

Voices!

One Community
Many Voices

District 7 Toastmasters

May, 2018

District 7 Toastmasters Spring Conference Share Your Story

Share Your Story District 7 Toastmasters Spring Conference

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TV Toastmasters

Promoting Your Club in the Portland, Oregon Metro Area



Promote your club or next event!

Your message broadcast to over 4 million households in the Portland, Oregon metro area — Contact Mitch Priestley at mitch.priestley@live.com for more information.

Broadcasting through



Observations...



Phyllis A. Harmon, DTM - Editor/Publisher

Where did this Toastmasters year go? Wasn't July last month? (*Sometimes I feel like Rip Van Winkle—who woke up years later after encountering the headless horseman one fateful evening.*)

As I review the year and what's been accomplished, I'm happy to see that our members are stepping into Pathways, a few at a time. Those who follow new idea trends will recognize that, we as a District, are on track. The momentum towards full adoption is beginning to ramp up as people hear about the benefits the new program provides. Cate Arnold and James Wantz have been at the forefront of the movement with the AAA award and Pathways Academy. Kudos to them!

We seem less focused this year on participating in the Distinguished Club program, which is too bad. I believe that members working together towards common goals generate a magnetic energy that attracts visitors to our doors. With about 6 weeks to go, there is still time to step up our game.

District leaders are recognizing the value of using TV and radio to market our organization. I had another call from someone the other day who wanted to know about Toastmasters. When I asked how she learned about us, she replied "Well, I heard your ad on the radio, and..." Kudos to both Leanna Lindquist, Immediate Past District Director, and Mitch Priestley, TV Toastmasters club president, for launching the District into the world of media.

I've gotten great feedback on the new look of *Voices!* I'd planned a total revamp to roll out in July, but that's been set aside for another year. Changes that will continue are bigger, brighter graphics. There is an ongoing, open invitation for writers to submit material for publication. With our worldwide distribution model, writers from across the globe are encouraged to submit their work. The caveat is that submissions must tie back to Toastmasters in some tenuous fashion. Please contact me for more detail at phyllis.harmon@d7toastmasters.org.

Final observation as this year winds to a close—it's been a good year. We continue to support each other, stretching and growing, and keeping the mission and vision alive. Kudos to all of us! Well done!

EDITORIAL

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TOASTMASTERS
INTERNATIONAL

VOICES!



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District 7 Speech Champions

Phyllis Harmon, DTM

2018 Speech Champions, Brinn Hemmingson and Cari Corbet-Owen, answer questions posed by Phyllis Harmon, Editor/Publisher

Brinn Hemmingson won first place in the International Speech contest with her speech, The Great Lady, and will be representing District 7 in the Toastmasters International Speech Contest in Chicago this August.

What brought you to Toastmasters?

A fortunate eavesdropping event—I overheard it being discussed by the elevators at KinderCare. I asked if I could go and the rest is History! That was Ad Libs.

How has Toastmasters helped your career?

I think in many jobs, I have had opportunities to speak and represent the company's interests. I have also been involved in other groups where this also was a big plus!

How has Toastmasters helped you personally? I believe Toastmasters is helping me to find an authentic voice. I feel I can be more direct and still maintain my desire to be kind. It is easier to make friends, too.

What is your process for developing a speech idea?

Oh my. . . I often write down a thought and later go back to it and the speech pops into my brain! I seldom have to really work at writing a speech.

What has helped you most to develop an award-winning speech?

Taking into account the input of many people I trust and admire. A word here, a gesture there, the suggestion to Own the State—crafting the wording is often tricky since one person may LOVE it and another not! But certainly I think this is a big part listening and incorporating suggestions.

As you practiced your speech for competition, how did you keep it fresh and not sound over rehearsed?

I try not to practice it too often. Once it is in my head and I have it memorized, I find it is easier to keep it fresh by imagining the audience. They are the ones who direct the flow and keep it fresh for me.

On the day of competition, what's your favorite way to prepare for your seven minutes on stage?

Well, I breathe deeply a few times, try to relax the shoulders and always take a little drink. Dry mouth is NOT something I want on the stage! And I look at the stage, the lighting and space.

What do you do for relaxation? Favorite



foods? Tell us about Brinn - what makes you tick?

I like to relax with a cat...or 4 in my case! Reading is a favorite pastime. Food...Icecream... blueberries and pretzels are some favorites. What makes me tick? I love words, I love to look them up and sound them out and place them in stories. I also love music. Maybe the two go together?

I understand that Toastmasters International provides competitors with a round trip ticket to the convention. Are you seeking sponsors to help defray your costs? If people want to contribute to your expenses, how can they reach you?

Oh YEAH I am seeking sponsors! I am unemployed right now so you can imagine! I hope to have a jewelry sale (I make jewelry). People can reach me at my email: brinn_h@yahoo.com.

I set up a [gofundme page](#) so that my Toastmasters family and friends can follow me as I prepare for the convention. Any contributions to help defray the costs of representing the



Cari Corbet-Owen won first place in the Speech Evaluation contest by providing Joe Anthony, target speaker, with excellent feedback. You can view Joe's speech, I Learned A lot about Myself That Day, by [clicking here](#).

Why did you originally join Toastmasters?

Mrs. Torr, my teacher when I was eight, was this neat-as-a-pin, itty bitty little lady, but she was a giant in my life. When she chose me to read a poem for a record the school was making, I could barely contain my excitement. I remember how her prim writing looked and how juicy that dry piece of paper of invite felt when I held it in my hand. Years later, I would take it out of my treasure box just to feel the magic it held.

Many years later, as a Rotary Exchange Student in 1980, (a year when I did 65 speeches), I realized how much I loved public speaking as a way of sharing information and discovered that people seemed to enjoy my talks. I especially

loved the Q & A section when I'd never know what questions I'd be asked—it felt like an exciting challenge. I'd no sooner given one talk, when invitations to speak at other clubs and schools would arrive, or a newspaper reporter would call me to do an interview or be on TV. Every time this happened I remembered feeling how unexpected and magical it seemed.

When I heard about Toastmasters, it felt like I'd come home and found my place in the sun. Here was a place where I could not only practice something I loved, but where I could get feedback and improve. I would come home from meetings so excited I could barely sleep and prepare speeches deep into the night.

How have you used the skills learned to advance your communication and leadership skills over the years?

I was lucky to receive unusual promotions at an early age. I have absolutely no doubt it was because of Toastmasters. Leadership didn't scare me, I'd held many Toastmasters leadership roles. Things like job interviews never scared me—they were just table topics in disguise.

Doing presentations in front of groups didn't scare me, they were just another semi-prepared speech.

In 2009, I was being interviewed for a 6-figure income job I really wasn't qualified for when to my shock I realized, I'd managed to leave



my interview clothes at home. I went dressed in the only thing I could buy at the last minute—stovepipe jeans and a top that I hadn't realize would wrinkle so much. I most certainly wasn't going to wow them with my first impression! Now I had two strikes against me—I was a psychologist not a pharmacist and I sure didn't look like good hiring material.

But as I stepped into the room, my magical Toastmasters cape of confidence slipped over my shoulders allowing my best self to step forward. They laughed at my sassiness and my stories and hired me. Whether it's standing in front of my team to motivate and inspire them or giving an employee honest feedback (just another evaluation), or stepping into leadership roles, Toastmasters has given me a safe place to experiment and skills training that I could not have received anywhere else. And, it did that all for pennies on the dollar.

What do you look for when evaluating a speech?

I've always found that merely telling someone where they can improve without demonstrating how it would look or sound if they did it differently isn't much help. With this in mind, I look for places where I can take part of the speech and re-do it demonstrating the alternative that I believe could have enhanced the speech.

How do you decide what elements to include in your evaluation?

It starts with a reminder to myself that people may not remember exactly what I say when I'm finished evaluating them, but they'll always remember how I made them feel, so no matter

what, I want them to leave feeling inspired to do better, but feeling good that they had the courage to give their speech. This rule #1 guides every evaluation I do.

I always remember that it's less about 'what' I say than 'how' I say it. I try to couch every sentence with 'I feel . . .' instead of 'you did. . .' and instead of using 'but. . .' (which often feels like it negates everything that came before) I try to use the word 'and . . .'

If I feel awkward about saying it, then I know it's going to make the person receiving the message feel awkward. But I also know there is always a way to say even difficult things in a way that still leaves a person feeling honored. If I truly can't find a way to say it that doesn't feel awkward then rule #2 applies: if in doubt then leave it out, and if it's important enough to their future development possibly tell them privately. For me the good old sandwich method works really well. I'm also aware that I've only got around 3 minutes to create a truly delicious sandwich so I don't want to waste any part of it telling them what method I'm going to use to evaluate them, or share my stories about how I relate to their content. I want those few minutes to be packed with all the stuff that will make the most impact for the speaker.

For my sandwich, I want two large hunks of delicious 'you-did-good-bread' and just a small amount of meat. I write down as many good things as I possibly can and then split these good things into two. These will be my bread that sandwich the meat. I may have written down many bits of meat, but I'm careful to only choose two (maybe three) to use in my feedback. Very often I'll choose ones that I think of as having a

thin bread lining to them. For example: I might say something like, “For the most part you had good eye contact (bread) and if you’d just stopped to hold someone’s gaze for a moment, I feel it would have enhanced your connection with the audience.” (meat)

Could you give our readers one or two tips about competing in an evaluation contest?

I don’t only watch the speaker, I want to watch the audience to see how the speech is impacting them. Are they laughing, do they look bored, what noises are they making, are they nodding their heads—how do they look as if they are connecting to the speaker? I’m hoping to find ‘bread’ to comment on. I also want to look out for things to comment on that will set me apart—things that I don’t think other evaluators will comment on.

I have created a form for myself that really helps me. I always write down their name and speech title when the contestant is being introduced and I always write down their opening sentence and their closing sentence...word for word. Then I have three columns. My largest

column is the one in which I write everything that is ‘bread.’ My smallest column is the one in which I write everything that is possible ‘meat’ and the third is where I write what I’m going to demonstrate as ways of improvement.

Then I’m aware that this is a mini speech. So I structure my feedback that way. What’s my opening, my body, and my close. I write down my opening and my close and the three main points I want to make sure to include.

Tell us about Cari – favorite foods? Hobbies? What do you do for fun?

My friends know that if there is anything creative (whether it’s painting, mosaicing or doing pottery) is always high on my agenda. I snow-ski, cycle, hike, do yoga, and am just a little addicted to pickle ball. I also love to create exquisite spots in my garden that give me pleasure and delight my many airbnb guests. I’m passionate about natural building, and have built multiple pizza ovens, benches, and two cottages from earth.

Researching unusual ways to stay healthy, and studying the lives of centenarians for clues, as well as talking about and writing about them,

absorbs many hours of my life. I’ve just submitted my fourth book to the publisher with the working title: “Unleash Your Secret Powers to Live Better Longer: Lessons from those who live to 100+.”

I’m lucky to have a large circle of friends I play with regularly and the most gorgeous hubby of 32 years.

Title		Person
Opening		
+	-	?
Close		

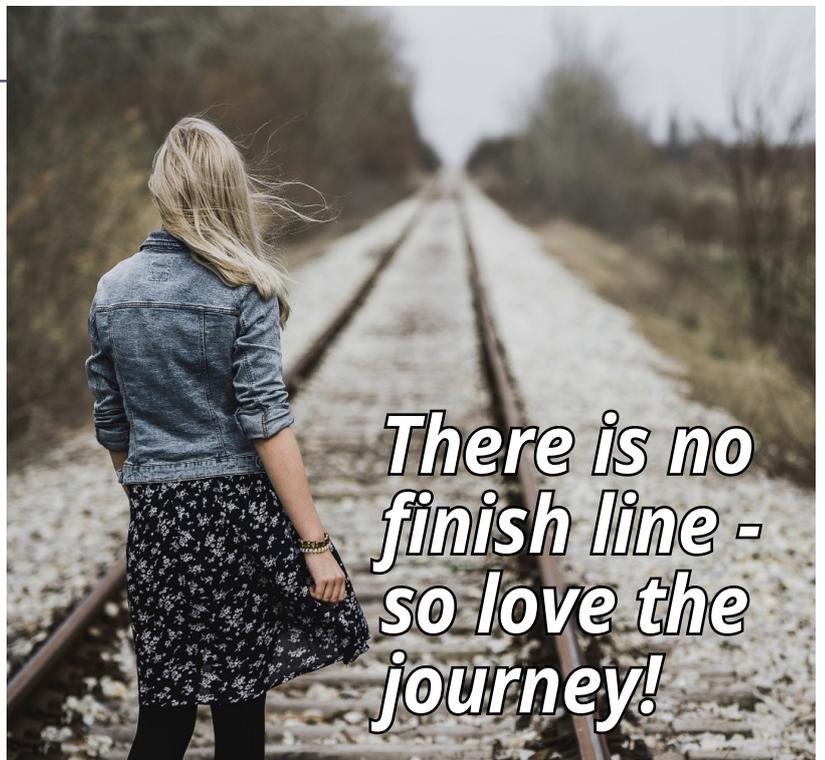
On Being Purposeful

Donna Stark, DTM
District 7 Director

Time is an interesting phenomenon. Sometimes it drags—in a hospital waiting room, in traffic, or waiting for water to boil (*the more you watch that pot, the longer it will take!*). Time also flies—days pass, weeks pass, months pass—and here we are with nearly 11 months of this Toastmaster year behind us and only thirty-ish days to go.

It's normal to assess progress toward club and district goals this time of year. It's a good time to assess your own progress, as well. Club and District goals are met when members are successful. That's why the Distinguished Club, Area, Division, and District programs are in place—to provide a framework to measure member success. Member success—yours, mine, and that of all our fellow Toasties—is the premise of the program. It really is all about you! The club structure provides opportunity, support, and encouragement. Are you making the most of that opportunity? Are you taking advantage of all that a Toastmasters membership has to offer?

I offer these potential action items for your consideration. Check out Pathways. Sign up to give your Pathways Ice Breaker. If you're working in the traditional program, choose



your next advanced manual and sign up for your next speech. Be a mentor to a newer member. If you could benefit by having a mentor, ask for one! If there's a meeting role or speech you've been avoiding (for me it was Speech Evaluator), tackle it, and apply what you learn to the next project. Consider stepping up as a club officer. Taking on new challenges is how progress is made and how growth happens. Your growth.

It can be tempting to say, “wait ‘til next year.” I ask, “why wait?” Be purposeful about your participation and let the momentum of a strong finish in June carry you into a productive and fulfilling July.

Thirty days. That's not much time, or—it's a whole month, depending on the perspective you choose. Imagine what we can accomplish in a month! Just sayin'.

(Oh... and in the spirit of the ice bucket challenge or Gatorade shower, if 40% of District 7 clubs reach distinguished status or better by June 30th, I will take one for the team. Get your coolers ready.)

New or Old . . .

Feedbackers

Improves Your Game!



Toastmasters Evaluation Workshop Club

Join Us - Visitors Always Welcome!

7:30-9:00pm every 2nd Wednesday
Providence St. Vincent Medical Center
9205 SW Barnes Road, Conf Rm 20
Portland, Oregon 97225
feedbackers.toastmastersclubs.org

“To-Do” Lists & Other Thoughts



John Rodke, DTM
Program Quality Director

Springtime is the time to finish projects and prepare for upcoming adventures. Today I ask you to think on the Toastmaster projects you have almost completed, and what leadership adventures you would like to embark upon. We have until June 30th to finish up and submit awards for our clubs and carry on or establish traditions of success.

I have a to-do-list habit, addiction, compulsion—call it what you will. The satisfaction derived from crossing off a project from that list is worth relishing. I encourage you to examine your to-do list and see what we can do to help you cross off some items and revel in the victories!

We had an enthusiastic turnout for our Spring Conference. Thank you to all who attended and to the volunteers who worked together to make it a success.

Let's keep this amazing energy flowing at our June 9th Toastmasters Leadership Institute (TLI) at Wilsonville High School.

We have limited time opportunities for members to become Area Directors and help our clubs thrive. Are you ready to derive the full value from the Toastmasters program and launch yourself into leadership beyond your club? If so, let me know as soon as possible so we can help you reach and exceed your leadership goals.

The excitement is in the air to achieve the Triple A Award. We look forward to celebrating our members who have achieved this once in a lifetime award at TLI. Will you be one of our recipients?

Are there members of your network who would benefit from Toastmasters? In the last three weeks, I have had three entrepreneur friends of mine attend meetings and learn about how they can thrive in Toastmasters. Don't keep this amazing opportunity a secret.... Psst... Sharing your enthusiasm works!

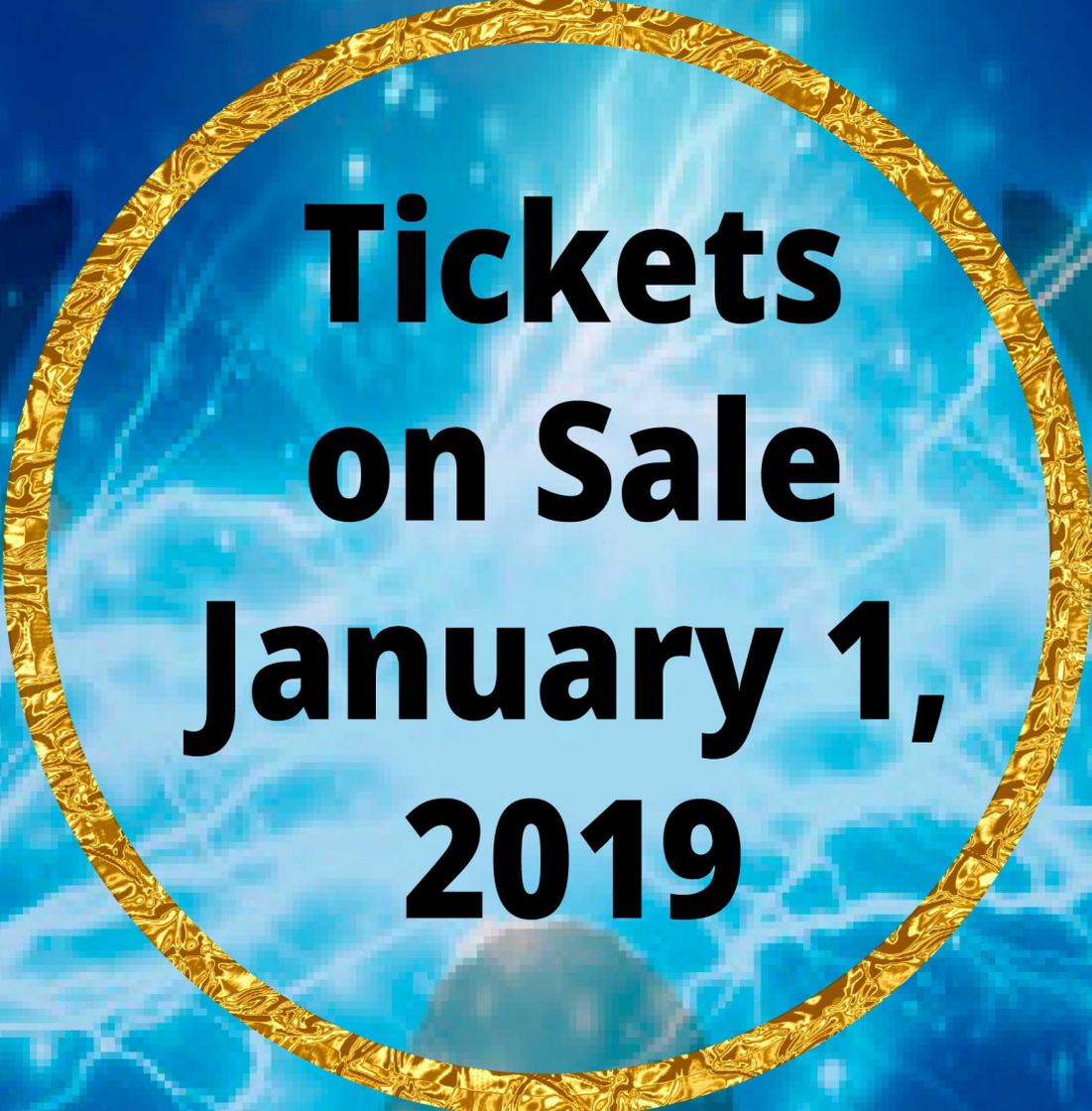
Cheers to crossing off your Toastmasters to-do-list, gaining the maximum value for your efforts, and embarking on new adventures in leadership and communication!

“Rename your “To-Do” list to your “Opportunities” list. Each day is a treasure chest filled with limitless opportunities; take joy in checking many off your list.”

Steve Maraboli

POTENTIAL UNLEASHED!

2019 DISTRICT 7 TOASTMASTERS CONFERENCE



**Tickets
on Sale
January 1,
2019**

APRIL 26 - 27, 2019

Camp Withycombe, Clackamas, Oregon

Lessons & Insights

Emilie Taylor, DTM Club Growth Director

Three weeks ago, I was inspired by Sean, one of my club members, when he quoted an African proverb: “If you want to go fast, go alone. If you want to go far, go together.” This ties in with my experience two weeks ago, when Jim Kohli, International Director, visited District 7. While he was here, he was the one “going together” with me during the corporate visits.

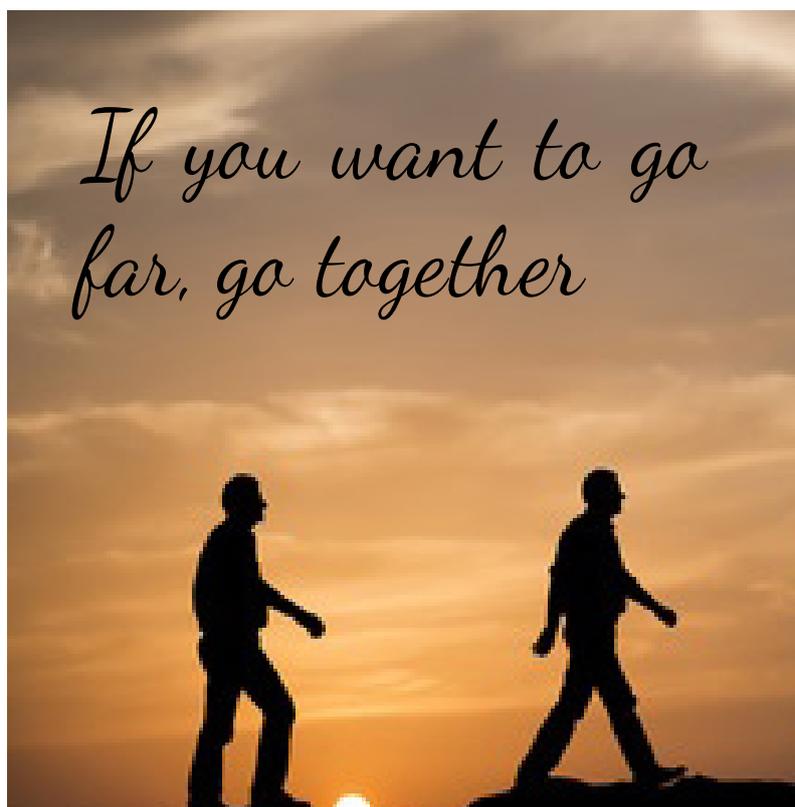
As the District’s Club Growth Director, I am responsible (along with my team) for coordinating and implementing the District mission of building or chartering new clubs. I had an excellent opportunity to learn how to explain the value and benefits of having Toastmasters clubs in the companies we visited.

I learned these valuable lessons:

- Being positive goes a long way when approaching companies.
- People can relate to personal experiences. Explaining how Toastmasters changed your life in ways you didn’t expect makes sharing at a deeper level more meaningful.
- Always be ready for the unexpected. Oftentimes in these corporate visits, we only see one or two managers. One of the companies we visited had around 16 people on the floor ready to listen to our pitch on the values and benefits of the program!

- Go with the flow, be flexible and be creative with your approach.
- The value of Toastmasters—it’s worth spreading because I saw firsthand its impact. The value of the program goes beyond corporate life, and into every other facet of one’s life.

Having Jim Kohli and, last December, Charlie Payton, Region 2 Advisor, mentoring me as we visited different companies allowed us to truly go



further. Their perspective and wisdom enhanced the experience. One of the great attributes of Toastmasters is learning from those who have gone before us.

When established and new clubs work at “going together”, we can go further and become stronger. All can become beacons of positive light in companies and communities.

1. My gardening reminds me that May is the time to set out tomatoes in the garden. If you want to have a great and bountiful harvest, you have to plant deep. A deep foundation, even for a tomato, allows the roots to spread, (networking at a deeper level).
2. You have to provide the right soil and nutrients. That is, support and uplift each other. Encouragement.
3. Strive to pull out any weeds of negativity.
4. Water liberally with ideas and feedback that

support new growth.

5. Lastly, give the sun of a smile to each other—nothing can stop the growth. (Together we can go far...)

Incentives

Beat the Clock May 1st-June 30th

This is Toastmasters International promotion to help our clubs reach their membership and retention goals. Clubs adding 5 new, dual, or reinstated members with a join date between May 1st and June 30th will receive a Beat the Clock ribbon to display on their club’s banner. Additionally, qualifying clubs earn a special 10% discount code off their next club order. Finish the Toastmasters year strong by making this your club’s goal!

District 7

- New Clubs—Charter by June 30th and the District will buy you a banner and banner stand.
- Membership—Clubs adding three new members (new, dual, or reinstated) before June 30th, can earn their choice of a banner, banner stand, lectern, or \$100 TI gift certificate. Incentive starts when announced on May 5, 2018 (at the Spring Conference.) Fifteen will be awarded—qualifying clubs will be entered into a drawing.

A big shout out to all our members out there who are working diligently to charter new clubs. I salute you and thank you for spreading the Toastmasters program in order to change people’s lives. If you need anything, marketing materials or otherwise, please reach out at cgd@d7toastmasters.org





JUN 09

Summer TLI: Step Up to Leadership

by Emilie Taylor, DTM - Incoming Program Quality Director 2018-19

Free

8:00 - 9:00 AM	Cafeteria				Regis
9:00 - 9:20 AM	Auditorium				Welcom
9:20 - 10:00 AM	Auditorium				Keynote Presentation
10:00 - 10:15 AM					Tr
10:15 - 11:15 AM	Breakout Sessions	VP Education	VP Membership	Breakout With Gary Schmidt	
11:15 - 12:15 PM	Cafeteria				District 7
12:15 - 12:30 PM					Tr
12:30 - 1:30 PM	Breakout Sessions	President	VP Public Relations	Sergeant @ Arms	
1:30 - 1:45 PM					Tr
1:45 - 2:15 PM	Auditorium				Pane
2:15 - 3:00 PM	Auditorium				Awards, Interna

DATE AND TIME

Saturday, June 9, 2018
8:00 AM – 3:00 PM PDT

LOCATION

Wilsonville High School
6800 SW Wilsonville Rd
Wilsonville, OR 97070

REGISTER

Registration and Breakfast

Introduction and Opening Remarks

Introduction by Gary Schmidt, Past International President

Transition/Break

Secretary/
Treasurer

Parliamentary
Procedure

Marketing/
Networking

Pathways

7 Potluck Extravaganza

Transition/Break

Storytelling

Humor
Workshop

Club Coach/
Mentor/Sponsor

Pathways

Transition/Break

Panel on Leadership

International Speech Contestant, and Closing Remarks

Where the Sidewalk Ends

From a poem that I should have learned in Kindergarten

Terry Beard

I call upon the wisdom in lyrics by Shel Silverstein, to expound on the value of good relationship connections and management.

*“I will not play at tug o’ war,
I’d rather play at hug o’ war,
Where everyone hugs
Instead of tugs,
Where everyone giggles
And rolls on the rug,
Where everyone kisses,
And everyone grins,
And everyone cuddles,
And everyone wins.”*

*“For the children, they mark, they know
The place where the sidewalk ends.”*

If we don’t monitor ourselves as we walk through life, where the sidewalk ends, we let go of the child-like fantasy of an all-win society which then easily becomes a society of win-lose. Like moving from childlike, idealistic fantasy of all winners to the dictates of a competitive life foisted on us by our society.

As children in America we move insidiously from a competitive society increasingly to a society of winners and losers, an individualistic culture driven by win-lose.

In the United States, we are known as rugged individualists, guided by dogged-determined, capitalist attributes— laser-focused, with a

can-do spirit, with a never-give-up attitude— among other successful ingredients sprinkled in for good measure. This sure-fired success formula continues to drive a win-lose operating style which has made this country great. Our individualism has driven our society from its troubled and rough-cut beginnings to success beyond our wildest imagination, which we can measure easily by our many accomplishments.

But . . . do we stop to ask is enough enough? Do we take the time to ask ourselves—by continuing to measure our achievements based on our own changes—if we are sizing up others and deciding whether we’ve won, and our friends and acquaintances have lost. To know that we, at least, are doing much better than others and that knowing gives us an ego boost. But conversely, may give others an ego bust.

Today, this ‘measuring up’ is all coming at a price. Our win-lose cultural climate is sneaky by nature. Clearly it is manifesting itself in how we treat one another.

As we grow older in the American culture our idealism seems to fade with age. The questions we ask each other reveals so much about ourselves.

People knowingly ask questions of one another to take their measure as if they are sincerely interested in the other. But often, their facial features are sending another message. I

want to know if I am winning and you are losing.

How is your day going so far? We often hear when walking up to the counter to order coffee at 6:30 AM.

How is your year going so far? This is a new greeting which I learned while shopping recently, I nearly fell over in shock. This was not a daily dive on taking my measure but a deep dive in to the land of nobody's business. My lack of response said, "No we ain't going there."

Are you making any money? The banks' branch manager barked at me, as I was standing in line waiting for the next teller.

How is your health?

How are your kids doing?

How is your wife, your husband, your partner, your life?

My mother's health is not good. No secret. The folks that I was chatting with knew this. As they asked me questions, taking my measure and my inventory, I was honest and up-front thinking that they really cared. Quickly I learned they were playing the win-lose game. So, I asked them how they were doing. They said, "Perfect." And with your mother? "Perfect." OMG. I lost. We win, you lose. Sounds like a draw to me.

People in conversation find or stumble in to a crack in our sidewalk. As a conversation unfolds, people sense that maybe we are a little vulnerable, that we may have a little owie. Not good enough.

Here is another set-up. One of our two kids is doing great. Our daughter recently graduated from an Ivy League College, Summa Cum Laude, and earned a Master's Degree from the



so
What?
i'm better
than
you.

London School of Economics, and a Ph.D. in Psychology from Harvard. But the other kid, our son, is on booze or drugs, and people continue to ask. How is your son doing?

I'm learning that people come across as if they care, but do they?

Smart people know.

Let's all make a concerted effort to be authentic. We become more genuine and sincere when we do our own consciousness raising. By asking ourselves, why am I asking these questions?

One needs to develop the filter to know, if their measure is being taken. Is there a smattering of compliments for the wins? Or is the other person using main stream conversation to widen the cracks in the sidewalk?

Et voilà. When I am in Paris, this is where the sidewalk ends for me. I can let my defenses down. I embrace my child ego state, the playful ego state.

Yes, my defenses are down. Childlike.

How do I know that it is different for me when I'm in Paris?

I dream nearly every night.

As kids, as children, we all remember, we

dreamed more often.

Like a kid skipping along where the sidewalk ends, I could care less if my shirt is tucked in or out, if my clothes match as I head out to the laundromat, and if my hair is combed. As I chase down a baguette in the morning, hustle up the *NY Times International* and *Le Figaro*, or shag a cup of coffee, I say hello to everyone—a bonjour here and there. Smiling is an international language.

It is fun and amusing watching the American tourists take a whack at their use of the French language, and/or the French taking a stab at using English. Good for them! They are having fun!

As an ongoing student in the French language, I am constantly shaking hands with my childhood. We do our learning in our child-ego state.

Let's find the balance between childhood and adulthood. There is no need to lose our childhood when we are in our adulthood. As adults, let's embrace the child in each one of us. There is a fine line, and we need to learn, to know where the sidewalk ends.

As children, most of us were taught to take turns. It is the socially responsible thing to do as adults. There is a time to be competitive, but

there is always time to shake hands—with give and take—to enjoy the bountiful harvest of mutually-enhancing reciprocity.

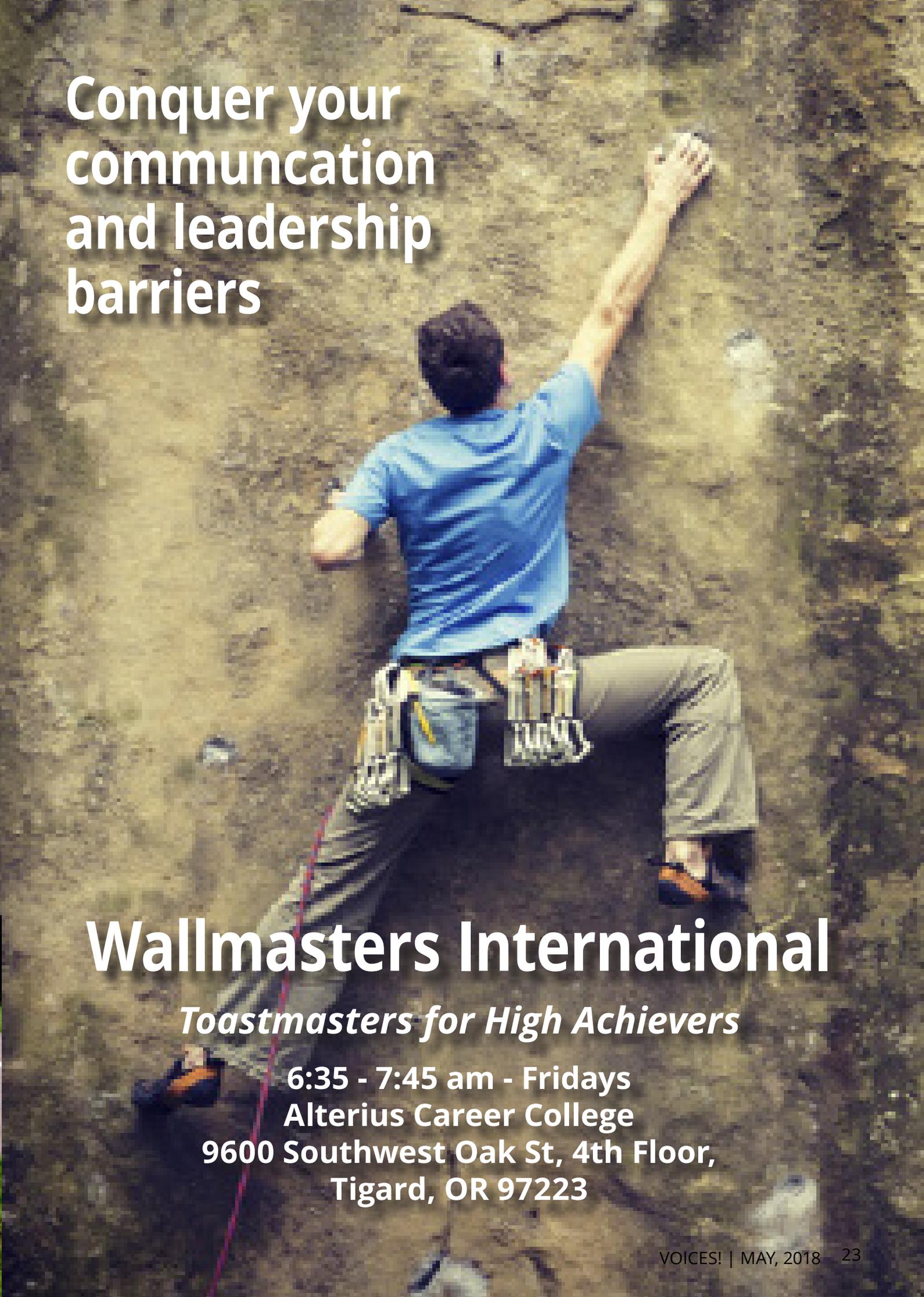
Let's all find our serenity spot, to know where the sidewalk ends. When we re-engage with our childhood as adults, we are ready to reap the rewards of the true power of quality people connections.

It is criminal in America that so many people drive the narrative—win-lose. Those of us that live a life of win-win are those of us who, like children guided by adulthood, know where the sidewalk ends.

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. Visit his book website at squelchedbook.com. You can reach him at terry@squelchedbook.com.





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D7 Pathways Troubleshooting Tips

James Wantz, DTM
Public Relations Manager



Pathways can be difficult to navigate at times—almost as if you are trying to find your way in the dark with a flashlight that has dead batteries. Here is a list of common areas (I've found) that need troubleshooting. This is not an exhaustive list. . . but it is a start.

Computer Issues

Some Pathways problems can be solved at the computer level:

1. Be sure your computer has the latest updates & drivers for the operating system, graphics card, & browser.
2. Be sure your computer has enough working memory. If memory is maxed out, then Pathways will be unable to operate correctly because it needs to download data directly to your temp files for easier browser viewing.

Browser Issues

At this time, there are known browser issues with Google Chrome and Microsoft Edge. If you are having problems with Pathways using these browsers, try a different one to see if this resolves the issue.

If you are having trouble seeing the text or images on your screen inside your browser, try using 'ctrl' & '-' (minus) or 'ctrl' & '+' (plus) keys

to change the size of text and images.

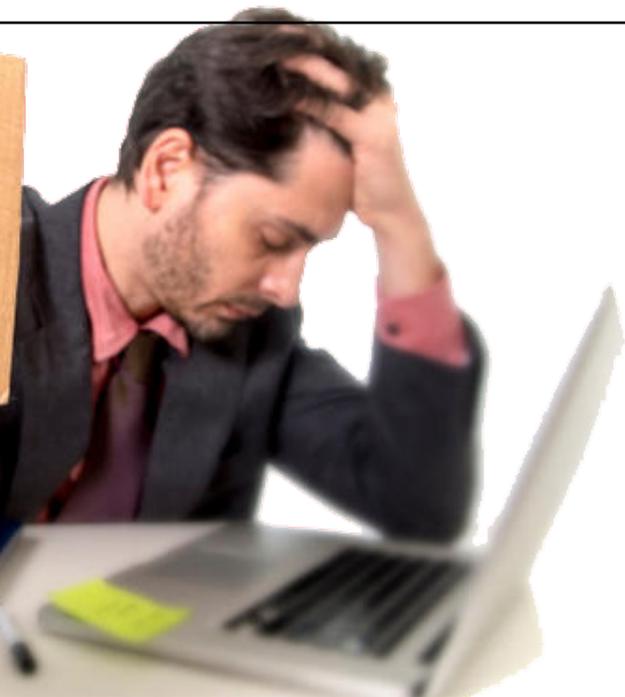
Basic Troubleshooting Tips

If you are having issues inside Pathways such as screens freezing, information not showing up, general slowness, or any other difficulty, try these steps first:

1. Return to Toastmasters International home page and reenter Pathways.
2. Log out of Toastmasters International, close the browser tab, reopen site & log in again.
3. Shut down the browser, reopen the browser, and try logging in again.
4. Reboot computer (seriously, this has worked for me a time or two—probably a temp file issue or a program conflict with my browser)
5. Contact a friend or club member for additional assistance. You may even contact me: wantzjames@gmail.com
6. As a last step, contact Toastmasters International for additional troubleshooting tips : membership@toastmasters.org

Level Completion Awards

Pathways Level completion & credit is a two-step process (Pathways and Club Central) for



the member and club to receive credit towards the Distinguished Club Program (DCP). **THIS IS EXTREMELY IMPORTANT** – members are not receiving credit towards the DCP for completing Levels because many VPs Education don't do the whole process.

1. Once a member clicks 'Mark Complete' on a Level in Pathways, the system sends a completion request to the email on file with Toastmasters International as the contact person for the club (see 'How to Update Club Contact email' for tips on checking/changing this).
2. Pathways: After the Base Camp Manager receives the Level Completion request, they will need to process the request inside Pathways. For more information on how to do this, click on the 'Tutorials and Resources' tab inside Base Camp, then on 'Base Camp Manager' under the Subject heading. Overviews and Videos for all Base Camp Manager tasks are here.
3. Club Central: After completing the Pathways Level completion, be sure to complete the Educational Award submission inside Club Central. You will need to leave Base Camp and

return to Toastmasters.org main site. Click on 'Leadership Central', then on 'Club Central', select which club you are managing (only if you are an officer in multiple clubs), then click on 'Submit Educational Awards'—this is where you enter all the award applications for the traditional program.

How to Update Club Contact email

Pathways Level Completion emails default to whomever is listed as the contact for the club at Toastmasters International. You can check this by logging into Base Camp and typing "Club" in the search box in the upper right-hand corner of the screen and clicking on 'Club Base Camp Manager.' The email address will show in the 'About Me' section. Please insure this address is the Base Camp Manager. Until a Level Completion request is processed, the member will not be able to open projects in the next Level.

1. How to update club contact email: Go to Toastmasters main web page, click on 'Leadership Central' in the banner bar, then 'Club Central', select the club you're updating (if you are an officer in multiple clubs). In Club Central, click on 'Club Contact and Meeting Information', and update email address under the 'Email' label. *Note: This changes the Contact email for the club as well. At this time, this one email address is used for both Club Contacts and Level Completions. I do not know of a way to have them be different.*

How to save documents to your E-portfolio

Pathways gives members access to cloud storage called E-portfolio. At one point it was

thought that uploading evaluations to your E-portfolio was a necessary part of a Pathways project. That is not true. There is no project completion requirement for a member to upload any document to E-portfolio. Additionally,



no one except the member has access to or can see the documents in E-portfolio. One way to get there is through the blue My Feedback button on the first page of Base Camp.

Follow these steps if you want to save documents, audio files, or video files to your E-portfolio.

1. Once you click on My Feedback you will see a screen that says 'Feedback' with narrative describing it – ignore that.
2. Look up to the white bar (with your name to the left) which reads Base Camp Profile, Feedback, Transcript, E-portfolio.
3. Click on E-portfolio. Now you should see 2 boxes – one says Documents, the other says Badges.
4. Click on Documents. Now you see 6 'folders' labeled Level 1, Level 2, etc. You are unable to rename or modify or add to these folders.
5. Click on the words 'Level 1' – not the box. When your mouse hovers over it; it will become underlined and act as a link.
6. Click on the red 'Add File' button to the right side to add files to your documents. File size limitation is 20mb.
7. Navigate in your computer to the file location

and upload it.

8. Your only options in E-portfolio are to Add files and Delete files.

Pop-up Window Issues

Pathways requires that you turn off your pop-up blocker for their site only (you don't have to turn it off for the whole web). See the information inside Pathways for tips on how to do this.

Unable to Navigate Inside a Project

Inside the Educational Transcript, when you click the Launch button for a project, Pathways opens a new window for the project itself. If you are unable to navigate to the next page of the project, it might be because the navigational arrows on either side of the pop-up window are not visible; resize the window so you can see them, and you will be able to change pages. [This is, coincidentally, the main reason Pathways will not work with mobile devices—the pop-up window cannot be resized on a mobile device, making navigation inside projects impossible.]

"Change is not a four letter word but often your reaction to it is!"

Jeffrey Gitomer

Round Up, Rally & Get'er Done

Lisa Hutton, ACB, ALB
Club Coach Coordinator



Finishing strong is an attitude. It's a mindset that encourages one to perform at an exceptional level. It requires one to face adversity with courage and refuse to surrender to mediocrity. It's unlikely that you'll see an athlete slowing down as they get closer to the finish line, right? With only a few weeks remaining before the end of this Toastmaster year it's time to round-up, rally and get 'er done.

Rounding up members can be challenging. Meetings with themes are one of the best 'go to' methods for generating a cohesive meeting while adding a bit of fun. If your club doesn't assign roles, circulating a list for the upcoming week(s) meetings is a great way to gently nudge members into signing up. It can certainly be difficult to motivate everyone with this method, but it does help and is a good place to start. Asking active members to contact those that haven't been regularly attending is a personalized way of letting them know they're missed. The diversity of members is what many say makes their club so awesome.

A rally is when people gather to regroup in order to continue. If your club has had members straggle in and out of meetings, it's time to encourage them to commit to serving a role and/or giving a speech. As promised in the Toastmaster Club Mission Statement, "we provide

a mutually supportive and positive learning environment". Take a moment to reflect on the members in your club that might need a 'lil extra support to keep them on track. Involvement is one of the best ways to shrug off lethargy or whatever is holding them back from moving forward. Together, we are indeed stronger. For those clubs struggling with membership numbers now is a great time to invite guests and consider having a special event.

Goals are set in order for us to move forward and to allow us to take on new opportunities once we've achieved the task(s) at hand. Delaying the gratification and feeling of success that comes with finishing what they've started is an obstacle that needs to be discussed and resolved. Getting members that are not innately 'task oriented' may require a lil more encouragement to get 'er done. Finally, celebrating and acknowledging each goal the club achieves will help to keep the momentum going.

Finishing what we've started is an ongoing life lesson even though not every task requires us to be diligent or determined. That being said, becoming a competent communicator and skilled leader are life lessons that Toastmasters are achieving every day once they commit to finishing strong.

Changing “I Can’t” to “I Can”

Nick Hunt, Prospective Club President

“Tell me about a time that you showed leadership,” the interviewer stated. I reached back in my memories and offered up an example, knowing it was a weak one. I didn’t get that job and I felt my answer to that question was a significant factor. Soon after, I joined Moda Mouths Toastmasters. There I realized my lack of leadership experiences were due to a misconception I had about confidence.

I thought it meant making brash statements or being arrogant. I learned, however, that it simply means knowing one has the ability to do something. Having the attitude of “I can” rather than “I can’t” is the key to being more assertive and becoming a leader.

Initially, Toastmasters helped make a difference on a personal level last fall. My wife, Jessy, had never had a surprise birthday party before. I was not one to throw parties, so I never planned one for her despite her subtle hints. I always thought, “No, I can’t do that.” I began to think of all the positives that would come if I did plan one, and realized the only negative would be not trying.

I began coordinating and making arrangements with the help of some close

friends. As Jessy loves to sing, her surprise party was realized in a private karaoke suite in Portland last November with all of her friends. She had a blast and it became one of our most

memorable experiences together. It was made possible because I changed “I can’t” to “I can”.

Toastmasters continued to connect with me on a personal level. I was blessed to have a close relationship with my late grandfather and we enjoyed many common interests. I was touched to learn there was one more that I was unaware of: Toastmasters. Being a salesman, he went to Toastmasters because it helped him to be more engaging and confident with clients. I, too, began my Toastmasters journey to develop professionally and deal with my misconceptions about confidence. This was my confirmation that I was in the right place.

In January, I attended my first Moda Mouths Toastmasters officers’ meeting. Surprisingly at the end of it, I was club president. This was my first experience in a true leadership position and I learned the importance of



having a great team to surround oneself with. Fortunately, this is very much the case with Moda Mouths. Just like planning my wife's surprise party, Toastmasters requires thoughtful preparation and making sure people arrive ready for the occasion. While Moda Mouths continues to strive to become chartered, I've found the most effective recruiting tool is communicating to people that they, too, can change "I can't" to "I can".

From planning a surprise birthday party for my wife, discovering a connection with my grandfather, to becoming the club president of Moda Mouths, Toastmasters has proven to be the missing element in helping me become more assertive professionally and personally. It's exciting to experience these latent abilities coming alive. Seeing these developments, I want others to also experience the joy of changing "I can't" to "I can".

Nick Hunt is a believer in Jesus, has been married to his wonderful wife Jessy for eight years, and is currently working towards obtaining his Post-Baccalaureate Certification in Accounting.

Moda Mouths is a corporate club forming at Moda Health in downtown Portland.
[Editor]

Honoring Our Elder Folks

Lee Coyne, ATMS

Without having grandparents, none of us would exist. Zero. Zilch. Therefore we dedicate the month of May in their honor—it's Older Americans Month.

There are a multitude of potential topics for both speeches and Table Topics.

Here we present our salad bar of salient topics:

1. Ethnic Roots. What did you derive from your ethnic background as conveyed by your grandparents?
2. Courtship. How did Grandma and Grandpa originally meet and marry?
3. Occupation. What sort of jobs did they pursue and what skills were developed as a result?
4. Cuisine. What were some special recipes they would revel in?
5. Advocations. Did they manifest hobbies or collect objects as a leisure time outlet?
6. Vacations. Where did they travel as respite from the workplace? Did they have a favorite destination?
7. Personal legacy. What special trait did they display that you wish to continue on your branch of the family tree?

Without roots all branches would vanish and perish!

SHARE YOUR STORY

DISTRICT 7 2018 SPRING CONFERENCE



More photos available [here](#)

CONFERENCE IN REVIEW



Contest speeches available [here](#)



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>

OriPhone 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:	<p>To encourage member participation in Pathways, D7 is offering these unique awards to members in Pathways—but only for a limited time!</p>
WHEN:	<p>NOW!</p>
HOW:	<p>Watch a two minute video for more information: https://youtu.be/llsY52rRe6I</p>
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: April 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). 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. Deadline: June 30, 2018</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

Strategies for Success

Leanna Lindquist, DTM
Immediate Past District Director

There are five weeks left to become a Distinguished Club. Five weeks for members to submit educational awards. Five weeks to add a total of 5 members to your base or get to twenty. I belong to three clubs. Each club will have the goals to be Presidents Distinguished. All are a few members short. I'd like to share what we are doing to bring our numbers up. Perhaps some of these strategies will bring new members to your club.

- Advertise on Meetup—the District has a Meetup account, contact Phyllis Harmon print2pahs@gmail.com to become a co-organizer and advertise your club (clubs report it brings guests to their meetings)
- Update your Facebook Page or create one
- Post on community calendars
- Check your club website
 - Is it current?
 - Does it encourage visitors?
 - Is it engaging?
 - Is your information accurate?
- Welcome guests and follow up with them
- Reach out to former guests
- Contact prior members
- Contact your local Chamber of Commerce



- and ask for time at a meeting
- Ask every member to commit to bringing a guest
- Respond to inquiries as soon as possible
- Talk to someone where you hold your meetings
 - Ask if you can put information in an e-newsletter, put up a flyer, make an announcement or add your meeting to their event calendar?
- Plan and execute fun meetings

Implementing a number of strategies at the same time will give your club the best chance of attracting new members. Involving all your members gives them ownership. Becoming a Distinguished Club should be a source of pride for you and your members. Distinguished clubs have great reputations. They meet their members' needs, hold good meetings, and attract new members. It takes effort to become a Distinguished club. I think it's worth it.

Lookin' Good on Television

Phyllis Harmon, DTM

Have you heard that television cameras add 10 pounds to an otherwise svelte physique? According to Dan Vojtech, photographer, in an article published in *Business Insider*, the 'fat' effect depends on the camera lenses used. You can view his interesting research [here](#).

I assure you, as the producer/editor of the Beaverton TV Toastmasters program, you don't have to crash diet before appearing on our show! However, there are a couple of tips you should consider:

The camera sucks 40% of the energy out of the recorded video

If you drag yourself to the studio at the end of an exhausting day for your segment, and aren't lively and full of energy on stage, you will appear flat and boring in the final cut.

Keep in mind that you are the star of the show! You are on stage. A high-energy, engaging performance (but not over the top) will make your segment interesting and worth watching. Please sit up straight or lean slightly forward! Leaning back in your chair causes your body to slump. This cuts off your airflow which reduces your ability to speak clearly. The camera picks up a slump as disengaged.

It's your job as the star to be entertaining and interesting. Vocal variety. smiling,



widening your eyes slightly, and truly engaging with the host will add to your segment's success.

The 'Cousin Itt' Look

Do you remember Cousin Itt from the TV show *The Addams Family*? The audience never saw his face because of his hair. Unfortunately, no matter how engaging you are on stage, if your hair refuses to stay out of your face, you too could be Cousin Itt!

The camera operator spends 10 minutes artfully setting up the shots so that you appear beautifully framed, only to have the shot and the segment ruined because of uncontrolled hair. If you wear your hair long, consider tucking it behind your ear, wearing a headband or clip, or tying it back while you are in front of the cameras. For those of you who love the mussed, just-got-out-of-bed look, the camera is not your friend. Don't be upstaged by your tresses.

TV Toastmasters creates professional-level content for the viewing public. Our audience is 500,000 cable subscribers in the Portland metro area. Our goal is to showcase you and give you a stage where you can be the best you possible. Together we can do that. We invite you to join us under the lights. Contact me at tvtoregon@gmail.com to learn more about our program.

FUTURE STARS

The Elimination of Fear

Zayan Akmal

I sat tall at the seven-foot-long Steinway & Sons grand piano, it's black and white keys familiar, yet new at the same time.

I felt the audience hold their breath.

I felt them watching my every movement.

The silence was deafening.

So I began to play.

Do you ever see images in your mind from memories long past that are so vivid, you can describe every minute detail of it? No matter how long ago it was?

October 30th, 2016, was that day. The day that I not only performed in a piano recital, but more importantly, the day that fear let go of me. When my piano teacher, Linda (who is a very nice person) hosts a recital, she has all of her students come to her home and play one or two selections from memory. After everyone is done playing their pieces, we enter the kitchen and have a potluck dinner where we can do anything from talking about music to complaining about school. Sounds fun, right?

No you're wrong! To have to play a piece in front of people who are older and have so much more experience than me, what are you talking about "sounds fun"? I was afraid of that. But I was able to get over this fear on that day, because I had experience, confidence, and belief.

This was not my first rodeo, okay? I've been to a lot of these recitals, and there is something that



I have learned: I am always picked to play first. I came to my first recital, and after everyone had sat in the rows of chairs in the living room, Linda came to the front and said, "So who wants to go first?" Nobody raised their hand—because I mean—who wants to go first, right?

The only times when I would want to go first in something are eating and sleeping—only two. So this is when the selection begins. She starts staring at each of us. This is when I made my first mistake. I was looking at her, waiting for her to pick someone, and then our eyes met. And I knew it was all over. "Zayan, come up and play your piece for us!" So I nervously got up there and played through the piece.

Then came the time for my next recital. Linda still seemed nice (although I was reconsidering my position on that based on what happened the last time). Everyone sat in those rows of chairs. Once again, Linda came to the front and said, "Who wants to go first?" When nobody raised their hand, I knew how the game was played. I knew I wasn't supposed to make eye contact, so what I did was I looked straight at the ground. I looked at my shoes as if

they were the most interesting shoes in the world. But then I realized something. Linda was going to look at me and realize that I was trying to avoid contact, and as soon as that thought flits through my mind, all I hear is, “Zayan, would you like to go first?”

So I got up and played my piece, but a bit less nervous this time.

Finally comes the day that I remember so clearly. I came and sat down, and as soon as everyone arrived, I remember thinking to myself, okay, there is no possibility in this world that I could be picked first again. I mean, there’s nothing to justify it, it’s morally wrong. If she asks me again I’ll just say, “No thanks, I’m good, I think I’ll just sit this one out.

But what do you know, Linda looked over and asked me that same question she asked last time and the time before. But this time, I wasn’t afraid. I got up, unafraid. I introduced myself, unafraid. I sat down at the piano, and played through both pieces, aware that everyone was watching me. But I was not afraid.

Why? Because of my experience. I knew what I was getting into, and things don’t always go right the first time, but that’s okay, because life is all about learning. And once you learn, you realize it’s not so bad after all.

I was not afraid, because I had confidence. I walked up there with the mindset that I was going to give the best performance of the night, and that confidence gave me the strength to do so.

Finally, I was not afraid, because I had belief. Not only did I believe in myself, but I believed that my emotions would come through the music and make the audience not only hear something, but feel something.

Now, when I say that I was unafraid, that

doesn’t mean I wasn’t nervous. It just means I’ve acknowledged that fear is always there and I know how to deal with it.

So here’s my advice to those who are plagued by fear. In whatever you’re doing, don’t go in blind.

I was picked to go first three times in a row, and while that wasn’t really fun the first time, or the second time, or even the third time, it became easier every time.

Know what you’re dealing with, and that experience will eliminate the first third of your fear. Once you have experience, that will lead to confidence in what you’re doing.

Even if you don’t feel confident, act like it. When people see that in you, you really will feel confident. With that, the second third of your fear is gone.

Lastly, confidence will lead to belief in what you’re doing, and then you’ll realize that, in the words of Franklin D Roosevelt, “The only thing to fear is fear itself.” And when fear is gone, there’s nothing to be afraid of.

This article is based on an award-winning speech given by Zayan at the Future Stars Speech Contest last month. 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.

5 Ways To Be Deliberate In Your Public Speaking Delivery

Kwesi Sekou Millington, BComm

The following article was featured in the Huffington Post in September 2016. It's reprinted here with permission of the author.

I try to drink my coffee black, or with some natural Stevia in it at most. However, there is something about adding cream to coffee that makes it so much tastier. A creamy coffee, whether it be made at home or a Vanilla Latte from Starbucks, is so much more tasty. Well, just as cream makes your coffee more pleasing to the palate, there are words you can use (and an order to use them) that makes them more pleasing to the ear. In James Humes' book, *Speak Like Churchill, Stand Like Lincoln*, he states that the greatest leaders are the greatest speakers. Humes goes on to say that by using certain strategies in your delivery, you can become a "Lion" of speaking, and that when you deliver lines in your speeches using 5 specific elements, your words will linger in your listener's mind. For the purpose of your speeches, ensure that you add some of the following speech elements to your lines of delivery, or risk those lines being forgotten. Be deliberate with your delivery, and your lines will surely linger.

Speech Element 1: "C" Contrast

The element of contrast simply means using contrasting phrases very close together. For example, a line from Winston Churchill, "There is only one answer to defeat, and that is victory",

is an example of contrast. "Defeat" and "Victory" are opposite words, therefore they create contrast. Other examples are "Friend and Foe", "High and Low", etc.

Speech Element 2: "R" Rhyme

The most popular use of this element is "An apple a day, keeps the doctor away". "Day" rhymes with "Away". Be careful with this element to ensure that



your speech does not become a song or poem, but used sparingly, this can have a lasting effect. Proof? When you think of Muhammed Ali, what fight titles do you think of? It is likely that the “Thrilla in Manilla” or “Rumble in the Jungle” were the first to pop into your head. That is no accident!! (The naming of those fights was not accidental either).

Speech Element 3: “E” Echo

Echo is simply using the same word multiple times in a short space – a sentence or 2. John F. Kennedy probably has the most famous use of the Echo in history. “Ask not what your country can do for you, but rather what you can do for your country.” Six words are repeated in this ONE sentence: What, You, Can, Do, Country, and For. Echoing words in your delivery sinks your message into your listener’s brain.



Speech Element 4: “A” Alliteration

Alliteration is defined as the commencement of two or more words of a word group with the same letter. Remember “She sells seashells by the sea shore.”? It does not have to be that many words, just a few will do. Humes suggests consonants are better than vowels. You can apply alliteration in a much more subtle way and achieve the same effect. (Hint: Look at the title of this article!)

Speech Element 5: “M” Metaphor

A Metaphor is a comparison. It relates the unknown to the known. It creates a visual comparison of your topic to something that everyone can relate to, to get them to connect to what you have to say. When Muhammad Ali, “floats like a butterfly, stings like a bee”, he was comparing how he moved in the ring, to the gentle and graceful movement of a butterfly. He compared how he punched his opponents to the harsh sting of a bee. He used 2 metaphors beautifully to relate boxing, which most of us have not ever done, to the common experiences of watching a butterfly move, and getting stung by a bee. Adding “CREAM” to your speeches are like adding cream to your coffee. It will make your words go down more smoothly, and leave an awesome sweet taste in your listener’s mouths. And just like your local coffee shop, it will keep them coming back for more!

Kwesi Sekou Millington is a world class public speaking coach, speaker, and Toastmaster in Ottawa, Canada. You can find more articles by Kwesi by clicking [here](#).

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Wonderful Oregon Wordmasters (WOW)	Abel	Irene
Vancouver Toastmasters Club	Adams	Rebecca
TV Toastmasters	Adams	Tracey
Clackamas Stepping Stones Tm Club	Akiyama	Corina
Gresham Toastmasters Club	Aleksa	Jason
Corvallis Evening Group	Allani	Krishna
Straight Shooters	Allen	Stefyni
West Beaverton Club	Alvaro	Vanessa
Banfield Barkers	Au	James
Marylhurst Toastmasters	Bader	Kristina
Noon Talkers	Bakke	Jenni
Gorge Windbags	Bankman	Judy
TV Toastmasters	Bard	Linda
Leader's Edge Club	Bederson	Hanna
TV Toastmasters	Bennett	Allison
Toasting Excellence Club	Bird	Joshua
Straight Shooters	Blackwell	Kami
Bend Chamber Toastmasters	Blancon	Julien
Oregon City Toastmasters	Blount	Jan
Salmon Speakers	Bock	Karey
Straight Shooters	Boese	Gail
The Standard Speakeasy Toastmasters	Bonazzola	Emily
Lunch Bunch Toastmasters Club	Boren	Thomas
Roseburg Club	Bowden	Andrea
Politically Speaking	Bowerman	Earl
Wonderful Oregon Wordmasters (WOW)	Brame	Jaye
TV Toastmasters	Brand	Michael
Eco Voices Toastmasters	Brint	Ben
Moser Community Toastmasters	Broad	Simon
University of Oregon Club	Broussard	Taylor
Nano-Mated Speakers	Burr	Joshua
Spirit Trackers	Busch	Cody
Speakers By Design	Byrne	Jessica
NoonTime Club	Campbell	John
MIME Speaks	Cardozo	Bruno
Totem Pole Club	Castillo	Maximillian

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Speakeasy Toastmasters	Chennamaneni	Neelima
Timber Talkers	Church	Thomas
Suite Talkers Toastmasters	Clark	Khaya
Transtasters	Clausnitzer	Evelyn
Beachtown Toastmasters	Coffman	David
Molalla Toastmasters	Conarton	Joel
Make the World Toast	Constant	Mike
Pearl District Toastmasters Club	Cook	Patrice
Leader's Edge Club	Copeland	Adam
Feedbackers Toastmasters Club	Corbin	Tamsen
Bend Chamber Toastmasters	Crawford	Chelsea
At The River's Edge Club	Crouch	Eddy
Toastmasters For Speaking Professionals	Dalling	Dennis
Timber Talkers	Dean	Stan
Gateway Toastmasters	Del Alba	Florin
Yawn Patrol Club	Dixon	Miles
Gorge Windbags	Doerr	Kirah
Articulators Toastmasters	Dreyer	Victoria
Evergreen Club	Dunaway	Sophia
Liberty Talkers	Dyas	Jean
Gresham Toastmasters Club	Dyer	Aurora
Gorge Windbags	Eiesland	Hayli
Sage Beaverton Toastmasters	Elenes	Sarah
Sandy Club #8848	Ellis	Kyle
MultCo Toasties	Forester	Dan
Wagon Tongues	Fowler-Thias	Roger
Wallmasters International Club	Fredrickson	Cheri
Timber Talkers	Goalby	John
Storymasters Toastmasters	Goalby	John
Moser Community Toastmasters	Graham	Charles
Myrtlewood Hootowlers Club	HAHN	KAREN
Portlandia Club	Hakimelahi	Hamed
Moser Community Toastmasters	Hale	Lizbeth
Sherwood Town Criers Club	Hancock	Shawn
TV Toastmasters	Handke	Laura
Barnhart Toastmasters	Hanenkrat	Robert

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
TV Toastmasters	Hart	Deb
Communicators Plus	Hart	Matt
The Dalles Toastmasters Club	Hartley	Elizabeth
Salem Toastmasters Club	Hartwell	Scott
Barnhart Toastmasters	Hatch	Abbey
Gorge Windbags	Hawkins	Jeremy
Make the World Toast	Hayes	Brian
Bootstrappers Club	Hernandez	Carlos
Talk-In-Tel	Hernandez	Jose
Spirit Trackers	Holser	Thomas
Eco Voices Toastmasters	Horn	Sarah
High Noon Club	Howard	Sarah
Grants Pass Toastmasters Club 852	Howell	Shawn
Newberg Toastmasters Club	Huff	Ben
Bend Chamber Toastmasters	Irwin	John
Electric Toasters Club	Jacobs	Callie
Speakeasy Toastmasters	Jain	Sandeep
Sage Beaverton Toastmasters	Jemerson	Rita
Bend Chamber Toastmasters	Johnson	Jana
Jefferson State Toastmasters	Johnson	Michelle
Stagecoach TM	Johnson	Moriah
Will-Sher Club	Jones	Casey
Liberty Talkers	Joshua	Deanne
Tower Toastmasters	Julien	Sam
Advisors Toastmasters Club	Kennel	Erika
Babble-On Toastmasters Club	Kerry	Alex
New Horizons Toastmasters Club	Khafateh	Maymunah
Portlandia Club	Kianrad	Mina
Communicators Plus	Kiefer	Natalie
Electric Toasters Club	Kim	Kennedy
Portland Club	Kimura	Kenta
Eco Voices Toastmasters	Klonoski	Zach
Lake Oswego Toastmasters Club	Knapp	Christina
Transtosters	Kowalski	Carly
Audacious Orators	Krebs	Merilee
Wonderful Oregon Wordmasters (WOW)	KRESKY	ADELLE

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Feedbackers Toastmasters Club	Kumar	Anil
Toast to US	Kyle	Jeri
Civil Tongues Club	La Croix	Kim
Spirit Trackers	LaGrew	Steven
Noon Talkers	LaPore	Amanda
Will-Sher Club	Lathrop	Dena
Mentors Of Focus Club	Lee	Chung
Suite Talkers Toastmasters	Lee	Mickey
Will-Sher Club	Leis	Leonard
Will-Sher Club	Leis	Linda
Bend Chamber Toastmasters	Lewis	Kimberly
Advisors Toastmasters Club	Lewis Kent	Julie
Bend Chamber Toastmasters	Liberatore	Traci
Tabor Toastmasters Club	Liss	Aaron
Sherwood Town Criers Club	Lloyd	Fae
Walker Talkers Toastmasters Club	Lunn	Mariah
CareOregon	Lynch	Anna
Portland Club	Lynch	Bradley
Stagecoach TM	Maddalena	Michelle
CareOregon	Mandell	Brian
Portland Club	Marksthaler	Jeffrey
Coastal Toastmasters Club	Martin	Adam
Cascade Micro-Toasters	Matson	Nicole
Hood River Club	McCloskey	Melanie
Ilwaco Toastmasters	McGuire	Tina
Liberty Talkers	McGuire	Zachary
Tower Toastmasters	Meacham	Liesha
Rogue Communicators Club	Mee	John
Nano-Mated Speakers	Mellin	Samantha
Lebanon Toastmasters	Merrell	Susan
Roseburg Club	MERTENS	DAVID
VA SORCC Toastmasters	Miller-Flaugh	Jacinda
Downtown Public Speakers Club	Molina	Briselda
Spirit Trackers	Morales	Gerardo
Cascade Toastmasters Club	Morita	William
Civil Tongues Club	Mountain	Haley

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Talk-In-Tel	Mukadam	Muffadal
Astoria Toastmasters	Murdent	Sandy
University of Oregon Club	najar vasquez	javier
Nano-Mated Speakers	Neckar	Martin
Toastmasters For Speaking Professionals	Negre	Jean-Sylvain
Spirit Trackers	Nelson	Taylor
Speakers By Design	Newhouse	Andrew
Toastmasters of Redmond	Nichols	Valerie
Liberty Talkers	Niemeyer	Robert
Columbian Club	Noble	Wilma
Transtasters	Nokes	Brad
Swan Island Toastmasters	NWAGBARA	CHINENYE
Swan Island Toastmasters	Obara	Dorotka
University of Oregon Club	Olsen	Sarah
NuScale Toasters	Parker	Kellie
Mentors Of Focus Club	Pelegriani	Cynthia
Spirit Trackers	Petersen	Robert
Spirit Trackers	Petersen	Robert
Sunrise Toastmasters Club #1492	Pfau	Eric
Nano-Mated Speakers	Pilaka	Praseeda
Arlington Toastmasters Club	Pollock	David
Speakers By Design	Poor	Erin
Speakers With Spirit Club	Poulos	Peggy
Cascade Toastmasters Club	Pugh	Crystal
Downtown Public Speakers Club	Puntel-Sessions	Claude
Storymasters Toastmasters	Pyktel	Donna
Hood River Club	Rafelson	Regena
Oregon City Toastmasters	Raglione	Kelli
Columbia Square Squawking Heads	Rawnsley	Emma
Bend Chamber Toastmasters	Roberts	Ryan
Communicators Plus	Rodriguez	Ana
Walker Talkers Toastmasters Club	Rodriguez	Jaime
Storymasters Toastmasters	Rose	Lindsay
Salmon Speakers	Rothman	Carrie
Coastal Toastmasters Club	Rowley	Mike
Blue Ox Club	Ruffin	Lakeitha
Toastmasters For Speaking Professionals	Ryall	Trevor

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Testmasters	Sampson	Dana
Speakeasy Toastmasters	Santra	Titir
Samaritan Ah-so-Um	Sautel	Kelly
Downtown Lunchbunch	Schaefer	Autumn
Talk-In-Tel	Schnathorst	Scott
PMI Portland Toastmasters	Semenchalam	Rakesh
Southern Oregon Speechmasters	Sexton	Roger
Storymasters Toastmasters	Shahri	Mitra
Storymasters Toastmasters	Shi	Jue
Sunrise Toastmasters Club #1492	Shields	Joanne
Salmon Speakers	Simpson	Margaret
Evergreen Club	Sitowski	Dominic
Suite Talkers Toastmasters	Sittser	Stanton
Speakeasy Toastmasters	Sivanesan	Kathiravetpillai
Roseburg Club	Slayer	Shane
West Beaverton Club	Snook	Angel
Talk-In-Tel	Spadaro	Philip
Spirit Trackers	Sparks	Michael
Dawson Speakers	Spiering	James
Timber Talkers	Splonskowski	Brian
CareOregon	Stahle	Sandy
Washington Street Club	Steindorf	Leeza
Toastmasters For Speaking Professionals	Sterry	Anne-Louise
TV Toastmasters	Sterry	Anne-Louise
Encouraging Words Club	Strong	Dustin
Smooth Talkers Club	Sullivan	Brian
Newberg Toastmasters Club	Sunderland	William
Wonderful Oregon Wordmasters (WOW)	TAYLOR	ANDREW
TV Toastmasters	Taylor	Emilie
Lunch Bunch Toastmasters Club	Taylor	Ken
The Toast of Old Town	Tran	Samantha
Speakeasy Toastmasters	Ukponmwan	Itohan
Lake Oswego Toastmasters Club	Underwood	Nicole
Corvallis Evening Group	Valley	Lucilla
Salmon Speakers	Vasilyeva	Olya
Coastal Toastmasters Club	Vasquez	Monique
Yawn Patrol Club	Visarraga	Lamar

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Barnhart Toastmasters	Vogel	Robert
The Dalles Toastmasters Club	Wagar	Carol
Toast of Corvallis Toastmasters Club	Walker	Mesa
New Beginnings Toastmasters	Wang	Joanne
Speakeasy Toastmasters	Wang	Shih-Han
Jefferson State Toastmasters	Ward	James
TV Toastmasters	Wheeler	Harlan
Gorge Windbags	White	Lindsey
WE Toasted Toastmasters	White	Viki
Clackamas Stepping Stones Tm Club	Williams	Jim
Walker Talkers Toastmasters Club	Wilson	Genevieve
Southern Oregon Speechmasters	Wilson	Winnifred
TV Toastmasters	Wolff	Naomi
Jefferson State Toastmasters	Woodbury	Jen
Speakeasy Toastmasters	Xiao	Kai
Lake Oswego Toastmasters Club	Yoga	Herve
MultCo Toasties	Zavitkovski	Caroline
Speakeasy Toastmasters	Zhu	Beilei

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
ALB	4/5/2018	Arevalo, Donna Elizabeth	Barnhart Toastmasters
MS1	4/30/2018	Baker, Sydney Elizabeth	Communicators Plus
CC	4/10/2018	Breen, Chris D	Walker Talkers Toastmasters Club
ACS	4/16/2018	Canfield, Robert	Moser Community Toastmasters
LDREXC	4/24/2018	Cerasin, Janet L.	Newberg Toastmasters Club
ALS	4/24/2018	Cerasin, Janet L.	Newberg Toastmasters Club
DTM	4/24/2018	Cerasin, Janet L.	Newberg Toastmasters Club
CL	4/9/2018	Coleman, Barbara L.	Tower Toastmasters
CL	4/12/2018	Colway, Christa M.	Yaquina Toastmasters
ACS	4/12/2018	Corbet-Owen, Carina	Vancouver Toastmasters Club
EC2	4/17/2018	Corbin, Tamsen Miller	New Horizons Toastmasters Club
CC	4/4/2018	Crain, Jason P	Salmon Speakers
EC1	4/6/2018	Dukelow, Kyle B.	Fortunate 500 Club
EC2	4/6/2018	Dukelow, Kyle B.	Fortunate 500 Club
CC	4/23/2018	Edinger, Allan B.	Liberty Toastmasters
CC	4/23/2018	Edinger, Allan B.	Beachtown Toastmasters
ACB	4/22/2018	Edinger, Allan B.	McMinnville Toastmasters
ACG	4/15/2018	Engvall, Lee A.	Wallmasters International Club
CC	4/10/2018	Foster, Lynne R.	Downtown Lunchbunch
CC	4/18/2018	Gillette, Angel	Civil Tongues Club
SR1	4/30/2018	Grijalva, Christina Guerra	Communicators Plus
SR2	4/30/2018	Grijalva, Christina Guerra	Communicators Plus
CC	4/21/2018	Hall, Theron	Capital Toastmasters Club
SR1	4/24/2018	Haydon, Steve	Grants Pass Toastmasters Club 852
ACG	4/9/2018	Hendricks, Lisa Sylvia	Coastal Toastmasters Club
CL	3/29/2018	Holmes, Chaz	Tabor Toastmasters Club
CC	4/25/2018	Hudspeth, Phillip	Titan Toastmasters Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	4/25/2018	Johnson, Caroline R	University of Oregon Club
CC	4/19/2018	Kabala, Seth Andrew	Columbia Square Squawking Heads
CC	4/12/2018	Kroll, Trent	Hood River Club
DTM	4/30/2018	Lindquist, Leanna	Marylhurst Toastmasters
ALS	4/30/2018	Lindquist, Leanna	Tell Me A Story
LDREXC	4/24/2018	Lindquist, Leanna	Marylhurst Toastmasters
ACG	4/24/2018	Lindquist, Leanna	Feedbackers Toastmasters Club
ACS	4/19/2018	Lindquist, Leanna	Tell Me A Story
ALB	4/13/2018	Lindquist, Leanna	Feedbackers Toastmasters Club
ACB	4/11/2018	Lindquist, Leanna	Tell Me A Story
ACB	4/2/2018	Loveland, Renee J.	Essayons Club
CL	4/19/2018	Marquardt, John R	Vancouver Toastmasters Club
CL	4/26/2018	Murray, David J.	Vancouver Toastmasters Club
CC	4/5/2018	Neves, Rosa Park	Civil Tongues Club
IP1	4/14/2018	Nollette, Le Roy I.	Sherwood Town Criers Club
TC1	4/17/2018	O'Keefe, Karen G.	Babble-On Toastmasters Club
LD1	4/18/2018	Phillips, Brian A.	Toastmasters of Redmond
IP1	4/4/2018	Phillips, Karen Sue	Civil Tongues Club
CC	4/1/2018	Prasad, Kiran	WE Toasted Toastmasters
CC	4/19/2018	Randolph, Cristal R	Grants Pass Toastmasters Club 852
	4/30/2018	Redgrave, Cheri A.	Communicators Plus
SR1	4/30/2018	Redgrave, Cheri A.	Communicators Plus
SR2	4/30/2018	Redgrave, Cheri A.	Communicators Plus
CC	4/21/2018	Reynolds, Marsha	McMinnville Toastmasters
CL	4/21/2018	Reynolds, Marsha	McMinnville Toastmasters
CL	4/21/2018	Reynolds, Marsha	Will-Sher Club
CC	4/21/2018	Reynolds, Marsha	Will-Sher Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CL	4/30/2018	Rohlfing, Beverly	Columbia Communicators
TC1	4/4/2018	Rone, Regina G.	Smooth Talkers Club
PI2	4/3/2018	Schupp, Lisa S.	Toast of Corvallis Toastmasters Club
PI1	4/18/2018	Standeven, Ernest J.	Toast of Corvallis Toastmasters Club
EC1	4/19/2018	Stark, Donna L.	Downtown Public Speakers Club
PM5	4/18/2018	Stevenson, Scott	Civil Tongues Club
CC	4/9/2018	Strohecker, John Tracy	The University Club
CC	4/9/2018	Sullivan, Kelly Marie	Gorge Windbags
CL	4/9/2018	Sullivan, Kelly Marie	Gorge Windbags
PM1	4/15/2018	Swanson, Chris W.	Lake Oswego Toastmasters Club
ACG	4/13/2018	Takamura, Ted J.	Marylhurst Toastmasters
CL	4/3/2018	Taylor, Emilie	TV Toastmasters
PM2	4/18/2018	Tedd, David William	Babble-On Toastmasters Club
DL1	4/14/2018	Tully, Kathleen	WE Toasted Toastmasters
PM1	4/19/2018	Vandenberg, Curtis L	Barnhart Toastmasters
IP2	4/3/2018	Walch, Joseph P.	Titan Toastmasters Club
VC1	4/30/2018	Westphal, Nils	Communicators Plus
ACB	4/10/2018	Wilkinson, Pamela	Downtown Lunchbunch
CC	4/15/2018	Winger, Eric A.	Feedbackers Toastmasters Club
CC	4/8/2018	Winters, Inge	At The River's Edge Club
MS1	4/18/2018	Wood, Kevin A.	Southern Oregon Speechmasters
CL	4/10/2018	Yan, Wendy	Early Words Club
CC	4/10/2018	Yan, Wendy	Early Words Club
LD1	4/2/2018	Zeyen-Hall, Janet Lynn	Flying Toasters Club
LD1	4/11/2018	Zuber, Michaela	Titan Toastmasters Club

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Alba-Lim, Michelle	3	DTM , ALS , ACG , VC1 , LDREXC , ACS
Andersen, Lorri A.	3	CL , CC , LDREXC
Anthony, Joseph D.	3	DTM , ALS , CL
Arevalo, Donna Elizabeth	3	CC , CL , ALB
Arnold, Cate Ann	3	PM2 , PM3 , PM1
Carr, Jeffrey E.	4	CL , CC , CC , ACB
Cerasin, Janet L.	4	LDREXC , ALS , DTM , EC1
Colling, Thomas Patrick	3	CC , CL , TC4 , TC5 , ACG , TC3 , TC2 , TC1 , CC , CL
Corbet-Owen, Carina	3	ACS , CC , CL
Dodd, Brian	3	ALS , VC3 , VC4 , VC5 , DTM , DL1 , ACG , ACS , CC , VC2 , VC1
Edinger, Allan B.	8	CC , CC , PM5 , ACB , PM1 , PM2 , PM3 , PM4
Fanning, Paul C.	9	EC1 , ALS , ACS , DTM , CL , ACG , ACB , ALB , CC
Glade, Syrena M.	3	ACG , CC , CC
Heitz, Nena	3	CL , PM1 , PM2
Hutton, Lisa F.	3	LDREXC , ACB , ALB
Killion, Ginger E.	3	ALS , DTM , LDREXC
Kleffner, Paul J.	3	CC , CL , VC1
Lafferty, Bryson D.	3	CL , CC , ALB
Li, Beverly F.	3	LDREXC , CL , ACG
Lindquist, Leanna	7	LDREXC , DTM , ALS , ACS , ACB , ACG , ALB
Locke, Julius Patrick	12	ALB , PI2 , ALB , CC , CC , CC , PI3 , PI1 , CC , CC , CC , CL
Martin, William T.	4	ALB , ALS , DTM , LDREXC
McFadden, Cheryl	3	ALB , CC , CL
Norris, Lauralee K.	5	IP2 , IP1 , ACB , ALB , ACS
Nye, Gregory Allan	3	CC , CL , ALB
Pugh, Crystal D.	3	EC1 , EC2 , ACS
Redgrave, Cheri A.	4	ACG , PWMENTORPGM , SR1 , SR2

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Reynolds, Marsha	4	CL , CC , CC , CL
Rodke, John Russell	3	CC , LDREXC , ALS , DTM
Rohlfing, Beverly	3	TC1 , CL , ALB
Rone, Regina G.	3	ACS , CL , TC1
Schellenberg, Lyle W.	3	ALB , CC , CL
Schupp, Lisa S.	5	CL , CC , ACS , PI1 , PI2
Sexton, Shannon L	3	MS1 , MS2 , CC
Smith, Brent E.	3	EC2 , CC , EC1
Snow, Stephanie	3	ALB , ACB , CL
Squires, Valaree M.	3	ACS , VC1 , ACB
Stevenson, Scott	5	PM5 , PM3 , PM1 , PM2 , PM4
Takamura, Ted J.	3	ALB , CL , ACG
Taylor, Emilie	5	CL , CC , CL , CC , CL
Thomas, Mark	3	IP1 , CL , ACB
Thygesen, Erica L.	4	ACS , ACB , VC1 , VC2
Tully, Kathleen	4	CC , CL , LDREXC , DL1
Walch, Joseph P.	3	IP2 , IP1 , CC
Walker, Marvin Lynn	6	ACG , ALS , ACS , DTM , CL , PM1
Wang, Marie X	3	ACB , ALB , CL
Wantz, James	7	PM2 , PWMENTORPGM , SR1 , PM1 , PM4 , CC , PM3
Webb, Andrew Justin	3	ALB , CL , CC
West, Larry J.	4	CC , DTM , ACG , ALS
Westphal, Nils	3	CC , CL , VC1
Wilkinson, Pamela	3	ACB , CL , ALB
Winger, Eric A.	3	CC , EC1 , CC

Happy Anniversary to April Clubs

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

CHARTER DATE	YEARS	CLUB	CITY
4/14/2013	5	A-Dec	Newberg
4/30/1956	62	Chanticleers	Portland
4/4/2017	1	Columbia Square Squawking Heads	Portland
4/30/1964	54	Dawson Speakers	Hillsboro
4/30/1979	39	Electric Toasters	Portland
4/30/1964	54	High Noon	Salem
4/10/2006	12	I.R. Speaking	Wilsonville
4/17/2013	5	Lebanon	Lebanon
4/30/1946	72	Oregon City	Oregon City
4/13/2017	1	Platt Electric Supply	Beaverton
4/30/1948	70	Roseburg	Roseburg
4/30/1996	22	Timber Talkers	Tigard
4/1/2002	16	Toastmasters of Redmond	Redmond
4/30/2014	4	Toastmasters of the Universe	Portland
4/17/2017	1	VA SORCC	White City
4/1/2002	16	Wafermasters	Camas



A special shout out to Chanticleers, Dawson Speakers, High Noon, Oregon City, and Roseburg for being part of the District 7 Toastmasters family for over 50 years.

DISTRICT 7 TRIPLE A AWARD BADGES

Jacqueline Bakke
Tim Blankenship
Debra Burger
Janet Cerasin
Daniel Chavez
Thomas Colling
Tamsen Corbin
Lici Denning
Allan Edinger
Paul Fanning
Tana Franko
Robert Hall
Phyllis Harmon
Nena Heitz
Hillarie Hunt
Rozaline Janci
Eadie Kaltenbacher
Paul Kleffner
Nisha Kolattukudy
Linda Leis
Julius Locke
Rick Martin

Ean Ng
Lauralee Norris
Vanessa Peterson
Crystal Pugh
Cheri Redgrave
James Robison
Beverly Rohlfing
Lisa Schupp
Brent Smith
Kenneth Smith
Valaree Squires
Donna Stark
Scott Stevenson
Seth Taylor
Erica Thygesen
Kathleen Tully
Sue Unger
Eric Winger
Jane Wolfe
Norman Wolfe
Michaela Zuber





B. Lee Coyne, ATMS



Brinn Hemmingson, ACG, CL



Donna Stark, DTM



Emilie Taylor, DTM



James Wantz, DTM



John Rodke, DTM



Kwesi Sekou Millington



Leanna Lindquist, DTM



Lisa Hutton, ACB, ALB



Nick Hunt



Phyllis Harmon, DTM



Terry Beard



Zayan Akmal



TOASTMASTERS
PATHWAYS
— learning experience —

*A journey of a thousand miles
begins with a single step*

**Have you embarked on
your path yet?**