

Eclipse: Another Word for Burnout



Oregon Field Trip: A Total
Eclipse of the Sun - Page 26



EDITORIAL

Defending the Eclipse

by Phyllis A. Harmon, DTM
Editor/Publisher

In ancient times—before the internet— solar eclipses were seen as harbingers of impending doom. They were blamed for all kinds of disasters such as the overthrow of political systems, stunted vegetables, and farm animals running amok. Never mind the fact that the demise of bad politicians was just a matter of time, vegetables relied on fertile ground and sufficient water, and farm animals spooked at the slightest opportunity.

I believe that solar eclipses are the victims of innuendo, urban rumor, and—let’s face it—guilt by coincidence! Even today (enlightened though we 21st-century humans are supposed to be), solar eclipses are blamed for earthquakes, floods, and hurricanes - and, of course, shifting political whims, undernourished veggies, and those pesky farm animals trampling through said vegetable gardens!

But what if solar eclipses were just benign, natural phenomena with no ulterior motives? What if they just occurred every so many years, like clockwork, regardless of what we did, or said, or thought? (Shocking!!)

They would still be worth the trouble we go through to view them. Landowners could still make a year’s income renting out 8 x 8 patches of ground to pitch a tent, sell sunglasses “guaranteed” to let us stare at the sun during the entire event without going blind, and gas station owners would still be able to sell regular gasoline at premium prices.

The only difference is that we would quit blaming solar eclipses for stuff they couldn’t possibly know or care about. In fact, this sounds like the perfect HPL project. With the right team of innovative thinkers, the blame for disasters of any magnitude could be shifted away from the poor, misunderstood solar eclipse to the real harbinger of disaster—the blue moon!

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Cover photo provided by Harvey Schowe, DTM, Taken on August 21, 2017 around 11:33am MDT at Rexburg, Idaho, Potter Park. The weather was clear and no haze or clouds. A Nikon telephoto lens 200mm to 500mm with a 1.7 teleconverter and a Nikon D7500.

Voices! is published monthly by District 7 Toastmasters. First issue published August 2014. Submit articles or contact contributors at voices@d7toastmasters.org

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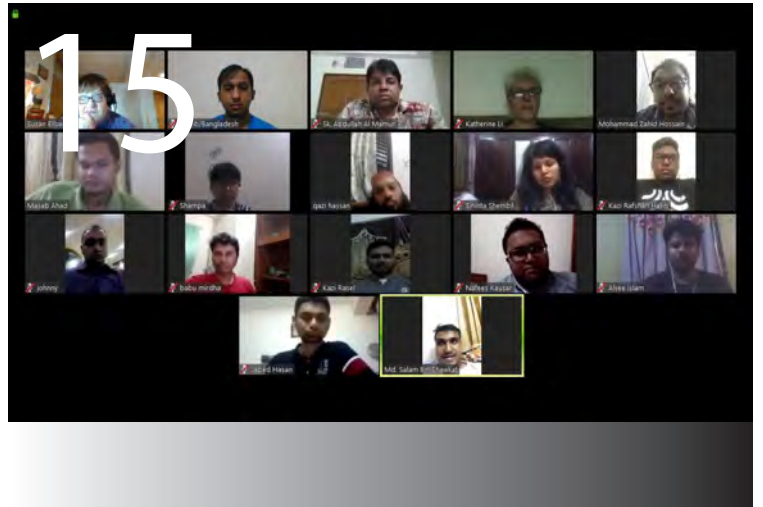
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Laura Handke helps professionals and presenters feel comfortable and confident in creating maximum impact on their intended audiences. As an inspirational and energetic facilitator, Laura will show you how to be memorable by establishing an authentic connection that lasts and builds trust.

She is a certified Transformational Voice® teacher and the author of *Six Degrees to Your Dreams* and *Comfort Food from the Heartland: Recipes from a South Dakota Farmer's Daughter*.



CONTENTS



02

EDITORIAL

Defending the Eclipse

by Phyllis Harmon, DTM

07

COVER STORY

Eclipse: Another Word for Burnout

by Beth Genly, ACB, ALB

11

JUST SAYIN' . . .

Getting Ready

by Donna Stark, DTM
District Director

10

FROM THE DESK

Waves of Change

by John Rodke, DTM
Program Quality Director

12

FROM THE DESK

Are You Inspired?

by Emilie Taylor, DTM
Club Growth Director

13

Tall Tales Toastmasters Open House

14

JOURNEYS

Ray Fox: Be the Change You Wsh the World to Be

by Brinn Hemmingson, ACG, CL

15

PLAN C Club Officer Training in Bangladesh

by Susan Ellsworth, DTM

16

Open House: Effective Stage Movement 101

17

CLUB COACH CORNER

Solar Eclipse: Cosmic Lessons

by Lisa Hutton, ACB, ALB

18

Seizing the Opportunity

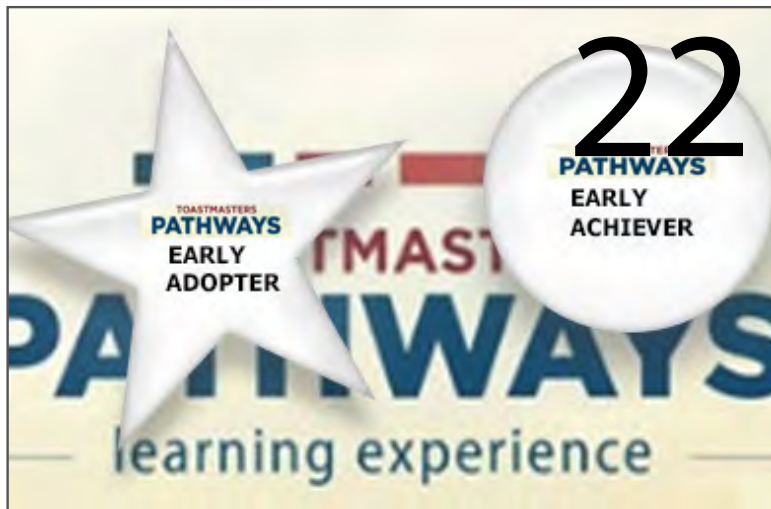
by Andrew Chappel, CC, ALB

19

SUCCESSFUL CLUB

STorymasters: From "I'd Never" to "Yes I Can"

by Joe Anthony, ACG, ALB



21 **PERSPECTIVES**
Get Everything You Can Out of
Toastmasters
by Leanna Lingquist, DTM, IPDD

22 Pathways: Be an Early Adopter
& Achiever
by Cate Arnold, DTM

23 Lessons Learned as a TEDx
Coach
by Jim Daniel, DTM

25 **BURIED TREASURE**
Early Oregon Toastmasters -
Part 5
by Harvey Schowe, DTM - D7 Historian

26 **TELL ME A STORY**
Oregon Field Trip: A Total
Eclipse of the Sun
by Lee Engvall, ACS, ALS

28 The Importance of
Communication
by Miriam Malik

29 Fall Conference: Ready Set
GROW

30 WELCOME NEW MEMBERS

32 HONORING EDUCATIONAL
AWARDS

33 TRIPLE CROWN AWARDS

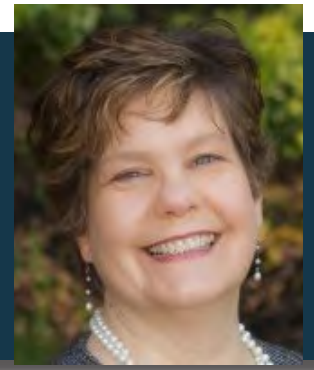
34 HAPPY ANNIVERSARY TO
SEPTEMBER CLUBS

35 SEPTEMBER-OCTOBER
CALENDAR



Eclipse: Another Word for Burnout

by Beth Genly, ACB, ALB



Is burnout like a solar eclipse? Last month, I had the pleasure of watching the solar eclipse (well, 99% of it, anyway – the sky never went entirely dark for us) with husband Chris, daughter Kim, and our dog, Venice. It was a long, slow event: one hour for the moon’s disk to slide over the sun; about two minutes of chilly peak eclipse time, and another hour as the moon receded.



L to R: Kim, Chris, and Venice

I was thinking about burnout while we watched (I think about burnout a lot!), and it struck me—another word for burnout could be “eclipse.” I thought of fifteen ways that “eclipse” fits my experience and understanding of burnout.

An Eclipse of Your Energy and Productivity

1. Everything seems normal until you’re well into it. The sun appears to be shining as much as it always does.
2. More and more over time, your burnout hides your brilliance from the world. It’s a deceptively slow process. From moment to moment, it can seem as if it’s hardly happening at all.
3. If you’re not paying attention, it can sneak up on you, and so it may seem sudden that

◀ *Beth Genly,*

4. When you’re completely burned out, even the birds stop singing.
5. Your community can often see it coming on, though initially they may not recognize what the symptoms portend.
6. When a community does recognize the eclipse (or burnout) is happening, they may deeply misinterpret both its meaning and what to do about it. Another way of saying this—they interpret the phenomenon and prescribe remedies based on their previous understandings and beliefs.
7. The return of light and warmth will also be slow and steady, not instantaneous.
8. Eclipses darken the landscape at different times and places, often occurring many years apart. Burnout, too, can repeat in cycles.
9. Burnout, like an eclipse, is sometimes only partial. Your brilliance may dim, the winds of distress may blow, but your sky does not go completely dark. It feels far less dramatic. Nevertheless, a large part of your energy is unavailable to the world, for a time.
10. Sometimes you notice a “diamond ring” effect: a last flash of brilliance, or supreme effort, just before your energy and



Burnout, like an eclipse, is sometimes only partial.

enthusiasm goes completely dark.

11. Science clues you in to the significance of effects which you might otherwise have missed. We loved the way the leaves created a “pinhole camera effect” on the ground—beautiful!

Not so beautiful—the severe stress effects of burnout. We liken burnout to a repetitive use injury of the parts of the body that deal with stress.

12. If you know enough about it, you can find some ingenious ways to deal with it. This last photo shows my engineer husband, Chris, experimenting with creating an “eclipse camera” using Kim’s shoe and a pad of notepaper. (It worked!)

An example of creative use of resources to help with burnout recovery is based in knowledge of how the science on hazing applies to burnout. A brain effect that is



Chris creating an “eclipse camera”

very similar to the results of hazing can keep you trapped doing unnecessary, burnout-causing activities. My co-author, Marnie Loomis, used a superhero from a popular movie to help someone break out of that trap.

13. There’s a lot of bad information out there about why burnout happens and what it means. It can be hard to sift the accurate information out from the nonsense. (One example for the eclipse: I saw a lot of panicked warning posts on social media: “You must keep your pets indoors! Especially dogs! Old Faithful Fido will look up when you point, and he will go blind!!!” While I had my doubts about this, I didn’t

see a debunking article until the day of the event.)

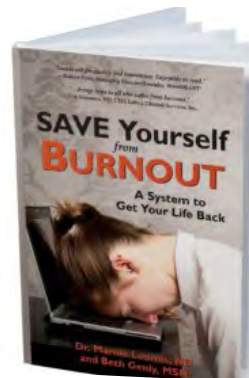
An example for burnout: the commonly believed myth that you can’t burn out if you love your job. People often firmly instruct me this is true, as soon as I mention that I am the co-author of a book about burnout. In fact, being obsessively passionate about your job may put you more at risk of burnout.

14. A lot more people are headed toward burnout than you may realize. For good or ill, if you’re getting burned out, you have company on your journey. Since reconnecting with your community is a powerful antidote to burnout, being able to discuss burnout frankly and accurately may provide considerable relief.

15. At the moment of totality, you can see the colors of sunrise on the horizon all around you, if you remember to look. For burnout, these are the glimmers of new possibility, new directions, relief and recovery.

How much of this list applies to your experience of burnout? Did you think of any similarites that I missed?

A few hours after the eclipse was over, we received a frantic text from one of our neighbors. She had chosen to drive some distance with her family, to be able to view it from the zone of totality. “Can you walk our dog? We are stuck in post-eclipse traffic. We’ve moved less than a mile in the last hour!” We love our neighbors—and their dog, Kobe—so we were more than happy to stroll out with our dogs, into the bright day.



If you want to learn more about burnout and how to avoid it, please check out *Save Yourself from Burnout: A System to Get Your Life Back* available through Amazon.com in October, 2017 co-authored by Beth Genly and Dr. Marnie Loomis, ND.

Beth Genly, ACB, ALB joined Toastmasters in 2014. She is a member of Toastmasters for Speaking Professionals, TV Toastmasters, and Feedbackers. She is serving as a club officer in all three of her clubs.

JUST SAYIN' . . .

Getting Ready

by Donna Stark, DTM—District Director



I've been told that time flies like an arrow. I've also been told that fruit flies like a banana. This time last month I was preparing for our trip to Vancouver B.C. It was an intense week of travel, training, networking, and excitement. I laughed, I cried, and I tried to soak everything in. I hope each of you will have an opportunity to attend a Toastmasters International Convention. There's nothing quite like it!

My Toastmasters week started as I boarded the airplane in Eugene. Imagine my surprise to see former International President Gary Schmidt on my flight. The D7 reunion continued at PDX, and I was joined on the plane to Vancouver by Michelle Alba-Lim and Emilie Taylor. We weren't five minutes into our flight and Emilie was sharing the benefits of Toastmasters with the newly-retired woman behind me. She told the young couple from London how to find a club near them. A Club Growth Director is never off-duty!

Toastmasters International provided two full days of training to district leaders. Well, with the possible exception of a ten to fifteen minute period when those of us that had eclipse viewing glasses bolted to the nearest viewing areas to partake in the long-awaited event. It wasn't the

full-on experience we would have had at home, but it was still pretty cool.

It's hard for me to pick just a few convention highlights. There were so many! The sessions on storytelling and how to improve your stories were high on my list. The presentation by Golden Gavel award recipient Erin Gruwell left me in awe. And of course, I cheered when D7's Quint Crispin was presented a second place trophy in his semi-final contest!

The convention really illustrated for me that Toastmasters is an INTERNATIONAL organization. I met, and shared with, and learned from, Toastmasters from all over the globe. Dublin, Dubai, London, Portugal, India, Sri Lanka, Hong Kong, Germany. . .there are Toastmasters clubs in over 140 countries, with so much in common.

I'm a better Toastmaster and I'm better prepared to fill my role because of the experience. It was an amazing week. And yet, there's no place like home. . . with the Pathways rollout to look forward to!

Yes, Pathways is here! More on that next month. Until then, I encourage you to Find Your Path.



District 7 Toastmasters gather for a group photo at the Toastmasters International Convention with our semi-finals, 2nd place winner Quint Crispin. L to R: Jim Daniel, Becky Holm, Leanna Lindquist, Emilie Taylor, Quint Crispin, Gabrielle Proust, Phyllis Harmon, Dick Parsons, Lana Parsons



FROM THE DESK

Waves of Change

by John Rodke, DTM—Program Quality Director

Surf's up! It is time to ride the Pathways Wave. We have done the work. We are done with patiently waiting, swimming into unknown waters through visits and training! On September 19th, we rolled out the new program. I encourage you to hop on board and enjoy the new opportunities this program offers.



A huge thank you to our Pathways Guides for preparing our District to enjoy this program. These awesome individuals will be supporting our clubs through Zoom Meeting, an online conference video platform, with training and support sessions throughout the next few months. I encourage you to reach out to them and learn about this program so you can thrive within it.

The worldwide rollout of Pathways is scheduled to be completed by June 2018. How does this affect you? Members working on their Distinguished Toastmaster (DTM) in the old program will have until June 30, 2020 to complete it. This gives you two years of opportunities to gain your District Service Credit by serving as a District Officer and helping our District thrive.

The best way to gain a spot on the Surf Squad (cheesy, I know) is to assist your current Area and

Division Directors now. This will provide you the opportunity to learn the role, grow through empowering delegation, and thrive as you take on the role in the future. This is an excellent opportunity to complete a High Performance Leadership Project (HPL), and grow as a leader.

One major role to achieve DTM is to successfully serve as a Club Mentor, Sponsor, or Coach. Emilie Taylor, Club Growth Director, is growing new clubs throughout the District and supporting those that need assistance. I highly encourage you to share your wisdom and develop your Toastmaster mentorship abilities by stepping into one of these amazing roles. I guarantee you will grow through this impactful process.

The Toastmasters International Convention was an amazing experience. I had the opportunity to have over 500 in-depth conversations with Toastmasters throughout the world. I did my best to impersonate Barbara Walters and ask deep and meaningful questions to these amazing leaders. I was searching for, and found, golden nuggets of information our District can use to thrive. Three of them are:

Make every decision with the goal of improving the experience of the member.

Build a fireball of success by celebrating your wins. This will generate infinitely more energy to solve the inevitable challenges.

Every member is making a difference in their community. By supporting and developing one dynamic leader, you are positively impacting thousands of people. This really matters, so do your best, truly care, and show it.

Big announcement: This is the last Fall Conference. . .

As you soak that in, let me tell you why. These fun and exciting events soak up a lot of time and energy from your District team and only benefit a few hundred members. We will redirect that energy by providing awesome training events that can benefit thousands of our members by providing actionable, inspirational, and meaningful takeaways for use in Toastmasters and life.

I highly encourage you to help us send off the Fall Conference in style by going to the D7 Calendar with a link that now works (my snafu), or click here for tickets. The changes to next year's contest season are being discussed. We will present more information on how that will change at the Fall Conference, where you get the amazing opportunity to learn from Accredited Speaker Johnny Campbell, The Transition Man, as he coaches our District on how to adapt to constructive change.

Part of our transition this year is hosting an earlier Toastmasters Leadership Institute (TLI) on December 2nd. This year is paving the way for this to be the major Fall event in our

District. We are also providing this before the major holidays to allow more time for our officers to be successfully trained, and avoid being thrown off-kilter by another "Snowpocalypse." The warmly received Division level TLI's will also be continued. I encourage you to use these events as recruitment tools, and to have as many of your members attend as possible. We are improving the lives of all of our members by training dynamic leaders and public speakers.

We are getting out of our comfort zone, and into our growth zone. . . This is where positive and dynamic transformation happens. . .

I look forward to enjoying the adventure of riding these waves of change with all of you.



2017-18 Summer District Trio Training Completed, Vancouver, BC. L to R: Emilie Taylor-Club Growth Director, Donna Stark-District Director, John Rodke-Program Quality Director



FROM THE DESK

ARE YOU INSPIRED?

by Emilie Taylor, DTM—Club Growth Director

How many of you were inspired by the Eclipse that happened on August 21st? Something that you see and experience once in a lifetime and can change your life. While you witnessed the total eclipse here in Oregon, I had my total eclipse in Vancouver, BC. I was at the Toastmasters International Convention for training. Wow! Joining Toastmasters can create an eclipse of thought. As a first-time attendee, I realized how Toastmasters changes lives all over the world. Our successes and struggles in our District are echoed by the same successes and struggles in other Districts. Concerns and challenges in Toastmasters reaches across country boundaries and are universal. I am inspired every time I visit a club and hear stories of the transformative power of Toastmasters. My interactions in the training process provided feedback and more ideas and ways to support our clubs. I continually learn how to better serve in my role and carry forward our District mission of building new clubs and supporting all clubs in achieving excellence.

Inspiration can grow your club.

How can sharing create an Eclipse for you? Where do you find inspiration every day to do what you need for your club and yourself? The answer—Eclipse and paradigm shift. We change the way we look at challenges in our clubs. Are they challenges to make us struggle or could they be opportunities to make ourselves and clubs grow stronger and become more fun and exciting? It's an inside job for all of us. If you are so inspired to take action, reach out. If your club is needing some love, and you need a coach to help bring that new or renewed energy to propel your club to the next level, we have a Club Coach Program for you. We have many that have been there, grew, and want to pay it forward by helping you and your club.

Eclipse, paradigm shifts come from events and experiences around us. When they come to mind, write them down and share with others. Remember, each one of us is what makes a club.

Renewals—Please turn in your club dues. Remember, to be in good standing with Toastmasters International, a club must have 8 paid members by October 1st.



New Club Update—Congratulations to Toast of Old Town Toastmasters, a club that chartered in September! This club was started by Hillarie Hunt of NWEA. Thank you Hillarie and all charter members! And thank you to Ted Takamura and Kathleen Tully, for stepping in as mentors. We wish our newest club all the success!

Interested in chartering a new club?

Please contact Emilie Taylor, cgd@d7toastmasters.org. We have incentives for those whose new club leads result in a kickoff meeting.



TALL TALES TOASTMASTERS

Come visit our new Toastmasters Club

Open House Whole Foods

Tuesday September 26,
6pm - 7pm

3535 NE 15th Ave, Portland
on the second floor in the
Mt. Bachelor Room
(stairs by the beer cooler)

All Are Welcome

Question call Kyle Dukelow (503-720-3413)

Tall Tales Toastmasters
is part of Toastmasters International,
www.toastmasters.org,
practicing public speaking and leadership skills
through a worldwide network.





JOURNEYS

Ray Fox: Be the Change You Wish the World to Be

by Brinn Hemmingson, ACG, CL

With a twist on Gandhi's famous quote, Ray Fox took me on a journey that definitely featured Toastmasters. Ray had a long, 36-year, involuntary vacation. While he was in the correctional institutions he made a choice to turn his life around and joined Toastmasters.

If you have been to a contest at any correctional facility, you will be struck by how amazing people are. They speak to their journeys (crediting Toastmasters with everything from finding friends—dealing with their issues honestly) to being able to express themselves better. Ray certainly found this to be true, speaking successfully to a Parole Board 6 months after joining Toastmasters. He jokingly says “You can blame Toastmasters for my being paroled.”

Ray has belonged to several clubs: the Eastern Oregon Correctional Institution (CRCI), Columbia River Correctional Institution (CRCI), Rose City Toasters, Babble-On Toastmasters, and Newberg Toastmasters. He was the Vice President of Education at CRCI, and to his surprise, asked to resign. That was in order for his fellow Toasties to nominate him for Club President! He also served as an Area Director.

Ray had some interesting and very positive things to say about how Toastmasteres has helped him. It's given him courage. As he put it, he has gone into job interviews with the attitude “This job is mine!” Every time he has done so, he has gotten the job! He shared how he would fill out the application, get the interview, and get the job offer.

Toastmasters has also helped with relationships. He shared how, while in church, he found himself sitting in front of Randy Harvey! Now they are friends. Toastmasters opens doors and provides a chance to allow anyone to be what they want to be in life.

When Ray was paroled, he arranged to have breakfast at an IHop. He invited his Toastmasters family to join hm. Ray says he hoped maybe 7 folks would join hin. Imagine his surprise when he walked in and nearly 40 people stood up and clapped. No way was he going to let these people down!

Ray says his dream is for Toastmasters to be made available in every prison. The recidivism rate for people who join while incarcerated and who stay with it when released is practically nil.

As for me, I gave him his first kiss of freedom.





PLAN C Club Officer Training in Bangladesh

by Susan Elsworth, DTM - Guest Contributor

There is nothing quite like a dream that slowly brews on a back burner, shows up on a main menu for clubs distant from each other and then slowly wafts its way into corporate consciousness because its ingredients have produced a tasty Toastmasters dish. That's PLAN C.

PLAN C is a menu for can-do, creative and committed "cooks" in clubs searching for alternative tools to familiar ingredients that mostly worked in the past.

In mid-September 2016, the Great White North Online club chartered. Although I had marketed to members in Canada and the United States, Muhammad Habibul Islam ("Habib"), a Toastmaster from Bangladesh, had showed up and signed up.

By spring of 2017, Habib had chartered two traditional clubs, North/South University Toastmasters and LEADS Toastmasters in Dhaka, the capital of Bangladesh. Two dark blue SPONSORING CLUB ribbons arrived at my office. Little did I suspect that the back burner was about to become a bit warmer.

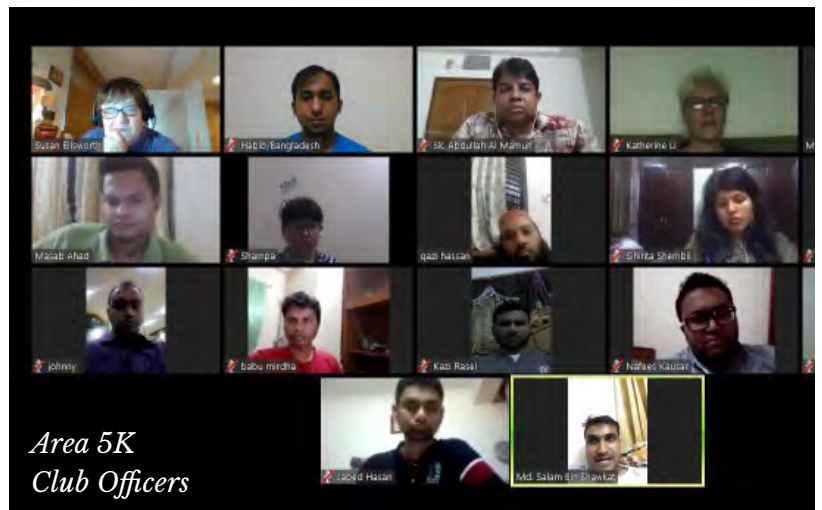
On August 23rd, Habib invited me to conduct a Club Officer training for the eight Area K5 clubs in Bangladesh. The group was a mix of different club officers from eight different clubs, two in Chittagong and six in Dhaka, which are about 265 km (165 miles) from each other.

What an honor and an opportunity to use PLAN C, I thought. Habib had gotten approval from his District leadership for me to conduct the training. I will bring up ZOOM, send out invitations and conduct training, I thought.

Club officers had already read and knew the requirements for their respective roles. PLAN C quickly turned into an extended Table Topics session. As a team, officers self-identified as Sergeants at Arms, Secretaries, Treasurers and so on. My Table Topics questions had two purposes: 1) to ask, identify and acknowledge not only what the officers already knew about their role and to

test their thinking about which other officer(s) they had to work with most closely; 2) to engage members who knew they could be called on at any moment. (I use the "ask-question-first-select-the-member-second" Table Topics style.)

The next ingredient was a brief open discussion about how active officers might communicate in a timely way with other officers who were not seen as fulfilling their committed responsibilities. We closed with another Table



Topic session about acknowledgement of members who contribute significantly to the club. While some people love to be acknowledged in front of groups, others cringe when they are praised that way. As a whole, the group learned the importance of discovering and using which style of recognition that the member appreciates.

PLAN C keeps cooking in many different kettles. From time to time it is carried into kitchens and countries I had never imagined. The fragrance is fantastic.

Susan gave her first Icebreaker on May 14, 1981 at the Washtenaw Toastmasters Club #3054 in Ann Arbor, Michigan. She earned her DTM in 1987. Susan was one of the original pioneers serving a Toastmasters International pilot project for 100% online clubs. She is a charter member of Firebirds Collective and founder of Great White North Online Toastmasters where she serves as VP Public Relations.

James Wantz, DTM

District 7 Contest Champion

Effective Stage Movement 101

Have you watched a presenter that kept you enthralled and asked yourself, 'How do they do that?'

Do you want to move in the speaking area more effectively?

Do you have problems deciding what to do with your feet while speaking?

If you answered yes to any of those questions, then this workshop is for you.



When

October 11, 2017
7:00-8:00am

Where

Murray Hills Christian Church
15050 SW Weir Road
Beaverton, Oregon 97997

About James Wantz

With a background in theater and a Toastmaster since 2008, James Wantz has the skills to help speakers use the speaking area more effectively. He is a member of New Horizons, Storymasters, and Feedbackers. He took first in the 2016 D7 Evaluation Contest & the 2012 Table Topics Contest. In 2016, he was recognized with the Herb Stude Award for Educational Service by District 7 Toastmasters for his educational contributions to district members.



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CLUB COACH CORNER

Solar Eclipse: Cosmic Lessons

by Lisa Hutton, ACB, ALB

On Monday, August 21, 2017 a total solar eclipse unified and captivated people around the country and the world. The few moments when the moon blocked the sun was truly magical. It was a sensory experience unlike anything else. Two important factors, marketing and providing stage time (both necessary to maintaining a successful Toastmasters club), can be learned by examining this cosmic event.

us with a new framework that goes beyond the sandwich. It went so well, we asked James Wantz to share his knowledge about stage psychology and effective movement a few weeks later. Both workshops were well attended by members and guests. Better yet, since then, one guest has become a member of our club and another is likely to join.

Making a memorable connection with others is what each of us strives to do when



The solar eclipse was scheduled to present itself on a specific day and time. The path of totality was pinpointed to certain cities across the United States thus guaranteeing viewers the best possible show. It's clear that by marketing an event, it increases the likelihood that people will come. When was the last time your club had an open house, special event or workshop? Not only do events bring in guests and potential new members, specific workshops can help all members in the club to improve their skills.

My club, Marylhurst Toastmasters, recently had two workshops to boost summer attendance and invigorate our meetings. In July, Eric Winger shared his expertise on evaluations and provided

we speak. Although none of us will likely ever captivate an audience as large as the total solar eclipse, Toastmasters does provide a safe and supportive environment for people to get in front of others (stage time) to practice speaking on a regular basis. To help emphasize the value of practice, one of the many benefits of being a Toastmaster, consider reciting, at the opening of each meeting, the mission of a Toastmaster club. "We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth."

CLUB COACHES NEEDED!

Creekside Toastmasters: meets at 7:00am in Beaverton every Wednesday at Murry Hills Christian Church
Columbian Club: meets at noon in St. Helens every Thursday at Americas Best Value Inn on Columbia River Hwy
Toastmasters of the Universe: meets at 11:30 in Portland every Tuesday on 2030 NW Pettygrove St.

Please contact me at clubcoachordinator@d7toastmasters.org if you're interested.

Seizing the Opportunity

by Andrew Chappell, CC, ALB

The following article originally appeared in the September, 2017 issue of Capital News, published by Capital Toastmasters. Reprinted with permission.



Human beings have the tendency to miss a lot of opportunities. For some, it may be that too many opportunities present themselves, and they feel overwhelmed. For others, it might just be a case of the lazies. The good news is that we can take advantage of more of these opportunities, simply by being aware and watchful.

To be clear, I am not referring to those huge golden opportunities that come along maybe once in a lifetime, if at all. I am referring to things that are much smaller. It may be something as simple as helping someone, when you see them struggling; saying a kind word; or a word of encouragement.

Making a habit of offering people a smile, saying good morning, or how are you, are simple opportunities that we often fail to take advantage of. These simple things can have effects on your life that you may not even see. For instance, lets say that you are working for a company for a while, and every day you pass one of your fellow co-workers. You might not even know his name, but each time you pass them you say, with a smile "Good morning, how are you?" Six months later you come up

for a big promotion and when you step into the big boss's office, you see the face that you have been passing in the hallway. The boss stands up and says with a smile "Good morning, how are you?" Surely you can see how taking advantage of the opportunity of just a kind word can be of benefit to you.

Here is a challenge that each of us can do. Take a little bit of time to create an opportunity. Do something like make a friend out of a new member of the club. Help someone out, or write a letter to a friend or relative that you haven't had contact with for a while. These are just a few examples of everyday opportunities. Find or create one that works for you. You may discover that taking advantage of a small opportunity might just lead to one of those huge, life changers. If not, just feel good about the fact that you took the time and seized an opportunity.

Andrew Chappell joined Toastmasters in 2014. He is serving as VP Education for Capital Toastmasters.

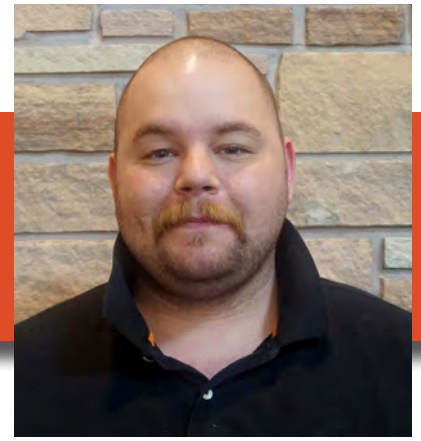
The man who practises unselfishness, who is genuinely interested in the welfare of others, who feels it a privilege to have the power to do a fellow creature a kindness - even though polished manners and a gracious presence may be absent - will be an elevating influence wherever he goes.

Orisen Swett Marsden
Founder, Success Magazine

SUCCESSFUL CLUB

Storymasters: From “I’d Never” to “Yes I Can”

by Joe Anthony, ACG, ALB



Last Thursday I got to witness something so rare in public speaking that it might as well be the unicorn of oration. I watched a Toastmaster’s “I’d never.” turn into an enthusiastic “Yes I can!” And it only took two years in Storymasters to find that enthusiasm.

If you’ve ever seen an improvisational group,

barbs and witty asides. With a few audience prompts about a clock-maker, a burglar, and a vault, he held us captive for six minutes. It was brilliant, and the audience was suitably impressed.

On the way home I caught a ride with a friend and fellow Toastmaster, Brice Elmer, who told me he would never, ever do something like what Tom Cox had done. The thought of it made him perspire. During past attempts at impromptu speeches he’d given at Liberty Talkers, Brice’s stories were sometimes halting, involved unnecessary caveats, and followed



L to R: Brice Elmer, Jonathan Burgess

or an improv troupe perform, then you might already know the prompts I’m going to ask for. We need a time in history, a location, and a handful of characters. Good comedians know how to capture these random audience-selected prompts and turn them into humorous scenes, but they have tricks they can rely on. They have other comedians to pass the ball to if they forget a prompt or lose momentum. They have rules of engagement like ‘Yes, and. . .’ or ‘Always make declarative statements.’ They have guidelines. Training wheels, if you will. What does a Toastmaster have when issued this challenge? Five to seven minutes to make it work, and the eyes of an expectant audience.

In May of 2015, during the charter party of Storymasters, I watched Tom Cox take up this challenge with gusto. Professional as he was, he spun a compelling narrative with humorous



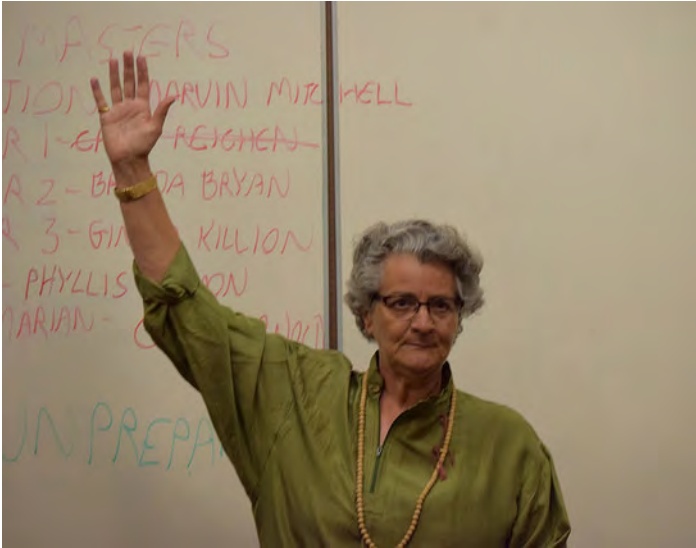
Tylor Merritt

the conventional narrative arc about as well as a bumblebee in a windstorm. It was a hard “I’d never.” But that was before he joined Storymasters.

Our first year as a newly chartered storytelling club was exciting and enthusiastic, but we struggled to find our footing. Our club culture hadn’t cemented. We didn’t know what one another were capable of. Most of the time our members gave standard Toastmasters speeches instead of narrative-driven stories. But we

persisted. We began giving educational sessions about how the story arc is structured. How to play with narrative and change chronological order to hook the audience early. We experimented with continuous storylines in table topics, where every speaker picked up the baton for 1-2 minutes in an ongoing monodrama. We discovered that Brice wasn't the only member who would have an "I'd never" moment on stage. But the club kept growing, and our members kept challenging themselves and each other.

Last year we saw real growth and understanding



Brenda Bryan

begin to flourish in the club. Members who couldn't pronounce denouement (day-new-mwah; the closing act of a story) were now calling speakers out for not giving the audience proper resolution. Members were talking about where the rising action and tension points landed in a story. Or how a climax was improperly placed. Or what made a story's hook unforgettable. We also voted to keep our 6-9 minute round-robin evaluation system. This allows a speaker to receive more than twice the feedback as a regular evaluation, with perspectives from everyone in the room. Because of this we've had club, area, and division speakers come back to us for guest evaluations at every level of contest.

Our focus on the story arc seems to be working. Similar to the aforementioned guidelines for an

improv comic, the story arc lends us a structure to follow. Or, if nothing else, a format to consider before we write a story or take the stage. It provides us with a path and informs us when we should throw rocks at our protagonist to build the audience's tension, and when to give closure.

It was this story structure, this arc, Brice followed last Thursday night. The audience's prompts: Rhodesia. Post-WWII. A scout named Steve and a transcontinental madam named Maria. His answer; "Yes I can!" And he pulled it off with brilliance and gusto.

If you'd like to eliminate your own "I'd never" or learn more about how stories are structured, you can join us at Providence St. Vincent Medical Center every Thursday night at 6:30pm, meeting room 20. We offer technical feedback on the story arc, generous round-robin and manual evaluations, and storytelling challenges you won't find at any other club. Come visit us, and together we can learn to tell better stories.

Joe Anthony joined Toastmasters in 2014. He is a member of Liberty Talkers and Storymansters. He is serving as VP Public Relations in both clubs. Additionally he is serving as a new club mentor for Cascade Micro-Toasters in Beaverton, Oregon.

Storymasters

Thursdays
6:30-8:00 pm
 Providence St. Vincent Medical Center
 Stanley Family Conference Ctr, Rm 20
 9205 SW Barnes Road
 Portland, Oregon
<http://4649162.toastmastersclubs.org/>

"There is no greater power on this earth than story."

Join us and learn to tell your story

Tell Me A Story

Tuesdays
7:00-8:00 pm
 Standard TV & Appliance
 5240 SE 82nd Avenue
 Portland, OR 97266
<http://6869.toastmastersclubs.org/>



PERSPECTIVES

Get Everything You Can Out of Toastmasters

by Leanna Lindquist, DTM, IPDD

Does your work day focus on meeting deadlines, office politics, and keeping your head down out of fear of future layoffs? Does your current working situation prevent you from developing leadership skills—skills that can set you apart from your co-workers? Skills that can lead to a promotion or a better job?

That's where Toastmasters can make the difference. Clubs will joyfully give you the opportunity to spread your leadership wings. To practice and learn. To become confident in multiple leadership situations. All you have to do is ask.

Chairing a club contest or public relations campaign gives you the experience to lead a small team. Serving as a club officer, completing officer training, performing your role, and doing your best will do more for growing your leadership skills than any high priced leadership program ever will.

Only part of what you can get out of Toastmasters comes from your club. There is so much more if you take advantage of it.

Resources

District 7 has the monthly magazine *Voices!* This monthly flipbook style magazine is in its 4th year of publication. Every issue has news about District events and practical information from other members. Pick and choose what is of value to you. *Toastmasters Magazine* comes to your mailbox monthly. You will find information to help improve your speaking skills and your club experience. Both magazines are archived on their respective websites.

The Toastmasters International website, toastmasters.org, has a plethora of information. Click the Resources [link](#) for Videos, Podcasts, and speaking tips. Click the Education [link](#) and check out Pathways, the new education program. Our own District 7 website, d7toastmasters.org, is the go-to place for

District events, incentives, and to find District officers.

Visit Other Clubs

I think one of the best ways to enhance your experience is to visit another club. It will take you out of your comfort zone when you speak before a different audience. Receiving evaluations from other than your club members can be insightful. Because every club is unique, you may find other ideas to bring back to your club. You too have much to offer when you visit another club.

Events

District 7 offers great training events twice a year. Toastmasters Leadership Institute (TLI) is the go-to event for club officer training, and it offers so much more. Our members share their expertise in breakout sessions. You have the opportunity to network with members from across the District. Our potluck lunches are legendary. Best of all TLI is free.

The District puts on great conferences. A keynote speaker, breakout sessions, food and contests make for a great day. You can register for the 2017 Fall Conference [here](#). You owe it to yourself to attend.

Contests are one of the best ways to step out of your comfort zone. Compete in the International Speech, Evaluation, Table Topics and Humorous Speech contests offered during the year. It's worth entering a club contest at least once. You won't know if you like it until you try it out. At the very least when you attend contests you will experience different speaking styles, learn what contests are all about, and meet new people.

Whether you joined to improve your speaking and leadership skills or to get over your fear of speaking, Toastmasters has a lot to offer. In addition to your club meetings, utilize resources, events and other clubs to get everything you can out of Toastmasters.



PATHWAYS: BE AN EARLY ADOPTER & ACHIEVER

by Cate Arnold, DTM

For most of us, change is work. It's uncomfortable being in unfamiliar territory. There are many questions about how we do things in the new system versus what we did in the old.

To get ahead of the curve for Pathways, I joined a club in District 57, the first district to roll it out. What I like about the new Pathways education program is that it provides much more direction with online guidance to develop better speeches and communication skills, with more informative evaluations, and with a straight forward progression that recognizes our accomplishments more frequently.

What I've experienced is that club meetings feel the same: we still have speakers, table topics, evaluations—the same roles. What is different is the change to using paths and materials on the Toastmasters International (TI) website. What has helped me the most is being able to talk with people who are already using it. It is becoming familiar quickly and easily. Now I can help people in District 7 as well.

The best way for us to go from the uncomfortable to the new familiar is to embrace that old Nike slogan: *Just Do It*. Our district leaders are working to make that happen for us. We have created two new awards, the Early Adopter and the Early Achiever, that members can earn only for a limited time. The Early Adopter is available until Thanksgiving and the Early Achiever within the first 6 months of rollout. They also count towards a Triple Crown. If you earn both of them, you only have to earn one more award in either the old or new program to earn your pin this year.

There will be District recognition as well, starting with the Top Adopter Club from each division, which will be awarded at the Fall District Conference. This will be awarded to the clubs that have the highest percentage of members earning the Early Adopter.

There are several steps to earn the Early Adopter award:

1. Go to toastmasters.org, make sure you can log in, and that your email address listed in your profile is the one you want to use.
2. Read through The Navigator, and choose your path
3. Finish your Ice Breaker Project which includes the Ice Breaker speech
4. Sign up for your second speech.

The Early Achiever award goes to members who earn Level 1 in the first 6 months. Level 1 has 3 projects with 4 speeches. Levels must be signed off on the TI website by your Base Camp Manager (BCM)—usually the VP Education. Don't wait until the last minute! Make sure that your BCM knows you have marked your Level for completion.

We are still formulating what the District awards will be, but the further you get through Pathways, the more you will earn for yourself and for your club.

I hope you'll take an early plunge into the Pathways pool. You'll learn and earn fast, and have as much fun as I am by doing it together.



Cate Arnold joined Toastmasters in 2003. She is a member of the blended club Toast of Richmond in District 57. She is also a member of Storymasters, Transtoasters, Liberty Toastmasters, and Silicon Forest in District 7. Cate is serving as club Treasurer for Silicon Forest and VPE for Storymasters. She is serving the District as Area 41 Director and as a Pathways Guide.



Lessons Learned as a TEDx Coach

by Jim Daniel, DTM

SHOCK! My Toastmasters speaking skills were not really that important. My first realization as a coach for TEDx Roseburg, here in small town America, was that my style of speaking and laying out a speech was not really all that applicable. You see, a TED talk is not about the speaker as much as it is the style of the overall presentation of a single idea. A TED talk is about a single idea, and you focus that talk in either a very narrow, almost straight line to a single point or takeaway with only a small number of side references to support your point—or—it can be a very broad exploration of that idea, but it's still clearly just one idea.

TED actually stands for Technology Entertainment Design, and to that end, each

part has equal value. The concept is that each presenter has a single idea and shares it in an entertaining manner so that you will retain what they share.

The first thing I had to do was really study the material I'd received from Cathey Armillas, DTM who is a District 7 Toastmaster, TED Presenter, and professional TED coach. I soon realized all the little twists and tricks a Toastmaster uses in a club speech are not going to fly in TED. My coaching went quickly from trying to help with presentation skills to hardcore evaluations, critiques, and severe edits. Because the presenters were all accustomed to talking to groups, initially there was less concern about speaking before an audience. In the following weeks, I'm sure there were "butterflies," but the level of practice and memorization made up for that.

The first obstacle was the fact that the people



Wildlife Safari Young Cheetah

I coached were all educators at some level. They were accustomed to presenting large blocks of information as handouts or Power Point slides, and their audiences were expected to assimilate it.

In a TED talk, the supporting information remains mostly secondary to the talk. I must have been rather unpopular when I told them they had to chop away at the spreadsheets and charts. Another part of the exercise included learning that vocal presentations are processed on one side of the brain and visuals on the other. Once you move someone from left brain to right brain, it's difficult to move them back.

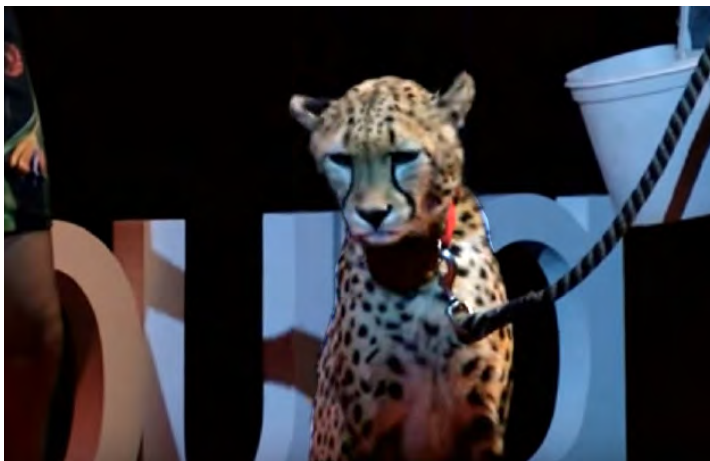
One of my favorite tasks was coaching Leila Goulet, who works at Wildlife Safari outside of Roseburg. She had hand-raised a Cheetah cub named Pancake. She had some good photos and graphics, but I suggested that I could take some new ones. The photo on the previous page was shot through a feeding port and the young animal was trying to figure out how to eat that tasty-looking arm holding the camera in their enclosure.

The talk Leila finally gave included several photos I had taken. At the end, it featured a quote she really wanted the audience to remember:

No one will protect what they don't care about, and no one will care about what they have never experienced.

Sir David Attenborough

I spoke with Cathey Armillas about it, and we decided to put the quote on the screen. Leila said it and repeated it as a Wildlife Safari trainer



brought out the cheetah Leila had hand raised. Pancake dutifully sat on the big red dot and

looked out past the stage lights and “connected” with the audience for a full minute while Leila knelt to have her eyes on the same level as the cat. Her close was a strong call to action with Pancake looking at the audience through those deep dark eyes.

Taking Toastmasters outside the club setting has become part of my life. I have spoken to most of the Roseburg area service clubs on behalf of Toastmasters. I speak to audiences as part of my Senior Healthcare business, and I am delivering talks in a series of one-hour seminars on Medicare and all it's permutations.

I believe that it's just part of being a good Toastmaster to ask people to come visit your club, contribute to making every meeting fun, and when someone does appear, have the courage to ask for the deal . . . “Would you like to make this a regular part of your week?”

I had the misfortune of being told a few years ago that a friend thought he had done something wrong or offended someone at my Toastmasters club because no one had ever asked him straight-out, “would you like to join us?”

I recently did a comparison, belonging to Toastmasters for a whole year is less expensive than one semester unit at a community college.

Jim Daniel joined Toastmasters in 1997. He is a member of Roseburg Toastmasters and Wonderful Oregon Wordmasters. He can often be seen with his favorite camera taking photos at District events.

You can watch Leila's TEDx Roseburg talk by clicking [here](#).

Today TED talks are viewed more than two million times a day and, in my opinion, they have become the gold standard in public speaking and presentation skills. It also means that, like it or not, your next presentation will be compared to a TED talk.

— Carmine Gallo —



HIDDEN TREASURE

EARLY OREGON TOASTMASTERS - PART 5

by Harvey Schowe, DTM - District 7 Historian

Herschel P. Nunn, a charter member of Portland Toastmasters Club #31, was born December 13, 1889 in Minneapolis, Minnesota to Alexander H. Nunn and Minnie Pillsbury. Her brother was director and treasurer of Munsingwear Corporation, Minneapolis. The family moved to Seattle, Washington where Alexander Nunn operated a real estate and insurance business. Herschel attended grade school and Seattle High School where he joined a debate club and an athletic association. After high school Herschel attended the University of Washington. He served on the year book first semester special assignments organizations but may not have graduated, according to University of Washington year books. He worked as a salesman for Penn R. Watson Company from 1912 to 1914. In 1915, Herschel moved to Portland, Oregon to work as a salesman for Foster and Kleiser Company. George W. Foster was the president and W. F. Foster, company secretary. Offices were located in Portland and Seattle. This company specialized in general and outdoor advertising, such as; bills, posters, bulletins and outdoors signs. After the US entered World War I, Herschel Nunn served in the Army 116th Engineers Battalion in France from 1917 to 1919. He left Brest, France in an Army transport on April 2, 1919 and was discharged. He returned to Portland where he found work as an advertising man for Arcady and Mail Advertising. He married



Elizabeth Boone October 21, 1921 in Portland. That same year, he became a Christian Scientist and worked for the Christine Science Monitor as a newspaper representative.

He expanded his social activities with membership in the Advertising Club of Portland. He organized a glee club in 1929 called the Gleemen of Advertising Club of Portland. This group provided music entertainment for ad club conventions. The glee club later sang at the Ford Theater at the Worlds' Fair. They were broadcast on radio nationally and internationally. He also was active in the Community Chest. He provided support for the election of third District Congressman Franklin F. Kored in the November 1928 election. Herschel became a charter member of Portland Toastmasters club #31 December 1934. He was the club's first treasurer. The September 1936 Toastmasters magazine featured an article about Herschel Nunn and John E. Davis of Portland winning first place in the three-minute speech contests at the Pacific Coast Advertising club convention in Portland. After 1936, Herschel Nunn's participation as Portland Toastmasters Club member remains unknown. In 1940 he applied for membership in the Sons of the Revolution. He continued his career with the Christen Science church. He was elected as a board member to the Board of Lecturers of Mother Church one of 27 in the U.S. He traveled extensively lecturing in the US, Canada and abroad during the late 1940s and early 1950s'. Herschel Nunn died April 4, 1957 in Clackamas County, Oregon.

Advertising club convention in Portland. After 1936, Herschel Nunn's participation as Portland Toastmasters Club member remains unknown. In 1940 he applied for membership in the Sons of the Revolution. He continued his career with the Christen Science church. He was elected as a board member to the Board of Lecturers of Mother Church one of 27 in the U.S. He traveled extensively lecturing in the US, Canada and abroad during the late 1940s and early 1950s'. Herschel Nunn died April 4, 1957 in Clackamas County, Oregon.

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TELL ME A STORY

Oregon Field Trip: A Total Eclipse of the Sun

by Lee Engvall, ACS, ALS

I think it was about two years ago when it first appeared. A Facebook post popped up on my news feed: *Oregon will have a total eclipse of the sun on August 21, 2017.* Wow! I decided that, yes, I was going to see this. After all, I live in Oregon. I put that notion into my memory for future planning.



I had never seen a total solar eclipse. I had seen partial eclipses. I had seen a lunar eclipse—but not a total eclipse of the sun.

About a year went by and there it was again, another Facebook post. It described how the 70-mile-wide shadow of the moon would travel across North America. Oregon would be the first land fall of the moon shadow as it made its 90-minute trip across the US before going out to sea in the Atlantic Ocean. The idea came back into my mind. “I’ve got to see this.”

At the beginning of this year, the messages and articles started to appear with greater frequency. “Are you ready for the solar eclipse?” (I asked myself if I was ready—No! was the answer.) I needed to take action.

Living in Portland and planning to observe the eclipse possesses some tricky logistics. The biggest issue to me was the need for clear skies. Portland is not known for clear skies. However, east of the Cascade Mountains is. That is why my plans would take me east of the Cascades to Sisters, Oregon.

In respect to this eclipse viewing I am a blessed man. My family owns a home near Sisters, Oregon. Sisters was in the path of totality. I sent out an invitation to my siblings to join the eclipse viewing in Sisters, Oregon. They all cleared their calendars. Including spouses, children, and grandchildren, we had nine people in our viewing party. What more could you ask for? Clear skies of course!



Our home is surrounded by pines trees and near a fresh water spring flowing into a nearby meadow. I decided the meadow would be the best location for our eclipse viewing. How good does it get? The meadow is only about 500 yards away.

As the months, weeks, and days past and the date grew nearer, a strange thing happened. I want to call it “Eclipse Fever.” Everyone started talking about it. A common thread began to run

through conversations about the eclipse and it often came back to the skies. Would it be cloudy?

Again, I believed that the best chances for clear skies would be east of the Cascades, and so did close to a million other people.

Welcome sun chasing, music festival goers, end of the road, living in a van down by the river, camping on public lands (you guys know who you are), and all eclipse seeking people from distant cities.

In planning, the need for solar glasses arose. I placed my first online order about 6 months prior to the eclipse and my second order about 3 months later. All of our plans were coming together.

“Eclipse Fever” began to grow stronger in the weeks and days leading up to the eclipse. Dire warnings about fake solar glasses being sold, towns sold out of all groceries, water, and gasoline. The fever grew to an end-of-times pitch. The eclipse was whipping up a frenzy of fear and loathing. Not quite, but close.

Even with all of these warnings we felt prepared. We had a week’s worth of groceries, and our gas tanks were full. What could go wrong?

The weekly weather forecast predicted sunny skies over most of Eastern Oregon. Perfect! However, another topic of conversation began to arise. Wild fires. The West was on fire. Wild fires in British Columbia, California, Idaho, and now in Oregon created a massive amount of smoke. In Portland our resident volcano could not be seen due to the fine carbon smoke suspended in the air, and not because of

our well known rain clouds.

We all arrived in Sisters on Saturday.

Waking up Sunday morning and looking outside, my heart broke. Smoke had surrounded the area so thick that seeing the eclipse was possibly in jeopardy. I was freaking out. I felt sick to my stomach. I wondered how mad my family would be if I abandoned all eight of them in search of clear skies. When I shared my concerns they reassured me that it would be okay.

At 10:20 am, we checked the location of the sun and our location in the field for viewing. It seemed to be a valid location and the sun could be seen through the smoke. Remembering all the warnings, I knew it was best to stay in place.

Monday morning. The day is here. I look out the window and the skies are clear. The smoke was gone! We gathered together and made the march down the hill to the meadow. Glasses in place, we settled into our chairs—and soon it began. The sliver of shade started to edge across the orange disc through the solar glasses. At

10:17, I started my song, *Eclipse*, by Pink Floyd.

At 10:19 it began. A total eclipse of the sun. Two minutes, forty seconds: our estimated time in totality. The glasses came off. The song ends with the line “the sun is eclipsed by the moon.” The field erupts in cheer, whistles, clapping, and tears. I must describe it as “It’s something you cannot imagine, you

want it to go on forever.” It was the fastest two minutes. It seemed like only 8 seconds. And, for a few seconds the perfection of the heavens is evident.

Lee Engvall joined Toastmasters in 2003. He has served as an area governor, new club mentor, and held several club officer roles over the years.





The Importance of Communication

by Miriam Malik

Communication, as a word, has many denotations. In short, it is the process of interacting with individuals and their environment. Through such interactions, two or more individuals influence the ideas, beliefs, thought process, perspectives, and attitudes of each other. Such interactions take place through the exchange of information and news through the use of words, gestures, signs, symbols, and expressions.

Communication skills are one of the most important skills a person can possess. Having an understanding of how best to describe your needs and thoughts while understanding what others need can make a huge difference in relationships, career, and all areas of life. Communication is a mix of listening and relaying information. How well you perform these two tasks will have a huge effect on every part of your life. Telling someone what you need and being able to understand their needs is crucial to being able to maintain a relationship. Being able to communicate positively with others will determine a large amount of your success in all aspects of life.

When I first joined the Future Stars Gavel Club three years ago, I was not aware of how essential communication was in everyday life. After attending my first meeting, I was shocked to see people my age not only delivering prepared speeches to groups of twenty people, but also giving impromptu speeches in front of an audience. A year after joining the club, I had participated in many roles, and given multiple speeches in front of an audience. It wasn't until I had been elected as Secretary for the club that I realized good communication goes beyond just giving speeches.

Using technology to communicate with others has become a necessary skill to have, it's now part of our lives. People communicate through emails, texting, mobile phones, video

chat rooms, conferences, and social media platforms. After being elected Secretary, I became responsible for sending out multiple emails prior to and after each meeting. I had to learn how to effectively communicate with other club members through email. Through this I also learned that effective communication is not possible without effort from both people involved.

My time in the Future Stars Gavel Club taught me the skills to not only communicate through speeches in front of an audience, but also to communicate through technology in an effective manner. These skills have become crucial for my everyday life, they make a huge difference in everything I do.

Mariam is a Freshman in High School and has been a part of the Future Stars Youth Gavel Club for three 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, please 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.



District 7 Toastmasters

FALL CONFERENCE

NOVEMBER 10-11, 2017



READY SET

GROW



\$90 EARLY BIRD
FRIDAY & SATURDAY

\$30
FRIDAY ONLY

\$65 EARLY BIRD
SATURDAY ONLY

Camp Withycombe
15300 Minuteman Way
Clackamas, OR 97015

Marketing Space &
Sponsorships available

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Hopemasters	Acosta	Marco
MultCo Toasties	Alfano	Lisa
Symantec Toastmasters	Beck	Lisa
Corvallis Evening Group	Becker-Tillinghast	Starla
Arlington Toastmasters Club	Belica	Daniel
Titan Toastmasters Club	Broussard	Taylor
Spirit Trackers	Brunson	Gary
Spirit Trackers	Cantrall	Jeff
Spirit Trackers	Canul	Paul
PTown Toasters	Conrad	Pamela
New Horizons Toastmasters Club	Corbin	Tamsen
WE Toasted Toastmasters	Corbin	Tamsen
Arlington Toastmasters Club	de Weese	Douglas
New Horizons Toastmasters Club	delaCruz	Noel
Toastmasters For Speaking Professionals	Durant	Nicholas
UNEEK Speaks	Eastman	Andrew
Sage Beaverton Toastmasters	Egan	Molly
Early Words Club	Erwin	Marilyn
Yawn Patrol Club	Ewing	Melissa
Babble-On Toastmasters Club	Ferrarini	Steve
Bootstrappers Club	Galbraith	Joanna
Swan Island Toastmasters	Gomez-Sanchez	Jose
Yaquina Toastmasters	Haggerly	Brian
Essayons Club	Heinz	Spencer
Daylighters Club	Herrera	Monica
Speakers By Design	Hisham	Zaid
New Horizons Toastmasters Club	Holcomb	Lee
Spirit Trackers	Huffman	Alvin
Gorge Windbags	Jensen	Samuel
Sporty Speakers	Juneja	Ramanpreet
Spirit Trackers	Kelley	Jesse
Toast to US	Kumar	Anil
Yawn Patrol Club	Lozar	David
Noon Talkers	MacKenzie	William
Essayons Club	Maher	Matthew
Spirit Trackers	Mann	Callen
Sporty Speakers	Marshall	Aaron
Spirit Trackers	Mendoza	Adolfo

WELCOME NEW MEMBERS

UNEEK Speaks	Millette	Michela
Essayons Club	Mohamed	Akram
Toast of Corvallis Toastmasters Club	Mugabo	Ignace
Hopemasters	Negrete-Vasquez	Juan
Essayons Club	Nikiforets	Yuliya
Lunch Bunch Toastmasters Club	Palatnick	Amy
Hopemasters	Pearson	Brett
Hopemasters	Polk	Tamarjay
UNEEK Speaks	Purcell	Rachel
Hopemasters	Quinones-Miranda	Sintorri
Nano-Mated Speakers	Rao	Preeti
Timber Talkers	Roe	Morgan
Spirit Trackers	Ross	LaBoyce
Toasting Excellence Club	Rowe	Margaret
Spirit Trackers	Seagraves	Jeffrey
Sage Beaverton Toastmasters	Severson	Elin
MultCo Toasties	Smbatyan	Alis
Wonderful Oregon Wordmasters (WOW)	Stearns	Edwin
Roseburg Club	Taylor	Lynette
Yammertime	Toda	Nicholas
Clackamas Stepping Stones Tm Club	Triem	Rukshana
Essayons Club	Trinh	Nhat
Hopemasters	Vazquez	Michael
Hopemasters	Villalobos	Christian
The Dalles Toastmasters Club	Vipperman	Cyndi
Cascade Toastmasters Club	Westbrook	Nicole Marie
Yammertime	Woody	Meadow
Toast of Corvallis Toastmasters Club	Yamada	Russell
Babble-On Toastmasters Club	Yamamoto	Takayuki
Noon Talkers	Yoakum	Shelley
Spirit Trackers	Zamora	Matthew

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CL	8/18/2017	Anthony, Joseph D.	Storymasters Toastmasters
CC	8/28/2017	Barnett, Rubea	Wonderful Oregon Wordmasters
ACB	8/1/2017	Bartell, Brenda	Tabor Toastmasters Club
CC	8/18/2017	Bremer, Joshua S.	Electric Toasters Club
CL	8/9/2017	Bundy, April C.	Clackamas County Toastmasters
CC	8/4/2017	Catino, Cayla M	Silvertongues
ALB	8/11/2017	Chappell, Andrew	Capital Toastmasters Club
CC	8/6/2017	Clarke, Kathleen	Portland Progressives
ACS	8/26/2017	Cohen, Linda	Tstmstrs For Speaking Professionals
CC	8/1/2017	Duncan, Brian L.	Walker Talkers Toastmasters Club
CC	8/9/2017	Fensterer, Philip H.	Toast of the Region Club
ACB	8/3/2017	Griffin, Richard L.	Spirit Trackers
ALB	8/2/2017	Guckert, Jerid	Smooth Talkers Club
CL	8/18/2017	Handke, Laura	WE Toasted Toastmasters
CL	8/2/2017	Heitz, Nena	Grants Pass Toastmasters Club 852
CC	8/11/2017	Hessel, Brian Douglas	Capital Toastmasters Club
ALB	8/4/2017	Hutton, Lisa F.	Marylhurst Toastmasters
CC	8/14/2017	Johnson, Janis M.	Walker Talkers Toastmasters Club
CC	8/24/2017	Karim, Nick C.	Bridge Toastmasters Club
CC	8/15/2017	Klatt, Stacy M.	AAA Towsters
CC	8/2/2017	Kuhnhausen, Todd E.	Wafermasters Club
CL	8/27/2017	Lafferty, Bryson D.	Babble-On Toastmasters Club
CC	8/27/2017	Lafferty, Bryson D.	Babble-On Toastmasters Club
CC	8/2/2017	Liao, Jeffrey	Wafermasters Club
CC	8/24/2017	Locke, Julius Patrick	Speakers With Spirit Club
CC	8/1/2017	Lynch, Patricia M.	Highnooners Club
CC	8/9/2017	Martin, Michelle	WE Toasted Toastmasters
CC	8/31/2017	Martin, Molly Ann	MIME Speaks
CC	8/31/2017	Martin, Molly Ann	MIME Speaks
CC	8/1/2017	Mazurkiewicz, Jason	Rose City Toasters Club
CC	8/8/2017	McCuistion, Ovid	Toast of Corvallis Toastmasters Club
CC	8/23/2017	McFadden, Cheryl	Downtown Lunchbunch
CC	8/6/2017	Melum, Trevor A	Clackamas Stepping Stones Tm Club
CC	8/31/2017	Miller, Natalie H	MIME Speaks
CC	8/29/2017	Nye, Gregory Allan	Spirit Trackers
CL	8/8/2017	Nye, Gregory Allan	Spirit Trackers
CL	8/9/2017	Parker, Traci E.	Swan Island Toastmasters

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	8/22/2017	Pence, Brian Eric	Smooth Talkers Club
LDREXC	8/21/2017	Phillips, Faye L.	Highnooners Club
ACB	8/29/2017	Prats, Joe	The University Club
ACB	8/4/2017	Pritchard, Norma	Silvertongues
ALB	8/4/2017	Robinson, Steven M.	Spirit Trackers
CL	8/2/2017	Rone, Regina G.	Smooth Talkers Club
CC	8/10/2017	Sands, Heather D.	PTown Toasters
CC	8/14/2017	Schmidt, Sean A	Tstmstrs For Speaking Professionals
CC	8/24/2017	Serhan, Marvin T.	Professionally Speaking
CL	8/2/2017	Sharp, Tania	Clackamas County Toastmasters
CC	8/18/2017	Smith, Ken W.	Flying Toasters Club
ACB	8/10/2017	Squires, Valaree M.	Encouraging Words Club
LDREXC	8/1/2017	Tully, Kathleen	WE Toasted Toastmasters
CL	8/24/2017	Walker, Marvin Lynn	Newberg Toastmasters Club
CC	8/29/2017	Watkins, Donovan	Smooth Talkers Club
CL	8/3/2017	Webb, Andrew Justin	Spirit Trackers
CC	8/24/2017	West, Larry J.	Grants Pass Toastmasters Club 852
CC	8/28/2017	Wilsey, Danielle M.	NoonTime Club
LDREXC	8/14/2017	Xavier, Trenna J	Swan Island Toastmasters
CC	8/11/2017	Yevseyev, Vasiliy	Capital Toastmasters Club

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

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



Happy Anniversary to September Clubs

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

Charter Date	Years	Club	City
9/29/2006	11	Banfield Barkers	Vancouver
9/1/1981	36	Daylighters	Portland
9/19/2005	12	Feather Tongues	Canyonville
9/17/2002	15	Feedbackers	Beaverton
9/1/1952	65	Lake Oswego	Lake Oswego
9/30/1953	64	New Horizons	Tualatin
9/1/1952	65	Newberg	Newberg
9/1/1991	26	Noontime Nomads	Tigard
9/1/1978	39	Portlandia	Portland
9/30/2016	1	Puppetmasters Toast	Portland
9/29/2006	11	Rose City Toasters	Portland
9/17/2002	15	Sage Beaverton	Beaverton
9/15/2016	1	Samaritan Ah-so-Um	Corvallis
9/1/1991	26	Siuslaw Tale Spinners	Florence
9/27/2016	1	Stagecoach TM	Portland
9/15/2006	11	Toast of the Region	Portland
9/24/2012	5	Tower	Portland



A special shout out to Lake Oswego, New Horizons, and Newberg for passing the half-century mark

SEPTEMBER

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

24

District Executive Committee Meeting @ 7:00-8:30 PM Teleconference

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

26

Area 53/54 Humorous Speech and Table Topics Contest, @ 6:00 PM – 8:30 PM, Daimler Trucks North America, 4555 N Channel Ave, Portland, OR 97217

Area 64/65 Humorous Speech & Table Topics Contest, @ 6:30 PM – 8:30 PM, Clackamas County Development Services Building, 150 Beaver Creek Rd, Oregon City, OR 97045

29

Area Humorous Speech & Table Topics Contests End

30

Area 31/35 Humorous Speech & Table Topics Contests, @ 9:00 AM – 12:00 PM
Lane Community College, Building 4, Room 106, 4000 E 30th Ave, Eugene, OR 97405

Division Humorous Speech & Table Topics Contests Begin

OCTOBER

14

Division "A" Humorous Speech & Table Topics Contest

19

Willamette Division (E) Humorous Speech and Table Topics Speech contests, @ 6:30 PM – 8:30 PM, Fred Meyer Corporate Office Conference Center (3500 Building), 3800 SE 22nd Ave, Portland, OR 97202

20

Division H Humorous Speech & Table Topics Contest, @ 6:30 PM – 9:30 PM, Beaverton Actvtes Center, 12500 SW Allen Blvd, Beaverton, OR 97005

21

Division B Contest Humorous & Table Topics, Oregon State University, Corvallis, OR

September - October, 2017



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