

Voices!

One Community
Many Voices

District 7 Toastmasters
October 2018



James Wantz, DTM
2017-18 District 7
Toastmaster of the Year

Potential Unleashed!

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- Full page color ad in Voices!
- December, January, February, March, and April

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- December, January, February, March, and April

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- Company name and logo on conference website
- Company name and logo in monthly electronic magazine
- Thank you to our sponsors announced from the podium

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- Thank you to our sponsors announced from the podium

Sponsorship Application

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Full price available November 1 through November 15, 2018

Not Doing It . . .

Phyllis A. Harmon, DTM
Editor/Publisher



There's a lot of concern about membership numbers this month. Not that there isn't always a bit of angst as the renewal reports roll out each October. It's kind of scary to think about the reasons members disappear into the fog never to return. I always wonder was it something I said? Didn't say? Did? Didn't do?

Well here's a thought . . . perhaps the drop in membership had nothing to do with me. Perhaps people just moved on once they got what they came for. Or perhaps circumstances beyond my control impacted their decisions. What if . . . what if . . . I didn't have to take responsibility for other people's decisions? What a novel concept!

Some pundits suggest that club leadership should pursue members who are intent on slipping out the door. That they should chase them down and plead with them to stay. Doesn't that strike you as a bit desperate? Maybe even slightly demeaning?

I love the quote by Kahlil Gibran: *If you love somebody, let them go, for if they return, they were always yours. And if they don't, they never were.* The same could be applied to where members choose to spend their resources.

How about instead we worry about whether our club meetings are the best they can be. That we give everybody a good quality show each time we meet. What if everyone contributes their laughter, bright spirits, and magnetic energy to the room. A meeting is, after all, a creature of our own design. And what we contribute determines whether people are attracted and want to be part of "our" in-group. Belonging is a basic human need. We can make that happen—if we want to.

So unlike prior years, I'm not going to stew and fret over what other people do. I'm focusing my energy on being the best I can be and contributing to the success of my clubs. And in the end, that's my responsibility—nothing else.

EDITORIAL

Volume 5 Issue 2 August 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

TOASTMASTERS
INTERNATIONAL

VOICES!



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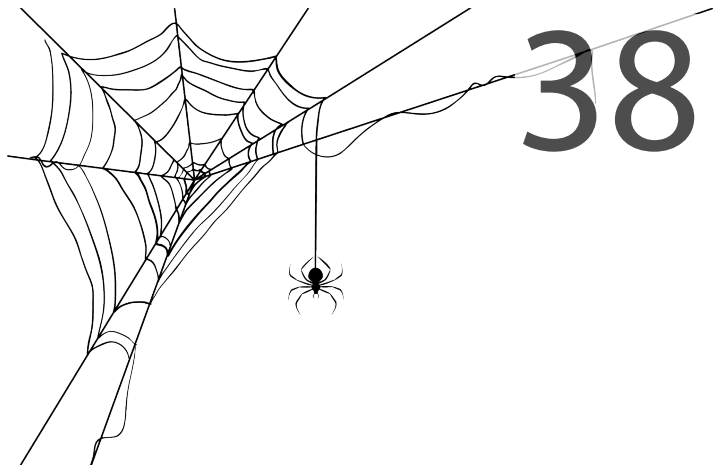
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ALL THE WORLD'S A STAGE

James Wantz, DTM -

District Toastmaster of the Year

Erik Bergman DTM

"The Toastmaster of the Year Award is awarded to an individual who exemplifies all that is Toastmasters. James Wantz was instrumental in the rollout and adoption of Pathways in District 7. James was all-in as a Pathways Guide. He provided training at Toastmasters Leadership Institute and other club officer training sessions. He presented his popular Pathways Virtual Academy sessions to all who were interested, continuing the sessions well beyond the official end of his Pathways Guide term of service. He served as the District's Public Relations Manager and chief paparazzi . . . and did all of this with enthusiasm, an amazing attitude, and an awesome hat."

—Donna Stark, Immediate Past District Director

James Wantz, DTM, knows how to react when he's on stage. Trained as an actor, he's a master of stagecraft and a skilled performer who is ready for anything when the curtain rises. But he was not prepared to hear his name announced as District 7's Toastmaster of the Year for 2017-18.

"I was honored, surprised, pleased and thankful," says Wantz, reflecting on the award he received in September from the District trio.

The award topped off a year he calls "very challenging" for him in Toastmasters. For starters he served as a Pathways Guide to introduce the new learning program to members across the District – no small feat in itself. Besides being a member of the Feedbackers and New Horizons Toastmasters clubs, he also took on the role of District Public Relations Manager. Add a full-time day job as CAD draftsman who models 3-D steel components for a fabricating company, and his plate was heaped to overflowing.



To symbolize his pioneering role with Pathways, and drawing on his theater background, he donned an explorer's pith helmet to get into character. He says what kept him on track while learning the ins and outs of Pathways was "my willingness to train people."

To manage his many duties, he says, "I focused on Pathways, and in my own mind I called my role 'Pathways Relations Manager.'" To promote Pathways, he used the new education program itself as both a tool and an inspiration. For the Pathways podcast project, he recorded podcasts to use as a training resource. Going a step further, he hosted short training videos that became the District's Pathways Virtual Academy, available on the District 7 website (<http://d7toastmasters.org/pathways-learning-center/>).

His biggest surprise was how far the videos traveled. He had meant to help local Toastmasters, but on the internet his videos reached beyond the confines of Oregon, Southwest Washington and Northern California. "I have fan mail from Nova Scotia," he exclaims, and he also heard from a Toastmaster in Saudi Arabia who is using the videos to help clubs there adopt Pathways. He also notes that the Triple A incentive program for early adopters, created by Club Growth Director Cate Arnold, has also been picked up around the Toastmasters world to build excitement and honor achievement.

Those who have seen Wantz lead a workshop on stagecraft know his expert performing skills and ability to command attention through pauses, vocal variety and gestures. Yet he found

it confining to be known primarily as an actor. He aimed to strengthen his connection with the audience and “get them involved and turn it into a conversation instead of a performance.” He set a new goal for himself this past year: “Stop performing and start training.”

When he presented trainings, the question-and-answer sessions and interruptions would sometimes throw him off. He says he had to undergo a change of mindset to believe that “the audience is more important than me.”

He became a Pathways champion as he explored the depth and breadth of its offerings: “The more people who get involved in it, the more they will like it.”

Unlike the traditional program it replaces, Pathways incorporates many activities that can take place outside a club meeting, he notes. The elective projects in Pathways enable members to work on them outside the club and bring the results back to share at a meeting. Says Wantz, “I love the fact that Toastmasters is reaching into our lives. The projects are broad and relatable to my job.”

He has finished a first path in Presentation Mastery, which played to his strengths, and launched two more paths, Visionary Communications and Strategic Relationships. As an analytical introvert who is more a detail person than a big-picture thinker, he says those paths present bigger challenges for him. Yet he is tackling them head-on. He aims to attain a second DTM award in Pathways so he can compare that process to the traditional program. Next on his to-do list is the Pathways blogging

project.

When not on stage as a trainer or performer, this self-proclaimed “introverted cat lover” recharges by spending quiet time with a good book. Besides one indoor cat at home, he enjoys two others at his workplace and feeds a dozen or so neutered outdoor cats. Yes, he is a “crazy cat guy.”

As proof that not all accomplished Toastmasters are extroverts, Wantz says his phobia is networking. Because crowds are not his thing, he has served as the District photographer to stay busy and productive with his camera at events.

Having already served as Area Governor and District Secretary, Wantz will continue his Pathways work this year as the D7 Pathways Coordinator.

His advice to Toastmasters who want to achieve more is “find a mentor who pushes you. Keep getting pushed, in a good way. That’s how I have grown.”

Erik is District 7 Chief Judge for 2018-19, as well as Vice President of Education at TV Toastmasters in Beaverton and Sergeant at Arms of WE Toasted Toastmasters in Lake Oswego.

The Power of Tr

John Rodke, DTM
District 7 Director

Transformation is in the air . . . or is it pumpkin spice? This beautiful season is filled with it. In nature, we experience the dramatic shifts from the predominate emerald valley green, to a feast of color for our eyes to enjoy. Fall enables us to harvest the bounty of food we have helped grow throughout the year.

Our clubs and District echo this transformation in an inverse timeline. Each year we start our growth in the summer and fall, and become fully ripe in the spring. It is a joy each year to observe our members and officers grow. We start with learning our positions by attending training and being guided by our mentors. We then experiment with ideas, fail, innovate, adapt, and try again. These iterations allow us to reach a point of ripeness where we become competent in our roles, and effective in supporting our members. Watching and participating in this transformation, is one of the many reasons I love our organization.

Mason Antram is an example of the power of this transformation. A self-proclaimed shy individual, Mason came to Toastmasters to hone

his public speaking skills, little did he know the leadership side would be more impactful. Mason was voluntold into a few roles, and shortly started enthusiastically diving in. He transformed through this. After a speech contest and officer role, he noticed the difference outside of the club. He was promoted, and then had a chance to give presentations with another organization as a “Loaned Executive”. He thrived with this, and decided to switch careers. He is now a mentor, trainer, speaker, and leader outside of Toastmasters, and doing a phenomenal job.

How do we mimic Mason’s success? We do this by creating fun cultures within our clubs that encourage every member to gain positive value from every meeting. This structure will help each member answer their “why” for attending Toastmasters, and help create many more “why’s” for continuing to transform within the organization.

As a District we have time this fall to really dive into the fundamentals of Toastmasters. My ask to you is to conduct a “Moments of Truth” presentation within your club. Use the answers



Transformation

from this dynamic brainstorming session to flesh out a Club Success Plan. Magically, you will have goals for the year, and a club with purpose, drive, and engagement. If you don't believe me, try it, and prove me wrong . . .

Area Directors are doing an awesome job of visiting clubs and supporting them. The Area Visit Reports they are providing back to the club are just an in-depth General Evaluation on steroids. It is a tool for you to use to help your club improve. I encourage you to share it with your club and unleash the collective imaginations of our members to create a club we all want to be a part of. The first 30 seconds of an experience formulate the vast majority of a person's decision. Within the first 30 seconds of your meeting, would you join?

Continually asking these questions is tough, yet so rewarding. Question on my friends . . .

*Transformation
isn't a future
event, it's a
present day
activity.*

—Jillian Michaels

Reflections on Membership Retention

Emilie Taylor, DTM - Program Quality Director

Thursday, October 11, was our first Fall Training offering—a Webinar on Membership Retention and why retention matters. Our D7 Training Coordinator Kathleen Tully did an excellent job. Thanks, Kathleen!

I take my role in our District seriously. I oftentimes wonder why do we lose members and why do members stay.

I then asked myself after the webinar, why do I continue with my Toastmasters membership? Why do I keep attending meetings? Why continue giving speeches? And why do I continue taking on leadership roles in my clubs and outside the clubs?

There are 3 big categories of why I continue to be a member:

- The value of Toastmasters in my life
- The connections I made and continue to make
- Recognition and Fun

The Value

I belong to several clubs. I often joke that I need an intervention—in a good a way. I originally joined Toastmasters because I needed friends. Yes, I joined for the “wrong” reason. I stayed for all the right reasons. Some of my dearest friends are Toastmasters. When I think of my life now and then, there is no comparison. My life is fuller, richer, and more motivating

because of the lessons I continuously learn every day due to Toastmasters.

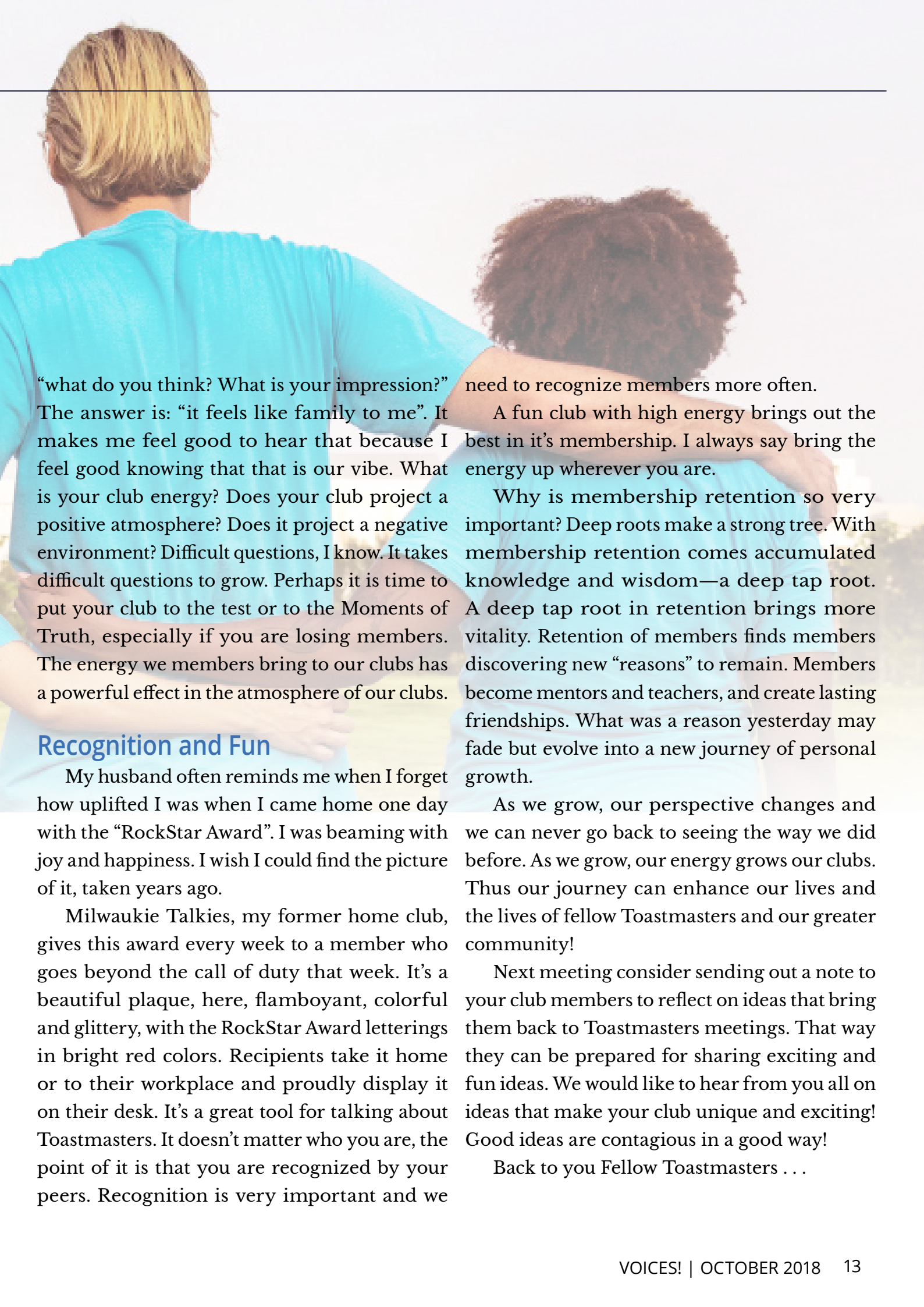
Members join initially because of a single reason or reasons. I joined because I needed friends. My brother mentioned that I can find friends in a Toastmasters club. He was spot on! Others join because their boss told them to. Still others join because they are afraid of public speaking. There are a myriad reasons for joining. What then if the original reason for joining has been achieved? What do we do as a club to keep our members from leaving? It is important to keep learning what our members need in their journey.

Some clubs have focus or specialties. For example, I am a member of Feedbackers that has the value of evaluation and becoming good at it. I am also a member of TV Toastmasters Club which puts the value of learning how to navigate the television platform as a guest and host.

Now with Pathways there are many avenues and facets that can keep members engaged in their journey and remain in your clubs.

The Connections

Feeling connected to a club is very important to me. Having a safe place to practice and fail is doubly important. One of my clubs (Molalla Toastmasters Club) has consistently received an evaluation—every time a guest visits, we ask

A photograph of a man and a woman from behind, embracing each other. The man is on the left, wearing a light blue t-shirt, and the woman is on the right, wearing a dark blue t-shirt. They are both looking towards the right side of the frame. The background is a bright, slightly blurred outdoor setting.

“what do you think? What is your impression?” The answer is: “it feels like family to me”. It makes me feel good to hear that because I feel good knowing that that is our vibe. What is your club energy? Does your club project a positive atmosphere? Does it project a negative environment? Difficult questions, I know. It takes difficult questions to grow. Perhaps it is time to put your club to the test or to the Moments of Truth, especially if you are losing members. The energy we members bring to our clubs has a powerful effect in the atmosphere of our clubs.

Recognition and Fun

My husband often reminds me when I forget how uplifted I was when I came home one day with the “RockStar Award”. I was beaming with joy and happiness. I wish I could find the picture of it, taken years ago.

Milwaukie Talkies, my former home club, gives this award every week to a member who goes beyond the call of duty that week. It’s a beautiful plaque, here, flamboyant, colorful and glittery, with the RockStar Award letterings in bright red colors. Recipients take it home or to their workplace and proudly display it on their desk. It’s a great tool for talking about Toastmasters. It doesn’t matter who you are, the point of it is that you are recognized by your peers. Recognition is very important and we

need to recognize members more often.

A fun club with high energy brings out the best in it’s membership. I always say bring the energy up wherever you are.

Why is membership retention so very important? Deep roots make a strong tree. With membership retention comes accumulated knowledge and wisdom—a deep tap root. A deep tap root in retention brings more vitality. Retention of members finds members discovering new “reasons” to remain. Members become mentors and teachers, and create lasting friendships. What was a reason yesterday may fade but evolve into a new journey of personal growth.

As we grow, our perspective changes and we can never go back to seeing the way we did before. As we grow, our energy grows our clubs. Thus our journey can enhance our lives and the lives of fellow Toastmasters and our greater community!

Next meeting consider sending out a note to your club members to reflect on ideas that bring them back to Toastmasters meetings. That way they can be prepared for sharing exciting and fun ideas. We would like to hear from you all on ideas that make your club unique and exciting! Good ideas are contagious in a good way!

Back to you Fellow Toastmasters . . .

HELP WANTED!

Volunteer Coordinator for 2019 Winter TLI

Complete your High Performance Leadership project as the 2019 Winter TLI Volunteer Coordinator. If you are a self-starter and enjoy working with a team, this is the role for you! As the Winter TLI Volunteer Coordinator you will recruit and manage a team of eager volunteers to work as room coordinators, hospitality helpers, and/or event setup and teardown crew at the winter TLI in January, 2019.

Interested? Contact Emilie Taylor at
pqd@d7toastmasters.org

\$\$ CASH COW JOBS \$\$

Calling All Area Directors!

Cate Arnold, DTM - Club Growth Director

A big due date is approaching: club visit reports must be submitted by the end of November! The purpose of the reports is to help the clubs look at what is working well for them and what they could do to create better experiences for both members and guests. It also helps you to see if there are other ways you or the District might help the clubs.

As you plan your date to visit the club with the club president, you might ask if they have a member willing to present the Moments of Truth module the day you come. That module mirrors the area club visit questions and helps the participating members to think about how they are doing.

There are 6 areas of focus:

1. **First Impressions:** How are guests treated? Can they find the room? Are they asked to join?
2. **Membership Orientation:** How are new members treated? Are they assigned a mentor who spends the time to understand what they are trying to learn in Toastmasters and who encourages them to sign up for speaking opportunities and other roles?
3. **Fellowship, Variety, and Communication:** Are the meetings fun, supportive, and a safe learning environment? Do members speak with guests and with each other?
4. **Program Planning and Meeting Organization:**



Are meetings planned in advance, with an agenda, well-prepared speakers and useful evaluations?

5. **Membership Strength:** Does the club have a minimum of 20 members so that there are a healthy number of members attending the meetings? How do they bring in new members?
6. **Achievement Recognition:** Does the club have a Success Plan to work towards to be a Distinguished club? Are members being asked to commit to educational goals so that they will continue to learn and grow?

As an Area Director, you have the opportunity and responsibility to learn leadership and team building skills. An important part of that is practiced as you visit your clubs and consider how they are doing and how to help them improve. Thanks for your time and your work using the Toastmasters core values of integrity, respect, service, and excellence!

The Fun Factor

Donna Stark, DTM -
Immediate Past District Director



One of the first things I learned coaching first and second-grade soccer players is that their motivation was fun. At six and seven years old, if they weren't having fun, they wouldn't stick with it. Coaching theory taught that the fun factor is important not only for kids, but for athletes of all ages and at all levels. If a professional athlete isn't having a good time, they may take their talents to South Beach (or LA).

The need for fun isn't limited to sports. One of my favorite quotes attributed to Toastmasters founder Ralph Smedley is, "We learn best in moments of enjoyment." Done right, fun isn't an extraneous distraction. I believe it's a necessary aspect of learning to be a better speaker and leader. I'm much more likely to venture outside my comfort zone and into my growth zone if I'm in a safe, enjoyable environment.

Fun can be one of those things that is difficult to describe but you know it when you experience it. Here are some things you might want to consider:

- Add a humorist or jokemaster role to your agenda. My home club allots one to two minutes for this role. It ensures our meeting ends on a light note and it's an opportunity for a speaker to practice their humor skills.
- Themed meetings can add a little spice to your routine. Whether it's Halloween, Veteran's

Day, or National Sandwich Day (November 3rd!), themed meetings can be an opportunity to add festivity to your meeting. Have a birthday party for your club on the anniversary of the charter date! These can be great Open House opportunities, too.

- Table Topics is a great opportunity for creativity. A spin of a wheel or roll of the dice can turn Table Topics into a game.
- I didn't think I'd enjoy picking meeting roles out of a hat or a backwards meeting, until I participated in them. It was a fun challenge to make my speech match what my evaluator had already described.
- Does your club socialize outside of the meeting setting? Toastmasters who play together, stay together. ;-)

If attending Toastmasters meetings has become more of a chore than a pleasure, or your members aren't engaged, perhaps it's time to up your fun factor. I see that November 20th is National Absurdity Day. I wonder what I can do with that? Is there something your club does that you enjoy? I'd like to hear about it!

The Art of Story

*B*reathe life into your story—Learn
how at a Toastmasters storytelling
club near you

Gateway Toastmasters
Eugene, Oregon
Click [here](#) for website

Storymasters
Westside - Portland, Oregon
Click [here](#) for website

Tell Me a Story Toastmasters
Eastside - Portland, Oregon
Click [here](#) for website



POTENTIAL UNLEASHED!

2019 DISTRICT 7 TOASTMASTERS CONFERENCE

UNTYING YOUR DREAMS

Dana LaMon



Imagine what you could do and the contributions you could make if you lived your full potential. You have the power to determine the course of your life and to make a difference in the lives of others. However, your potential cannot be realized if

1. You are NOT clearly defined,
2. You are NOT living on purpose,
3. You are NOT self-confident, and
4. You are NOT in control.

Dana LaMon offers information and inspiration to help you untie the NOTs that limit your imagination and thwart your potential.

- Author • Motivational Speaker • Accredited Speaker
- World Champion Public Speaking

APRIL 26-27, 2019

Camp Withycombe, Clackamas, Oregon

Call for Speakers

Are you a dynamic, engaging presenter? Do you have a topic related to communication, leadership, or personal development that others could benefit from personally or professionally?

Speakers at the Toastmasters District 7 events are afforded the opportunity to speak for an hour to a diverse audience. If you have what it takes, [click here](#) and tell us about your proposed session.

Deadline: October 31, 2018

2017-18 TOAS



DEEPTHI RAO
AREA DIRECTOR OF
THE YEAR



ALEXIS MASON
HERB C. STUDE
EDUCATIONAL
AWARD



GINGER KILLION
DICK MOSER AWARD



**JACQUELINE
BAKKE**
DIVISION DIRECTOR
OF THE YEAR



ABRAHAM ALFARO
ROOKIE OF THE YEAR



PHYLLIS HARMON
LOU WEBB AWARD



TAMSEN CORBIN
ROOKIE OF THE YEAR

TIE AWARDS

JAMES WANTZ
DISTRICT TOASTMASTER
OF THE YEAR



SHINING STARS

**CATHY HARRIS
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JERRY KLEFFNER
KAREN SEMPREVIVO
LEANNA LINDQUIST
LISA HUTTON
MARTY VINCENT
PAUL FANNING
RODGER COOK
SCOTT STEVENSON**

The Greatest Gift: Helping Others to Find Their Voice

How to Become an Evangelist for Toastmasters While Building a Community
Terry Beard

Three years ago, when Portland Rotary Rotarians formed the Portland Rotary Toastmaster Club, in Portland Oregon, USA, I suggested to my fellow charter Rotarian Toastmasters that we embrace the vision to become “The Greatest Toastmaster Club in The Universe.” At the time, when I first broached the idea of becoming “The Greatest Toastmaster Club in The Universe,” the idea met with grins and chuckles. Today, our vision is becoming our reality.

When I first joined Arlington Club Toastmasters, someone took me by the hand. At the first meeting, I was so timid and shy, that I was afraid to stand up at Table Topics to take my turn to speak. However, my sponsor talked to me after the first meeting. He didn’t point out that I passed during Table Topics. He invited me back to the next Toastmaster meeting. My sponsor suggested that I get back up on the saddle, and the next time at Toastmasters I did get up to speak at Table Topics. My sponsor cared so much to help me to overcome my not feeling good enough about myself which kept me in Toastmasters.

Seven months later, I finally worked up the courage to give my Icebreaker Speech. After wrapping up my first speech, I choked up with emotion. With my fellow Toastmasters’

encouragement and support, I knew that I was embarking on a journey of personal growth and development that would eventually pay me unbelievable dividends at work, at home, and at play. With the benefits of becoming a public speaker through Toastmasters, I owed some rent of gratitude not only to my fellow Toastmasters but to share with everyone who suffers from glossophobia, the fear of public speaking, the opportunity to overcome the dreadful disease plaguing America.

Like everyone, I meet people in the community at meetings, at lunches, at business, and social events, at Toastmaster meetings, at Rotary meetings, wherever, when asked what I am up to, I tell them. I am in Toastmasters, and I have a ball. I share my story, about overcoming my fear of public speaking laden with humor. They see that I am so excited that I have found my voice when I ask them to come to visit a Toastmaster meeting with me, they usually say yes.

I recognized years ago that I have an obligation and a responsibility to share what someone did for me, to pay it forward. That is to take a sincere interest in me as a person and guide me. The rent for taking up space at the



Toastmaster meetings is what I owe to help others to find their voices. I do not think of myself as an evangelist, but I am. I love what I do, and it is contagious. I have found my community service. I do not employ the hard sell to ask others to visit or to join Toastmasters, but I use the soft sell. It pays to be a straight talker by being honest and direct with a velvet glove.

Often, I am asked, “If I go to Toastmasters, will I be able to speak like you?” I say, not like me, but you’ll speak like you would like to!

At Portland Rotary Toastmasters, we are on the road to becoming “The Greatest Toastmaster Club in The Universe”, and our fellow Toastmasters members believe it because they believe in themselves and the vision.

Reaching out to others, “each one reaches one,” the return is beyond one’s imagination. We are building a community for others while building another community for ourselves.

We find our voices, in return, we have a community through connectivity and those that have found their voices, pass it on to the next person.

We can have it all. All we need to do is the work. To quote University of Chicago Professor Mihaly Csikszentmihalyi (Chick-sent-me-high),

“When we love what we do the time flies, we are in a state of flow. When the avocation and vocation meet, we are cooking.”

When we are on fire with what turns us on, other people get a whiff of our excitement, and they want some, too.

Warren Buffet has stated, that if you want to up your value 50%, become a competent public speaker. I am convinced.

Many people would like to overcome glossophobia.

Am I an evangelist? Guilty as charged. I have never had so much fun learning how to become a storyteller, as a competent public speaker.

Terry Beard is a Portland, Oregon, businessman, entrepreneur, Toastmaster, Rotarian, and author of Squelched - Succeeding in Business and Life by Finding Your Voice, an autobiography of his journey from “never good enough” to success that was significantly enabled by his efforts to master public speaking. It was published in 2017 and is available on Amazon.com. Visit his book website at squelchedbook.com. You can reach him at terry@squelchedbook.com.

Focus on Impromptu Speaking

Moser Community: Autumn Empower Meeting

David R. Johnson, EC2

Members and guests at Moser Community Toastmasters had the opportunity to learn and practice tips and tricks about impromptu speaking at a special “Empower Meeting” on Saturday, September 29, 2018 at Rose City Park United Methodist Church in NE Portland, Oregon.

The Empower Meeting is one of a series of open house meetings spearheaded by Club President Avahleen Quinn. The speakers and Table Topics Master focus on a single topic in an attempt to cover all the material you might learn over the course of a year from regular meeting attendance. Past topics have included “Speechcraft” and “Leadership”

As the Toastmaster, new member Dina Marie Hale raised the energy of the event. She shared the following quotation to set the audience’s expectation about what expect. “Your mouth is your door to the future. Your words are the key to unlock it.” -- Simon T. Bailey “Brilliant Living”

The first presenter, long time Toastmaster and club member Simon Broad, gave a multitude of ideas and insights on the topic of impromptu speaking. Each followed the theme of “If you

want to grow, you’ve got to sow.” likening the act of improving your speaking skills to tending a garden. In addition to sowing and watering your plants (your strengths and skills), you need to find and pull up your weeds (your bad habits or weaknesses).

The second presenter, former club member Teresa Hovland’s speech, “Easy Listening” shared insights on how to talk with anyone, anytime, about anything, with specific focus on the “segue.” She explained,, the original meaning of segue which is an uninterrupted transition from one piece of music or film scene to another. Applied to public speaking, it means to move from one topic to another seamlessly. With the assistance of 5 volunteers, they deftly demonstrated how to transition from one person’s 1-minute talk to the next.

Members and guest had the opportunity to



Explore the Art of Conversation

EMPOWER MEETING
Impromptu Speaking

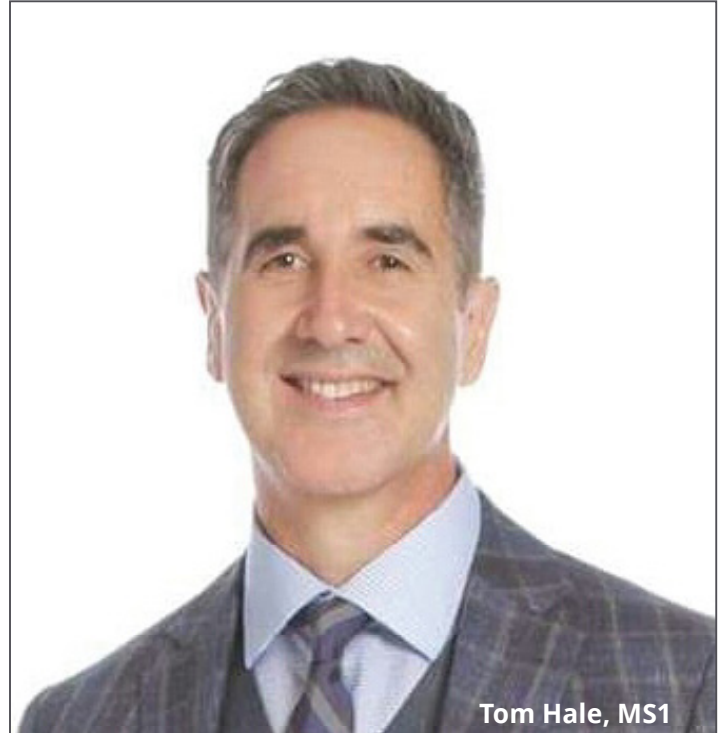
September 29, 2018
9:00 am to 10:30 am
Moser Community Toastmasters
5830 NE Alameda St, Portland, OR 97213

Speakers: Simon Broad and Teresa Hovland
Table Topics Master: Tom Hale
Free for guests. Coffee and light refreshments.
See site for more details: <http://bit.ly/MCTM929Empower>

You are Invited!



Simon Broad, DTM



Tom Hale, MS1

practice these skills during the TableTopics session moderated by club member Tom Hale, various members.

who provided additional suggestions

David Johnson joined Toastmasters in 2009. He

- Shake out your tension
- Before speaking, establish eye contact with 1 or 2 audience members, a “Lion Stare” or “Puppy Stare”
- Try to connect with people who are open, not those who are closed off
- Breathe
- Smile

The feedback session was moderated by long time Toastmaster John Rumler, DTM, who closed his General Evaluation with these words. “People don’t care how much you know, until they know how much you care.”

Seventeen members and even guests were in attendance. Meeting adjourned at 10:35 am. Many people stayed to socialize and enjoy coffee and light refreshments, thoughtfully donated by



Teresa Hovland

has served at both club and district levels. He earned his Level 2 in Pathways.

20 Years and Going Strong

Leanna Lindquist, DTM

It's the people who make a club. Nothing could have been more apparent than when members, past and present, celebrated Marylhurst Toastmasters Clubs' 20th anniversary.

The setting was the historic McLean House in West Linn on October 4th. Honored guests included Gary Schmidt, DTM, Past International President, Phyllis Harmon, DTM, Past District Governor, and Emilie Taylor, DTM, Program Quality Director. A slide show highlighting proud moments, fun events, and familiar faces was shared. Gary Schmidt told the story how as an Area Governor he helped start the club.

Michael Lindquist recalled the club was struggling when he served as the 2006-2007 club

president. The base was 9 members.

Area Governor Scott Stevenson helped change it all. He brought in two club coaches and joined the club. The club achieved the status of Presidents Distinguished and ended the year with 22 members. 2018 made it year 12. Being Presidents Distinguished is part of the club DNA.

A District 7 Legend Retires

As the song goes, "all good things must end someday." Scott Stevenson has officially retired from his 21 year stint as a Toastmaster. He has been the backbone of our club for many years. If you have attended a District 7 event in the past 10 years Scott almost surely played a role.

After serving three years in the Trio he chaired the Leadership Committee, the Realignment Committee, the Credentials Committee, and provided years of treasurer training at TLI. Scott was the "go to" guy for all things Toastmasters.

Club president Lisa Hutton shared her personal experiences knowing Scott. "The first time I visited Marylhurst Toastmasters I was asked to be the timer. I guested a few more times and joined in June of 2011. It was good timing for me as well as the club. Soon





after, I became the club's VP of Education, in no small part due to Scott's encouragement. For the past seven years, he has gently nudged me along to utilize my leadership skills to the club's advantage plus my own. Unlike many engineers, he sees more than the lights that aren't working. Additionally, Scott's feedback has always been complimentary and specific about what needed to be improved. Scott's example of a servant leader is going to be missed almost as much as his sailing stories. Without a doubt, my own commitment to excellence has certainly been inspired by how the members of this club mentor and support each other."

Lisa Hutton presented him with a certificate of appreciation. Thank you Scott for your legacy of leadership and service. You inspired us all.

It was clear that our club had a positive impact on the lives of our members. Businesses were expanded, speaking engagements

procured, and communication skills were honed. It's worth noting our club has produced three District Governors/Directors in 7 years; Scott Stevenson 2009-2010, Deveny Bywaters 2011-2012, and Leanna Lindquist 2016-2017.

Emilie Taylor made a presentation to Lisa Hutton honoring our 20th anniversary. We are here to stay, to mentor, to inspire, to support, and to grow.





WALLMASTERS INTERNATIONAL

Toastmasters for High Achievers

6:35 - 7:45 am - Fridays

Symposium Coffee

12345 SW Main St, Tigard, OR

cleon.cox@frontier.com

**Mastering communication
and leadership barriers one wall
at a time**

Leadership Connections

D7 Learning Academy

**Club Promotion/
Awareness/
Networking Event
Frog Pond Church
October 27, 2018**

**Membership
Engagement/
Pathways Webinar
December 6, 2018
6:30 - 7:30 PM**

Project #2 is Just Right for You

James Wantz, DTM

****BIG NEWS****

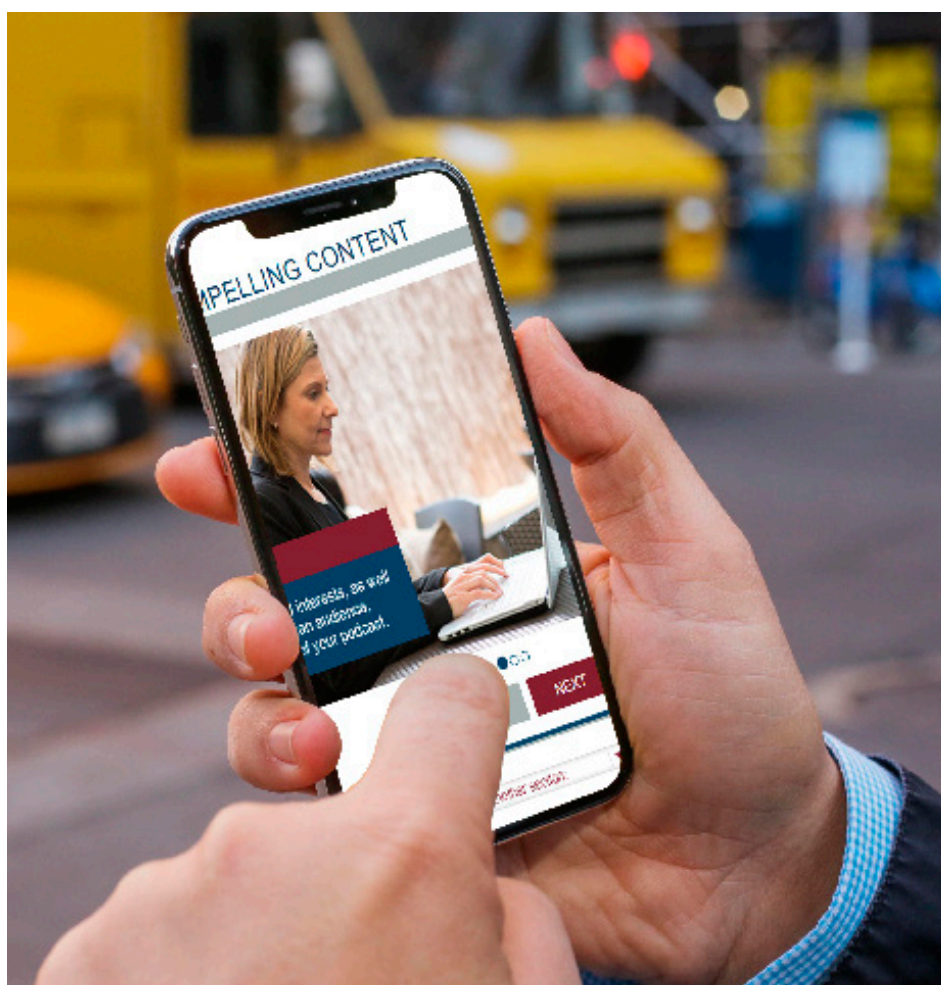
There is a new development regarding Pathways on mobile devices. Until recently, I (and everyone else) could not interact with Pathways on a smartphone—pop up project windows could not be resized to allow navigation. This meant that I could not move to the next page of the project. . . or any page beyond the first.

I've been able to interact with Base Camp since launch. I could look at my educational transcript, feedback, and even view my badges but I could not complete a project on my phone.

It appears that during a recent website upgrade this functionality became active! In other words, I am now able to open my projects, interact with them, and navigate their pages **ON MY PHONE!** This is HUGE!

Peeople had to interact with Pathways via computer or tablet when it first came out (and for most of the year). Now we can use our phones! I don't know about you, but I don't usually take my

computer to my club meeting (something about dragging a tower, monitor, and keyboard into the club meeting—not to mention the extension cord—was off putting to other members). I'm not even in the habit of taking my tablet, but I always have my phone with me. Being able to interact



on my phone will make Pathways much more accessible (that's probably why Toastmasters did it). Now, right after I give my speech, I can get out my phone, do the post assessment of my skills, complete the project, and get that RED CHECKMARK! I am really jazzed about this.

I am using a Samsung Galaxy S9+, and navigation works inside the pop-up window that launches when the open project button is clicked. I can swipe left and right to move between pages. I'll have to do some research to find out if other phones can also navigate. Updates to follow!

Now we return you to the regular monthly column . . . already in progress.

I've been working in Pathways for over a year now. There are several exceptional projects I have completed. By exceptional, I mean projects that did not exist before Pathways and (to me) are an improvement on the traditional program. Let's take a deep dive into one of these projects, shall we? I'll give you my opinion on why I think it is exceptional and an improvement on the traditional educational program.

Level 1 - Project #2 (any Path) - Evaluation and Feedback receives my first Exception Project Award (EPA? Well, I'll think of a better title later). For those that don't know what the project

entails: 1. Give a speech, 2. Get an evaluation on that speech, incorporate the given evaluation into your speech, and 3. Give the speech again! (There is also the added requirement of acting as an evaluator for another club member's speech, but I am not focusing on that right now.)

The concept of giving a speech, getting an evaluation, and giving the same speech again (with the evaluation incorporated) is totally new to Toastmasters!

"But," you might say, "we've been doing this for a long time. In fact, speech competitors are regularly in the habit of taking one speech all the way through the Competent Communicator manual (often many times over)."

Yes, I agree with you—I've done the same. But Toastmasters has not had a project specifically guiding members to give a speech more than once. I remember quite clearly when I joined, I thought that once I gave a speech—it was done—never to be repeated. I worked hard on those speeches. I rehearsed alone, with friends, and in front of my cat. I wrote and rewrote the speech to make sure it was as good as I could make it before I took it to my club. Then I gave the speech.

After it was over I felt a little depressed that it was done. I'd spent so much time working on it;

one performance felt inadequate (granted, I have a background in theatre and stage shows could run several weeks). It wasn't until my second year in Toastmasters that my mentor told me that I could do a speech again. He told me that members were doing speeches multiple times for competitions.

I was stunned. I hadn't even thought about it. I was assuming the earth was flat the whole time. But it's ROUND! Of course, we can do speeches more than once! It's not the end of the world! My horizons were expanded.

Toastmasters realized this needed to be a foundational idea and so they made it into a project. If I had just stopped to think about it, I would have realized that it is silly to do a speech only once. We often say the same thing multiple times (my parents did when I was a teenager—and increased their volume each time they said it—even though I heard them the first time—sheesh—I wasn't deaf, I just didn't want to do what they told me).

In the professional realm, I work on projects that are very similar to the project I just finished. I am also asked to speak about topics over and over again (especially to one coworker that I swear is still a teenager! I think he's deaf—oh! Sorry Mom and Dad). In fact, right now in Toastmasters I am going from club to club, training event to training event, talking about one thing and one thing only: Pathways!

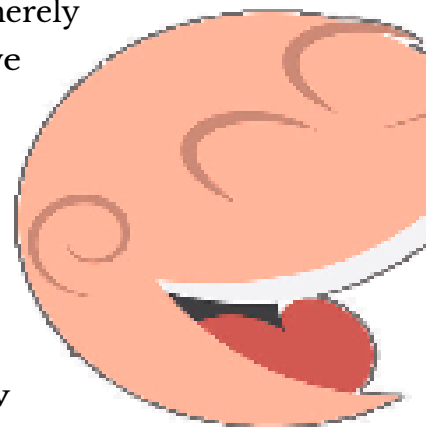
I have learned much from evaluators that tell me how I could make my presentations better or connect better with the audience. I want to

be a better trainer; I don't want to be better at putting my audience to sleep (unless I'm studying to be a hypnotist or an anesthesiologist). Now we have the second project in every Level I telling us that we can give a speech, get feedback, and give it again. Wahoo! I've seen the light! (Yeah, I can be a bit histrionic at times— you should see me live.)

So . . . do you understand why I think project 2 is exceptional? It takes an intangible, back of the hand (wink, wink, nudge, nudge) concept floating around Toastmasters and makes it tangible, concrete, and foundational. There's no hesitation here; no "Do you think I should do it?" I love it.

Maybe the idea of doing a speech multiple times is obvious to you. But in my travels, I hear that members don't have time to get a speech ready to present at the next meeting or when they are scheduled to speak again. Newer members will often fail to show up at a meeting in which they were to speak because they aren't ready. This means that members who have been around awhile get to do a hot seat speech (pro tip: those seasoned members are merely taking a speech they've given several times and doing it again).

If you are tempted to not show up for a speech because you aren't ready—don't create a whole new



speech—do one of the previous ones again! There is nothing that says you can't do your Icebreaker as your speech for project #2. I did it! I did my Icebreaker for project #2—asked for feedback—and did it again (that club knows me very well by now).

Okay, we can come back up for air. Deep dive over. Do you see what I mean about the power of Project #2? Somewhere I read that there are no do-overs in life - well, in Toastmasters there are!



Meet Mitch Priestley . . .

Leanna Lindquist, DTM

Mitch grew up in Southeast Portland. He has lived in Portland his entire life except for two stints living in Los Angeles and Burbank while he built his computer training business.

When and why did you join Toastmasters?

I joined Toastmasters in 2011 to round out my speaking skills. My experience had been in training and making professional training presentations in a corporate environment, teaching negotiating skills, accounting, and financial statement analysis. I wanted to learn a fuller bevy of speaking and presentation skills.

When I discovered that Toastmasters was a leadership development program, I found the organization and the experience to be even richer and more rewarding than I had expected.

Tell us about your education and career background

I built a computer training business from 1980 to 2009; then went back to college. I graduated with a Bachelor's degree in Leadership in 2012 and am now attending Portland State University to complete a second Bachelor's degree in Economics with possible minors in mathematics and computer science. I currently freelance as a business consultant and trainer, specializing in desktop computer skills and business skills, including sales and negotiating. I also tutor college students in statistics, economics, and

accounting.

My business won awards, including being named twice to the Inc 500 list of 500 fastest-growing, privately-held companies in America, the Oregon Quality Award Certificate of Quality Commitment, and Oregon Business magazine's list of 100 Best Companies to Work for in Oregon, among others.

What prompted your interest in TV Toastmasters?

I think that learning to host and to interview is the next logical step for Toastmasters who want to extend their speaking skills and their comfort in front of an audience. Adapting skills to video is timelier now in the 2018-19 fiscal years than it was when community television was invented in the 1980s. People who join TV Toastmasters to edit programs, run the control room, and/or interview guests are developing a skill set they can use to expand their personal brand.

How has the format of the program changed?

The TV Toastmasters club, club #7512, is in its 30th year. Our 30th anniversary will



be in June 2019. The club began by holding traditional Toastmasters meetings in the studio and recording them. Shortly before I added this advanced club to my membership in 2017, the TV program had evolved to the interview format you see now on the club's YouTube channel TV Toastmasters Oregon.

Two 12-minute interviews are paired in each 30-minute episode. The interviews can be in English, Spanish, Hindi, Tamil, Mandarin, Cantonese, French, or any language that the host and guest speak natively or fluently. We can cut-away during the interview to show photographs or video. You can search YouTube using the abbreviation "TVTMS03E14" in the YouTube search box to see a sample episode and to explore other episodes. Our interviews can be profiles of interesting Toastmasters or community members, or to highlight important non-profit work that is going on.

Every month, we put 25 Toastmasters on

television. Our programs are broadcast to 500,000 cable subscribing homes throughout the tri-county greater Portland area. The latest development is that we record at 4 studios throughout the area: Oregon City, Gresham, Portland, and Beaverton. We still have openings for crew at most of our studios, and need an editor for our program.

Our club is a co-op and members contribute by editing or running the control room while other members interview their monthly guest. Then, those hosts run the studio while you interview your guest. Together, everyone learns not only the communication skills, but the technical skills as well. We also have volunteers who work strictly behind the cameras, in wardrobe, stage management, control room, cameras, sound, lighting, and editing. So there are a vast array of skills people can develop working on a television production once a month at one of our studios.

What skills are you gaining from TV Toastmasters that you are using outside the club?

I've learned to edit video and create my own programs as a creative outlet. Expanding the club from one studio to four, I've exercised leadership skills. Our club grew from 8 members to over 20, and we just completed the club's first President's Distinguished Club year in over a decade. People fulfill their Pathways and manual speeches by participating in the club, and we have several who are completing their Distinguished Toastmaster awards this year.

Our club is advanced, for people already in a regular Toastmasters club, and we have three past District Governors, the presumed future District Governor, and six Distinguished Toastmasters in our club. It's a quality group of leaders who are excited to give greater visibility to the clubs and members of District 7. We draw guests from

all District 7 clubs to come on the program to be interviewed or deliver a 5-minute on-air presentation. The club is a partnership, really, of between 15-20 Toastmasters clubs whose members make all this happen.

Why should people join TV Toastmasters?

To be scared again. Once you've overcome the fear of public speaking, you continue to grow by expanding your comfort zone further, and TV Toastmasters has a way to share the gift of Toastmasters with a broad audience. We hope viewers will find clubs to visit and join. We don't promote TV Toastmasters itself, but TV Toastmasters takes seriously its mission to promote all the clubs in District 7, to invite the audience to visit clubs, and to show Toastmasters in a positive light.

Everyone in our club has a servant's heart and is active every month. Personally, I've been



attending four studios monthly and edited nearly 50 episodes last year. But now that the superstructure is in place, our members affiliate with one of our club's four studios, and participate in the area they choose to serve. If they want eventually to become a host, a director, or the studio's top producer, they have that opportunity, too.

How would you describe yourself in one word? Why?

I'm ambitious. I like to achieve a lot and to help others achieve. I enjoy associating with fellow Toastmasters, because I view them as achievers. When I joined TV Toastmasters and found it populated with past District Governors, I realized that this was a club with an important mission that could benefit all D7 clubs and members.

Mitch Priestley served as President of TV Toastmasters and Executive Producer of its show during the 2017-2018 year, spearheading its expansion to four studios, and currently serves as the club's Vice President of Membership and the shows Executive Editor for the 2018-2019 year.



It Was a Dark and Foggy Night . . .

**Paul Fanning, DTM -
Club Coach Coordinator**

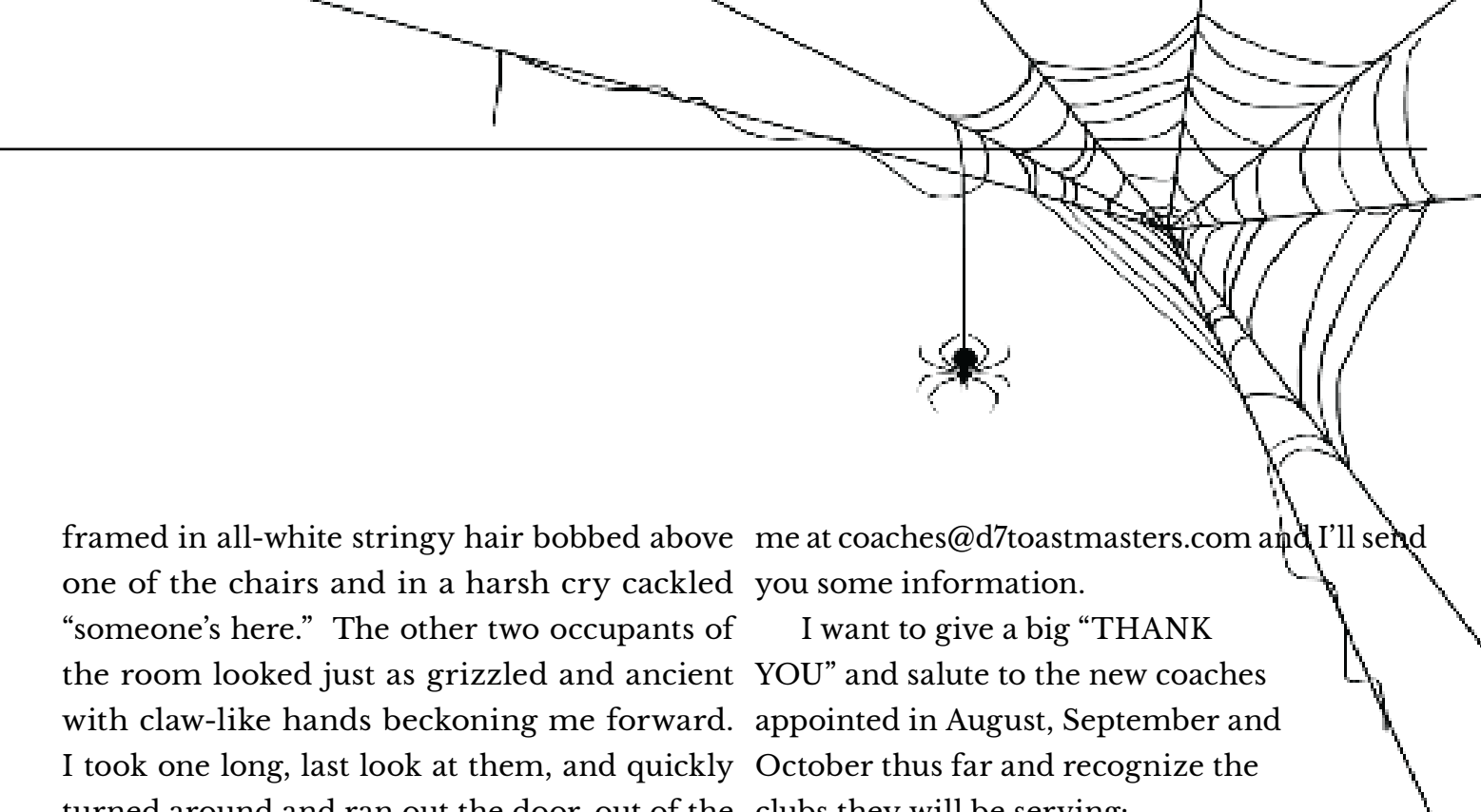
When I was a new Toastmaster way back in '05, I had heard about this club that had been the most active and had the largest membership in the whole area. I really wanted to see what they did that was so fantastic! They had won district, division, and area speech contests for years. They had more DTMs per capita than anyone else.

I set off for the club meeting. It was one of those nights that you kind of dread driving

around in—a low lying fog and chilly air. It was around Halloween time.

I walked into the building and saw the hand-lettered signs showing me where to go. They looked a little old, but . . . I entered the auditorium where they met, expecting to see row upon row of seats filled with expectant Toastmasters waiting for the speeches and table topics to begin. As I walked in, I could hear unseen things scuttling around the floor. Cobwebs festooned the lamps





framed in all-white stringy hair bobbed above one of the chairs and in a harsh cry cackled “someone’s here.” The other two occupants of the room looked just as grizzled and ancient with claw-like hands beckoning me forward. I took one long, last look at them, and quickly turned around and ran out the door, out of the building without even looking back, and jumped into my car.

I read later that the club had folded two years before. The club was never seen again. But it’s said the ghostly specters of the once proud club’s members appeared from time to time—especially around Halloween, looking to add new members to their indiscernible club.

Yes, it’s just a story. However, sadly we do have clubs within our district who are facing the scary truth and sad fact that their club is beginning to “fade away” for one reason or another. Your District Trio is very concerned about them. In the coming months they will be seeking even more club coaches, mentors, and concerned Toastmasters to help these clubs realize their potential and become once again vibrant, dynamic, and able to provide a positive membership experience for all their members.

You can be part of the team of coaches already serving (and we’ll be reporting on some of the great experiences they are having in the coming months) and guiding these clubs during this program year.

If you want to join this team, please email

me at coaches@d7toastmasters.com and I’ll send you some information.

I want to give a big “THANK YOU” and salute to the new coaches appointed in August, September and October thus far and recognize the clubs they will be serving:

1235	Blue Ox Club	Karen Seprevivo Christina Seed
3714	High Noon Club	Debra Burger
5442	High Nooners Club	Radiance Bowden
827361	Feather Tongues Club	Michelle Alba-Lim Arlynn McMahan
1448802	Straight Shooters Club	Brent Smith Edward Dressel

These seven stalwart Toastmasters join other club coaches who have already been appointed, giving the district a total of thirteen coaches serving eight clubs. We do have a waiting list of clubs needing coaches, so don’t delay. Let me know that you are willing to help another club with your Toastmaster skills, experience, and enthusiasm!

And, oh yes, if you get an invitation to a certain club within the next two weeks to attend an open house?? Better make sure before you go to check out that club online. I still see in my sleep the nightmarish figures gesturing me to join them for-ev-er!



ARE YOU THE BEST

Take your evaluation s

Join us!

Second Wednesday of the month

7:30-9:00 pm

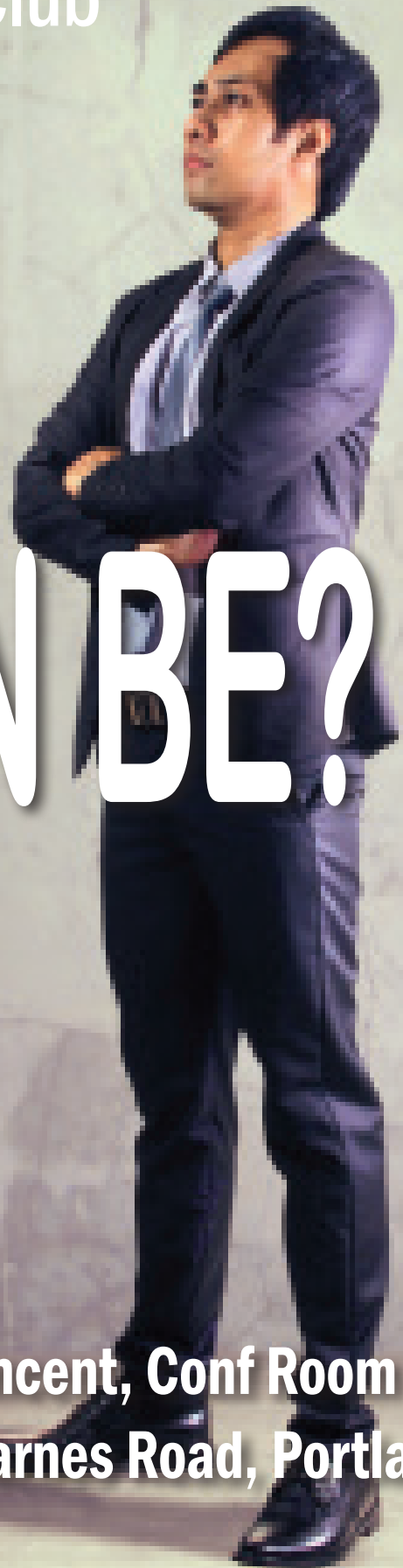
Feedbackers

Evaluation Workshop Club

ST YOU CAN BE?

kills to the next level

Providence St. Vincent, Conf Room 20
9205 SW Barnes Road, Portland



Starting a Twitter Account

Lauralee Norris, IP3
Public Relations Manager



Last month, I covered how to build a Facebook page. This month, I will be talking about starting a Twitter account. After creating your password, and confirming your club email, it is time to build your profile. You can take a different picture from your Facebook page, or the same one, and make it your profile picture. Just like on your Facebook page, take a photo that represents your club, and use that for your cover photo. This can be the same picture as your Facebook cover photo, or a different one. The last steps would be to add your description, club anniversary, and where you are located to complete your profile.

Once your profile is set up, it is time find people to follow. I would suggest searching for your community, as well as other Toastmasters clubs to help you get started. In your community, you could follow pages such as newspapers, independent journalists for your area which could help you start relationships with your local media, helping you down the road when you want to publish articles for your community. Another great place to start is with your city's chamber, or tourism pages, which highlight what is going on in your community. The last thing to think about when finding people to follow is who your target audience is. If you are a business

oriented club, finding business pages from your community would be helpful, but if your club is targeting new professionals out of college, their communities would be a better place to start.

After following different groups, it is time to send out your first tweet. Unlike Facebook, Twitter is set up for short tweets that are picture driven. Because there are a limited amount of characters, think of Facebook as the place to share your "speech" type posts, where Twitter is your "table topics" platform. There are several things you could share on Twitter for your tweets, like a picture of who won table topics this week, cool word of the day ideas, or share photos of awards that your club members receive. If you are feeling adventurous, try sharing a short video of your meeting on Twitter.

October's PR Mission:

1. Create your Twitter profile
2. Find communities and people to follow
3. Share your first tweet

Do You Want To:

- improve as a leader
- increase your confidence in communicating & public speaking skills?

That is what Toastmasters is all about!

HALLOWEEN OPEN HOUSE

Presented by Yaquina Toastmasters (Club. 3880)

JOIN US for an hour of goolish stories and a glimpse into our local Toastmasters meetings.

TUESDAY, OCT 30TH 7:00 AM



WHERE: PIG N' PANCAKE

810 SW Alder St. #A, Newport, OR 97365

RSVP Encouraged: ybtoastmasters@gmail.com

<http://ybtoastmasters.blogspot.com/>

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Essayons Club	Aguayo	Paul
Speakers With Spirit Club	Anderson	Asia
Storymasters Toastmasters	Aqrabawi	Leo
Salmon Speakers	Belonozhko	Larisa
McMinnville Toastmasters	Benson	Ron
WeWork Toastmasters	Boles	Marcella
Coos Bay Toastmasters Club	Brazille	Phillip
Coos Bay Toastmasters Club	Brown	Ronald
Tualatin Valley Toastmasters Club	Carsten	Bridget
Tualatin Valley Toastmasters Club	Carsten	Lila
Smooth Talkers Club	Christian	Logan
Coos Bay Toastmasters Club	Clark	Matthew
Pearl District Toastmasters Club	Dillion	Jeff
WeWork Toastmasters	Epperson	Aaron
WeWork Toastmasters	Golden	Dane
Eco Voices Toastmasters	Holladay	Kenneth
WE Toasted Toastmasters	Jett	Robert
WeWork Toastmasters	Jones	Michael
WeWork Toastmasters	Jones	Shelly
Essayons Club	Keiter	Julia
Essayons Club	Kennedy	Margaret
WeWork Toastmasters	Kojic	Katarina
New Horizons Toastmasters Club	Krafve	Alexander
Essayons Club	Kuryachy	Artem
Portlandia Club	Lamont	John
Gorge Windbags	Lira	Mark
WeWork Toastmasters	Manner	Shauna
Lunch Bunch Toastmasters Club	Mante	Lourdes
Wallmasters International Club	Martinez	Maria
WeWork Toastmasters	Maskol	Eric
Noon Talkers	Mcgrath	Marlena
WeWork Toastmasters	Mohamed	Margaret
WeWork Toastmasters	Molkentin	Nicole
Yammertime	Morgan	Kipp
WeWork Toastmasters	O'Connor	Natalie

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Coos Bay Toastmasters Club	Paluch	Nana
WeWork Toastmasters	Parekh	Mehul
Pearl District Toastmasters Club	Patrella	Misti
Coos Bay Toastmasters Club	Ray	Rusty
The University Club	Rebeiro	Tiffany
Hood River Club	Rovianek	James
Bend Chamber Toastmasters	Rydlun	Fredrik
Civil Tongues Club	Storer	Krysta
Salmon Speakers	Stuchiner	Rafael
At The River's Edge Club	Tankus	Ben
Yammertime	Tonge	Corrie
Tell Me A Story	Tran	Vincent
WeWork Toastmasters	Trull	Jeffrey
WeWork Toastmasters	Utt	Darren
Coos Bay Toastmasters Club	Vinzant	Joshua
WeWork Toastmasters	Viragh	Stefan
Tell Me A Story	Wilson	Brandon

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 Cate Arnold, 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
DL1	9/12/2018	Adams, Brandi R.	Milwaukie Talkies
ALB	9/21/2018	Bergman, Erik	WE Toasted Toastmasters
PM2	9/6/2018	Bergman, Erik	WE Toasted Toastmasters
CC	9/27/2018	Boe, Michael P.	Oregon State Toastmasters
IP1	9/7/2018	Booth, Jonathan	McMinnville Toastmasters
CC	9/18/2018	Burch, Sheena Larissa	Milwaukie Talkies
PM2	9/18/2018	Burger, Debra Ann	Transtosters
ACS	9/18/2018	Campbell, Alan L.	Siuslaw Tale Spinners Club
CL	9/27/2018	Clarke, Michelle	NuScale Toasters
MS2	9/3/2018	Conarton, Joel	Molalla Toastmasters
CC	9/18/2018	Cooper, Toni Michelle	Early Words Club
MS3	9/13/2018	Corbin, Tamsen Miller	WE Toasted Toastmasters
EC1	9/28/2018	Do, Bennett Quan	Yammertime
LD1	9/13/2018	Farley, Michael Lee	Southern Oregon Speechmasters
IP2	9/11/2018	Franko, Tana Louise	Newberg Toastmasters Club
CL	9/24/2018	Gandarillas, Pamela Kay	Politically Speaking
CC	9/24/2018	Gandarillas, Pamela Kay	Politically Speaking
PM4	9/25/2018	Gonzales, Jacob A	Gorge Windbags
IP1	9/13/2018	Gotter, Lenny L	Portland Progressives
EC3	9/14/2018	Hale, Dawnette	Swan Island Toastmasters
EC2	9/4/2018	Hale, Dawnette	Swan Island Toastmasters
DL2	9/20/2018	Hall, Robert B.	Professionally Speaking
SR1	9/25/2018	Herzig, Maya Xolal	Yammertime
IP1	9/28/2018	Hoffman, Amber M.	Yammertime
CL	9/15/2018	House, Sandra Lynn	Barnhart Toastmasters
PM2	9/28/2018	Howell, Shawn Patrick	Grants Pass Toastmasters Club 852
CL	9/14/2018	Johnson, A. J.	Newberg Toastmasters Club
EC2	9/2/2018	Johnson, David R.	Fortunate 500 Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACB	9/5/2018	Kersjes, Theo	PMI Portland Toastmasters
CC	9/7/2018	Kessler, Katie	NuScale Toasters
IP1	9/19/2018	Kolbach, Karen	Professionally Speaking
EC1	9/24/2018	Kroll, Trent	Hood River Club
PM1	9/12/2018	Kumar, Anil	Toast to US
CL	9/15/2018	Langbehn, Maria L.	Barnhart Toastmasters
DTM	9/4/2018	Leis, Linda K.	Will-Sher Club
ALS	9/4/2018	Leis, Linda K.	Will-Sher Club
ACG	9/4/2018	Leis, Linda K.	Will-Sher Club
CC	9/7/2018	Lloyd, Timothy A	Toast of Corvallis Toastmasters Club
CL	9/15/2018	Meekisho, Anna M.	Barnhart Toastmasters
CC	9/15/2018	Meekisho, Anna M.	Barnhart Toastmasters
LD1	9/3/2018	Melville, Diane	The Dalles Toastmasters Club
DTM	9/28/2018	Mills, Pam	Oregon City Toastmasters
ALS	9/27/2018	Mills, Pam	Oregon City Toastmasters
ACG	9/27/2018	Mills, Pam	Oregon City Toastmasters
PM1	9/18/2018	Moran, Samuel H.	Tell Me A Story
IP2	9/23/2018	Munro, Karen L.	At The River's Edge Club
PI1	9/2/2018	Neufeld, Jeffrey	Storymasters Toastmasters
EC1	9/11/2018	Nikula, Joyce	Newberg Toastmasters Club
CC	9/24/2018	Ochs, Adrienne C.	New Horizons Toastmasters Club
VC1	9/18/2018	Ochsner, Terry	Professionally Speaking
LD1	9/21/2018	Pendergrass, Kimberly Ann	Creekside Toastmasters
EC1	9/13/2018	Pfau, Eric	Sunrise Toastmasters Club #1492
EC4	9/21/2018	Pugh, Crystal D.	Yawn Patrol Club
	9/7/2018	Pugh, Crystal D.	Yawn Patrol Club
CL	9/15/2018	Ram, Renuka Wati	Barnhart Toastmasters
ACS	9/5/2018	Robison, Baron L	Flying Toasters Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
DL3	9/10/2018	Robison, James Craig	Portland Progressives
LDREXC	9/24/2018	Schellenberg, Lyle W.	Bootstrappers Club
EC2	9/6/2018	Schweitzer, Connie L.	Milwaukie Talkies
EC2	9/16/2018	Semprevivo, Karen Ann	Portland Progressives
CC	9/21/2018	Serhan, Marvin T.	Professionally Speaking
IP2	9/19/2018	Shehorn, David A.	Clark County Toastmasters Club
ACS	9/19/2018	Speaks, Sheree	Lebanon Toastmasters
CL	9/19/2018	Speaks, Sheree	Lebanon Toastmasters
VC2	9/30/2018	Spiegel, Nick	New Horizons Toastmasters Club
VC5	9/19/2018	Stevenson, Scott	Marylhurst Toastmasters
CL	9/9/2018	Stevenson, Scott	Marylhurst Toastmasters
CL	9/15/2018	Sullivan, Jennifer Anne	Barnhart Toastmasters
CL	9/2/2018	Talley, Kamili	New Horizons Toastmasters Club
ACB	9/11/2018	Taylor, Emilie	Feedbackers Toastmasters Club
IP1	9/25/2018	Thomas, Doug	Early Words Club
VC3	9/12/2018	Thygesen, Erica L.	Clackamas County Toastmasters
EC1	9/7/2018	Torigoe, Yoko	Silicon Forest Club
CL	9/19/2018	Tully, Anne	Bend Chamber Toastmasters
CC	9/28/2018	Tully, Kathleen	WE Toasted Toastmasters
ALB	9/28/2018	Tully, Kathleen	WE Toasted Toastmasters
IP2	9/12/2018	Unger, Sue E.	Clackamas County Toastmasters
CC	9/26/2018	Walker, Melissa	Fortunate 500 Club
PM5	9/14/2018	Wantz, James	Feedbackers Toastmasters Club
SR2	9/12/2018	Wantz, James	Feedbackers Toastmasters Club
PM2	9/25/2018	West, Larry J.	Grants Pass Toastmasters Club 852
PM1	9/25/2018	West, Larry J.	Grants Pass Toastmasters Club 852
ACB	9/25/2018	Williams, Geoffrey	Smooth Talkers Club

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Balasubramanian, Kaushik	4	ALS , SR1 , DTM , LDREXC
Clough, Deborah E.	4	EC1 , ALB , CL , EC2
Corbin, Tamsen Miller	3	MS2 , MS3 , EC3
Fanning, Paul C.	4	LD1 , ALS , DTM , LDREXC
Hale, Dawnette	3	EC2 , EC1 , EC3
Kersjes, Theo	3	ALB , ACS , ACB
Leis, Linda K.	3	DTM , ALS , ACG
Meekisho, Anna M.	3	CL , CC , IP1
Mills, Pam	3	ALS , ACG , DTM
Ng, Ean H.	3	ALS , DTM , LDREXC
Pugh, Crystal D.	4	EC3 , EC4 , ACG , PWMENTORPGM
Redgrave, Cheri A.	3	ALS , DTM , SR3
Shaw, Jo Anna	4	ALS , VC3 , DTM , VC2
Spiegel, Nick	3	VC2 , ALB , CC
Stevenson, Scott	10	VC1 , VC4 , VC2 , CL , CL , CL , CC , CC , VC5 , VC3
Tully, Kathleen	4	DL2 , ALB , ACS , CC
Wilson, Michael A	3	IP2 , IP1 , IP3

HAPPY ANNIVERSARY TO OCTOBER CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
10/18/2017	1	CareOregon	Portland
10/20/2014	4	Clean Water	Hillsboro
10/18/2017	1	G5 Marketing	Bend
10/11/2017	1	Make the World Toast	Beaverton
10/1/1998	20	Marylhurst	West Linn
10/1/1953	65	New Horizons	Tualatin
10/30/2012	6	NuScale Toasters	Corvallis
10/1/1993	25	Speakeasy	Hillsboro
10/21/2014	4	Titan	Eugene
10/1/1990	28	Toast of Corvallis	Corvallis
10/3/2012	6	Wonderful Oregon Wordmasters (WOW)	Roseburg
10/1/1965	53	Yawn Patrol	Eugene



A special shout out to New Horizons and Yawn Patrol for being part of the District 7 Toastmasters family for over 50 years.

CONTRIBUTORS



Cate Arnold, DTM



David R Johnson, EC2



Donna Stark, DTM



Emilie Taylor, DTM



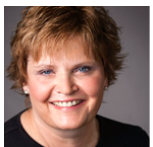
James Wantz, DTM



John Rodke, DTM



Lauralee Norris, IP3



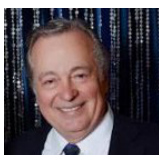
Leanna Lindquist, DTM



Paul Fanning, DTM



Phyllis Harmon, DTM



Terry Beard

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**Please do not deface your magazines. A non-removable, address label will be added.*