



Balraj Arunasalam Where Leaders are Made

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

Change Happens

Phyllis A. Harmon, DTM - Editor/Publisher



I'm jazzed about this month's issue of *Voices!*

After four years of the same ho-hum format, it was time for a cosmetic update. Starting with this issue, the columnist pictures and broad color bands behind the titles are gone. Article titles are bigger and bolder. Column titles are elevated to the top margin, and the white space between text lines has increased. For the most part, graphics are larger and brighter.

We've welcomed a new columnist to our pages. Terry Beard, co-founder of Portland Rotary Toastmasters, multipreneur, and author of *Squelched - Succeeding in Business and Life by Finding Your Voice*, will be sharing some of his wisdom and advice on friendship, community, and life in general.

Articles about Pathways will continue to grace our pages. As we embrace the new program over the next couple of years, Pathways Guides will share lessons learned and personal experiences. Please let James Wantz know how much you enjoy his articles as he walks his own Path.

More changes coming. Next month the columnists will be featured on their own page and the Table of Contents will be updated.

Please let me know if you like the cosmetic changes.

A handwritten signature in black ink that reads "Phyllis".

EDITORIAL

Volume 4 Issue 8 February 2018

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

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INTERNATIONAL

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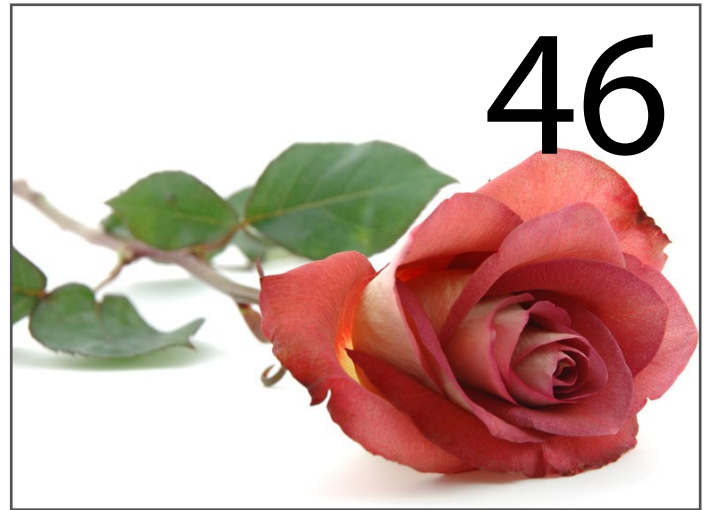
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Meet 2017–2018
BALRAJ ARUN

Where Leaders are Made

Balraj Arunasalam, DTM
International President

Balraj Arunasalam shares his journey to International President in excerpts from his Inaugural Address August 2017 in Vancouver, BC

My Toastmasters journey began 28 years ago when I was inducted into the Colombo Toastmasters club, the only club in Sri Lanka at that time. I was then a chubby young man (not that I am old now). What attracted me to the club were the cakes and pastries being served before the meeting began.

I never spoke a word either at Round Robin (evaluations by all members) or Table Topics. I suffered from extreme stage fright, and was particularly shy of senior members who were excellent speakers. When I eventually started speaking, it took me 8 years to complete my first 10 projects from the CTM manual. It was not my fault; it was because a 5-7 minute speech was evaluated for 10 to 14 minutes. Presenting a project speech in my club at that time was almost like appearing for an oral MBA examination. Gradually my confidence grew and I was elected as the club president in 2002.

Then along came my fellow countryman, Dilip R. Abayasekara, one unique individual. At my very first convention in 2005 in Toronto, Dilip was the incoming International President. He took me into the board room a few minutes before the meeting was to start. He showed me the well lit, impressive board room, and said, “you have everything it takes to be in this room.” At the time, Sri Lanka and India were not even a provisional district! I thought he had gone crazy!





Today I realize that even though I had not envisioned this moment for myself, Dilip saw potential in me, because he always puts ‘people first’. Since then, he has constantly kept it at the forefront of my attention. Thank you Dilip and Sharon for always having faith in me, and for the tremendous support you have given throughout my journey.

Toastmasters has been progressing and changing with time. That change is tangibly visible today, when you elect as your president a simple person like me who grew up in Sri Lanka, a small island nation at the tip of the Indian sub continent. In doing so, you have established that in the eyes of Toastmasters, every member stands equal, irrespective of ethnicity, gender, creed, community or country. That, by itself, is a beautiful tribute to the magnificence of our great organization.

My friends, Toastmasters takes ordinary men and women and gives them extraordinary opportunities to do more with their lives than they ever dreamed possible. This is the only organization; I know that goes beyond teaching communication and leadership—it changes lives. My friends, it has changed my life; I believe it has changed yours too. We make ordinary people

extraordinary.

The world is crying out for effective and outstanding leaders. Who can help develop those leaders? It is you and me, and the members of Toastmasters clubs, “Where Leaders are Made.”

To do this, we must have a “People First” attitude. This is something that I have learnt through the many people who have helped me in my journey. I will always endeavor to

keep your interest first, before mine. Among my many mentors and friends who have demonstrated this “people-first” approach are: Kumar Nadesan (a sincere non-toastmaster mentor of mine), Dick Poirier, Floy Westermeier, Frank Storey, Ted Corcoran and Yusuf Jeevunjee. Each of them have dedicated their precious time and energy to guide, mentor, assist, laugh and cry with me. And they placed the vision I had before their own. I was lucky to be surrounded by such leaders, who kept me on their shoulders and held the weight of my dreams, sometimes above their own. Fellow Toastmasters, we are fortunate to have Dan Rex and Sally Newll-Cohen, two leaders who share the same philosophy.

I can remember calling WHQ in 1995—long before my club was part of a district. At that time I believe, Dan Rex was head of Member Services. Dan came on line. I said, “Dan, I am Balraj from Sri Lanka.”

Dan: “From where?”

Balraj: “From Sri Lanka.”

Dan: “Where is Sri Lanka?”

I must say that over the past 25 years his geography has substantially improved! All



kidding aside, our organization is extremely fortunate to have two world-class leaders such as Dan and Sally to guide us. My thanks would not be complete without expressing my deep gratitude to the World headquarters staff. They have consistently demonstrated an immense commitment and a tremendous work ethic, making it possible for volunteer leaders like us to do our best work. Please believe me, you are constantly in my heart.

If it was one thing that I learnt from my late father, mother and my brother, It was to think of people first. I can still remember as a child, our kitchen used to be over flowing with food for who ever visited us, And my mother used

What was special about those evaluations is that it focused only on what I did wrong, how I went over time and why it was so boring. It was my two little angels, Avisha and Mahishaa who chiseled me mercilessly until I reached a reasonable level of excellence!

We are the only secular organization in the world that focuses on human transformation founded on ethical standards. A wonderful tribute to our founder Ralph Smedley and the magnificent organization he founded, that goes beyond teaching communication and leadership. It changes lives, my friends—as it has changed yours and mine. In all my travels around the world two things have become apparent to me:

1) that people of the world are crying for communication and leadership development. 2) that we have a tremendous opportunity, limited only by our creativity and will, to share the benefits of our life altering programs with the people of the world.

I envision our organization's reach, extending to every country in the world enabling more and more people than ever before to realize their full potential, and Toastmasters International being recognized as the place "Where Leaders are Made". And my friends, the best

is yet to come with the launch of our Pathways program. Fellow Toastmasters and friends: with a fervent faith that you will walk this path with me, as I walk alongside you, I urge you to keep a "People First" attitude as you go to serve your clubs, your teams, your family and your organization. Let us embark on this voyage confidently, with the blessings of the divine to guide us, and the power of our prayers to sustain us. Thank you and God bless you all.



Balraj and Sarumathy at 2017 International Convention

to be the last person to eat.

In large part, I owe my improved speaking skills to my two very talented and lovely daughters. They used to take pleasure in tormenting me about my lack of speaking skills. Most of you would generally get evaluated once at a club meeting. But I would get evaluated, first at the club meeting, second on my way home, and third at home. It was like taking an antibiotic three times a day, after meals.

Go for the Gold!

Donna Stark, DTM District Director

I've waited four years! Figure skating, luge, bobsled, speed skating, ski jumping, curling... the thrill of victory, the agony of defeat. The Winter Olympics is back and it's must-see TV for me!

What does the Winter Olympics have to do with Toastmasters? There are plenty of parallels. Like the Olympics, Toastmasters is an international experience. Teams from 92 countries around the world are currently competing at the Winter Olympics in South Korea. There are over 16,000 Toastmasters clubs in 141 countries. Olympic athletes gather through the bond of their sport. Toastmasters gather through the bond of this organization we're all part of. If you get an opportunity to attend a Toastmasters International Convention, you'll understand what I'm talking about. With the magic of technology, there are clubs here in District 7 that have members from not only outside D7's geographical boundaries, but outside of the United States!

The Olympics has individual events and team sports. Olympic athletes train for success in their sport. They practice, and fall, learn from failures, and soar. A Toastmasters club is like a team, with teammates and coaches providing support and encouragement. Let's face it... some of our presentations will be better than others. We can take the feedback we get in our club, learn from it, and ultimately soar as speakers and



leaders. Our "team sport" is the Distinguished Club program.

Bronze, silver, and gold medals... Pathways Levels, Advanced Communicators, DTMs. It can be an emotional experience watching athletes on the podium during an Olympic medal ceremony—not unlike watching your district's International Speech Contestant being awarded a trophy on the International stage. If you're keeping track of the medal count, two World Champions of Public Speaking have been from District 7—Randy Harvey in 2004 and Ryan Avery in 2012.

The media has learned what a Toastmaster already knows—a good story adds impact. The personal stories behind the athletic performances can be very powerful. We'll never forget the Jamaican bobsled team!

Toastmasters is "Where Leaders are Made." Make the most of the opportunities the program provides and start training for your next gold medal performance. Who's up for a party at the Curling Club in Beaverton? Just sayin'.

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Broadcasting through



Celebrating Pathways Guides

John Rodke, DTM
Program Quality Director

This month, we celebrate our amazing Pathways Team. With Chief Guide Scott Stevenson and Chief Ambassador Adele O'Neal leading our efforts, our clubs were supported by a creative and devoted cadre of 33 Guides. These learn-as-you-go leaders presented and supported a program that is under development and has been continually modified to help you, the member, have the best experience possible. Thank you to our extraordinary Guides!!!!

Now is your chance to provide some feedback on the Pathways Program. Please take 5 minutes and practice your evaluation skills to help improve the experience for all of us. Click [here](#) to leave feedback.

I would like to thank four guides in particular. James Wantz, our Public Relations Manager, jumped in to the program and did a phenomenal job of providing in-person and virtual support sessions for our members. He teamed up with Cate Arnold, who brainstormed the Triple A award (go for it if you haven't earned it yet!) and has done a great job on getting this out to our District and the rest of the world. The Triple A was a huge hit at Mid-Year Trio Training! David Shehorn did a great job of supporting his clubs and offering consistent Zoom support for anybody in the District. Allan Edinger continued his relentless energy to

make sure our prison clubs are supported and encouraged with this new program. If you are interested in helping with this amazing cause, please reach out to him.

As we continue to learn and grow with the Pathways program there will be questions, opportunities for growth, and lessons to be shared. Thank you for stepping out of your comfort zone and into your growth zone!



Club contests are underway. Area and division contests soon follow. I encourage you to participate as a contestant or support staff. It is an amazing experience to see people transcend themselves and share their stories. If you can travel, I encourage you to attend contests outside of your area and division. Find them on the D7 Calendar [here](#).

The next step is the District 7 Conference. This value packed event will spotlight our Evaluation and International Speech Competitions. You will also have the opportunity to learn how Toastmasters can maximize your life from International Director Jim Kohli, and how to provide impactful storytelling by Kelly Swanson. We have a bonus banquet dinner on Saturday night for you to learn more from these speakers, and celebrate our District's success. Click [here](#) to sign up for our Spring Conference.

Share Your Story

District 7's Spring Conference

Join us!

D7 Spring Conference May 4th & 5th

Conference Location:

[Kroc Center](#)

1865 Bill Frey Dr

Salem, OR 97301

For conference tickets, click [here](#)

Hotel Accommodations:

We have received a special rate at:

[Comfort Suites](#)

630 Hawthorne SE

Salem, OR 97301

Rate \$113 + tax for two queens

\$115 + tax for a king bed.

Sleeper couches in each room. Additional discounts apply if you book early! Promo word is

Toastmasters

Come see & hear keynote speaker Jim Kohli (pictured below on left), the Region 2 International Director, and featured speaker Kelly Swanson (pictured below on right). Kelly is a motivational speaker and comedian. This will be an event to remember!



The conference also includes the finals for the International Speech Contest and the Evaluation Contest. Come to see who will be going to the International Conference representing District 7! See you at the conference!



Saturday Night Banquet

We are also bringing back a favorite of the past, and starting anew trend for the future, by hosting a Saturday Night Banquet!

This will be a time for awards, recognition for outstanding members, and a chance to learn more from our amazing keynote speakers! Sign up today.



Phone: 503-431-1296

Email: prm@d7toastmasters.org

Share the Love of Toastmasters

Emilie Taylor, DTM
Club Growth Director

February is the month of Valentine’s Day and all the warmth “fuzzies” that come with it. Toastmasters is one of those “fuzzies”.

Remember how nice it was when you first came to a Toastmasters Club meeting, all shy and self-conscious? Well, if you don’t, I do. You were greeted by warm smiles and acceptance. Remember your Ice Breaker Speech, how scared you were? Yet all the while, members gave you eye contact and that wink of assurance that you wouldn’t explode on the stage?

How many people do you know that need more self confidence, caring, and a place where they can express themselves? We know what a great GIFT Toastmasters has been for us in all

our unique journeys. Sharing an invitation with just one person a week will make a big difference in our clubs and District. But more importantly, it will make a big difference in those people’s lives—just like it did for us. Or, reach out to previous members “that have lost their way” and herd them back into the fold, like a loving Border Collie. Or, why not do both?

In the spirit of Valentine’s Day, share the LOVE of Toastmasters.

As we grow our clubs and as we charter new clubs, let’s remember why we joined—make everyday a Share the Love of Toastmasters Day!

Now get out there and SHARE the LOVE!!!



Membership renewals are “marching” our way and will be here soon. It’s time to “March 4th” to your checkbook and write that “Gift of Love” of \$45 plus club dues. Your Club Treasurer will love you for that. And while you are feeling the love, why not “pay it forward” by sponsoring a new member or two? Just might make their day. (Renewals are due no later than March 31, 2018.)

Club Growth Incentives

- Toastmasters International Incentives: Talk Up Toastmasters (Incentive runs February 1 – March 31) Add five new, dual or reinstated members with a join date between February 1 and March 31 will receive a special Talk Up Toastmasters ribbon that can be displayed on the Club's banner. Qualifying clubs can also earn a special discount code for 10% off their next club order at the Toastmasters International online store. In addition, District 7 will give away a special bonus prize. March Member Madness (Incentive runs February 1 - March 31)
- District 7 offers the following incentives: The first 5 clubs to get 5 new members between February 1 and March 31 will receive a \$75 gift certificate to purchase club supplies at the Toastmasters International online store.
- Conduct an Open House or other membership recruiting event that results in signing up two or more members. Your Club receives a \$25 expense reimbursement. To qualify, your Club must submit a copy of the Open House Flyer, two pictures of the event and names



of new members to cgd@d7toastmasters.org.
(Incentive runs January 1 to April 30)

More gratitude and assistance

A big dose of Valentine Love to all our club sponsors, club mentors and club coaches. Thank you for all that you do.

Thinking of doing a High Performance Leadership (HPL) project, but don't know what to do? Why not help the District? Contact me at cgd@d7toastmasters.org and we can talk about projects that you can do.

Interested in participating in a kickoff/demonstration meeting to charter new clubs? We could use your help. Reach out to me at cgd@d7toastmasters.org.

SHARE THE love

Flying on Autopilot, Ritualized Communication

Terry Beard

Robotic, ritualized speech/communication patterns serve to create stilted, impersonal dialogue at home, at work, and at play. So often we meet up with friends, family and service people in retail establishments who begin dialogue with canned phrases like “How’s your day going so far?” or “How are you?”, well meaning but trite and semi-intrusive.

In the retail space, there seems to be a great deal of disconnect about what constitutes a great customer service experience, between the shop clerks attitude towards the customer and an attempt at good customer relations. Whether we are in a coffee shop, talking with someone in a call center or retail store, we need to bob and weave through a gauntlet of behavior patterns which sets us up to be on the receiving end of an onslaught of ritualized communication.

We are in a civility service war, and many of us are completely unaware of the fact that we are on a battlefield being waged by the words we

speak. The buyer-seller service war is driven by ritualized communication, by poor customer relations training, and the lack of civility from the customers. The majority of us, when we communicate too often, fly on automatic-pilot. We do not stop to think about the words we speak, their intonation, and the impact on others. The shop clerks and the customers do not pause to think about the impact of their words. As a result, the war is spiraling down the spirit levels of everyone’s expectations. Our society is continually flying to lower altitudes of appreciation and gratitude. All of which is driven by all of us accepting lower levels of communication standards and expectations in our transactions.

For years I’ve started my day at the local coffee shop. Upon arrival, when it becomes my turn, I ask, “May I have a tall double-cupped medium roast, please?” After placing my java order, I observe and hear the cacophony of commotion and attitude which creates the ambiance for me and the queue of folks waiting for their special drinks. As I wait for my freshly-brewed java, I muster up the courage to do mental martial arts with the coffee shop staff, invariably, as a time filler between ordering my java and the time to exit the shop. I wait, it will come, a question or two about my personal life.

One must be on guard and prepared to have their emotional temperature taken. “How is your day going so far?” I respond, “Excellent.”

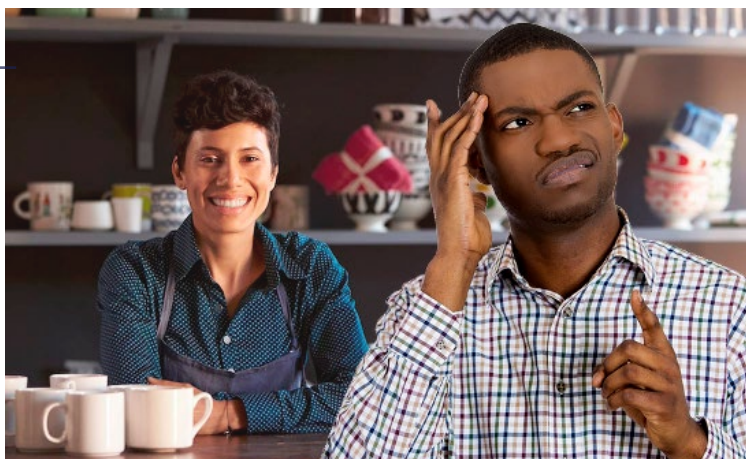


Being asked at 6AM by the coffee clerks and the baristas ‘how my day is going so far’ is a ritualized question which seldom takes me by surprise. I respond consciously with my ritualized response, “great.” This curt snippet sizes up to their ritualized, seemingly caring question. Now we are even. It might be nice to hear from the baristas, “What can I get for you today”, or “thanks for coming in, and how may I help you.”

Someone who doesn’t even know me asks, “What are your plans today?” “Do you have any plans for the week-end?” This small talk meant to warm up the exchange of pleasantries seems so innocuous and kind until the person whom I don’t know makes a comment or two about what I’ve shared with them in response to their question.

Mr. Coffee, you have the power to change this country’s culture with your army of employees. Work begins at home. Why do I continue to frequent your shops? The coffee is good, but the service is spotty. I also want to live long enough to hear. “Thanks for coming in today, we really appreciate your business.” Genuine, unscripted, welcoming offerings.

In America we are experiencing the era of too much ritualized dialog. We need to get real and relate to each other as real people rather than by canned scripting which is stilted and lacking in warmth. What’s the matter with baristas saying, “Good morning, what can I help you with this morning?” If we want to tell them how our day is going – fine. But sometimes, we just don’t want our temperature taken; we just want a hot cup of coffee. Baristas are coffee makers not psychotherapists. Let’s cut the ritualized yak, yak and talk like real people, not like mechanized, scripted coffee machines. I’d rather not rant. But two bucks for a 50 cent cup of coffee demands customer service at the highest of levels.



These interactions with others in the shops and stores that we frequent may well serve to remind us daily of the importance of the words which we speak and the fact that we should not be flying on auto-pilot. Our words have impact.

Michael Notaro, Past International President, summed up my point succinctly “Words count and ideas matter. What you say and how you say it is simply too important to leave to chance. What you say and how you say it determines whether ideas flourish, die or live to fight another day. What you say and how you say it shapes your hopes, your dreams and yes, even your destiny.”

The real test of how we communicate with one another is stopping to ask ourselves the question. Did I feel good when I left that exchange with another person with a yummy after taste or was the give-get so-so, and not so tasty?

Terry Beard initially joined Arlington Club Toastmasters in 2001. He co-founded Portland Rotary Toastmasters in 2015.

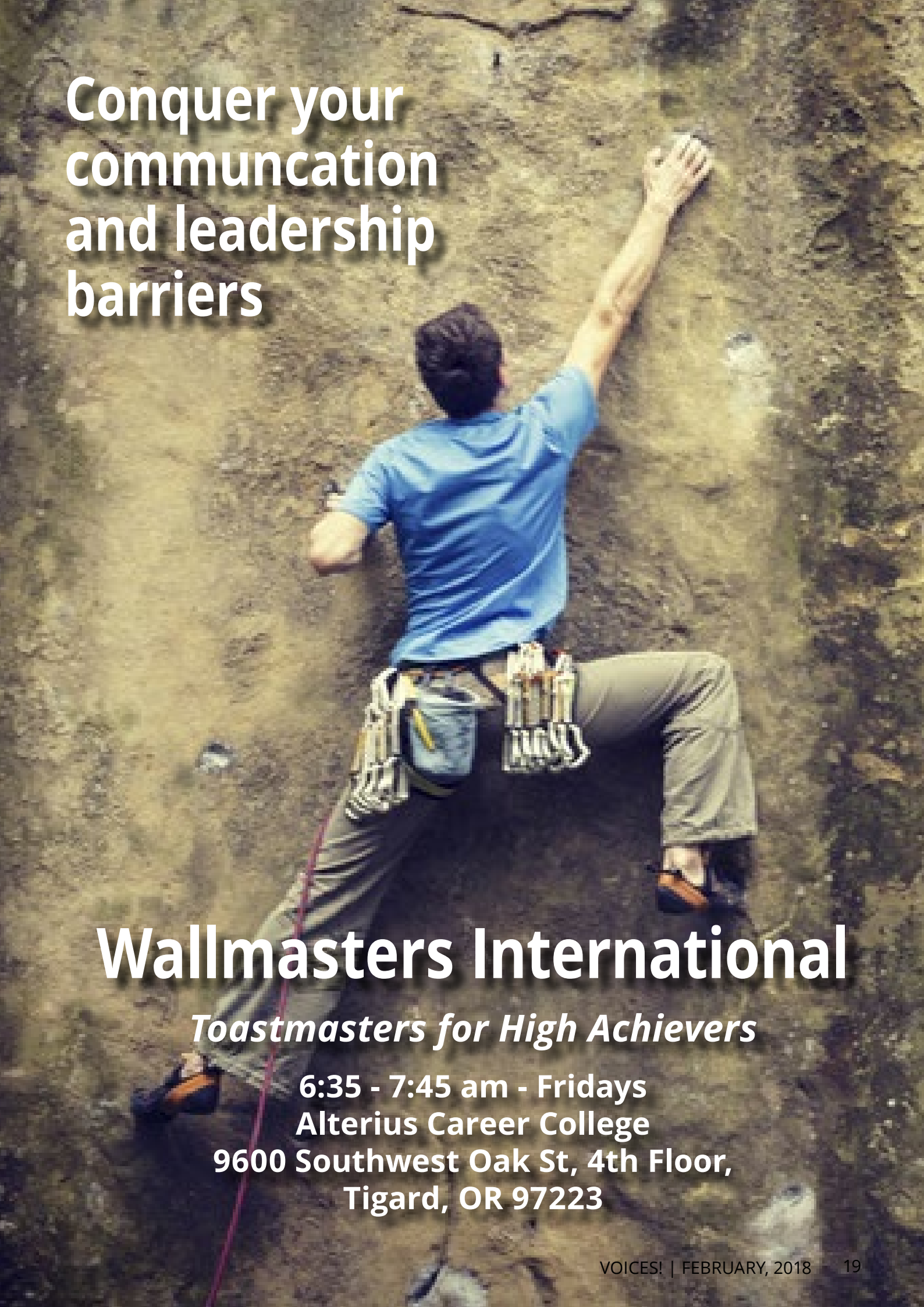
Terry is the author of Squelched - Succeeding in Business and Life by Finding Your Voice, published in 2017 and available on Amazon.com.

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EARLY OREGON TOASTMASTERS - PART 10

Harvey Schowe, DTM - District 7 Historian

Delbert B. Snider, a charter member of Portland Toastmasters Club #31, was born May 2, 1906 in Scappoose, Columbia County, Oregon. His father, Lewis Snider, was a farmer. He attended primary schools in Columbia County and Oregon Agricultural School, now Oregon State University, majoring in commerce with an emphasis in advertising. He participated in social activities in college. He was satire editor of the 1927 Beaver Year Book, art staff for Orange Owl, Alpha Delta Sigma president, Alpha Kappa Psi vice president, Ad Club president, Associate Editor Barometer, Senior Formal Decorations Chairman, and Art Club. After graduating in 1928, Del started his career as a salesman for Ham-Johnson Agency, a Portland advertising agency.

During the 1930's Del Snider volunteered in civic and professional activities. November 1930, as a member of the Advertising Club of Portland, he participated in the Campaign for Dimes that was designed to promote Oregon. He was on the State alumni committee that promoted the Shriners Hospital for Crippled Children by holding a dance after a Washington State and Oregon State football game. During the same year, he and fellow Oregon State

College alumni Bob Robinson and Lynn Sabin, both Portland Toastmasters Club #31 charter members,

participated in a dinner that honored. H.V. Hoyt, the new Dean of Commerce at Oregon State College. During an advertising convention held in Portland on July 11, 1934, he gave a presentation on direct mail advertising. The fall of 1934 he joined Portland Toastmasters Club #31. January 1935 he participated along with other Toastmaster members in a Speaking Bureau for traffic safety called Let's Stop the Killing. Del Snider was probably a Toastmaster member through 1936 but sometime after that year he discontinued his membership.

After 1971, Del retired as president of Taylor and Company, a direct advertising agency, established in 1931. Prior to working for this agency he worked for Ham Jackson Company. After retiring he continued working as an advertising consultant while being involved in activities of the Portland Executive Association, Multnomah Athletic Club, and Chamber of Commerce. On July 17, 1975, Delbert suffered a heart attack and died in Portland, Oregon.





FEEDBACKERS

WHERE CHAMPIONS ARE MADE

feedbackers.toastmastersclubs.org

Addicted to Toastmasters

Brinn Hemmingson, ACG, CL



Meet John Rodke, current District Program Quality Director, who's in four clubs! Why?

"I figured it would be a great way to network at Los Alamos National Laboratories, where I worked after college. My Father had been lighting a fire under me to join throughout college. I finally listened. I am sure glad I did."

Clubs: The University of Oregon Toastmasters – Roles: Club Coach formerly and now Resident DTM. This is his teaching club. Yawn Patrol – Roles: President, VPE, VPM, Secretary, Treasurer. This is John's "experimental laboratory! The club is open to new ideas, and encourages antics and flights of imagination disguised as creativity." Gateway Toastmasters – Roles: Club Coach and VPM. Its a storytelling focused club Donna Stark and John are reviving with some amazing veteran Toastmasters and new members in the Eugene/Springfield area. As We Speak Toastmasters – Roles: Past VP PR. John is a virtual member of this powerhouse club based in Albuquerque, New Mexico. The club focuses on achieving Accredited Speaker Designation. Accredited Speakers are monthly guests, training members on how to grow while achieving this designation. They meet via Zoom. This club inspired District 7 to acquire the Zoom platform.

District roles: Area 31 Governor, Division B Director (1/2 term, jumped into Club Growth Director) District Realignment Committee,

Conference Volunteer Coordinator, Presenter for multiple Conferences and TLI's, Club Growth Director (1/2 term for the end of 2016-2017 year) and the Program Quality Director (Current).

Outside of leadership, John thinks he's given maybe 320 speeches? He has 27 educational awards in book levels! There's Pathways, and almost DTM #3. John's competed also (Table Topics, Evaluation, and the International Speech contest).

Rodke says, "This amazing organization has enabled me to help people transcend themselves by discovering their stories, overcoming their fears, and building tangible depths of expertise and confidence. Through helping others, I have exponentially improved my own leadership and communication abilities.

"We are all story tellers. Toastmasters allows you to be aware of what you are telling the world, and provides a supportive network of amazing mentors to help you hone your stories to be the ones you want to share. The look of ecstasy, awe, and rapture that flows across a person's face as they break out of their comfort zone, into their growth zone, succeeding, is absolutely amazing. Developing these opportunities for people is what drives me."

Create a LOVE Infusion

Lisa Hutton, ACB, ALB - Club Coach Coordinator

Clubs have four more months in the current Toastmaster (2017-18) year to reach the goal of being a Distinguished club, or better. In order to achieve this goal, Club Coaches need to put their plans into action. Consider what could happen to your club if you infused LOVE into how the club functions. By Listening, providing Opportunity, ensuring Value and encouraging Engagement, the club's potential to achieve their membership and educational goals becomes possible.

Listening to others is an essential part of the Toastmaster experience. As an attentive audience, club members listen to each speaker and in turn to their evaluator(s) as they share insight and suggestions to improve the quality of the presentation. This feedback formula is one of the cornerstones of Toastmasters. Being a good listener has a multitude of benefits that include both personal and professional gains.

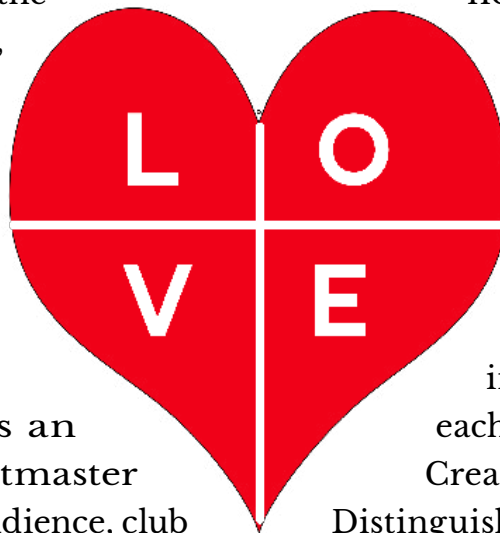
The Opportunity to serve as Toastmaster, General Evaluator, Table Topics Master or as a Club Officer should be the goal of each member in the club. By actively participating in a

supportive and safe place to grow – stepping outside of the comfort zone, members can thrive and become the successful leader and speaker they've set out to be.

Membership in Toastmasters is an excellent investment. Yes, the dues are reasonable however; that doesn't exclude the importance of ensuring Value. It is vital for members to feel they are getting their monies worth. Efficiently run meetings that are also fun require the participation of everyone. It is an 'all oars in the water' kind of moment at each and every meeting.

Creating a village or, in this case, a Distinguished club, requires club coaches and experienced members to encourage Engagement. Mentor relationships and active recruitment of newer members to step-up to serve the club contributes to creating an inclusive and successful club environment.

LOVE might be magical or even mysterious but, I think the Beatles summarized it best in their song "All You Need Is Love". Yes, it's a naïve and simplistic notion to some but, one worth trying, since it just might work.



I Appreciate Voices!

Leanna Lindquist, DTM
Immediate Past District Director

When asked what I appreciate about Toastmasters the usual suspects come to mind; support, personal growth, friendship, and the opportunity to develop my leadership and speaking skills. When asked what I appreciate about District 7 Toastmasters, *Voices!* comes to mind. Our monthly magazine premiered August 2014. A District magazine to connect all of our members is the brainchild of Past District Governor Phyllis Harmon. It's a way for all of us to share, whether we are in Longview, Washington, Klamath Falls, Oregon, or Crescent City, California. It makes us feel a part of something bigger than ourselves.

I have been closely involved since the inception of the magazine. Three and a half years later it is just as relevant as it was the day it was first published. This is why I believe this to be true.

Voices! is a vehicle for sharing information, bringing members closer together, and celebrating each and every one of us. It continues to function in the same manner.

Our members have a plethora of talent and knowledge. Eric Winger wrote a three-part article on feedback. Joel Conarton wrote the same on leadership. Some of our members have given wonderful speeches. Speeches that should be shared. They have been meticulously



written out and printed in the magazine for all to enjoy. Contributing articles also come from outside District 7. Jim Dent from District 11 gave us 5 Tips for Handling Conflicts. When Phyllis Harmon was District 7 Public Relations Manager, she wrote a series of articles on how to promote our clubs. This is a small sampling of the educational articles that have appeared in the past 42 issues of *Voices!*.

In the Successful Club series, clubs around the District are showcased for what they are doing to bring in new members and accomplish goals. In many cases the clubs have a long history of being Distinguished or better. Some clubs, such as Tell Me A Story, went from 5 paid members to President's Select. All clubs are challenged with member retention and recruitment. Successful Clubs articles are a great resource for strategies to help make your club successful.

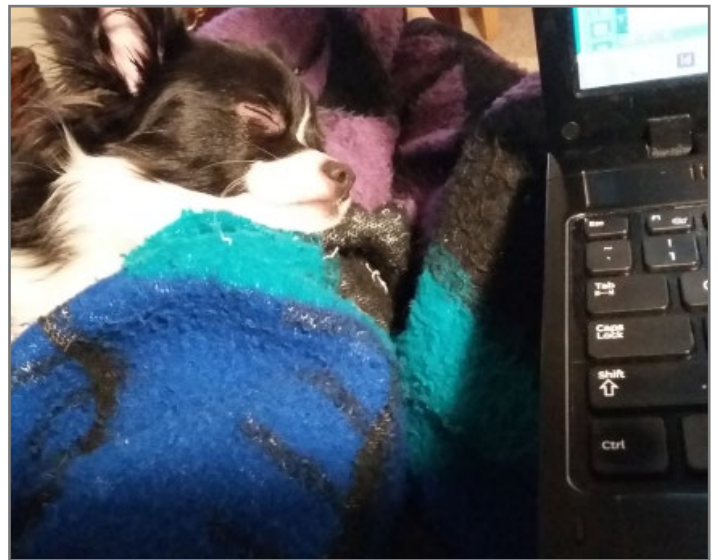
A monthly interview with a member introduces us to members from around the

District. People have interesting stories, hobbies, and talents. Brinn Hemmingson searches out members for us to get to know. Every month each Trio member writes an article to inform, inspire, and involve us.

Harvey Showe, the District 7 Historian, has been a long-time contributor to the magazine. He combs through the District 7 archives to bring our history to life. Reminding us of those who came before us, many from our own clubs.

In every issue recent educational awards earned are listed. When you see the name of someone you know be sure to acknowledge their hard work and personal growth. New members are also listed. Do them a favor by showing them how to find the magazine online and their name. Let them know back issues are archived on the District 7 website. They provide a plethora of information that will help orient new members to Toastmasters and our District.

In the beginning Curtis Lowe laid out the magazine. Phyllis Harmon took classes to learn the software and took that over. Always learning, becoming more proficient, and stretching herself, the magazine has evolved. Beginning with this issue you will notice some subtle changes. Changes that make it look a little fresher and a little more appealing to the



eye. Expect big changes in the July issue.

Two weeks before the deadline Phyllis sends out reminders to the regular contributors, nudging us to keep the commitment. She writes thought provoking editorials, spends late nights laying out the magazine, and meets her deadline for publishing. This is all done quietly, and without fanfare on her laptop computer in her easy chair at home. Her puppy Murphy, a Chihuahua, often curled up on her lap.

No other District, as far as I know, has a monthly magazine of this caliber. We can all be proud of this publication. I urge all of you to take the time to check it out, call attention to it in your club, and consider submitting an article or suggesting a member to be interviewed. After all, this is our magazine. It is about, for, and by us. And the next time you see Phyllis, tell her Thank You.

Voices! was created to bring people together. It is a forum where successes, challenges, and lessons learned are shared. It is unique and wonderful. The members make it so. —Phyllis Harmon, DTM/Editor

Embracing Change

James Wantz, DTM
D7 Public Relations Manager

I don't like change—and Pathways is all about change!

When Pathways rolled out I discovered immediate roadblocks. Roadblocks such as navigational issues on the website, unfamiliarity with the terrain, and just plain old stubbornness about getting out of my comfort zone. At one point I even considered avoiding Pathways, working the traditional educational system for two years, and then going my own way once the Competent Communicator and Competent Leader manuals were no longer available.

“Fine!” I said, “They want to take away my program! I'll show them! I'll walkout—in two years!”

But why was I so negative toward the new educational system from Toastmasters? Well, because it's new! I don't like change. I want things to be manageable, predictable, comfortable, and old.

I joined Toastmasters in 2008 in a radiant burst of energy about doing something new in my life, trying a new skill, and breaking the mold of my old self. Now Toastmasters is as comfortable as my favorite slippers,

bathrobe, and PJs—in fact my home club had a pajama meeting so I was able to be completely comfortable that day! I like comfort—the world insists on tossing discomfort at me. I want Toastmasters to be that comfort zone where I am certain I know what is going on, know how to handle it, and don't get challenged much at all!

That was my attitude last year when I first began to contemplate Pathways. Yep, that radiant burst of energy simply poofed. The energy and excitement of Toastmasters was gone. It had become my refuge from the world. The one place I could go to escape the demands of change, technology, and social networking. The everyday stress in my life was not going to make room for one more stressor—Pathways



had to go!

But Pathways is here to stay. My problem was that my Toastmasters had changed! It didn't align with my comfort zone anymore . . . and I was annoyed. But it was never my Toastmasters. I made it mine because I liked what I saw, heard, and felt at every meeting. I invested myself in Toastmasters, found a mentor, and never looked back.

After a long weekend contemplating my future with Toastmasters (and specifically Pathways) I decided to replace the dead batteries keeping my comfort zone dull with a needed burst of radiant energy. I embraced Pathways!

And, WOW, am I glad that I did! I love the new program. I've been pushed in ways I didn't anticipate—such as putting together videos on YouTube or becoming a Pathways evangelist. But I am baby, yeah! Pathways is for me! Yeah!

No, I didn't drink the koolaid. It's not all peace, love, and puka shells - there are challenges aplenty . . . but that's why I joined Toastmasters in the first place! To be challenged. I see the issues, but I also see that Toastmasters International is actively working to address them. No, not all the issues are being actively addressed, but that does not mean Pathways is for the birds. Some of the challenges I hope Toastmasters addresses include: access for incarcerated Toastmasters, Pathways materials for visually impaired members, and Pathways curriculum for Gavel Clubs.



In the meantime, I find really cool features and projects in each Level. The project that is challenging me currently is Creating a Podcast. I bought a microphone, webcam, software, & recorded content . . . but I find that communication via video is different than in person. Well, duh! Video flattens affect and speech. I need to be larger and more animated when doing videos in order for them to not sound so flat. Then figure out the software, where to post videos, and figure out who might be interested in the content. For the time being I am focusing on Pathways as my content.

Now, that's a challenge! Nothing like the old comfort zone. You can check out the videos I've done so far on YouTube (search: D7 Toastmasters Pathways Virtual Academy) and on the D7 website in the Pathways tab.

I've gone from being a Pathways curmudgeon to a Pathways evangelist! I like the new program—warts and all. I hope that you give Pathways a chance to challenge you to grow. Get started



Welcome to D7 Toastmasters
Pathways Virtual Academy
Guide: James Wantz

PATHWAYS GOT YOU FEELING STUMPED? STYMIED?

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/llsY52rRe6l
WHAT YOU DO:	<p>Early Adopter Award:</p> <p>Complete the Level 1 Pathways Icebreaker project in any Path. Base Camp will show project marked complete after post assessment. Deadline: June 30, 2018</p> <p>Complete this online form: Early Adopter Award Application</p> <p>Receive the Early Adopters Badge</p> <p>Early Advisor Award:</p> <p>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).</p> <p>Deadline: June 30, 2018</p> <p>Complete this online form: Early Advisor Award Application</p> <p>Receive the Early Advisor Badge</p> <p>Early Achiever Award:</p> <p>Complete Level 1 in any Path. Deadline: March 31, 2018</p> <p>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</p> <p>Receive the digital badge for Level 1 completion in Base Camp</p>

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

Sporty Speakers: A Model of Success

Rick Martin, CC, ALB

When Nike's original Toastmasters club, West Beaverton, became too large, Bill Hernandez & Patrick Tuohy had a vision of a club that focused on an Enthusiastic Spirit, Inspiring Diversity, a Beginner's Mind, Gifted Toastmaster Leaders and a Place for Growth. Shortly after, Sporty Speakers was born and continues to thrive under these same values.

It's not uncommon to hear "mantras" at Sporty Speakers. Each officer and member is reminded of the expectations, values and vision for the club and members through phrases such as "The Best Hour of the Week," "The Best Place to Fail," and "Show Up, Serve & Shine!" Additionally, you'll hear the club mission each week as well as a way Toastmasters has affected the members. By focusing on support, diversity, leadership and growth, Sporty Speakers has consistently moved toward their goals. Each member is empowered to take on leadership positions, mentor others and become better than

they were the day before. Each meeting is filled with learning: about successful Toastmaster traits, other members, and other cultures.

Sporty Speakers works to make each meeting welcoming and fun for each

member and guest through creative meetings, laughter and events in and outside of the club. The first time a guest steps into Sporty Speakers, they quickly find out what to expect. An officer is there to welcome them, introduces our evening and explain how Toastmasters works. The guests are given a chance to speak at every meeting, once at the beginning to introduce themselves to the club and once at the end to give their thoughts. Additionally, members are encouraged to communicate outside of the club, including events such as the Hiking Event last summer to celebrate a great year.



Support at Sporty Speakers is more than a goal, it's a frame of mind. Time given to guests, our mentoring focus, and our monthly New Member Orientation all supports the initial steps into a members Toastmaster journey. A diverse club teaches us all about accepting others as we are and implies (and we back up) a welcoming environment. Support is a two-way street: As listeners, we must be attentive and encouraging. As speakers, we must be prepared (or not!) and willing to share our experiences. As members, we must encourage all and allow whatever happens, to happen with our collective support. Please join us soon for 'The Best hour of the Week!'



Growing—And Here to Stay

Susan Ellsworth, DTM
VPPR, Great White North Online

The community of Toastmasters interested in the online experience is definitely growing. There are 2,874 participants in the Online Toastmasters Resources FaceBook group (well beyond the 17 active online clubs that chartered since 2016). It is an exciting, dynamic group to follow.

My favorite recent post was the one that said “Some districts already conduct online training for:

- Judges training
- Club Coach & Club Mentor training
- Sponsoring New Club training
- Membership Retention & Membership Building training

If the GD’s [Governing Documents] do not prohibit online video training; then the

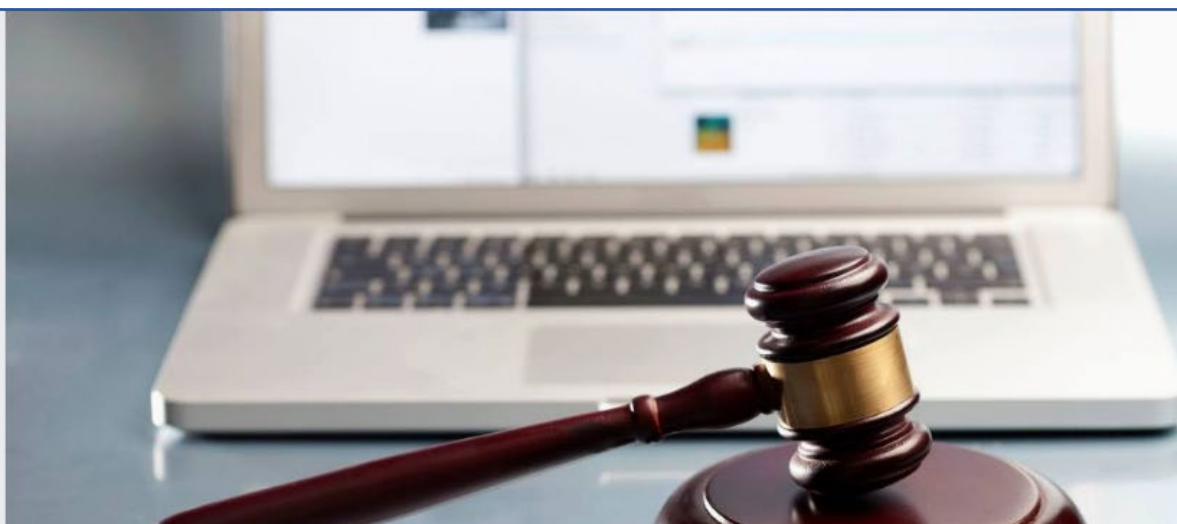
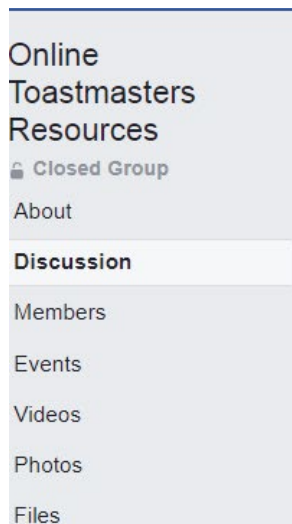
district PQD [Program Quality Director] should be examining the effectiveness of it as an option, and how to include it in the TLI season for those who simply can not attend TLI, or where attending is very inconvenient.”

The Official Toastmasters International Members Facebook Group also had some hot topics. For example:

“The answer from WHQ relative to special club level contests has not changed in the past several years.

Q1. Can a club hold special club contests that are not one of the 5 contests described in the Contest Rule Book?

A1. Yes, however, they can only be conducted at the club level, and they





cannot be titled “Toastmasters Speech Contest”.

Q2. If a club does conduct a special club level contest, must the club adhere to the Contest Rulebook?

A2. No. The rulebook is only applicable to the 5 contests described in the Rulebook which are conducted by the district beginning at the club. The rulebook may be used as a guide for any special club level contest, but no part of the rulebook must be used.”

Why would a question like that show up? The 100% online clubs are undistricted and do not have the same natural club-area-division-district-International contest path that districted clubs do. Furthermore, many of us simply love participating in contests.

Naturally, the “Live-by-the-Letter-of-the-Law-and-Don’t-Question-It” folks quickly find themselves in online debate with the “This-is-the-21st-Century-and-it’s-Time-to-Wake-Up-and-Smell-the-Coffee” folks. That’s life!

Now that there are 17 chartered clubs and 7 pre-charter clubs, the organizational question

is coming up. Some online club members, disappointed by the politics and practices they have seen in some Districts, do not ever want to be organized into a district. Others, recognizing the value of offering learning leadership opportunities beyond local clubs, have posted to the polite contrary.

The online community—with all its challenges to creativity—is definitely here to stay.

To learn about the online community, visit one or more of the 17 chartered clubs by clicking [here](#). Visitors are always welcome!



Toastmasters Changed My Attitude

Hammad Khan

Three years ago, I was walking through the hall at school between classes. Suddenly I heard a voice from behind me, “Hey Hammad, can you make a bomb?” While the student walked away snickering, I was shocked. I wondered for a moment whether everyone thought of Muslims in this way. Was this how people spoke about me behind my back? I thought high school would be a time for trying new things and taking risks, but after the incident with my classmate, I felt targeted and self conscious.

This feeling affected my interactions in the classroom. My ninth grade geometry teacher regularly asked for volunteers to attempt proofs in front of the class. Oftentimes, I knew the answers but refrained from participating because I feared I would make a mistake. I thought silencing myself meant safety from hateful remarks.

That attitude began to change when I joined Future Stars Gavel Club, a public speaking and leadership club that challenged me to take risks and speak out. At the first meeting, the club president asked me to speak. I didn’t expect it, so

out of nervousness, every bone in my body felt like it disappeared. Regardless, I forced myself to go up on stage and speak about my school, hobbies, family, and friends. I must have made a million mistakes, but I kept going despite my instincts yelling at me to stop. That moment

was the beginning of a race against my insecurities. Learning to speak with confidence took a long time. Throughout five years of improving my public speaking ability through the Toastmasters program, I have fought to use my words to reject stereotypes and educate others about my religion through my conversations. Now, I push myself to take on significant

leadership roles and communicate clearly with my peers. My peers noticed my dedication. I was elected to serve as Vice President of the club twice. Through the role, I started a mentorship program within the club and partnered with an online speaking magazine to give our members public outlets for their thoughts.

In my most recent speech competition, I began by asking “Hey Hammad, can you make

*Productive
learning requires
a holistic approach
that takes into
consideration
a variety of
motivations.*

COURTSHIP AND COMMUNICATIONS

Lee Coyne, ATMS

*Come February it's Cupid Time
We celebrate rekindled lavished
Luv. Yes . . . verily Valentine*

a bomb?” Most of the audience was as shocked as I had been at hearing that, but I delivered a message about remaining optimistic through trying experiences. Toastmasters helped me overcome the difficulties that stemmed from others attacking my Muslim identity. By becoming a person who is able to change, I feel comfortable when people talk about Islam.

My identity is crucial to the work I do because it fuels my passion for improving myself. It allows me to focus on ambitious goals, like becoming an engineer or conveying technical knowledge in a team. Productive learning requires a holistic approach that takes into consideration a variety of motivations. For me, that acquaintance who shocked me so many years ago was a stepping stone on a trek towards self-improvement, I look forward to continuing this journey in college.

Hammad is a high school senior at Catlin Gabel School, and has been apart of the youth Gavel club, Future Stars, for 5 years.

Future Stars Gavel Club, is a youth communication and leadership club administered by Toastmasters International, helping the young people of today become the great leaders of tomorrow! The club is open to all middle school and high school aged kids. It gives them the opportunity to become better listeners, thinkers, speakers and leaders.

The club meets weekly during the school year every Saturday from 10:30am-12:00pm at 4115 SW 160th Avenue, Beaverton, Oregon 97007 in the first room in the portal. To learn more about Future Stars or to visit the club, pleas contact Coach Humaira at futurestarspdx@gmail.com. Visitors are encouraged to visit the club and see for themselves why Future Stars should be part of their educational journey.

What a perfect juncture to better mirror that courtship between our speaker and the audience. Outreach gears up.

The opening line is critical because it creates that vital first impression. We are simultaneously speaking to both heart and mind. Hence our mission is to maximize feelings and not merely cerebral stuff. A balance—alas.

Sometimes a clever jest or riddle can mark our starting line. Or possibly a quotation from some person who is relatively well known to the audience. Familiarity brings about comfort.

We best keep our talk structured rather than convoluted. Akin to Cupid our aim must be precisely on target.

If we seek to convince, then our data must be coherent and cohesive. If our goal is entertainment, then our humor or humane touch must reach toward the proverbial funnybone.

Educational level of the audience is important to factor in. We cannot afford to talk over their heads or below their navels. Strike out all that seemingly is salacious. No ‘R’-rated movie terms.

Courtship is a two-way street. Be alert to assert friendly eye contact and absorb the audience response. Rapport is a romance of communications.

Let their applause express that love!

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
CareOregon	Adler	Emily
Lebanon Toastmasters	Almarode	Lisa
Wagon Tongues	Armstrong	Betty
Toastmasters of Redmond	Baltazar	Jessica
University of Oregon Club	Barney	Jason
The Toast of Old Town	Bateman	Jamie
Platt Electric Supply	Black	Shawn
Sherwood Town Criers Club	Blaser	Michael
Silvertongues	Boen	Valerie
Yaquina Toastmasters	Book	Kristina
Sage Beaverton Toastmasters	Botts-Gordon	Raechel
Wagon Tongues	Bredehoeft	Ryan
Oregon State Toastmasters	Brown	Jasmine
Columbian Club	Brown	Lorenzo
Portland Rotary Toastmasters Club	Cain-Shockman	Shelley
Wagon Tongues	Canton	Mary
Yaquina Toastmasters	Case	Jalene
Swan Island Toastmasters	Chatterjee	Shruti
Leader's Edge Club	Cheung	Scott
Downtown Lunchbunch	Chin	Jonathan
Wagon Tongues	Clark	Robert
Yaquina Toastmasters	Colling	Thomas
Gorge Windbags	Contreras Villa	Nubia
Sporty Speakers	Corso	Austin
Newberg Toastmasters Club	Cowan	Katie
Gresham Toastmasters Club	Davis	Katrina
Marylhurst Toastmasters	Diamond	Nell
Transtasters	Dodd	Brian
Toastmasters For Speaking Professionals	Eastman	Cindy
Wagon Tongues	Ebbighausen	Merri
Lebanon Toastmasters	Ehrhard	Paul
Wagon Tongues	Ellsworth	Jennifer
Cascade Micro-Toasters	Engers	Taylor
Gresham Toastmasters Club	Ennis	Melody
Vancouver Toastmasters Club	Ernster	Matthew

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Communicators Plus	Fykerud	Eric
Toasting Excellence Club	Garcia-Strom	Gricelda
Babble-On Toastmasters Club	Gerrone	Maria
Storymasters Toastmasters	Gillean	Brett
Cascade Micro-Toasters	Glassman	Rylee
PMI Portland Toastmasters	Grawburg	Wesley
Babble-On Toastmasters Club	Grewell	Christopher
Corvallis Evening Group	Guerrero Martinez	Jose
Yaquina Toastmasters	Haggerty	Linda
Wagon Tongues	Hair	Jacob
Wagon Tongues	Hale	Charles
Pearl District Toastmasters Club	Hamilton	Andrea
Speakeasy Toastmasters	Hand	Teal
Daylighters Club	Hardman	Cole
Clackamas County Toastmasters	Hart	Jemila
Wagon Tongues	Haulbrook	Paul
Dawson Speakers	Hernandez	Mercedes
Lake Oswego Toastmasters Club	Hill	Alex
G5 Marketing	Hoey	Shane
Wagon Tongues	Hooker	Andy
West Beaverton Club	Hudanish	Thomaida
Highnooners Club	Isle	Jessica
WE Toasted Toastmasters	Jones	Alexandra
At The River's Edge Club	Kaiteris	John
Essayons Club	Kaufmann	Jeremy
Sporty Speakers	Kibara	Alexander
Oregon City Toastmasters	Kim	Sean
Dawson Speakers	Lambird	Gene
Clean Water Toastmasters	Leader	Kathleen
Columbian Club	Lewis	Michael
Wagon Tongues	Lingman	Terry
Wagon Tongues	Loeffler	Jim
Toastmasters of Redmond	Lucas	Kristin
The University Club	Lukas	Amelia

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
G5 Marketing	Malcom-Kerr	Brandy
Smooth Talkers Club	Mandas	Christopher
WE Toasted Toastmasters	Marsh	Joshua
Washington Street Club	Matulac	Paul
Liberty Talkers	McGuire	Maxwell
Silvertongues	McKinley	Adam
Toastmasters For Speaking Professionals	McRobbie	Austin
Wagon Tongues	Mills	Pam
Sage Beaverton Toastmasters	Minaev	Nadia
Blue Ox Club	Moore	Judy
G5 Marketing	Motl	Liz
Yawn Patrol Club	Naidu	Diven
Wafermasters Club	NGUYEN	NGAN
Communicators Plus	Nickelson	Joseph
Mentors Of Focus Club	Nissen	Bella
Battle Ground Toastmasters	Papish	Uri
Milwaukie Talkies	Parker	Daphen
Wagon Tongues	Parsch	Rochelle
Wagon Tongues	Pav	Sang
Platt Electric Supply	Pelsue	Ivan
Pearl District Toastmasters Club	Peterson	Luke
Corvallis Evening Group	Ponce	Olivi
A-Dec Toastmasters	Pooh	Peter
Wagon Tongues	Powlison	Matt
Cascade Micro-Toasters	Qian	Weida
Speakeasy Toastmasters	Quasem	Mdsaffat
Portland Club	Quigley	Colleen
Wagon Tongues	Reed	Jaime
Wagon Tongues	Riggs	Kattie
Wagon Tongues	Rohde	Spencer
Vancouver Toastmasters Club	Romero	Alexys
Wafermasters Club	Rubano	Dan
G5 Marketing	Ryan	Ashley
University Toastmasters Club	Sandow	Melissa

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
The Toast of Old Town	Scearce	Kimberly
Portlandia Club	Sears	Colin
Portlandia Club	Setboonsarng	Sunun
TV Toastmasters	Shambry	Charles
Wallmasters International Club	Shi	Jue
Yawn Patrol Club	Short	Curtis
Speakeasy Toastmasters	Somasundaram	Namitha
Grants Pass Toastmasters Club 852	Spalleta	Stephen
A-Dec Toastmasters	Spawn	James
Sherwood Town Criers Club	Stark	Britten
Babble-On Toastmasters Club	Stoynoff	Richard
Downtown Public Speakers Club	Tamarah	Judith
Talk-In-Tel	Tambe	Christian
Wagon Tongues	Tetzlaff	Darcelle
Sherwood Town Criers Club	Van Nice	Anthony
Platt Electric Supply	Vance	Chayse
Salem Toastmasters Club	Wasko	Timothy
Columbia Square Squawking Heads	White	Janine
Toastmasters of Redmond	Whitted	LynnDel
Evergreen Club	Wolf	Brian
Columbia Square Squawking Heads	Wood	Miranda
New Horizons Toastmasters Club	Zieba	Maren

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
ACB	1/4/2018	Anderson, Audrey E.	NuScale Toasters
CL	1/3/2018	Arevalo, Donna Elizabeth	Barnhart Toastmasters
PREMASL3	1/28/2018	Arnold, Cate Ann	Storymasters Toastmasters
PREMASL2	1/24/2018	Arnold, Cate Ann	Storymasters Toastmasters
ACB	1/16/2018	Arp, Tammy R.	Bridge Toastmasters Club
ACB	1/23/2018	Bederson, Hanna	Clark County Toastmasters
ACB	1/10/2018	Brand, Michael	Clackamas Stepping Stones
CC	1/19/2018	Brandes, John A.	Wallmasters International
CC	1/17/2018	Carr, Jeffrey E.	Professionally Speaking
CL	1/17/2018	Carr, Jeffrey E.	Professionally Speaking
ACB	1/17/2018	Carr, Jeffrey E.	Professionally Speaking
LDREXC	1/18/2018	Conarton, Joel E	New Horizons Toastmasters
CL	1/8/2018	Cutts, Matthew E.	Essayons Club
PREMASL5	1/27/2018	Edinger, Allan B.	McMinnville Toastmasters
CC	1/4/2018	Eklof, Karlyn	Audacious Orators
CC	1/16/2018	Emmett, Leah A	Titan Toastmasters Club
EFFCOAL1	1/29/2018	Fanning, Paul C.	Downtown Lunchbunch
CL	1/25/2018	Fanning, Paul C.	Col Square Squawking Heads
ACG	1/25/2018	Fanning, Paul C.	Col Square Squawking Heads
CL	1/25/2018	Ginn, Jimmie	Coos Bay Toastmasters Club
ACB	1/26/2018	Harford, Justin R.	Yawn Patrol Club
VISCOML2	1/25/2018	Harmon, Phyllis A.	TV Toastmasters
CL	1/12/2018	Harrell, Terry E.	Transtasters
CC	1/10/2018	Haydon, Steve	Grants Pass Toastmasters
CC	1/8/2018	Hoch, Margaret T.	Washington Street Club
CL	1/23/2018	Hollis, Theresa	Milwaukie Talkies
DYNLEAL1	1/10/2018	Hunt, Hillarie	The Toast of Old Town
CC	1/5/2018	Hyatt, Karen A.	Yammertime

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	1/5/2018	Hyatt, Karen A.	Yammertime
PWMENTORPGM	1/4/2018	Janci, Rozaline R.	Yaquina Toastmasters
ALB	1/25/2018	Johnson, David R.	Moser Community
ACB	1/28/2018	Kelley, Todd D	Downtown Lunchbunch
DYNLEAL1	1/10/2018	Kirby, Lynette	The Toast of Old Town
DYNLEAL1	1/10/2018	Kolattukudy, Nisha	Cascade Micro-Toasters
DYNLEAL2	1/10/2018	Kolattukudy, Nisha	Cascade Micro-Toasters
CC	1/23/2018	Mason, Alexis R.	Clark County Toastmasters
CC	1/5/2018	Mayfield, Judi B.	The Thrill of The Quill
CL	1/29/2018	McFadden, Cheryl	Downtown Lunchbunch
ALB	1/3/2018	McKenzie, Theophan	Pearl District Toastmasters
CC	1/8/2018	McNiece, Kristina Lynn	Clackamas County
CC	1/15/2018	Meuchel, Carley A	Clark County Toastmasters
CC	1/17/2018	Mileham, Anne	The Standard Speakeasy
ACB	1/22/2018	Miller, Avital Pearl Gafna	Yaquina Toastmasters
CC	1/12/2018	Miller, Robert	Hopemasters
ACB	1/22/2018	Moy, Miranda E.	Clark County Toastmasters
CC	1/25/2018	Perry, James A.	Siuslaw Tale Spinners Club
DYNLEAL1	1/12/2018	Peterson, Vanessa Latoya	The Toast of Old Town
CL	1/4/2018	Peyree, Andy	Banfield Barkers
ACS	1/23/2018	Pugh, Crystal D.	Gateway Toastmasters
CC	1/23/2018	Ray, Christopher	Milwaukie Talkies
MOTSTRL1	1/8/2018	Sexton, Shannon L	Babble-On Toastmasters
ACS	1/27/2018	Squires, Valaree M.	Encouraging Words Club
PREMASL1	1/4/2018	Stein, Sandra	Clackamas County
CC	1/26/2018	Suljic, Fatima	Stagecoach TM
ACG	1/14/2018	Sutton, Wendy C.	Corvallis Evening Group
INNPLAL1	1/21/2018	Thomas, Mark	Toasting Excellence Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	1/30/2018	Thompson, Sharon L.	Sage Beaverton
ACB	1/12/2018	Unger, Tom	Stagecoach TM
ACB	1/3/2018	Van Ausdell, Taryn L	Columbia Communicators
LDREXC	1/22/2018	Voth, Sarah E.	Encouraging Words Club
ACB	1/3/2018	Wang, Marie X	Sporty Speakers
CC	1/18/2018	Westphal, Nils	Communicators Plus
CL	1/18/2018	Westphal, Nils	Communicators Plus
CC	1/16/2018	Winger, Eric A.	Silicon Forest Club

DISTRICT 7 TRIPLE A AWARD BADGES

Allan Edinger
Daniel Chavez
Erica Thygesen
Hillarie Hunt
Jacqueline Bakke
Jim Robison
Lauralee Norris
Nisha Kolattukudy
Patrick Locke
Paul Fanning
Phyllis Harmon
Rick Martin
Rozaline Janci
Scott Stevenson
Vanessa Peterson



TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Alba-Lim, Michelle	3	ACG, DTM, ALS, LDREXC, ACS
Anthony, Joseph D.	3	CL, DTM, ALS
Arnold, Cate Ann	3	PREMASL3, PREMASL2, PREMASL1
Carr, Jeffrey E.	4	CC, CC, CL, ACB
Edinger, Allan B.	5	PREMASL5, PREMASL1, PREMASL2, PREMASL3, PREMASL4
Fanning, Paul C.	6	ALS, ACS, DTM, EFFCOAL1, CL, ACG
Hutton, Lisa F.	3	ACB, ALB, LDREXC
Janci, Rozaline R.	12	CL, CC, DYNLEAL5, INNPLAL1, INNPLAL2, INNPLAL3, LEADEVL1, LEADEVL2, DYNLEAL1, PWMENTORPGM, LEADEVL3, DYNLEAL2, DYNLEAL3, DYNLEAL4, CC, CL, ALS, DTM
Killion, Ginger E.	3	LDREXC, ALS, DTM
Lafferty, Bryson D.	3	ALB, CL, CC
Locke, Julius Patrick	9	ALB, ALB, CC, CC, CC, CC, CC, CL, CC
McFadden, Cheryl	3	CC, CL, ALB
Norris, Lauralee K.	4	INNPLAL2, INNPLAL1, ACB, ALB
Nye, Gregory Allan	3	CC, CL, ALB
Rodke, John Russell	3	CC, LDREXC, ALS, DTM
Schupp, Lisa S.	4	CL, CC, ACS, PERINFL1
Stevenson, Scott	4	PREMASL1, PREMASL3, PREMASL4, PREMASL2
Thygesen, Erica L.	4	ACS, VISCOML1, VISCOML2, ACB
Tully, Kathleen	3	LDREXC, CC, CL
Wang, Marie X	3	ACB, CL, ALB
Wantz, James	4	PREMASL1, PREMASL2, PREMASL3, CC
Webb, Andrew Justin	3	ALB, CL, CC
West, Larry J.	4	CC, DTM, ALS, ACG

Happy Anniversary to February Clubs

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

Charter Date	Years	Club	City
2/1/1953	65	Blue Ox	Portland
2/1/1973	45	Bootstrappers	Salem
2/1/1955	63	Cedar Hills	Portland
2/11/2009	9	Creekside	Beaverton
2/1/1982	36	Encouraging Words	Longview
2/1/1995	23	Mentors Of Focus	Wilsonville
2/9/2016	2	MIME Speaks	Corvallis
2/1/1938	80	Modoc	Klamath Falls
2/11/2008	10	Molalla	Molalla
2/12/2013	5	MultCo Toasties	Portland
2/1/1964	54	Oregon State	Corvallis
2/20/2001	17	University	Ashland
2/1/1992	26	Washington Street	Portland
1/1/1981	37	Wallmasters International	Tigard

A special shout out to Blue Ox, Cedar Hills, Modoc, and Oregon State for being part of the District 7 Toastmasters family for over 50 years.



FEBRUARY

24

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

Area 51 Club Officer Training - 1:00 PM – 3:00 PM, Mid-Columbia Senior Center, 1112 W 9th St, The Dalles, OR 97058

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

Division G Officers Training - 7:00 PM – 8:00 PM, Glenwood Place Senior Living Community, 5500 NE 82nd Ave, Vancouver, WA 98662

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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

MARCH

2

LAST DAY FOR CLUB CONTESTS

10

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

12

Division "F"-Areas 73,74 & 75 International Speech and Evaluation Contests, 6:15 PM – 8:30 PM, NWEA Building, 121 NW Everett St, Portland, OR 97209

Area 61 / Area 62 Evaluation and International Speech Contests - 6:30 PM – 9:00 PM, Multnomah County Building, 501 SE Hawthorne Blvd, Portland, OR 97214

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District Executive Council Meeting – online

19

Area 93 & 95 International Speech & Evaluation Contests - 6:30 PM – 9:00 PM, Griffith Building
4755 SW Griffith Dr #300, Beaverton, OR 97005

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Area 41 & 42 Evaluation and Int'l Speech Contests - 6:00 PM – 8:00 PM, Morningside United Methodist Church, 3674 12th St SE, Salem, OR 97302

In Remembrance

Long-time Toastmasters Denise Reinhart, DTM (Division I) and Don Bellairs, DTM (Division H) said goodbye this month and left to share their stories on other worlds. Both will be missed but never forgotten.

