

D7 Annual Conference

May 13-14, 2022



Where Leaders Are Made.



Deepak Menon

DTM, PIP



Nathan Cook



Cathey Armillas

DTM, PDG

Greetings Fellow Toastmasters,

Welcome to the 2022 District 7 Annual Conference,
"WHERE LEADERS ARE MADE."

The conference committee has assembled an exciting two-day virtual program. The fun begins Friday evening, May 13th, with our featured speaker Past International President Deepak Menon. The evening concludes with the District 7 Evaluation Contest.

Saturday morning, May 14th, join us for nationally known Keynote Speaker Nathan Cook. At the Annual Business Meeting we will elect our 2022-2023 District Officers.

Saturday afternoon we welcome dynamic speaker, Cathey Armillas, author of "How to Rock a TED Talk." Join us as we celebrate our newest Distinguished Toastmasters. The conference wraps up with the International Speech Contest. Who will be the Champion to represent District 7 in the Region Quarterfinals? Will we have the next World Champion of Public Speaking?

Register today for the District's second online conference. You will be glad you did.

Eldred Brown, DTM
District Director

Lorri Andersen, DTM
Program Quality Director

Jim Robinson, DTM
Club Growth Director

[Register Here](#)

WHERE LEADERS ARE MADE

Conference Agenda

Friday, May 13, 2022

6:30 - 7:00 PM	Zoom opens for networking
7:00 - 7:05 PM	Opening Remarks District 7 Trio
7:05 - 7:35 PM	Keynote Speaker – Deepak Menon, DTM, PIP
7:35 - 7:45 PM	Break
7:45 PM	Evaluation Contest

Saturday, May 14, 2022

8:30 - 8:45 AM	Zoom opens for networking
8:45 - 8:50 AM	Opening Remarks D7 Trio
8:50 - 9:30 AM	Keynote Speaker – Nathan Cook
9:30 - 10:15 AM	Break
10:15 - 12:15 PM	Business Meeting
12:15 - 1:15 PM	Lunch Break
1:20 - 2:00 PM	Afternoon Keynote – Cathey Armillas, DTM
2:00 - 3:00 PM	Awards and Recognition Celebration
	BREAK
6:45 PM	Zoom Opens
7:00 PM	International Speech Contest

Leadership Lessons Learned in Toastmasters

Deepak Menon, DTM, PIP



The 2019-2020 International President embodies the lifelong pursuit of self-improvement. His passionate involvement over the years, fueled by remarkable mentors and member connections, led him through Toastmasters' leadership levels to the International Board of Directors and the role of 2019-2020 International President. These experiences allowed him to discover and hone his leadership talents, and to complete the arduous DTM journey six times.

About the Presenter

Professionally, Menon is a chartered accountant at J.P., Kapur & Uberai, a firm he joined in 1980 as a trainee. He was made a partner in 1986. The firm's portfolio includes typical accounting consulting services, with niche practices in hospitality, real estate, banking, finance, and government contracts. Menon specializes in international cross-border taxation.

[Register Here](#)

Keep Your Growth Fresh

Nathan Cook



"Over the last decade I have dedicated my life to growing myself and creating a life of success and significance for others. During our time together, I will be sharing key strategies on how you can grow yourself and keep yourself from falling into common growth pitfalls that keep you from achieving your desired outcomes. We will discuss factors that play a role in growth and strategies to improve them; such as environment, habits,

mental cognition and mentorship. I am excited to share with you my lessons learned and help you navigate opportunities which lie ahead."

About the Presenter

In early 2013, Nathan partnered with the #1 Leadership Guru in the world, John C. Maxwell. Nathan continues to receive wisdom from his great mentor, who in early 2018 recognized him as his "Bowtie Coach who sees value and adds values to his clients." Nathan brings a unique perspective to life. He develops consistency, persistence, and passion in the lives of every person he interacts with.

"Toastmasters was an integral part of my speaking journey. I learned principles of communication, but it afforded me a safe environment to find, develop and craft my voice. I received invaluable feedback that challenged me to grow, and I know I would not have been able to help as many professional speakers today with their voice if it had not been for Toastmasters. To grow, you must surround yourself with people who challenge you and this is what I found, from Wallmasters to Competitive Speakers in downtown Portland. I know it challenges you like it challenged me."

[Register Here](#)

Rock Your Talk!

Cathey Armillas, DTM

In our world where ideas beat information and its engagement over embellishment, Cathey Armillas has been coaching world-class speakers, entrepreneurs and people rocking TED Talks. She brings her expertise and experience together in her "Rock Your Talk" keynote and will distill the magic of what makes TED Talks captivating.



She will show you how (and why!)

- Infowhelming your audience with too much information is overwhelming and ineffective
- Finding the right “I, you” balance is the best way to get through to every audience, every time
- Framing your presentations in an idea-centric way is easier for you and better for them

About the Presenter

Cathey Armillas is an international speaker, marketing expert and TED coach who authored the award-winning book *The Unbreakable Rules of Marketing: 9 ½ Ways to Get People to Love You*. She's a PDG of District 7 Toastmasters and a 3-time DTM. She regularly writes articles for the Toastmaster Magazine and was a speaker at the Toastmasters International Convention.

Cathey also created the program How to Rock a TED Talk and is an organizer and coach for TEDxPortland (one of the largest TEDx events in the world). She's coached a wide variety of TED speakers.

Cathey's “superskill” of conjuring up delightful, artful stories from the seemingly unremarkable and turning drab clichés into narrative gold is precisely why her training and expertise is sought after by some of the *most successful and creative organizations in the world*.

[Register Here](#)

District 7 Conference Speakers



Deepak Menon - DTM, PIP
Past International President
Toastmasters International

"Toastmasters has taught me skills that no school, college or university can teach," he says. "It has helped me evolve from being a lone-player to being a team-player; from being led to being a leader; from the problem to being the solution."



Nathan Cook

An engaging, high energy speaker who instills excitement in participants to grow and exceed their own expectations.

Nathan leaves participants with practices to implement in their every day lives which brings improvement in their current results.



Cathey Armillas DTM, PDG

Cathey created a viral marketing campaign for a client by shredding items such as soccer ball, torpedoes, even a Volkswagen, and posting videos of them online. It landed the client on the David Letterman Show, CNN, CNBC, and the Discovery Channel.

[Register Here](#)

Distinguished Toastmasters Awards

Achieving the DTM designation is not for the faint of heart. Toastmasters does not pass out the award as a party favor. [DTM requirements](#) include completing two paths in Pathways; serving as a club leader for at least a year; serving as a club mentor or coach; serving as a club sponsor or conducting a Speechcraft or Youth Leadership program; serving as a District leader for a year; and completing a DTM project. (TMI website)

Mike Daily	Buckaroo Toastmasters Molalla
Katherine Stark	Buckaroo Toastmasters Molalla
Ed Dressell	Dallas Toastmasters
Naomi Inman	Daylighters Club
Lorri Andersen	Daylighters Club
Suzanne Loeb	Encouraging Words
Kevin Birdsill	Friday Night FUN Masters
Casey Dudek	Fortunate 500 Club
Juliana Leach	North Eugene Toastmasters
Daniel Brewer	Silicon Forest Club
Patrick Locke	Speakers With Spirit Club Vancouv
Syrena Glade	Tualatin Valley Toastmasters
Emilie Taylor	Wagon Tongues
Crystal Clark	Yawn Patrol Club



International Speech Contest



The **International Speech Contest** starts in Toastmasters clubs across the globe. From there, participants advance to Area, Division, District, and region-level competitions. Two winners from each region-level competition move on to the semifinals. At the semifinals, an expert panel of experienced Toastmasters will determine the eight finalists who will compete in the World Championship of Public Speaking®.

[Register Here](#)



Evaluation Contest

Judge's Guide and Ballot

JUDGING ITEMS	SUGGESTED POINT VALUES				1	2	3	4	5	6	7	8	9	10
	E X C E L L E N T	V E R Y G O O D	G O O D	F A I R										
Analytical Quality Clear, Focused	40	28-39	17-27	0-16										
Recommendations Positive, Specific, Helpful	30	22-29	13-21	0-12										
Technique Sympathetic, Sensitive, Motivational	15	11-14	6-10	0-5										
Summation Concise, Encouraging	15	11-14	6-10	0-5										
TOTAL SCORE (100 Points Possible)														

(Detach and submit to counters)

Judge's Official Ballot - Evaluation Contest

Name of Contestant

First Place: _____

Second Place: _____

Third Place: _____

NOTE: Votes must be cast for first, second and third place or the ballot will be voided.

PLACE **RANKING POINTS**
(for counters' use only)

First Place 3 points

Second Place 2 points

Third Place 1 point

(Signature of Judge)

(Judge's Name, Please Print)



International Speech Contest

Judge's Guide and Ballot

JUDGING ITEMS		SUGGESTED POINT VALUES				1	2	3	4	5	6	7	8	9	10
		E X C E L L E N T	V E R Y G O O D	G O O D	F A I R										
Speech Development Structure, Organization, Support Material	C O N T E N T	20	14-19	9-13	0-8										
Effectiveness Achievement of Purpose, Interest, Reception		15	11-14	6-10	0-5										
Speech Value Ideas, Logic, Original Thought		5 0	15	11-14	6-10	0-5									
Physical Appearance, Body Language, Speaking Area	D E L I V E R Y	10	7-9	4-6	0-3										
Voice Flexibility, Volume		10	7-9	4-6	0-3										
Manner Directness, Assurance, Enthusiasm		3 0	10	7-9	4-6	0-3									
Appropriateness To Speech Purpose And Audience	L A N G U A G E	10	7-9	4-6	0-3										
Correctness Grammar, Pronunciation, Word Selection		2 0	10	7-9	4-6	0-3									
TOTAL SCORE (100 Points Possible)															

(Detach and submit to counters)

Judge's Official Ballot - International Speech Contest

NOTE: Votes must be cast for first, second and third place or the ballot will be voided.

Write contestants' names in the space below. Counters will assign points.

First Place (receives three points): _____

Second Place (receives two points): _____

Third Place (receives one point): _____

(Signature of Judge)

(Judge's Name, Please Print)