



One Community
Many Voices

District 7 Toastmasters
November 2017

District 7 Speech Champions





EDITORIAL

Thankfulness

by Phyllis A. Harmon, DTM
Editor/Publisher

When I was growing up my mother was forever telling me that thankfulness was the key to happiness, great wealth, and a satisfying life.

She had a notebook full of pithy sayings, and this was one of her favorites. She would open “the book” with much aplomb, theatrically scan the page with her index finger, and let the words roll off her tongue like hot honey off a the spoon.

I always thought the thankfulness quote was her way of telling me that I should quit grumbling and concentrate on the sunny side of life. Which reminds me of another of her favorite quotes, “the undertaker stops twice as often on the shady side of the street.”

Really? I often wondered who the sages were who thought up these bits of irritation. Did they have great wealth and satisfying lives? Maybe or (just possibly) maybe not!

Now that I’m a bit older—just passed my 69th year on this marble—I find I’m thankful for a lot more than I used to be. Like not getting soaked on rainy days between the car and my destination, yolks that don’t break when they land in the frying pan, and a husband who doesn’t follow basketball or football. Then there are the days that I don’t make a fool of myself during table topics or trip over my own two feet as I walk to the front of the room to deliver a less-than-stellar speech. For those moments I am most thankful. I’m also thankful for the times I spend with family and friends nattering away about nothing.

My mother was right. I may not be monetarily rich, but life is what you make of it. I’ve found the key to personal happiness is being thankful for every breath I take and the people who make my world turn. Thank you for being part of my tribe. Wishing you a thankful and glorious holiday season.

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TOASTMASTERS
INTERNATIONAL



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When: Wednesdays - 7:00-8:00 pm
Where: Lines for Life, 5100 SW Macadami #400, Portland, Oregon 97239
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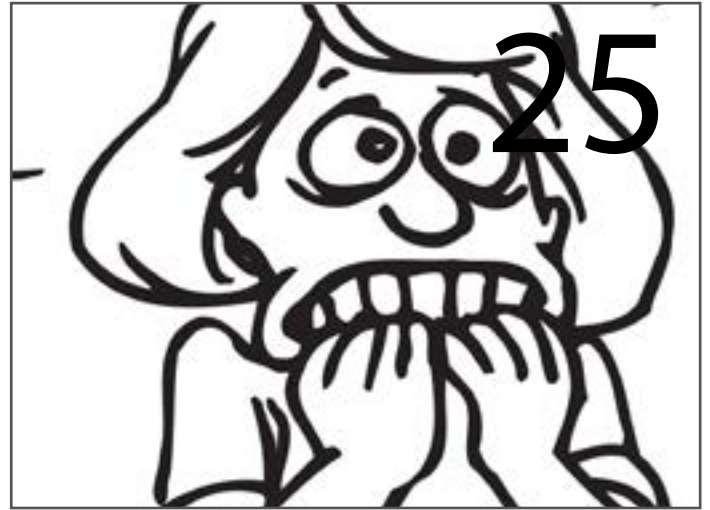
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CHAMPIONS DELIVER TOP PERFORMANCES

by Erik Bergman, DTM



District 7 crowned its champions in Table Topics and Humorous Speech at the Fall Conference on Nov. 11. Voices! spoke with the two winners to learn how they did it and what guidance they have for those who want to compete.

Table Topics champion: Eric Winger

With the name Winger, it's no surprise that Eric Winger, DTM, could "wing it" to win the Table Topics contest. He and seven fellow contestants were judged on their responses to the first line of a novel in progress: "Hester's friends had no idea about her secret, inner life."

Winger opened by acting out the frustration of a thwarted writer dealing with false starts and bad first sentences, then introduced his message of how people succeed when they persist. He wrapped up his ad lib speech by looping back to his opening words and offering encouragement to the would-be novelist.

"Good stories often return to where they started, but with a change for the hero," notes the public speaking coach, who represented Sage Toastmasters. "People like that."

(Later, when asked what thoughts came to mind when he first heard that challenging speaking prompt, he laughed, saying, "I don't think you can print it!")

To prepare for Table Topics, Winger clears his mind to "focus on nothing." He advises that it is "a disservice to guess what the question will be." He aims to be relaxed before hearing the question, "then I focus on the question itself and let my mind go to work. Whatever comes up, I go with it."

It's crucial to stay attuned to the audience, he says, to give them time to laugh and think: "Their reaction will help you craft your answer. You can keep going or turn the direction."

A Toastmaster since 2009, Winger is no stranger to District 7 championships, having won the Humorous Speech contest in 2012 and

the Evaluation contest

in 2014. That leaves the International Speech as the only Division-level contest he has yet to win. His experience has taught him that the benefit of competition is that "it raises your game. It's a different speaking environment. Your butterflies are more jumpy. A contest takes you out of your comfort zone, and that is where you grow."

As he puts it: "We spend too much time being complacent. You have to get uncomfortable with your discomfort. If you've never competed, give it a try. If you tried and were discouraged, try again."

Competing also taught him "to take a loss well. I've lost far more times than I've won."

Winning Table Topics gave him a feeling of "surprise and happiness" that he wants to pass along to help others. He notes that Toastmasters offers many opportunities to help fellow members become better speakers or overcome a hurdle. "It's complex, it's challenging, even difficult at times, but boy, is it rewarding. That's what drives me."

For future contestants, or for anyone aiming to achieve something big, he says, "Small steps every day will do so much more for you than trying to take a giant leap."

Humorous Speech champion: Lorna Dobberstein

A new speech title was one key to winning the title of Humorous Speech champion. Another was a little help from her Toastmasters friends.

Lorna Dobberstein, CL, ACS, was quick to credit members of her home club, Milwaukie Talkies, for their support of her winning effort. Their feedback on early versions of her speech included a new title that raised it above the ordinary. Her working title had been "Common Sense," which they thought was a bit too common. She changed it to the quirky acronym "RTFI" to add mystery. As she explained onstage, RTFI

◀ *Top to Bottom: Eric Winger, DTM & Lorna Dobberstein, ACB, CL*

stands for Read the Flipping Instructions – something she herself never bothers with.

“I am a bull in a china shop, and I don’t read directions,” she admits. Her speech made fun of her tendency to rush ahead and three resulting mishaps. In the end she claimed top honors against some very funny competitors.

“It’s very surreal to me,” she said a few days after receiving the trophy. “I’m still blown away by it. The feeling was fabulous.” When she hadn’t heard her name called for second place, she assumed she hadn’t even broken into the top three. That was in part because she was still revising her speech until 45 minutes before the contest. Those last tweaks must have done the trick: “It flowed when I was onstage.”

The audience agreed, rewarding her with sustained laughter. That laughter was another key, she says. “Once I got the first laugh, there was a connection. It lowered my anxiety to a manageable level.”

She admires experienced speakers who use self-deprecating stories to make their audience relate to them and put everyone on an equal footing. “Anyone can relate to the stories I shared,” she says. “They can relate to my skipping the steps and my disastrous outcomes. It can be uncomfortable listening to someone who makes fun of others.”

Dobberstein, a senior account manager at KPAM and Sunny 155 radio, joined Toastmasters in 2011. Her win came in her first contest at the District level. She has progressed a long way since her speaking debut at a women’s networking event, where as soon as she finished, she burst into tears. People tell her she is a natural speaker, but she dispels that notion: “I wasn’t born for it. I never had a natural talent for getting up in front of people. I just said ‘yes’ and took little steps to make it happen. It didn’t happen overnight.”

She suggests that all speakers keep a folder where they save funny stories, ideas and experiences so they have rich, real-life material to draw on when writing their next speech. She also urges more members to test themselves at contests. “There are some phenomenal speakers who never compete,” she says. “They have so much to offer. It would be great for them to step up.”



Eric Winger, Table Topics Champion



Lorna Dobberstein, Humorous Speech Champion

JUST SAYIN' . . .

A Toastmasters Thanksgiving

by Donna Stark, DTM—District Director



Season's Greetings! In Toastmasters terms that means Fall Contest season is behind us and Club Officer Training season is just around the corner. There's just enough time to tuck a little holiday in there! If you attended the District Humorous Speech Contest (and if you didn't, you missed a good one!), you will recall a couple of our speakers talked about incorporating the structure of Toastmasters into other life situations. Following that theme, I offer a few ideas to incorporate Toastmasters into your Turkey Day activities.

- Have a Sergeant-at-Arms call the meal to order. This may include herding children away from their playtime to come to the table. At our house the bigger challenge will be getting the football fans away from the television. This person can also take the lead on set-up and clean-up, and make sure all the necessary supplies are on hand and ready to go.
- Our prepared speech (aka main dish) comes out of the basic manual... turkey. Perhaps you prefer ham, prime rib, goose, or other options from one of the specialty manuals. I hear Pathways offers vegan options and the something-for-everyone turducken.
- Every speech deserves an evaluation. I will caution that when it comes to evaluating the meal, it may be prudent to focus on positive

feedback and

less on potential areas for improvement. Now is not the time to make unfavorable comparisons to Grandma's giblets or Aunt Patty's perfect pies.

- The timer's role can be especially valuable, and not just to make sure the marshmallows on top of the sweet potatoes don't get overly crispy. Do you have someone that starts talking and goes on and on... and on? The red card can be particularly helpful here.
- Conversation can be the highlight of the day. A good Table Topics Master insures that everyone gets an opportunity to participate. Ask leading questions that require more than a one or two-word response. If someone seems to monopolize the conversation, invoke the timer's red card.
- Have a Grammarian pick an appropriate word of the day, such as gratitude. Incorporate it into your speaking opportunities early and often. I'm grateful that a coworker introduced me to Toastmasters fourteen years ago.

I wish you the happiest of Thanksgivings. Enjoy your friends and family. Share your stories. And remember that holiday gatherings can be gold mines of potential speech material. Just Sayin'.





FROM THE DESK

Coming Events

by John Rodke, DTM - Program Quality Director

An amazing group of volunteers helped make the final Fall Conference a success. Thank you for all of your efforts. Johnny Campbell taught us how to manage change in ourselves and in our organizations. Our breakouts were energizing and packed with actionable takeaways. Brave, daring, and witty contestants captivated our hearts and imaginations with their stories. Bravo!

I look forward to learning with you at the Spring Conference where we will emphasize the art of Storytelling.

Success in Pathways is our focus for this year. Our December 2nd Toastmasters Leadership Institute (TLI) will help you cruise through the learning curves with this dynamic and interactive program, so you can start, and continue to enjoy the amazing benefits it provides.

Bring your laptops/tablets! James Wantz and Cate Arnold are hosting morning and afternoon breakout sessions to teach Pathways access and success. They will be working with a host of Pathways Guides and tech savvy members to

address your concerns for navigating the software and how to teach your club to do the same.

We have our hilarious and insightful Region Advisor Charley Patton as our Keynote Speaker delivering “Leading With Intent: From Voluntold to Volunteer” to demonstrate the value and benefits of leadership.

A slate of excellent presenters from across the District are ready to share their wisdom on how to succeed with style in club officer roles.

Emilie Taylor will be training on the vital role of Club Mentoring to help you have fun and be impactful in that rewarding role.

Fun, dynamic, and impactful clubs create amazing culture and opportunities by engaging, and training, as many officers, members, and potential members as possible. I highly encourage you to attend TLI and learn how to thrive in your role as a leader!

Enjoying the journey in our “Growth Zone” with you!



TOASTMASTERS LEADERSHIP INSTITUTE

DECEMBER 2, 2017 - 8:00-3:00 pm

8:00 - 9:00 am	Cafeteria	Check-in & Breakfast					
9:00 - 9:15 am	Auditorium	Welcome & Opening Remarks					
9:15 - 10:00 am	Auditorium	Leading With Intent: From Voluntold to Volunteer - Charley Patton					
10:00 - 10:15 am	Auditorium	Rounding the Bases: Finishing a DTM while Embracing Pathways					
10:15 - 10:30 am	Transition						
10:30 - 11:30 am	Educational Sessions						
		Club Mentoring	President	VP	VP PR	Pathways Unleashed	Awesome Contests
11:30 - 12:30 pm	Cafeteria	Potluck Lunch and Networking					
12:30 - 12:45 pm	Cafeteria	Wildcard Surprise					
12:45 - 1:00 pm	Transition						
1:00 - 2:00 pm	Educational Sessions						
		VP Education	Treasurer	Secretary	Sgt. At Arms	Pathways Unleashed	Judges Training
2:00 - 2:15 pm	Transition						
2:15 - 3:00 pm	Auditorium	Awards, Trio Updates, & Closing Remarks					

[Register Here](#)

Wilsonville High School
6800 SW Wilsonville Rd, Wilsonville, OR 97070



FROM THE DESK

Appreciation & Gratitude

by Emilie Taylor, DTM - Club Growth Director

As the days shorten and it becomes colder and wetter (and lately much wetter), we come upon the holiday season of Thanksgiving—the harvest and appreciation and gratitude. Thanksgiving for me is a reminder to reflect upon events in my life for which to be grateful. I would like to express my heartfelt thanks for all the support you’ve given me, along with the work everyone has done this year. Thank you! Since we are giving thanks, why not have a club meeting theme of Appreciation. If you are working on one of the Advanced Manuals, why not open it up and hone your skills on Special Occasion Speeches where you can praise members for their efforts in creating an excellent club climate. Toast your Club! Give awards to members. You don’t need a season to dust off your manuals. Study shows the receiver and those witnessing the exchange literally boost their immune system. Thus, sharing the gift and the giving both have health benefits.

Deadline: Club Visits

November 30 is the Deadline for Area Directors to submit Club Visit Reports. A BIG thanks to the following Area Directors who turned in all their club visit reports: Lisa Schuff, Area 32; Abraham Alfaro, Area 35; Debra Ann Burger, Area 43; Kaushik Balsubramaniam, Area 94; Teresa Hovland, Area 52, completed all her reports before leaving us for the Seattle Area; and Garrett Broughton, Area 92, completed all his reports until handed a new chartered club.

Congratulations Smedley Award Winners

In honor of Ralph Smedley, who founded Toastmasters 93 years ago, the Smedley Award was created to recognize clubs who add five new, dual or reinstated members between August 1 and September 30. Five of our clubs have earned a “Smedley Award” ribbon to display on their

club’s banner. In addition to the ribbon, they earned a special discount for 10 percent off their next club order.

- Essayons Club: 8
- Spirit Trackers: 12
- Capital Toastmasters Club: 10
- Hopemasters: 7
- Sporty Speakers: 5

New Club Updates

Congratulations to the following newly chartered clubs:

- Make the World Toast, a brand new club in Beaverton. Thank you to Kristi Corno for all her hard work getting this club chartered.
- CareOregon Toastmasters Club, a brand new downtown club. Thank you to Paul Carson and Cathy Merge who worked tirelessly to get this club chartered in record breaking time.
- G5 Marketing Toastmasters Club, a brand new club in Bend. Many thanks to Will Harlan for all his work and dedication to charter this club.



We wish our newest clubs all the success!

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

Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well. —Voltaire

Taming the FEAR MONSTER

by Jue Shi



My topic today is about my long journey to conquering the fear monster and applying Newton's first law to achieve personal growth.

What's Newton's first law? It's called the principle of inertia, meaning a physical object will remain still or move in a straight line at a constant speed if there is no external force applied to it.

It's a universal law in the physical world. However, from my personal experience, I would say it applies equally well to human psychology and behavior.

If I were asked to summarize my experience of the first ten years living in the United States, I would say one word—*fear*! As an immigrant from China, I was afraid of speaking in front of the public. I felt embarrassed by being constantly



asked to repeat the last sentence I spoke. I found myself locked into a job because I was lacking confidence in my spoken English. I was afraid I wouldn't be able to find a new job if I lost my current one—especially when seeing the semiconductor industry spiraling downward year after year.

That was the inertial state I was trapped in during that ten years. However, deep in my heart I struggled hard to break out of that trap. I wanted to be able to speak confidently and communicate well.

I decided to do something to address this issue. I happened to learn about a singing class and thought that might help me overcome my lack of confidence. That was my first kick to get myself out of my comfort zone, or I'd rather call it death of silence inertia state. I joined the class and stayed for 5 years. Every once in a while, we were put on stage to perform. The first several

times, I was scared to death when I went on stage. Surprisingly, even though my legs shook like crazy, I was able to survive and perform well. That really encouraged me.

What I learned is that with enough practice, your fear level will subside and not cause much damage.

My confidence level increased substantially. I felt that I should get some help to improve my spoken English so I hired a private English tutor. After about 6 month of meeting weekly with my tutor, my confidence level raised quite a lot. That was my second push to apply the principle of inertia to my personal growth.

The last boost came when I heard about Toastmasters. I immediately joined. The setting is so friendly for beginners and everyone encourages each other to grow. I wish I had known about it 10 years ago!

My achievement so far: not only have I finished 10 prepared speeches and survived several impromptus, I even did two speeches without notes.

My point is that to conquer your fear monster, (which many of us have deep inside) give yourself a little push to get out of your comfort zone. Let Newton's principle of inertia work for you. Keep doing the right thing until you see the improvement.

I would like to report a recent surprise.

Last week, I had a phone interview with two people from a company in Washington state.

I was able to communicate with them well and did so great on the phone that they offered me the job without even an on-site interview. What a surprise!

Jue Shi joined Toastmasters in November 2016. He is a member of Silicon Forest Toastmasters and Storymasters. Outside of Toastmasters he works as a senior product engineer leading product and test system development. He is Secretary General for CASPA and lead volunteer for Technology for Kids Club.



PERSPECTIVES

CALLING ALL CANDIDATES

by Leanna Lindquist, DTM - District Leadership Chair

A district's success depends on the quality of its leadership. This is the time of year when we begin the process of identifying qualified leaders for the 2018-2019 Toastmaster year.

Serving as a district leader is a great responsibility and an exciting opportunity. Your term of office is filled with chances for you to renew your perspective, practice teamwork and develop your capacity to translate values and strategies into productive actions.

Members of the district team depend on you to help them develop their own goals and achievements. Clubs see you as a facilitator to their success. You instill a sense of enthusiasm, fidelity and responsibility throughout your district.

If you are ready to use the skills you have learned in Toastmasters to take your leadership experience to the next level please consider one of the District positions.

The Process

The D7 Nominating Form (found [HERE](#)) can be used to nominate yourself or someone else for one or more district offices. You may announce your candidacy at TLI on December 2, 2017, or send an email to the District Leadership Chair (dlc@d7toastmasters.org) to

announce your candidacy.

The following positions will be elected during the District 7 Spring Conference at the Annual Business Meeting May 5, 2018:

District Director

As the district director, you are responsible for directly administering and overseeing the district's day-to-day operations, finances and human resources. Fortunately, you have a team of district leaders to help you fulfill these responsibilities. You must empower your district leadership team members to work together toward the district mission, while supporting each one in his or her development as a leader. Together with your district leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To serve as district director, you must have served at least six consecutive months as a club president and at least 12 consecutive months as a program quality director, club growth director or division director, or a combination thereof at the time you take office

Program Quality Director

As the program quality director, you are responsible for all aspects of education and training within the district. This includes

NOMINATIONS

Be the Change You Want to See

supporting quality club programming efforts, promoting the Distinguished Club Program and planning, organizing and executing the district conference. You are also responsible for promoting and supporting club quality and member retention. Together with your district leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on



the Toastmasters International website. To be program quality director, you must have served at least six consecutive months as club president and at least 12 consecutive months as a program quality director, club growth director, division director or area director. Once you serve as program quality director for a full year, you may not be re-elected to the same office for a succeeding term.

Club Growth Director

As the club growth director, you are responsible for all aspects of marketing, club building and club-retention efforts within the district. This includes defining an overall marketing strategy for the district, developing outreach and retention efforts with existing community and corporate clubs and penetrating new markets. Additionally, the club growth director supports challenged clubs and helps them to become Distinguished. Together with your district leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To be club growth director, you must have served at least six consecutive months as club president and at least 12 consecutive months as a program quality director, club growth director, division director or area director. Once you serve as club growth director for a full year, you may not be re-elected to the same office for a succeeding term.

Division Director

As division director, your job is to lead and support the division through the supervision and support of the area directors. One of your primary goals as division director is to ensure that each club achieves its mission and fulfills its responsibilities to its members. To achieve this, you coordinate division activities, set division goals and assist in the training of area and club leaders. To serve as division director, you must have served at least six consecutive months as a member of a district council. The division director may be re-elected to one succeeding term.

ARE NOW OPEN

ish to See in the World



How's Your Stunt Double?

by Beth Genly, ACB, ALB

Why is it that in a movie, the consequences of extreme behavior are obvious to me, yet when I take a step back and look at my own real life, I can be quite blind? Do I think I have a stunt double?

Let me explain . . . Take the final chase episode in the Jason Bourne series: one of the shadowy agents steals a huge black Hummer, which he drives at high speed in the wrong direction through freeway traffic. Pretty soon, he is hurling dozens of civilian cars into a metal wake behind his speeding vehicle.

Of course, part of me does enjoy such vicarious movie fun. But as I munch my popcorn, I still wonder: who will have to pull the bodies out of all those cars, staff the emergency rooms, explain it all to the families, clean up the broken glass and tow the cars?

So. How do I expect to be able to work at top speeds regardless of whether or not I've had any sleep, skipped meals, and ignored my own needs? Why aren't I more aware of the destruction caused by leading my own "blockbuster-style" lifestyle?

In my mind, I'm working like a super-macho, high-performance action hero, but without sleep as a performance priority, I'm treating my body as if I had a stunt double.

I know I'm not alone in this. Many of us push ourselves this way, announcing, "Sleep is for wimps" and pushing ourselves ever harder.

But we don't have stunt doubles. We don't have teams of technicians, either, to help us carefully craft each "close call," and we can't digitally erase any mistakes we make. We have one irreplaceable real-life body.

You Can Do It! You Can Get Enough Sleep

No more blockbuster living! Sleep deserves to be a priority in your life.

You need more sleep.

You deserve more sleep.

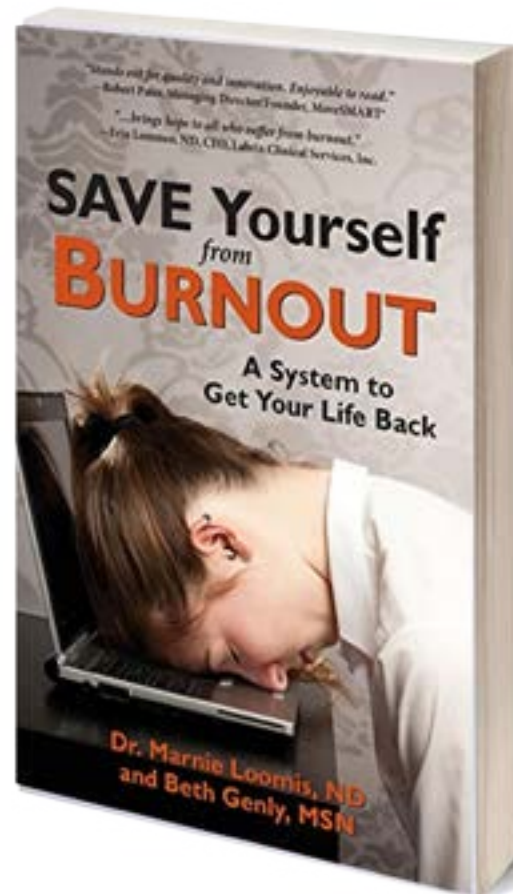
You are safer (and so are the people around you) when you get more sleep.

Best of all, you will feel much, much better when you get more sleep.

Your brain, your emotions, your health and your wellbeing will all function much better, when you get more sleep.

It is time to give yourself the gift of sleep. Track your results. You'll be amazed!

- © 2017, Marnie Loomis and Beth Genly. Excerpted and condensed from their new book, "Save Yourself from Burnout: A System to Get Your Life Back." (*Available at Amazon.com—Ed.*)



hosted by Great White North Online Toastmasters

DECEMBER 10, 2017 - 3-4:30pm (PDT)

Beth Genly ONLINE

TAKE THE **NO** OUT OF NOEL

Tips for a stress-free holiday season

Do holiday seasons leave you fatigued, cranky, and wondering if it's worth all the effort?

Beth Genly, co-author of *Save Yourself from Burnout: A System to Get Your Life Back*, presents powerful, easy-to-implement tips for conquering stress during the holiday season. In this 30-minute session, Genly reviews 3 ways to take the No out of Noel.



RSVP to Susan Ellsworth to join the call
susan.ellsworth@pequodsystems.com

2017 Fall Conference

November 10-11, 2017 - C



1st - Eric Winger
2nd - Lisa Hutton
3rd - Kathleen Rtzman



Conference Highlights

Camp Withycombe, Clackamas



Humorous
Speech



1st - Lorna Dobberstein
2nd - Daniel Flood
3rd - Phil Westover



SANTA NABBED FOR BREAKING & ENTERING



TRIAL DATE: DECEMBER 13, 2017

7:30-9:00PM

FEEDBACKERS TOASTMASTERS

12500 SW Allen Blvd. Beaverton, OR

feedbackers.toastmastersclubs.org



YOU ARE INVITED TO PARTICIPATE!

WHAT:	<p>Earn a D7 Pathways Triple A Award</p> <p>This year only you can earn a D7 Pathways Triple A Award by completing the Early Adopter, Early Achiever & Early Advisor tasks listed below – each of these is an award of its own!</p>
WHY:	To encourage member participation in Pathways, D7 is offering these unique awards to members in Pathways—but only for a limited time!
WHEN:	NOW!
HOW:	Watch a two minute video for more information: https://youtu.be/llsY52rRe6I
WHAT YOU DO:	<p>Early Adopter Award:</p> <ul style="list-style-type: none"> • Complete the Level 1 Pathways Icebreaker project in any Path. Base Camp will show project marked complete after post assessment. Deadline: December 31, 2017 • Complete this online form: Early Adopter Award Application • Receive the Early Adopters Badge <p>Early Advisor Award:</p> <ul style="list-style-type: none"> • Help another member with Pathways (help them log in, pick their first path, guide them through the Icebreaker project, or answer technical questions about Pathways). Deadline: May 31, 2018 • Complete this online form: Early Advisor Award Application • Receive the Early Advisor Badge <p>Early Achiever Award:</p> <ul style="list-style-type: none"> • Complete Level 1 in any Path. Deadline: March 31, 2018 • Complete the Level request on Base Camp. Your club Base Camp Manager will confirm completion in Pathways and then submit the award to Toastmasters International through the Club Central portal • Receive the digital badge for Level 1 completion in Base Camp

That's it!

Do those 3 steps, and you will be awarded D7 Pathways Triple A Award and a 'Be Extraordinary' pin will be mailed directly to you!

For more information, contact:

Cate Arnold – D7 Pathways Triple A coordinator – impeccablecate@gmail.com

James Wantz – D7 Public Relations Manager – prm@d7toastmasters.org



JOURNEYS

Maria Lee: A Steadfast Toastmaster

by Brinn Hemmingson, ACG, CL

Maria got into Toastmasters a bit differently. She said, “I got my husband Rusty interested, then he joined, and after a couple years I joined.”

Maria has been a member of about 4 - 5 different clubs. At this time there are just two; Evergreen is her home club, and Thrill of the Quill. She has held all club officer roles. At District, she’s been Area Governor (twice), and Division Governor (Governor of the Year 2006-2007). Gary Schmidt actually gave her the plaque at the District meeting. She has also been Chief Judge and Contest Chair for the District. I’ve seen her in many similar roles at Area and Division contests too.

Maria said, “I have never competed at District level but have taught at both TLI and District conferences.”

I asked, how has Toastmasters helped you with career or relationships. “The only way I can answer this - Toastmasters has given me the voice to say something when needed (at certain times) and the wisdom to know when. I would just take what was given and say nothing.”

“When it comes to talking about Toastmasters, I usually ask if they would like to spend an evening with friends and just go from there. I have found the best time to ask them to a meeting is at an Open House or Contest.” Maria said, “I enjoy what Toastmasters does to the individual. You need

to open your mind and soul to get out of it what is there to do to help, and especially what you as the individual needs. I have watched many people come and go from the clubs, and have often wondered

what made them stop coming. At my home club, we ask this question at the end of every meeting – ‘Are you having fun? If not, how can we help to make it fun.’ If the atmosphere is not conducive to learning and having fun, the participants get bored/upset and lose the ability to learn and then leave. I feel that a good club should always be fun for everyone and then you as the leader can help when needed and in a way that won’t alienate the member and/or guests.”

Change is the law of life. And those who look only to the past or present are certain to miss the future.
John F Kennedy



Communication—the human connection—is the key to personal and career success.

— Paul J. Meyer

CLUB COACH CORNER

THANKS!!

by Lisa Hutton, ACB, ALB



Gratitude deservedly gets more attention than usual when our calendars flip over to November. We reserve the fourth Thursday, as a special day to be with our loved ones, to celebrate all that we are thankful for in our lives. Conversely, club coaches give thanks to the club they serve throughout the year and must do so for at least 12 months. This ongoing pledge and the following attributes are just a sampling of the skills and qualities necessary to re-energize a Toastmaster club.

T – Time is an extremely valuable commodity. The time and commitment that is extended by a club coach to a struggling club (12 members or less) goes far beyond the calculated minutes and hours they spend to re-energize a club.

H – Heart and the feeling of joy when connecting with others are necessary characteristics of a club coach. These core values ensure the task of the club achieving the status of Distinguished or, better are done so in a manner that leaves everyone filled with contentment and happiness.

A – Attitude and knowing how to assess the members that will be key players to revive the club while being able to lead, delegate and work with even the ‘difficult’ people is an essential ability for a club coach.

N – Nurture and encouragement for the club and its individual members, as the club rebuilds, are necessary; especially when introducing changes that may be vital to the club’s survival.

K – Kindness goes a long way is a sentiment that I like. The process of problem solving is best achieved by the acceptance of a common goal and a kind heart.

S – Support and assistance are available from other members throughout the District

If these qualities sound like you and you’re interested in being a club coach please contact me at clubcoachcoordinator@d7toastmasters.org

Hidden Treasures

by B. Lee Coyne, ATMS

Open up your sack of untold goodies this Happy Holiday Season. You may well be surprised by what you find hidden within.

Dedicate one or two December gatherings to the joyous theme of hidden treasures in terms of Toastmasters skills. Below are ample examples...

- Gift of Eloquence. For one having an abundant vocabulary.
- Gift of Modulation. For one aptly employing voice variety.
- Gift of Self Discipline. For one who never runs overtime.
- Gift of Humor. For one who regularly regales the audience.
- Gift of Structure. For one adroit at organizing speech content.
- Gift of Assessment. For one adept at giving fair evaluations.
- Gift of Creativity. For one manifesting entertaining Table Topics.
- Gift of Repartee. For one offering resilient near-brilliant replies.

We may brainstorm others geared to recognize our fearless peers. Be a human Christmas tree to all of us. Permit that light to shine!





SUCCESSFUL CLUB

DOWNTOWN PUBLIC SPEAKERS

by Abraham Alfaro, CC

Every Thursday, something special happens in Eugene.

Obviously, I'm biased. As the president of Downtown Public Speakers (#595492), promoting my club is my secondary duty. We have an eleven-year streak of Select/President's Distinguished. We've been well-represented in all four contests throughout those years, with members repeatedly making it to the District stage. We have as members three current District officers: two Area Directors and the District Director. I can count on one hand the number of times over the past forty-four months we haven't filled every leadership role on our agenda; this can be a last-minute challenge as work conflicts arise. Of course I consider us a special group.

My primary duty as club president, however, is to ensure our members have fun.

Shaun McCrea (club president, 2013-2014) declared the theme for her term was "to have fun at every meeting." It has become our brand identity: "Downtown Public Speakers – the Fun Club." We laugh at every meeting. Members regularly speak about spending Monday looking forward to Thursday, not Friday. They speak about coming to meetings feeling as if they have just been mugged by joybandits* yet leaving with hearts overflowing with positive energy. We're a tidal wave club; the energy our meetings generate gets shared afterwards with our otherwise-desolate, non-Toastmaster coworkers.

As president, my responsibilities include protecting the Downtown Public Speakers brand, ensuring every meeting is fun, and making every guest and new member feel welcome. How do we accomplish this? We

use every role in the Leadership manual to maximize member experience. We include a Humorist at almost every meeting. Everyone who participates receives applause. We celebrate the accomplishments of our members. We have themed meetings (I'll never forget Mary W.'s Backwards Meeting); we have creative Table Topics (Donna's Beach Ball, Rachel's Book Club). We invite guests to ask questions and speak with members after the meeting; some members are able to be available specifically so guests have this opportunity.

Fun can be work; half-empty agendas minutes before the meeting opens are stressful. There are ongoing projects I will be following-up on after I finish writing this, and I am planning another, very special project in January. I'll be emailing some members we haven't seen in a while, just to check in and say hi. Nonetheless, the knowledge that the members of Downtown Public Speakers place so much value on our meetings makes me proud to serve.

*"Joybandits" is a reference to the D7 Fall Conference where I hosted the Table Topics contest—if you couldn't attend, the word means exactly what it seems.

Fun is one of the most important—and underrated—ingredients in any successful venture. If you're not having fun, then it's probably time to call it quits and try something else. — Richard Branson





HIDDEN TREASURE

EARLY OREGON TOASTMASTERS - PART 7

by Harvey Schowe, DTM - District 7 Historian

Worth Wilson Caldwell, a Portland Toastmasters Club #31 charter member, was born June 13, 1902 in Portland, Oregon to William W. Caldwell and Lydia Hemsworth. Worth attended Jefferson High School in Portland and joined the high school debating team. In April 1919 he and other high school debating students were selected to lecture in grade schools on victory loans. He was president of the senior class from 1919 to 1920. He won a gold medal for an essay contest on the subject "Victory" What Price.

After graduating from high school, Worth attended Stanford University in 1921. He was a member of the freshman debating team. He became managing editor and reporting editor for the Stanford Daily Palo Alto Daily. He was a member of Sigma Alpha Epsilon. Worth participated in the university ROTC program Field Artillery Unit. After attending two years, he left Stanford. From 1922 to 1923 he worked for a Bellingham, Washington publishing company then returned to Portland. J. R. Holman, owner of a Portland funeral home, hired Worth Caldwell who eventually became general manager and president. During 1932, he served on a civic emergency committee working with the City of Portland to develop a work plan to hire unemployed people to maintain city parks. He joined the Junior Chamber of Commerce. He first met Frank McCasline, a Portland Toastmasters Club charter member, in 1932. In September 1934 he participated as chairman for the American Red Cross October Roll Call drive requesting people to become members. His increasing involvement in civic activities meant giving speeches at meetings. Perhaps for this reason he joined Toastmasters.

Worth became a charter member of Portland Toastmasters Club # 31 during the fall of 1934. He served as president of the club. His membership in the club continued through at

least 1943. Members of the Portland Toastmasters club participated in Speaker's Bureaus to promote Red Cross funding drives. These Toastmasters members were heavily involved in civic organizations where public speaking skills were important. The civic activities allowed

them to maintain social networks that were needed for their careers and to contribute their talents for worthy causes. Worth was active in the Optimist Club and became Governor; District 13, Salvation Army; and East Commercial Club, Chamber of Commerce President; Progressive Business Club, Community Chest, Prime Minister of the Royal Rosarians 1941, just to name a few. He ran for a Portland School District board position and received 5,872 votes in a June 1, 1937 election with five candidates in the race. He was employed at the Holman and Lutz Funeral Home where he held positions of Vice President, General Manager and President. He eventually took control of the Holman Mortuary in 1943 after some litigation. The funeral home was renamed Caldwell Colonial Mortuary. He was president of the mortuary for 35 years.

Worth Caldwell died April 1966. At the time of his death, he was active in civic affairs including the Board of Regents of Multnomah College, Advisory Board of Friends of the Library, University of Portland, and the Board of Directors Salvation Army.



Getting Better and Better

by Areebah Zaidi



Public speaking used to be one of my least favorite things to do, my hands got sweaty and shaky and I felt like I was about to drown in my own anxiety. I felt like fainting any time I have to get on the stage—it was the last thing I’d want to do. After being a member of Future Stars, for a little over a year now, I can sincerely say that this club has helped me get over the fear of speaking and opened up my hidden potential. Since that first disastrous day at Future Stars, I have gained skills to help me with delivering, communicating and understanding things in ways I had not been able to do so before. It wouldn’t have been too bad if the only thing I had to do was write speeches, for me that was the easy part. The

obstacle was the actual speaking. When I would get up on that stage, my mind would go completely blank and the writing on my note cards would look like scribbles. It was as if my mind had been wiped clean and I had forgotten



how to speak or even read. From being put into roles I didn’t want to do and being called to the stage as a table topics speaker, soon turned into voluntarily stepping into roles. Yes, I still don’t like table topics but now I use that to reflect back onto and continue my growth and learning.

My struggles with speaking were broken down and piece by piece, with every meeting I attended and I was surprised how I learned to overcome them. I realized this on the day of our final meeting, like every other member I was called onto the stage to answer a table topics question. When I stepped onto that stage and looked at all of my fellow members and their families, I realized that I wasn’t nervous. I stood on that stage and answered the question “What has Toastmasters helped you with?”, I was able to add humour on the spot as well as feel confident

while answering.

I know I haven’t yet completed the journey and probably won’t for a long time, but I can say without a doubt I am starting to enjoy the time I spend at Future Stars. As much as I hate to admit it to my parents, Toastmasters has really helped me step out of the small bubble, my comfort zone and now waking up on those Saturday mornings doesn’t seem so bad. I know that a lot of people don’t get the chance to be apart of something like this so I am very thankful for the opportunity to attend and learn in an environment that is safe, welcoming and comfortable. My journey began with me realizing my own fears of public speaking and now facing those fears has not only helped and inspired me along the way but others as well.

Areebah Zaidi is 15 and a sophomore in high school. Her life consists of school, art, friends and family. She aims to learn new things and master the skills she has not yet succeeded in, one of them being public speaking.

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.

If you want to conquer fear, don't sit home and think about it. Go out and get busy—Dale Carnegie

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
G5 Marketing	Abbott	Lance
Feather Tongues Toastmasters Club	Anaya	Barbara
McMinnville Toastmasters	Andreas	Douglas
Redmond Area Toastmasters Club	Andrewson	Eileen
Gateway Toastmasters	Anthony	Jeffre
Portland Progressives	Arp	Andrice
G5 Marketing	Baker	Austin
Communicators Plus	Baker	Sydney
Make the World Toast	Balazic	Courtney
Tabor Toastmasters Club	Barlow	Adinah
Make the World Toast	Basaraba	Rachelle
G5 Marketing	Belfatto	Dani
CareOregon	Berta	Maria
Lunch Bunch Toastmasters Club	Berumen	Emanuel
Sage Beaverton Toastmasters	Beyer	Wendy
Encouraging Words Club	Blankenship	Tim
Lake Oswego Toastmasters Club	Boe	Doug
Essayons Club	Bostrom	Arne
Bootstrappers Club	Boxall	Allison
Timber Talkers	Boyce	Wayne
Redmond Area Toastmasters Club	Bozarth	Brandon
Downtown Public Speakers Club	Bradsher	Amy
G5 Marketing	Brewer	Alicia
CareOregon	Brink	Darin
Professionally Speaking	Brooks	Jeanne
The Toast of Old Town	Brooks	Steve
G5 Marketing	Brown	Lorie
The Standard Speakeasy Toastmasters	Bussell	Mark
Suite Talkers Toastmasters	Butler	Matt
G5 Marketing	Calvert	Lisa
Communicators Plus	Campbell	John
Oregon State Toastmasters	Carson	Johanna
CareOregon	Carter	Erik
Yawn Patrol Club	Chavez	Daniel
Downtown Public Speakers Club	Chavez	Daniel
Yammertime	Chincea	Chris
Cedar Hills Club	Chomarro	Chris

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Beachtown Toastmasters	Cole	Sarah
Sporty Speakers	Choudavarpu	Raviteja
Noon Talkers	Collier	Chelsea
Gresham Toastmasters Club	Collier	Jill
G5 Marketing	Cook	Kylee
Banfield Barkers	Cooke	Aggie
Professionally Speaking	COOPER	DONALD
Make the World Toast	Corno	Kristi
Milwaukie Talkies	Creasey	Anne
G5 Marketing	Croal	Devlin
G5 Marketing	Cruz	Nicholas
Sage Beaverton Toastmasters	Curley	Sherri
Beachtown Toastmasters	Daily-Kline	Emma
Toast of Corvallis Toastmasters Club	DeLeon	Tammy
Moser Community Toastmasters	Deza	Jose
MIME Speaks	Dow	Danielle
Columbian Club	Dreyer	Victoria
G5 Marketing	Dupuie	Ryan
CareOregon	Engstrom	Jacob
CareOregon	Enlund	Elizabeth
Spirit Trackers	Erickson, Jr.	Jeffrey
MultCo Toasties	Extine	Melissa
Toast to US	Farland	Jennifer
New Beginnings Toastmasters	Feist	Kayla
Communicators Plus	Fevergeon	Bonnie
Make the World Toast	Fishback	Matt
Make the World Toast	Fitzsimmons	Rob
Downtown Public Speakers Club	Flammer	Sita
A-Dec Toastmasters	Flukinger	Greg
G5 Marketing	Foote	Collin
CareOregon	Gantz	Dana
Make the World Toast	Gillum	Steve
Make the World Toast	Goodman	Nicole
G5 Marketing	Gougler	Olivia
Sunrise Toastmasters Club #1492	Grabacki	Olivia
Make the World Toast	Gray	Janice
CareOregon	Green	Caleb

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
G5 Marketing	Griego	Tony
G5 Marketing	Griffin	Nimitta
Communicators Plus	Grijalva	Christina
CareOregon	Gutierrez	Loren
Early Words Club	Guzman	Ricardo
Make the World Toast	Hampson	Christina
Make the World Toast	Hanks	Amy Sue
Symantec Toastmasters	Hansen	Amber
G5 Marketing	Hardy	Lance
Speakers By Design	Hariharan	Deepti
Professionally Speaking	HEERWAGEN	BRIAN
Columbia Square Squawking Heads	Hennessy	Conor
Oregon Toastmasters Club	Henrichs	Rachel
CareOregon	Hester	Pam
Make the World Toast	High	Pia
CareOregon	Hindmarsh	Clifton
Tualatin Valley Toastmasters Club	Holte	Madeline
G5 Marketing	Honda	Laurie
Stagecoach TM	Hoyle	Kaolee
Sage Beaverton Toastmasters	Indane	Sonia
New Horizons Toastmasters Club	Jahraus	Penny
The Standard Speakeasy Toastmasters	Jana	Paleck
G5 Marketing	Johnson	Marisa
Coos Bay Toastmasters Club	Johnson	Michael
Platt Electric Supply	Johnson	Scott
Coastal Toastmasters Club	Jones	Daniel
VA SORCC Toastmasters	Jones	Jacob
Yawn Patrol Club	Joseph	Amanda
Newberry Speak To Succeed	Karen	Rippberger
Evergreen Club	Karn	Mindie
G5 Marketing	Keller	Cori
G5 Marketing	Kirk	Kolby
Bend Chamber Toastmasters	Knox	Rachel
G5 Marketing	Lakovics	Devin
CareOregon	Landolt-Hoene	Daniel
Tualatin Valley Toastmasters Club	Larson	Brandon
Yammertime	Li	Christina

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
G5 Marketing	Lichtenberg	Noella
Capital Toastmasters Club	Lincoln	Frederick
Make the World Toast	Link	Lucy
G5 Marketing	Lockwood	Nicholas
Yammertime	Loftis	Kevin
Make the World Toast	Lynn	Jutta
Portland Club	Maartin	James
Coos Bay Toastmasters Club	McClymonds	Aliczandr
G5 Marketing	McHugh	Jeff
Make the World Toast	McHugh	Megan
Coastal Toastmasters Club	McReynolds	Katrinka
CareOregon	Merge	Catherine
Make the World Toast	Messenger	Paul
McMinnville Toastmasters	Meyer	Brennan
Make the World Toast	Miller	Keinan
Columbia Square Squawking Heads	Mockler Martens	Richelle
Make the World Toast	Monaco	Joseph
Roseburg Club	Morehouse	Dennis
G5 Marketing	Morris	Aliza
Newberg Toastmasters Club	Mount	Heidi
Spirit Trackers	Newingham	Elwood
Coos Bay Toastmasters Club	Newson	Robert
G5 Marketing	Nobis	Alison
G5 Marketing	Nunes	Joshua
Make the World Toast	Nunez	Robert
Chanticleers Toastmasters Club	Paroulek	Matt
Speakeasy Toastmasters	Paulson	Erik
Rose City Toasters Club	Peniche	Fabian
Silicon Forest Club	Pepers	Marieke
University of Oregon Club	Ponder	Dawn
CareOregon	Post	Theron
Swan Island Toastmasters	Prange	Laura
Make the World Toast	Quinones	Danielle
PMI Portland Toastmasters	Ramakrishnan	Shanthi
Sunrise Toastmasters Club #1492	Randol	Heather
CareOregon	Redmon	Josh
Sunrise Toastmasters Club #1492	Reeves	Brandon

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Vancouver Toastmasters Club	Riccardo	Joy
Rogue Communicators Club	Rider	Bruce
G5 Marketing	Ring	Jason
Make the World Toast	Rivera	Diane
G5 Marketing	Rogers	Gavin
Redmond Area Toastmasters Club	Rollins	Steven
Pearl District Toastmasters Club	Ross	Natalie
Tabor Toastmasters Club	Said	David
High Noon Club	Saladino	Michael
Communicators Plus	Saunders	Geoffrey
G5 Marketing	Schafer	Jessie
Bend Chamber Toastmasters	Schladenhauffen	Terry
Bend Chamber Toastmasters	Schwab	Sara
Professionally Speaking	SCLIMENTI	STEVE
CareOregon	Seibel	Evelyn
Sporty Speakers	Shaik	Nisar
Speakers By Design	Shamrell	Thomas
Arlington Toastmasters Club	Shelly	Ruth
Make the World Toast	Sherwood	Michael
CareOregon	Shirley	Kara
Keizer Communicators	Sikel	Mark
G5 Marketing	Simpson	Leonard
G5 Marketing	Smythe	Ian
Coastmasters	Springsteen	Linda
G5 Marketing	Squire	Tom
Sage Beaverton Toastmasters	Stevens	Bonnie
Coos Bay Toastmasters Club	Stewart	Javontae
Mentors Of Focus Club	Sundarrajan	Karthick
Make the World Toast	Swank	Erica
Tell Me A Story	Sworske	Maria
MIME Speaks	Taylor	Seth
G5 Marketing	Terry	Blake
Banfield Barkers	Theeda	Sandeep
G5 Marketing	Thompson	Danica
CareOregon	Tomlinson	Tammy
Cedar Hills Club	Torres	Selene

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Tower Toastmasters	Triplett	Vanessa
CareOregon	Tucker	Dara
Gateway Toastmasters	Urquidez	Anita
CareOregon	Uwayo	Dianne
New Horizons Toastmasters Club	Vanderzanden	Rachelle
Toast of the Region Club	Villarreal	Jennifer
G5 Marketing	Wachter	Kyle
Make the World Toast	Wallberg	Elisabeth
Daylighters Club	Warsame	Rashid
Make the World Toast	Welch	John
G5 Marketing	Wendling	Timothy
G5 Marketing	West	Daniel
G5 Marketing	Wettig	Mitch
Speakers By Design	Wheetley	Tom
CareOregon	White	Kelly
G5 Marketing	Willeford	Alex
G5 Marketing	Wilson	Kimberly
Professionally Speaking	Wilson	Meg
G5 Marketing	Wolber	Mike
Banfield Barkers	Wolf	Bryan
Milwaukie Talkies	Wood	Abbi
CareOregon	Wood	Tommie
Spirit Trackers	Woolner	Alex
University of Oregon Club	Wu	Kaishu
Essayons Club	Yamasaki	Kenji
Bend Chamber Toastmasters	Young Jr.	David
CareOregon	Zipp	Alaina
McMinnville Toastmasters	Zoch	Matt

You're never going to be 100% ready and it's never going to be just the right time, but that's the point. It means that every moment is also the right moment. If you want it, you just have to do it. –Unknown

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACG	10/27/2017	Balasubramanian, Kaushik	New Horizons
CC	10/31/2017	Bordeaux, Lisa	M A C Toastmasters
DYNLEAL1	10/4/2017	Bremer, Gloria	Civil Tongues Club
ACB	10/30/2017	Brown, Jackie	MultCo Toasties
CC	10/28/2017	Burr, Bob	Will-Sher Club
CC	10/30/2017	Clark, Howard P.	The Dalles Toastmasters Club
CL	10/5/2017	Corbet-Owen, Carina	Vancouver Toastmasters Club
CC	10/4/2017	Cox, Cleon M.	Wallmasters International Club
ACB	10/6/2017	Dorzab, Erich W	The Dalles Toastmasters Club
CC	10/16/2017	Fabbrocino, Michael	Lebanon Toastmasters
CC	10/23/2017	Fields, Benjamin George	MIME Speaks
ALB	10/5/2017	Ford, Jason	Bridge Toastmasters Club
CC	10/23/2017	Ginn, Jimmie	Coos Bay Toastmasters Club
CC	10/26/2017	Glade, Syrena M.	Tualatin Valley Toastmasters
CC	10/28/2017	Glade, Syrena M.	Tualatin Valley Toastmasters
ACB	10/18/2017	Grassman, Jason M.	NoonTime Club
CC	10/2/2017	Hamilton, Jenny	Cedar Hills Club
CC	10/27/2017	Hennick, Sharon D.	Myrtlewood Hootowlers Club
ALB	10/9/2017	Holley, Kathy A.	Banfield Barkers
CC	10/23/2017	Huck, Kami K.	Sage Beaverton Toastmasters
ACS	10/4/2017	Jeans, Christopher	Sporty Speakers
CC	10/3/2017	Job, Theodore E	Cedar Hills Club
ACB	10/5/2017	Kaltenbacher, Eadie B.	WRIP City Club
LDREXC	10/5/2017	Killion, Ginger E.	Daylighters Club
ALS	10/23/2017	Killion, Ginger E.	Daylighters Club
DTM	10/23/2017	Killion, Ginger E.	Daylighters Club
CC	10/2/2017	Kleffner, Paul J.	Babble-On Toastmasters Club
CC	10/1/2017	Locke, Julius Patrick	Early Words Club
CC	10/1/2017	Locke, Julius Patrick	Early Words Club
CC	10/1/2017	Locke, Julius Patrick	Early Words Club
ALB	10/13/2017	Locke, Julius Patrick	Early Words Club
ALB	10/22/2017	Locke, Julius Patrick	Early Words Club
CC	10/1/2017	Locke, Karen "K"	Early Words Club
ACG	10/5/2017	Marquardt, John R	Vancouver Toastmasters Club
CL	10/19/2017	McMurry, Amber	MultCo Toasties
CC	10/3/2017	Meeds, Melinda A.	High Noon Club
CC	10/2/2017	Miller, Judy	Toastmasters for Spkg Profs

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ALB	10/19/2017	Nye, Gregory Allan	Spirit Trackers
CC	10/2/2017	Pritchard, Norma	Silvertongues
ACB	10/2/2017	Ramamurthy, Umesh	Swan Island Toastmasters
CC	10/5/2017	Rhodes, Vickie L.	Encouraging Words Club
ALS	10/31/2017	Rodke, John Russell	University of Oregon Club
DTM	10/31/2017	Rodke, John Russell	University of Oregon Club
CL	10/10/2017	Savageau, Deb	Toast of Corvallis Toastmasters
CC	10/31/2017	Schmidt, Gary	Clackamas County
CC	10/25/2017	Schupp, Lisa S.	Toast of Corvallis Toastmasters
CC	10/8/2017	Sexton, Shannon L	Babble-On Toastmasters Club
CC	10/3/2017	Sheley, Karen Jeanne	Nano-Mated Speakers
CL	10/16/2017	Smith, Steven E.	Redmond Area Toastmasters
PREMASL1	10/27/2017	Stevenson, Scott	Civil Tongues Club
ACB	10/25/2017	Stone, Matthew R	Downtown Lunchbunch
ACG	10/20/2017	Strickland, Scott R.	Spirit Trackers
ACS	10/16/2017	Svensson, Christa M.	Astoria Toastmasters
ACS	10/11/2017	Thygesen, Erica L.	Clackamas County
CC	10/17/2017	Villa, Dixie Lee	Columbia Communicators
ACB	10/6/2017	Wagner, Loren	The Dalles Toastmasters Club
ACS	10/5/2017	Walker, Marvin Lynn	Newberg Toastmasters Club
PREMASL1	10/24/2017	Wantz, James	New Horizons Toastmasters
PREMASL2	10/30/2017	Wantz, James	New Horizons Toastmasters
ALB	10/19/2017	Webb, Andrew Justin	Spirit Trackers
CC	10/5/2017	Wentworth, Morgan Leigh	Encouraging Words Club
CC	10/26/2017	Williams, Geoffrey	Smooth Talkers Club
CL	10/31/2017	Woeller, Shanna M.	Early Words Club

No matter how good you think you are as a leader, my goodness, the people around you will have all kinds of ideas for how you can get better. So for me, the most fundamental thing about leadership is to have the humility to continue to get feedback and to try to get better - because your job is to try to help everybody else get better

—Jim Yong Kim

Happy Anniversary to November Clubs

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

Charter Date	Years	Club	City
11/1/1950	67	Astoria	Astoria
11/1/1957	60	Beachtown	Lincoln City
11/1/1986	31	Columbian	St Helens
11/7/2011	6	Gorge Windbags	Hood River
11/23/2010	7	Ilwaco	Ilwaco
11/1/1946	71	Oregon	Portland
11/21/2006	11	Portland Progressives	Portland
11/13/2003	14	Sherwood Town Criers	Sherwood
11/1/1982	35	Tabor	Portland
11/1/2000	17	Will-Sher	Willamina

A special shout out to Astora, Beachtown, and Oregon for passing the half-century mark



TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARDS
Alba-Lim, Michelle	3	ACG, ALS, DTM, LDREXC, ACS
Anthony, Joseph D.	3	DTM, ALS, CL
Fanning, Paul C.	3	ALS, ACS, DTM
Hutton, Lisa F.	3	ACB, LDREXC, ALB
Killion, Ginger E.	3	ALS, DTM, LDREXC
Lafferty, Bryson D.	3	ALB, CL, CC
Locke, Julius Patrick	9	CC, CC, ALB, ALB, CC, CC, CC, CL, CC
Norris, Lauralee K.	3	INNPLAL1, ACB, ALB
Nye, Gregory Allan	3	CC, CL, ALB
Rodke, John Russell	3	LDREXC, ALS, DTM
Schupp, Lisa S.	3	ACS, CL, CC
Tully, Kathleen	3	CC, CL, LDREXC
Wantz, James	4	PREMASL1, PREMASL2, PREMASL3, CC
Webb, Andrew Justin	3	ALB, CL, CC
West, Larry J.	4	DTM, ACG, ALS, CC



NOVEMBER

31

Last day to submit Area Visit Reports to Toastmasters International

DECEMBER

2

Winter TLI (Toastmasters Leadership Institute) @ Wilsonville High School @ 7:00 AM – 4:00 PM Wilsonville High School, 6800 SW Wilsonville Rd, Wilsonville, OR 97070

6

Rose City Toasters Open House, @ 6:30 PM – 9:00 PM, Columbia River Correctional Institution, 9111 NE Sunderland Ave, Portland, OR 97211

Adding Events to the District Calendar

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

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



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

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

7:00-8:15 pm

Standard TV & Appliance

5240 SE 82nd Avenue

Portland, OR 97266

<http://6869.toastmastersclubs.org/>

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

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

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

