

Voices!

One Community
Many Voices

District 7 Toastmasters
May 2016

**Robert Brewer
D7 International
Speech Champ!**



CONTENTS

04 EDITORIAL
Its All About Family
by Phyllis A. Harmon, DTM

05 COVER STORY
Interview with Robert Brewer
D7 International Speech Champ
by Phyllis Harmon, DTM

07 VIEWPOINT
The Leadership Journey
by Michelle Alba-Lim, DTM
District Director

08 FROM THE DESK
What Does a Better Version of You
Look Like?
by Leanna Lindquist, DTM
Program Quality Director

10 FROM THE DESK
My Travels with Balraj
by Erik Bergman, DTM,
Club Growth Director

11



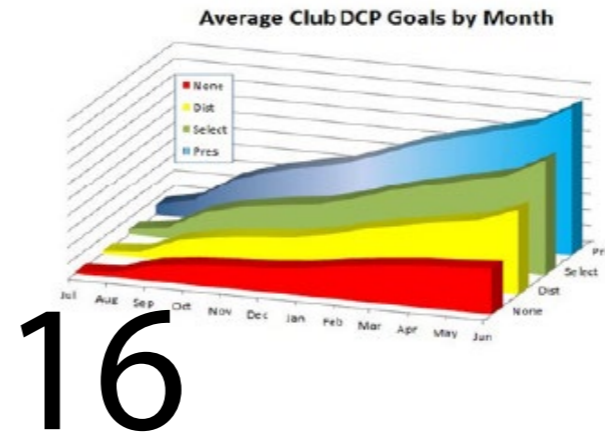
12 The Power of Speech
by Michael Reunert, CC

14 BURIED TREASURE
Salem Toastmasters Club #138
Part 2
by Harvey Schowe, DTM
District 7 Historian

Finding Useful Toastmasters
Data
by George Marshall, DTM
District 57 Statistician

18 Leading the World: D7 Spring
Conference Pictorial Highlights
by Jim Daniel, James Wantz, and
Harvey Schowe, Photographers

20 Who Do You Think You Are?
A Short and Sweet Branding Exercise
by Janet Hager, Staff Writer



16

23 WELCOME NEW MEMBERS
28 HONORING EDUCATIONAL AWARDS
30 TRIPLE CROWN AWARD PINS
31 HAPPY ANNIVERSARY TO
MAY CLUBS
32 Congratulations to All Our
Distinguished Clubs



33 MAY-JUNE 2016
Calendar of Events

34 PERSPECTIVES
Toastmasters is a 12-Step Program
Shannon Milliman, Staff Writer

36 STRIVE2THRIVE
Go, Plan, Win!
by Patrick Locke, DTM
Area 84 Director



38 TELL ME A STORY
Step into Your Storm
by Cari Corbet-Owen

40 Make Excellence Your Norm
Gaining Career Security in an
Uncertain Economy
Karen O'Keefe, DTM



EDITORIAL

It's All About Family

by Phyllis A. Harmon, DTM
Immediate Past District Governor

The countdown's begun. As another Toastmasters year rolls to a close, members are reminded of promises made offhandedly earlier in the year to submit completed manuals so their clubs can achieve year-end goals.

I wonder what would happen if we all followed the example of clubs like Toastmasters for Speaking Professionals, Capital Toastmasters, and others who completed club goals by the end of January? What are they doing differently? Why are they always the frontrunners in the race to distinguished? Why is it that their visitor to member conversion rates are higher than most (which seems to be the tipping point for many clubs)?

I'm a member of Toastmasters for Speaking Professionals, a club that's celebrating its 5th charter anniversary and it's fourth year as President's Distinguished. Here's the secret to our success: we genuinely care about each other. That's it. Easy Peasey. We've formed our own tribe.

The tribe culture is one of caring and sharing, helping each other to become the people we were meant to be. Our arms and hearts are open to everyone who wants to join us and share our culture.

I think it's the continual caring and checking in with each other that's made the difference. Personal calls, coffee klatches, and connecting socially and professionally outside the club have allowed us to form bonds of friendship that will last indefinitely. We discuss what's happening in our lives, celebrate each other's successes, and then mentor and coach each other through the quagmires of life.

In marketing there is an adage that you must "touch" your potential customer seven times before a sale is finalized. We do that! I think it's one of the reasons this club is so successful and completes goals long before the rest of the world. We are never more than a phone call or personal touch away from each other. In a nutshell, we are family—and a family that loves, laughs, and learns together will always trump one who does not.

Publisher

Phyllis Harmon, DTM

Associate Publisher

Brenda Parsons, ACB, ALS

Senior Editor

Phyllis Harmon, DTM

Associate Editors

Leanna Lindquist, DTM

Erik Bergman, DTM

Alexis Mason, DTM

Layout/Design

Phyllis Harmon, DTM

Curtis Low

2015-16 Officers

District Director

Michelle Alba Lim, DTM

Program Quality Director

Leanna Lindquist, DTM

Club Growth Director

Erik Bergman, DTM

Finance Manager

Jill Ward, ACB, ALB

Administrative Manager

Tom Knapp, ACG, ALB

Public Relations Manager

Becky Holm

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

TOASTMASTERS
INTERNATIONAL

Interview with Robert Brewer D7 International Speech Champ



Robert agreed to an interview following his International Speech contest win at the District 7 Spring Conference: Lead the World on May 7th. Following Ryan Avery's example in 2012, Robert very well could be the next 25-year-old World Champion of Public Speaking! [Editor]

Q: What brought you to Toastmasters? A: My Dad told me about it. Said it would help me become a better communicator.

Q: How has it helped your career? A: It has helped me develop and sharpen my communication skills. More importantly, it has helped me become a better listener.

Q: How has Toastmasters helped you personally? A: It has helped me grow in confidence. I have a lot of fun at Toastmasters, in large part due to being around a positive and affirmative group week in and week out.

Q: What is your process for developing a speech idea? A: I enjoy free writing. I will usually just start writing about whatever is on my mind at the moment and see where it goes, often times listening to music while I free write helps. After

free writing I will look over everything and can usually find a few ideas that can be a foundation for a speech.

Q: What has helped you most to develop an award winning speech? A: What helped me the most with this speech was not thinking about trying to write a winning speech but instead focusing on sharing a message that I believe is important. That took a lot of pressure off of me by reframing why I wanted to speak in the first place.

Q: What is Spoken Word? Please give us a bit of history about its origins. A: I believe spoken word can loosely be traced back to ancient times of storytelling. It is an oral art form. And it has become popularized in America in large part to hip-hop culture (my opinion).



Q: What interests you about Spoken Word?
A: I think it is a creative form of communication. It allows me to express myself in a way that I find very enjoyable. It is important to find joy while you are speaking and poetry gives me a creative outlet for processing my thoughts.

Q: As you practiced your speech for competition, how did you keep it fresh and not sound over rehearsed?
A: I didn't practice it that much. I would make sure I had it memorized. But aside from the day before the speech contest I wouldn't spend more than 15 minutes on practicing it.

Q: On the day of competition, what's your favorite way to prepare for your seven minutes on stage?
A: My favorite way to prepare is to have fun and try and get to know the competition. They all have great stories and it's really fun to get to know them before we all go on stage. At the end of the day we are only competing against ourselves.

Q: What do you do for relaxation? Favorite foods? Tell us a little about Robert - what makes you tick?
A: For relaxation I prefer to read, listen to music and write, or play soccer. My girlfriend and I both really enjoy sushi and Pho. In terms of what makes me tick, you will have to interview my girlfriend for that. She can give you a plethora of examples I am sure.

Q: I understand that Toastmasters International provides competitors with a round trip ticket to the convention. Are you seeking sponsors to help defray your costs? If people want to contribute to your expenses, how can they reach you?
A: Sponsorship would be greatly appreciated. If people wanted to reach me to contribute or get to know me more they can reach me at Robert.brewer04@gmail.com. Robert joined Toastmasters in 2013, and is a member of Gresham Toastmasters Club. He graduated from Warner Pacific College in 2014 with a bachelor's degree in business administration and social science. He is a sales professional for Sports Management Worldwide, an online sports career training company in Portland.

Three Division Champions snag trophies on May 7th



L to R, Robert Brewer, Elizabeth Black, Mary Pat McCoy

May 7th saw three division champions place in the International Speech contest at the District 7 Spring Conference: Lead the World which took place in Eugene, Oregon. Out of a field of nine contenders, Robert Brewer, Division D, placed 1st with his speech titled "A Discussion." Elizabeth Black, Division B, placed second with her speech titled, "Words from an Esteemed Elder." Mary Pat McCoy, Division E, placed third with her speech titled "Lucky the Clown." Congratulations to everyone who stepped out of their comfort zones and chose to compete.



VIEWPOINT

The Leadership Journey
Michelle Alba-Lim, DTM - District Director



On May 7, 2016, during the annual business meeting in Eugene, the District Council elected the leaders who will serve District 7 in the next Toastmasters year (July 1, 2016 to June 30, 2017). Congratulations to the incoming District trio (District Director-elect Leanna Lindquist, Program Quality Director-elect Donna Stark, and Club Growth Director-elect Cathy French) and all the incoming division directors!

I am delighted to know that District 7 will be in great hands next year. To the incoming District Executive Committee, please know that you can continue to count on my help, counsel, and support when needed. It will be an honor, a pleasure, and a privilege to serve District 7 in any way I can. The leadership journey does not end when one takes off a badge or gives up a title. I will continue to have the needs of our members in my heart and on my mind.

To the incoming club officers, congratulations and thank you so much for stepping up to lead your clubs!

Serving as a club officer is the beginning of your Toastmasters leadership journey. You never know where that journey might take you. As First International Vice-President Balraj Arunasalam shared during his keynote speech, never in his wildest dreams did he think that

he would be President of Toastmasters International when he agreed to serve as club president (12 years after joining his club!). You, too, may one day be called to serve beyond your wildest dreams. Just show up, stand up, and speak

To District 7 members who have, as yet, not stepped up to serve in any leadership role this coming year, I invite you to consider doing so. It may be a leadership role in your club, workplace, or community. If your club officer roster has been filled, offer to serve as an assistant. If you have served in various club officer roles and are ready for a more challenging leadership role, look for opportunities outside your club. Rediscover your Competent Leadership manual and explore the various ways that you can strengthen your leadership competencies.

It matters not whether you have a title. Some of the best leaders this world has ever seen did not have titles—Martin Luther King, Jr., Mahatma Gandhi, and Mother Theresa. All three stepped up to leadership when they were needed. All three were influential leaders without titles. All three changed themselves and in the process helped to change the world.

The leadership journey continues. . .

Leadership Opportunities

by Leanna Lindquist, DTM

We are in search of a few good leaders to serve as Area Directors for the 2016-2017 Toastmaster year beginning July 1st. This is an advanced leadership role. Your prior club officer experience, especially president or VPE, will serve you well. Learn to manage teams, coordinate contests and become a servant leader. The training is high quality, the benefits are priceless. Please contact me at pqd@d7toastmasters.org if you are interested or know someone who is. Opportunities are in Salem, Portland and the Vancouver area.





FROM THE DESK

What Does a Better Version of You Look Like?

by Leanna Lindquist, DTM - Program Quality Director

Self-Confident

Self-confidence is learned, practiced and mastered. If you lack self-confidence Toastmasters is where you will find it. Self-confidence shows in body language. Hold your head up high and maintain good eye contact. Speak clearly and assuredly when answering questions, Make your message concise. Replace the “ums” and “ahs” that interrupt flow with pauses to emphasize ideas.

Take advantage of every opportunity that comes your way. Sign up for manual speeches. Fill a role every week. If you aren't giving a prepared speech be a Table Topics speaker. When you are comfortable delivering a good Table Topics speech you will exude self-confidence.

Open to Growth

Never give up learning. The Toastmasters website has a wealth of information. Videos, podcasts, articles, manuals and Toastmaster Magazine are at your fingertips.

Expand your marketable skills. At the club level serving as an officer provides the opportunity to learn and practice new skills.

As club president you will

- Conduct productive meetings
- Delegate
- Manage people
- Build teams
- Resolve conflict

When you have the chance to serve as an officer, embrace the opportunity to learn and practice new skills. Learn to coordinate events by serving on the conference or TLI committee. In addition you will learn time management and how to manage a budget.

Visit other clubs to see how they run meetings. Study other speakers and watch how their members fill roles. Take the best back to your club. Check out You Tube. Many Toastmasters record and post their speeches. This is the

next best thing to visiting another club. In Toastmasters it is easy to surround yourself with great people. Your club members will help you bring out your best. Choose a mentor who will help you learn and grow.

Take A Risk

Now is as good a time as any to take a risk. Choose advanced manuals that take you out of your comfort zone and cause you to stretch. Don't think you are funny? Try the Humorously Speaking manual. If you are right brained try Technical Presentations.

Is all your speaking experience in your own club? Visit another club and ask to give a speech. We have loads of small clubs that will welcome you with open arms. It may be a little scary to speak in front of a new group. Remember they are Toastmasters too. They will encourage you and provide great feedback.

How about entering a club contest? You may be bitten by the competitive bug and find you love to compete. Are you a future Champion of Public Speaking? Was competition not for you? You took a risk and you crossed it off your bucket list. Encourage others to give competition a try.



Today is the best day to become a better version of you. Toastmasters is the vehicle to take you there. Increase your self-confidence when you give prepared speeches, participate in Table Topics and fill meeting roles. Be open to growth by learning everything you can to improve your communication and leadership roles. Toastmasters International website is loaded with information. Take on a leadership role in your club when the opportunity arises. Take a risk by trying something outside your comfort zone.

Pat Johnson,DTM 2010-2011 Past International President expressed it well, “if you get all that you can get out of Toastmasters, you won't ever get out of Toastmasters.”



It's Time to Hold a Book Review

We aren't talking about a New York Times best seller, we are talking about Toastmasters manuals. The Redmond Club held theirs a few weeks ago. It's easy.

- Choose a date
- Ask everyone to bring their manuals
- Take a tally – determine how many speeches members need to give to earn an education award
- Schedule time for members to complete their manuals
- Celebrate those earning awards, it's a big deal
- Watch your club goals grow

Those earning three education or leadership awards will receive a Triple Crown Award at Toastmasters Leadership Institute on June 25th.





FROM THE DESK

My Travels With Balraj

by Erik Bergman, DTM, Club Growth Director

When a 1st Vice President of Toastmasters International comes to town, District leaders are in for a learning experience. Welcoming Balraj Arunasalam this month from Sri Lanka was a week to remember for all who met him. Certainly it was for me.

As Program Quality Director, it was my honor to be his guide, chauffeur and apprentice on his District 7 tour. We visited companies to promote Toastmasters and present recognition awards, attended club meetings, and met with past and future District leaders. We also attended the Spring Conference, where he presented both a keynote and an educational session.



to tour Dave's Killer Bread bakery before discussing how the company's foundation can help support Toastmasters prison clubs.

- We met with training and HR leaders at major employers like Adidas, Legacy Health Systems, Lam Research and Wells Fargo.
- We also visited the local nonprofit Self-Enhancement Inc. and the City of Beaverton, thanks to the help of Libra Forde, ACB, and Cate Arnold, ACB, CL, respectively, for introducing us at their workplaces.
- On behalf of TI, Balraj gave US Bank and Nike corporate recognition awards for their ongoing



Preparing for such a visit takes months of preparation and coordination with Toastmasters International (TI) headquarters. I combed through new club leads and my address book to make the most of his time and expertise.

Our itinerary focused on the Portland metro area, with one trip to Salem. It showed the breadth and scope of Toastmasters activities and opportunities across our District.

- We joined in club meetings in the Oregon State Penitentiary (Capital Toastmasters), a Nike conference room (Sporty Speakers), a PR agency (WE Communications) and a church (Babble-On).

- We put on hairnets and lab coats



support of local clubs in their companies.

The chance to watch Balraj interact with company leaders was an education. Rather than try to sell anyone on our program, he listens, asks questions, then suggests ways that Toastmasters might help supplement existing programs or fill unmet needs. He passes out speech manuals, the Better Speaker Series and Speechcraft materials to show how we offer training in 75 different skill sets that employees can put to use right away on the job. He's a teacher and ambassador who impressed and inspired those he met.



Balraj believes we should build clubs for the right reasons, in the right places,

and set them up to succeed for the long run. He's a strong believer in using the Speechcraft program to build a core group of employees who buy into what Toastmasters does, and use them as the basis for starting a club. He also advocates putting major effort into helping struggling clubs boost their membership. Even small-town clubs can thrive if the right effort is put into promoting them.

"Put the members first," he says, and the Distinguished Club Program (DCP) goals and club growth will take care of themselves.

I'm gratified that Balraj said his visit was a success. We promoted Toastmasters at a range of companies with no Toastmasters presence where we can offer Speechcraft programs and potentially start new clubs. The contacts we made give us momentum that will carry over to the next Toastmasters year.

Balraj will be installed as President of TI in 2017 at the August convention in Vancouver, B.C. I've already marked it on my calendar. Knowing the quality of the man who will lead us gives me more faith than ever in the future of our

A Big D7 Welcome to Uneek Speaks

organization.

When we parted, after sharing seven days immersed in spreading the Toastmasters program, he and I could truly say we were friends for life.



Neet our newest club: UNEEK Speaks at Keen Footwear

These boots are made for talking! Keen Footwear manufactures great boots and shoes, and now the company will be turning out great speakers and leaders too.

UNEEK Speaks chartered on May 6, adding yet another corporate club in downtown Portland. Many thanks go to Alex Eichman at Keen, along with club mentors Willamette Division Director Kathleen Tully, DTM, and Area 65 Director Emilie Taylor, ACB, ALB, for their commitment to making the club a reality. Cheers also to Program Quality Director Leanna Lindquist, DTM, for leading the demo meeting.

District Speech Evaluation Champions

by Phyllis Harmon, DTM

Following an inspirational speech given by Becky Holm, District Public Relations Manager, at the District 7 Spring Conference: Leading the World, on May 7th, 9 contestants evaluated her speech for content, delivery, and impact. While all the contestants provided Becky with pointers and techniques to improve her speech, James Wantz, Shani Fox, and Gideon For-Mukwai caught the attention of the judges and walked away with District trophies—James Wantz 1st place, Shani Fox, 2nd place, and Gideon For-Mukwai 3rd place.

Congratulations to everyone who fought their way to the District stage through similar contests in their clubs, areas, and divisions.



L to R: Gideon For-Mukwai, Shani Fox, James Wantz

THE POWER OF SPEECH

BY Michael Reunert, CC



I'm going to give you one key phrase from some famous speeches. Can you name the speaker (the answers are at the end of the article)?

1. *I have a Dream!*
2. *Ask not, what your country can do for you—ask, what you can do for your country*
3. *Four score and seven years ago...*

Clearly, these are examples of powerful speeches by great orators.

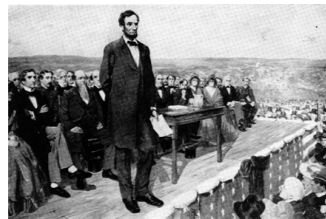
Some people are “naturals” with a God-given talent for speaking—but most great speakers didn't start that way. They gradually improved their skills through lot's of practice and coaching.

What do you think about Martin Luther King Jr., John F. Kennedy, and Abraham Lincoln? Were they just naturals?

I didn't know myself, so I did some web research.

Martin Luther King was a minister. He gave hundreds of sermons and speeches, before *I Have a Dream*.

John F Kennedy was described as “stiff and wooden” in his early speeches but he persevered. He used family members as a sounding board, got advice from his father, and practiced his speeches in front of his sisters.



Abraham Lincoln was described as ungainly with a squeaky voice but he spent many years polishing his speaking abilities from his youth to his presidency. His life in politics gave him hundreds of opportunities, as did his 25-year law career

Public speaking doesn't come naturally to most people. In addition, public speaking is often cited as the #1 most common phobia.

Most of us are not going to be great leaders on a national or international scale. Most of us will encounter situations where we could really benefit from good speaking skills. Examples might include:

1. Representing your department at a company meeting
2. Speaking in a church, synagogue, or mosque
3. Advocating for your child at a PTA or school board meeting

There is an association whose primary mission is to help people become better at public speaking. That association is Toastmasters. When I ask people if they have heard of Toastmasters, most people will say, “Yes, I've heard of Toastmasters.” If I ask, “have you thought about joining Toastmasters?,” a great many people I speak with will answer something like, “Yes, I've been thinking about it, and one of these days, I'm going to try it out.”

Sound familiar? It sure does to me. I joined Toastmasters at the tender age of 53. At that point, I had already given lot's of speeches and presentations, most of them okay, but not very memorable. I had even taken some courses and had a bit of coaching.

I started my career with a big company that had an extensive list of in-house courses. One of those courses was “Effective Presentations.” When I took the course, we used an overhead projector with transparencies. I learned some good stuff from this course. At one point, our department had to make presentations to upper management to get funding for expanding our line of business.

Our manager brought in Peter Giuliano, who provided strategic communications consulting for CEO's and other big muckey-mucks from major corporations. Peter was great. After speaking with us for only a few minutes, he could pitch our business better than anyone in the department! I gained some valuable tips from Peter:

1. Hang slides on a wall, to see how the presentation will flow, and re-arrange for maximum impact
2. The power of video feedback. Seeing ourselves was really powerful!



These experiences happened in my 20's. They were great experiences, but that's all I had to go on for the next 20-30 years of making presentations.

I'd heard of Toastmasters, my old girlfriend had been in Toastmasters at one point. I thought I was a pretty good speaker. Every so often, I would hear someone that was really a great speaker. It made me realize that I had a lot to learn.

Finally, two years ago, I joined Toastmasters. I was invited by Ulrike Mengelberg, a member of Wallmasters International. I met people who were truly great speakers. I heard them give speeches, and I heard them give and receive feedback. I was hooked!

As a member of Toastmasters, I have an opportunity to speak nearly every week. I receive

feedback that has helped me to greatly improve my speaking skills, and I've had the opportunity to help others improve theirs. Truly great stuff!

If you have a dream, ask not what a speaker can do for you—and for goodness sake, don't wait fourscore and seven years. Join Toastmasters today!

Michael Reunert joined Wallmasters International in 2013. He has earned his Competent Communicator award, and is working towards his Advanced Communicator Bronze.

Answers to the quiz:

1. Martin Luther King's march on Washington
2. John F Kennedy's inaugural address
3. Abraham Lincoln's Gettysburg address

Congratulations Incoming

District Director	Leanna Lindquist
Program Quality Director	Donna Stark
Club Growth Director	Cathy French
Division A Director	Nena Heitz
Division B Director	John Rodke
Division C Director	Lyle Schellenberg
Division D Director	David Johnson
Division E Director	Emilie Taylor
Division F Director	Dottie Love
Division G Director	Peter DeGraaf
Division I Director	Joe Polk

Elected Executive Team



BURIED TREASURE

Salem Toastmasters Club #138 Part 2

by Harvey Schowe DTM-District 7 Historian

How Frederick Eley became involved with Salem Forum club and its organization as a Toastmasters club remains unknown. Toastmasters Magazine has no articles about this club until after it chartered. Since, Eley was a past Toastmasters International Treasurer and Director, he probably played a key part. He closed his Santa Ana, California office December 1937 and started his Salem architectural practice. He was involved in several Salem civic groups such as Chamber of Commerce, Lions Club, and YMCA. The Salem YMCA continued providing public speaking classes through 1937 where Forum Club met Tuesday evenings.

Salem Toastmasters Club #138 received its charter Tuesday evening April 17, 1939 at the Marion Hotel, Salem, Oregon. The first club officers were president; Dr. Henry E. Morris, Vice President; Barkley Newman and Secretary-Treasurer; Frederick H. Eley. The charter program is summarized below.

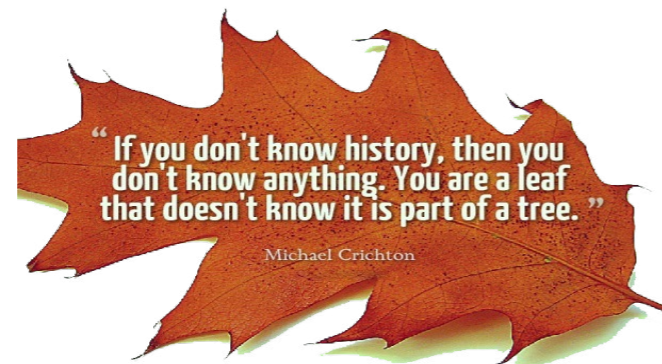
INVOCATION-Tom Windshar
TOAST TO LADIES-Carle Abrams
VOCAL SOLO-Mrs. Ivan Stewart
GREETINGS FROM CITY-Ed Gabriel
GREETINGS CHAMBER-Bill McAfee
RESPONSE FOR CLUB-Vern Douglas
TOASTMASTER-Chester Cox
ONE MINUTE TALKS-Tom Golden, O. D. Olson, W. E. Hanson & Barkley Newman
KEY NOTE SPEECH-W. M. Hamilton
PRESENTING CHARTER-Ernest C. Davis; Representing Toastmasters International District 2 Area 5 Lt. Governor
ACCEPTANCE OF CHARTER-Dr. Henry Morris, President Salem Toastmasters Club # 138
CONGRATULATIONS FROM ROTARY CLUB-Gilbert Madison
CONGRATULATIONS FROM LIONS CLUB- Carl Emmons
CONGRATULATIONS FROM KIWANIS CLUB- Bill Braun
SPEAKER OF EVENING-Ivan Stewart introduced by Ben Ramseyer critic for 1 minute speakers
FOR CITY AND REPRESENTATIVES-Bernie Donaldson
SPEAKER OF EVENING Dick Staples
GENERAL CRITIC Dan Hay

Some Salem Toastmasters club members were prominent in the Salem community. For instance, the club members included the Salem mayor, a Oregon hotel chain owner, Salem postmaster, an optometrist, and the State Industrial Accident Commissioner, among others. Four members of Salem Toastmasters became District Governors including Frederick Eley 1940-1941, Charles McElhinny 1943-1944, Robert Batdorf, 1955-1956, and H. J. "Harry" LaDou.

LaDou moved to San Diego in mid 1940s' where he joined San Diego Toastmasters Club # 7. He served as District 5 Governor in 1948-1949 before becoming a Toastmasters International Director.

Robert Nixon, Salem Toastmasters, was the first District 7 member to participate in Toastmasters International Speech contest in 1941. Dan Hay participated in the District 2 speech contest finals in 1939 and inter club contests.

Members helped organize Capital Toastmasters club # 391 and Albany Toastmasters club # 307. Albany club members were responsible for organizing the Corvallis Toastmasters club #395. These clubs formed the core of the Capitol Division. In May 3, 1947, the Salem and Capitol Toastmasters clubs hosted the District 7 Spring Conference at the Salem Chamber of Commerce. Salem Toastmaster remains an active club.



FORGOT TO PAY YOUR DUES?



Renew by 5/31/2016 to remain an active member



Finding Useful Toastmasters Data

by George Marshall, DTM - District 57 Statistician

Why look up data in Toastmasters reports?

In your own club, you probably know what's happening – who has completed educational awards recently, how the club is doing on the Distinguished Club Program, and more.

But if you need to stay up to date on several clubs - say the ones in your area, division, or the entire district – you need a way to keep track of many clubs. That's where the Toastmaster data reports come in handy. But, there are so many reports available for Toastmasters, it can be hard to find what you need. Here's where to find some of the most commonly used data.

There are three categories of Toastmaster data that leaders seem to need most often: Distinguished Club Program (DCP) status, Dues & Membership, and Educational Awards. Here's the easy way to find that data.

See the DCP

Distinguished Club Program (DCP) data is widely used because it offers so much insight on clubs.

Each club can earn up to 10 DCP goals. The ten goals indicate how well a club is helping members complete their educational goals, maintaining membership levels, and how well the officer team is functioning. The details are in the [Distinguished Club Program and Club Success Plan manual](#)

How a club does on those ten goals is a very good indicator of club health, so it is **important** to check a club's DCP status often during the year. (See Figure 1, DCP chart).

So WHERE can we find DCP data on clubs? It's in the Toastmasters [dashboard](#).

On that page, select District 7 in the top left box to go to the D7 dashboard. **Tip:** you will probably use this page often, so add it to your browser Bookmarks or Favorites!

On the resulting District 7 page, click on the

Club Performance tab at the top to see DCP data.

Scroll down the report until you get to the division, area and club you want to see. For each club, all ten DCP goal results are shown; completed goals are in **bold**.

Starting in early April, once clubs reach distinguished (any level), DCP status is shown on the left of each club listing as **D**, **S** or **P**.

[Check often because there dashboard reports have a lag time due to month-end closures, and may not all reflect reality until the middle of the month or so. - Editor]



Figure 1, DCP Chart

Dues Are Due

Twice a year, every club needs to pay their dues. Club dues status is in the reports, but where?

Back on the D7 dashboard page, dues information shows up in two places, using the tabs at the top of the page:

The Division and Area Performance report gives a simple Yes/No for each club, in both October and April, on whether it has made the minimum renewals (8 members) to remain in **good standing**. It also shows Area Directors' club visits completed and other info of interest to Area and Division Directors.

The District Performance report has the detail on how many members in each club have renewed, for October and April. It also shows total membership payments, very important for districts going for Distinguished status.

Educational Awards – Now and Then

Who has earned an award this year? Did your award get correctly submitted to Toastmasters?

To see this year's awards, go back to the D7 dashboard and click on the **Daily Reports** link over in the left bar.

There are several reports available on the Daily Reports page. For this year's awards, click on "Educational Awards (current year)"

This report shows all awards earned in the district so far this year. Clicking on any column header (Club, Award, Member, etc.) will sort on that column.

To see all awards to date by club, scroll down to the club's number, or first click the Club name column header to sort by name, then scroll to the club name. To see awards by a member, click on the Member header to sort by member's last name, and scroll down. It will show the awards earned by a member in any club in the district this year.

Educational Awards History

Want to see what awards were earned in a club or by a member, in past years? You can use the Educational Awards Archive to check all awards, one year at a time, but that is rather slow and time-consuming.

Here's a much quicker way to look up awards, because it shows this year or all years with a single click. Go to: www.marshalls.org/tmtools

Let's look at two of the many options, awards by club, or by a member.

To show a club's current and past awards, click on **Educational Awards by Club Number**. In the next screen, enter the club number and click the button. It will show all the clubs awards, back as far as 2003, broken out by Toastmaster year.

Tip: if you don't know the club number, use the **Club Name Lookup** tool to search by any part of the club name, then select the Awards report.

Showing a member's current and past awards is just as easy, by clicking on **Education Awards by Member**.

Enter some parts of a member's name, for example first and last and click the button to get all their awards going back to 2003. Note: Two members may have similar names, so you might have to refine the search. Also, a member might be registered with Toastmasters by a different name than they usually go by: Mike vs Michael, etc. As a bonus, this report shows any awards a member may have earned in other districts.

What else? The reports described here are the ones most commonly used, but check out the other options on those pages for even more useful information.

Another good source of information is PID Mike Raffety's website, providing different ways of summarizing Toastmaster data: reports3.mikeraffety.com

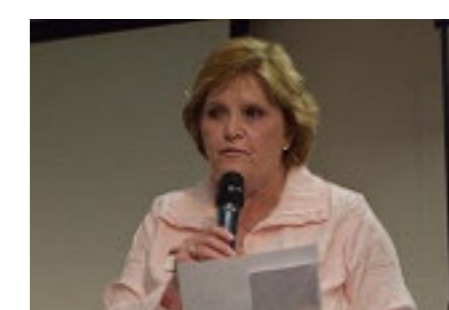
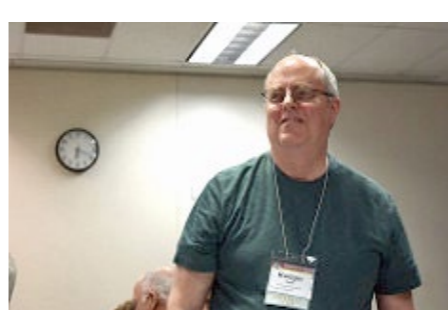
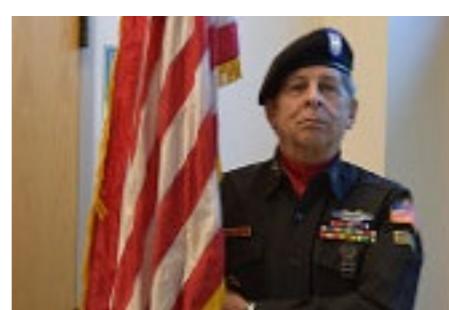
It's quick and easy to find the Toastmaster data you need on clubs, areas, divisions, the district, and member awards, once you know where to look. *[You can also use the Raffety reports to view a club over time. This ability gives the club officers and the area directors a heads up on club weaknesses and where they should concentrate their efforts. -Editor]*

George Marshall is the District 57 Statistician, and the author of TmTools (www.marshalls.org/tmtools), a website with summaries based on Toastmaster reports. His company also develops websites for small businesses, and does online advertising campaigns.

“ YOU CAN'T MANAGE WHAT YOU DON'T MEASURE.

- W. Edward Deming

Leading the World - D7 Spring Conference Pictorial Highlights



May 6 - 7, 2016 • Lane Community College - Eugene, Oregon



Who Do You Think You Are?

A Short and Sweet Branding Exercise

by Janet Hager

More importantly, who do your prospective members think you are? If their image of you isn't the same as your image of you, then you're not attracting your best-fit members. If you want to correct the issue (seriously, how could you not want to correct that issue?) you've got some branding work to do.

You can't control the brand image people build of your company; that happens in their own head. The best you can do is give them the best possible building blocks to work with—evocative marketing and branding materials that resonate with the right people. Those best possible building blocks come from being extremely clear about who you are as a club, what you value, and what you stand for.

There are lots of brand discovery processes and frameworks you can use to get that clarity. Here are just a few of the questions Tinfish asks our clients when we do brand discovery work:

What adjectives do you want people to use when they talk about what it's like to work with you?

When your members are talking about what it's like to be a member of your chapter, what do you want them to say? Not what do you think they currently say, but what do you want them to say? Sometimes it also helps to think of a spectrum; would you rather be perceived as professional and formal or casual and informal, or somewhere in between? Intellectual or plain-talking? Funny or serious?

Why should a prospective member choose your chapter, rather than some other club?

What you're looking for is an essential quality that's not easily replicated by another club. Or you can try thinking of it in reverse: members love our club because. . .

What are the people in your club passionate about?

This is a way of getting at your club's true passion, the aspect of your club that makes your face light up when you talk about it. You want to

know what that is, because you want to work with members who want that passion. Those are the members who are more likely to be your best fit, the people who love your club and everything you do for them, the people you love to serve.

Now. . .



Read over your answers. Hold them in your head. Think about the experience you're giving during club meetings. Think about what members say when they talk about your club. Think about what you tell prospective members when they visit your club. Do those interactions reflect who you really are, to the people you really want to work with?

Janet Clesse Hager joined Toastmasters for Speaking Professionals in 2015, and became a Voices! staff writer in 2016. She can help you figure out what makes your company different, who needs to know about it, and how to connect the two. She's a marketing and branding specialist, a dynamic speaker, distiller of information, and solver of problems. Her company is called [Tinfish Initiatives](#).

TLI - Toastmasters Leadership Institute Saturday, June 25, 2016 • 8-3:15pm

Be Extraordinary

Mark your calendar now for this full day of club officer training, breakout sessions and networking. Make this your best Toastmasters year yet by attending this special training designed to take you from ordinary to extraordinary.

Call for Speakers: We are looking for presenters. If you have a one hour interactive session that will allow our members to go from ordinary to extraordinary please fill out the form. Questions? pqd@d7toastmasters.org

Wilsonville High School • Wilsonville, Oregon

PATRICIA
FRIPP

District 7 Fall Conference: Find Your Focus

KEYNOTE: PATRICIA FRIPP

Warner Pacific College, Portland, Oregon

November 5, 2016



\$55
Early Bird [Click Here to Register](#)

“ For 20 years I have hired Patricia Fripp to train and coach sales teams with amazing success. FrippVT, in combination with in-person training and coaching, is an unbeatable combination. ”

— Greg Silvers, Senior Vice President, Client Development
Concur

SUCCESSFUL CLUB

Lake Oswego Toastmasters' Secret to Making Change Great: A Perfect Past President

by Linda Hartling, ACB, CL, President, Lake Oswego Toastmasters

We are living in an age of rapid change — social change, economic change, political change and more! Thankfully, Toastmasters offers us the skills to help make change great. Lake Oswego Toastmasters (LOTM) has logged more than 60 years of navigating the challenge of change. In recent years, this included one of the most demanding club challenges, changing meeting locations — a type of change that changes everything!

One key secret of LOTM's endurance in the face of major change is mutually supportive leadership. This is the type of leadership exemplified in the efforts of Chris Swanson, currently referred to as our "Perfect Past President." He has been one of the most important unsung super heroes throughout times of intense change for LOTM, a Toastmaster master of resilience and persistence.

The role of the immediate Past President is rarely recognized as a key ingredient in club success. Yet, past presidents are crucial to generating the collaboration and continuity to help take the pain out of change. Chris Swanson is the living example of this type of leadership. Building on his skills as an award-winning speaker, a broadly experienced club officer and a two-term club president, he continues to serve the success of LOTM in his role as Past President.

In a recent Toastmaster Magazine article, *The Essence of Great Leadership*, Terry St. Marie describes 10 qualities that make a highly effective leader, including positivity, purpose, empathy, humility, trust, relentlessness and persistence. Past President Chris Swanson is a relational role model of these qualities, and much more.

In particular, St. Marie emphasized the importance of leadership that crosses "the bridge from 'I' to 'We' — It can't be about you. It's about a team." Chris Swanson helps LOTM cross that bridge at every meeting. He charms us with his humor and humility, while never exuding a big ego or dominating the spotlight. Even if one tries

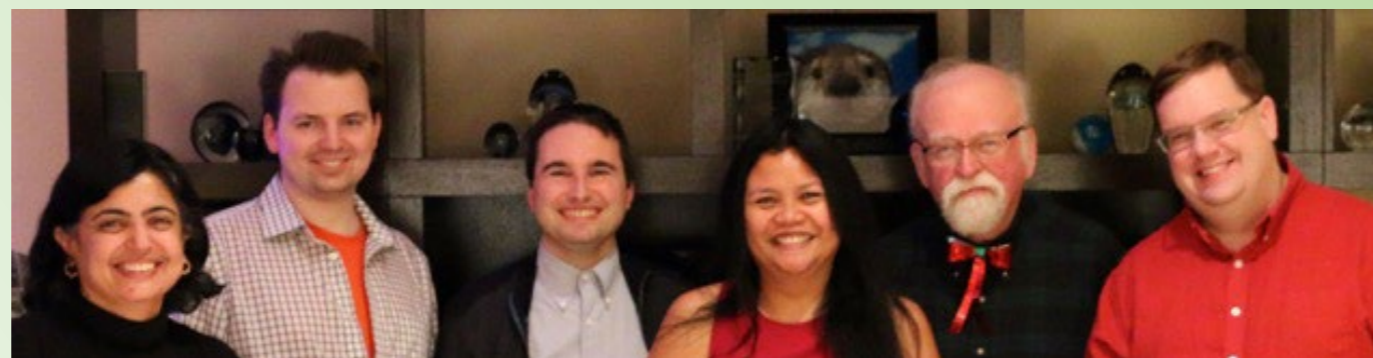
to give him the credit he deserves, he comically resists, stating, "He prefers to remain a mystery ... a figure out of myth, whose existence, while never truly understood, is never doubted."

Yet the job of being a highly effective Past President is no mystery. "There is no 'super' power," notes Swanson. "Realize that your job isn't to 'lead'; it is to offer advice and knowledge to the current officers to help them make good decisions." To become the most productive Past President, Swanson offers this indispensable tip: "Trust the club."

Past Presidents are an enormous source of institutional memory for any club. They know what policies and initiatives have worked, or haven't worked. They carry the club history as well as a deep understanding of club traditions and practices. Throughout the year, they offer vital guidance for planning club activities, including membership campaigns, leadership trainings, speaking workshops, club contests and other events.

Most of all, during times of rapid change, Toastmaster Past Presidents are a central resource for inspiration, education and action. They are one of the greatest unacknowledged secrets to club success. It is no secret to LOTM members that Past President Chris Swanson is the type of leader we need to see in the world today. He is a leader who helps everyone make change great.

Lake Oswego Toastmasters meets Mondays at 6:45 p.m. at the Mountain Park Recreation Center, 2 Mt. Jefferson Terrace, Lake Oswego, Oregon, 97035



WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Moser Community Toastmasters	Adil	Rizwan
Toast of Corvallis Toastmasters Club	Ahmad	Uzma
Hopemasters	Alexander	Casey
Wallmasters International Club	Alexander	Janienne
West Beaverton Club	Alexander	Josh
Professionals of Portland Toastmasters	Amory	Heather
A-Dec Toastmasters	Ancheta	Reno
Yaquina Toastmasters	Baker	Anjanette
A-Dec Toastmasters	Bame	Chris
Moser Community Toastmasters	Barrett	Neill
Storymasters Toastmasters	Batty	Jake
Astoria Toastmasters	Bengel	Erick
Portland Club	Berglund	Nicholas
Dawson Speakers	Biggs	Felicia
Wonderful Oregon Wordmasters (WOW)	Blocher	Kevin
Jefferson State Toastmasters	BOER	ARNO
M A C Toastmasters Club	Bordeaux	Lisa
At The River's Edge Club	Brautigam	Christine
Leader's Edge Club	Burns	Thomas
Encouraging Words Club	Byman	Art
Salem Toastmasters Club	Caballero	Andrea
Jefferson State Toastmasters	Carey	Katelyn
La Pine Chamber Toastmasters	Carlson	Michelle
Club Northwest Toastmasters	Carrier	Treana
Rogue Valley Networking Toastmasters	Chambers	John
Patriot Talkers	Charlson	David
The Dalles Toastmasters Club	Clark	Howard
Cascade Toastmasters Club	Dahl	John
Timber Talkers Club	David	Dean
Smooth Talkers Club	Davis	Gerald
Eco Voices Toastmasters	De Roos	Angela
Smooth Talkers Club	Dedicco	Adam
Gresham Toastmasters Club	Del	Calkins
Portlandia Club	Del Toro	Marie
Milwaukie Talkies	Delap	Clair
Toasting Excellence Club	Deolus	Lyndsie
Clackamas Stepping Stones Tm Club	Doerfler	Geoff
Corvallis Evening Group	Domingue	Chantelle
Swan Island Toastmasters	Dorje	Kunga
Hood River Club	Dotson	Machelle
PMI Portland Toastmasters	Douglass	Matthew
Noontime Nomads Club	Drilling	Jeffrey
New Horizons Toastmasters Club	Drilsma	Roland
PDX Pioneers	Dunn	Brianna
Smooth Talkers Club	Eaton	Kevin
Bend Chamber Toastmasters	Eisenberg	Emmy
Titan Toastmasters Club	Elder	Denise

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Walker Talkers Toastmasters Club	Evans	Kurt
Sporty Speakers	Fisher	Kelly
MultCo Toasties	Forester	Dan
Smooth Talkers Club	Franco	George
Clack-Orators Toastmasters	Fry	Madeline
Molalla Toastmasters	Fuller	Lonnie
Vancouver Toastmasters Club	Furlan	Guilherme
High Noon Club	Gay	Michael
Tower Toastmasters	Gilmore	Brenda
Portland Club	Gleeson	Harlan
Timber Talkers Club	Goldblatt	Kimmer
Clack-Orators Toastmasters	Gonzales	Marc
Feather Tongues Toastmasters Club	Gonzales	Melissa
M A C Toastmasters Club	Grandy	Joseph
Roseburg Club	Griffin	Anthony
Smooth Talkers Club	Guckert	Jerid
Corvallis Evening Group	Guerrero Martinez	Jose
TV Toastmasters	Hamilton	Brian
Capital Toastmasters Club	Hamilton	Lawrence
Cascade Toastmasters Club	Hamlin	Seth
Salem Toastmasters Club	Haskins	Margaret
Noon Talkers	Hegle	David
Rose City Toasters Club	Heller	Max
Smooth Talkers Club	Hernandez	Carlos
Testmasters	Hidaka	Warren
Flying Toasters Club	Hill	Zac
Salmon Speakers	Holton	Mark
Gresham Toastmasters Club	Hope Cochran	Stephanie
Hopemasters	Hubbard	Justin
Club Northwest Toastmasters	Huse	Holly
La Pine Chamber Toastmasters	Johnson	Jeremy
Embracing Cultures Toastmasters	Kamawaal	Palwasha
WE Toasted Toastmasters	Kayser	Marylou
Yawn Patrol Club	Kennedy	Stewart
Hood River Club	Kennedy	Talon
Speakers By Design	Kenny	Pierce
Canby Toastmasters	Kho	Robin
Civil Tongues Club	Kimberly	Charlie
PDX Pioneers	Kimbrough	Adam
Portlandia Club	Kwasitsu	Deliah
Portland Rotary Toastmasters Club	Lane	Lori
Professionally Speaking	Lashier	Kathy
Portlandia Club	Laughlin	Robin
Rose City Toasters Club	Lawson	Paul
Mentors Of Focus Club	Lee	Dorothea
Coos Bay Toastmasters Club	Lee	Kenneth
NoonTime Club	Lee	Rebecca

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Civil Tongues Club	Lee-Bierce	Doreen
Columbia Communicators	Leininger	William
Smooth Talkers Club	Leon	Augustin
Oregon State Toastmasters	Lerich	Laurie
Portland Rotary Toastmasters Club	Levinson	Philip
A-Dec Toastmasters	Livesay	Dylan
Timber Talkers Club	Macinnis	Melinda
Timber Talkers Club	Mack	Heather
Modoc Toastmasters Club	Mackey	Meredith
Mentors Of Focus Club	Magnusson	Pam
Timber Talkers Club	Manzella	Evone
Advisors Toastmasters Club	Mapps	Moya
Motormouths Club	Margason	Daniel
Patriot Talkers	McDonald	Wil
Arlington Toastmasters Club	McFadden	Charles
Stevenson Club	Meade	Thomas
Clackamas Stepping Stones Tm Club	Melum	Trevor
Columbian Club	Mendoza	Stacey
Sporty Speakers	Miller	Brett
MIME Speaks	Miller	Natalie
Portland Rotary Toastmasters Club	Miller	Reed
Capital Toastmasters Club	Montarrosa	Robert
Rogue Valley Networking Toastmasters	Morasch	Candace
Downtown Lunchbunch	Morrison	Heather
Speakeasy Toastmasters	Morrow	Warren
Swan Island Toastmasters	Morton	Wendy
Speakeasy Toastmasters	Nagasundaram	Banu
Blue Ox Club	Nascimento	Nicholas
Embracing Cultures Toastmasters	Nedrow	Esther
Washington Street Club	Newton	Melissa
Noon Talkers	Nolin	Julie
Capital Toastmasters Club	Ogletree	Matthew
NuScale Toasters	Palacios	Rafael
Newberg Toastmasters Club	Peacock	Larry
University of Oregon Club	Pernell	Sarina
M A C Toastmasters Club	Peters	Joan
Capital Toastmasters Club	Phillips	Waylon
Smooth Talkers Club	Phipps	Steven
Portland Progressives	Pike	Alex
A-Dec Toastmasters	Pinard	Mckenzie
WE Toasted Toastmasters	Prasad	Kiran
Rose City Toasters Club	Pulfrey	Shaun
Arlington Toastmasters Club	Puttman	Thomas
Essayons Club	Rabe	Matt
Bend Chamber Toastmasters	Rea	Christian
Salmon Speakers	Reimche-Vu	Nathan
High Noon Club	Rickards	Jim

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Portlandia Club	Robinson	Bryan
Bend Chamber Toastmasters	Roby	Shelly
Portlandia Club	Rogers	Dona
Portland Club	Rogers	Kevin
Mentors Of Focus Club	Ruff	Dianne
Banfield Barkers	Schimke	Misty
Pearl District Toastmasters Club	Schroeder	Shelby
West Beaverton Club	Shaver	Scott
Swan Island Toastmasters	Shay	Matthew
Portland Rotary Toastmasters Club	Smith	Taylor
Encouraging Words Club	Squires	Valaree
Tower Toastmasters	Stark	Michelle
Toast to US	Taylor	Nicholas
Yaquina Toastmasters	Tobias	Lori
Banfield Barkers	Toney	Blanche
Symantec Toastmasters	Trujillo	Dan
Southern Oregon Speechmasters	Tschudi	Lisa
Washington Street Club	Vandeberg	Daren
Smooth Talkers Club	Vanhook	Joshua
Washington Street Club	Vorderstrasse	Jessica
Coastmasters	Walker	Brian
Molalla Toastmasters	Wallace	Rebecca
Hopemasters	Walter	London
Portlandia Club	Warren	William
Corvallis Evening Group	Whisenhunt	Jake
Noon Talkers	Williams	Sarah
Transtosters	Wolf	Jeri
University of Oregon Club	Woods	Kat
Portlandia Club	Wright	Robin
La Pine Chamber Toastmasters	Wynn	Haylie
Hopemasters	Yeoman	Edward
Silicon Forest Club	Zhang	Mary



HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	4/1/2016	Allam, Krista	Passport To Leadership
CC	4/22/2016	Allen, Diane Gail	Competitive Speakers PDX
ACS	4/5/2016	Allen, James L.	WRIP City Club
CC	4/21/2016	Amundson, Marlys M.	NuScale Toasters
CL	4/1/2016	Arguello, Leota Marie	Passport To Leadership
CL	4/13/2016	Ballah, Belinda	Gorge Windbags
ACB	4/7/2016	Best, Mary	Gresham Toastmasters Club
CC	4/7/2016	Bowden, Michelle	Washington Street Club
CL	4/6/2016	Boyer, Kathy L.	Astoria Toastmasters
CC	4/28/2016	Brenner, Susan	Clackamas Stepping Stones
ACB	4/6/2016	Bryan, Brenda Rebecca	American Red Cross
CC	4/1/2016	Canney, Laurie Ann	Passport To Leadership
CC	4/1/2016	Canton, Mary S.	New Horizons Toastmasters
CC	4/20/2016	Carr, David	Capital Toastmasters Club
ACG	4/7/2016	Carr, Jeffrey E.	Professionally Speaking
CC	4/23/2016	Chace, Robert	Early Words Club
CC	4/14/2016	Charlton, Karen M.	Flying Toasters Club
CC	4/6/2016	Corbet-Owen, Carina	Vancouver Toastmasters Club
CC	4/3/2016	Coutu, Andrew	Civil Tongues Club
CC	4/3/2016	Davis, Steve	Moser Community Toastmasters
ACB	4/29/2016	Elmer, Brice T.	Liberty Talkers
ALB	4/20/2016	Feighner, Gordon R.	Tabor Toastmasters Club
DTM	4/20/2016	Flood, Daniel J.	Jefferson State Toastmasters
ALS	4/16/2016	Flood, Daniel J.	University Toastmasters Club
CL	4/25/2016	French, Cathy	Siuslaw Tale Spinners Club
ACG	4/23/2016	French, Cathy	Siuslaw Tale Spinners Club
CC	4/29/2016	Grant, Emili C.	Salem Toastmasters Club
CC	4/25/2016	Griffin, Richard L.	Spirit Trackers
CL	4/25/2016	Griffin, Richard L.	Spirit Trackers
ACB	4/13/2016	Gupta, Bhushan B.	Silicon Forest Club
CC	4/22/2016	Handke, Laura	WE Toasted Toastmasters
CC	4/1/2016	Holm, Becky L.L.	Wonderful OR Wordmasters (WOW)
CC	4/27/2016	Hupp, Frank E.	Columbian Club
CC	4/19/2016	Hupp, Frank E.	Astoria Toastmasters
CL	4/14/2016	Johnson, David R.	Fortunate 500 Club
CL	4/25/2016	Kelley, Patricia A.	PMI Portland Toastmasters
ACB	4/26/2016	Kouremetis, Stefanie	M A C Toastmasters Club
CC	4/21/2016	Kurtz, Tory L	Prime Time Club
CC	4/25/2016	Kuzmenko, Olga	Milwaukie Talkies
CL	4/28/2016	Locke, Julius Patrick	Early Words Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACB	4/28/2016	Locke, Julius Patrick	Early Words Club
ALB	4/28/2016	Machalek, Anne M.	Siuslaw Tale Spinners Club
CL	4/27/2016	Machalek, Anne M.	Siuslaw Tale Spinners Club
CL	4/2/2016	Mandelberg, Molly	Marylhurst Toastmasters
CC	4/2/2016	Mandelberg, Molly	Marylhurst Toastmasters
CC	4/26/2016	Marsh, Brandon D.	Cedar Hills Club
ALB	4/22/2016	Martinez, Jesse Anthony	Downtown Lunchbunch
CL	4/6/2016	McClelland, Robert A.	Astoria Toastmasters
ALB	4/24/2016	Myers, Tanya	Sporty Speakers
CC	4/20/2016	Nelson, Jenny Lorel	Speakeasy Toastmasters
ACB	4/21/2016	Nema, Sushil	PMI Portland Toastmasters
CL	4/1/2016	Nema, Sushil	PMI Portland Toastmasters
CL	4/6/2016	Perius, Melissa M.	Toast to US
CL	4/7/2016	Pesznecker, Karen	Gresham Toastmasters Club
CL	4/28/2016	Radda, Alyssa Anne	Grants Pass Toastmasters
CC	4/28/2016	Radda, Alyssa Anne	Grants Pass Toastmasters
CC	4/21/2016	Randolph, Cristal R	Grants Pass Toastmasters
CC	4/24/2016	Roberts, Charity N.	Totem Pole Club
ALB	4/5/2016	Rodke, John Russell	University of Oregon Club
ACB	4/20/2016	Rose, Jason	Capital Toastmasters Club
ALB	4/7/2016	Smith, Ken W.	Flying Toasters Club
CL	4/8/2016	Smith, Kenneth L.	Toasting Excellence Club
CL	4/7/2016	Smith, Kenneth L.	Flying Toasters Club
ACB	4/9/2016	Soares, John	University Toastmasters Club
CL	4/13/2016	Sparlin, Nicholas	Rose City Toasters Club
CC	4/5/2016	Stampflee, Tiffany A	Cedar Hills Club
DTM	4/8/2016	Stevenson, Scott	Marylhurst Toastmasters
CL	4/8/2016	Stevenson, Scott	Marylhurst Toastmasters
ACG	4/8/2016	Stevenson, Scott	Marylhurst Toastmasters
CC	4/3/2016	Stevenson, Scott	Civil Tongues Club
ALB	4/13/2016	Taylor, Emilie	Milwaukie Talkies
ACB	4/13/2016	Taylor, Emilie	Milwaukie Talkies
CL	4/20/2016	Taylor, Michael	Capital Toastmasters Club
ALB	4/19/2016	Tippel, Tammara Kay	Gorge Windbags
CL	4/6/2016	Wagar, Carol	Gorge Windbags
CC	4/25/2016	Walker, Linda Lucille	Newberg Toastmasters Club
CL	4/6/2016	Wilson, Nancy K.	Clackamas County Toastmasters
CC	4/23/2016	Wolak, Jim	Siuslaw Tale Spinners Club

TRIPLE CROWN AWARD PINS

MEMBER	AWARDS	
Anthony, Joseph D.	5	ACS, ACB, ALB, ACG, CL
Bennett, Allison	6	ACB, CL, ALB, CL, ACS, CC
Bergman, Erik	3	CC, ALS, CC
Canney, Laurie Ann	3	CL, CL, CC
Clapp, Kay M.	3	CC, ACB, CL
Clark, Michael A.	3	CL, ACB, ALB
Duby, Kendra Morgan	3	ALB, CC, CL
Fanning, Paul C.	3	ALB, ACG, CL
French, Cathy	3	ACS, ACG, CL
Hale, Dawnette S.	3	ACS, ACB, ALB
Harmon, Phyllis A.	5	CC, ALB, ACB, ACS, CC
Heitz, Nena	3	CL, ACS, ACB
Hills, Dennis Bernard	4	ACS, ALB, CL, CL
Jensen Cramer, Diana K.	3	CL, CC, ALB
Johnson, David R.	5	ALB, CC, CC, ACS, CL
Kinney, Ray C.	3	ACB, CC, CL
Knapp, Thomas K.	3	DTM, ALS, CC
Lawless, John R.	4	CL, ALS, DTM
Lindquist, Leanna	3	CC, ACB, CL
Locke, Julius Patrick	13	ACS, DTM, ACB, CL, ACB, ALS, ALB, CC, ACB, ACS, CL, CC, ALB
Machalek, Anne M.	3	CL, ALB, CC
Myers, Tanya	3	CL, CC, ALB
Nema, Sushil	3	CL, CC, ACB
Pena, Jolynne	3	CL, ALB, ACB
Rodke, John Russell	4	CL, CC, ACS, ALB
Rose, Jason	4	ACS, ACG, CC, ACB
Semprevivo, Karen Ann	9	CL, CC, CL, ALB, ACB, CL, ALS, DTM, ALB
Smith, Kenneth L.	3	CL, ACB, CL
Stevens, Katherine M.	4	CL, CC, ACG, CL
Stevenson, Scott	9	CL, ACB, ACS, ALB, CC, ACG, CL, DTM, CC
Taylor, Emilie	3	CL, ACB, ALB
Tippel, Tammara Kay	3	CC, ALB, CL
Wantz, James	4	CL, CC, ALB, ACS
West, Larry J.	4	ALS, DTM, ACG, CC

Triple Crowns are awarded to members completing three different awards in a single year. High Performance Leadership project completions are not considered in the award count

Happy Anniversary To May Clubs

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

Charter	Years	Clubname
5/1/1956	60	Chanticleers
5/1/1964	52	Dawson Speakers
5/1/1979	37	Electric Toasters
5/1/1964	52	High Noon
5/1/1946	70	Oregon City
5/1/1953	63	Oregonian
5/1/1948	68	Roseburg
5/28/2003	13	Silvertongues
5/14/2009	7	Spirit Trackers
5/13/2015	1	Storymasters
5/1/1996	20	Timber Talkers
5/29/2007	9	WE Toasted
4/2/2002	14	Redmond Area
4/1/1939	77	Salem
4/30/2014	2	Toastmasters of the Universe
4/1/1986	30	Transtasters
4/1/1999	17	University of Oregon
4/2/2002	14	Wafermasters
4/1/1965	51	Yaquina

A special shout out to Chanticleers, Dawson Speakers, High Noon, Oregon City, Oregonian, Roseburg, Salem, and Yaquina who passed the half-century mark!



Congratulations to All Our Distinguished Clubs

PERFECT 10

Presidents Distinguished	Select Distinguished	Distinguished
Capital Toastmasters	Feedbackers	A-Dec Toastmasters
Downtown Lunch Bunch (Division H)	Jefferson State	Banfied Barkers
New Horizons	Milwaukie Talkies	Clackamas County
Sporty Speakers	Professionally Speaking	Eco Voices
Toastmasters for Speaking Professionals	Toast of Corvallis	Electric Toasters
	University of Oregon	M A C Toastmasters
Babble-On	University Toastmasters	MultCo Toasties
Civil Tongues	WE Toasted	Noon Talkers
Flying Toasters		NuScale
Flying Toasters		Portland Club
Gresham Toastmasters		Professionals of Portland
Marylhurst Toastmasters		Sunrise Toastmasters
Moser Toastmasters		Testmasters
Swan Island Toastmasers		
Wallmasters International		
West Beaverton Toastmasters		
Yawn Patrol Toastmastsers		

**Some people want
 it to happen, some
 wish it would
 happen, others
 MAKE IT HAPPEN.**



@RomanJancic

MAY

21-22

Directors Retreat - Aldersgate, 7790 Marion Road SE, Turner, OR
Starts at noon on the 21st, ends at noon on 22nd

31

Due: corrections to second round club officer training reports

End: second-round club visits

Due: second-round club visit reports

JUNE

25

TLI Toastmasters Leadership Institute, Wilsonville High School,
6800 SW Wilsonville Rd, Wilsonville, OR 97070, 8-3:15pm



PERSPECTIVES

Toastmasters is a 12-Step Program

by Shannon Milliman

Before I began this program, excuses were my lifestyle. Here are a few:

“Sorry, I can’t perform the role of Timer. I have to wash my hair.”

“Sorry, I can’t sign off your speech. My daughter ate my Speech Manual so I can’t allow you to progress more than me”

“I forgot. I was watching Speak! for the 12th time today.”

Confess that you have a problem. Admit your sins. Just as I have. Repent and start a new. Pray to the International Champions for strength. Know that your Mentor believes in you. Most of all—for complete and total healing—you must follow these twelve steps:

1. I admit it. Will you, too, admit you are powerless over the compulsion to sign up to give a speech even though you are not prepared and will not have sufficient preparation time before presenting? I admit freely that I cannot control my addiction.
2. I believe in a Higher Power, and his name is Ryan Avery.
3. I made a decision to turn my will over to my Mentor. I believed having my way with “ums,” “ah’s,” and double clutches were bringing me happiness but my Mentor has since showed me that true joy comes from pausing appropriately and from ensuring I start on the left side of the stage and move to the right as if I am moving through life. Because life is a stage.



4. On the Toastmaster stage I fearlessly search to understand my morality through one single message and how I can share it with my audience even though I want so desperately and deeply to provide twelve messages that have nothing to do with one another and to include my grandma, my babysitter and my second cousin once removed. My fellow Toastmasters help me understand their stories can be told in my next speech.

5. I admitted to my club treasurer, myself and to another Honored Guest the exact nature of why my dues are late.

6. I am entirely ready to have Craig Valentine remove all my defects of speech-craft for I fearlessly raised my hand for feedback on the District stage.

7. I humbly ask my Fellow Toastmasters to remove my mixed metaphors, all “just’s,” “actually’s,” and my clichés about technology and getting old.

8. I have made a list of all Toastmasters I failed to give honest feedback to and have made amends by taking an oath to wear my “Ask Me About Toastmasters” pin on every Trimet bus ride I take while only riding and standing in front of the Trimet bus that has my image plastered on a poster. I praise all deserving Toastmasters who pursue life, liberty and the pursuit of International Speech Championship.

9. I have made direct amends to my club for my lack of courage in putting my name in the hat for a leadership role last year. To make amends I am striving to thrive through saying ‘yes’ to every role. I am a proud super hero Division Governor, Club VP of Education, Sargent at Arms, Treasurer and Program Hand-outer and vow never to say “no” again so as never to injure the health of my club again. Because every Toastmaster that says ‘yes’ is a super hero. (Strike pose here.)

10. I have knelt upon the stage in earnest invocation accepting all sandwich method feedback from my fellow club members. You are right. I freely admit that standing ‘there’ at that part of my speech made no

sense. Why was I standing on my mother’s bed? I vow to honor the Hologram so as not to confuse my unimaginative audience ever again.

11. I seek to understand all wisdom, scrutinize winning you tube championship speeches until 3:00 am every night praying only for fair judges that consist not only of white males over 70.

12. Having had a spiritual awakening as the result of these steps, I carry the message and invite you, too to carry the torch that through the use of parentheticals all Toastmasters can be redeemed and experience the full joy of the twelve-step program.





Go, Plan, Win!

Patrick Locke, DTM - Area 84 Director

What does it mean to strive as a Toastmaster? What must "I" do to overcome my challenges to become a thriving Toastmaster?

I share my story over the past few years. To verify that what I share with you has credibility, you need only go to Toastmasters.org or search the.marshalls.org/tmtools/ reports to see these numbers.

In the 2014-2015 Toastmaster year I ranked in the top 61 members in Toastmasters International Worldwide (330,000 total membership) and number 1 in District 7 (2,500 +/-) for total educational awards. In this current year to date I am ranked in the top 14 worldwide and number 1 in District 7. I am not sharing this with you to brag.

I am sharing this because I want each of you to know that the process I define will work for you. What I have done is not theory, it is the process I used to reach my goals these past two years. The good news is, anyone can do this! You may be a new Toastmaster or been in the program for twenty years, you can do this!

Do you remember your high school pep rallies! The cheer leaders, the football or basketball team! Everyone was excited for the upcoming game. Go, Fight, Win! was the battle cry! Supporting the team meant supporting your school. You felt the enthusiasm, spirit, and connection; you were then a part of something bigger than yourself. As a Toastmaster you are again an element of a bigger team with the same enthusiasm, spirit and connection as you experienced in your school days.

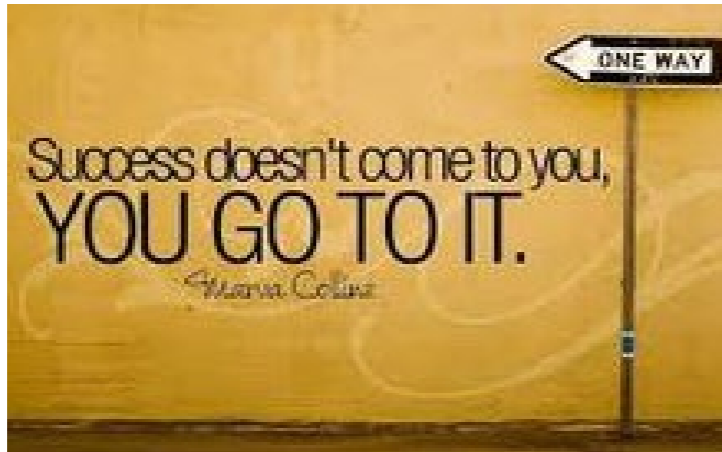
The "Go, Plan, Win!" spirit is the same. Translate the "fight" to "Planning" and there you have it "Go, Plan, Win!" Planning takes on the same essence as the coach developing and training the team for the struggle on the field of play. Go, Plan, Win! has been my personal battle cry for the past two years.

"Go!", energizes you with the enthusiasm to push forward, to increase your understanding of how to develop your communication and leadership skills. Go!, gives you the push each of us personally want to create the level of urgency needed to get the job done. I see this as what

Napoleon Hill describes in "Think and Grow Rich" as the first step toward riches, "Desire". Nothing substantial happens until you create in yourself the necessary desire for something to happen. In our case we are applying this desire to improving our communication and leadership skills.

I am going to make a grand assumption that anyone reading this article has, at a very minimum, a spark of desire to improve, to develop a higher skill level of communicating. Is that true for you? If you have sufficient desire your question, as was mine, is what will it take? Ask yourself, what do I need to do to improve and see results? How, do I really get that process moving on the right track? Hold on, here we go!

When I relocated to Washington State in 2010 my primary purpose was to help my sweetheart recover from a devastating stroke and regain her ability to recite the poetry she had written many years before. When Karen arrived in Washington she joined and I began coaching her. Having been previously involved



in Toastmasters I inquired whether I could receive credit for a CTM earned many years ago. They said I could, I joined in January of 2011, began working on advanced manuals and leadership along with having fun (that is a clue)! I thought I was doing well and moving along having achieved an Advanced Communicator Silver award. But then in May of 2014 I attended a special event with Darren LaCroix, the 2001 World Champion of Public Speaking. Through Darren's presentation that evening I learned the important element of developing communication skills, "Stage Time" (big clue). My life was changed forever, there was no going back. Realizing there was something in my core that begged to connect I decided (another clue) I was going to take every opportunity to challenge,



exercise, and develop my communication skills no matter what. Over the previous three and a half years I had completed three educational awards and was casually working on others with no urgency (another clue). Within six weeks after the event with Darren LaCroix I turned in four educational and leadership awards and found myself being a Triple Crown recipient. I didn't even know what it was! The "Go" part was in place, I had made a decision and created urgency, now, I needed a plan.

Over the next month I developed a plan that would take advantage of every element of the Toastmasters program. I purposed in myself (another clue) to understand how to execute the Toastmasters program to its full capability. The "Plan" part was now in place. Was it a perfect plan? No, it was a plan and as the year moved on there were modifications to the plan. My original plan called for seven awards over the course of the year. By January 20th, I found myself at seven awards, wow! What do I do now? I had

five months to go. The "Win" part was done. "Go, Plan, Win" worked for me and it can work for you.

There are no secrets. Everything is before you, the information, the system, and the coaching necessary to accomplish the object of your desire.

The key is building within yourself the level of desire to create sufficient urgency to move you to develop a workable plan which will develop your skills. I am committed to helping anyone with the desire to change and utilize the Toastmasters system to affect positive change in their development of communication and leadership skills. Here is the formula: Decision + Urgency x Go + Plan = Win. Your success is waiting.

Patrick Locke joined *Early Words and Speakers with Spirit* in 2011. He has served as Northern Division area director, club officer, and coach to many aspiring Toastmasters.

Leadership

"Leadership is not a magnetic personality, that can just as well be a glib tongue. It is not 'making friends and influencing people,' that is flattery. Leadership is lifting a person's vision to higher sights, the raising of a person's performance to a higher standard, the building of a personality beyond its normal limitations."

--Peter F. Drucker



Tell Me A Story

Step into Your Storm

by Cari Corbet-Owen, DTM

I wasn't aware of the cool brown Terracotta tiles on my bare legs, nor the pool of blood slowly fanning out around me. Instead, I was arrested by the stillness in my heart. I wondered. . .could it have stopped? But no, plucking at my heartstrings was a sound so small that I was surprised I noticed it over the storm that had stepped into my brain and turned it into a cacophony of chaos.

I looked down at my hands each cradling a baby still attached by their umbilical cords. It was pink one waving his tiny arms who was mewling like a small kitten, fighting to stay alive. Until, finally, he took his last breath and joined his twin brother.

I remember the hospital admission. Written across the top of intake form in the color of my blood were the words: "Admitted Post Spontaneous abortion." Abortion? That red word jumped off the page as if to strangle me. It was my fault? I'd chosen this? The intake clerk was business like. "Do you drink? Do you smoke? Are you pregnant?" I bit my lip and felt for my belly. For a brief moment, I was confused....had I misunderstood something? Could...could I still be pregnant?

The next morning I asked to see my babies but they never came. Finally I wheeled my drip down that long passage only to be told by a hurried white uniform: "Sorry they got burned last night." Burned? My babies were gone. This brought to 5 the babies I'd lost. I was shocked, shaken and shattered but it was the shame that really brought me to my knees. I was a failed wife, a failed women - one who couldn't have children.

My hopes, and dreams were dashed, it felt like a storm had picked up the puzzle pieces of my perfect life and scattered them far and wide.

We all have these kinds of storms - the kind where we don't remember how we survived, how we made it through. But one thing is certain, we're never the same person who walked into the storm. That's the beauty of storms.

The time came when I had to pick up my puzzle pieces, re-examine them and build a new me. I cut my hair, I threw out my high heels, my nail polish, I even changed my signature. I felt as if there was an invisible force pulling me - right down a path I thought I'd closed the door on.

I grew up with a harsh and punishing God and his minions at the convent I attended were hardly the milk of human kindness. I got whipped with a coat hanger for questioning the rather prim Sr. Peter as to whether the devil was really red with horns and a pitchfork. And I got a hairbrush beating for pulling off Sr Dympna's veil. When I really only wanted to see if she had hair under there. I was constantly being told: "Child you are going straight to hell" and that put me in a bind. Did I want to be with the harsh guy in the sky when, according to the nuns, I'd had plenty of friends who had places reserved for them too in hell.

Yeah yeah! I'd heard all about angels in heaven playing their harps, but when my storm stepped in, they were nowhere to be found. But we did have an army of earth angels who knocked down our door, with love and support. Even a lady I'd never met who offered to share her newborn twin girls babies with me.

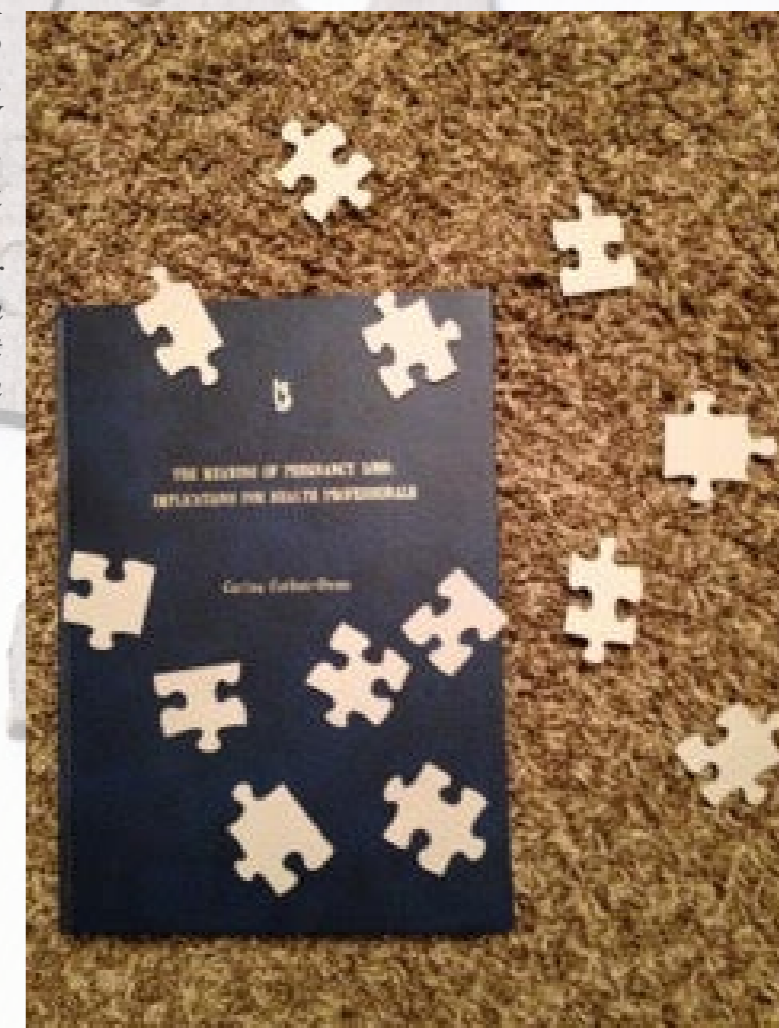
In the face of this overwhelming love, caring, sharing and generosity, something powerful was happening to my puzzle pieces: my priorities were changing. I had a burning desire to understand love, compassion and kindness so I took myself back to school.

Seven years later, as a qualified Clinical Psychologist, I handed my dissertation (The Meaning of Pregnancy Loss: Implications for Medical Professionals) to my doctor little

knowing what doors would be flying open. Soon I was training in hospitals and at universities, speaking at medical conferences, and holding support groups for medical professionals. I heard doctors stories about their feelings of inadequacy and shame, I saw their sorry hearts and my broken heart became an open heart. My grief, anger and shame turned to forgiveness, compassion, and love.

Along the path I discovered a God who carries me through every storm, who never considers me a failure because the truth is.... when storms strike we have a choice we can let them destroy us, define us or we step into them, dig deep and let them strengthen us. Because inherent in every storm, in EVERY storm... is not just the silver lining but a mile-high beautiful rainbow AND a pot of gold just waiting to find us.

by Cari Corbet-Owen. Cari joined Vancouver Toastmasters Club 353 after a long sabbatical from Chuckle 'n Chirp Toastmasters Club in Somerset West South Africa. This story won third place in the district 7 contest on 23 April, 2016





Make Excellence Your Norm

Gaining Career Security in an Uncertain Economy
by Karen O'Keefe, DTM

It used to be that you would find a job and stay there for 10 years or 20 years or even until retirement. Those days are gone—as is the idea of job security. You may exceed your performance goals and still be laid off—in a turbulent and changing economy. Nonetheless, you can develop career security, which has many of the same benefits as job security, with the addition of personal control. Toastmasters can help you develop career security.

plan to abandon your current employer—that is certainly not the case. The truth is that everything you do to enhance your career security will also help you be the best you can be at your current job. If your dream is stay with your current employer forever—the following practices will only enhance you as an employee. They will help make excellence your norm.

How can you develop career security?

Hustle: Be the best at what you do where you are doing it now. Learn all you can. Volunteer for the hard stuff or the new stuff or the stuff no one wants and make it the envy of everyone else. If you see a problem, develop a solution—and share it. Finding a problem and solving it is your best method for developing the skills you have and gaining others—while demonstrating leadership. Want to have a war story to tell? Ask a club officer what needs to be done in your club—and develop a solution. Your efforts on behalf of your club (or your area, division, or district) may even qualify for a High-Performance Leadership Project (HPLP).

Learn: You have heard about courses and certifications in your field, and know of other learning opportunities (say, within Toastmasters). Take a course. Get a certification. Participate in experiential learning activities where you gain practical experience while you explore different aspects of your profession. If nothing comes to mind, perhaps open yourself to volunteering. You can gain great experience, success stories, and even recommendations as a volunteer. Learning is growing.

Choose whatever suits your interests and career goals. The point is: keep learning. Stretch yourself. Grow. Stephen Covey calls that “Sharpening Your Saw.” If you haven’t read *The Seven Habits of Highly Effective People*, do so immediately. It will change your life. By

constantly honing your skills and updating your knowledge, you will be more valuable to your current employer—and you will also be prepared for whatever comes next. Toastmasters is a learning organization that will help you develop the skills necessary to move to the next level in your career. Go for a Distinguished Toastmaster designation. You can do it!

Try something new: You have heard of testing dojos or just-in-time documentation or user feedback groups or [insert your own idea here]: try it at your workplace. You learned about some new technique? Why not try it? Ask your co-workers and friends how they [insert name of task here]—and then try it. You might find an exciting new path to success. You can find bunches of heuristics models, mnemonics, procedures, and checklists on the Internet. Or search YouTube for a new technique. You can learn to do most things by watching How To videos. Choose something you haven’t tried before—it may inspire you to do your job in a new and exciting way. You may even develop some new process or work product of your own. Share it with others. You will grow and help them grow too.

Read: Read blogs by newbies and by long-time experts. Read magazines and discussion boards for interest groups in your field. You will learn a lot and have new techniques to talk about and try. When someone mentions a new tool/technique/practice, you will be able to chime in. Reading will give you strong foundational knowledge on which to build and expand your knowledge and skill set. Read *Voices!* and other Toastmasters publications. There’s a lot of good information to be had if you take the time to read.

Join: User groups, Meetups, professional societies and associations. Volunteer—you will

get noticed—and this will enhance your learning. You will sometimes get opportunities through a volunteer effort that will help you get to the next rung on your career ladder. Plus, the people you get to know through these groups will think of you when there is an opening at their company. Conversely, you may meet someone who would make an ideal addition to the company where you are now.

Ask: Question everything and find the answers to the questions you can’t answer. Curiosity is what separates a good employee from a great one. Take 10 minutes and answer the question “What if. . .” as it applies to a problem at your current job. Asking questions will increase your knowledge and may help you find creative solutions to problems—as well as new ways of doing what you already do. Challenge assumptions.

It’s what leaders do.

Network: Open an account on LinkedIn and update your profile regularly. In fact, update your resume at least once a year and attach it to your profile. If you keep that updated, not only are you always ready for the next opportunity, you will be prepared if the company you are working for considers you for another internal position (or, alternatively, lays you off). You will be ready—which puts you worlds ahead of other people in your field. Plus, it feels good to have a place to track your career growth. There is no better place to network than Toastmasters. Willamette Division Director Kathleen Tully has found her most recent three positions through networking at Toastmasters. If you want to get a head start, check out Cleon Cox’s [Job Finder’s support group](#) in Portland.

Write: a blog, an article, a comment on a subject in your field via social media. A recruiter once told me that she was looking for the 1%-ers,



Job security is the likelihood that you will keep your job over a long period. In other words, your job is secure if there is precious little chance that you will become unemployed. Assuming you have been a consistently good employee who delivers results and meets deadlines, your job security is largely controlled by factors outside of your control.

Career security is something you can establish for yourself. Career security means you are the one who makes the decisions about where you work and when. When you do what it takes to establish career security, you are in the driver’s seat. You set your own career goals, choose your own path—and then you work to get there. You don’t depend on someone else for your ability to stay employed.

I am not suggesting that you job-hop or

which she explained thusly: 90% of people lurk on social media and contribute nothing. Another 9% occasionally contribute a little something. 1% drive the discussions. She said she only wanted to hire the 1%. What that means to you is active (and consistent) participation on key media channels for your industry (or specialty). Write an article for a professional publication (or for *Voices!*). You have knowledge no one else has—share it!

Listen: Find podcasts and listen to them during your commute. Ask more experienced co-workers, managers, and leaders in your field—and listen to what they say. If someone you trust gives you feedback, listen and heed his or her advice. This is an area where finding a mentor can take you a long way. Find a someone in your field who has the kind of career you would like to emulate and ask them to mentor you. Mentorship can be a transformational experience. When I took the Black Box Software Testing (BBST) Foundations course—my mentor helped me understand the depth and breadth of some of the new material I learned in the course and helped me apply it in my job as a

tester. Attend lectures and seminars. If you get one good idea you can take back to work and apply—you will learn and grow. We talk about speaking in Toastmasters, but listening is even more important.

Share: As you expand your foundational knowledge and grow in your current role, share what you are learning with others. You will find after a while you will become the “go-to” person. If other people know they can come to you for help and advice, it will help you practice leadership and grow contacts and trusted advocates throughout your career.

Putting it all together: Only you know what your goals are, how much money you want to make, what roles you want to play, what kinds of work environments you enjoy. You know your own strengths and your own weaknesses. Develop a plan and try a few of the suggestions above—or add your own. If you do, you will not only increase your job security—more importantly, you will have career security. Make excellence your norm. Pass it on!

Karen O’Keefe, DTM, was most recently employed as a Senior Software Tester with a local company. She is currently on the lookout for her next opportunity.



Are You Connected?



Keep current on District events