



One Community
Many Voices

District 7 Toastmasters
January 2018

Cover Story

Pathways: Gold Nuggets & Possibilities



2018

Pathways

Mastering
Fundamentals

Increasing
Knowledge

Demonstrating
Expertise

A Club with
Purpose

Page 14

Page 12

Trailblazing: A Tale of Two Realities



EDITORIAL

The “G” Word

by Phyllis A. Harmon, DTM
Editor/Publisher

Happy New Year! Got goals?

Whaaa?

You.don’t.SET.goals? And.you.are.tired.of.people.ASKING!!!

Well, okay . . . but . . . what about informal goals—like eating, getting to work on time, or grocery shopping? Ermmm, you don’t set those goals either? Really?

Excuse me if I sound a little incredulous. Because, you see, we all set goals. It’s how we get through our days without them devolving into chaos. Let me give you an example: as my feet hit the floor each morning, I review what I need to accomplish during the day—grocery store (gotta pick up mayo), work (call whosis about that missing invoice), car (better get gas), dinner (stop for tacos on the way home). . .

Each of the items on my list is a goal—not formal or long-term goals I admit—in fact barely a goal at all. Every time you make a to-do list, decide to stash money away for a rainy day, or simply vow to avoid chocolate bars for the foreseeable future, you’ve created a goal.

I anticipate that creating long-term goals (thinking about them, writing them down—*boring!!*), may be a challenge for some (me included). But, think about it. . . a long-term goal is nothing more than an extended to-do list broken down into chewable pieces (you know, the eat-the-elephant-one-bite-at-a-time scenario).

Okay, you’re willing to admit you set “some” goals based on my argument. (Thank you!) So take it a step further—share your list with your inner circle. It’s been said that speaking about your to-do list (notice how I avoided the “G” word) suddenly makes the items on it more important! Don’t forget that each time you eat a piece of the elephant, you are required to give yourself an “attaboy.” You deserve it! Before you know it, you will have accomplished everything on your list without any muss or fuss. Easy Peasey.

So the next time some overly-effusive somebody asks you “got goals?,” feel free to give them “the look” and retort “Of course! Don’t you?”

Happy New Year!

Publisher
Phyllis Harmon, DTM

Associate Publisher
Brenda Parsons, ACS, ALS

Senior Editor
Phyllis Harmon, DTM

Associate Editor
Leanna Lindquist, DTM

Layout/Design
Phyllis Harmon, DTM

2017-18 Officers

District Director
Donna Stark, DTM

Program Quality Director
John Rodke, DTM

Club Growth Director
Emilie Taylor, DTM

Finance Manager
Karen Sempervivo, DTM

Administrative Manager
Crystal Pugh, ACB, ALB

Public Relations Manager
James Wantz, DTM

++++

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

TOASTMASTERS
INTERNATIONAL

Toastmasters for Speaking Professionals
Tuesday, February 27, Noon – 1:15 pm

OPEN HOUSE

featuring

Audacious Joy: It's The Bottom Line

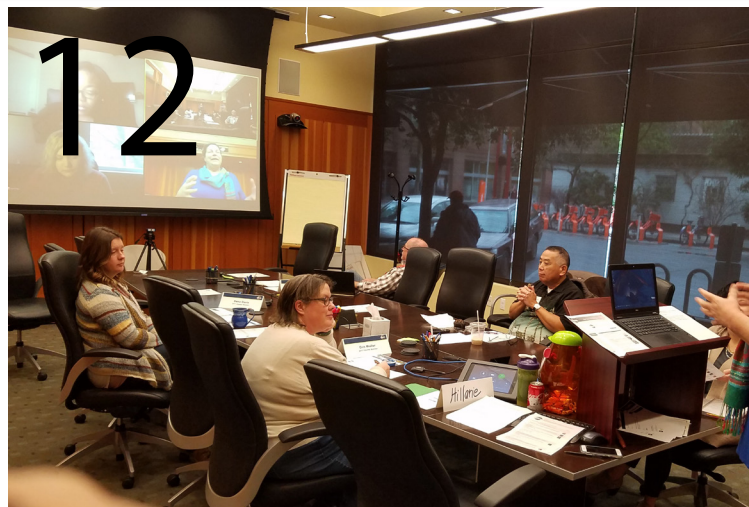
**Anne-Louise Sterry
& her alter-ego Aunt Lena**



Anne-Louise Sterry is an internationally known motivational speaker and award-winning recording artist, author, singer-songwriter, and master storyteller. Unfailingly positive and empowering, Anne-Louise brings energy and rare authenticity to her audiences. She speaks and performs across America and Europe in concerts and keynotes as herself and as her alter-ego, Aunt Lena, an amalgam of Anne-Louise's exuberant Italian relatives. Anne-Louise has a degree in psychology, is an experienced medical software trainer, a psychiatric nurse and performing artist. As well as an award-winning Toastmaster and founding member of this club.

**Meadows Executive Office Suites
5200 SW Meadows, Suite 150
Lake Oswego, OR**

CONTENTS



- 02 EDITORIAL
The "G" Word
by Phyllis Harmon, DTM

- 03 Toastmasters for Speaking
Professionals Open House

- 07 COVER STORY
Pathways: Gold Nuggets &
Possibilities
by Phyllis Harmon, DTM

- 09 JUST SAYIN' . . .
Got Goals?
by Donna Stark, DTM
District Director

- 10 FROM THE DESK
New Beginnings
by John Rodke, DTM
Program Quality Director

- 11 FROM THE DESK
Campaigns & Incentives!
by Emilie Taylor, DTM
Club Growth Director

- 12 Trailblazing: A Tale of Two
Realities
by Hillarie Hunt and Vanessa Peterson

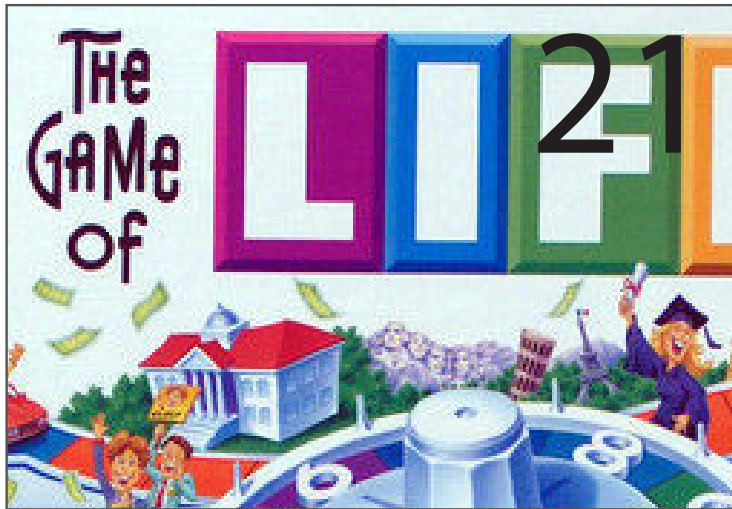
- 14 A Club with Purpose
by Charley Patton, DTM
Region 2 Advisor

- 15 HIDDEN TREASURE
EARLY OREGON TOASTMASTERS
- PART 9
by Harvey Schowe, DTM

- 16 JOURNEYS
Christine Seed - a Charter
Member
by Brinn Hemmingson, ACG, CL

- 17 PERSPECTIVES
No More Winging It!
by Leanna Lindquist, DTM, IPDD

- 18 SUCCESSFUL CLUB
What Makes a Successful Club?
by Barbara Wade, ACB, ALB



19 **CLUB COACH CORNER**
Transitions & Opportunities
by Lisa Hutton, ACB, ALB

20 **Raise the Bar**
by Roha Khan

20 **Try the Janus Manifesto**
by B. Lee Coynem ATMS

21 **Life is a Game (Anticipate the Best)**
by Charles Shambry, CC

22 **Where is the Benefit?**
by Andrew Chappell, CC, ALB

23 **Downtown Lunchbunch Open House**

24 **Pathways Got You Feeling Stumped? Stymied? Stupefied?**

25 **You Are Invited to Participate**

26 **Share Your Story**
D7 Spring Conference

28 **WELCOME NEW MEMBERS**

30 **HONORING EDUCATIONAL AWARDS**

31 **TRIPLE CROWN AWARD PINS**

31 **DISTRICT 7 TRIPLE A AWARD BADGES**

32 **HAPPY ANNIVERSARY TO JANUARY CLUBS**

33 **JANUARY - FEBRUARY, 2018 CALENDAR**



Pathways: Gold Nuggets & Possibilities

by James Wantz, DTM and Rozaline Janci, DTM



Pathways rolled out in District 7 in September 2017. James Wantz and Rozaline Janci were among the early adopters of the new educational program. Both are well on their way to earning their next DTMs. They were asked to share their thoughts and experiences.

James Wantz, DTM: Join the Revolution

Pathways is Toastmasters new educational program. It has been active since September 19th here in District 7...and I like it!

I am constantly finding gems inside Pathways or gold nuggets in Base Camp that I am thrilled about. I know that Pathways has not received the best reception from members. But remember, not everyone liked the American Revolution in 1776—King George was particularly upset with the new colonial interface—that darn Continental Congress.

The reference to the American Revolution isn't only for humor, it is relevant for how revolutionary Pathways is compared to the Tradition program most members are used to. Pathways is primarily online whereas the Traditional program was based on printed manuals. For many, it is a huge leap to go from the tangible manual to the virtual interface. It is a chasm many are hesitant to cross.

One of the confusing aspects of the new educational program (and there are several) is that whereas seasoned members (who were in clubs prior to Pathways rollout) can do either the Traditional or Pathways educational program, new members (those after September 19th) only have one choice – Pathways. New members do not receive any credit for manuals or projects done in the Traditional educational program even if someone gives them a manual to complete.

I've been immersed in Pathways for several months now, first as a Pathways Guide giving presentations about what we would all be seeing after Pathways rolled-out, then as a member working through Pathways to complete my

Levels, and now as Public Relations Manager for District 7 finding the best way to inspire members to start down a Path to see what wonders they find.

The very first golden nugget that I found in Pathways was the Icebreaker Speech Outline Worksheet. OMG! This is fantastic! It is a speech construction outline par excellence! If you don't know what I mean then open your Icebreaker project in Level 1 of whichever Path you've chosen (and if you haven't chosen a Path, do so!), go the page/screen that says "Your Evaluation" and download the Ice Breaker Speech Outline Worksheet for yourself. Pages 2-4 are useful for developing speeches of any subject - and the pdf is editable (you can type right into it once you've downloaded it to your computer and save it for future reference! I'm using this worksheet for speech building all the way down my Path.

The second golden nugget is the concept inside Project 2 of Level 1. Simply put: you do a speech, get feedback, adjust the speech to incorporate the feedback, and give it again! Wow!

I'd never seen direction from Toastmasters International about doing speeches again. It was over a year after I'd joined that my mentor told me I could do a speech again. I'd never even thought of it. I thought I had to create a new speech every time I spoke in the club. With a full time job, that was asking a lot. I cancelled several speeches because I was not ready. Now Toastmasters officially recognizes the benefits of redoing a speech. They added it as the second project everyone does in Pathways—I am thrilled! (Yes, I love exclamation points!)

The third golden nugget is the video inside the Effective Body Language project in Level 2 of Presentation Mastery (and every other Path that uses Effective Body Language). It is a great



video demonstration of effective and ineffective body language in a speech.

What I absolutely loved was how the video was done. Ever wonder what Viola Davis or Meryl Streep would look like if they tried to act poorly? Both Davis and Streep are accomplished, award winning actors. What if they did a video for Toastmasters about ineffective body language? Well... they didn't, but the speaker in the video is clearly comfortable and effective with her use of body language. But she has to act as if she isn't before she can show you how good a speaker she is. It is wonderful to watch her.

Now maybe you don't agree with the golden nuggets I've found, but that is the beauty of Pathways—there is something in there for everyone! We are at the beginning, in unfamiliar territory (the undiscovered country if you are a Shakespeare or Star Trek fan), and we get to find the golden nuggets of our own in the process of walking our unique Path.

Just as much as the United States was never the same after the Revolution, Toastmasters will not be the same after the final rollout of Pathways in about 2 years. Be on the side of the colonies (Pathways) and put your red coat behind you (Traditional). Start your Path and find your own nuggets in this time of change. Vive la Pathways! Get onboard and embrace Pathways. It is a great learning opportunity for everyone at all levels. It has taken all the benefits of the traditional program and created a more robust educational program with an online component to bring Toastmasters learning into the 21st Century. No matter where you are in your Toastmasters journey—brand new or 20+ years experience, this program can only benefit you.

Let us together move forward and start learning through Pathways.

Rozaline Janci, DTM: Endless Possibilities with Pathways

I am so totally impressed with Pathways and its digital transformation. Though it has not rolled out into my district yet, I wanted to get a feel for what Pathways was all about. I read so much about it and listened to all the videos on the Toastmasters International website and could not wait to jump right in. So I joined a club in District 7 to begin my journey. I was welcomed into District 7 and have thoroughly enjoyed meeting new people and listening to various stories. I am amazed at the enthusiasm of fellow

Toastmasters across the globe who embrace Pathways and want to learn more.

There are several reasons why I love Pathways. It's a learning experience tailored to my personal and professional goals, uses new technological resources to improve speeches and support meeting roles, provides online access to a lot of educational material along with videos that model the skills to learn.

Base Camp makes the educational process more efficient guiding you step by step through



your journey and provides a lot of learning opportunities along the way. The projects are very well structured,

current and relevant to member's needs.

Pathways combines the best of both worlds – Traditional and the new educational program. Having worked the traditional educational program and the new program, I am amazed at how much thinking was put in place to roll out Pathways.

I loved the Dynamic Leadership path. All the projects focused on understanding the leadership and communication styles, the effect of conflict on a group, and the skills needed to defuse and direct conflict. I loved all the elective projects as well as all the focused projects that were included in the five levels of my path.

I encourage all clubs in District 7 to jump on board and embrace Pathways. It is a great learning opportunity for everyone at all levels. It took all the benefits of the traditional program and created a more robust, educational program with an online component to bring Toastmasters learning into the 21st century. No matter where you are in your Toastmasters journey—either brand new or 20+ years experience, this program can benefit you.

Let us together move forward and start learning through Pathways.

James Wantz joined Toastmasters in 2008. He is a member of 3 clubs. This year he serves as the District videographer, Pathways Guide and Academy webinar facilitator, and Public Relations Manager.

Rozaline joined Toastmasters in 2015 and is a member of 6 clubs. This year she is serving as Club Growth Director in District 35. She has been a member of Yaquina Toastmasters since October 2017.

JUST SAYIN' . . .

Got Goals?

by Donna Stark, DTM—District Director



It was the first Thursday of January and the room was packed. Becky, our VP Membership, walked in and exclaimed, “Wow. . . It’s like a gym after New Years!”

January is synonymous with resolutions, goals, and new beginnings—even if we are halfway through the Toastmasters year. In the context of the calendar year AND the Toastmaster year, January is a good time to reflect on the past and to plan for the future. To analyze those lessons learned from what has gone well, and maybe more importantly what hasn’t gone well, and to chart your course forward.

From a club goals perspective, this is a great time to dust off the Club Success Plan you prepared in July, check your progress, and adjust as necessary. If increasing membership is a goal (as it is for most clubs!), reach out to those who resolved to improve their Leadership and Communication skills. We know the power of the Toastmasters program. Consider holding a club Open House and share what Toastmasters offers. And if your club hasn’t prepared a Club Success Plan, it’s not too late. Download the file from the Toastmasters International website!

What about your growth? Why did you join Toastmasters? Have you set goals for yourself? Develop your own Success Plan of your own! And let’s not forget about New Beginnings. If

you haven’t at least checked out the Pathways program, I hope you will soon.

My goals for 2018 include more sleep and less coffee. More speeches and fewer sentences started with “so.” Completion of an advanced manual, a High Performance Leadership Project, and Level 1 of the Effective Coaching Path. I’d love to hear about your goals. We can encourage each other!

I wish you a happy and successful 2018 and beyond. Mae West has been quoted as saying, “I didn’t say it would be easy, I only said it would be worth it.” Just sayin’.





FROM THE DESK

New Beginnings

by John Rodke, DTM—Program Quality Director

Cheers to a new year filled with new beginnings!

Kemy Joseph, a nationally known speaker who has directly benefited from Toastmasters, provides four questions to ask to create new beginnings whenever you need them.

1. How can I grow?
2. What can I celebrate?
3. What can I contribute?
4. How do I want to feel?

In our District, we can grow by developing and serving our members, enjoy the process of embracing Pathways and its benefits, and by having fun this year.

We can celebrate our amazing guides, Club/Area/Division leaders, speakers, and members who are growing by leaps and bounds and thriving through this time of dynamic change.

We can contribute by mentoring our “fresh” and “seasoned” members, Complete a DTM in the traditional program. Learn and serve as a District officer. Becoming a Pathways “Subject Matter Expert.” Embrace the program and provide feedback to Toastmasters International on ways to improve the experience through your Program Quality Director. Or respond to the invitation to evaluate your Pathways experience. Visit your Education Transcript on Base Camp, and select the Evaluate button next to your completed project.

We can feel successful, enthusiastic and proud of the systematic growth we have accomplished, the dynamic leaders we have fostered/become, and the stories we have helped create and share.

I highly encourage you to attend Division Level Club Officer trainings. They are a key element for creating thriving clubs.

Sign up today at: <http://bit.ly/2ib0MJU> for our District 7 Spring Conference: Share Your Story.

On May 4th and 5th, we have two dynamic speakers to help you improve your storytelling. Jim Kohli, Region 2 International Director, and Kelly Swanson, an impactful and hilarious Motivational Speaker and Strategic Storyteller. Early Bird Registration expires on January 31st!

We are rolling out incentives for this next six months. On top of the Pathways Triple A, Triple Crown, and Be Extraordinary pins, we have some fun ones coming your direction.

I am awed by the amazing accomplishments we have achieved this year! I am excited about the next six months and beyond with you, our team of outstanding individuals.

Whatever you do or dream you can do—begin it. Boldness has genius and power and magic in it.

— Johann Wolfgang von Goethe

FROM THE DESK

Campaigns & Incentives!

by Emilie Taylor, DTM - Club Growth Director



Yes, we are halfway through our Toastmasters 2017-2018 year. I am happy to report that our District chartered 6 clubs since July, 2017, and many more clubs are meeting and in the process of chartering. Thank you all for your efforts. We started with a base of 178 clubs, as of today, we have 170 clubs. Hmmm. . . Spring is on its way and it's time, like the Tulips, to start popping up and growing new members and clubs. Here's what's happening now:

Marketing Campaigns

- Radio Ads are airing right now in the Portland Metropolitan Area. Send us a note if you have heard the ad and let us know what you think. Starting in March, Radio Ads will air in Bend/Klamath Falls, Ashland/Medford/Roseburg, and Eugene/Springfield.
- Breakfast with Toastmasters. An idea that was co-opted from another District: We will invite 5 to 6 corporate representatives to breakfast and present why having a Toastmasters club in their companies will prove beneficial to their employees' personal and career development and the company's bottom line. If you work for a company that could benefit from a Toastmasters program, please send us a note.

Club Growth Incentives

- Talk Up Toastmasters – Add five new, dual or reinstated members to your roster between February 1 and March 31 to receive a special “Talk up Toastmasters” ribbon to display on your club's banner. In addition to the ribbon, qualifying clubs earn a special discount code for 10-percent off their next club order.
- Applications and payments for members who join between February 1 and March 31 must be received at World Headquarters or online no later than March 31. Each member's join

date as listed on the application must be for February or March. The addition or transfer and charter members will not count for credit towards “Talk Up Toastmasters”. For additional details, see <http://www.toastmasters.org/membershipcontests>

- Conduct an Open House or other membership recruiting event that results in signing up 2 or more new members, and receive a \$25 expense reimbursement...Cookie Coverage!

Club Lead Incentive

A club lead that results in a chartered club between now and April 30, 2018 will receive a \$25 Toastmasters Gift Certificate.

Charter New Clubs

A club member who starts one or more new clubs between now and April 30, 2018 will receive a 30 percent discount off Spring Conference Registration. _____

New Club(s)

January is off to a good start! Congratulations to Wagon Tongues, our brand new club that chartered as of January 1, 2018! This is a new club in Oregon City that meets every 2nd and 4th Thursday of the month at the City Hall in Oregon City, 625 Center St., Oregon City 97045, from 12:00 to 12:55 pm. A BIG thank you goes to Jamie Reed and Pam Mills for sponsoring the club, and to all charter members who signed up to make this happen!

Interested in chartering a new club? Please contact Emilie Taylor, cgd@d7toastmasters.org



Trailblazing: A Tale of Two Realities

by Hillarie Hunt and Vanessa Peterson



In launching our Toast of Old Town club, there was no question that it wouldn't be open to all our staff. But 38% of the staff at NWEA work from home, and we chartered with members from Chicago to Atlanta, from Dallas to Fayetteville, as well as our headquarters in Portland! So, the challenge was real: how do we blend the online experience of Toastmasters with the in-person experience, and make it as seamless as possible?? Here's how:

Partnership

Our IT Services team is a tremendous partner in making our club a success. Having access to Zoom video conferencing, several webcams, and a professional sound system has been instrumental in bringing us all closer together, both audibly and visually. It also gives us practice with microphones, lighting, and being on camera!

Pathways

Our club chartered just before Pathways was launched, so we decided to become a full-fledged Pathways club. We're so glad we did! Pathways allows us to share feedback online and manage our learning electronically. Vanessa Peterson, our Charter VP Education (and online member), uses Base Camp to monitor members' educational progress and facilitate Pathways trainings.



Communication

Once again, technology effectively connects us. Through weekly emails, our FreeToastHost website, SharePoint, Skype, and Pathways, we chat, organize, track, and accomplish.

Awareness

To host and manage a blended club takes perhaps more attentiveness than a “traditional” club. We’re vigilant in checking with online meeting participants to confirm they can hear and see everyone well, and that they always feel included. We’ve also had numerous “tech” meetings with our online members to test different technology solutions and troubleshoot various issues.

Adaptability

To participate in this fabulous club, our online members have a few challenges to overcome. They must adapt to the Pacific time zone, master a lot of technology in a short amount of time, be on camera at all times, and give their speeches in an online format. This takes a good deal of planning, flexibility, and grace, all of which are terrific Toastmasters qualities to have and develop.

Persistence

When you add an online experience to the mix, you’re in a whole new, exciting world, fraught with potential bumps along the way! But our entire club has shown positivity, flexibility, patience, and persistence despite the technological challenges. The results have been incredibly rewarding! With 26 members coast-to-coast, our growth potential is limitless. We are looking with excitement



toward the future.

Here's what our members say:

“Being an online Toastmasters member has been rewarding because it allows me to participate with coworkers and friends from any location. It’s opened a door for everyone from anywhere to join Toastmasters, and increases the opportunity for education and collaboration for all.”—Lyn Kirby, Fayetteville, NC

“I am very excited about being an “online Toastmaster”. I have met people in the organization that I would normally never get to meet as an off-site worker. I’ve developed my online presentation skills by experimenting with lighting, volume, and screen sharing. And I’ve gained more confidence in speaking to folks who are not members of my core team. I hope more Toastmasters groups will open their virtual doors to remote participants!”—Britt Brady, Crystal Lake, IL

“Being an online club member and officer have been tremendous opportunities. I feel extremely connected as an online member because of our club’s consistent communication. Being an online club member is a phenomenal experience that continues to develop our club and me, as a Toastmaster and officer.”—Vanessa Peterson, Woodstock, GA



A Club with Purpose

by Charley Patton, DTM
Region 2 Advisor

During dinner last December, Charley asked “What is your club’s purpose?” We were quick to share the Toastmasters Club Mission statement. He stopped us mid-recitation with a clarifying question, “Why does your club exist?” Here is Charley’s definition. At the end of the article, ask yourself the same question. The answer may surprise you.

A Club with Purpose or How to Sell Your Club to Attract Visitors So They Join

Every time I visit a district, I hear encouraging stories of club building success and sad stories of club failures. Some clubs seem to charge ahead with a vigor that many of us crave to see in our own clubs, while other clubs, sometimes prestigious clubs, falter and fade away. One thing I’ve noticed about the vigorous clubs is they operate from a strong center of purpose. That is, while all our clubs share the same mission as provided by World Headquarters, vigorous clubs use that provided mission as a launching point for their greater purpose.

The Purpose is Why

All our clubs exist to provide a supportive and positive learning experience for our members. Our mission to help our club members develop communication and leadership skills directs our actions—we work the education program, we mentor each other, we join the leadership ranks. The mission of any organization is important because it focuses our energies in a particular direction, focuses us on what we should be doing, and, just as importantly, keeps us from being distracted by activities that don’t further our mission. Without this “why”, we wander and get lost. That’s how even prestigious clubs can go away.

Why Does Your Club Exist?

Stellar clubs don’t stop with the standard mission. They understand that they fill a particular niche that sharpens their focus even more. My home club, at my workplace, was created with the specific purpose of helping the employees develop their careers. One of my other clubs exists to support district leaders achieve their goals during their terms of office. These “extra”

mission elements direct our actions, giving us palpable intent in every meeting. Have you ever thought about why your club exists, what specific benefit it provides to your community?

One thing I’ve noticed about the vigorous clubs is they operate from a strong center of purpose.

Promote Your Purpose

When you know your club’s purpose, you have a powerful promotional tool. Tell potential visitors what your club is about, tell them why you joined and how being in the club has helped you. Your personal story, combined with the club’s ability to address your prospective member’s specific needs, is the gateway to your visitor realizing a great opportunity for their personal growth when they do join.

Define your purpose

Refine your mission

Shine as a vigorous club!

Charley Patton joined Toastmasters in December 2006. He is a member of two clubs, Spectrum Speakers and Past District Governors/Directors 407. He has served in all club and district roles. Charley serves at the region level by delivering educational presentations and keynote addresses throughout Region 10, and serving as the 2017-2018 Region 2 Advisor.

Charley says he is a life-long learner. That’s one reason he’s so attracted to Toastmasters.

HIDDEN TREASURE

EARLY OREGON TOASTMASTERS - PART 9

by Harvey Schowe, DTM - District 7 Historian



Sherman Cox, charter member of Portland Toastmasters club #31, was born July 4, 1894 in Cedar Rapids, Nebraska. His father Edward Cox was a barber. His mother was Mary Ellen. He had a brother and a sister. In 1910 the family moved to New Plymouth, Idaho. From 1917 to 1918 he worked as a teamster for the International Boundary Commission. In 1920 he married Vera Ione Asbury and moved to Beaverton, Oregon where he worked as a shaper for a chair company. He attended Linfield College in McMinnville, Oregon. After college in 1924, he was employed as an assistant secretary for Benefit Savings and Loan which later became First Federal Savings and Loan. Charles L. Stidd, a charter member of Portland Toastmasters, was the secretary and treasurer for First Federal Savings and Loan. He began teaching appraisal classes for employees in 1931.

Sherman was a talented singer and a member of the Portland Light Opera along with Charles Stidd, who was the manager of the group. He sang in the production "Fortune Teller" March 12-14, 1925. He participated in the Portland Advertising Glee Club. He was the lead singer for the Lions Club luncheons. According to an Oregon newspaper article, he led singing celebrating thrift week and the anniversary of the founding of the Thrift Savings industry on January 16, 1933. This celebration was held at the Oregon Grill. During the celebration a short program of addresses started the celebration with dancing and entertainment. Members of a Portland class in effective speaking gave the speeches. Mrs. Nina Mauk of Benjamin Franklin association presided as Toastmistress and Y. D. McMullen, chapter president, introduced her. Verna Crystal accompanied Sherman in leading the singing. He was also a singer for Portland radio stations.

During the fall of 1934, Sherman Cox became a charter member of Portland Toastmasters

Club #31 and served as the club's first secretary.

He wrote a brief news article for the June 1935 Toastmasters Magazine about the upcoming June 3, 1935 charter party. International Vice-President Raymond J. Huff was expected to present the charter. Members from the Seattle, Tacoma, and Olympia Toastmasters clubs planned to attend the party. The possibility of Oregon becoming a district was considered. Sherman remained a Toastmasters member until he died of a heart attack on March 4, 1938. He was survived by his wife and daughter.





JOURNEYS

Toastmasters Rocks: Alexis Mason

by Brinn Hemmingson, ACG, CL

I have known Alexis Mason for many years. She is most always visible at conferences and Toastmasters Leadership Institutes, leading a presentation, or participating in a contest. This month, she is happy to share her reflections on Toastmasters.

Asked how she got involved with Toastmasters, Alexis said, “I think the best invitation ever was the one from Dave. He said, ‘I’m giving a speech on Tuesday. Will you come and listen?’ That was in 2000. Personal invitations and/or word of mouth are irresistible.”

Alexis’ home club is Clark County. She also belongs to Leader’s Edge and Thrill of the Quill, as a charter member of both. She’s held every office position except the Treasurer. She has completed more than 30 CCs (or CTMs) and a bunch of CLs too. And of course she is a DTM.

Alexis has participated in all the contests, winning last year’s District Evaluation contest. The only years she didn’t compete were when she was in leadership positions, such as Area Governor and Division Governor, both of which she’s done more than once! She also served as Lt. Governor Marketing, Lt. Governor Education and District Governor.

Alexis said, “Toastmasters changed me from being articulate but self-conscious to being articulate and self-confident. With self-confidence came reinvention. I now speak and do story telling professionally, as well as coaching. I always feel open to new experiences.”

To encourage others to get involved in Toastmasters, Alexis indicated her belief that Toastmasters is for everyone. “If a person is self-conscious, Toastmasters provides a platform that helps you take the focus off yourself. Self-consciousness is gone!”



“I invite people to ‘come as you are’ and allow the environment to help them change what they wish to change. If a person doesn’t recognize that a change would be desirable, I invite them to come be an asset to the club. And chances are, they will find a change feels good!”

Alexis has published a number of works including: *The Inspired Journey*; *Launch Your Business! 101 Practical Tips*; *Just Ordinary Little Dog (Barnaby’s Story)*, and *Barnaby Rescues Murphy*.

“Every day, you reinvent yourself. You’re always in motion. But you decide every day: forward or backward.”

—James Altucher

PERSPECTIVES

No More Winging It!

by Leanna Lindquist, DTM



Are you someone who makes New Year's resolutions or do you always avoid them? Many people don't because they were never successful. They started the New Year with great intentions. They stocked their refrigerators with yogurt, fresh fruit, and vegetables. The latest piece of exercise equipment was purchased. Schedules and charts were made. After the first week or two takeout pizza was back on the menu and the exercise equipment became a coat rack. I must confess, I have been there and done that.

This year will be different. I'm completing my seventh year as a District leader. During that time, I've had many responsibilities outside my club. I always felt it important to lead by example. So I've earned three Distinguished Toastmasters Awards, and I will earn my fourth this spring.

I was busy writing and giving speeches. What I didn't do was find the time to practice and perfect those speeches. I rarely cancelled, and I never "not showed up" to a meeting because I was not prepared to give a speech. I just winged it. Sometimes it worked out well. I received great evaluations. People told me I gave wonderful speeches. Many times I knew I could have done better. If only I had worked on the ending a little more, learned the speech a little better, or practiced giving it at least once.

That brings me to my New Year's resolution. I am going to work on sharpening my presentation skills; my delivery, vocal variety, and stage presence.

It all gets down to habits, doesn't it? You know—the habit of writing speeches in advance. I resolve that there will be no more crafting them while driving to a meeting. From now on, I'm disciplining myself to commit them to paper and read them aloud—making the necessary edits. Then I'll practice delivering the speeches using vocal variety and gestures.

Wow—this sounds like a tall order given my

history! But it doesn't have to be if I develop the habit of signing up to give a speech a couple of weeks in advance. I'll start with picking the topic. Then doing some quick mind mapping to flesh out the topic. Next comes organizing the speech and writing it out one paragraph at a time. Since most speeches are 5-7 minutes in length, there is no reason why I can't find the time to practice it a couple of times a day.

If I do my work on the computer, I can access it on my cell phone. When I'm standing in line at the post office or grocery store, I can review and edit my speech instead of checking emails. I can practice it out loud while I'm driving. It will be like eating an elephant. I can do it, if I do it one bite at a time!

My New Year's resolution is working out quite well. I am four days away from delivering my next speech. I chose a topic and I used a mind map to gather ideas. The speech is organized, and I have the first three paragraphs written. For me, the secret is keeping the task at the top of my "To Do List."

My strategy is devoting small snippets of time along the way rather than waiting to do it all at the last minute. As an added bonus, creating these habits is helping me get more out of my Toastmasters experience and feel more confident that I will deserve the "well-dones" and "atta girls" I receive.

2018 New Year's resolution revised: No More Winging It!

*There are only two options:
Make progress or make
excuses.—Tony Robbins*



SUCCESSFUL CLUB

What Makes a Successful Club?

by Barbara Wade, ACB, ALB

What makes a successful club? Is it the number of Distinguished Club awards? No. That would be a product of a successful club. Is it increased membership? Again, no. That, too, is a product of a successful club. Then what makes a successful club?

My dear Toastmasters, it inspires me to hear Toastmasters from different clubs each proudly proclaiming their club to be amazing. I must confess, before I started going to District events, I thought no club could be as amazing as mine, Noon Talkers of southeast Portland. At these District events, I heard others apply the same labels as I thought were unique to my club. Warm, friendly, encouraging! Is this then what makes a club successful? I'll peak your curiosity by once again saying, no. A successful Toastmasters club is by nature encouraging, friendly, and warm. What then?! What makes a successful club?!

It's the people, specifically the leaders. These are the people who are committed to their club. It's a family to them. They are always willing to volunteer, to lead, to teach. They fill the void when no one else can take on a role. They deftly guide us toward success, gently pushing when needed. These are the people who provide opportunities for each of us, saying "I need a volunteer" then giving us that knowing eye. Above all, they are our examples, sometimes putting us to shame by how easy they make things seem, though I know better. I know how much effort goes into running an event! Or, how much time goes into preparing so many speeches for those Triple Crowns. Yet, when no one else steps up to take on these more time-consuming roles, our leaders are there, showing us it can be done. They keep the flow going so that when we are finally ready to step up to the plate, the plate is still there. They make the club successful!

Think about your club. Do you believe it is successful? Who in your club has made

a difference in keeping things running, in providing opportunities, in leading so others can too? Who in your club has helped provide the aura of warmth and encouragement that is so inviting to guests and members alike? Reach out to them and say "thank you for being you!"

Now, it's your turn. If your club has not yet reached the point where you have established this type of leadership, then let it be you! What makes a successful club? It's you!



Jacqueline Bakke obtains her DTM! Her Triple Crown was awarded soon thereafter



L to R: Debi Hammond and Pamela Musser assist with the Welcome Booth at our 2017 Open House



We celebrated our 20th Anniversary in April 2016. We proudly display this framed certificate at every meeting

Noon Talkers meets at the Fred Meyer Corporate Office, 3800 SE 22nd Ave, Portland, OR 97202-2918 every Wednesday, Noon - 1pm. Arrive about 10 minutes early to sign in at the front desk. The club welcomes all visitors.

CLUB COACH CORNER

Transitions & Opportunities

by Lisa Hutton, ACB, ALB



Toastmasters International is committed to helping people fulfill their potential. Are you committed to a similar goal? Is being a Club Coach something you've been thinking about doing? 2018 is a pivotal year, Pathways launched throughout District 7.

Pathways Guides have been giving presentations at District events and club meetings to raise awareness, generate excitement and support VPs of Education during the transition. As we all know, some people are resistant to change while others look forward to a new horizon. A Club Coach can help a struggling club identify what's important for the club to get through the transition and thrive while doing so!

Transitions are a perfect time to brainstorm about ways to increase membership and discuss potential solutions to any problems that are inhibiting the club from being successful. Taking the time to assess key players and the current strengths of the club is a good place to start; since both will be essential to getting everyone else to embrace the changes ahead. Additionally, Toastmasters International is an excellent source for all members to find answers to frequently asked questions and learn more.

The ability to maintain motivation is what differentiates a good coach from a great one. Developing mentor relationships for the club members, both within the base of the club and

from leaders throughout District 7, will help to create a strong group of individuals. Ultimately these members will lead both their club and our District onto bigger and better programs.

Liberty Talkers is one of the many clubs that has reached out to me in search of a Club Coach. They have changed their meeting date to Thursdays at 6:15 PM and have a prime meeting location at Standard TV & Appliance in Beaverton. The club has a base of strong members that are eager to engage new members in achieving their potential. If you reside and/or work in the Beaverton area and are interested in coaching Liberty Talkers, please stop by their next club meeting or contact me at clubcoachcoordinator@d7toastmasters.org.

Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work

—Vince Lombardi



Raise the Bar

by Roha Khan



Among the many members of Toastmaster clubs, the “Toastmasters Changed My Life” speech is a common one. With good reason of course. Focusing on the improvement of public speaking, Toastmasters also helps with evaluating, writing, and socialization skills, to name a few. Yet for me, the words, “Changed My Life” are a bit of a stretch. After all, my life can’t really change when it’s barely just begun.

As a member of Future Stars, a gravel club for the youth, my weekly dose of speaking practice is just starting to take effect. But it’s not only that I am constantly learning new things, from how to use words in a beautifully subtle way, to finding that it’s not the end of the world when I do something embarrassing, even when it’s in front of 20 or so people.

No, Future Stars hasn’t changed my life, but it has most certainly improved it. Beyond all the slow but steady improvement, the practice, being impressed with yourself, and continuing the hard work of self-improvement, is, in my sight, the support system we have. The coaches, officers, and rest of my fellow Future Stars are part of this system. Each and every individual gives their best, and encourages everyone else to do so too. It’s a system that can never fail (as long as there is more than one person), the basis of our club and one of the best things I have ever come across.

My mum is always telling me, “I started from 1 and got to 10, I want my children to get from 10 to 20 because I want even better than I had, for you guys.” Recently having attended TLI, I heard the same thing in so many different words, from so many different people, and the more time I spend as a Future Stars member, I realize, that the opportunity most of the older generation missed out on, is the one I am getting right now. I have a responsibility. A responsibility to make the most of this opportunity that has, for some unknown reason, graced me, and like many of the amazing people I know, move this opportunity forward.

Ladies and gentlemen, hear it from a 13 year old: No, Future Stars has not changed my life, but it has improved it, and I can’t wait till it improves it even more.

Roha Khan is an 8th grader attending ORVA, an online k12 school. She currently is a member of the Future Stars gavel club, and has gained a better understanding of what it takes to be a confident speaker. Some of the things she enjoys are reading, writing, baking, and spending time with friends.

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.

Try the Janus Manifesto

by B. Lee Coyne, ATMS

The month of January takes its name from the Roman goddess Janus who is visually depicted as having two faces. But not to convey hypocrisy. Rather this icon represents our ability to gaze both forward and backward. And each new year offers that opportunity.

Last year’s doings may well emerge as mixed blessings for us. Undoubtedly there were times of achievement. Yet we also sustained setbacks to our goals.

All of which tested our coping with adversity. None of us gets spared.

The theme: retrospect and prospect. That very theme prepares us all to thus tackle Table Topics. It becomes the substance of coffee break dialog.

Life is absorbing that cycle.

Last year’s episodes supply that precious fodder for the present.

It is our continuing education.

Ponder our today and tomorrow.

Find the traction to take action.

That be the lesson etched by Janus.

Life is a Game (Anticipate the Best)

by Charles Shambry, CC



Life Is hard—Life can be hard sometimes. On a cloudy day it can be difficult to see the sun or even the light. If you live in Oregon, Washington and the Northwest, rainy days are a common factor. Rainy days are both a literal and figurative dynamic to conquer. But how do we overcome gloomy days? What are some methods to rid the feelings of being under the weather? One method to cope with the ups and downs is to look at life as a game.

Life as a Game—You don't have to be an athlete, sports fan or video game player to understand that life is like a game. When I was younger I came across the board game called the "Game of Life". The Milton Bradley tabletop game was a simulation of real life. Whatever games you played in the past, it is wise to look at the day to day with different eyes. Especially when we consider a good-day versus bad-day mindset.

(EQ) Emotional Intelligence—Perspective is everything when it comes to balancing the emotional intelligence in the game. Perspective is how we see the world. If we look at the experience in a discomfoting way, we will have discomforts in our lives. If we envision it in the most positive view, positivity becomes the reality. It is the division between optimism and pessimism. These premises and thoughts seems to be common knowledge in our sophisticated world as we consider viewpoints. But it is helpful to get reminded to keep the attitudes moving upward opposing the downward spiral. It is also wise to have a strategy to deal with daily trials.

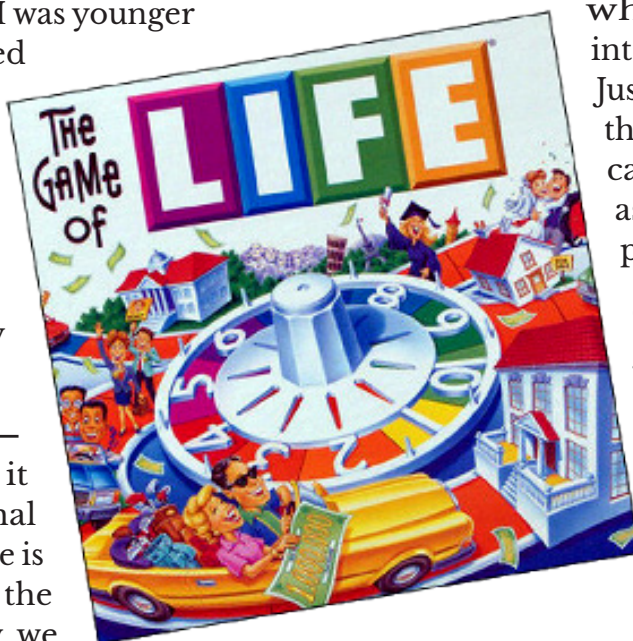
No Matter What—My motto and affirmation every day is "...no matter what happens, no matter what takes place, I will have a great day." Since I had this saying, as a constant companion I always

have a good day. Especially as I look at life as a game.

Illustrated Conclusion—For example, in the context of basketball, you and I will not make every shot. In the field of soccer, you will not kick a goal in every time! You will miss, get fouled, get cheated and even lose a game or two. But you still have fun playing the game even though it is exhausting. Life is the same, if we look at our daily routine as a game. No game is perfect as there are no perfect days, know that something will not go your way, the whole time. This is

where emotional intelligence comes in. Just have fun expecting the best! And in most cases, you will get it as we focus on right perspectives.

Charles Shambry joined Toastmasters in 2014. He is a member of two clubs, New Horizons and TV Toastmasters.



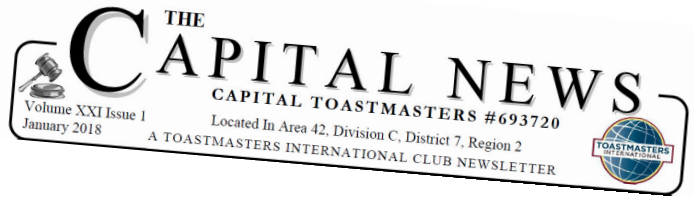
"Life is a game. Either you win or lose. Never allow the fear of losing prevent you from entering the game."

—Lailah Gifty Akita

Where is the Benefit?

by Andrew Chappell, CC, ALB

Article reprinted from the Capital News by permission



If you are like me, questions may cross your mind, from time to time, about the real, applicable benefits of what you learn in Toastmasters. Questions like: Will I ever use these skills in any real world application? Do others see my work as a positive? Can the work that I put in have a positive effect on my life? And: Is there any point to all of this?

I can tell you that all of these questions have crossed my mind from time to time. The fact is that there have been times that I have felt like quitting Toastmasters, just because of stresses & frustrations. When I start to think like that, I remember that from the very beginning I have known that, with Toastmasters, I have become involved in something that can be hugely rewarding. I can't pin down any one thing that makes it so, because there are so many things that play into each individual's Toastmasters experience.

As I reflect on my own Toastmasters journey, it has been a series of events that range from, good to great, from great to awesome and from awesome to borderline miraculous. Let me explain.

First I came to this club as a new member, and learned really quickly that my communication skills were sorely lacking, but I found common ground with other members, and received tons of support and encouragement. With that, I started to become more interested in the club's activities and began learning new skills. I became a member of the executive body, serving as Secretary, then VP Public Relations, and now as VP Education. Things were going great! As many of you know, I gave a speech about my Mother at a special meeting, when we hosted Balraj Arunasalam DTM, who was at that time Toastmaster Internationals first VP and is now the International President. I got to send a DVD of that speech to my son, who never got to meet my mother. That is when things went from great to awesome. I was giving speeches, doing leadership projects; I got my CC, CL, and ALB (AWESOME!). Things continued to click along, and I found that being of service to others was

hugely rewarding. During all of this time I was fighting—A battle for my life—my appeal. I won my appeal. Woohoo! Right?

I quickly found out, after being transported back to Lane County, that the judge wasn't bound by the appellate courts ruling to do anything to change my sentence. I can't begin to tell you how, for lack of a better term, strained the relationship between the judge, and myself had up to this point been. Upon my arrival at Lane County jail, my lawyer came to meet with me, and told me that he had met with the judge and she was completely and categorically clear in telling him that there would be no reductions to my sentence. Needless to say that was a rough day. He told me to give him some time. Months went by with no real hope in sight. We had sent numerous awards, certificates, job reports, DOC records, and letters from members of this club, college Deans, former club members, friends, and family to the court. Even with all of that, it seemed chances were slim that this judge would budge from her position.

When my day in court finally came, I was, to say the least, nervous. The judge came in to the courtroom, turned off the court recording and sat down directly across from me and said, "I'm not giving you a day off of your sentence, unless you can communicate to me reasons why I should". I used the skills that I learned in this club to explain myself to the judge. After I had finished, the judge turned the court recording system back on and stated for the record that after talking with me she stood convinced that I am a different person than I was 10 years ago. She then proceeded to knock 145 months off my sentence. That day for me was positive affirmation that the work that I have put into trying to change my life has real life payoff. Much of that is directly due to my involvement in Capital Toastmasters. So I'd like to thank each of you for helping me in my journey, and for helping me to get a huge portion of my life back.

Andrew Chappell joined Toastmasters in 2014, and is currently serving the club as the VP Education.

SPEAK



FEARLESSLY.

Have you ever struggled with public speaking or just wanted to be a better communicator? **JOIN TOASTMASTERS!**

Interested? Come join us at our
OPEN HOUSE

January 26 • 12pm —1pm

WHERE:

Weichert Realtors
231 E Main St.,
Hillsboro, OR 97123
(2nd & Main, Downtown Hillsboro)

No need to RSVP but feel free to contact us via  :

@Downtown Lunchbunch Toastmasters - Hillsboro, Oregon



Welcome to D7 Toastmasters
Pathways Virtual Academy
Guide: James Wantz

PATHWAYS GOT YOU FEELING STUMPED? STYMIED? STUPEFIED?

WHO YOU GONNA CALL?

D7 Toastmasters Pathways Virtual Support Academy—that's who! Join James Wantz, Pathways Academy Guide, and a growing peer group of knowledge masters as they answer queries and share "how to" discoveries. Virtual sessions are held every Tuesday 7-8pm between December 26 and March 27, 2018. Call information listed below or contact James Wantz at prm@d7toastmasters.org for more detail. You can view past sessions on the District 7 website by clicking [here](#).

HOW YOU GONNA CALL?

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/378867847>

Or iPhone one-tap : US: +16699006833,,378867847# or
+16465588656,,378867847#

Or Telephone:

Dial (for higher quality, dial a number based on your current location) US:
+1 669 900 6833 or +1 646 558 8656

Meeting ID: 378 867 847

YOU ARE INVITED TO PARTICIPATE!

WHAT:	<p>Earn a D7 Pathways Triple A Award</p> <p>This year 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: March 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: June 30, 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

Join us for
Share Your Story
District 7 Spring Conference

Kroc Center
1865 Bill Frey Dr. Salem, OR 97301



- Jim Kohli -
Toastmasters International
Director, Region 2

Friday, May 4th, 6-9pm: Keynote Workshop

Saturday, May 5th, 7-5 Main Conference

Saturday Night Banquet 6-9: Keynotes and Awards

Register today at: <http://bit.ly/2ib0MJU>

Early Bird Through 1/31/18



*- Kelly Swanson -
Motivational Speaker &
Strategic Storyteller*

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Walker Talkers Toastmasters Club	Almeida	McNamara
Evergreen Club	Angell	Lorena
Swan Island Toastmasters	Arnepalli	Praneeth
Milwaukie Talkies	Atiyeh	Kevin
Pearl District Toastmasters Club	Borges	Amanda
The Standard Speakeasy Toastmasters	Burns	Thomass
Yaquina Toastmasters	Burwell	Lakota
Electric Toasters Club	Carpenter	Chelsea
Jefferson State Toastmasters	Carrier	Traci
Hopemasters	Del Rio	Melinda
WE Toasted Toastmasters	Ettro	Peter
Yawn Patrol Club	Fernandez	Lara
Arlington Toastmasters Club	Fuller	Liz
Encouraging Words Club	Gardner	Debra
Oregon City Toastmasters	Gefroh	Keith
Speakers By Design	Graham	Tamara
Toast of Corvallis Toastmasters Club	GU	Lin
Yammertime	Gunness	Michele
Yaquina Toastmasters	Hansen	Susan
Yaquina Toastmasters	Hart	Ruth
Cascade Micro-Toasters	Huang	Daniel
M A C Toastmasters Club	Kallgren	MaryJo
Yawn Patrol Club	Kidd	Leslie
Civil Tongues Club	Kimberly	Charlie
West Beaverton Club	Lance	Corey
Molalla Toastmasters	Larson	Tammy
West Beaverton Club	Lee	Ben
Storymasters Toastmasters	Lee	Ben
Clackamas County Toastmasters	Loos	Rob
Vancouver Toastmasters Club	Lyons	Robert
TV Toastmasters	Maher	William
Jefferson State Toastmasters	Marikos	Michelle
Oregon State Toastmasters	Mojica	Cynthia
Cascade Micro-Toasters	Moore	Michael
Pearl District Toastmasters Club	Morsi	Myree
Babble-On Toastmasters Club	O'Keefe	Karen
Cascade Micro-Toasters	Oliver	Peter

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
New Horizons Toastmasters Club	Parker	Katherine
Gresham Toastmasters Club	Paul Jr.	Thomas
VA SORCC Toastmasters	Peacock	Michael
Arlington Toastmasters Club	Popowich	Yale
Silvertongues	Qualls	Aaron
Blue Ox Club	Racicot	Jeff
Yaquina Toastmasters	Rakhimova	Svetlana
Toasting Excellence Club	Roster	Edie
Rogue Communicators Club	Scott	Richard
Toastmasters For Speaking Professionals	Siegel Cogen	Arlene
Creekside Toastmasters	Snell	Gerald
Sherwood Town Criers Club	Swinarski	Michael
Daylighters Club	Thurmond	Nicole
Barnhart Toastmasters	Vandenberg	Curtis
Arlington Toastmasters Club	Vargas	Luis
Cascade Micro-Toasters	Wang	Richard
Coastal Toastmasters Club	Wilson	Emilie
Toast to US	Zangara	Louis
Communicators Plus	Zolfo	Julie

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.



HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACS	12/1/2017	Broughton, Garrett	Sporty Speakers
LEADEVL1	12/9/2017	Chavez, Daniel	Yawn Patrol Club
ACB	12/9/2017	Cox, Russell T.	Feather Tongues Toastmasters
CL	12/6/2017	Dang, Phan	Marylhurst Toastmasters
CC	12/1/2017	Dean, David	Timber Talkers
ALB	12/1/2017	Fong, Julie	Sporty Speakers
PREMASL1	12/11/2017	Heitz, Nena	Grants Pass Toastmasters
CC	12/8/2017	Hernandez, William	West Beaverton Club
LEADEVL3	12/1/2017	Janci, Rozaline R.	Yaquina Toastmasters
DYNLEAL2	12/1/2017	Janci, Rozaline R.	Yaquina Toastmasters
DYNLEAL3	12/1/2017	Janci, Rozaline R.	Yaquina Toastmasters
DYNLEAL4	12/1/2017	Janci, Rozaline R.	Yaquina Toastmasters
CC	12/1/2017	Janssen, Marc R.	Flying Toasters Club
DYNLEAL1	12/4/2017	Knapp, Thomas K.	WRIP City Club
MOTSTRL1	12/12/2017	Lesueur, Tammy	Newberry Speak To Succeed
ACB	12/5/2017	Meadows, Rodney J	Clark County Toastmasters
CL	12/12/2017	Murphy, Erika L	Downtown Lunchbunch
INNPLAL2	12/3/2017	Norris, Lauralee K.	Yaquina Toastmasters
CC	12/6/2017	Parenteau, Rob	Civil Tongues Club
CC	12/6/2017	Perez, Edward	Civil Tongues Club
CC	12/6/2017	Preligera, Felizardo	Marylhurst Toastmasters
ACG	12/11/2017	Redgrave, Cheri A.	Communicators Plus
ACB	12/9/2017	Rolstad, Tara J.	Tmstrs For Speaking Prof
PREMASL3	12/6/2017	Stevenson, Scott	Civil Tongues Club
CC	12/12/2017	Wallace, Rebecca E	Molalla Toastmasters
CC	12/6/2017	Wood, Kevin A.	Southern Oregon Speechmasters

Education is the key to unlock the golden door of freedom. — George Washington Carver

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARDS
Alba-Lim, Michelle	3	ALS, ACG, DTM, ACS, LDREXC
Anthony, Joseph D.	3	DTM, ALS, CL
Edinger, Allan B.	4	PREMASL1, PREMASL2, PREMASL3, PREMASL4
Fanning, Paul C.	3	ACS, DTM, ALS
Hutton, Lisa F.	3	ACB, LDREXC, ALB
Janci, Rozaline R.	10	CC, CL, CC, CL, ALS, DTM, LEADEVL3, DYNLEAL2, DYNLEAL3, DYNLEAL4, INNPLAL1, INNPLAL2, INNPLAL3, LEADEVL1, LEADEVL2, DYNLEAL1
Killion, Ginger E.	3	ALS, DTM, LDREXC
Lafferty, Bryson D.	3	ALB, CL, CC
Locke, Julius Patrick	9	ALB, ALB, CC, CC, CC, CC, CC, CC, CL
Norris, Lauralee K.	4	INNPLAL1, INNPLAL2, ACB, ALB
Nye, Gregory Allan	3	CC, CL, ALB
Rodke, John Russell	3	LDREXC, ALS, DTM
Schupp, Lisa S.	3	ACS, CC, CL
Stevenson, Scott	3	PREMASL1, PREMASL3, PREMASL2
Thygesen, Erica L.	4	ACB, VISCOML1, VISCOML2, ACS
Tully, Kathleen	3	CC, CL, LDREXC
Wantz, James	4	PREMASL2, PREMASL1, CC, PREMASL3

DISTRICT 7 TRIPLE A AWARD BADGES

Allan Edinger
Daniel Chavez
Erica Thygesen
Hillarie Hunt
Lauralee Norris
Phyllis Harmon
Rozaline Janci
Scott Stevenson



Happy Anniversary to January Clubs

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

Charter Date	Years	Club	City
1/5/2004	14	Bridge	Beaverton
1/29/2004	14	Downtown Public Speakers	Eugene
1/1/1949	69	Evergreen	Vancouver
1/1/1963	55	Myrtlewood Hootowlers	Bandon
1/15/2003	15	Pearl District	Portland
1/13/2016	2	Portland Rotary	Portland
1/1/1977	41	Professionally Speaking	Vancouver
1/4/2010	8	Swan Island	Portland
1/20/2011	7	Testmasters	Camas
1/1/2008	10	The Standard Speakeasy	Portland
1/1/1995	23	Toasting Excellence	Salem
1/1/1955	63	Totem Pole	Vancouver
1/1/1946	72	Vancouver	Vancouver
1/1/1981	37	Wallmasters International	Tigard

A special shout out to Evergreen, Myrtlewood, Totem Pole, and Vancouver for being part of the District 7 Toastmasters family for over 50 years.



Coming together is a beginning; keeping together is progress; working together is success.

— Henry Ford

JANUARY

22

Division "F" TLI Club Officer Make-up Training, 6:15 PM – 8:30 PM, Terwilliger Plaza, 2545 SW Terwilliger Blvd, Portland, OR 97201

30

Club Officer Make-up Training-Division F, 12:00 PM – 1:15 PM, Wells Fargo Building Well Fargo Center, 1300 SW 5th Ave, Portland, OR 97201

FEBRUARY

1

Begin Talk Up Toastmasters! membership-building program

24

High Desert TLI, 12:00 PM – 5:00 PM, Bend Library, 601 NW Wall St, Bend, OR 97701

27

OPEN HOUSE- Toastmasters for Speaking Professionals, Noon-1:15pm, Meadows Executive Office Suites, 5200 SW Meadows, Suite 150, Lake Oswego, Oregon

28

LEARN & EARN LAST CHANCE! Division H Makeup Club Officer Training, 6:30 PM – 9:30 PM Griffith Drive Building, 4755 SW Griffith Dr, Beaverton, OR 97005

Club Officer Training - Last day for Distinguished Club Credit

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

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

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



A TOASTMASTER'S PROMISE

As a member of Toastmasters International and my club, I promise

- To attend club meetings regularly
- To prepare all of my projects to the best of my ability, basing them on the Toastmasters education program
- To prepare for and fulfill meeting assignments
- To provide fellow members with helpful, constructive evaluations
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow
- To serve my club as an officer when called upon to do so
- To treat my fellow club members and our guests with respect and courtesy
- To bring guests to club meetings so they can see the benefits Toastmasters membership offers
- To adhere to the guidelines and rules for all Toastmasters education and recognition programs
- To act within Toastmasters' core values of integrity, respect, service and excellence during the conduct of all Toastmasters activities