

Karen Semprevivo  
**Life Is Like a Race**  
Page 6



**You** can change lives



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# White Rabbit-itis

Phyllis A. Harmon, DTM  
Editor/Publisher



I feel like the White Rabbit from the *Adventures of Alice in Wonderland*. A litany of must do's are running through my mind as I hold my pocket watch and hurry to the next item on my list of What-Must-Be-Done TODAY!! I devoted the day to submitting television episodes to the local cable station, coaching a member or two, and searching for just the right graphics to enhance the many articles contained in this issue of *Voices!*

What has hit me squarely between the eyes is that I will never catch up! Each moment must have a purpose. Just like education, learning and tasks are never done. One lesson or task leads to another, and another, and then more beyond those. Sheesh! Makes me tired just thinking about all the life lessons and lists of tasks yet to come.

And just yesterday another Must-Do slipped through the door. Did you know that Toastmasters International, in their infinite wisdom, revealed that Toastmasters Leadership Institute should be held in November? That change alone loses the District two planning months. So much for carefully planned schedules. Juggling has never been a strong suit of mine, and I certainly don't have the dexterity I had in my younger days to keep all the balls in the air! Oh well, we Toastmasters learn to be nimble and change direction on a moment's notice. So be it, I'll just add November TLI to the list.

Enough conversation. It's time to get back to that litany of must do's before anything else changes . . . Do you have any idea where I dropped that dangd pocket watch??

# EDITORIAL

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# VOICES!



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# Karen Semprevivo, DTM

## Life Is Like a Race

Brinn Hemmingson, DTM

*The 2019-20 cover stories introduce the members of the District Executive Committee to the membership. Some were elected, others appointed. Everyone on the Committee is dedicated to helping the rest of us thrive and be successful.*

*This month's article focuses on our District Finance Manager, Karen Semprevivo. A woman of many talents, including understanding the intricacies of spreadsheets and databases. [Editor]*

Although a Toastmaster since 1996 and a member of several different clubs (sometimes 3 at a time), Karen might strike you as shy and definitely humble. As a fellow member of Portland Progressives, there are certain things I think of when asked about Karen. She has depth, she inspires, and has a passion to do well in everything she takes on. And she will also wonder what all the fuss is about because she does not see the same things in herself!

One trait I always wondered about was does she enjoy learning as much as she appears to? She was studying Greek and Latin a few years back. I could not fathom why she would do that! Karen has always found ancient history and cultures fascinating. Why did she learn these languages? So she could read bibles in the older languages. Of course!

To be fair though, these classes were among those offered by Portland State University in a program for Seniors. Karen began studying languages from the 8th grade on. Two years of French in high school and three in college as well as Conversational Spanish. Oh, and a year of Japanese too so she could write thank you cards to her in-laws (her son married a Japanese woman) and the Spanish because her daughter married a man of Mexican descent. Ah yes, let's not forget her major in college—German. She even had a year of Russian. That makes seven languages she has studied! And she can still diagram English sentences which is more than a lot of people half her age wouldn't begin to know how to do! (If you are in a Toastmasters meeting with Karen, beware of making common English mistakes!)

Education seems to have been a huge part of Karen's makeup. She earned her undergraduate degree in 1967. In the late 1990's, at the age of 55, she went back to school and earned a Masters in Public Administration in 1998 and a Masters in Library Science in 2013 at age 70-1/2.

Asked how she got into finance management, Karen had a ready reply. She has a knack for it in many ways. Statistics, accounting, spreadsheets—she has done much of this. And some was self-taught. She worked

for the state of Oregon for 19 years, beginning in 1991. Much of this was in Vital Records and the CDC Adult Behavioral Risk survey.

She taught herself HTML. The first time she took a test in demographic coding (part of the test for a State of Oregon position), she thought it was fun. She did not expect a call regarding the position for 6 weeks. Imagine her surprise when they called her the next day! Her test results had been amazing!

You can't know Karen well and ignore the fact that another big part of her life has to do with marathons. Think half marathons, 42K (26.2 miles), and Bridge Stride. Her interest in this was piqued in 1995 when she drove runners involved in the Hood to Coast, (127 miles!) staying up much of the night, getting a feel for the team.

Leo Kurkoski got Karen onto a team with Susan Hays (her coach) from the Catholic Sentinel in 2000. At age 58 she began training in the Ladd Addition for the Hood to Coast. She did 12-minute miles. She has done several races including half marathons, 10K, and more. She did her first full marathon at age 61. Karen has walked in 11 major races including one in Honolulu.

Maybe she will slow down when she is 80. She joined Foot Traffic University in 2007, which does 6-month training stints. Karen has





*Karen on N Willamette Blvd during the October 2017 Portland Marathon*



many accolades, ribbons and other awards. And, she is the eldest on the Portland Hood to Coast team.

Life can be likened to a race. At the starting line you have a goal, you set yourself a pace, and to finish you stick to that pace to reach your finishing time. In life you have goals—among them there is saving money and juggling one's time better. And like a race, the real goal is to start another race when that goal is achieved. Everything has a purpose; to improve.

And of course, there's Karen's love and passion for Toastmasters. She has started two paths in Pathways and is working on two Level 4s.

Karen got into leadership more than speaking, although she is closing in on her sixth DTM. She is just short of sponsoring, coaching or mentoring a club. She is currently coaching

one club, but may have to help start a new one as Plan B. Her decision to embrace leadership began when she and Harvey Schowe attended the 1996 National Convention in Connecticut when Gary Schmidt became the International President. Karen said, "I couldn't lead anyone out of a paper bag!" But with encouragement, she went on to attain an impressive record!

Karen has held every club officer role, many several times. She has been a Club Coach, Area Director twice, a Division Director twice, District Sergeant at Arms, and District Secretary. She has led or helped coordinate Speechcraft and small club modules. She served as database coordinator and is currently serving as District Finance Manager, a role she had held since 2017.

Karen is active in three clubs: Blue Ox, Civil Tongues and Portland Progressives. Some might say she is rather driven (or even a fierce manager!) but it is simply a desire to see people get the benefit of being involved.

For Karen, what she would say to encourage people to check out Toastmasters is fairly straight forward. It is valuable to visit clubs, to check out the club culture to see what fits with one's personality. Toastmasters is not just for public speaking, its also about conversation, confidence, having something to say and knowing how to speak your mind. We may be asked to speak in Grad School, or the boss may request a presentation. Who knows—maybe you would like to quit your job and you want to practice how to say such things without the boss's feedback! Toastmasters is about helping others and mutually growing one's self, improving your own skills set. Its less expensive than any communications course in school, too.

# Start the Year Strong

## Open House Incentive

Any club in District 7 that holds an open house before Labor Day (September 2) will be reimbursed up to \$50 for expenses incurred in holding the event.

To qualify, submit the following to Eldred Brown, DTM - Club Growth Director at [eldred.brown.tm@gmail.com](mailto:eldred.brown.tm@gmail.com):

- The name of your club
- When and where you held the open house
- A roster of all who attended
- A completed [District 7 Reimbursement Voucher](#) before September 30, 2019



# R.I.S.E.

Emilie Taylor, DTM  
District Director

*Core Values: Values that help us rise, enrich us to the core and enrich membership.*

Did you know we have core values in Toastmasters? If you didn't, no worries. When I first joined, I did not know anything about them. Lately though, I find myself bringing the core values into conversations.

The Core Values in Toastmasters is what yeast is to dough and dough to fine

bread. It makes the loaf what it is. It is the key ingredient that makes the bread RISE and stand out. The Toastmasters Core Values help us to RISE to new heights as a person and as a club. The key ingredients are: Respect, Integrity, Service, and Excellence.

Are these values important to you? Do they inspire you? Maybe yes? Maybe no? These

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ingredients, like in a good loaf of homemade bread, must be worked, kneaded, left to RISE, be re-worked—sometimes pounded on until we have that loaf reach it's Pinnacle of Excellence. Excellence is not perfection, it is individually reaching its own unique best.

Core values guide my daily interactions in Toastmasters and become my guiding principles.

**RESPECT:** Let us start with Respect for the individual. When I think of respect, I think about Aretha Franklin's song *R.E.S.P.E.C.T.* Do you remember it? Truly, when I think about Respect, I think about the Golden Rule—the principle of treating others as I would want to be treated. I think about Listening versus Talking. We are mostly in the habit of formulating our answer before the other has completed their thought. How many of us truly listen? When someone gives a speech, do we give that person our undivided attention? Or, do we get side tracked on personal quests, like: Did I leave the iron on? Where is the best all-you-can-eat buffet nearby? I have learned a lot in Toastmasters, one of which is to be present. By listening, we are showing our respect. True listening allows us to give honest feedback which helps our club members grow—and believe it or not, we too grow from the experience.

**INTEGRITY:** What does Integrity mean to me? It means being true to myself and what I believe. It means doing the right thing even if no one is watching. What does Integrity mean to me as a club member? It means honesty and sincerity when giving feedback as an evaluator. It means following up on promises. It means doing a task that may be new to me and sometimes scary but doing it despite negative

self-talk and silly fears. It means doing it and not shoving it off on others (which in the end only weakens us and our integrity and resolve). It means doing our best, despite ourselves getting in the way. Integrity is being able to look in the mirror at the end of the day and saying 'you know, you did it and you are OK!'

**SERVICE:** Service to the members. Toastmasters is a service-oriented organization. Giving back to the organization that has helped you RISE. Gaining the big picture and awareness of where we have been and where others are in their journey. It's a two-way street. By helping—by volunteering—we both grow. Studies confirm that when you help another, both have boosted immune systems. Those who witness the good deed also have boosted their immune systems. So, serving others has social and health benefits to boot!

**EXCELLENCE:** Dedication to Excellence. Excellence to me is becoming a better communicator and leader. It is the pursuit of becoming good at something. It is not about becoming perfect. I love this core value because it accepts me and you where we are. Thus, excel at what and who you are. Do not become something else. Do your best, be your best, help others. RISE to your unique highest potential and discover more and more about who you really are!

It's been said that people come into our lives for a reason, bringing something we must learn and we are led to those who help us the most to grow if we let them and we help them in return—Toastmasters is that someone for all of us.

To all of you Toastmasters, thank you for being a part of this wonderful organization.

# Leadership Learning Starts at the Club Level

Cate Arnold, DTM

Program Quality Director

Like many organizations, Toastmasters has a leadership pipeline that starts at the clubs, goes up through areas, divisions, districts, regions, to the International level. At each level, we have the opportunity to work on leadership skills that, if done thoughtfully, teach us how to be good team members and leaders. Skills that we need to be effective everywhere—you don't have to look far to see how ubiquitous and important leadership is in our world.

We think of leaders as being in charge, setting the direction. However, great leaders don't do that by using their authority to tell people what to do, but instead by learning to inspire, support, and guide people, so that their members are motivated in ways that contribute to the organization's vitality and success. This is especially important in Toastmasters and other volunteer organizations where people leave if they don't like where they're being led.

We start by practicing leadership in club meetings. We learn to follow an agenda in a positive, productive and timely manner. Through roles, speeches, and table topics we build our communication skills. The evaluation portion of the meeting teaches us to be good listeners, to learn to give and receive constructive feedback and feel good about it. We practice being strong, well-intentioned team members who learn

from what we do well, but even more from our mistakes and weaknesses. We learn to appreciate and enjoy hearing good tips on what we can do better next time, an amazing practice that is missing in many organizations.

The leadership pipeline starts with our officers, especially the Vice Presidents and the President. While different clubs divvy up the leadership work differently, the VPs and President accomplish their objectives by encouraging and leading members. The VP of Education encourages and monitors members' progress in earning education awards, plans contests, manages the mentor program. The VP of Public Relations works to publicize the club to bring in new members through organizing open houses and other methods, especially in these electronic days, by managing an interesting website and social media. The VP of Membership also works to bring in new members by assisting visiting guests and encouraging members to bring guests. The President oversees the officer meetings, presides over club meetings, and encourages the club members and officers to focus on being a distinguished club.

We say that Toastmasters builds leaders. It starts when we consciously consider what we can do to achieve leadership learning in our safe, structured clubs.

# The Art of Story

Share ideas through 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



# The Club Coach Program - Be

Eldred Brown, DTM - C

Is your club struggling for members? Does your meeting quality suffer for low attendance (not enough people to fill all the roles, people serving two or more roles in a meeting)? Are the members of your club feeling burned out for taking the same officer roles year after year after year? If you can answer yes to all these questions, then your club might benefit from having a Club Coach or two.

## About the Program

The Club Coach Program is a program Toastmasters offers struggling clubs to help them rebuild their membership and restore their club quality. The alternative is usually that a club continues to flounder and may even die.

## Club Eligibility Requirements

To be eligible for a Club Coach, your club must meet the following requirements:

- No more than 12 members in good standing

- Is not be suspended or closed
- Does not have two coaches assigned

To receive a coach, your club President must formally request a coach. No coach will be assigned to a club that doesn't want one.

To request a coach, please contact your District Director (Emilie Taylor), your Club Growth Director (myself), or your Club Coach Coordinator (Jim Robison). If your Area or Division Director requests a coach on your club's behalf, we will contact your club President to verify that you really want one. Remember that your club can have two coaches at a time.

## Club Coach Eligibility Requirements

To be eligible to coach a club, you must meet the following requirements:

- Be an experienced Toastmaster in good standing
- Not already be a member of the club you want to coach



# And Lead

## Benefits to You and Your Club

### Club Growth Director

Special consideration will be given to those who are working to earn their DTM awards in the traditional program before the program ends next summer and who need credit for sponsoring, mentoring, or coaching a club.

#### How Long Is an Assignment?

A Club Coach appointment is good for two program years, to include the year in which your assignment begins. Your goal as Club Coach is to guide your assigned club to recognition on the Distinguished Club Program. If you successfully achieve that goal, your assignment is done, and you will receive credit for successful service as a Club Coach. If you don't succeed within your 2-year assignment, you can be reappointed for another two years.

#### What Are the Benefits of Service as a Club Coach?

Service as a Club Coach will satisfy the District

Leadership requirement of your Advanced Leader Silver (ALS) and Distinguished Toastmaster (DTM) awards, the same requirement fulfilled by serving as an Area Director, Division Director, or member of the District Trio. Successful service as a Club Coach (leading your assigned club to Distinguished recognition or better) will satisfy the Club Sponsor/Mentor/Coach requirement for ALS. Outside of the credit you earn toward educational awards, you will also learn many of these valuable leadership lessons:

- How to inspire others
- How to listen
- How to speak persuasively
- How to give feedback
- How to help others improve their performance

# 20 Ways to Promote Your Open House!

Kathleen Tully, DTM - Public Relations Manager

An open house is a wonderful way to introduce potential members to the Toastmasters experience. It creates the opportunity for your club and its members to shine while highlighting the value and benefits for curious attendees. Are you taking advantage of the two open house incentives available to District 7 clubs right now? If so, here are 20 ways to promote your event.

Before you publish your event, make sure you have all of the details of the open house confirmed, including date, start and end time, location, and specific instructions to the meeting room and parking (i.e. sign in at front desk, enter through the door on the left side of the building). Then, start promoting!

**Social Media:** post an invite and ask people to share it.

- Create an event page and include details for the open house, information on what to expect, the benefits of Toastmasters or testimonials of members. Add a photograph of members engaging and enjoying themselves at a Toastmasters meeting.
- Create meaningful content for the post. Add a few “key words” such as public speaking, presentation skills, communications, leadership, professional development, personal growth, networking, and self-confidence.

- Monitor your accounts throughout the weeks leading up to the event. If someone has a question about the event, you’ll want to respond promptly.
- Create a virtual invite and open house teaser: create a short (1-2 minutes) video showing a portion of a meeting to give guests an idea of what to expect.

**Meetup.com:** join [District 7 Toastmaster’s Meetup](#) account to create an open house event.

**Craigslist and Nextdoor.com:** post an invitation for your neighborhood. Include the details for the open house and add a story about how you’ve benefited from Toastmasters.

**FreeToastHost club website:** add the open house information to the landing page.

**Eventbrite invite:** create a fun and professional invitation on Eventbrite and email your friends, neighbors, colleagues, and local networking contacts.

**Email or phone invitation:** reach out to contacts by phone and invite them personally. Encourage them to bring a friend. Or, offer to meet them for coffee and give them a ride to the open house! Consider reaching out to past guests and re-inviting them. Email contacts are all potential guests so incorporate a non-intrusive

mention and link for your open house into your email signature.

**Flyers:** post open house flyers throughout the community (i.e. coffeeshops and other local businesses, and public libraries). Post two weeks prior to the event and again one week before. You can find numerous flyer templates on the Resources tab at [toastmasters.org](http://toastmasters.org).

**Organizations:** visit the networking events at the local Chamber of Commerce, Rotary, and other local service organizations. Be sure to bring your club business card and open house invitations to share. Develop consistent talking points that all club members can highlight when they “pitch” Toastmasters during a networking opportunity.

**Local newspapers:** send a press release (templates are available on the Resources tab at [toastmasters.org](http://toastmasters.org)) to the local newspaper with a brief description of the event. Include all of the details for the open house and testimonials from 2-3 members on why they joined Toastmasters and how they’ve benefited from the experience. Pick a specific reporter and department to send it to (i.e. the Community section).

**Signage:** Create signage that leads people to your open house. Post strategically as you consider what direction people will be coming from. Put signs out as early as possible so that people walking by might stop in to see what’s going on. Make sure it’s clear how to get to the meeting room.

**Corporate clubs** have additional options for promoting their open house events:

- Announce the open house at the weekly town hall meetings, during project meetings, and via intra-office



communication as appropriate (i.e. instant messaging and group chat).

- Post flyers in high traffic areas and where people gather.
- Use the club banner to promote the event, attaching an open house flier to the banner, and placing it in strategic traffic areas. Place it near the elevator, the stairs, or in the lobby. Move it around the office the week or two prior to the event.
- Invite executive level HR, Training & Development, Sales, and Client Engagement contacts to attend. They likely have employees who would benefit from the Toastmasters experience.
- Set up a booth or table display and share your Toastmaster experience. Include flyers, brochures, sample agendas, and add some fun photos from a meeting.
- Member “ambassadors” can seek out other organizations in the surrounding area to invite those employees.

One sure way to make the open house a success is to engage all current members in the planning and promotion process. Find ways to make it fun and work together to build a successful and well promoted event!

# DISTRICT-WIDE ANNOUNCEMENTS

## **Smedley Award Membership Building Contest - August 1 – September 30**

Can your club add five new, dual, or reinstated members with a join date between August 1 and September 30? Accomplish this goal and you'll qualify to receive a "Smedley Award" ribbon, named in honor of Ralph Smedley, which you can display on your club's banner. Qualifying clubs can also earn a special discount code for 10-percent off their next club order. (The discount code expires six months from the date of issue and is not valid with any other offer.)

Applications and payments for members with a join date between August 1 and September 30 must be received at World Headquarters or online no later than September 30. The addition of transfer and charter members does not count toward "Smedley Award" credit.

The winning clubs will be revealed online within a few weeks of the submission deadline. Winning clubs should allow up to 10 business days to receive their award if they are located in the United States, and up to 21 business days if they are outside of the United States.

## **Membership Renewals - Due by September 30**

Remember that fall membership renewals are due by September 30 to remain a member in good standing. Every club must also pay dues for a minimum of 8 members by September 30 to remain a club in good standing.

## **District Celebration - September 14, 2019 - 10:30-1:00 pm**

Welcome to our annual celebration of the past Toastmasters year. This celebration will be an opportunity to thank our leaders, learn from their experiences, and network to support this year's leaders. All members, non-members, family and friends are welcome to attend. There will be a potluck get-together afterwards, so bring a small dish/item to share if you would like to stay and brainstorm with your fellow Toastmasters. A huge thank you to our 2018-2019 leaders and members! We look forward to seeing you there! 10:30 AM – 1:00 PM, Frog Pond Church - Meridian United Church of Christ, 6750 Boeckman Rd, Wilsonville, OR 97070

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# **ANNOUNCEMENTS**

## **Winter Session - Toastmasters Leadership Institute**

**November 16, 2019**  
**Watch for Updates**  
**Coming Soon!**

If you are interested in presenting at TLI for a club officer or optional session, email Phyllis Harmon, District Education Coordinator at [phyllis.harmon@d7toastmasters.org](mailto:phyllis.harmon@d7toastmasters.org).

Need your name, session title and description, and why you are the best person to present this session.



**Not comfortable  
giving  
evaluations?**

**Feedbackers**

**Second Wednesday of the month**

**7:30-9:00 pm**

**Providence St Vincent**

**9205 SW Barnes Road, Conf Room 20**

**Portland, Oregon**

**[feedbackers.toastmastersclubs.org](http://feedbackers.toastmastersclubs.org)**





# PROSPECTIVE NEW CLUB LEAD

*Please Print Clearly*

Organization Name	
Contact's Name	Position
Email Address	Phone #
Street Address (if known)	
City, State, Zip	
What do you know about this organization	
Your Name	Home Club
Your Email Address	Phone #
<p>Your Relationship to Organization:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Work there</li><li><input type="checkbox"/> Member/officer</li><li><input type="checkbox"/> Family/friend</li><li><input type="checkbox"/> Client</li><li><input type="checkbox"/> Vendor</li><li><input type="checkbox"/> Other/please specify</li></ul>	



**Starting  
July 1, 2019  
Earn a Toastmasters Shirt**

Submit a Club Lead  
that turns into a  
Kickoff Meeting



Contact Eldred Brown, DTM  
Club Growth Director-elect  
[eldred.brown.tm@gmail.com](mailto:eldred.brown.tm@gmail.com)  
For more information

# Badgering

## *A Tongue-in-Cheek Approach*

James Wantz, DTM

Did you know that you can give fellow club members a special badge in Pathways? Few know that this most excellent tool of recognition even exists! Alas!

A recent email to me inquired about Badge Etiquette. The member had stumbled on the Badge page (much as someone might stumble on an exposed 2 x 4 with a rusty nail sticking out of it—eye opening!), saw that there was a way to give badges to fellow club members, and asked me about it.

“Is there badge etiquette? If not, should there be? My “etiquette” questions were things like “How long after being given a badge is it still OK to thank someone for the badge? Or is it OK to thank them? Or is it more than OK, perhaps encouraged?”

And, “Is it a good idea to give someone a badge two or more weeks in a row?” Perhaps they go above and beyond two or more weeks in a row, and you want to recognize them for that. But maybe giving badges “too frequently” dilutes their effectiveness. The “frequency” is another etiquette question.”

This email caused me to ponder their conundrum and create *Badgering 101 (Enjoy!)*



# Badgering 101

## Badge Frequently & Often

This is called “Badgering” and is perfectly acceptable (unlike doing the same to someone who refers to you as a “Stalker”). Badgering repeatedly is up to your discretion. Some may find it charming while others might feel the effectiveness of a one-time Badgering is better than repeatedly Badgering a member. Some members have been known to curl up in a ball and mumble incoherently after repeated badgering sessions, often confused with “critical feedback”. Other members love the recognition of multiple Badgerings. To quote Sally Field: “You like me, you really like me!”

## Say Thank You for Badges

This is completely appropriate and suggested the first time you discover that you have been Badgered. Past that, saying thank you repeatedly dilutes the effectiveness and makes you sound obsequious, needy, or possessed of poor short-term memory retention.

## Don't Expect Thank Yous for Badges You Give

The system does not let members know they have been Badgered. There is no notification (hmm, maybe a cute little Badger could pop up on the Base Camp window as an indicator). The only way a member knows they have been Badgered is that they log in and happen to click on their Badges to view the new ones (there are better chances of winning the lottery since

most members don't even know this opportunity exists). If they notice your Badgering of them (some people can be so clueless to your interest in them) and happen to say thank you—revel in it—even if it is 6 months to 3 years after you initially Badgered them. (I'm still waiting for several people to notice my Badgering—or maybe that's why I haven't seen them around lately, hmmm.)

## Badge Everyone!

With three caveats—they need to be in the same club as you, are logged into that club at the time you decide to Badger them, and that they don't have a restraining order against you.

At this time you can only Badger those in the same club as you. If you are unable to find them by searching for their name in the Base Camp search box, there might be 3 reasons: They are a member of multiple clubs and are currently logged into their other (more favorite) club; they might not have started Pathways yet (a good reason to badger them to get started in the real world); or, they are trying to avoid you, have changed their name, and/or entered witness protection (you should be expecting a cease and desist letter forthwith).

## Badge Posture

Be sure to Badger club members while holding your pinky aloft (much as the English do when drinking tea). This is the best posture and provides the most satisfaction per Badgering.

**6:35 - 7:45 am - Fridays**

**CoLab**

**11481 SW Hall Blvd Ste 201**

**Tigard, Oregon 97223**

**[cleon.cox@frontier.com](mailto:cleon.cox@frontier.com)**

**Join Us Any Friday**



# **WALLMASTERS INTERNATIONAL**

**Toastmasters for High Achievers**



# Leaders **Love** Resolving Conflict

Dottie Love, DTM

Have you ever been in a challenging conversation in which you wanted the other person to “Just get onboard with things!” This occurs when people have differences they can’t resolve. Yet, relationship tranquility comes when you get to an understanding. But how, you ask? The key is being “respectful” during the conversation.

The person who can most accurately describe the reality of the situation without laying blame will emerge as the leader. Interestingly enough, most causes of conflict fall into four categories:

- Contentious Personalities
- Misunderstanding
- Issues
- Styles of Leadership

All can be addressed in similar fashions which starts with understanding why and where you differ in opinions. Susan Scott, author of *Fierce Conversations*, states the most important one on the list above is your style of leadership. It can either derail or drive results. Collaborative conversations are excellent tools to have in your leadership toolkit. The way to win at tough conversations is focus on the ‘reality’ and not the emotion.

Let’s examine what this looks like with a

few helpful tips and tools: Think of someone whose bad behavior you wish to change or bad situation you wish to discuss. When you contemplate trying to have this conversation about the issue, what do you feel? Anxious? Fearful? Uncomfortable? And because of those feelings, do you put off having that conversation? Many of us do. You can change that.

*Fierce Conversations* is chock full of ideas. Three key steps that can get your conversation started on a positive path include:

## ▶ **Do a reality check**

How do we figure out their reality without putting the other person on the defensive? Well... you ASK in a non-combative way. You start by making a clarity statement like, “This is what the situation looks like and feels to me. I truly want to know your thoughts, particularly if they differ from mine.” Once you get a response, you keep the conversation going in a non-threatening, non-confrontational way by doing the next step.

## ▶ **Remove defensive words**

But... No... However... are conversation killing words that should be struck from your everyday conversations. Try using *And* instead.



That's going to be hard. Trust me. These words instantly tell the other person I disagree with them. Move away from using them.

Here is an example of how you can respond to a cloudy day when the other person doesn't see it that way:

They say: "The sky is pink."

You say: "And. . . the sky is gray!"

The word *And* suggests you are respecting your position and not discounting theirs.

### ► Facilitate Collaboration

Once the conversation starts, drive for agreeing on a resolution to make things better. Ask questions on how the other person would like to solve or improve things. Let them know it's important to you that resolution can be done together.

Key things to remember:

- Encourage all parties to speak.
- Encourage all parties to listen.
- Identify areas of disagreement.
- Identify areas of agreement.
- Then search for solutions.

If it helps, write down all ideas then evaluate the positive and negative aspects of each idea. Together, narrow the list to the idea that best

resolves the problem.

A good leader looks to resolve conflict, and by doing so, builds trust and respect.

For more helpful tips, pick up a copy of *Fierce Conversations*. Hoping you have more cheerful and deliberate conversations!

*Our work, our relationships, and our lives succeed or fail one conversation at a time. While no single conversation is guaranteed to transform a company, a relationship, or a life, any single conversation can. Speak and listen as if this is the most important conversation you will ever have with this person. It could be. Participate as if it matters. It does.*

—Susan Scott, *Fierce Conversations*

# Astute Better Coping

B. Lucky Coyne, ATMS

As summer draws down we hear the echoes of school bells ringing for that younger set. Yet we adults are hardly done with mastering some new lessons in life.

Yes, life is all about coping. That is the ongoing journey ahead. No, we cannot afford to endlessly mark time and retreat from reality. Drawing upon thirty years in doing professional counseling, I devote this column to the abc's of **Astute Better Coping**. Its all about us navigating every day existence.

Here I share four very original techniques to get unstuck.

## **KNAPSACK OF THE PAST**

Imagine you have a heavy knapsack weighing you down. Inside you find stones. Each represents some past major setback. Your job first is to identify these stones and then to line them up from lightest to the heaviest one.

For many it's an initial peek at the total past. Where to begin for unloading these burdens shall be our road to the future.

## **THE KALEIDOSCOPE CODE**

Here is yet another analogy. Every kaleidoscope consists of colorful glass fragments. They symbolize life's experiences. As the scope turns, items from the front recede to the background. And other fragments, perhaps long forgotten, suddenly resurface in frontal view. Our actual

life also works that way. Call it "deja vu!"

## **SPINNING TWINNING**

This exercise is custom made for those with self esteem problems. It's an alternate role play game.

Instead of chronic suffering, let's opt to pretend we are now twins. One twin is stronger and the other far weaker. If you play the stronger one, what would you be saying to motivate the weaker? You have achieved empowerment. Kudos.

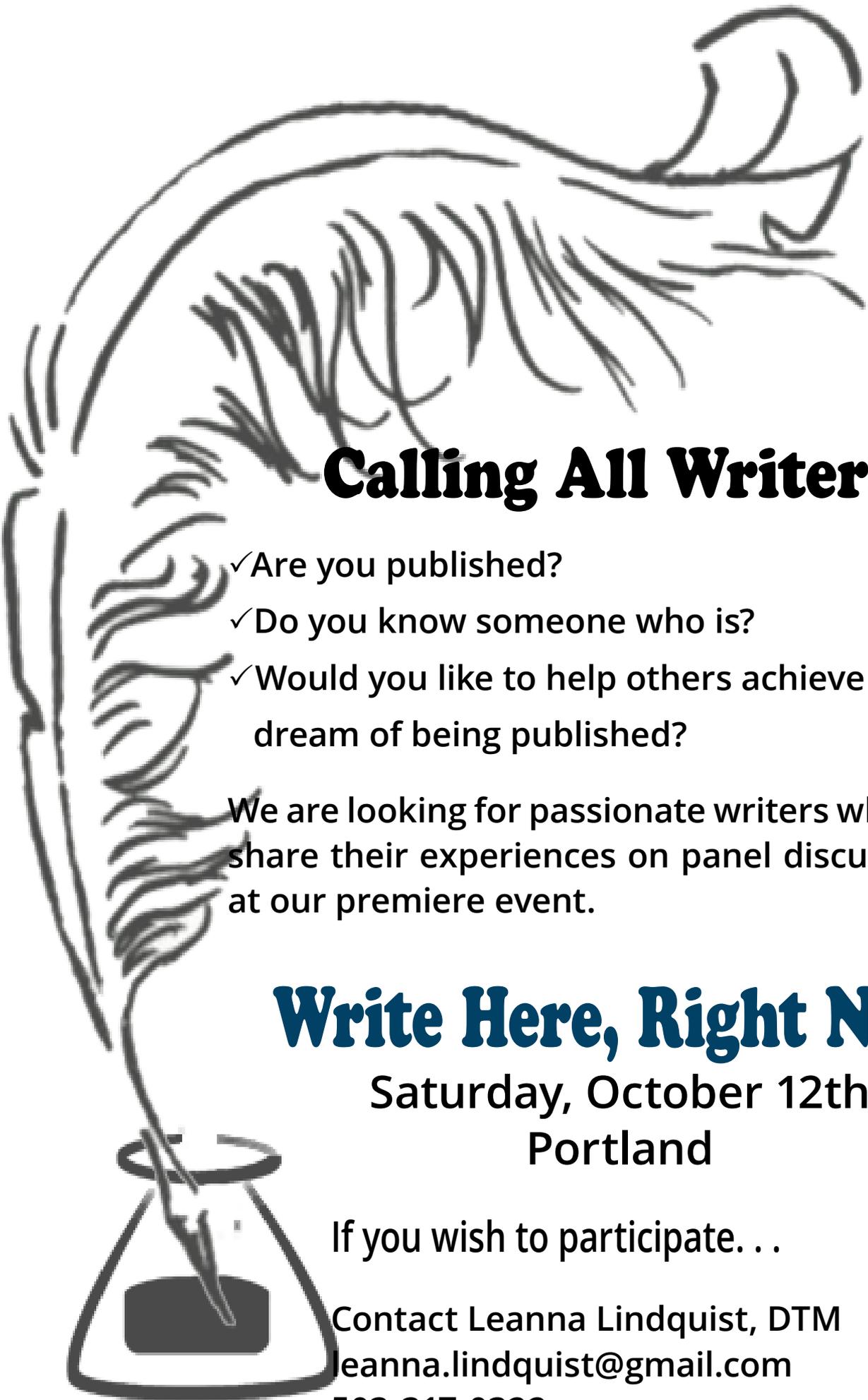
## **THE ICON QUEST**

We all have weak points. None can deny that truth. For some it may be a horrid temper. How do you find a way to do self-rehab and become less agitated by little things?

The answer: Hunt down icons from among your friends. Play the role of reporter and learn their valuable trade secrets. Then gradually try out what you've gathered. This kind of plagiarism is permissible.

You definitely can teach that old dog some helpful new tricks but stay not leashed to routines that fail to serve you well.

Free up your dogma!



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[leanna.lindquist@gmail.com](mailto:leanna.lindquist@gmail.com)  
503-317-0322

# It's Official!

Paul Fanning, DTM

The day I have been dreading has finally arrived. A date edged in a black mourning band ominously proclaiming my new status. Even our beloved TriMet has now recognized that I am now (gasp) 65 years old and has issued me my “Honored Citizen” card. Alas, it's time for retirement, enjoying my golden years and sitting in the rocking chair with nothing but my memories. Ergo, sit back with me, and here we begin “walking” the meandering path of my foggy reminiscences.

Ah, yes. It was way back in '05 that I saw my first Toastmasters Speech Contest. I wasn't a member yet, but two co-workers (one my boss) suggested that I'd like to watch the program.

I was confused. Timers? Judges? A man who said he was a “DTM” and articulated that it signified “don't time me”? My goodness—it was so-o-o formal. Yet it was a humorous speech contest. The contestants delivered their stories, musings and observations in a confident and polished manner. I was challenged (at least in my own mind) to become a Toastmaster (never saw a single slice of bread or a wine glass that night) and secretly prepared myself to join the contenders on the stage one day.

Fast forward a couple of years. I was now in a newly formed club that was composed of members from Washington and Oregon. Hands across the Columbia or something like that. Some were experienced (and the DTM was now

an area director (whatever that was) but many of us were new to the organization. I spent a whole month as timer that year, practicing my speech craft when I could and awaited the day when we would hold our club's very first speech contest.

That Autumn “it” happened. My time to “rise and shine,” to wow the judges with my discourse. It was announced that we would hold a “Tall Tales Contest” and thus I polished my act and took it on the road (so to speak). You're waiting for me to say that I won the contest, right? I do have a wonderful participant's certificate that I still cherish as my first in Toastmasters. I learned my very first lessons about contests and speech craft that evening—make the speech relatable, be clear, be heard, and smile!

You're now wondering where I am going with this. Yes, I have a purpose—I haven't lost my marbles yet.

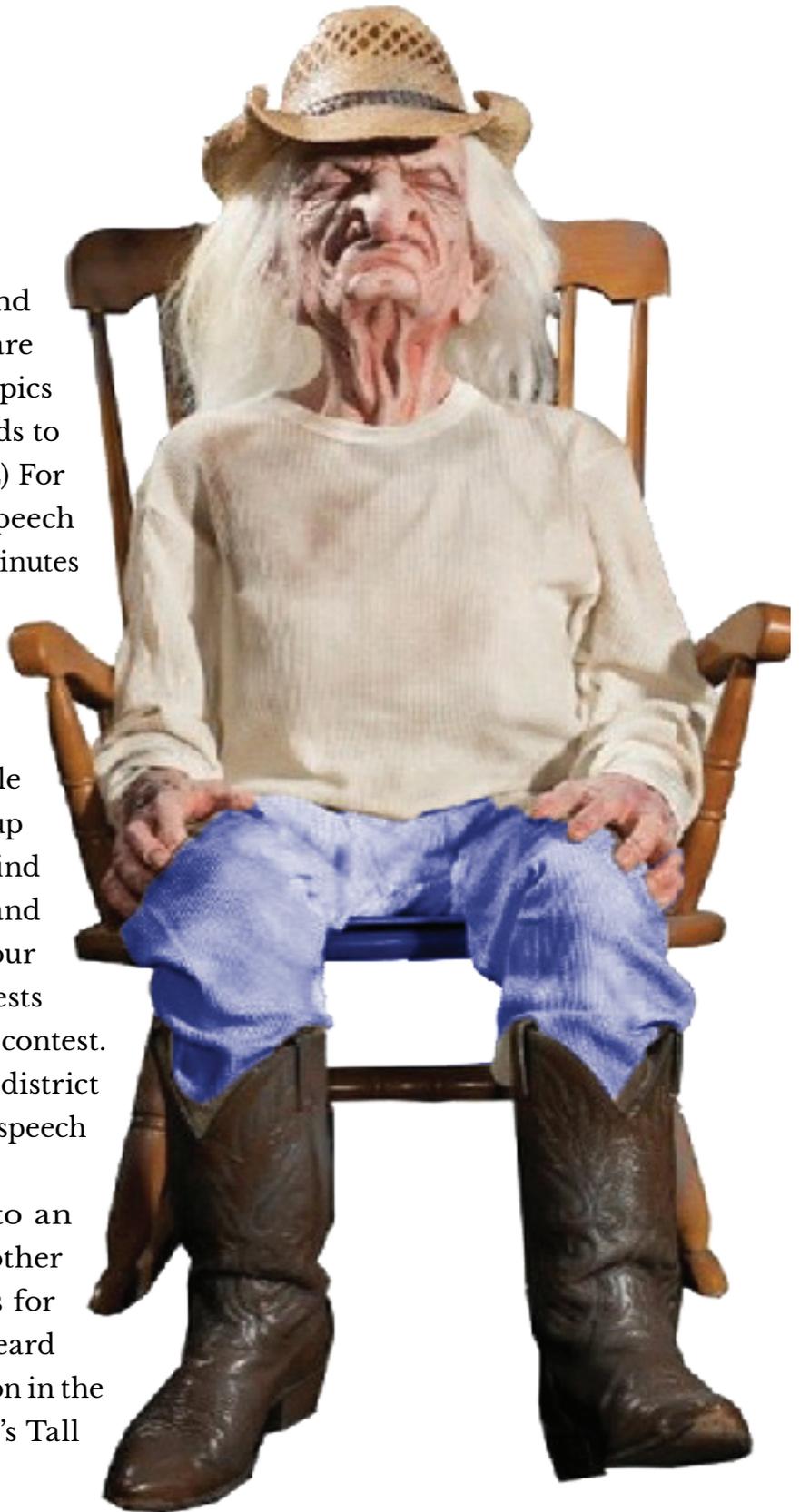
I want to encourage every Toastmaster and every club in District 7 to hold their own speech contest this Autumn. But you say it doesn't count and there are no area or higher contests to compete in. That's where you are mistaken. For many of our Toastmasters, especially those that are new to the education program and speaking, they have never participated in a contest, little alone seen one. You can use any of the Toastmaster contest kits available as a download from Toastmasters International on their website. Start with a Tall Tales Contest.

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It's fun, you get to exaggerate, lie and make-up your own tale. The speeches are 3-5 minutes. (Item #1169TBL) Table Topics is also a fun contest, and one only needs to speak for 1-2 minutes. (Item #1169TBL) For the adventurous club, the Humorous Speech contest is also available requiring a 5-7 minutes speech. (Item #1169H)

Speaking is our goal. Confident, relatable and dynamic audience-grabbing speeches are our craft. Take advantage of the Autumn and schedule one of these for your club—or make up your own contest. Not only will you find that your members will be challenged and inspired to do more, but it will help your club to get ready for the Spring contests by practicing how to put on a speech contest. We'll have exciting area, division and district (maybe even regional and international) speech winners!

Okay, before I rock myself off to an afternoon's nap, or ramble down another memory lane, I'll end these thoughts for the month. Oh, by the way. Have you heard about my perilous exploits in the Amazon in the 1980's? You'll have to come to my club's Tall Tales Contest to find out!



# Meet Lonnie Fuller

Leanna Lindquist, DTM



*Lonnie Fuller is the Club President of Buckaroo Toastmasters*

## **Tell us about Lonnie**

I was born in Portland and raised in SE Portland and Beavercreek. I have been married to Mary for 37 years. After 30 years working for the City of Portland I retired as Fire Captain. I retired as a Major after 3 years on active duty in the Army and 23 years in the National Guard and Army Reserve. I studied Theology at Oxford University. I founded a youth Christian apologetics ministry in order to teach young people how to answer tough questions about their faith.

## **What brought you to Toastmasters?**

I was originally a member of Portlandia Toastmasters Club in downtown Portland when I worked for the Portland Office of Emergency Management. My captain felt that it would be a good idea to get public speaking training because we often made presentations in front of high level local government officials.

## **How do you apply your Toastmaster skills outside your club?**

I rejoined Toastmasters after I founded my ministry because I need to be professional, relaxed and concise in my ministry presentations. After each presentation, I conduct a Q &A session

and open the floor to any questions the audience might have. It is sometimes a very stressful version of Table Topics.

## **What's it like to be in a small club in a small town**

I've been a member of a large club that caters to government and corporate workers and one that is much more intimate and feels like family. They are both wonderful clubs.

At Buckaroo Toastmasters we have the opportunity to speak much more often because the membership is smaller. By the way, if anyone is having trouble getting scheduled to speak at their larger club, you are welcome to contact Buckaroo Toastmasters and schedule with us. We've had a few Toastmasters do this over the past year. It may be a bit of a drive to Molalla but it is worth it.

Our major challenge at Buckaroo Toastmasters is recruitment. We were recently assigned a coach and he has brought us some great ideas for increasing our membership. We're looking forward to working with him in the coming year.

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Toastmasters**



**Buckaroo  
Toastmasters**

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# Joint Meetings, the Blended (Onsite-Online) Way

Michelle Alba-Lim, DTM



Recently, two Toastmasters clubs held a JOINT meeting to celebrate their 8th anniversary. By sheer serendipity, both clubs turned eight years old within a week apart. The officers of Oregon Communicators (located in La Pine, Oregon) and Royal Roads Toastmasters (located in Victoria, British Columbia) agreed to have real cakes for those who attended in person at their physical venues. Online attendees had virtual cake, with lots of colorful frosting yet zero calories!

To my knowledge, this was the first joint anniversary celebration of two blended clubs connecting through Zoom. Once again, District 7 and District 21 are making history!

Online logistics were ably managed by Brian Dodd, a Royal Roads Toastmasters member and Oregon Communicators club coach. He even posted a virtual notice so anyone clicking into the Royal

Roads Zoom link was redirected to Oregon Communicators!

The first prepared speaker (Mary Chisholm) spoke from Central Oregon. The second prepared speaker (Derrick Johnson) spoke from British Columbia. Table Topics Master Brian alternated respondents from either physical location as well as online attendees. You can watch the entire meeting [here](#).



# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Audacious Orators	Akers	Traci
Audacious Orators	Alderson	Susan
Timber Talkers	Allee	Angela
Audacious Orators	Altman	Candice
Toast of Corvallis Toastmasters Club	Baker	Robert
Storymasters Toastmasters	Beatty	Donald
Downtown Lunchbunch Toastmasters	Becker	Jolynn
Essayons Club	Benjamin	Daniel
Toast to US	Bensch	Lauren
AAA Towsters	Benston	Caity
Essayons Club	Berezhinskiy	Andrey
Speak To Lead Toastmasters	Botta	Preethi
Transtasters	Bourson	Becca
Oregon City Toastmasters	Broderick	Matthew
Wagon Tongues	Broderick	Matthew
SpeakUp!	Bryan	John
Tell Me A Story	Burkoff	Anna
Downtown Lunchbunch Toastmasters	Canney	Laurie
Gateway Toastmasters	Chen	Dongmei
Essayons Club	Cleary	Bryce
Ilwaco Toastmasters	Cobb	Kelly
West Beaverton Club	COOK	AVERY
Audacious Orators	Corbett	Susan
A-Dec Toastmasters	Daigle	Mike
Buckaroo Toastmasters	Daily	Michael
Yammertime	Donovan	Candice
Speakers By Design	Dummer	Catherine
Communicators Plus	Edwards	Curtis
Audacious Orators	Eklof	Karlyn
Southern Oregon Speechmasters	Erhardt	Elanna
Rogue Valley Networking Toastmasters	Fearrien	Sheryl
Hood River Club	Fisher	Christine
Audacious Orators	Fox	Haley
Essayons Club	Gable	Matthew
Grants Pass Toastmasters Club 852	Gile	Alicia

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Grants Pass Toastmasters Club 852	Gile	Ray
Hood River Club	Green	Amanda
Audacious Orators	Hancock	Amanda
Yawn Patrol Club	Hills	Sunny
Essayons Club	Holmes	Amy
Speakers With Spirit Club	Jacob	Sissy
Smooth Talkers Club	Johnson	Casimiur
Swan Island Toastmasters	Jones	Haney
Stevenson Club	Joy	Hannah
High Noon Club	Killion	Julie
Jefferson State Toastmasters	Kittle	Sherron
Lake Oswego Toastmasters Club	Krishnamurthy	Sumanth
WE Toasted Toastmasters	Lano II	Andrew
Audacious Orators	Larson	Morgan
Rogue Valley Networking Toastmasters	Marks	Jeffrey
Essayons Club	McIntosh	Chris
Evergreen Club	McKellar	Robert
Pearl District Toastmasters Club	Means	Casey
West Beaverton Club	Mehdi	Mina
Essayons Club	Moor Jr.	Timothy
Tell Me A Story	Morley	Leo
Professionally Speaking	Nichols	Jonathan
Oregon Communicators	Nickelson	Joseph
Lake Oswego Toastmasters Club	Nissen	Bella
Audacious Orators	Noe	Carrie
Electric Toasters Club	Nye	Amy
Yammertime	Ochs	Phae
Lake Oswego Toastmasters Club	Osman	Shukri
Essayons Club	Ovcharenko	Sergey
Clean Water Toastmasters	Owen	Jessica
Essayons Club	Peterkort	Andrew
Bend Chamber Toastmasters	Peters	John
Toastmasters of Redmond	Redgrave	Cheri
Toasting Excellence Club	Rhodes	Willie
Essayons Club	Rice	Matthew

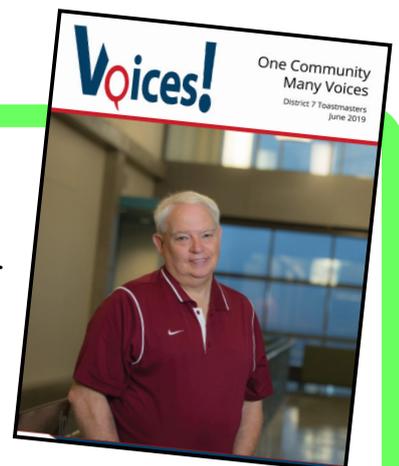
# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Jefferson State Toastmasters	Riley-Adams	Renee
Yammertime	ryan	Julie
Coastal Toastmasters Club	Schott	Crystal
Talk-In-Tel	Shavarna	Ashish
Essayons Club	Siler	Austin
Feather Communicators	Sinclair	Lucas
Audacious Orators	Smith	Jessica
Sporty Speakers	Tanaka	Wanqi Angela
Encouraging Words Club	Trahan	Tiffany
3 Stripe Adidas	Valenzuela	Sergio
Corvallis Evening Group	Valley	Lucilla
Mentors Of Focus Club	Wallace	Bryan
Sporty Speakers	Weitzel	JD
Gresham Toastmasters Club	Wittren	Jodie
TV Toastmasters	Wolff	Naomi
Lake Oswego Toastmasters Club	Wyckoff	Ben
Tower Toastmasters	Zsoldos-Dollens	Ildiko

## Be a **Voices!** Contributor

All articles must be submitted before the 15th of the month or they will be held to the following month. Most appreciated are inspiration, motivational, or how-to articles that give members an opportunity to learn something new, see a different world view, or hone their leadership and communication skills through your experiences. All articles are vetted for reader appropriate content and edited for readability.

If you have an article you would like published, contact the editor at [phyllis.harmon@d7toastmasters.org](mailto:phyllis.harmon@d7toastmasters.org) for more information.



# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
IP4	07/26/2019	Adams, Rebecca	Vancouver Toastmasters Club
CC	07/31/2019	Aedo, Christopher W.	Timber Talkers
DL1	07/31/2019	Akers, Traci	Audacious Orators
MS2	07/24/2019	Al-Wadud, AbdurRashid	Capital Toastmasters Club
SR1	07/26/2019	Blocker, Michael	Capital Toastmasters Club
IP1	07/31/2019	Clemo, Jane Marie	Silicon Forest Club
MS3	07/25/2019	Creten, Joachim	Pearl District Toastmasters Club
MS2	07/23/2019	Creten, Joachim	Pearl District Toastmasters Club
ACS	07/24/2019	Daily, Michael T.	Buckaroo Toastmasters
DL1	07/26/2019	Davis, Cornelius	Capital Toastmasters Club
LD1	07/31/2019	Elenes, Sarah	Sage Beaverton Toastmasters
PM1	07/24/2019	Fuller, Lonnie B.	Buckaroo Toastmasters
EH2	07/27/2019	Gautam, Sudhir	Jefferson State Toastmasters
EH1	07/24/2019	Hall, Robert B.	Professionally Speaking
PM3	07/26/2019	Hernandez, William Daniel	West Beaverton Club
PM1	07/31/2019	Howard, Eric W.	Toast to US
IP2	07/29/2019	KERBS, KALEEMA	Pearl District Toastmasters Club
IP1	07/25/2019	KERBS, KALEEMA	Pearl District Toastmasters Club
PI4	07/29/2019	Locke, Julius Patrick	Speakers With Spirit Club
IP1	07/26/2019	Mahmoud, Moustafa	Capital Toastmasters Club
LD2	07/31/2019	Miller, Joan	Civil Tongues Club
LD1	07/31/2019	Miller, Joan	Civil Tongues Club
LD1	07/29/2019	Peralta, Diane Dugay	Sage Beaverton Toastmasters
PM2	07/29/2019	Reynolds, Marsha	McMinnville Toastmasters
CL	07/27/2019	Sandoval, Tyler	Hopemasters
EH1	07/28/2019	Sexton, Shannon L	Babble-On Toastmasters Club
LDREXC	07/26/2019	Stark, Katherine	Buckaroo Toastmasters
IP1	07/27/2019	Strawder, Phyllis	Southern Oregon Speechmasters
VC4	07/25/2019	Stricker, Michael	Speakers With Spirit Club
MS2	07/25/2019	Tuohy, Patrick	West Beaverton Club
TC1	07/26/2019	Warren, Tyler	Capital Toastmasters Club

# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
1431050 - Name not Available	3	ACS , ACG , LDREXC
Kitchen, David	3	CL , ALB , CL
Love, Lola!	4	VC2 , VC3 , VC4 , VC5
Pluckrose, Tanya	3	ALB , ALS , DTM
Starks, Kenneth W.	3	LDREXC , ALS , DTM
Thorson, Kristina Caruso	4	VC4 , VC5 , PWMENTORPGM , DTM
Wilson, Kathleen A	3	VC2 , VC3 , VC4
Zavitkovski, Caroline	3	IP1 , IP2 , IP3

# HAPPY ANNIVERSARY TO AUGUST CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
8/1/1993	26	Silicon Forest	Beaverton
8/8/2014	5	Clackamas County	Oregon City
8/14/2014	5	Clack-Orators	Oregon City
8/31/2018	1	Make Better Toasts Everyday	Clackamas

## CONTRIBUTORS

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*Cate Arnold, DTM*



*Dottie Love, DTM*



*Eldred Brown, DTM*



*Emilie Taylor, DTM*



*James Wantz, DTM*



*Kathleen Tully, DTM*



*Leanna Lindquist, DTM*



*Lee Coyne, ATMS*



*Michelle Alba-Lim, DTM*



*Paul Fanning, DTM*



*Phyllis Harmon, DTM*



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