

One Community Many Voices

District 7 Toastmasters July 2017





EDITORIAL Leveraging the Past

by Phyllis A. Harmon, DTM Editor/Publisher

It seems to me that people spend too much time reflecting on the past instead of planning for the future. And, while planning for the future, they forget to keep moving forward in the now. How many times have you heard the could'ves and should'ves of regret instead of people getting on with the business of living and planning for the future.

I have a theory that the best way to leverage past failures is to use them as springboards for future actions and goals. The business, legal, and medical fields use case studies to review outcomes while the military uses after-action reports. The purpose is to review what went well and identify areas that could have gone better. Once the problem areas are identified, they then use them as lessons to improve future outcomes.

Here we are at the beginning of a brand new Toastmasters year, with the possibilities of a successful year ahead of us—ours to mould and shape as we wish. Let's do so with plans and goals to assure the outcomes we desire.

Do you remember that the definition of crazy is doing the same thing over and over again and expecting a different outcome? Well, it's time we broke that pattern. Now's the time to do something totally, mind-blowingly different. Let's perform after-acton reports or case studies in our clubs. Let's look at our bumps and warts, talk about what could have gone better, changes that need to be made based on the past, and plan for a different future.

I don't know about you, but I'm ready to leverage the past so that the future marches to my tune, and not the other way around. Join me. Let's stride confidently towards June 30, 2018 armed with a plan for a better tomorrow.



Publisher

Phyllis Harmon, DTM

Associate Publisher

Brenda Parsons, ACS, ALS

Senior Editor

Phyllis Harmon, DTM

Associate Editor

Leanna Lindquist, DTM

Layout/Design

Phyllis Harmon, DTM

2017-18 Officers

District Director Donna Stark, DTM

Program Quality Director John Rodke, DTM

Club Growth Director Emilie Taylor, DTM

Finance Manager Karen Sempervivo, DTM

Administrative Manager

Public Relations Manager

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



A YEAR OF LEADERSHIP

Our annual event to honor our past year's leaders will be held on Saturday, September 16th, at Frogpond Church, Wilsonville

Doors open: 9:30

Awards: 10:00 – 12:00

Potluck lunch: 12:00 - 1:00

Free event - Register by clicking on the link below

reflections-a-year-of-leadership/reflections-a-year-of-leadership/

All members are invited to nominate an award recipient. Click the header for each award to place your nomination.

Toastmaster of the Year

Each year District 7 awards the title of "Toastmaster of the Year" to the individual in the district who exemplified all that is Toastmasters.

Division Director of the Year

The Division Director of the Year is awarded to individuals that have worked well with the Area Director within their Division and with District Officers. They have been a positive, motivational force in the District in addition within their Division.

Area Director of the Year

The Area Director of the Year is awarded to individuals that have had a positive, motivating force in their Area and the District. They have had successful Area contests and quantifiable results in the Area in membership, educational accomplishments, dues paid, and Area visits to clubs.

Lou Webb Award

The Lou Webb Award is named after the District 7 telephone Coordinator. This award is for long-time service to the District. Individuals are experienced advisor for District Officers, not for the glory but simply out of dedication to serving the District.

Rookie of the Year

The Rookie of the Year is awarded to individuals in their first year of activity at the District level (as an Area Director, committee chairperson, etc) has demonstrated contagious enthusiasm and energy.

Herb C. Stude Educational Service Award

Named after Past District Governor, Herbert C. Stude, DTM. This award recognizes the person who has delivered the most educational service to District 7 members, whether through educational modules or educational sessions at District meetings and conferences. This person represents the teacher who gives to others, and motivates them to learn.

Dick Moser Award

Recognizes a District 7 Toastmaster who demonstrated the Toastmasters core values: Respect, Integrity, Service and Excellence, and who did so with Enthusiasm, Warmth, and Humor



CONTENTS



4



02	EDITORIAL Leveraging the Past	19	Distinguished Club Program: Bringing Home the Gold
03	Reflections: A Year of Leadership	20	2017-18 District 7 Toastmasters Executive Committee
07	COVER STORY Toastmasters: A Healthy Choice by Cari Corbet-Owen, DTM	22	2017-18 District 7 Toastmasters Executive Committee Director's Training
11	JUST SAYIN' Empowered to Explore by Donna Stark, DTM District Director	23	District 7 Trio
12	FROM THE DESK STR-R-ETCH! by John Rodke, DTM Program Quality Director	24	Division Directors
13	FROM THE DESK Together We Can by Emilie Taylor, DTM Club Growth Director	28	CLUB COACH CORNER Need a Club Intervention by Lisa Hutton, ACB, CL Club Coach Coordinator
18	JOURNEYS Cynthia Saxton - Chanticleers by Brinn Hemmingson, ACG, CL	29	SUCCESSFUL CLUB New Horizons - The FUN Club by James Wantz, DTM





30	PERSPECTIVES A Little "Something" Can Make All the Difference by Leanna Lingquist, DTM, IPDD	38	Lessons of Leadership by William Thomas, Jr
32	Kill Them with Love by Kamili Talley	40	WELCOME NEW MEMBERS
33	Roseburg Resident Receives DTM Award	45	HONORING EDUCATIONAL AWARDS
34	Early Oregon Toastmasters - Part 3 by Harvey Schowe, DTM - D7 Historian	48	HAPPY ANNIVERSARY TO JULY CLUBS
35	High Desert Club Officer Training Recap by Cheri Redgrave, DTM	49	TRIPLE CROWN AWARDS
36	What in the (Online Toastmasters) World is Going On? by Susan Ellsworth, DTM	51	JULY-AUGUST CALENDAR
37	TELL ME A STORY Be True to Yourself! by Charles Shambry, CC	51	In Remembrance: Wallace "Lucas" Murphy



Toastmasters: A Healthy Choice by Cari Corbet-Owen, DTM



I wonder what a doctor would say if I listed Toastmasters as a health measure. Yes really! For about the cost of a large packet of chips a week, it gives me priceless and incredibly costeffective health benefits. (Bonus—I now have something that feeds me way more nourishment than any packet of chips!) Seriously, if I had to choose between 'going to the gym' or going to Toastmasters, as an expert in aging well, I know that Toastmasters would win hands down because my club is the health gift that keeps on giving.

In the old paradigm, medicine is viewed as something to fix illness. In the new paradigm everything is medicine. Simply put, our cells are eavesdropping on our thoughts and emotions, and producing matching biochemistry. Feeling good is literally our body revving up, firing on all it's health cylinders and producing happy, health-enhancing hormones like Oxytocin, Dopamine, and Serotonin. Feeling stressed produces health-eroding biochemistry like Adrenaline and Cortisol.

In a nutshell, Toastmasters provides me with a healthy environment in which my immune system can sing, my cells can dance. and my heart and brain can flourish. Here's why:

Dr. Bruce Lipton, a cell biologist, in his book, *The Biology of Belief*, says a professor once told him that if he was incubating cells and the cells started looking sick, he was to look not to the cell for the problem, but to the environment. Well, we're no different. We're simply a community of 52 trillion cells (okay, I'll 'fess up, I honestly don't know who counted them) immersed in an environment that is continually, moment-by-moment impacting our biochemistry and our health. Our health has a lot to do with the environment in which we surround ourselves. For me, Toastmasters is one that is extremely health enhancing.

Toastmasters keeps my brain young

Learning literally changes your brain. Toastmasters constantly exposes me to topics I know nothing about. Every week, I'm listening intently, expanding both my horizons and my general knowledge and learning. Seriously, where else could you learn about the geological factors that triggered the mudslides and buried a village, how magic tricks work, new ways to garden, how to inspire better productivity, or the lessons you can learn from your cat?

Ongoing learning is something that centenarians (those people who live to 100+) have in common. Learning anything new improves your neural connections. Which in turn, improves the flexibility, integration and co-ordination of your brain. All these improve how fast your brain can process and retrieve information.

Ongoing learning is literally a way of keeping our brains young. The creative thinking that goes into tackling table topics also changes the structure and functioning of your brain—that nimble thinking keeps it young too.



Learning anything new improves your neural connections



Cari Corbet-Owen

Imagine the job your brain is doing while standing up there getting ready to talk. In that short space of time, yout brain is using multiple interacting cognitive processes like idea incubation, illumination, and verification.

Challenging the brain with new activities helps to build new brain cells and strengthen connections between them. It's as if you're taking your brain to the gym.

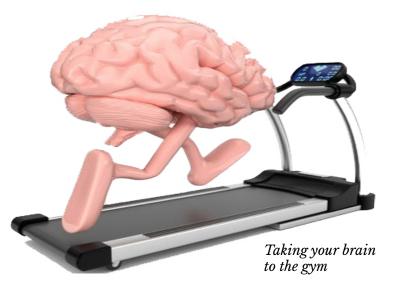
Toastmasters provides me a sense of challenge

There's a difference between stress (which in chronic quantities is bad for our health) and the 'stress' created by a challenge (which wakes us up and is good for our health).

Challenging ourselves is the wellspring of life because it keeps us motivated and aspiring. Imagine you're waiting in the wings before a presentation, flipping through your talk in your mind's eye. You know you can do this!

Epinephrine shoots into your system; norepinephrine follows, but in lesser amounts. Your heart rate increases, your hands get warm, your eyes light up. Cortisol inches up. This is challenge stress. You're ready to fly. Good things come from challenge stress, including the growth of new brains cells.

According to psychologists Robert M. Yerkes and John Dillingham Dodson, in Yerkes-Dodson Law, when epinephrine and norepinephrine are flowing—as they do when we challenge ourselves—performance improves. But once cortisol arrives, you're on the downward stress side of the equation.



Toastmasters transports me to magical moments

Toastmasters allows me to hear simply incredible speeches that move and inspire me, or transport me to the magic of another time and place.

Like the recent meeting in which I was reintroduced to a Grimm's fairy tale that instantly transported me back to the happy childhood memory of my grandfather's story-telling. For you see, our brains don't know the difference between what is real and imagined. Just being in that happy childhood memory—experiencing the excited sense of anticipation involved in being a child who had a magical storytelling grandfather—was enough to make my body's biochemistry hum with health.

Toastmasters expands my compassion and my sense of connection

Then there are the speeches that inspire me and often offer insight about how to be a better person, or spur me on to go the extra mile and try something I might not have.

Are there speeches you'll never forget? That keep coming back to you? That move you—that show you the depth of someone's courage? The speeches that rip your heart open, so that they can be filled to the brim with compassion.

A member once gave a powerful speech about how, even though she was homeless and it wasn't always easy to find a shower, kept coming to Toastmasters because it reminded her of the type of people she wanted to surround herself with and who she wanted to be. Wow—even now I can remember how my heart was expanded by her courage, and how I felt more connected to her. Or the ice breaker I heard from a young man about his triumph over the darkness of drugs. There was hardly a dry eye in the place—so many hearts all opening together, feeling more connected to each other's humanity and putting that beautiful supportive energy out into the world.

Being in a state of compassion shunts our body's pharmacy instantaneously into the production of health-enhancing hormones, reducing inflammation and improving our immune response. What a health gift!

Toastmasters feeds passion and purpose

Often I hear speeches that move me to join a cause and take action. Sometimes I also give a speech that reminds me about something I feel strongly passionate about. Like the 'Keynote address' speech from the Professionally Speaking manual—after I'd given my 'Aging in your community speech,' I felt in a space of 'flow' for the rest of the day. Just giving this speech fired me up, and reminded me of how simple health ideas can revolutionize your life. Having meaning, passion and purpose are all states of being that are health measures! Your cells are literally the recipient of the health biochemistry that accompanies passion and purpose.

Toastmasters gives me a sense of belonging

Toastmasters also allows me to rub shoulders and be a part of a community of a great bunch of people. Being with a community of supportive people who are all invested in each others success, motivates and inspires me. It feels good to be with people all motivated to improve themselves from all cultures, creeds and countries.

Making a difference, helping and being helped feels amazing, and so does being in a state of gratitude.

As I walk in to a meeting and am met with cheery greetings (I'm often both the recipient and giver of hugs) there is an Oxytocin alert! Yay! My fellow members ask about my life, they care about me. I feel supported and loved by them. As if that isn't enough of a gift itself, even more importantly it gives *me* another whole group of people to love and care about. That's simply the great thing about love—giving it doesn't drain or deplete you. The more you give, the more love expands, and the more you have to give. What a win! There is nothing like experiencing a sense of 'community' to make your cells and hormones do a happy dance.

Toastmasters expands my sense of living a meaningful life

Toastmasters gives me a chance to receive mentoring so I can learn and grow. In turn I get to mentor others and watch them blossom and bloom. What a privilege to know that I'm helping someone else and making a material difference in improving their lives. The health glow you get from knowing that you're making a difference in someone's life, once again is a health gift I give to myself.

And what a blessing to know that when someone helps me, they in turn, receive the jolt of health as they receive the gift of feeling wanted, needed and valued. No wonder it's something I look forward to every Thursday morning at 6.45am. What a positive way to start my day! Being positive helps your health too—as does surrounding yourself with positive people.



Toastmasters also allows me to rub shoulders and be a part of a community

Toastmasters provides me with laughter

Another gift is that the club I belong to (Vancouver Toastmasters in Washington state) has a theme for every meeting. For example, one was celebrating laughter. Our Toastmaster for the day, put up a sign saying: "You don't stop laughing because you grow old. You grow old because you stop laughing." And inside me I heard my body-song start singing, laughing, dancing and saying 'YES- exactly.'

Throughout the meeting we had multiple chances to laugh and guffaw. And it wasn't only because this was the theme for the day. We have a humorist every meeting, we often hear Toastmasters bridging, table topics or speeches that make us laugh. Multiple opportunities for positive endorphins to flood our cells. It wasn't just this meeting—it's every meeting that either

the humorist, or a speech or someone gives you chances to laugh. Doesn't laughing just feel great? Turns out there's a good reason for that. Laughter invigorates your immune system, it makes your heart happy, it makes your brain function more harmoniously, and it makes your cells sing.

Toastmasters reminds me of greatness

At every meeting when our Invocator leads the Pledge of Allegiance, I feel my heart swell as I was reminded what makes America great —the pursuit of "Liberty and Justice for all." As I felt my heart swell, I knew that in that moment, my health was getting a boost.

The environment we choose to immerse ourselves, in a very real way plays through our brains and our bodies, and are all important to our health. What's the environment in your club like? Does it make your cells sing a healthful mozart? I leave you with one final thought: Your Toastmasters membership could be providing you with health measures for pennies on the dollar.

To learn more about the health benefits discussed in this artcle, here is a short list of references

- 1. http://www.sciencedirect.com/science/article/pii/S0010945214001543
- 2. http://scottbarrykaufman.com/wp-content/uploads/2013/08/Bressler_Large-Scale_Brain_10.pdf
- 3. https://www.psychologytoday.com/articles/201203/the-perfect-amount-stress
- 4. http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0100903
- 5. http://www.pnas.org/content/111/46/16331.full
- 6. http://pss.sagepub.com/content/early/2010/0 5/27/0956797610372631
- 7. http://www.ncbi.nlm.nih.gov/pubmed/12652 882?dopt=Abstract&holding=npg

Cari Corbet-Owen is an author, speaker and aging well expert who studies the health habits of centenarians around the globe to see what they have in common that makes them live to 100+. She helps people revolutionize their health (www. revolutionaryhealthtips). She is the past-president of the Vancouver Toastmasters Club and a DTM.



JUST SAYIN'...

Empowered to Explore

by Donna Stark, DTM—District Director



The power of Toastmasters is the program, and the people. The program provides the framework. People, our fellow Toastmasters, provide support and guidance—the magic—to implement the program. My passion is seeing members discover their own voice and

acknowledge anything as a problem. He preferred to see things as opportunities. Change can be inconvenient, frustrating, scary or (insert adjective here). It can also be exciting and exhilarating—and to some extent, it's up to us which we choose. I see Pathways as an

opportunity to enhance every member's experience.

A Pathways Guide will be scheduling a visit with your club soon, and will be a resource for your club when the program rolls out. In the meantime, if you would like more information about the Pathways Program, check out the Pathways Information page on the Toastmasters International website. I think you'll see there's a lot to like!

Do you remember when you first joined Toastmasters? Everything was new. If you've gotten comfortable, maybe it's time to take on new challenges.

What opportunities will you take advantage of this year? Find your path—find your magic!



leadership potential. My vision is that every District 7 Toastmaster is empowered to explore the full range of growth opportunities.

It's an exciting time to be a Toastmaster in District 7! The long-awaited Revitalized Education Program, now known as Pathways, is scheduled to launch in our District this fall.

I'm a Public Works professional, and I compare the Pathways launch to road construction (which we know is an official season here in the Pacific Northwest). To get a new and improved roadway, we may experience construction detours that take us through unfamiliar territory.

I worked with a City Engineer who didn't

To the degree we're not living our dreams, our comfort zone has more control of us than we have over ourselves.

Peter McWilliams



FROM THE DESK

STR-R-R-ETCH!

by John Rodke, DTM—Program Quality Director

A new year and a new start. I am excited to be serving as your Program Quality Director. Our goal this year is providing meaningful value to our members. Members of this great organization are what really matter. We come to Toastmasters for many reasons. With your help, we can demonstrate how Toastmasters can help people address these reasons and grow in the process. This dynamic interaction is how we achieve our purpose of creating impactful leaders and communicators within our community.

This year presents an excellent opportunity for us to get out of our Comfort Zone and into our Growth Zone. We have an awesome slate of Area Directors, Division Directors, and Pathways Guides who are ready to help you thrive in your Toastmasters journey. There are positive changes on the horizon. This can be a source of anxiety. To reframe this, I encourage you to look within yourself. When have you grown the most? When you were comfortable? Had everything figured out and perfected? Or when you had to stretch to learn something new? I would bet on the last option. I have a fun challenge for you: ask yourself how you want to grow this year and share this with your club. Now you have the opportunity to make that happen.

On a District-wide level, one constructive change has provided immediate success. This involves incorporating support assistant roles for our leadership positions. At the Area and Division level, Directors are recruiting Program Quality Directors and Club Growth Directors to help them succeed in their positions. These local Trios are an excellent opportunity to empower and foster the next wave of leaders. These positions enable the Director to delegate some responsibility, while providing support for a strong team. As an Area and Division Trio,

these leaders are working through their High Performance Leadership (HPL) projects. This exceptional manual will guide you through the important steps in project management.

Now an important question: why should you care? Half of Toastmasters is the leadership element. Imagine if you are asked to put together a large-scale event or project in the near future. How does that make you feel? Apprehensive, nervous, concerned, and overwhelmed—or excited, invigorated, inspired, and eager? Learning through participating in District leadership and using the HPL manual can get you from the first set of feelings to the second. I encourage you to ask your Area and Division Directors if they need assistance. In helping them, you will help yourself grow and help your Toastmasters community by creating high quality events, bringing value to your club members, and having fun in the process.

It is my honor to create positive growth within our District. I encourage you to attend your local Toastmaster Leadership Institute. Find out when it's offered by going to http://d7toastmasters.org/and clicking on event calendar.

Cheers to an awesome year!



FROM THE DESK

Together We Can . . .

by Emilie Taylor, DTM—Club Growth Director



During a kickoff meeting to charter a new club this past Tuesday, I was reminded of Helen Keller's quote, "Alone we can do so little, together we can do so much." It is what we are as part of Toastmasters International, working together we can do so much.

As we begin a new Toastmasters year, I am pleased and honored to take on this position, guided by our District 7 mission, "We build new clubs and support all clubs in achieving excellence." As Club Growth Director, my responsibilities are "for all aspects of marketing, club-building and club-retention efforts within our district."

I look forward to coordinating the chartering process for many new clubs this year and strengthening existing clubs.

do it alone, I need your help. District 7 covers a wide geographical area with differing needs and challenges. Each of you know the needs and challenges of your specific areas and the demographics of your communities. Sharing your ideas will help us achieve our goals.

Growth Opportunities

There are a number of opportunities for growth: For those of you who are working on leadership skills, working towards your Advanced Leadership Silver (ALS) for example, this is your great opportunity to sponsor, mentor, or coach a club.

With Pathways on the horizon, new target markets will open to new organizations and generations. Consider becoming a Club Sponsor by starting a club in your community or workplace. We have the tools to help you charter a new club.

If you are an experienced Toastmaster, why not volunteer to be a mentor? While mentoring a new club, on my way to my DTM, I learned and gained a great deal. The joy of seeing a club grow is immeasurable.

Become a Club Coach—we have a number of clubs in our District that have 12 members or Club Growth is a "we experience". I can't less. Please consider our Club Coach Program. Coaching is FUN. You will learn as much from coaching your club as they will learn from you.

Looking Ahead

Here are a few helpful Membership Building/ **Retention Tips:**

- Use the Member Interest Survey to find out member's personal goals
- Participate in Toastmasters Yearly Membership Contests by adding five (5)



new members: Smedley Award, August/ September; Talk Up Toastmasters, February/March; Beat the Clock, May/ June.

• Plan your Open House. Then open your house to your Plan!

Teams

Please welcome, Lisa Hutton as our new Club Coach Coordinator, and Rodger Cook as our Club Extension Chair.

We are also developing a kickoff team to help facilitate starting new clubs. If you want to get involved with our kickoff meetings, email cgd@d7toastmasters.org.

Traveling

Summer is upon us, and as you travel around, why not stop by and say hello to another club in the District? It is fun and exciting when your Toastmasters meeting has happy new faces. Here's your opportunity to be one of those happy faces by visiting another club. It may stimulate their meeting. More than visit, share your ideas.

With Helen Keller's inspiring comment, "together we can do much," there's so much to do and we need Your Help!

New Clubs

We are off to a good start! Congratulations to Yammertime Toastmasters Club, the firsst club to charter in July! They chartered in record speed. A BIG thank you goes to Gabrielle Proust, DTM, Joel Conarton, ACB/ALB, Karen Hyatt, and Molly Clasen for their hard work and generosity of time to get this off the ground. And to all charter members who signed up to make this happen, thank you! Yammertune meets on Wednesdays, from 7 to 8:15 AM, at the Collaborative Life Sciences Building, OHSU Campus, South Waterfront.

We have several clubs that are in the process of chartering in the next few months. Thank you to all of you starting new clubs!

If you are interested in starting a club in your community or workplace, contact Emilie Taylor at cgd@d7toastmasters.org.



Starting a New Club? or Want to Start a New Club?

District 7 has the resources to help you make it happen. We have experienced members who can put on a stellar kick-off meeting. You will receive advice on marketing to attract the members you need. Don't worry about the charter paperwork, we can help you with that too.

Don't go it alone. Contact Club Growth Director Emilie Taylor, DTM, cgd@d7toast-masters.org for the support you need to start the next club in District 7.



DAVE MOWRY

How to Find Your Funny!

In this workshop you will discover

- The benefits of laughter
- What makes something funny
- The structure of a joke



When

August 9, 2017 7:30-9:00pm

Where

Beaverton Activities Center 12500 SW Allen Blvd Beaverton, OR 97005

hosted by

FeedbackersToastmasters feedbackers.toastmastersclubs.org/



About Dave Mowry

Dave Mowry is a comedy teacher, coach, writer, speaker and performer. For most people, humor is a skill that can be learned. Dave believes everyone can be taught to be funny, and he has not been proven wrong yet. Join him for a serious talk about being funny.





Club

Area

Division

District

leaders for your service and dedication to the members of District 7 Toastmasters

Thank you to all who stepped up to lead District 7 for the 2017-2018 Toastmaster Year

Looking forward to an outstanding year!



JOURNEYS

Cynthia Saxton - Chanticleers

by Brinn Hemmingson, ACG, CL

Cynthia Saxton shares her reason for joining Toastmasters and why she continues to be a member of Chanticleers Toastmasters. [Editor]

How did you first get involved with presentation. Finally, If you have a Toastmaster Toastmasters?

Mike Itel, one of my friends and co-worker, invited me to visit the club (more than once). I kept telling him I would when I was less busy—that time never came.

Then I had an opportunity to speak internationally for my job. Three months prior to the speaking engagement, I took advantage of Chanticleers, the Toastmasters club that meets at the Port of Portland, to practice and polish my presentation. That was three years ago.

What clubs are you in/officer roles have you held? And what level are you at now?

I am currently President of Chanticleers. I served as the VP of Education for 2 years.

Have you participated in contests?

Not as a contestant. I have been a judge. The contest was held inside Columbia River Corrections so it really was an experience. I was very impressed with the way the inmates embraced Toastmasters and spoke confidently.

How has Toastmasters helped you outside of the club (work, relationships)?

I have more confidence and leadership skills. I still have a long way to go with learning/practicing speaking skills.

What would you say about Toastmasters to encourage someone to join?

If you are looking to invest in yourself this would be a good place to start. If you have a presentation in your future, go to a club, practice, and pick up tips on how to polish your

presentation. Finally, If you have a Toastmaster club tradition in your office support it—there are few opportunities that are self-initiated, and Toastmasters is one valuable tool.

Chanticleers Toastmasters Club meets Tuesdays at Noon in the Conference Center at Portland International Airport, 7000 NE Airport Way, Portland, Oregon 97218. To learn more about the club, click here.

Directions:

- 1. Take I-205 to the Portland International Airport exit.
- 2. Drive west on NE Airport Way.
- 3. Near the control tower, take the Short-Term Parking exit on your left. Pull a ticket to enter (bring in for validation*).
- 4. Park on the 6th or 7th floor, if possible at the South end closest to the airport terminal building.
- 5. Take an elevator or stairs at the S. end of the parking structure to level 4 (the skybridge).
- 6. Cross the skybridge and enter the airport building.
- 7. Down the escalator or elevator to the ticket lobby.
- 8. Go past the ticket counters into the Oregon Market (shops area).
- 9. Look left or right to find the clock tower in the center of the Oregon Market.
- 10. Take stairs or elevator across from the clock tower to level 2, The PDX Conference Center.

*The Receptionist at the Conference Center will validate your parking ticket and direct you to the meeting room for Chanticleers Toastmasters. Clubs must either have 20 members or a net growth of at least five new members as of June 30. Transfer members do not count toward this total until their membership has been paid and is current in their new club.

Pres Distinguished

10 Goals

Bootstrappers
Capital Toastmasters
Clackamas Stpg Stones
Downtown Public Spkrs
Feedbackers
Milwaukie Talkies
New Horizons
Portland Progressives
Sporty Speakers
Swan Island
Tsmstr for Spkg Prof
University of Oregon
Vancouver
WE Toasted

9 Goals

Babble-On **Civil Tongues** Clackamas County Downtown Lunchbunch **Eco Voices** Flying Toasters Gorge Windbags Gresham Marylhurst McMinnville MIME Speakers Moser **New Beginnings** Noon Talkers **Professionally Speaking** Redmond Area Silicon Forest Siuslaw Tale Spinners Toast to US Wallmasters West Beaverton Yawn Patrol

Select Distinguished

Audacious Orators Banfield Barkers Coos Bay Electric Toasters
Fortunate 500
MultCo Toasties
Nano-Mated
Politically Speaking
Portland Club
Rose City
Sunrise Toasstmasters
Tabor
Tell Me a Story
The Standard Speakeasy
Toast of Corvallis
Toasting Excellence
Tower Toastmasters
Transtoasters

Distinguished

Bend Chamber
Corvallis Evening Group
Hood River
MAC Toastmasters
Sage Beaverton
Salmon Speakers
Sherwood Town Criers
Speakeasy Toastmasters
Talk-In-Tel
Timber Talkers
Walker Talkers
Wndrful OR Wrdmstrs (WOW)

Distinguished Divisions

Div B - Betinna Shempf, DTM Div C - Lyle Schellenberg Div D - David Johnson

Distinguished Areas

Area 32 Terry Burke Area 41 Cate Arnold, DTM Area 52 Jim Copeland Area 73 Beverly Li Area 93 Tylor Merritt

Select Distinguished Areas

Area 42 Lynda Sloan Area 53 Brinn Hemmingson Area 62 Mary Canton Area 65 Joel Conarton Area 82 Norman Wolfe Area 91 Angela Kim

Pres Distinguished Area Area 94 Tanya Myers

All clubs earning 10 goals please send a representative to Reflections, A Year of Leadership on September 16th to pick up a token of appreciation for your club.

Honorable Mention:

Roseburg 6 goals, -1 member University Toastmasters 7 goals, -1 member Southern Oregon Toastmasters 10 goals, -1 member Jefferson State 8 goals, -2 members Newberg 10 goals, -2 members Leader's Edge 5 goals, -1 member

2017-18 District 7 Toastma

	Emilie Taylor, DT Club Growth Direc			Donna S District
Division A	Division B	Division C	Division D	Divis
Scott Fraser	Lyle Schellenberg	Lynda Sloan	Eldred Brown	Jacqueli
ACB, ALB	ACG, ALB	ACG, CL	DTM	D
Area 21	Area 31	Area 41	Area 51	Are
Lee Spargo	Katie Terraza	Cate Arnold	Loren Wagner	Pamela (
ACG, CL	ACS, ALB	DTM	CC, ALB	CC
Area 22	Area 32	Area 42	Area 52	Are
Becky Holm	Lisa Schupp	Jennifer Thomas	Teresa Hovland	Stephanie
CC	ACB, ALB	ACS, ALB	ACS, ALB	ACI
Area 24	Area 33	Area 43	Area 53	Are
Craig Fronek	Ean Ng	Debra Burger	Rudy Erbrich	Linda
CC, CL	ACB, ALB	ACS, ALB	ACB, CL	CC,
	Area 35	Area 44	Area 54	Are
	Abraham Alfaro	Linda Cox	Stephanie Hope	Sue l
	ACB, ALB	DTM	ACS, ALB	ACS
				Are Deept CC
Finance Manager Karen Sempervivo DTM	Public Relations Manager	Administrative Manager		

sters Executive Committee

Stark, DTM 7 Director		John Rodke, DTM Program Quality Director			
sion E	Division F	Division G	Division H	Division I	
ne Bakke	Paul Fanning	Kendra Duby	Phyllis Harmon	Faye Phillips	
TM	DTM	ACS, ALB	DTM	ACS, ALB	
ea 61	Area 71	Area 81	Area 91	Area 10	
Gundrum	Beverly Li	David Shehorn	Ken Coomes		
, CL	ACS, ALB	ACS, ALB	ACB, CL		
a 62	Area 72	Area 82	Area 92	Area 11	
Magoulas	Bernard Lorenzo	Don LaMunyon	Garrett Broughton	Mary Chisholm	
3, CL	CC, CL	DTM	ACB, ALB	DTM	
a 63	Area 73	Area 83	Area 93	Area 12	
Bradley	Erik Lovro	Ronda Holdridge	Katrina Rodriguez	Sharon Hiatt	
ALB	CC	ACG, ALB	CC, ALB	ACB, ALB	
a 64 Unger , ALB	Area 74 Stephanie Hope, ACS, ALB	Area 84 Alan Svehaug ACG	Area 94 Kaushik Balasubramanian ACS, ALB		
a 65 :hi Rao , CL	Area 75		Area 95 Alan John ACB, ALB		
	Area 76 Michelle Buck-Stark CC, CL		Area 96 Keith McDonald CC, CL		

2017-18 District 7 Executive Committee Directors Training

Aldersgate Retreat Center June 3 & 4, 2017



2017-18 District 7 Trio



Donna Stark, DTM District 7 Director



John Rodke, DTM Program Quality Director

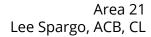


Emilie Taylor Club Growth Director

Division A Directors



Division A Director Scott Fraser, ACB, ALB





Area 22 Becky Holm, CC

Area 23 Craig Fronek, CC, CL



Division B Directors



Division B DirectorLyle Schellenberg, ACG, ALB

Area 31 Katie Terraza, ACS, ALB





Area 32 Lisa Schupp, ACB, ALB

Area 33 Ean Ng, ACB, ALB





Area 35 Abraham Alfaro, ACB, ALB

Division C Directors



Area 41 Cate Arnold, DTM





Area 42 Jennfer Thomas, ACS, ALB Debra Burger, ACS, ALB

Area 43





Area 44 Linda Cox, DTM

Division D Directors



Area 51 Loren Wagner, CC, ALB

Division D Director Eldred Brown, DTM





Area 52 Teresa Hovland, ACS, ALB

Area 53 Rudy Erbrich, ACB, CL





Area 54 Stephanie Hope, ACS, ALB

Division E Directors



Division E Director Jacqueline Bakke, ACG, ALB

Area 61 Pam Gundrum, CC, CL





Area 62 Stephanie Magoulis, ACB, CL Linda Bradley, CC, ALB

Area 63





Area 64 Sue Unger, ACS, ALB

Area 65 Deepthi Rao, CC, CL



Division F Directors



Division F Director Paul Fanning, DTM

Area 71 Beverly Li, ACS, ALB





Area 72 Bernard Lorenzo, CC, CL

Area 73 Erik Lovro, CC





Area 74 Stephanie Hope, ACS, ALB

Area 75





Area 76 Michelle Buck-Stark, CC, CL

Division G Directors



Area 81 David Shehorn, ACS, ALB







Area 82 Don LaMonyun, DTM

Area 83 Ronda Holdridge, ACG, ALB





Area 84 Alan Svehaug, ACG

Division H Directors



Area 91 Ken Coomes, ACB, CL

Division H Director Phyllis Harmon, DTM





Area 92 Garrett Broughton, ACB, ALB Katrina Rodriguez, CC, ALB

Area 93





Area 94 Kaushik Balasubramanian, ACS, ALB Alan (AJ) John, ACB, ALB

Area 95





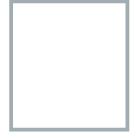
Area 96 Keith McDonald, CC, CL

Division I Directors



Division I Director Faye Phillips, ACS, ALB

Area 10





Area 11 Mary Chisholm, DTM

Area 12 Sharon Hiatt, ACB, ALB



CLUB COACH CORNER

Need a Club Intervention? by Lisa Hutton, ACB, CL

Toastmasters work hard to

maintain and increase the number of clubs in District 7. This task isn't a simple one and often requires a specialist to assist in reviving a club. Although it's true that some clubs should fade away, the vast majority can be saved before they death spiral below twelve members. Perhaps you belong to a club that fits this scenario: Are you noticing that it is getting more challenging to keep your club's membership at 20? Is your club struggling to keep members engaged and committed to achieving their educational or leadership goals? Do your meetings lack energy but you're too exhausted or uncertain about how to turn things around? Perhaps your club needs an intervention.

Club Coaches are experienced Toastmasters, not a current member of your club, that will build, boost and support your club. Club Coaches are responsible for assessing the club environment, observing, analyzing, recommending solutions, and developing an action plan for improvement. org.

Every year, fellow They build a rapport with the club officers and members and assist the club in revitalizing itself. The goal and end result is for the club to become Distinguished or better within one Toastmasters' year.

> As Club Coach Coordinator, my role and goal is simple and sweet—I want to ensure that your club doesn't fade away without a fight. If your club's membership numbers have dwindled down to twelve members or less, you are eligible and can submit a request for a Club Coach. On the flip side, if you're working towards your DTM (Distinguished Toastmaster) and are looking for an opportunity to complete your Advanced Leader Silver award, I want to hear from you and help you make a difference in District 7. Together we can empower D7 members to become more effective communicators and leaders. Contact me at clubcoachcoordinator@d7toastmasters.

SUCCESSFUL CLUB

New Horizons - The FUN Club

by James Wantz, DTM

"How do we distill, bottle, and distribute this?" asked one district officer after they attended a meeting of New Horizons Toastmasters. "This was fun!"

To some, the words "Toastmasters at 8am on a Saturday" and "fun" don't go in the same sentence. For New Horizons Toastmasters, "fun" is in every meeting—and every meeting is at 8am on a Saturday. Did I mention that we have 40 active members?



Last year during our annual Moments of Truth meeting, members identified the most important element of our meetings is "fun". We are a successful club: all speeches are from manuals, guests are turned into members more often than not, and we are Presidents Distinguished for the 6th year in a row. But our accolades aren't what members liked the most; members and guests liked how "fun" the meetings were.

What does "fun" mean at New Horizons? Fun is when everyone leaves with a smile on their face, saying they were glad they came, and chuckling later in the day thinking about the meeting. Fun is a meeting in which there is laughter, humor, and participation. Fun is when everyone feels supported in their efforts and encouraged to become even better. Fun is not criticizing or putting others down. Fun is growing together and laughing in the process.

The "fun" quotient of a meeting does not just happen. It needs to be created, nurtured, and encouraged. How do you inject fun into your meetings? The first suggestion is to make room for it to happen. Some meetings are all about

being serious and quiet—just like at a funeral. Let fun in.

Another way to bring in fun is to have themed meetings. In the last year New Horizons has had Talk Like a Pirate Day, Love Day, Nerd Day, Cats vs Dogs, Star Wars vs Star Trek, and Hawaiian Day. We plan themes months in advance to be all about fun and participation. This requires an attentive, organized, and responsible group of officers who work together well.

We make lots of room for fun at New Horizons. We make lots of room for guests too. If you are interested in getting your own bottle of "fun" please visit New Horizons at 8am on a Saturday. You won't regret it! Visit our website for more information by clicking on this <u>link</u>.

James Wantz joined Toastmasters in 2008. He is a member of New Horizons, Feedbackers, and Storymasters. He is serving as D7 Videographer, Pathways Guide, Assistant VPE for New Horizons and Sergeant at Arms for Feedbackers.





PERSPECTIVES



A Little "Something" Can Make All the Difference

by Leanna Lindquist, DTM, IPDD303

Christmas in July is the theme for the Hallmark Channel this month. I tuned

into the movie. *Journey Back to Christmas*, on Sunday. The gist of the story was, "a little 'something' can make all the difference." The lead character introduced two people years ago. This simple act led to marriage and the family in the movie; the lives they touched and the town where they lived. That was just one example of the many "somethings" that made a difference.

What does this have to do with Toastmasters? (I'm glad you asked.)

Think about your own personal growth. Are you someone, or do you know someone, who hasn't given a speech in a long while? Do you rarely, if ever, bring your Competent Leader manual? A speech brings you one step closer to earning an award. The speech you give may inspire, bring a laugh to someone who needs one, or connect you to someone who may change your life.

Have you turned down a request to serve as a club officer? What if you said yes? Could you submit the officers list on time and attend officers' training to earn credit for your club? Could you encourage and help members meet their goals? Could your little "something" make all the difference?

Tell Me a Story Toastmasters Club went from being on life support to 7 goals and 13 members. One more member was needed for the club to become Select Distinguished. In early June, the 14th member joined. He joined for his own reasons. His act of joining made a difference. The club became Select Distinguished and the Area

Distinguished. It helped the Division become Distinguished. The new member Dave is putting on a humor workshop for another club. A ripple effect has been created.

One of my favorite stories is that of Ryan Avery. His dad suggested he join Toastmasters to rid his speech of the word "like." It was just a little suggestion to help Ryan. The results were not immediate. Over a period of time, Ryan became a World Champion of Public Speaking. Then a keynote speaker, trainer and coach. His entire life was turned upside down by a little "something" his dad offered. Who knows what the ripple effect has been. Who did Ryan inspire? What kind of a difference has he made in the lives of others; in his life and that of his family?

When we look beyond ourselves and see the big picture, all those little "somethings" can make a huge difference. This was the case for District 7 this past year. We were one paid club away from meeting our Club Growth Goal and receiving recognition at the upcoming International Convention. Had one club paid dues for 8 members on time we would have made it. Had



two more members been recruited, a club would have chartered. A small "something" would have made all the difference. The simple act of telling someone a new club was forming might have brought in the needed number of members.

We missed our Distinguished Club Goal by 4 clubs. One club would have been Distinguished if one more club office had attended training. Other clubs were short one goal, while others were short a member or two. Perhaps one more speech could have completed an award for a member and a goal for the club. Had one co-worker or friend been invited to a meeting, they might have joined.

Last year is over and done. We can't go back, but we can commit to a different outcome. What happens this year is under your control. What little "something" can you do that will make all the difference? If you are a club officer, make sure you attend training. Remind your fellow officers not trained that make-up trainings are being offered all over the District. When your club begins collecting dues, pay them promptly. Commit to earning one award this year. Something as little as giving one speech a month and inviting one guest to a meeting may make all the difference next June.

Eight years ago I attended the Annual Marylhurst Club Picnic. I filled out an application and wrote a check. I could not have foreseen the opportunities it would bring, the friends I would make, and the personal growth I would experience. Last week I talked to Mitch Priestley who had been a club member. He mentioned he visited a number of clubs before joining. When asked why he joined Marylhurst, he said, "They were the first club to ask me." It was just a little something.

I hope you feel inspired to do a little "something"—I know I do. I may never know the full effect of my actions. I hope they make a difference for someone.

Leanna Lindquist joined Toastmasters in 2009. She is currently a member of Marylhurst Toastmasters, Feedbackers, Tell Me a Story, and Prime Time. She is serving the District as the Immediate Past District Director, Club President/Treasurer for Tell Me a Story, VP Education for Feedbackers, and Pathways Guide. She has earned three DTMs.

Everything we do, even the slightest thing we do, can have a ripple effect and repercussions that emanate. If you throw a pebble into the water on one side of the ocean, it can create a tidal wave on the other side.

Victor Webster



Kill Them with . . . Love

by Kamili Talley

Toastmasters clubs are made up of members who share their life experiences making meetings exciting, entertaining, and content rich. On the other hand, there may be times when members clash over differences of opinion, unfulfilled expectations, or personality differences which could lead to member flight or reduced visitor conversions. In the following article, originally presented at New Horizons Toastmasters on July 8th, Kamili Talley discusses five personalty types and how to work wth each type. The tools provded are based on the work of Fran Weinstock, PhD. [Editor]

At times, we're not able to act out when looking for retribution. And sometimes, we're too nice to allow ourselves to indulge in fantasizing about it. But that's okay. The best retribution can involve being kind to problem people. . . aka, killing them with love. When killing people with love, acting rationally using "slow" thinking, is the goal.

Fran Weinstock, a prominent psychologist from Chicago, has identified five types of problem people and why they might deserve our retribution. Let's review these types, who they are, and how we can kill them with love.²

Angry People

Characteristics: They have a habit of using confrontation or passive aggression to demand attention. They're intolerant and opinionated. Killing them with love: Instead of antagonizing them, let's kill them with kindness.

Know It Alls

Characteristics: They don't like to listen to other peoples' ideas. They seem to have an answer for everything, and "low tolerance for correction or contradiction." BUT, at their core, they're quite unsure of themselves. Killing them with love: Don't confront them directly. Instead, we can use hypotheticals to describe our perspective.

Depressed People

Characteristics: While they might not be clinically depressed, they feel the weight of the

world on their shoulders "and don't know how to change it. So they complain about it instead." *Killing them with love:* It's best not to agree nor disagree with them. Instead. lend a listening ear. Occasionally, we can use humor to exaggerate a situation we've encountered, and this can deliver the point across in a genuine & friendly tone.

I-Don't Think So People

Characteristics: They're not necessarily pessimists. "They can be thoughtful & capable, but can also be perfectionists who anticipate failure." Killing them with love: Reverse Psychology - We can point out the downsides of a situation first, "then try and get them to focus on solutions."



Characteristics: Oh yes, they're procrastinators. They're unwilling to make decisions and "never say 'No' to anyone, which often leads to broken promises." Killing them with love: Deadlines are essential. We can love them by explicitly conveying what the consequences are if deadlines are missed. (And remember to increase our emotional intelligence game with these people.)

If we find it challenging to remember the five types of problem people and each of the different ways to kill them with love, then we must remember these two tips:

TIP #1

FBDF (Forgive, But Don't Forget) - Many Hollywood writers, including Tina Fey, have written, "Forgive your enemies. You'll feel better and it'll drive them crazy."

TIP #2

BE GENUINE - To kill them with love, our lack of reaction must be genuine for it to work. In summary, we have the below equation. Forgiving, but not forgetting coupled with being genuine increases our ability to absorb hurt without reacting badly to it.

KILLING PEOPLE WITH LOVE = FBDF + BEING GENUINE

It seems all good things have two sides. Medications have benefits...and potential side effects. Coins have two sides: heads...and tails. Similarly, great approaches have positives... and precautions. Barbara Oakley, a popular professor at Oakland University and author of "Cold Blooded Kindness", tells us that our ability to empathize and care for others can be turned on its head and lead to...undesirable outcomes. Kindness "can be manipulated & exploited by emotional bullies" to us do more harm than good. Keeping this in mind, THE MESSAGE is this: To live & work with problem people, we must "act rationally using 'slow' thinking that departs from knee jerk reactions."^{3,1} For truly good causes, let's Kill Them With Love.

Sources, Citations, & References

- 1. Kahneman, Daniel (2011). Thinking, Fast and Slow. Location: Farrar, Straus and Giroux
- 2. Machak, Peggy (1998, August 2). How To Deal With Problem Personalities. Chicago Tribune. Retrieved from http://articles.chicagotribune. com/1998-08-02/features/9808020155_1_difficult-people-depressed-angry-people
- 3. Oakley, Barbara (2012, February 1). Killing with Kindness. The Scientist. Retrieved from http://www.the-scientist.com/?articles.view/articleNo/31652/title/Killing-with-Kindness/
- 4. Talley, Kamili (2017, July 8). "Kill Them with...Love". New Horizons Toastmasters, Tigard OR. Competent Communicator Manual: Speech 9, Persuade with Power

Kamili Talley moved to the Pacific Northwest from Chicago at the turn of the 1990s. She studied Mathematics, Information Technology, and is making headway toward an MBA at Western Governors University. Passionate about math + business + data, she's been fortunate to work these 3 fields, in tandem, with the Oregon University System, Concordia University Portland, and now at Nike. Kamili enjoys yukking it up with her 3 boys and husband, family & friends time, eating chocolate slowly, learning like a sponge, and hanging out in the social capital scene to learn from others and help create value where she can. She joined New Horizons Toastmasters in 2016. This year, she is serving as the club secretary.

Roseburg Resident Receives DTM award

by Haylie Ellison The News-Review

Reprinted with permission

A Roseburg resident, Jim Daniel, received the Distinguished Toastmaster award from the Wonderful Oregon Wordmasters Toastmasters club for his achievement in communication and leadership last week at its regular club meeting.

The DTM award is the highest education award a Toastmasters contributor can receive. Less than 1 percent of the 400,000 members hold this title worldwide.

"Toastmasters is a place where people can find their voice, learn to communicate and become a leader," said Daniel, the vice president of public relations at the Roseburg and WOW toastmasters clubs.

Daniel completed a High Performance Leadership project as part of the Distinguished Toastmaster requirements. The eight-month community service project involved raising funds and planning the removal of a tree at the home of Umpqua Community College shooting survivor Julie Woodworth. *To read the entire* article, click here.





EARLY OREGON TOASTMASTERS - PART 3

by Harvey Schowe, DTM - District 7 Historian

Claude Funston Palmer was a charter member of Portland

Toastmasters Club. The club chartered April 17, 1935. How long Claude Palmer was a member of Portland Toastmasters remains unknown. He was born May 16, 1899 in Kingman, Kansas. His father, a local newspaper editor, died during his early childhood and the family moved to Portland, Oregon. His interest in photography began after receiving a box camera as a gift. At age 13, he held a job delivering for a photography supply company. His fascination with photography lead to starting a photography business. He purchased Arleta Studio at age 15. It necessitated him quitting Washington High school. He completed his high school education with night classes that included college extension courses.

The studio burned down in 1918. He then worked as a salesman for the Pike Oneill Company before being inducted into the Army during World War I. After his discharge from the military, Claude attended Oregon Agricultural College or Oregon State University, majoring in commerce and journalism. During college he worked as a college reporter for the Oregonian newspaper. In 1922, he won second place in an industrial news writing contest. Other college activities included; reporter and military editor for the student newspaper Barometer, Editor of the 1922 Beaver Year Book, and articles for campus humorous publication Orange Owl. He held the position of Lieutenant-Colonel in the ROTC program. Student offices held were student assembly and Student Council secretary. He became a member of the YMCA.

After graduating, he married and worked for Eastman Kodak Company. In May 1924, he became a member of the newly organized Photographers Association. He served as the secretary-treasurer and first editor of their newsletter. In 1925, Claude started a photography business called Photo Art Commercial

Studios. Claude Palmer was innovative in creating the first model and photography agency in the Pacific Northwest. He used live models for advertising photography from infants to elderly people. He heavily used 8 X 10 photos for his industrial and advertising photography.

During the 1930s and 1940s he continued as president of Photo Art Commercial Studio. He was involved in civic activities. He gave speeches and taught photography classes. Perhaps his heavy involvement in civic activities was the reason he joined Toastmasters in the fall of 1934. He won the 1941 Portland Chamber of Commerce award for bringing in new members. One of them was Frank McCaslin, a Portland

Toastmasters Club charter member. On May 12, 1945, he delivered a speech on uses of photography in war industries during the launching of the SS Union Victory at the Oregon Ship Building Company yard.



After the war, he delivered an

address at the 1946 Photographers Association Convention in Chicago. He served as Oregon State University Alumni Association president in October 1948. Lynn Sabin, Portland Toastmasters charter member, was a member of this association. One of Claude Palmer's employees was chief cameraman Ray Atkinson, who resigned April 1946. Ray Atkinson later became one of Oregon's most famous photographers.

In 1952, Claude was appointed as a director for the Portland Chamber of Commerce and

held positions in the Portland Advertising club. During May 1953, Claude Palmer served as a director and vice president for the educational community television station now known as Oregon Public Broadcasting Company KOPB (10). April 1, 1976, Claude Palmer retired after selling his business to a partner. He continued civic activities such as a vice-chairman for Service Corps of Retired Executives (SCORE) Kiwanis Club and Royal Rosarian. He donated thousands of photographs to the Oregon Historical Society. He died on July 16, 1991 in Portland, Oregon.

Charter Members Portland Toastmasters Club #31

Edward G. Brown	Claude F. Palmer
Worth W. Caldwell	Ralph Reynolds
Jack Carney	H. Bob Robertson
Robert (Bob) Chrisman	Herschel P. Nuun
Sherman R. Cox	Manley Robinson
John W. Davis	Lynn P. Sabin
Jack Francis	Donald C. Sloan
Oscar Ingalls Hall, Jr.	Delbert R. (Dell) Snider
Franklin McCaslin	Charles L. Stidd

High Desert Club Officer Training Recap

by Cheri Redgrave, DTM

Saturday July 8th was the first Toastmaster Leadership Institute meeting in Central Oregon. It was held in Bend to facilitate leadership training. Hosted by Communicators Plus' President Chris Reid, 26 Toastmasters from 6 clubs converged on the Deschutes Library to improve their leadership skills.

John Rodke served as Toastmaster. He is the Program Quality Director for District 7. John is a member of 4 clubs in the Eugene area, and brought his humor and experience to the meeting.



The meeting opened with Keynote Speaker Diane Allen. She is a speaking coach and women's leadership blogger. Diane encouraged everyone to step out of the crowd and and take ownership of their leadership. She focused on getting into your authentic self and find your higher purpose. Her own life experiences were fun and fascinating, plus she plays a mean air guitar.

Next on the agenda were two sets of

breakout sessions. The first training set was for President, VP Education, and VP Membership. John Rodke



lead the Membership group. Donna Stark took the President group, and Emilie Taylor had Education. Donna is the District 7 Director, and Emilie is the Club Growth Director for District 7.

The second session had Donna presenting VP Public Relations and Emilie training the Sergeant at Arms. John teamed with Cheri Redgrave to coach the Secretaries and Treasurers. Cheri is a member of Communicators Plus in Bend.

After the Leadership training was complete, Donna made a presentation of "Pathways". District 7 is scheduled to roll out Pathways this September. Replacing the CC and advanced manuals, Pathways offers ten different paths that bring the Toastmasters experience into the twenty-first century.

Throughout the afternoon there was food and conversation. Everyone was happy to have officer training available in Central Oregon, and want to thank those District officers who took the time to travel to Bend.

Cheri Redgrave joined Toastmasters in 2007. She is a member of Communicators Plus, and earned her DTM in 2010.



What in the (Online Toastmasters) World is Going On?

by Susan Ellsworth, DTM - Guest Contributor, Maryland

Interest in the online Toastmasters experience is growing. There are now more than 2,400 members in the Online

Toastmasters Facebook group.

There has been an unexpected growth of officially chartered online Toastmasters clubs. We are now a dozen, and expect the 13th any day now. Will it be Competitive Communicators? Or will it be Witty Birds? Stay tuned!

How did all that growth happen? The online clubs family appeared in part because the Frebirds Collective (chartered in March 2016) is dedicated to the idea that their members are global leaders in online communication and leadership excellence. They act on the belief that they will grow global leaders in Toastmasters through practice, collaboration, mentoring and demonstrating excellence.

Witty Storytellers and Great White North (two offspring from the Firebirds Collective) chartered in September 2016.

There is another special sauce that helps to grow online clubs. Cruise through the groups of chartered and pre-chartered clubs on Facebook. It's a mashup of members from chartered clubs helping pre-charter clubs. Experiences are turning challenges into success. A pre-chartered club's ads are pinned to the top of the Online Toastmasters group, while attentive page admins send prospects to that club.

Fast forward to March 2017—Tongue Twisters had chartered the month before. Online Presenters, a club dedicated to developing skills for webinars and online presentations of all sorts, chartered with dual members not only from the Firebirds Collective and its offspring but from other members of the online community. Shortly thereafter, Toastmasters Without Borders, the third offspring from the Firebirds Collective, chartered.

Online club members talk and learn from each other. A while back, some of the online clubs met to hold an unofficial, online speech contest. Using gently modified, official speech

Interest in the contest rules, they quickly discovered that online line Toastmasters speech contests *are* possible.

One day, something totally unexpected happened. A member of an online club brought his little baby daughter to a meeting for members to see. What a sweetheart! She smiled at us! The oohs and ahhs erupted! Shortly thereafter one of the great storytellers in the group posted a picture of that special moment and said, "It feels that online meetings are more intimate and a family, I love it!"

That was quickly followed up with "We had a few guests, but she was our most surprising one. What I found interesting, that despite what some say about online meetings "virtual" and not face to face, we get to know and love each other better and faster."

So what's going on? Just watch! A half dozen more pre-charter online clubs are building and looking for you to say "Hello there!" Who knows but what we just might meet another future online youngster!

In 2016, the Board of Directors approved online membership for both brick and mortar clubs and online clubs. While the online community continues on a growth trajectory, very few clubs across the spectrum of Toastmasters have embraced the opportunity to grow and thrive using the online option. Online clubs are paving the way for brick and mortar clubs to welcome people to join via the internet. For very little expense, a little setup, and an internet connection, clubs who are struggling to grow membership have the opportunity to reach out to those who cannot travel or whose schedules prevent them from leaving their workplaces to experience Toastmasters. For clubs who are struggling to reach charter strength, the online option could increase membership significantly. Online clubs have members from all over the world. There is no restriction that says your members have to be within travel distance of your club meeting.

District 7 has the opportunity to become one of the first Districts to fully embrace online members into their clubs. If you are interested in growing your membership this year, contact me at phyllis.harmon@ d7toastmasters.org for more information. [Editor]

TELL ME A STORY

Be True to Yourself!

by Charles Shambry, CC

JK Rowling always said, "All I ever wanted to do was write novels."

On YouTube, there are many videos to watch. There are categories of content such as comedy, action, drama, animation—and the list continues. YouTube can be a source for motivation and inspiration as categories to view.

In search for some inspiration, I came across a speech on YouTube, from JK Rowling, the author behind the Harry Potter franchise. The speech was directed towards graduates of Harvard University as a commencement speech. I was moved by her words. Before she became the first billionaire writer in history, I didn't know that she had early critics. I was unaware that she had doubters of her talent even before she ever thought seriously of becoming a writer.

She was convinced at a very young age all she ever wanted to do was write novels. Her parents were not hopeful of these persists and thoughts. They urged her to make a living doing regular employment. To please her parents, instead of studying English Literature in college which was her interest, she read for a B.A. in French and Classics at the University of Exeter. After graduating from Exeter in 1986, she moved to London to work as a researcher and bilingual secretary for Amnesty International.

Like J.K. Rowling, I have had friends and family deter me from my dreams. I'm sure that I'm not alone. I was convinced that all I ever wanted to do was be a public speaker. It was like a voice I heard inside of me saying *yes*. It was a hint of inspiration telling me this is the way.

When I presented speeches or sermons it was the only thing that I had done in my life that made feel good and complete as an occupation. The moments of speaking in front of a group just felt right, as trying on properly fitted shoes or gloves.

You may have wanted to be a painter, dancer, singer, etc. Did you have someone in your life

tell you no? Did you have someone tell

you to be realistic? Did you have haters? Did you have someone tell you to modify your dreams? Have you ever been considered a dreamer?

I've learned that regardless of what people say, it is vital to trust your gut. It is a high priority to listen to the inner voice telling you it's the right thing. Follow what brings you joy. Follow your inner urges for something more that makes life thrilling and exciting.

Charles Shambry joined New Horizons in 2014. In his spare time he enjoys creating Youtube videos. He is a writer. entrepreneur, motivational speaker, and Wealth Management Consultant.

Follow your dreams and the universe will open doors for you where there were only walls.

Julie Becker



Lessons of Leadership by William Thomas, Jr - Guest Contributor, Florida

Did you know that there is a proper way to display the U.S. flag near a podium? According to the American Flag Protocol website "The flag of the

United States of America should hold the position of superior prominence, in advance of the audience, and in the position of honor at the speaker's right as he faces the audience. Any other flag so displayed should be placed on the left of the speaker (to the right of the audience)."

I remember the first time I served as the Sergeant at Arms for Gelfand Good Morning Toastmasters in Hollywood, Florida. I had placed the U.S. Flag on the left side (the wrong side) of the podum. Thankfully, one of our club members showed me my error. Wow—I couldn't believe I'd messed up on my first assignment!

That lesson was one of the first I'd learned as a club officer. There have been many others of course over the years. I've learned that leaders set the pace for the club. I've also learned that asking for help is a sign of a smart leader.

Face it, you can't do everything yourself. Ask members for ideas to help the club grow. Be open to input from club members and sensitive to their needs. People like to be part of the solution. This gives them a sense of ownership.

Toastmasters has taught me five traits to look for in great leaders: 1) honesty, 2) sensitive to member needs, 3) kind when giving and receiving feedback, 4) a great listener, and 5) a "big picture" person. If you look for these traits in your next club officers, your club will grow and be successful.

Serving as the Sergeant at Arms so long ago placed me on the leadershp path. Since then I've held club officer roles in several clubs, and am currently a club officer and sponsor of the soonto-charter online club, Witty Birds Beginners.

No matter where I travel or what clubs I join, I always share that lesson I learned as the Sergeant at Arms: "the U.S. Flag is placed in the position of honor at the speaker's right as he faces the audience."

Finally, I leave you with my favorite motto: Live, love, serve others to the best of your ability, and you will be an amazing Leader!!!!

William Thomas, Jr. has been a member of 12 different Toastmaster clubs at one time. He is currently a member of Broward Bilingual Toastmasters, Competitive Communicators online, Witty Bird Beginners online, and Gelfand Good Morning Toastmasters. He has served in multiple club roles



Toastmasters for Nonprofit Professionals

Your message matters. Whether you are addressing your board, donors, or volunteers, what you say and how you say it contributes to the success of your organization.

Toastmasters for Nonprofit Professionals is focused on helping you craft and polish your message for maximum impact while learning how to lead and influence your stakeholders.

Join us as we launch a club focused on you, the Nonprofit Professional.



When

Every Wednesday 7:00-8:30 am

Where

Lines for Life 5100 SW Macadam. #400 Portland, OR 97239

RSVP Appreciated davidw@linesforlife.org (971) 244-4637

Join Us!

Overcome your fear of speaking before an audience, and train your butterflies to fly in formation.

Toastmasters provides a safe environment where you can practice your next presentation and get quality feedback on how to take your speech to the next level.



Club Name	Last Name	First Name
Essayons Club	Acharya	Anu
Hopemasters	Alvarado-Lopez	Mauricio
Puppetmasters Toast Club	Amundson	Kris
MIME Speaks	Ananth	Sirija
Barnhart Toastmasters	Arevalo	Donna
PMI Portland Toastmasters	Arun	Batish
Coastal Toastmasters Club	Atkin	Lisa
Cascade Toastmasters Club	Aucoin	Cody
Hopemasters	Barrick	Riley
Articulators Toastmasters	Beehler	Julie
Speakeasy Toastmasters	Best	Destiny
M A C Toastmasters Club	Blumenkron	Aaron
Leader's Edge Club	Bose	Caleb
Articulators Toastmasters	Calnon	Libby
Newberg Toastmasters Club	Carlson	Laura
Barnhart Toastmasters	Casper	Cheryl
Columbia Communicators	Caulton	Sarah
Corvallis Evening Group	Cervantes	Sandy
Storymasters Toastmasters	Chockalngam	Muthuvalli
Redmond Area Toastmasters Club	Christy	Brandon
Bend Chamber Toastmasters	Conard	Karen
Clackamas Stepping Stones Tm Club	Dale	Kristine
Yawn Patrol Club	Dalpiaz	J.R.
Barnhart Toastmasters	Damiani	Ann
Coastal Toastmasters Club	Delmoral	Veronica
Barnhart Toastmasters	Dickey	Sharon
Transtoasters	Dunn	Lisa
Coastal Toastmasters Club	Durkee	Shannon
Bend Chamber Toastmasters	Edwards	Curtis
Coastal Toastmasters Club	Edwards	Cynthia
Walker Talkers Toastmasters Club	Egberg	Harmony
Marylhurst Toastmasters	Elder	Ed
Politically Speaking	Ervin	Thom
Barnhart Toastmasters	Esswein	Michael
Barnhart Toastmasters	Estrada	Mirta
Hopemasters	Estrada-Vargas	Agustin
Coastal Toastmasters Club	Flaherty	Lovena
Redmond Area Toastmasters Club	Foltz	Cody

Club Name	Last Name	First Name
Articulators Toastmasters	Frison	Chelsey
Newberg Toastmasters Club	Fritz	Kelly
Electric Toasters Club	Garcia	Tangi
Articulators Toastmasters	Gessele	Lonny
Barnhart Toastmasters	Gisvold	Jonathan
Coastal Toastmasters Club	Gleason	Eric
PDX Pioneers	Gross	Alex
Coastal Toastmasters Club	Guerrero	Charles
Barnhart Toastmasters	Hagebusch	Vicki
Gorge Windbags	Harrington	Janette
Newberry Speak To Succeed	Henry	Lori
University of Oregon Club	Hicksted	Amy
Articulators Toastmasters	Hills	Dennis
Symantec Toastmasters	Hoffman	Stephanie
Articulators Toastmasters	Holdridge	Lorton
Coastal Toastmasters Club	Holliday	Shena
Coastal Toastmasters Club	Horath	Ashley
Barnhart Toastmasters	House	Sandra
Oregon State Toastmasters	Huang	Tian
Coastal Toastmasters Club	Hunter	Beau
Coastal Toastmasters Club	Hunter	Laura
Silvertongues	Jenkins	Wanda
Barnhart Toastmasters	Jones	Debra
Speakeasy Toastmasters	Jun	Tian
Articulators Toastmasters	Kauffman	Carmen
Toast of Corvallis Toastmasters Club	Kaufmann	Peter
Eco Voices Toastmasters	Kavanaugh	Deanna
Politically Speaking	Kerr	Jacob
MIME Speaks	Khandke	Shardul
Speakeasy Toastmasters	Kim	Suhwan
Downtown Lunchbunch	Knapton	Vicki
Coastal Toastmasters Club	LaFever	Christine
Barnhart Toastmasters	Lake	Lisa
Barnhart Toastmasters	Langbehn	Maria
Portland Progressives	Lee	Albert
Downtown Lunchbunch	Leonard	Sam
The Standard Speakeasy Toastmasters	Lloyd	Dawn

Club Name	Last Name	First Name
Barnhart Toastmasters	Ly	Thong
Bend Chamber Toastmasters	Maas	Lieve
Articulators Toastmasters	Mace	Julia
Southern Oregon Speechmasters	Marthaller	Angela
Marylhurst Toastmasters	Martin	Robert
The Standard Speakeasy Toastmasters	Martinez	Jennifer
Portlandia Club	Matthews	Mary
Coastal Toastmasters Club	McCarthy	Amanda
Coastal Toastmasters Club	McMartin	Kelsi
UNEEK Speaks	McPike	Sarah
Bend Chamber Toastmasters	Mears	Brandon
Barnhart Toastmasters	Meekisho	Anna
MIME Speaks	Melamed	Jeremy
Coastal Toastmasters Club	Mickelson	Caryn
Transtoasters	Mikkelsen	Justin
Tower Toastmasters	Mikulski	Kristen
Articulators Toastmasters	Miller	Kristina
Bend Chamber Toastmasters	Molan	Jack
M A C Toastmasters Club	Monroe	Michael
Barnhart Toastmasters	Moody	Elizabeth
Coastal Toastmasters Club	Mooney	Jamilah
Feather Tongues Toastmasters Club	Moore	Andrea
Coastal Toastmasters Club	Moore	Laura
Coastal Toastmasters Club	Moorman	Darla
Tell Me A Story	Mowry	Dave
Transtoasters	Nguyen	Phuong
Coastal Toastmasters Club	Northrop	James
Barnhart Toastmasters	Nussbaumer	Kathleen
Blue Ox Club	Painter	Naomi
Lake Oswego Toastmasters Club	Palla	Vineel
PMI Portland Toastmasters	Parikh	Alpesh
Tabor Toastmasters Club	Parker	David
Pearl District Toastmasters Club	Perreault	Lauren
Moser Community Toastmasters	Petagara	Chelsea
PMI Portland Toastmasters	Pinchot	Beth
Rose City Toasters Club	Pitts	Miles
Silicon Forest Club	Pitz	Pat
Rose City Toasters Club	Planque	Jade

Club Name	Last Name	First Name
Rose City Toasters Club	Planque	Jade
Barnhart Toastmasters	Posley	Alexis
Columbian Club	Prussic	Timothy
Portland Progressives	Purcell	Kelly
Puppetmasters Toast Club	Putnam	Eric
Oregon City Toastmasters	Ramsey	Don
Moser Community Toastmasters	Randall	Michael
Moser Community Toastmasters	Rhoades	Sara
Coastal Toastmasters Club	Ridle	Megan
Bend Chamber Toastmasters	Riggle	Kristen
Salmon Speakers	Ripley	Cassandra
Barnhart Toastmasters	Rivas	Glendy
The Dalles Toastmasters Club	Rosales	Glenda
Keizer Communicators	Salas	David
Hopemasters	Sandoval	Tyler
Babble-On Toastmasters Club	Schoenheit	Dominic
Portland Progressives	Seed	Patrick
Barnhart Toastmasters	Smith	Jeremy
Barnhart Toastmasters	Smith	Zack
Articulators Toastmasters	Stanko	Marjorie
Barnhart Toastmasters	Sullivan	Jennifer
Hood River Club	Sutherland	Erin
Coastal Toastmasters Club	Tate	Stacy
PMI Portland Toastmasters	Taylor	Carolyn
University Toastmasters Club	Taylor	William
Coastal Toastmasters Club	Tenderella	Rachelle
Tualatin Valley Toastmasters Club	Thite	Shriram
Articulators Toastmasters	Thompson	Judy
Liberty Talkers	Thorpe	Guy
Bend Chamber Toastmasters	Tully	Anne
Portland Progressives	Urban	Paula
Coastal Toastmasters Club	Vandeney	Jill
WE Toasted Toastmasters	Waite	Margi
Oregon City Toastmasters	Walker	Derrick
MultCo Toasties	Walters-Robles	Darcy
Tabor Toastmasters Club	Watkins	Andrew
Coastal Toastmasters Club	Williams	Laura
Bend Chamber Toastmasters	Wilson	Tim

Club Name	Last Name	First Name
Bend Chamber Toastmasters	Wilson	Tim
Bootstrappers Club	Wood	Jacob
Toast of Corvallis Toastmasters Club	Yagloski	Ray
Bootstrappers Club	Zak	Joel
Storymasters Toastmasters	Zayid	Nader
Oregon State Toastmasters	Zhang	Yanli
Barnhart Toastmasters	Zimmerman	James

Storymasters

Thursdays

6:30-8:00 pm Providence St. Vincent Medical Center Stanley Family Conference Ctr, Rm 20 9205 SW Barnes Road

Portland, Oregon

http://4649162.toastmastersclubs.org/

"There is no greater power on this earth than story.

Join us and learn to tell your story

Tell Me A Story

Tuesdays

7:00-8:00 pm

Standard TV & Applance 5240 SE 82nd Avenue Portland, OR 97266

http://6869.toastmastersclubs.org/

AWARD	DATE	MEMBER	CLUB NAME
ALB	6/7/2017	Achor, Robert Tom	Tabor Toastmasters Club
CL	6/26/2017	Ahearn, Caitlin E	Eco Voices Toastmasters
ALB	6/12/2017	Alfaro, Abraham Edward	University of Oregon Club
CL	6/12/2017	Alfaro, Abraham Edward	University of Oregon Club
ACB	6/1/2017	Alfaro, Abraham Edward	Downtown Public Speakers Club
CC	6/14/2017	Alterman, Dean N.	The University Club
ACG	6/15/2017	Ames, William Mark	Clackamas Stepping Stones Tm Club
CC	6/6/2017	Bajodah, Mohammed	University of Oregon Club
LDREXC	6/5/2017	Bajodah, Mohammed	University of Oregon Club
DTM	6/29/2017	Bakke, Jacqueline E.	Noon Talkers
ALS	6/29/2017	Bakke, Jacqueline E.	Noon Talkers
LDREXC	6/29/2017	Bakke, Jacqueline E.	Noon Talkers
CC	6/14/2017	Barsotti, Mike P.	Salem Toastmasters Club
CL	6/27/2017	Bastres, Liliana	Clack-Orators Toastmasters
CL	6/29/2017	Bergman, Erik	WE Toasted Toastmasters
DTM	6/29/2017	Bergman, Erik	WE Toasted Toastmasters
ACG	6/29/2017	Bergman, Erik	WE Toasted Toastmasters
CC	6/23/2017	Blanchard, Charles	Yawn Patrol Club
CC	6/29/2017	Bowen-Biggs, Tara Colleen	MultCo Toasties
СС	6/12/2017	Bowser, Nathan Christo- pher	Toastmasters of the Universe
CC	6/5/2017	Brewer, Tammy A	Lebanon Toastmasters
ACB	6/28/2017	Brookins, David Joseph	Tabor Toastmasters Club
ALB	6/29/2017	Brown, Jackie	MultCo Toasties
CC	6/14/2017	Burns, Patrick	Coos Bay Toastmasters Club
CC	6/29/2017	Bushick, Chris B.	Sage Beaverton Toastmasters
CC	6/16/2017	Caban, Alisia R	Yawn Patrol Club
CC	6/23/2017	Carlson, Ed A	Sage Beaverton Toastmasters
ALB	6/23/2017	Cerasin, Janet L.	Newberg Toastmasters Club
CL	6/23/2017	Cerasin, Janet L.	Newberg Toastmasters Club
ACB	6/8/2017	Climer, Deborah K	Silvertongues
ACB	6/21/2017	COLEMAN, Anne D	Professionally Speaking
CC	6/1/2017	Coleman, Barbara L.	Tower Toastmasters
ALB	6/9/2017	Conarton, Joel E	New Horizons Toastmasters Club
ACB	6/9/2017	Conarton, Joel E	New Horizons Toastmasters Club
CC	6/27/2017	Copeland, Jim R.	Moser Community Toastmasters
CL	6/29/2017	Duncan, Brian L.	Walker Talkers Toastmasters Club
ACB	6/20/2017	Erbrich, Rudy M	Gresham Toastmasters Club

AWARD	DATE	MEMBER	CLUB NAME
CL	6/20/2017	Erbrich, Rudy M	Gresham Toastmasters Club
LDREXC	6/08/2017	Fanning, Paul C.	Downtown Lunchbunch
ACB	6/28/2017	Flood, Daniel Joseph	University Toastmasters Club
CL	6/23/2017	Flood, Daniel Joseph	VA SORCC Toastmasters
ALB	6/22/2017	Flood, Daniel Joseph	University Toastmasters Club
CL	6/22/2017	Flood, Daniel Joseph	Jefferson State Toastmasters
CC	6/22/2017	Flood, Daniel Joseph	Jefferson State Toastmasters
CL	6/14/2017	Flood, Daniel Joseph	University Toastmasters Club
ACG	6/14/2017	Foster, Lynne R.	Downtown Lunchbunch
ACB	6/27/2017	Fuller, Lonnie B.	Molalla Toastmasters
ACB	6/27/2017	Gannam, Ann L	Early Words Club
ACG	6/13/2017	Goodpasture, Caleb B.	Spirit Trackers
ALB	6/13/2017	Guffey, Paris A.	Portland Club
CC	6/27/2017	Hale, Michael R	M A C Toastmasters Club
CC	6/24/2017	Harford, Justin R.	Yawn Patrol Club
ACB	6/29/2017	Hemminger, Stephen C.	Walker Talkers Toastmasters Club
CC	6/26/2017	Hendricks, Travis J	M A C Toastmasters Club
CL	6/12/2017	Hicks, Tiffany S.	Clack-Orators Toastmasters
CC	6/17/2017	Holmes, Mary A	Moser Community Toastmasters
ALB	6/26/2017	Hovland, Teresa V.	Moser Community Toastmasters
ACS	6/26/2017	Hovland, Teresa V.	Moser Community Toastmasters
CC	6/27/2017	Huynh, Binh Quoc	Moser Community Toastmasters
CL	6/27/2017	Ionescu, Carmen	Moser Community Toastmasters
CL	6/28/2017	Johnson, David R.	Fortunate 500 Club
ALB	6/12/2017	Jula, Jolene D	Sunrise Toastmasters Club #1492
CL	6/13/2017	Kaltenbacher, Eadie B.	WRIP City Club
CC	6/22/2017	Keir, Laura S.	Downtown Public Speakers Club
CL	6/28/2017	Kersjes, Theo	PMI Portland Toastmasters
CC	6/08/2017	Loose, Hope K	Milwaukie Talkies
ACB	6/24/2017	Magoulas, Stephanie F.	Noon Talkers
ALB	6/29/2017	Matsuda, Stacy	West Beaverton Club
CL	6/29/2017	Matsuda, Stacy	West Beaverton Club
CC	6/29/2017	Matsuda, Stacy	West Beaverton Club
ALB	6/23/2017	McCoy, Mary Patricia	Toast to US
ALB	6/26/2017	McKee, James	Coos Bay Toastmasters Club
CC	6/22/2017	Mei, Xiaoxi	Southern Oregon Speechmasters
LDREXC	6/26/2017	Mills, Pam	Oregon City Toastmasters
CC	6/24/2017	Moran, Samuel H	New Horizons Toastmasters Club
CC	6/17/2017	Murray, David J	Vancouver Toastmasters Club

AWARD	DATE	MEMBER	CLUB NAME
CC	6/28/2017	Musser, Pamela B.	Noon Talkers
CC	6/25/2017	Nelson, Kathleen A.	Moser Community Toastmasters
CC	6/20/2017	Nolin, Julie A	Noon Talkers
CC	6/27/2017	Olson, Poppy J	Toast of Corvallis Toastmasters Club
CC	6/27/2017	Parker, Traci E.	Swan Island Toastmasters
CC	6/27/2017	Prasad, Sharna	Samaritan Ah-so-Um
ACS	6/23/2017	Rafelson, Regena	Hood River Club
CC	6/22/2017	Ramos, RITA	The Standard Speakeasy
CL	6/15/2017	Riem, Nealane	New Beginnings Toastmasters
ACB	6/15/2017	Riem, Nealane	New Beginnings Toastmasters
CC	6/13/2017	Robison, James Craig	Portland Club
ALB	6/2/2017	Robison, Patrick C	Downtown Lunchbunch
CC	6/9/2017	Rodke, John Russell	Yawn Patrol Club
ALB	6/19/2017	Rodriguez, Katrina G	Sporty Speakers
CL	6/16/2017	Sanseri, Wanda K.	Clackamas Stepping Stones Tm Club
CC	6/16/2017	Schock, Michael	Hood River Club
CC	6/21/2017	Shilling, Ruth A.	Highnooners Club
CL	6/15/2017	Silliman, Peter Michael	Politically Speaking
CC	6/29/2017	Smith, Kenneth L.	Flying Toasters Club
CC	6/6/2017	Smith, Steven E	Redmond Area Toastmasters Club
ALB	6/29/2017	Stark, Donna L.	Downtown Public Speakers Club
CL	6/29/2017	Stark, Donna L.	Downtown Public Speakers Club
CC	6/29/2017	Stark, Donna L.	Downtown Public Speakers Club
ACS	6/9/2017	Stark, Jeffrey James	Tower Toastmasters
LDREXC	6/24/2017	Stein, Bill	Toast of the Region Club
ACS	6/15/2017	Svehaug, Alan R.	Politically Speaking
CL	6/13/2017	Sweeney, Robert F.	Tell Me A Story
CC	6/29/2017	Texter, Anchen	Downtown Public Speakers Club
CC	6/16/2017	Thonstad, Alfred Theodore	Clackamas Stpg Stones Tm Club
CC	6/14/2017	Todd, Kemberly Layne	Roseburg Club
CC	6/12/2017	Tucker, Robert L	Portland Club
ACB	6/23/2017	Tully, Kathleen	WE Toasted Toastmasters
CC	6/29/2017	Tuttle, Debbie A.	Milwaukie Talkies
ACS	6/7/2017	Unger, Sue E.	Clackamas County Toastmasters
CC	6/26/2017	Valenzuela, Pauly H.	Toasting Excellence Club
CC	6/8/2017	Vallejos, John	Oregon Toastmasters Club
CL	6/22/2017	Venture, Heidi Sofia	Gorge Windbags
ACG	6/14/2017	Wagar, Carol	Gorge Windbags
ACG	6/19/2017	Waterer, Frank	Redmond Area Toastmasters Club

AWARD	DATE	MEMBER	CLUB NAME
CL	6/22/2017	West, Larry J.	Grants Pass Toastmasters Club 852
LDREXC	6/12/2017	West, Larry J.	Grants Pass Toastmasters Club 852
ACS	6/21/2017	Winn, Barbara L.	Flying Toasters Club
CC	6/21/2017	Withers, Richard L	Gorge Windbags
CL	6/7/2017	Wright, Randy	West Beaverton Club
ALB	6/21/2017	Zentner, Jamie Lynn	Clackamas County Toastmasters
CL	6/14/2017	Zentner, Jamie Lynn	Clackamas County Toastmasters
ALB	6/20/2017	Zubrick, Marissa	Stagecoach TM

Happy Anniversary to July Clubs

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

Charter Date	Years	Club	City
7/1/1981	36	Advisors	Portland
7/1/2014	3	Competitive Speakers PDX	Portland
7/8/2013	4	Downtown Lunchbunch	Hillsboro
7/13/2011	6	Newberry Speak To Succeed	La Pine
7/19/2016	1	Peer Masters	Salem
7/5/2002	15	Speakers By Design	Portland
7/30/2014	3	Sporty Speakers	Beaverton



A special shout out to Advisors for passing the quarter century mark

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARDS	
Alfaro, Abraham Edward	3	CL, ALB, ACB	
Anthony, Joseph D.	6	LDREXC, ACS, CL, ACB, ALB, CC	
Arnold, Cate Ann	6	ACS, ALB, ACG, LDREXC, ALS, DTM	
Bakke, Jacqueline E.	5	ACG, CL, LDREXC, ALS, DTM	
Bennett, Allison	5	ALS, DTM, CC, ACG, LDREXC	
Bergman, Erik	4	ACG, DTM, CL, CC	
Brewer, Daniel S	3	CC, CL, ALB	
Broughton, Garrett	4	CC, ACB, CL, ALB	
Coleman, Anne D	3	cc, cl, ACB	
Conarton, Joel E	3	ACB, ALB, CL	
Dopp, Leslie Valentine	4	ACG, LDREXC, ALS, DTM	
Dreves, Kristin M.	3	CL, CC, ALB	
Duncan, Lindsey B.	3	ALB, ACB, CL	
Eaton, Kevin	3	CC, ACB, CL	
Fanning, Paul C.	4	CC, ALB, ACB, LDREXC	
Flood, Daniel Joseph	6	CC, CL, CL, ALB, ACB, CL	
French, Cathy	4	ALS, DTM, LDREXC, CC	
Goodpasture, Caleb B.	4	CL, ACG, ACS, ALB	
Hale, Dawnette S.	3	CL, CC, ACG	
Harmon, Phyllis A.	8	DTM, ALS, LDREXC, CC, CC, ACG, CC, CC	
Heitz, Nena	4	ALS, ACG, DTM, CL	
Hills, Dennis B.	4	ACG, CC, CC, CL	
Holdridge, Ronda Marie	5	CL, CC, LDREXC, ACG, CL	
Hupp, Frank E.	3	CC, ACB, CL	
Isom, Jeff	4	LDREXC, ALS, ACG, DTM	
Jula, Jolene D	3	CC, ALB, CL	
Kelley, Todd D	3	CC, ALB, CL	
Kent, Jason	3	LDREXC, DTM, ALS	
Kleffner, Paul J.	3	CL, ALB, CC	
Knapp, Thomas K.	3	ACB, ALB, CL	
Lindquist, Leanna	9	CC, CL, ALB, DTM, ACS, ACG, CC, LDREXC, ALS	
Locke, Julius Patrick	3	CL, ALB, CC	
Love, Dottie	3	CL, CC, ALB	
Machalek, Anne M.	4	LDREXC, ALS, DTM, CC	
Malshe, Rohit	4	ALB, ACS, ACB, CL	

Triple Crowns are awarded to members completing three different awards in a single year.

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARDS	
Martin, Rick	3	CL, CC, ALB	
Matsuda, Stacy	3	CC, CL, ALB	
McCoy, Mary Patricia	3	ALB, ACB, CL	
Nikula, Joyce A.	3	ALB, CL, ACS	
Robison, Patrick C	3	CL, CC, ALB	
Rodke, John Russell	5	ACG, CC, ACB, CL, CL, CC	
Rodriguez, Katrina G	3	ALB, CC, CL	
Schellenberg, Lyle W.	3	CC, ALB, CL	
Schowe, Harvey L.	5	CC, ALS, DTM, ACG, ALB	
Semprevivo, Karen Ann	3	ACS, CL, ALB	
Shaw, Jo Anna	3	CL, CC, LDREXC	
Shehorn, David A.	4	ACB, ACS, CL, ALB	
Smith, Kenneth L.	7	ACS, ALS, ALB, ACG, LDREXC, DTM, CC	
Smith, Robert D.	3	LDREXC, ALS, DTM	
Squires, Valaree M	3	CL, CC, ALB	
Stark, Donna L.	3	CC, CL, ALB	
Stark, Jeffrey James	3	ACS, CL, ALB	
Svehaug, Alan R.	4	CC, ACB, ACS, CC	
Taylor, Emilie	8	ACS, CL, CL, ALS, CC, ACG, DTM, LDREXC	
Thygesen, Erica L	3	CC, CL, ALB	
Tjan, Vance	3	CC, CL, ACB	
Tully, Kathleen	6	LDREXC, ALS, ACB, DTM, CC, CL	
Wagar, Carol	3	ALB, ACG, ACS	
Walker, Marvin Lynn	3	ALB, LDREXC, ACB	
Wantz, James	4	CC, ACS, ACB, CC	
West, Larry J.	9	ACB, LDREXC, CL, LDREXC, CL, CL, ACS, CL, ALB	
Winger, Eric A.	4	CC, ACG, DTM, CC	
Wolfe, Jane	3	CL, CC, ACG	
Wolfe, Norman	3	CC, CL, ACG	
Young, Richard	3	ALB, CL, CC	
Zakrzewski, Chapin O.	4	LDREXC, ALS, ACG, DTM	
Zentner, Jamie Lynn	3	CL, ALB, CC	

Triple Crowns are awarded to members completing three different awards in a single year.

July - August 2017

JULY

21

Division H Club Officer Training - @ 6:30 PM – 9:30 PM, Beaverton Activities Center 12500 SW Allen Blvd, Beaverton, OR 97005

22

Southern Oregon (Division A) TLI/Club Officers Training, @ 8:00 AM – 1:00 PM Umpqua Business Center, 522 SE Washington Ave, Roseburg, OR 97470

24

Area 32 & 33 Club Officer Training, @ 7:30 PM – 9:30 PM, Old Mill Center for Children and Families Ramsay Room, 1650 SW 45th Pl, Corvallis, OR 97333

27

Div. B Area 35 Make-up Officer Training, @ 6:00 PM – 8:00 PM, McKenzie Hall Room 240A 1101 Kincaid St, Eugene OR 97401

AUGUST

17

Division D, Area 51 Club Officer Training. @ 6:00 PM – 8:30 PM, Covenant Church 455 Frankton Rd, Hood River, OR 97031

23-26

Toastmasters International Convention, Vancouver Convention Centre Vancouver, British Columbia



IN REMEMBRANCE: Wallace "Lucas" Murphy August 6, 1936 - July 7, 2017

Wallace (Lucas) Murphy passed away July 7, 2017 from cancer. His generous spirit shone through the last few months as he visited with the many friends he had inspired over the years. He is survived by his wife, Eriba Townsend of Springfield, son, Chad Sotomajor of Seattle, daughter, Karen Murphy of Berlin, Germany, stepson, Morgan Harris of Springfield and his brother and sister-in-law Tom and Judy Murphy of Fredericksburg, Virginia. . . He was an active member of Toastmasters and achieved the highest level of Advanced Communicator Silver and Advanced Leader Bronze and served in District leadership as the Area 35 Director. (to read the full obituary in The Register-Guard, click here)

TOASTMASTERS

learning experience

Pathways is coming to District 7 Toastmasters in September 2017

Visit toastmasters.org/Pathways to learn more!