Pack-of-Change Support—According to researchers at VitalSmarts, any goal or new habit can be supported in six different ways—I refer to these as the "six-pack-of-change support." I walk my clients through setting up and building out their own unique six pack for every significant goal. Learn more by reading the book <u>Change</u> <u>Anything</u>, published by VitalSmarts.

The six are:

- 1. Personal motivation
- 2. Personal skills and knowledge
- 3. Encouragers, cheerleaders, anticheerleaders, believers
- 4. Coaches, mentors, trainers, exemplars
- 5. External payoffs (saving money, artificial payoff incentives)
- 6. Bridges and fences (environmental changes that make it easier to do the right thing and harder to do the wrong thing)

Conclusion

Set yourself good goals—If you already do, try to get even better. Be careful of the risks. If you're not yet setting goals well, set a goal to start. Mastering goals will pay off for you enormously.

Use Toastmasters—If your career or life goals involve leading other people or working effectively to build coalitions, you should definitely invest in Toastmasters. Becoming a club officer will give you excellent leadership experience, including practice at giving and receiving supportive performance feedback, listening deeply, and goal setting for yourself and others.

Offer

I'm planning a free goal setting online class. Click <u>here</u> to be notified once it's ready. (You'll get my SMART Goals worksheet when you do.)

Tom Cox is a consultant, author and speaker who coaches CEOs and business owners on how to get better results through more effective leadership. A graduate of the University of Chicago, Tom earned his four-year degree in psychology in just three years, with honors. Tom believes that Eudaimonism, the philosophy of human thriving, is humanity's best hope for creating engaged and productive workplaces. He joined Toastmasters in 2002, and is a member of Toastmasters for Speaking Professionals. Tom has been a leadership coach and mentor for several members over the years, appearing frequently as a guest speaker at District-sponsored events.

It must be borne in mind that the tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goals to reach.

Benjamin E. Mays

Toastmasters Int'l Convention Live Presentation

When: Friday, August 25, 2017 2:00 PM to 10:30 PM (PDT)

Where: 123 Dainen Pl, Longview WA 98632

Join us for the Early Words Toastmasters broadcast Friday Live Event. Scheduled speakers are:

- Golden Gavel Presentation: Erin Gruwell
- Winning Well: Leading for Transformational Results - Without Losing Your Soul: David Dye
- Life is Like a Sales Call: Diane Ciotta
- World Championship of Public Speaking

Between 6-8:30 PM, other events will include a local Table Topics session, a party trivia fun time, and photos taken for submission to the Toastmasters International photo contest.

For those who cannot attend the broadcast, you can still purchase the ticket to get the streamed event. Space and broadband is limited, so get your tickets early.

Tickets for the broadcast event are \$10 per person (refundable up to one day prior to event-Not on the day of the event),

Tickets for the streamed event are \$10 (refundable if streaming is unavailable).

Children under 10 free.

Come and join this very exciting event. Click on the Virtual Ticket to reserve your spot!

VIRTUAL TICKET

TOASTMASTERS

2017 CONVENTION

JUST SAYIN' . . .

Getting Ready

by Donna Stark, DTM—District Director



I associate this time of year with the Scandinavian Festival, the County Fair, and getting ready to go back to school. I thoroughly enjoyed each summer vacation but by late August I (and my mother, no doubt) would be excited about getting back to class. I would organize and re-organize my supplies. Notebooks filled with clean, fresh paper. Number two pencils with their newly-sharpened smell. Crayons still in one piece with the wrappers and points intact. It all added to the excitement and promise of a new school year.

Laptop, check. Reading materials, check. Passport, check. The supplies have changed, and it's not quite back-to-school, but your Trio is headed to Vancouver B.C. to attend district leader training and the International Convention. It's our opportunity to work and learn together as a district team, with our peers from other districts, and with World Headquarters staff. I'm looking forward to reconnecting with old Toastmaster friends, and meeting new ones. I expect I'll pick up needed knowledge and wisdom. I have a similar feeling of excitement and promise that I felt as a schoolgirl. Hmmm—maybe it is like back to school!

When I was in high school, Friday night football games were the highlight of the week. The thrill of competition and cheering on your favorite team—it was fun! The International Speech Contest will be the Friday night highlight of the convention. Guaranteed to be great fun, we'll cheer on our favorite team, D7's own Quint Crispin, in his semi-final competition and hopefully beyond.

The next several days will be a whirlwind of activity! We will strive to become better leaders to serve you more effectively. We will seek out the best information, tips and tricks to share with you. The next several days will be a whirlwind of activity! When it's over, I look forward to returning to District 7. There is, after all, no place like home.

See you soon!





FROM THE DESK

Looking Good! by John Rodke, DTM—Program Quality Director

Pathways

Your enthusiastic engagement with our new Pathways education program has been awesome! This opportunity for growth has been, and will continue to be, transformational. Thank you to all of the clubs who have adapted to coordinate with our Pathways Guides to arrange visits and demonstrations. We appreciate your flexibility, openness, and support. For those clubs who have not scheduled your visits, please reach out to your Area Director to help coordinate with your assigned Pathways Guide.

Learning about Pathways from this excellent slate of Guides will help you and your club thrive in this new education program. There is no waitand-see period for new members coming in.

Embracing this opportunity will help you become confident in the new program, and capable of helping new members quickly gain the maximum value from their time in Toastmasters. Larry West had an excellent idea to use this program as a relaunch for his smaller and struggling clubs. They are building energy around this new opportunity and reaching out to past members to help add more value to their lives.

Club Officer Training

Club Officer Training has been going well. Thank you for all of the officers and future officers who have attended these events. I hope you are employing the information you were presented to help your clubs become even stronger. Reach out to your Area Directors if you have not had the opportunity to be trained for your role. The strongest clubs have all 7 officers trained every 6 months. I am hearing dynamic success from officers who have utilized assistants to help them rock their roles. I encourage you to empower the next set of leaders within your club. Oh yeah, they are encouraged to attend trainings as well.

Toastmasters Convention Streaming Video

I invite you to check out the events of the World Championship of Public Speaking at the Toastmasters International convention from August 24th-26th. You can view many of the events online. We have a huge contingent from District 7 attending, to root for our very own Quint Crispin as he competes to become the next World Champion!

Speak on!



FROM THE DESK

Goals, Awards, Kickoffs ... Oh My! by Emilie Taylor, DTM—Club Growth Director



Fall is almost here. We have had time to get to know each other in the club. We have new officers settling into their new positions, "hopefully" having attended officers training and now chomping at the bit to get going.

What's next? Planning—Yes, laying the groundwork on the path to a successful FUN club experience! How do we do this? The Toastmasters journey is an inside job for each of us. What we do on the inside, then together



as a TEAM shows up on the outside, our club relationships, and ultimately, our successes that enhances members' experiences. Have you conducted a Moments of Truth (one of the presentations from the Successful Club Series) to find out where your club has been and where it is going? A club that has a vision and corresponding GOALS (Distinguished Club Program or DCP) has a higher likelihood of succeeding than a club without a vision. With goals, you need an accompanying plan that you can track easily. I'm the biggest advocate of having a Club Success Plan. It's easy to track your progress with a plan. Remember, your plan is not set in stone. You adjust where necessary. As you achieve your goals, recognize the importance of it, however big or small. Celebrate your successes. Above all, always have FUN!

Membership/Retention Building Programs for Clubs

September is membership RENEWAL month. Club dues are coming up. To keep your clubs in good standing, please submit your payments on time, or better yet, early.

We are offering the following incentives:

CLUBS: For the first 10 clubs who pay their base membership dues (total number of members at July 1st) by September 15, your club will receive a \$25 gift certificate towards the purchase of any supplies from the Toastmasters International store! I can already feel your excitement!

AREA DIRECTORS: If 75% of your area clubs submit their base membership dues by September 15, you'll earn a \$20 gift certificate towards the purchase of any supplies from the Toastmasters International store!

Smedley Award (Program Date: August 1 – September 30)

To receive a "Smedley Award" ribbon, named in honor of our founder Ralph Smedley, clubs must add five new, dual, or reinstated members between August 1 and September 30. In addition, qualifying clubs can also earn a special discount code for 10% off their next club order. (The discount code expires six months from the date of issue and is not valid with any other offer.) Thus, spend a lot and save!

Applications and payments must be received at World Headquarters or online no later than September 30. The addition of transfer and charter members does not count towards the "Smedley Award" credit. (Darn these disclaimers!) These past two weeks, I have also been busy with kickoff meetings. A kickoff meeting or demo-meeting is when a team of seasoned Toastmasters demonstrate a shortened version of a Toastmasters meeting to a prospective new club. It's joyful to see and hear attendees embracing Toastmasters. It brings joy to my heart to see participants getting excited and wanting to charter a new club. A big thank you to our team of kickoff volunteers. If you are interested in volunteering, email me at cgd@d7toastmasters.org. We need and really appreciate the energy and enthusiasm you bring!

Calling for Mentors: We have several clubs that are on the verge of chartering in September. If you are working on your DTM, and want to be a MENTOR, please email me at cgd@ d7toastmasters.org. In MENTORING, you will find the pupil becomes the teacher and it is indeed a rewarding and growing experience.

Let's let everything "Fall" into place, and be ready for all the great and enriching experiences to unfold in our Clubs and District.

Back to you fellow Toastmasters!

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 Emilie Taylor, DTM, cgd@d7toastmasters.org for the support you need to start the next club in District 7.



JOURNEYS

Speaker & Singer—Russell Pike! by Brinn Hemmingson, ACG, CL



recommendation—and in Russell's case, his has seen his skills in leadership, listening and father was the one who suggested it. Russell was socializing improve since he joined Toastmasters. shy, involved in one main social group which He likes to see was a choir. And as one might suspect, he did what gets the brain not join. Not then, anyway!

It was Cleon Cox and his JobFinders Support questions that get Group that sealed the decision for Russell. He people involved realized he could speak more succinctly, and it and responding to certainly helped with interviews! Russell said, "I dialogue. And those never lost at an interview due to speaking, because I presented well. And I credit Toastmasters for him enjoy what we that. If I did not get the job, it was because the other person was more qualified."

Russell initially joined two clubs; Portland Progressives and TV Toastmasters. TV Toastmasters was an advanced club, but due to Russell's work founding a Resume Club and his leadership skills, they took him anyway! Russell's lectures on resumes were polished by his involvement in Toastmasters. For Russell, socializing can be work, and certainly his involvement with Toastmasters has helped him in that area.

Russell said, "Toastmasters gives me courage. I am confident speaking to groups about autism. It helps me in my Autistic Support Group. It

Sometimes we come to Toastmasters via a carries me past where things get in my way." He

engaged, to ask of us who know call the "Russell lion gaze."



Russell has been in Toastmasters for

9 years. He has participated in some contests. He has held officer roles including President.

Russell is an accomplished singer. He credits Toastmasters for "dramatically improving" his voice. A music teacher believed he could sing, and "... singing is speech slowed down, inflected, and made rhythmic."

As for what he'd say to people to get them involved with Toastmasters that was fairly simple. "If you want to speak better, listen and lead, join Toastmasters. And if not, join something else."

Music is the greatest communication in the world. Even if people don't understand the language that you're singing in, they still know good music when they hear it. -Lou Rawls



Feedback from Around the World: The Hybrid Club Experience by Brian Dodd, DTM - Guest Contributor

Brian Dodd has been involved with online connections since 1969 as a software developer and entrepreneur. When Toastmasters International opened the door in 2015 to online attendance, he was an early adopter and helped his brick & mortar

clubs leap into the 21st century. Today, he is a member of two online clubs and a frequent attendee of nine.

of Directors announced they were changing the membership protocols thereby allowing clubs to accept online members. As a result, the founders of Royal Roads Toastmasters adopted a long-

term plan to open the club to online members as a way to increase club membership. In December 2015, the Club started accepting online members. Many of the members are students of Royal Roads University, and come from all parts of the world.

My first experience with meeting online was in 1973

when I used a Datapoint 2200 desktop computer in Kamloops, British Columbia, Canada. We dialed up an IBM 360 Mainframe computer in Calgary, Alberta. The speed was phenomenal for the times at 300 baud - only 500 times slower than today's 150 mbs internet connections!

In 2007 I sponsored a club that met in the conference room of Vancouver Island Technology Park. We had the latest internet and telecommunications equipment. It became my first Toastmasters experience with online meetings. I proposed that we use this technology to allow members to attend meetings online for the Spring District 21 Conference.

Derrick Johnson, ACS, ALB recalls

"I balked when my club began the trial and error process of developing simultaneous in-person and online meetings. Like any change, I was comfortable with the regular format of presenting speeches and table topics in front of a live audience. I didn't think that online participants would add to my Toastmasters experience. My fears were allayed soon enough.

I wondered if I would miss that atmosphere of my regular club members. The beauty of being able to jump



In 2012, the Toastmasters International Board in online, no matter where you are, actually added to my joining in. I have been as far away as California; on Salt Spring island on vacation; at home in my office when I would not have been able to attend.

There is a different atmosphere when you attend

online, but not a negative difference. I benefit from hearing speeches and getting feedback from around the world, and that adds an unexpected dimension.

The online experience has helped me with in-person presentations, and vise versa. I suspect that online communication will only become more prevalent, so developing this skill adds to my repertoire.

The benefit of a multicultural audience; the skill development; the ease of use, and the new online friendships have made the experience valuable and enjoyable. I invite all Toastmasters to join in one of our meetings. Come as a guest (just like you probably did for your first Toastmasters meeting) - inquisitive and ready for a new experience that will change your world."

This year I'm the Club President for Great Communicators, another hybrid club in a suburb of Washington, DC, in District 27. I let my fingers do the walking as I bring up Zoom Meeting on my computer to join the meetings online from my home on Vancouver Island, British Columbia, Canada.

Brian Dodd joined Toastmasters in 2005, and earned his second DTM in 2014. He is a member of Royal Roads, Great Communicators, First Canadian, Firebirds Collective, and Witty Storytellers Online. He is currently serving as Club President of Great Communicators, Treasurer for Firebirds Collective, and Treasurer for Witty Storytellers Online.

Discover Online & Hybrid Toastmasters





Join us online at the Toastmasters International conventon by computer, tablet, or smart phone

Twenty Minute Toastmasters Schedule

Date	Time (PDT)	Торіс
8/23 Wednesday	12-12:30 pm	Creativity and Fun in Online Clubs
8/24 Thursday	12-12:30 pm	Online Attendance at Club Meetings
8/25 Friday	12:30-1pm	Pathways in the Online World
8/26 Saturday	11:30-12 pm	Warm Greetings from the Online Community

Learn more about each session and reserve your seat (attendance is limited)





CLUB COACH CORNER

Tools for Club Coaches by Lisa Hutton, ACB, ALB

An essential starting

point for struggling clubs is to evaluate the club climate by conducting the Moments of Truth. It's crucial for members to be honest and candid during this process, as well as supportive of everyone's insights and comments. After the club has collectively identified achievable goals and an action plan, they should be reviewed regularly by the club to



track progress and make adjustments as needed to keep momentum going. Once the club has re-established a strong foundation, achieving the 10 goals necessary to be a Distinguished Club can happen.

The <u>Club Coach Trouble Shooting</u> <u>Guide</u>, like the Moments of Truth, is a way to capture an overview of what's happening at the club. This guide additionally provides corrective action tips to help members understand the underlying reason for each of the assessment questions. The primary role of the Club Coach, when conducting any survey or facilitating a club discussion, is to ensure all club members have an opportunity to share and feel connected to the club's re-growth.

Service to others is the rent you pay for your room here on Earth. — Muhammad Ali As you grow older, you will discover that you have two hands—one for helping yourself, the other for helping others.

— Audrey Hepburn

HELP WANTED

Creekside Toastmasters is in need of a Club Coach. The club meets at Murray Hills Christian Church (15050 SW Weir Road, Beaverton, OR 97007) on Wednesday mornings. Meetings start promptly at 7:00 AM and go until 8:00 AM. Please check their club site for directions and details by clicking <u>here</u>.

Are you an advanced Toastmaster that resides or works near the Creekside Toastmaster's meeting venue and are looking for an opportunity to complete your ALS (Advanced Leader Silver)? Have you ever pondered what you could do to make a difference in your community

but didn't know exactly how you could do it? Are you looking for a way to share your expertise? Here's your chance to do all of these and so much more! Interested? Please contact me at clubcoachcoordinator@ d7toastmasters.org.



SUCCESSFUL CLUB

Clackamas Stepping Stones by Linda Smith, ACS, CL



Clackamas Stepping Stones Toastmaster Club was chartered on April 1, 1986. We are now in Area 64, Division E, District 7 of Region 2. I arrived in April of 2011 from District 12 (Inland So. CA.) My husband and I knew we'd find great people in Toastmasters, and joined Clackamas Stepping Stones immediately.

We were right. Displayed on the wall were two banners and an American Flag. One banner was unreadable because of all the ribbons sewn to it. And on the second was displayed Gary Schmidt's name. He was International President 2008-2009. This club was his home club. Best of all, we were greeted by people with friendly faces. That whole package sold us on this club.

I have been looking through the records which seem to begin in 2004. I do not know who was president; I do not know how long it took to charter. I do know the club used to meet in a Denny's. After the arrival of Dan North as a member, the meetings were held at its present location, Milwaukie Lutheran Church.

In the first copy of board meeting minutes, I see that Dan North served as VP Education, Linda Thornton as VP Membership, Gary Schmidt as Secretary, Susan Lannis as Treasurer, and John Waters as Sgt-at-Arms. (John served as SaA almost continuously from then on.)

In April of 2016, we celebrated out 30th year as a Toastmaster Club. We planned for months, and invited all District, Division and Area dignitaries. The social hall was decorated with streamers, balloons, and glittering table decorations. The food was delicious and the company delightful. Gary Schmidt honored us with a keynote speech.

Such parties are not unusual for Clackamas Stepping Stones. Our club calendar has always been filled with events. We host at least one open house per year, and there's a special meeting every month. Examples: In February we auction off desserts for Valentine's Day; in May it's Cinco de Mayo; July is the President's Picnic when we induct our

new officers; November is harvest festival time, followed with December's Ha Ha Holiday Party.

Clackamas Stepping Stones is a much honored club. We've been President's Distinguished nine times, Select Distinguished three times, and Distinguished once. And that's only since 2003.

We finished the previous Toastmaster year as President's Distinguished, having accomplished all 10 goals.

I am so proud to be a member of Clackamas Stepping Stones Toastmaster Club, and I presently serve as their President. I have a board of competent and congenial officers.

Come visit us any time and keep an eye out for our events on Facebook.

Linda has been a Toastmaster since 2007, when she joined as a charter member of The Contrarians Toastmaster Club in Irvine, CA—Founders District.

Her career has taken many unexpected turns, having been a social worker, a book seller, an office manager for a small family business, and taught junior high school as a substitute and college level English. Now, she's retired and working on her first novel.





What is Your Favorite Color? by Mary Canton, ACB, ALB

What is your favorite color? Odds are it might be blue. Blue is reported to be the most popular color in the world.

But wait. . . Would you dye your hair blue? Would you buy blue

ketchup? More than likely, there is a limit to the application of your favorite color. Ecological valence is one theory that could explain your color preference. For example, when you think of your



favorite blue you are probably thinking of the ocean or the sky or your favorite team, not blue hair or ketchup. The ecological valence theory proposes that our likes and dislikes of color are based on the objects the color represents. Many of us dream to be surrounded by clear blue skies or the beautiful ocean. Most of us don't fondly recall our favorite blue hair or blue ketchup, yes Heinz sold blue ketchup in 2003.

The psychology of color is:

- Personal
- Situational
- Cultural

Color is personal

Our color preferences are driven by experiences, feelings and desires. My eleven year old son's favorite color is green. He decided in preschool that green was his favorite color because he likes the Oregon Ducks. He has a green bedroom, green shirts, shoes, toothbrushes, you name it. He recently persuaded me to dye his hair neon green; permanent, all over, neon green. He was inspired by one of his favorite YouTube stars. I resisted, my only experience with green hair was when swimmers hair turned green from chlorine. In the end, I gave in and could literally see a spark of happiness and confidence grow in his eyes after we were done dyeing his hair. The color does not compliment his skin tone but he didn't care, he now had a physical connection to one of his favorite YouTube stars and he felt like a million bucks because he was sporting the

color of his favorite team, on his head. Green hair was something that he really desired, as both a physical and emotional connection to his favorite icons. As for me, I felt much safer sending him off to outdoor camp for a week, knowing his neon green hair would easily keep him in the sights of his camp



counselors. But green hair is not for everyone, Grandma is still wondering why we did it.

Color is situational

Circumstances, location or surroundings have an impact on our feelings and attitude on color. Growing up I had a pink bedroom. A pink bedroom for a little girl, that's to be expected. Well, what about a pink locker room for the visiting college football team? In 1979 the emeritus Iowa coach, Hayden Fry, believed a pink locker room could gain the Hawkeyes a pregame psychological advantage. He was a psychology major who understood cognitive bias. He theorized that pink would put the other team in a passive mood or would make the other team feel uncomfortable/underperform. Fry said that when other coaches made a fuss about the color, he knew his color choice was working. In 2005 the college renovated the locker room with pink lockers, pink toilets and pink showers. Some teams say they enjoyed the unique color choice but some critics argue that the color is being used in a derogatory way.

In 2009, the NFL partnered with the American Cancer Society, and pink was a prominent color used throughout the month of October. Pink represented the brand, used for marketing of breast cancer awareness, under these circumstances the use of pink in football was easily accepted.

Color is cultural

Color can symbolize values, customs or beliefs of a group. In Italy, the color blue not only represents the skies and oceans of the beautiful country, more importantly to some, it is the color of the national football (aka: soccer) team. Typically, blue creates a soothing and calming feeling. Pharmaceutical companies actually found that blue was the best color for sleeping pills for this very reason. Not for Italian soccer fans! Italian football teams are typically nicknamed by the color of their jerseys, the color connection is embedded in the football culture. Show an Italian soccer fan Azure blue and their heart begins to race. The color blue elicits such an excitable reaction that blue sleeping pills were found to be ineffective for Italian men. Pharmaceutical companies have had to make a red sleeping pill specifically for this group. The diehard custom of cheering on the national team



has influenced this groups' belief and physical reaction to the color blue.

The psychology of color is not black and white. The ecological valence theory is only one of many ways in which we can try to logically theorize color preferences. Simply stated, color preference is an individual perception. It is influenced by feelings, beliefs and memories. I wonder if green will remain my son's favorite color, or will he grow out of it, just like his neon green hair. What was your favorite color growing up? Have personal, situational or cultural influences changed your color preferences?

The next time someone asks you "What is your favorite color?" Before you answer, ask yourself "Why?"

Mary Canton joined Toastmasters in 2014. She is a member of the New Horizons Toastmasters and past Area 62 Director. She is the owner of Clear Color Consulting and provides management and consulting services for color. Questions about color? Contact her at info@clearcolorconsulting.com.



<text>

-Vincent van Gogh



PERSPECTIVES If You are a Toastmaster, Thank a Volunteer by Leanna Lindguist, DTM, IPDD

Volunteers don't get paid, not because they're worthless, but because they're

priceless. ~Sherry Anderson

Do you know how District 7 operates? Who puts on TLI? Who publishes *Voices*! Why you can always count on a conference? It's volunteers!

Yes, Toastmasters is an all-volunteer organization. How does that work? At the club level it's the officers. From providing a place to meet, to holding contests and planning meetings, club officers make it happen. If you have a mentor or speech evaluator, you can thank a volunteer.

On the District level, it takes scores of volunteers to keep our 179 clubs operational. Area Directors are responsible for visiting 4-6 clubs, holding contests, and putting on club officer trainings. They do all of this twice a year, and that is the minimum. Division Directors are responsible for motivating, overseeing, and supervising our 39 Area Directors.

The Administrative Manager keeps the minutes of our District business meetings. The Finance Manager pays the District bills, balances the budget, and submits budget reports. The Public Relations Manager spreads the word of Toastmasters.

Volunteers set up and bring the food to TLI. Club coaches and new club mentors are volunteers. So are Pathways Guides, contest judges, and those who are at the registration tables at 6:00 am.

The members of the Trio—the Club Growth Director, Program Quality Director, and District Director have the greatest responsibility and time commitment to our District. It is anticipated this is a three-year undertaking. Seven days a week, morning, noon or night you may find a Trio member hard at work. Answering emails, planning events, and starting new clubs are just a fraction of what they do. They are attending three days of training to better serve our District. This can mean time away from work and family. Trio members, like all Toastmasters, do not receive a salary and pay their own way to the District Conferences.

Why do people give their time and talent to Toastmasters? The reasons are many. They want to give back to the organization that has impacted their lives, make a difference to the lives of others, and develop existing skills and knowledge. They want to meet new people and make new friends. They are looking for a career booster.

For whatever reason people volunteer, volunteers are the reason we have 179 clubs in District 7. In truth, without volunteers there would be no District 7 and no clubs. Volunteers are the life blood of our organization.

Thank you Volunteers! We couldn't do it without you!



Beyond Concrete Walls – 1st Inter-Prison Speech Contest

by Karl Biederbeck

On June 26, 2017, Smooth Talkers Toastmaster club at Warner Creek Correctional Facility (WCCF) held a video conference competition with two other Oregon clubs from Snake River (Ontario, TM District 15) and Deer Ridge (Madras) Correctional Institutions.

For those who are not aware, many prisons host Toastmaster clubs for inmates, which volunteers from the community join and help us run. As one of the inmates, I would like to tell you why this speech competition, the first of its kind, was such a big deal for us.

Being inmates, we obviously do not get out much. Fortunately there are volunteers who are gracious enough to come to us,

making Toastmasters in prison possible. I have never been a Toastmaster before coming to prison, but being incarcerated and having plenty of time, I decided to give it a try. If inmates put their

mind to it, they can make good use of the time in prison, regardless of why

they are here. There is always room for self improvement and challenge. In my experience, Toastmasters is by far the most valuable tool available to me here, in bringing about personal growth.

Our club is an odd bunch, and the inmates and volunteers give speeches on diverse sets of topics that allow us to learn a lot from each other as we interact just like any other club does on the outside. Personally, Toastmasters has helped immensely to grow my confidence, eloquence, and communication skills. That said, there are some difficulties to running a club in prison. The good news is we do not need to find a venue. However, nearly everything else is a challenge.

As inmates come and go, we struggle to maintain adequate numbers of club members.

We would probably have more increased attendance if inmates

Speech Contest

could afford membership dues. We also have limited resources available due to lack of internet access but we work around these hurdles and make it work.

Unfortunately, we are not able to participate in speech competitions beyond the club level unless the area contest is held at our facility. This has been the case with some members from the Alturas, CA, and Klamath Falls Clubs taking out time to travel to our facility twice a year—a time consuming endeavor because Warner Creek is

Inter-Prison located in Lakeview, Oregon, which is in the middle of nowhere. However, the real downside has been that beyond these initial

beyond these initial levels, we are not able to participate in Division or District contests.

So when our volunteers, Miss Rone and Miss Hiatt, put forth the

possibility of doing an inter-facility

speech competition with Snake River and Deer Ridge, we were intrigued. They coordinated with the staff and the other clubs to make it happen, including a short trial run to test the equipment and connections beforehand.

On June 26, we held a real-time international speech and table topics competition, likely the first of its kind nationwide. We were all surprised how well it went as we connected across Oregon, being able to see everyone involved. Each contest featured two speakers from each facility that were linked by video conference cameras and TV screens. Afterwards, the audience left the room so that chief judges and ballot counters in all three locations could discuss the scores. In the end, each competition had winners from every facility. But most of all, the real win was a proof



of concept that opens up a whole new world of future competitions.

We are now considering ways to get more facilities involved and perhaps do additional speech tournaments. Another benefit is getting access to a larger part of the Toastmasters community. All I have currently is our own club. Seeing other prison clubs shows me that there is a widespread presence of Toastmasters behind bars.

Not every Toastmaster member is a prisoner, but I believe every prisoner who is serious about bettering themselves should be in Toastmasters. I

TOASTMASTERS

learning experience

TH

hope that sharing the story of our competition serves as an example of how we are striving for and reaching accomplishments.

Karl Biederbeck joined Smooth Talkers Toastmasters in April 2017. He is serving as the club's VP Public Relations. To learn how you can sponsor dues for District 7 Toastmasters inmates, contact Allan Edinger, Prison Liasion, at aedinger3@comcast.net.

> aug 29

Pathways: Informal Presentation

by Katrina Rodriguez, CC, ALB - Area 93 Director

Free

REGISTER

DATE AND TIME

Tue, August 29, 2017 6:00 PM – 8:00 PM PDT

LOCATION

Edwards Real Estate Group 1915 NW Amberglen Pkwy Ste 250 Beaverton, OR 97006

You are invited to learn about the new Pathways educational program coming to District 7 in September 2017.

Rick Martin, Pathways Guide and Sporty Speakers VPE, is polishing his Pathways presentation before presenting it to his assigned clubs. If you want to learn more about the program or missed the session held at your club, please join us and help Rick prep for his club presentations.

Seating is limited. Please claim your seat today!



HIDDEN TREASURE EARLY OREGON TOASTMASTERS - PART 4 by Harvey Schowe, DTM - District 7 Historian

Portland Toastmasters Club #31 charter member,

Frank Edwin McCaslin, was born on November 2, 1897, in Lake Wilson, Minnesota. He attended George Washington University, Washington DC for two years but never graduated. At age 20 during 1918 Frank worked as a clerk for the Department of Agriculture. After America entered World War I. Frank transferred to the War Department American Graves Registration Service (AGRS) as a civilian employee. The U.S. War Department sent him to France for grave registration work. He arrived in Antwerp, France February 16, 1920. His residence was at 8 Avenue D'ien Ars Paris, France. After completing their work AGRS staff returned to the U.S. on the USAT Cantigny arriving in New

York City on October 25, 1921. In 1922, Frank moved to Portland, Oregon. and began working for the Portland Cement Company in 1923 as a book keeper. He married Lilian Lucile Sneed in 1926. He was promoted rapidly in the company and became company vice-president in 1930 and later president.

During the fall of 1934, Photograph reproduced with written copyright permissions from Frank joined Portland the Oregonian newspaper Toastmasters club as a

charter member. March 29, 1936, Portland Toastmasters Club held a ladies night meeting where Frank was Toastmaster. Speakers were Worth Caldweld, John W. Davis, Manley Robinson, Lynn P. Sabin and Donald Sloan.

How long he was a Toastmaster member after 1936 remains unknown. He widened his involvement in community activities during 1930s and 1940s. During December 1934, Frank along with other Portland Toastmaster members helped organize the President's Ball celebrating President Roosevelt's birthday.

On September 2, 1938, the Rose Festival Association elected Frank McCaslin as president with Lynn Sabin, another Portland Toastmasters charter member, served as second vice president. In 1939, he received a silver plaque for outstanding service as Rose Festival president. During the 1940s he was active in Red Cross drives and Community Chest campaigns. On October 19, 1973, about 15 minutes after a difficult meeting at the Chamber of Commerce, McCaslin died suddenly. At the time of his death in 1973, he belonged, or once belonged to, the following organizations:

- Director of Portland Freight Traffic Association
- Trustee of Portland Art Association
- Director of Riverview Cemeterv
- Past President of Portland Chamber of Commerce
- Old Community Chest Drive
- Portland Rotary Club
- Portland Rose Festival Association
- Pacific Northwest Trade Association
- Portland Jaycees
- Director and Finance Committee Member of Good Samaritan Hospital
- Lifetime Member of Lewis and Clark College Board of Trustees
- Director of Equitable Savings and Loan
- Former Chairman of Standard Insurance Company
- Former Member U.S. Bank Board
- Multnomah Athletic Club
- University Club
- Arlington Club
- Waverly Club

An October 22, 1973, Journal newspaper editorial article mentioned "that Frank McCaslin had a talent to bridge gaps, for ironing out differences that divided people and were standing in the way of achieving goals. McCaslin had empathy for men in public life, including those at lower levels. It was characteristic of him to go to their defense. He kept on fulling his commitment to the community."



Delegation & Second Chances by Hammad Khan

Three years ago, I served as vice president of Future Stars Gavel Club. I never imagined that, as a high school

senior, I would get a second chance to serve as vice president once more. In my preparations for the position, I reflected on the mistakes I'd made last time, and how I might learn from them for the upcoming year.

Before last year's election meeting, I noticed that our club lacked the mentor support that we had previously received when our coaches more heavily drove our club. Previously, mentors supported members by helping us practice our prepared speeches. But when one of our coaches left, the support system began to fall apart. As the incoming vice president, I wanted to rebuild a mentor support system in which members would support one another.

However, my role wasn't primarily for mentor support. How would I decide which of my responsibilities to prioritize? The approach I took was to talk with members and address their concerns about club management and activities. When the feedback overlapped with my thoughts about the mentoring program, I knew that the club needed to change.

Although making a list of priorities is a good first step, change does not happen without action. Club members must actively work together towards the goal. This obstacle forced me to learn how to delegate tasks to other members. I noticed that some members were more reliable than others because they consistently finished their tasks promptly and appropriately.

I was taught the beauty of delegating. Seeing the strengths and weaknesses of people gave me knowledge, with which I assigned the right task to the right person while giving the right support to members where it was needed. Delegating effectively got every member to participate, and their participation helped to rebuild the support network that we had almost lost.

A delegator is most effective when they are in constant contact with the delegate. I did that

in two ways: 1) every club meeting I meet faceto-face and discussed upcoming deadlines and followed up with email reminders; and, 2) I listened to the best of my ability to the suggestions or concerns members raised. By addressing their comments seriously, I worked more productively with them. Lastly, maintaining communication with the previous vice president was extremely helpful. Not everyone gets a second chance at their officer role, and standing on the shoulders of previous giants helped me hit the ground running.

With only a few months left for me in the vice president position, I reflected on the mistakes and lessons learned from the previous year. However, I also saw the successes that stemmed from my past experience. This made me realize that second chances don't mean much, unless you learn from past experiences.

Hammad is a high school senior at Catlin Gabel School, and has been a part of the youth Gavel Club, Future Stars, for 4 years.

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, pleas contact Coach Humaira at futurestarspdx@gmail.com. Visitors are encouraged to visit the club and see for themselves why Future Stars should be part of their educational journey.



Hope in Action

When I first met the women of the Mapusha Weaving Cooperative they were taking turns walking daily five miles with rugs on their heads to sit on the side of a dusty, tar road where white people might drive by and buy their wares.

We met by chance, and we've spent the last 14 years working together to make a success of the Mapusha cooperative. And each woman, in her way, working to find her voice. When I began my work as a volunteer. 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.

Our first move was to grow the co-op by inviting another generation of apprentices to join us at the studio. Only some of the women spoke English so I had a translator on my first day with the eight new weavers. When I used the word 'artist' the translator stopped speaking and looked at me quizzically. She didn't know this word, there was no such word in the local dialect. After much discussion Regina, the chairwoman, came up with the word 'crafter.' It seems there truly was no word for artist in their world but this is exactly the job that needed to be done. I became the cheerleader, encouraging them to use their extensive weaving skills to produce beautiful, sophisticated rugs and tapestries which would sell in a world far from the rural village of Rooiboklaagte. They needed to become artists to support themselves and their extensive families.

My job outside the studio was to bring Mapusha and their weavings into the public eye and to find markets for their craft. I honed my writing skills with articles for the local papers, blogs, newsletters and fundraising appeals.

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 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.

The studio is doing well these days with their work in a local crafts store and an international non-profit helps them produce products to sell in the many nearby lodges. When Newman's Own foundation commissioned a rug from Mapusha for the entry way of their new headquarters in Connecticut we all stood proud.

I chronicled both our many battles and our many triumphs in my memoir, *Hand Spun Hope*, *Making a Difference in Rural South Africa*. I'm banking on Toastmasters to help me polish my speaking skills and grow my confidence so that I can be a resonant voice for hope-in-action. I want to second the words of Nelson Mandela,

"Action without vision is only passing time, vision without action is merely daydreaming, but vision with action can change the world."

Last year I returned to Portland and I'm hungry to share my stories. My wonderful Toastmasters for Speaking Professionals club is helping me gain the skills I need to share my message of hope. I want to inspire others with the proof of what can occur when vision is coupled with action and to talk about the truth that hope breeds more and more hope.



Women of the Mapusha Weavers Cooperative





TELL ME A STORY Jack's Wish by Phyllis Harmon, DTM

Once upon a time there was a poor man named Jack who lived

ack's home was made of sticks

near the road leading to Prince Nicolas of Norway's castle. Jack's home was made of sticks gathered from the nearby forest, chinked with mud from the earth, and topped with a sod roof cut from the nearby fields. He lived a simple life, foraged for food in the nearby forest and wove his clothes from the flax of the fields. He eked out a meager living by helping his neighbors with odd jobs mending fences, building bridges, and counting the chickens before they hatched. He was always ready to lend a hand for a meal

or a penny or two. As such, he was known throughout the kingdom as the one and only Jack of all trades.

And every day Jack was consumed with a wish to be rich. To live in a castle, like neighbor Nick, and have servants to

take care of his every need. He

thought it would be wonderful to have enough to eat, clothes that were ready made, and a roof that didn't leak during the winter. But, Jack kept his thoughts to himself, afraid that people would laugh at him and call him a fool.

Every evening as he trudged home exhausted from a day of hard labor, he bemoaned his lot in life and wished he could be anyone but himself. Every night he fell asleep dreaming of becoming a rich man.

Until one evening as he trudged home after another day of hard work, he saw a beautiful woman standing by the side of the road. She was dressed in a floor-length dress of cranberry red velvet. Upon her feet were slippers of finest doeskin. Her heart-shaped face was framed by a cascade of copper curls. Jack was stunned. While his eyes feasted on the vision before him, his feet refused to move. He was stuck in the middle of the road. And because he couldn't move, he really studied her and discovered her sable brown eyes were overflowing with tears.

"Please help me kind sir! An evil wizard transported me to this spot because I refused his advances. I am forced to stand here until the poorest man in the kingdom gives me a lover's kiss. I have been stuck here for hours. Everyone claims to be the poorest, and yet here I remain.

"Are you the poorest man in the kingdom?" she asked. "If you are, please give me a lover's kiss! And for your reward, I will grant your dearest wish."



A beautiful woman standing by the side of the road

Well Jack, who WAS the poorest man in the kingdom, could not believe his luck. He was about to plant a big kiss on the lips of a very beautiful woman AND become a very rich man indeed! For he had told her his dearest wish was to have a million bucks!

"MMMWAAH!" he planted a big, sloppy, overly exuberant kiss on her mouth, while enveloping her in a bear hug. He hugged her so hard, that he literally lifted her off her feet and out of her slippers.

"Oh my!" she tittered! "Not only are you the poorest man in the kingdom, you have a very expressive hug!"

As he was basking in the afterglow of his performance, right before his eyes, she began to morph from the beautiful woman he saw in the road, to Gladys, the kingdom's one and only prankster-playing shape shifter. As she danced around gleefully laughing at Jack for falling for her practical joke, he reminded her of her promise to give him a million bucks if he kissed her.

Well Gladys may have been the kingdom's one and only prankster-playing shape shifter, but a promise was a promise. "When you return home, you will find a million bucks on your doorstep." With a hearty guffaw and a wave goodbye, Gladys skipped down the road to the castle for a hearty dinner and a nice cup of chamomile tea before bed.

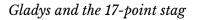
And because of this Jack hurried home, ecstatic that a million bucks would be there for him to hold, and count, and spend in the years to come. All of his dreams flashed before his eyes, and he picked up his pace eager to run his fingers through his fortune.

As he approached his home, he began to feel a sense of dread. If Gladys was a prankster, what would he actually find on his doorstep? But a promise was a promise wasn't it? What EXACTLY did she promise?

Finally he arrived home to find a very large, 17-point stag blocking his door. And as far as his eyes could see, there were bucks, shoulder to shoulder. In fact—you guessed it —a million of them. Gladys had kept her promise. But not exactly as Jack had wished for.

In the end all was not lost. Jack finally got what he always wanted. To be rich. In fact, he became the wealthiest man in the kingdom. He sold a few of his herd to neighbor Nick for a goodly sum, and invested in a large farm between the forest and the castle. He bred his herd with a very, light footed, airborne variety, and started the world's only open-air, flying cargo service. As it happens, his busiest time of the year was December, and old Nick his largest customer.

And to this day, Jack laughs at Gladys's practical joke, and with a shake of his head, always says "be careful what you wish for!"



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 Every Wednesday 7:00-8:30 am

Where

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

RSVP Appreciated davidw@linesforlife.org (971) 244-4637

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.



WELCOME NEW MEMBERS

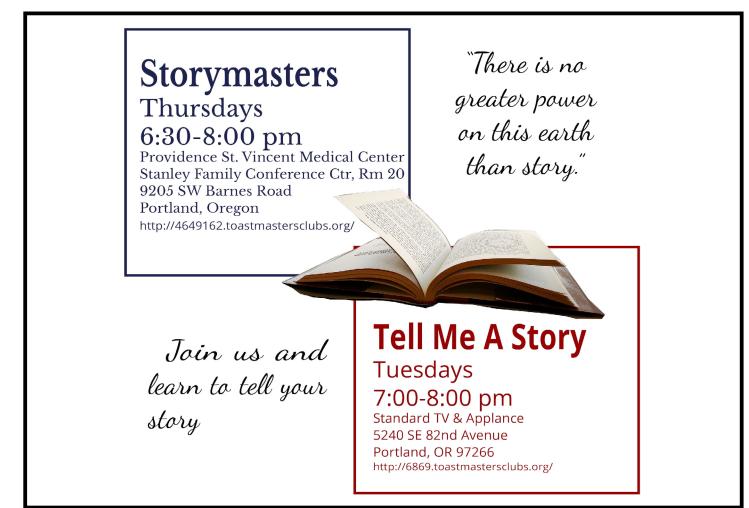
Club Name	Last Name	First Name
WE Toasted Toastmasters	Alexander	Keaton
Puppetmasters Toast Club	Allen	Joel
Bootstrappers Club	Allen	Stefyni
Essayons Club	Andes	Carolina
Noon Talkers	Baker	Deirdre
Babble-On Toastmasters Club	Baratchi	Shima
Yammertime	Baunach	Chris
Redmond Area Toastmasters Club	Benefield	Lorri
Talk-In-Tel	Berry	Alex
M A C Toastmasters Club	Bimrose	Bridget
Articulators Toastmasters	Bolin	Anita
Downtown Public Speakers Club	Bong	David
Downtown Public Speakers Club	Buch	Heather
Yammertime	Campbell	Carrie
Columbia Square Squawking Heads	Carrasco	Thomas
The Dalles Toastmasters Club	Chaix	Jamieson
Bend Chamber Toastmasters	Christoff	Peter
The University Club	Clairmont	Timothy
Yammertime	Clasen	Molly
Toast to US	Conley	Lisa
Yammertime	Сох	Alysia
Yammertime	Do	Bennett
Yammertime	Dudman	Joseph
Oregon State Toastmasters	Dumanli	Ahmet Alper
WE Toasted Toastmasters	Entriken	Kalen
Marylhurst Toastmasters	Erdle	William
Yammertime	Fernandez	Lauralee
Liberty Talkers	Fong	Gang
A-Dec Toastmasters	Gallipeau	Karlee
Oregon State Toastmasters	Gu	Yongbin
Transtoasters	Hanna	Melani
Essayons Club	Heffernan	Brittany
Yammertime	Herzig	Мауа
Yammertime	Hoffman	Amber
Yammertime	Hyatt	Karen
I.R. Speaking Toastmasters Club	James	Miranda
WE Toasted Toastmasters	Johnson	Adam
Transtoasters	Jones	Irene

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Portlandia Club	Kahn	Wendy
Yammertime	Klepetka	Ryan
VA SORCC Toastmasters	KUENSTLER	MICHAEL
WRIP City Club	Kumar	Premila
Downtown Public Speakers Club	Larin	Mark
Sporty Speakers	Lee	Michael
VA SORCC Toastmasters	LINNEHAN	JOHN
Oregon State Toastmasters	Liu	Rui
Essayons Club	Loveland	Kevin
Pearl District Toastmasters Club	Mackovjak	Chris
Silicon Forest Club	Massey	Brian
Audacious Orators	Mathieson	Stacie
Yammertime	McKillip	Heather
Oregon City Toastmasters	McQuarters	Alfred
Bend Chamber Toastmasters	Meyers	Zoe
VA SORCC Toastmasters	Mitchell	Casey
WE Toasted Toastmasters	Murphy	Ben
Yammertime	Newton	David
Tower Toastmasters	Nicolas	Diana
Southern Oregon Speechmasters	Noles	Cheryl
Downtown Public Speakers Club	Overton	Melissa
Pearl District Toastmasters Club	Palomo	Vannesa
Pearl District Toastmasters Club	Pangelinan	Derek
Battle Ground Toastmasters	Posselt	Kyle
Yammertime	Prelau	Jyalia
Essayons Club	Prusi	Joel
Yammertime	Quan	Tracy
Essayons Club	Reyes	Zachary
Politically Speaking	Rhodes	Glenn
Columbia Communicators	Riesterer	lsaac
Tabor Toastmasters Club	Robrecht	Nancy
Samaritan Ah-so-Um	Sautel	Kelly
VA SORCC Toastmasters	SHAMY	JOHN
Bend Chamber Toastmasters	Sholin	Debbie
Bend Chamber Toastmasters	Sholin	Debbie
WE Toasted Toastmasters	Shuholm	Zach
Gorge Windbags	Springer	Xochil

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
NuScale Toasters	Stonebaker	Chris
Babble-On Toastmasters Club	Talladen	Cyrus
Sporty Speakers	Tang	Jimei
Yammertime	Teeples	Jennifer
Essayons Club	Tran	Phillip
Yammertime	Van Ness	Grace
New Horizons Toastmasters Club	Walk	Debbie
Yammertime	Walker	Lynn
Battle Ground Toastmasters	Warren	Diane
Smooth Talkers Club	Williams	Geoffery
Moser Community Toastmasters	Yamamoto	Matthew
Yammertime	Yang	Charissa
Portland Club	Yetter	Lynette
Modoc Toastmasters Club	Young	Jack
Timber Talkers	Zander	Angela
Silicon Forest Club	Zhang	Jin



HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	7/17/2017	Ahearn, Caitlin E	Eco Voices Toastmasters
CC	7/24/2017	Alexander, Casey	Hopemasters
ALB	7/14/2017	Alexander, John	Capital Toastmasters Club
CC	7/27/2017	Bankole, Olu	Timber Talkers
CC	7/3/2017	Bard, Linda J.	Tmstrs For Speaking Prof
CL	7/14/2017	Brackett, Lucy Katherine	Highnooners Club
CC	7/14/2017	Brackett, Lucy Katherine	Highnooners Club
CL	7/6/2017	Brentnall, Natalie Leigh	Swan Island Toastmasters
CC	7/18/2017	Christner, Jason	Capital Toastmasters Club
CC	7/27/2017	Colway, Christa M	Yaquina Toastmasters
ACS	7/3/2017	Fanning, Paul C.	Downtown Lunchbunch
DTM	7/3/2017	Fanning, Paul C.	Downtown Lunchbunch
ALS	7/3/2017	Fanning, Paul C.	Downtown Lunchbunch
CC	7/19/2017	Fox, Haley	Audacious Orators
ALB	7/1/2017	Fox, Shani	Tmstrs For Speaking Prof
CC	7/5/2017	Gadea, Francisco M	Moser Community Toastmasters
CC	7/31/2017	Gonchoroff, Maria	Wafermasters Club
CC	7/2/2017	Goodrich, Daniel A.	Professionally Speaking
ALS	7/12/2017	Hale, Dawnette S.	Swan Island Toastmasters
DTM	7/13/2017	Hale, Dawnette S.	Swan Island Toastmasters
CC	7/2/2017	Hall, Robert B.	Professionally Speaking
ALB	7/24/2017	Healy, Charles A.	Coos Bay Toastmasters Club
ACB	7/17/2017	Hutton, Lisa F.	Marylhurst Toastmasters
LDREXC	7/25/2017	Hutton, Lisa F.	Marylhurst Toastmasters
CC	7/3/2017	Hyder, Matthew B	MIME Speaks
CL	7/31/2017	Kleffner, Paul J.	Babble-On Toastmasters Club
CL	7/1/2017	Knapp, Thomas K.	WRIP City Club
CL	7/10/2017	Li, Beverly F.	Electric Toasters Club
CC	7/12/2017	Lin, Ying Amy	Silicon Forest Club
ALS	7/7/2017	Love, Dottie	Sporty Speakers
CL	7/26/2017	McKenzie, Theophan	Pearl District Toastmasters Club
СС	7/28/2017	Moore, Sherry P.	WE Toasted Toastmasters
CC	7/23/2017	Nguyen, Quynh M	Toasting Excellence Club
ACB	7/24/2017	Norris, Lauralee K.	Yaquina Toastmasters
ALB	7/27/2017	Norris, Lauralee K.	Yaquina Toastmasters
CC	7/2/2017	Pedersen, Andrew S.	Professionally Speaking
СС	7/18/2017	Peyree, Andy	Banfield Barkers
ACB	7/18/2017	Ramakrishnan, Vasini	Lunch Bunch Toastmasters

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CL	7/6/2017	Rhodes, Stanley L	Swan Island Toastmasters
ACS	7/25/2017	Schupp, Lisa S.	Toast of Corvallis Toastmasters
CL	7/2/2017	Semprevivo, Karen Ann	Portland Progressives
CL	7/14/2017	Stone, Matthew R	Downtown Lunchbunch
ACB	7/14/2017	Taylor, Laura	Sherwood Town Criers Club
ACB	7/13/2017	Thygesen, Erica L.	Clackamas County Tmstrs
ACB	7/11/2017	Timmer, David A.	Sherwood Town Criers Club
CL	7/28/2017	Tully, Kathleen	WE Toasted Toastmasters
СС	7/28/2017	Tully, Kathleen	WE Toasted Toastmasters
СС	7/12/2017	Vazquez, David James	Rose City Toasters Club
СС	7/12/2017	Vosper, Robert	Rose City Toasters Club
ALS	7/13/2017	West, Larry J.	Grants Pass Toastmasters Club
ACG	7/13/2017	West, Larry J.	Grants Pass Toastmasters Club
DTM	7/14/2017	West, Larry J.	Grants Pass Toastmasters Club
СС	7/3/2017	Westbrook, David E	Tmstrs For Speaking Prof





Larry West, DTM





Dawnette Hale, DTM



Paul Fanning, DTM

CONGRATULATIONS TO JULY DTMs

Happy Anniversary to August Clubs

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

Charter Date	Years	Club	City
8/8/2014	3	Clackamas County	Oregon City
8/14/2014	3	Clack-Orators	Oregon City
8/1/1993	24	Silicon Forest	Beaverton
8/1/1983	34	Warner Mountain	Alturas
8/1/1980	37	WRIP City	Beaverton



A special shout out to Warner Mountain and WRIP City for passing the quarter century mark

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARDS	
Fanning, Paul C.	3	ALS, ACS, DTM	
Hutton, Lisa F.	3	ACB, LDREXC, ALB	
Tully, Kathleen	3	CL, CC, LDREXC	
West, Larry J.	3	DTM, ALS, ACG	
			IDIE -

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

AUGUST

23

Division G, Club Officer Training. @ @ 7:00 PM, Vancouver Pointe 4555 NE 66th Ave, Vancouver, WA 98661

23-26

Toastmasters International Convention, Vancouver Convention Centre Vancouver, British Columbia

28

Last Chance Club Officer Training. @ 6:30 PM – 8:30 PM, Providence St. Vincent Medical Center - Rms 20/21, 9205 SW Barnes Rd, Portland, OR 97225

29

Pathways Informal Presentation, @ 6:00 PM – 8:00 PM, Edwards Real Estate Group 1915 NW Amberglen Pkwy Ste 250, Beaverton, OR 97006

SEPTEMBER

15

End of Club Humorous Speech & Table Topics Contests

16

Begin Area Humorous Speech & Table Topics Contests

Reflections: A Year of Leadership @ 10:00 AM – 1:00 PM, Meridian United Church of Christ - Frog Pond, 6750 Boeckman Rd, Wilsonville, OR 97070

20

Areas 91/92 Humorous Speech & Table Topics Contests, @ 6:00 PM – 8:00 PM Beaverton Community Center, 12375 SW 5th St, Beaverton, OR 97005

21

Area 94/96 Humorous Speech & Table Topics Contests. @ 6:00 PM – 8:00 PM Beaverton Activities Center, 12500 SW Allen Blvd, Beaverton, OR 97005

Area 61/63 Humorous Speech & Table topics contests, @ 6:30 PM – 9:00 PM Marylhurst University, Hemlock Room, 17600 Pacific Hwy, Marylhurst, OR 97036

23

Area 32 & 33 Fall Speech Contest, @ 10:00 AM – 12:00 PM, Oregon State University Kearney Hall 112, Kearney Hall, 1491 SW Campus Way, Corvallis, OR 97331

25

Area 93/95 Humorous Speech & Table Topics Contests, @ 6:00 PM – 8:00 PM Beaverton Community Center, 12350 SW 5th St, Community Room, Beaverton, OR 97005



Pathways is coming to District 7 Toastmasters in September 2017

Visit toastmasters.org/Pathways to learn more!