

TOASTMASTERS SAVES LIVES



FREE
eBooks



WHOEVER
WHENEVER
WHEREVER
YOU ARE

INSTANTLY DOWNLOAD THESE MASSIVE BOOK BUNDLES

CLICK ANY BELOW TO ENJOY NOW

3 AUDIOBOOK COLLECTIONS

Classic AudioBooks Vol 1 ■ Classic AudioBooks Vol 2 ■ Classic AudioBooks Kids

6 BOOK COLLECTIONS

Sci-Fi ■ Romance ■ Mystery ■ Academic ■ Classics ■ Business

CONTENTS

- 04 EDITORIAL
Change!
by Phyllis A. Harmon, DTM
- 05 COVER STORY
Toastmasters Saves Lives
by Allan Edinger, DTM - D7 Prison
- 06 It Takes a Village to Put on TLI
by Shannon Milliman
- Volunteering Behind Steel Doors
by Susan Brenner, ATMG, CL
- 08 VIEWPOINT
Live, Learn, and Lead with Love
by Michelle Alba Lim, DTM
District Director
- 09 FROM THE DESK
Planning, Preparing, and Practising
by Leanna Lindquist, DTM
Program Quality Director
- 10 FROM THE DESK
Starting New Clubs, One Office
Tower At A Time
by Erik Bergman, DTM,
Club Growth Director



- 11 Distinguished by April 1st
The Man. The Myth. The Legend
by Phyllis A. Harmon, DTM
- 14 JOURNEYS
Spotlight on Simon Bosley
by Alexis Mason, DTM
- 15 From Toastmaster to
Cable Television Host
by B-Lee Coyne, ATMS, CL
- 16 PERSPECTIVES
A Shot of Vitamin B
by Shannon Milliman

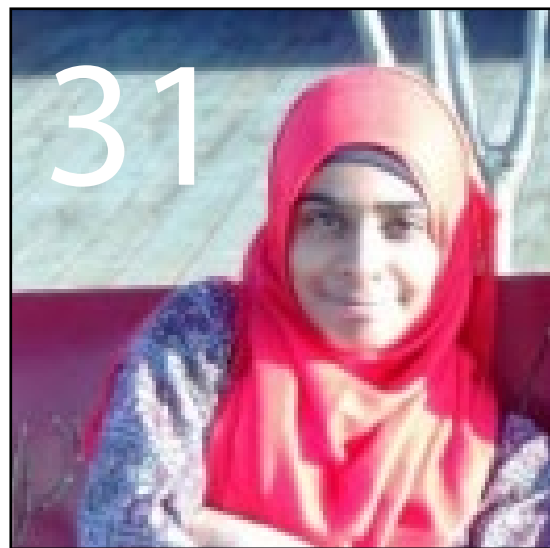




- 17 **Strive2Thrive**
Members Helping Members
Revitalize Clubs
by Allison Bennett, ACB, CL
Club Coach Coordinator
- 18 **Brand Messaging:**
Encapsulating vs. Explaining
by Janet Hager
- 19 **BURIED TREASURE**
Medford Toastmasters Club #67
by Harvey Schowe, DTM



- 20 **SUCCESSFUL CLUB**
High Noon: It's Time to Draw,
Pardner!
by Joe Donahue, CC, ALB
- 23 **TELL ME A STORY**
It Was a Dark and Stormy Night. . .
by Members of Storymasters Toastmasters
- 26 **WELCOME NEW MEMBERS**
- 28 **HONORING EDUCATIONAL AWARDS**
- 29 **TRIPLE CROWN AWARD PINS**
- 30 **Table Topics Put to the Test**
Ted Takamura



- 29 **HAPPY ANNIVERSARY TO**
FEBRUARY CLUBS
- 31 **One Fish, Two Fish, Blue Fish. . .**
by Nour Khan, Future Stars Gavel Club
- 32 **FEBRUARY-MARCH**
CALENDAR OF EVENTS
- 33 **Zing! Zest! Bang!**
by Pat Lynch, ACB, ALS
- 33 **Widen Your Business Footprint**
Leanna Lindquist, DTM
Program Quality Director



EDITORIAL

CHANGE!

by Phyllis A. Harmon, DTM
Immediate Past District Governor

Cee, aitch, ay, en, gee, ee. No matter how you look at it, change happens. Whether it's a letter from International President, Jim Kokochi, announcing that on October 1st dues will increase by 25% while grace periods dissolve, the exhilaration of new clubs chartering, or the death rattle of dying clubs, change is happening all around us—all the time. Change might be unwanted, but it must happen for life to continue.

Me? I'm not fond of change. I'm as entrenched in my routines and habits as the next person. (That's what change does by the way. It takes us out of our comfort zones, to stretch, grow, and—oh my goodness—do something different!) What about you? Do you run towards change with open arms or oppose it with every fiber of your being?



Yes, change is difficult. It destabilizes our realities and makes us darned uncomfortable. But isn't that why we joined Toastmasters? To change something about ourselves? Rather than throwing up our hands and retreating into "what's the world coming to" mentality and proverbially killing the change agent every time it pokes us on the forehead, what if we looked at change from a different perspective.

What if we embraced it as a springboard to becoming a better us? Ask yourself how you can benefit from change. What skills, experience, and/or knowledge do you possess that will help you adapt to change? What skills do you need to acquire before it happens?

Change is as inevitable as night changing into day. Use what you've learned in Toastmasters to adapt to your changing circumstances. You can do it! I know you can because you are amazing and changing into the person you were meant to be.

I leave you with the following thought from Reinhold Niebuhr, American theologian, ethicist, public intellectual, commentator on politics and public affairs, and professor at Union Theological Seminary for more than 30 years. He sums up the topic very nicely: *Lord, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.*

Publisher

Phyllis Harmon, DTM

Associate Publisher

Brenda Parsons, ACB, ALS

Senior Editor

Phyllis Harmon, DTM

Associate Editors

Leanna Lindquist, DTM

Erik Bergman, DTM

Karen O'Keefe, 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

District Treasurer

Jill Ward, ACB, ALB

District Secretary

Tom Knapp, ACG, ALB

Public Relations Manager

Becky Holm

Voices! is published monthly by District 7 Toastmasters. First issue published August 2014.

TOASTMASTERS
INTERNATIONAL

Toastmasters Saves Lives

by Allan Edinger, DTM - D7 Prison Liasion



“Thank you for saving my life,” is a phrase I’ve heard many times during the 25-years I’ve worked with Toastmaster inmates in penal institutions. Sometimes I’ve seen those life changes happen while they are still incarcerated and sometimes after they are out.

In Oregon, the inmates who chose to join Toastmasters join the same real-life kind of Toastmasters clubs that we do. They learn how to speak, how to listen and how to evaluate effectively in a positive way. They get district support and training, education rewards and everything else that comes with being a dues-paying member. Many believe that if they had learned these things at an earlier age, they may not have ended up behind bars.

John (not his real name), was 16 when he entered the system. At 20, he found himself on the edge of his bunk wondering what he was going to do with his life. He had no plans. He had no education or training and he was overweight. He decided to change, and one of those changes included joining Toastmasters.

John has since passed his GED and trained in the field of construction. Once 300-pounds, he became a svelte 160-pounder. During one of his speeches he proudly lifted his shirt and showed his fellow inmates his non-flexed six-pack. He told us how Toastmasters had changed his attitude and thereby completely changed his life. He is a much better speaker now and he listens to other people. The last I heard he was looking forward to working construction in Hawaii.

There are many Toastmasters success stories in prison. To continue making a difference the program needs our help. To provide skin-in-the-game, we require all inmates to pay the \$20 new member fee. This leaves them with

the \$36 twice-a-year dues which many can’t afford. The prison pay for a 40-hour workweek is \$25

per month. This money is used to buy toiletries and other personal items. The tragedy of having to make a choice between toothpaste and Toastmasters is it will only get worse when the dues increase in October.

The District 7 Prison Foundation has supported our inmates by holding a raffle and silent auction at our conferences. We have managed to help out with dues most years. Due to circumstances beyond our control we will not be able to fundraise at the spring

conference.

Our committee has a new fundraising plan we are excited to share with you. We will be designing a fundraising Facebook page that can accept PayPal donations year-round. This will open our fund raising appeal to the 3,000+ district-wide members as well as the community, instead of to the limited 200 conference attendees.

Prison clubs are full of success stories. They include inmates who have moved on to Portland State, University of Oregon and Oregon State University as well as those who have become employed throughout Oregon and beyond. Toastmasters is there to give the inmates a chance to succeed by giving them leadership skills and the tools to become better speakers, better listeners and better employees.

The goal of the District 7 Prison Foundation is to make sure those who can’t afford the dues



**Help Us
Help Them**

are not left out. As we make progress on our Facebook page fundraising site we are asking you to open your hearts and your wallets to tide us over until we work our way through the process. Any amount you can give is appreciated and will be put to good use. We are counting on you, our Toastmaster family for support.

Please make your tax-deductible donations to the fund by sending a check (paper or electronic) to District 7 Prison Foundation, % One's Company, P.O. Box, 5606, Salem, Oregon 97304. For more information call Allan Edinger at 503-393-4001.

Many thanks for your past and future support.

Allan Edinger joined Toastmasters in 1988. He is a member of Liberty Toastmasters, Tabula Rasa Toastmasters, Capital Toastmasters Club, Beachtown

Toastmasters, Will-Sher Club, and McMinnville Toastmasters. Allan is currently serving as a club officer in each club. He has served the district for several years as the D7 Prison Liaison. He is a past past district governor and past Region 2 Advisor.



It Takes a Village to Put on TLI



How do a handful of volunteers put on a free training and provide two meals for 280 Toastmasters? Lots and lots of planning! It started months ago when a time and place were secured. A theme and topic were chosen. Presenters were recruited and marketing materials were

created. A menu was developed.

A few weeks out volunteers were recruited. An agenda was published.

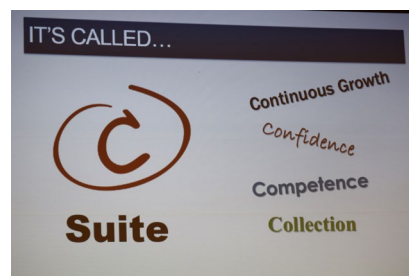
January 23rd—In the wee hours of the morning volunteers with loaded cars made their way to Wilsonville High School. They are our unsung heroes, the members who went the extra mile to provide us with food for our bellies and food for our brains. They came early, stayed late and prepared presentations for our benefit.

We take your feedback seriously. We strive to make every training better than the last. Some of your suggestions can be easily implemented. Thank you, they are appreciated. Here is what some of our attendees had to say about TLI.

“Such a great experience!! well put together really well done all around!”

“This training was excellent. I felt that my time was well-spent at each hour. Thanks for putting it on!”

“Such good energy and cooperation.”





Volunteering behind Steel Doors

by Susan Brenner, ATMG, CL

B-O-O-M!! The heavy steel door slammed shut behind me. I flinched, my skin prickling. “Don’t worry,” said my escort, “You’ll get used to it.” I dutifully trailed next to her, making our way through the long corridor leading into the main highway of the Coffee Creek Correctional Facility in Willsonville. Here I was, my first time walking inside a medium security state prison, on my way to a Toastmasters club meeting. Feeling nervous, I entered Room M-111 poised to meet the ladies of the Audacious Orators.

What a great surprise! With the exception of the location of the club, and the uniformity of dress, this was a Toastmasters Club like any of the others I’ve known. I found myself relaxing and enjoying the meeting, which was expertly run by the club officers and members. The club participants were friendly and expressed interest and thankfulness that I had come to volunteer. In turn, I was impressed with the meeting and with the depth of sharing, humor and sensitive revelations. When asked what my impressions of the meeting were, I complimented the club members on their being savvy, fun and thoughtful.

I returned the following month, and every month since. Now a year later, I have received my volunteer badge and count myself a regular

volunteer at club meetings.

Why am I involved with the Audacious Orators? I believe that Toastmasters is one of the most transformational self improvement programs available. In this club I see women who are courageously working to change their lives, reaching out to empower and support each other in a stressful prison environment. Like all of us in Toastmasters, they are confronting their fears to improve themselves; they’re just doing it “behind the walls.” One day when they leave prison, thanks to their experience in Toastmasters, they’ll be better prepared to be successful citizens.

I feel privileged to be a small part of this group, joining the cadre of outside volunteers that allows it to even meet. Now when I enter the Facility and the heavy steel door echoes “BOOM,” I don’t jump out of my skin as often. I’m usually ready for it. I guess that makes me part of the group, happy to help. The Audacious Orators meets the first and third Tuesdays from 7-8:30 PM. If you’d like to visit a meeting, contact Ginger Killion at gingiki@aol.com or Merilee Krebs at merileepdx@gmail.com.

Susan joined Toastmasters in 1998, and is a member of Clackamas Stepping Stones and Audacious Orators.



Coffee Creek Correctional Facility

Oregon Department of Corrections

VIEWPOINT

Live, Learn, and Lead with Love

By Michelle Alba Lim, DTM – District Director



With Valentine's Day just past, I'd

like to share some reflections about love. Does love really matter? How does love impact the way we live, learn, and lead?

Theodore Roosevelt's succinct words "*People don't care how much you know, until they know how much you care.*" perfectly capture my sentiments. For me, care is synonymous with love. We can't love someone and not care about them. And when we care about someone, we show them love, even if we don't say the words "I love you." Roosevelt's words should be on bumper stickers that the DMV issues, free, to anyone who wants them. With constant reminders, human beings might be kinder to fellow humans.

I didn't always understand how much love mattered. In fact, I shudder at the thought of how many times I must have failed the litmus test of love. Did I care about the person as an individual, separate from how well he or she could deliver what I wanted or needed?

Many years ago, as a first-time club president, I was determined that our club would be President's Distinguished. We created a club success plan and set our goals. Our VPM (a real estate broker) didn't seem to be pulling her share of the load. She occasionally missed club meetings when she was showing properties to prospects. One day, she called to say that she'd be late for an officers meeting. I reminded her that she'd promised to be at the meeting. I heard an audible sigh followed by a long pause, then she quietly remarked, "Michelle, you didn't even ask how I'm doing. Would you even care that I barely survived a car accident?" To this day, I vividly recall the shame that washed over me as I realized how uncaring I must have seemed to her. Thereafter, I do my best to care for the person as much as the plan.

Ironically, when people know that you care about them, they'll move heaven and earth to achieve the goals you've set. We see this in sports, real or reel. In a scene from the Keanu Reeves

movie "The Replacements" after the team takes a beating, their coach (Gene Hackman) tells TV reporters that the team needs "heart" to win. He boots out the experienced and highly qualified quarterback in favor of a replacement quarterback (Reeves) who truly cares about each team member. In turn, each player strives to be the very best. Against all odds, the team wins.

People don't care how much you know, until they know how much you care.

This has been my mantra over the years.

Time and time again, I've been blessed with opportunities to experience how truly powerful love can be. I've seen club members who blossom and excel when they know that their club mates care about them as individuals –not mere numbers on the DCP chart. I've seen employees learn tasks that people said they wouldn't learn, because someone took the time to patiently work with them and teach them in the way that they could learn best. I've seen struggling, troubled teens transform into responsible adults because someone cared enough to reach out and listen to them instead of lecturing them on their shortcomings.

What about you? Who are you leading with love today? I'd love to hear your stories. Write me at michelle@wlfcentre.com. Take care!

People still tend to pay more attention to what you do versus what you say. So the old adage: "actions speak louder than words" is still valid today.

(Harold S. Geneen, ITT Corporation)



FROM THE DESK

Planning, Preparing, and Practicing

by Leanna Lindquist, DTM Program Quality Director



Being proactive prevents problems in the future. Under the current dues renewal policy, clubs submitting dues for at least 8 members by the 10th of the month following the beginning of the new dues period receive credit for the Distinguished Club Program. Members are “graced” for 60 days following the start of the dues period. During the graced period, members can hold office and enter contests.

Beginning with the October 2016 dues period, the term “graced member” will be discontinued. Members whose dues are not recorded at Toastmasters International by the beginning of the new dues period will not be able to hold office or compete. It is imperative that all dues reach World Headquarters by September 30, 2016 for members and clubs to remain active.

Policy 2.0: Club and Membership Eligibility (effective October 1, 2016):

A paid member is one whose dues have been received by World Headquarters for the current dues period. An unpaid member is one whose dues have not been received by World Headquarters for the current dues period. Unpaid members are not considered to be in good standing by Toastmasters International.

A club is considered paid and is in good standing when its dues have been received by World Headquarters for the current dues period for a minimum of eight members—at least three of whom were members of the club during the previous renewal period.

If dues are not paid prior to the following renewal period, the club is suspended from active status, all services and membership status for the club and its members are discontinued.



Let's Practice. . .

To help us prepare for the policy change, clubs can practice submitting dues before the deadline during the upcoming April dues renewals cycle.

Your club can earn a gift certificate to be redeemed in the Toastmasters International store. Tell us what contest, strategy or incentive your club uses to inspire your members to pay their dues early.

This is how the contest will work.

1. Develop your plan for collecting dues early
2. Submit your action plan here by April 1, 2016.
3. Submit dues for at least 75% of your members by March 31st to be entered in a drawing for \$75 to the TI store
4. Submit dues for 100% of your members by March 31st to be entered in a drawing for \$100 to the TI store



Holding Great Contests

Ryan Avery, District 7, is the youngest World Champion of Public Speaking. Those of you who were around in 2012 may remember he visited many clubs delivering his speech and obtaining feedback. Members support members. Consider taking your speech to another club for their feedback. Perhaps you are the next World Champion of Public Speaking.

Toastmasters International has created three tutorials to help you put on a great contest when you are the judge or contest chair..

Please see the District 7 Calendar for upcoming contests. If you are a trained judge please say yes when the request to judge comes your way.



FROM THE DESK



Starting New Clubs, One Office Tower At A Time

by Erik Bergman, DTM, Club Growth Director

It's not often that one building is the birthplace of multiple new

Toastmasters clubs in one year. That's the unusual scenario that is about to take place in the Wells Fargo Center in downtown Portland.



We have already chartered one club, PDX Pioneers, at the commercial real estate offices of CBRE on the 30th floor. And with a

wildly successful kickoff meeting at Wells Fargo Bank on the 10th floor, another club is on the horizon.

It's always a great sign when the room for a kickoff meeting is too small for the crowd of people who want to learn about Toastmasters. Such was the case at Wells Fargo. The room we were scheduled for held 25, but the overflow crowd soon packed the room and blocked the hall. The Wells Fargo staff quickly found a larger conference room to accommodate all 45 prospects, and we moved the entire crowd and our meeting supplies to the new location. (Toastmasters are flexible and adaptable!)



The kickoff meeting went brilliantly, we answered lots of questions, and it appears Wells Fargo is on its way to chartering its own club soon.

None of this can happen without behind-the-scenes planning. As he did with CBRE, once again Cleon Cox, DTM, was the chief instigator and collaborator working with a top executive at Wells Fargo to make the kickoff event happen and ensure great employee participation.

It sure helped that Wells Fargo CEO John

Stumpf, was featured as the January cover story in Toastmaster magazine. When the company's top boss says that Toastmasters cured his fear of public speaking and made him successful as a leader, colleagues listen. "Toastmasters was the vehicle that saved me," Stumpf said in the interview. "Toastmasters was not only a safe place to learn how to speak, it was a collaborative place where



Club president Jason Green (right) holds up the club's new banner with Erik Bergman at the PDX Pioneers charter ceremony

people genuinely wanted to help each other get better."

If you work in or near a large office tower, or if there is a Wells Fargo office near you, perhaps that building needs a

Toastmasters club. Send your idea for where we can start a new club to me at cgd@d7toastmasters.org.

Every season is recruiting season

Besides building new clubs, as a District we want to build the membership of existing clubs to keep them strong. Successful clubs know that every season is recruiting season.

To boost your club's membership in the next two months, Toastmasters International offers this incentive: **Talk Up Toastmasters**—February 1–March 31. Add 5 members, earn rewards!

Clubs that add five new, dual or reinstated members with a join date between February 1 and March 31 will receive a special Talk Up Toastmasters ribbon to display on their club banner. Qualifying clubs can also earn a special discount code for 10 percent off their next club order at the TI online store. Plus, District 7 will pitch in a special bonus prize for your club! Take advantage of **Talk Up Toastmasters**. Encourage your members to invite guests to a meeting where prospective members can learn about the many benefits you enjoy as a Toastmaster. Toastmasters love to connect, so take advantage of it.

Distinguished by April 1st



Cheers to the clubs who pledged to become Distinguished or better by April 1st. Clubs reaching their stated goals when the Toastmasters International Dashboard refreshes the week following April 1st will receive \$50 credit to the TI Store. Here are the current stats.

Club Name	Members	Required	Goals Completed
Distinguished			
Babble-On	41	20	8
Clackamas Stepping Stones	19	20	2
Fortunate 500	15	20	3
Gorge Windbags	14	20	2
Liberty Talkers	14	20	7
Milwaukie Talkies	22	20	4
New Beginnings	12	13	4
New Horizons	28	20	9
Noon Talkers	31	20	6
PMI	18	20	5
Siuslaw Tail Spinners	16	20	5
Thrill of the Quill	9	13	4
Toast to US	22	20	4
U of O	37	20	5
West Beaverton	40	20	9
Select Distinguished			
Blue Ox	16	18	6
Presidents Distinguished			
Audacious Orators	30	20	8
Clackamas County	29	20	5
Clark County	19	20	5
Columbia Center	37	20	8
Daylighters	15	20	3
Feedbackers	19	20	6
Grants Pass	18	20	4
Marylhurst	30	20	6
Sporty Speakers		20	9
Swan Island	33	20	8
WE Toasted	27	20	4
Yawn Patrol	27	20	9

The Man. The M



“Master of the Universe”! He seemed to always be in Mastery in every Situation in the club. At a moments notice give a Masterful Speech - practiced Magic. He was willing to make a fool of himself over and over in order to get our attention and know that WE can do it! The magic in his suggestions was that I can take his suggestions and make them feel comfortable in my skin. He is part of the reason for coming to the club. His tone and knowledge makes the club work. — Damara



Dick Moser, DTM - November



How to describe Dick? He avoided the "old guy" thing better than any other "old guy" I know (with the exception of his proudly delivered dumb jokes). He was Vital, contemporary, curious, growing, and (modestly) brilliant. — Unknown



None had more impact on my life than Dick. He provided comfort. I came here as a really insecure person. Dick just embraced me and everyone who came here. He had the power of Love. I never heard a negative word from his mouth. He brought out our Potential & he saw it and brought it out. He was really like a Father figure to all of us. He was always moving forward “it will get better. All I can do is be happy & Be me.....” that was his attitude. It was his positivity that we can Carry on in his name. — Elise



Some people come into our lives and quick on our hearts, and we are never, ever the s

Myth. The Legend.



April 4, 1934-January 29, 2016

Awards & Honors	
2014	Division D Table Topics Winner
2013-14	Spirit Award for Service to District 7
2012-13	Lou Webb Award
2007-08	Division Governor of the Year
2006	Distinguished Toastmaster



Dick's engaging smile and warm spirit brightened my day every time I saw him at a Toastmaster event. — Ginger Killion, ACS, ALB



I went to my first Toastmasters meeting about 6 years ago to improve my speaking and leadership skills for my job. Dick Moser was one of the first people to greet me. I remember his huge smile and humorous personality at every meeting. Over the years, he served as a great mentor and officer in the club. — David Johnson, ACB, ALB



The first thing I noticed about Dick was his friendly smile. The second was his willingness to help other Toastmasters. When I needed a videographer, he stayed late to record a presentation so others could see it online. What a great person to work with and learn from. — Erik Bergman, DTM

*ly go. Some stay for a while, leave footprints
ame. — Flavia Weedn, Forever*



JOURNEYS...

Spotlight on Simon Bosley

By Alexis Mason, DTM

Simon Bosley (say Boze-ley), describes himself as an introverted scientist. However, his story is compelling and it was a delightful experience for me to interview him. Simon was born in England, near Oxford, and spent his school years in what he described as Hogwarts boarding school. He received a terrific education in physics and began his career in aerospace in England. When I asked him what the appeal of physics was, he mentioned how inspired he had been by watching the moonwalk when he was quite young.

After four years working in his career, when he was 28, a friend of Simon's whom he visited in Berkeley while on vacation talked to him about a job in Silicon Valley. The job offer came with airfare as well, and was too good to pass up.

Six years later, Simon met his future wife Almarina. She was Brazilian and had been sent to Cupertino, California, for three months to improve her English speaking skills. In 1990,

they met at a party at which Simon was the only English speaker. They were married in 1991. Almarina grew up in a large Italian family and was homesick. They relocated to Brazil and lived there from 1994 to 1997. They came to the Portland area in 2005. By this time, Simon had the responsibility of conducting software seminars. His boss



told him that while he certainly knew his material, he lacked the passion and energy to communicate well in product training.

Simon met Cleon Cox who did for Simon what he has done for so many others. Simon joined Wallmasters

International, and had what he told me was a "Eureka moment." It clicked. Simon said that Toastmasters and the feedback he received about being believable but not passionate pulled him out of his introversion.

Since then, Simon has been recognized as Area Governor of the Year, started EcoVoices in 2011, and has completed his High Performance Leadership Project, among other accomplishments.

Beyond Toastmasters, Simon started his own business in 2013 as a Sharepoint Consultant where he assists customer teams to understand and embrace the core concepts so that they can make effective implementation decisions. He and Almarina are active in the Brazilian community in Portland, especially enjoying the music scene.

Please take the time to introduce yourself to Simon. I know you will enjoy getting to know him.



ScanEagle Club is proud of our first DTM, Dave Anderson, pictured here with our club president, Dia Nickelsen.

From Toastmaster to Cable Television Host

by B-Lee Coyne, ATMS, CL

The cautious transition from two decades as a Toastmaster to hosting five ongoing cable programs has been a blast. (Not at all like the atom bomb! Thankfully, I have not bombed out.)

Our station is Capital Community Television (CCTV) in Salem on channels 21, 22, and 23. Our audience comes in all shapes and sizes and covers the age spectrum. The two principal shows are *Culturama!*, focused on the arts, and *Grey Matters* which is focused on the benefits of graceful aging.

Each guest helps me grow inwardly. One of my favorite parts of Toastmasters was Table Topics. We use the Table Topics



format, and our audience absorbs the guest's story step by step. We often ask about childhood dreams and early clues to their current profession or key activity. We attempt to pursue stories of overcoming challenges or setbacks sustained—all of us can identify with life's speed bumps.

Immediate Past District Governor, Phyllis Harmon, serves as my monthly co-host and often brings another Toastmaster to share the spotlight. We jointly tackle some element of effective communication and leadership skills-building. Our shows are always entertaining. You never know when a chance statement will spark an entirely new topic or lead the conversation into different byways than originally anticipated.

If you want to observe a future show or be a guest, please contact me at luckycoyne@yahoo.com or my co-host, Phyllis Harmon, at print2pahs@gmail.com.

You have a unique place in our hearts, just to the right of our left ventricle.

Lee Coyne served as the 2006 District 7 Public Relations Officer and as a club officer in the now defunct club Mind Openers in Salem. In every Culturama segment, Lee recommends that viewers visit the Toastmasters clubs located in the Salem area.


format to ask questions during the show. No need to sweat and be nervous. We mingle community education with entertainment.

Our starting point is the guest's birthplace and early years. What better place than the origin of the species? The guest is an expert on that topic, and that creates added comfort. In any interview, climate setting is paramount. Lesson learned: begin with what the guest knows. From there, move on to discovering and discussing the guest's more recent past, current events, and future goals.

In a sense, this is like a Toastmaster's Ice Breaker. Yet it is not tightly structured, and is done more as natural flow. This works very well with the show's interview



Perfect 10
Congratulations to Toastmasters for Speaking Professionals. TSP is the first club to earn all 10 goals. Clubs earning all 10 goals are encouraging and supporting their members to grow. How many more clubs will have a Perfect 10?





PERSPECTIVES

A Shot of Vitamin B

by Shannon Milliman

Toastmasters starts a results-driven, idealistic page for our lives. We are invigorated by the achievement, career changing advantages and progress-oriented people involved. We are on top of the rainbow; we see hues of opportunity with every challenge and then six months, six years or six days pass and somehow, somewhere under this rainbow, the rain starts to sprinkle. On an especially cloudy day, it pours table topics and contest chairs.

When a strong desire to achieve is juxtaposed with life's interruptions—



low energy, fatigue and lack of motivation can be a result. Such barriers affect you at work, home or in achieving

your Toastmaster's goals.

Experiencing this cloudiness of perspective, I hit a rainstorm. Maybe this unrest I felt was more than the weather telling me

Toastmaster Arthritis was acting up!

Certain that my malady was definitely severe, I decided to visit my Dr. I was already anticipating when my lobotomy would be scheduled. Much to my surprise, what did the Dr order? Nope, not more cowbell, a shot of Vitamin B! After a charge of beneficial nutrients, as anticipated, I was able to identify all the moving parts in my life and focus on SMART goals for my speaking and leadership goals.

The moment spurred me to consider an unconventional recommendation for other Toastmasters who suffer from the diagnosis of Progress-Is-For-the-Birds-iosis, Irritation-Cause-I-Never-Win-itis, Throw-In-The-Towel-iosis, Woe-is-me-itis. Dr. Milliman (disclaimer, not a real dr) has found a way to apply the healer's art to these maladies. "Dr." Milliman prescribes a temporary prescription of disconnecting from the books, the checkmarks, the rules and the ribbons. Before giving up, leave your books behind when you attend your next meeting. This is your Zero

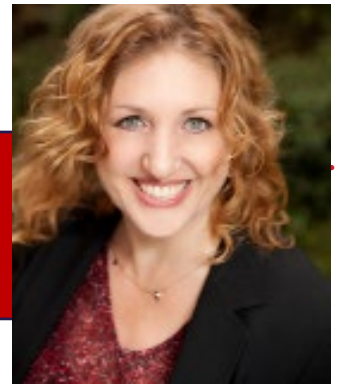
Accountability (on paper) assignment. Enjoy it, you only get one! Sign up for a role, give a speech, yes, but do it for this meeting alone- solely for the sake of enjoyment. Do not allow yourself to note evaluations for others or give yourself manual credit.

Instead, scan the Toastmasters in the room and silently note what you appreciate about the gifts they bring to your club. Allow the brightness of spirits and diversity of talents fill you up. Consider the gratitude you have for this space and for what it has empowered you and the special souls you have honored inside to progress, through. Find delight in the imperfections. Reflect on why you truly are a Toastmaster. Every person's reason will be different. Share why you are a Toastmaster... #WhyIAMAToastmaster.

And if you are challenged finding the positive, take a metaphorical Vitamin B shot! Let the clouds part that Toastmaster who stutters and says "Um," 42 times every time he gives a Table Topic and if the next speaker seems to refuse to incorporate the helpful feedback the group gave last time, take pause. Allow your temporary No Accountability to be a self-realization towards something specific you can re-direct your efforts towards. Maybe you have not signed up to give a speech in six months because you were allowing your focus to be on the rain rather than the rainbow. Where you will be accountable in this No Accountability meeting is at the end. Find a specific moment of the club and express gratitude to one individual who brought you new light. Recognize the light change when gratitude is expressed and focus on the beauty that Toastmasters brings.

Next meeting, bring your books and remember the heart, the humanity and the color in the rainbow that Toastmasters really is. Be the color and say thank you and you will soon find Vitamin balance within you and within your club.

Shannon joined Toastmasters in 2013, and is a member of Competitive Speakers PDX. She loves to write. Look for more articles from her in future issues.



Members Helping Members Revitalize Clubs!

Allison Bennett, ACB, CL, Club Coach Coordinator



Why Be a D7 Club Coach?

Do YOU Qualify? Are you...

Share Expertise, Resources & Knowledge	Passionate about Partnering with Others?
Expand Leadership Experience and Capacities	Appreciative, Potential & Possibility Thinker
Increase Proficiency as a Facilitator and Negotiator	Inspirational, Collaborative, and Motivating?
Develop Diplomatic Skills	Clear Communicator & Focused Listener?
Foster Team Building & Conflict Resolution Skills	Patient, Organized Planner, and Goal Setter?
Credit toward ALS Award	Experienced & Knowledgeable Toastmaster

Then check out being a Club Coach! Apply here...

Is your Club Eligible for a Club Coach?

- Have a desire to be more than just Surviving but Striving to truly THRIVE?
- 12 members or less
- Request a COACH Here

Welcome to the newest Strive2Thrive Club!

SpeakEasy at Intel Beaverton
Club Coach Partner: Dottie Love,
Triple Crown Achiever

Be a ROLE MODEL of Excellence and Education — Bring your Competent Be Be a ROLE MODEL of Excellence and Education — Bring your Competent Leader (CL) manual to the meeting. Ask a new member to evaluate you. When introducing your functionary role, add a sentence about the focus of your CL manual project and how it relates to your role or real life. Repeat at the next meeting. Watch as others begin to do the same!



SPEAKERS looking for VISIBILITY and Open Speaking Roles — CLUBS looking to Fill Open Speaking Spots

Members Helping Members:

- Contest & Manual Based Speeches
- Manual Based Evaluations
- Scheduled directly between Guest Speaker & Club
- Gain more Speaking Experience with Diverse Audiences in other Clubs
- Bring in Guest Speakers to Enhance your Club Meetings

SPEAKERS:

See D7Toastmasters.org/Resources for a Calendar of Clubs Open to Guest Speakers

CLUBS:

Contact your Area Director or coaches@d7toastmasters.org to be added to the Calendar



Brand Messaging: Encapsulating vs. Explaining

by Janet Hager

So, what do you do? —It's one of the most commonly asked questions. It's a simple question. Why is it so hard to answer smoothly?

It's legitimately difficult to sum up years of experience, an approach you've fine-tuned over time, a unique set of services, and your passion for the work you do. It's damn nigh impossible to do it off the cuff. You have to spend some time crafting a response that says what you want it to say, in a way that is not just understandable to the people you want to reach, but resonates with them.

Then you have to practice it until it sounds natural when you say it, and not canned; until the words roll out of your mouth in a delightfully interesting stream of scintillation and deliciousness.

Do all of that, and you've got yourself some solid brand messaging.

It's the difference between explaining and encapsulating.

Explaining is what happens when you don't prepare, when you try to talk about what you do extemporaneously. When you explain, you sound like you don't quite know what you're talking about. You lose credibility. And you confuse people.

For example, this is explaining: *I do marketing and branding, you know, logos and websites and other communication tools. And strategy. Basically anything a company needs in order to connect with the people they want to connect with, you know?*

The listener is thinking: *You "do" marketing and branding? Is that even grammatically correct? Okay, marketing and branding, I know what that means. Oh wait, websites are branding? Maybe I don't know what it means... And what the hell is a communication tool?*

Encapsulating, by contrast, is when you craft phrases and sentences that speak about what you bring to the table in a way that reinforces what's different about your company, and that resonates with the people who are a best fit for you. It's when you choose exactly the

right words to convey all of that meaning and nuance and subtext, as concisely as possible. And it's practiced, so when you're called upon to use those phrases and sentences, you can deliver them confidently and passionately.

This is encapsulating: *I help companies figure out how they're different, who needs to know about it, and how to connect with those people. Then I create anything we need to build those relationships.*

I know it seems like you should be able to talk intelligently about your company spontaneously. It's your company, it's what you do all day every day, and this ain't your first rodeo. But like many aspects of life, if you want to make the most of those fleeting opportunities to make a first impression with a new contact about your company, a little prep goes a long way.

When it comes to your Toastmasters club, you've got multiple members, all out and about talking about your club. What are you all saying? Are you presenting a consistent view of what your club has to offer, or are you all saying something different?

Spend some time encapsulating. Build a strong brand message, for your company or your club. Then you can make a good impression any time you get an opportunity.

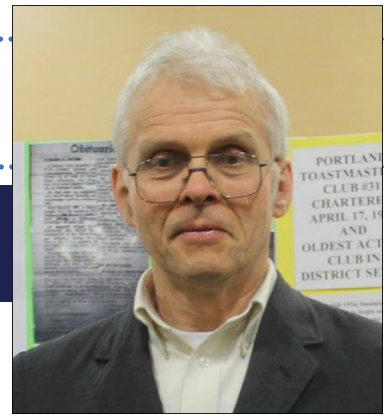
Janet Clesse Hager can help you fine tune your brand messaging, and then some. She's a marketing and branding specialist, a dynamic speaker, distiller of information, and solver of problems. Her company is called [Tinfish Initiatives](#). Janet joined Toastmasters for Speaking Professionals in May 2015.

The keys to brand success are self-definition, transparency, authenticity and accountability.

Simon Mainwaring

BURIED TREASURE

MEDFORD TOASTMASTERS CLUB # 67 by Harvey Schowe DTM-District 7 Historian



In December 1936, the Medford Speakers Club, a local public speaking club in Medford, Oregon became the 67th club in what would eventually become Toastmasters International. Toastmasters' magazine announced "Medford, Oregon with Charter Number 67 barely made the grade in time to get into the December issue. They came through with their charter presentation on January 14, 1937 with Mayor and other dignitaries of the city on hand to give tone to the occasion- and perhaps to learn something about how a Toastmasters Club adds to the glory of the home town." Medford club received considerable support from the community based on the number of guest speakers such as the mayor of Medford, service club leaders, and the Medford High School principal.

Medford Toastmasters members assisted in organizing Klamath Falls Toastmasters club that George Davis of Lovenze Company of Klamath Falls was promoting. Members held a meeting at 7:00 pm on November 15, 1937 at the Elk Hotel. Frank Gray was Toastmaster and speakers were John Gribble presenting *Tuberculosis Seal Campaign*, Seth Bullis on *Safety*, Dr. William F. Roney on *Humor*, and Frank Hull presented *Purposes of Toastmasters*.

On May 23, 1938, Klamath Falls and Medford Toastmasters clubs held a joint meeting in Medford, Oregon where Dr. George S. Jennings, Medford club, presided and Vern Moore Klamath Falls club president was Toastmaster. Club members discussed plans for organizing Toastmasters clubs in Ashland and Grants Pass. Ernest Davis, District Two Governor, addressed the joint meeting of Medford Toastmasters and Toastmistress clubs on May 29, 1940 before traveling to Klamath Falls to present the charter to Klamath Falls Toastmasters Club #97.

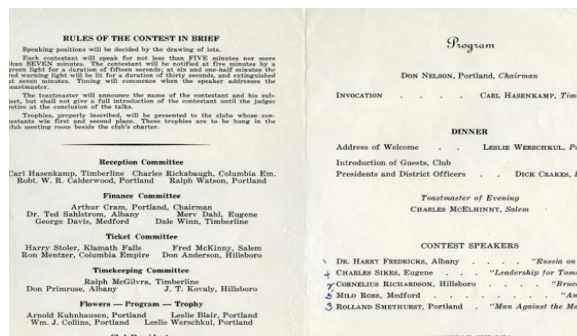
The December 1940 issue of Toastmasters

Magazine announced the first spring District 7 Convention in Medford, Oregon on May 19, 1941 with Orville Kingman as conference committee chairman. Chalmer Blair was elected as second District 7 Governor.

After World War II broke out, Toastmasters conferences were suspended until 1945. During the War, members participated in Red Cross speakers' bureau and one member Frank Gray became a field director for Red Cross. Donald T. Nelson District 7 Governor visited the club on February 21, 1944. On April 10,

1944 meeting invited guest speaker Corporal Malcome C. Douglass for a speech about his experiences as a dog team driver and meteorologist for Admiral R. E. Byrd's 1939 and 1942 Antarctic expeditions. During this meeting club members recorded speeches for monitoring speech craft program progress.

During 1944, Ray Harrison club member became lieutenant-governor for Southern Oregon Division that included Medford and Klamath Falls. Milo Ross won Southern Oregon Division speech contest held in Klamath Falls with speech titled "*America*". He competed in the District 7 Contest held on June 2, 1945 in Portland at the Chamber of Commerce. District 7 Governor, Donald T Nelson, chaired the contest. Past District Governor, Charles McEhinny, was toastmaster. Milo Ross won second place in this contest. At 1946 District 7 Spring Conference, Carlos Morris, a Medford Toastmasters club member placed second with speech "*Our Greatest Blessing*". Medford Toastmasters club # 67 remained active for many years but now disbanded.



SUCCESSFUL CLUB

High Noon: It's Time to Draw, Pardner!

by Joe Donahue, Vice President of Membership, CC, ALB

Picture it: cowboys set at 20 paces, the sun high overhead beating down with furious heat, clock tower ready to strike 12, spectators anxiously standing far off to avoid stray rounds. They have come to see a showdown, drawn to the center of the town where life and death hang in the balance! It's a spectacle that joins curiosity with excitement, agility with steadiness, and anticipation with fear.

As uncommon a sight this is for most people today, many of the same emotions are whipped up the moment someone stands front and center to speak in front of others for the first time. It can feel perilous, dreadful, and even death seems a possible outcome. It can even be magnified in a contest setting, where speakers are literally pitted against one another.

Disclaimer: Toastmasters does not actually put on any events where potential death is a consideration, even if it feels possible to the contestants.

This is the very reason so many are drawn to High Noon Toastmasters in Salem. Not necessarily because they're expecting to see dueling desperados, but because they want to witness others hold a showdown against their fears, fears they share, of giving voice to their thoughts in the courts of public opinion. Watching others overcome these fears inspire many to enlist after only their first meeting. And yet, there's more we can do to at the club level to continuously entice new members.

Much of the growth and success that High Noon Toastmasters has experienced over the last few years can be directly attributed to employing three elements, consistently, at our weekly meetings:

We celebrate! Looking for opportunities to celebrate as a group changes the atmosphere of any meeting from potentially hostile to friendly and inviting, by giving everyone a reason to be excited. In May 2014, our club celebrated a major milestone, our 50th anniversary, which we stretched out for an entire month of festivities. With some local announcements and Web advertising, we enjoyed a period of significant

growth for the following six months! In 2015, we celebrated storytelling with Tall Tales contests. So, what opportunities does your club have to celebrate?

We create an environment that helps dissipate the fear most people connect with public speaking by crafting evaluations that are encouraging, constructive and seek to make the experience a positive one for each speaker. The importance of making evaluations both critically constructive and supportive cannot be overstated; this is the

very heart of what can make a good club great. Regular trainings from the Successful Club series on how to give great evaluations can really benefit members at all levels. Have you considered how your club can capitalize on evaluations as a device to grow your members' skills and your club's membership?

Lastly, High Noon has a memorable time slot that makes it an easy fit into many members'

(and newcomers') schedules. High Noon's name is not only easy to recall because it evokes images rooted in classic Westerns, but also because the club meets — literally — at high noon every Monday. Because it's a club open to all comers, and is nestled in the middle of Oregon's capital mall, it's a prime spot for hosting lunchtime attendees. Nothing breaks up a case of the Mondays better than a friendly and entertaining environment where there's likely to be a celebration. Do your club's time and location lend themselves to easy access to members and newcomers alike?

Talk with your officers and members, and see what opportunities you can create to encourage, celebrate and foster the most easy-access environment possible. Who knows — you just may draw a whole new group of buckaroos.



Fred Olson, DTM, longest membership at High Noon, receives a recognition certificate for the club's 50 years of training speakers and building leaders.

SUCCESSFUL CLUB PICS



Club members from left to right: Rod King, Melinda Meeds, Sofie Parra and guest.



Special guest, Keizer Mayor Lore Christopher shared how helpful Toastmasters can be to prepare for moments of on-the-spot speaking as a politician.



Club member Keri Miller shows her wacky side, post-meeting.



Former club member Kyle Brager and guest.



Club member Cindy Test (L) and guest.

KEYNOTE

Lead Yourself, Lead the World
Balraj Arunasalam



Mastering Storytelling for Better Speaking
Craig Valentine



Leading the World

May 6 - 5 - 9:30am - \$25

May 7 - 7 - 6:30-pm

First 75 Registrations - \$55

General registration - \$65

At the Door - \$75

Lane Community College

May 6 & 7, 2016

Register Today



**LOST
& FOUND**



Please check these photos for items left at TLI on January 23rd. Contact Leanna Lindquist pqd@d7toastmasters.org to claim them

Tell Me A Story

Storymasters
Toastmasters



Changing the World One Story at a Time

IT WAS A DARK AND STORMY NIGHT. . . by Members of Storymasters Toastmasters

On Thursday, February 3, 2016, the members of Storymasters gathered for an evening of storytelling. Each member was given a word or sound to open their segment of the continuing story. For 90 minutes, the members wove a tale of high suspense and tension-filled terror, with odd moments of hilarious happenings. The following story was captured by Jonathan Burgess, and edited by Joe Anthony. [editor]

Phyllis stumbled through a dark and stormy night with only one thought; to escape the cold, wet hand she could nearly feel upon the back of her neck, reaching from the shadows just behind her. It was too dark to see and too noisy from the pounding rain to hear the owner of that dreadfully wet hand, but she could *feel* it, coming closer and closer as she struggled forward, or at least away. She recklessly crashed through thorny bushes disregarding the shredding of her clothes and skin-- to slow the pursuing hand's inescapable intent.

Suddenly, Phyllis came out onto a road that was undetectable a moment before, and her hoping heart leapt at what appeared to be a car. Salvation! A bright light rushed toward her. But it was too fast to be a car.

'Was it a shooting star?' She wondered as her fevered mind reeled-- back to reality, and the need for escape. Running again to the far side of the road, she discovered a muddy ditch there, with muck that grabbed at her ankles, slowing her. The terror returned...the hand at her neck.

Hurry! Hurry! Phyllis ran the best she could, up a sand dune, and saw on the other side of the peninsula a city! *Salvation!* She hurried down the hill and saw people on the beach. *Salvation!*

Dr. Joe was an excellent surgeon but he found it boring. Restoring people to health was a good living but he was already really, really rich. He attended medical school until his dad croaked, allowing him to inherit the castle and the half of the island where he now worked at his favorite hobby: unnecessary surgery. Dr.

Joe wanted to redecorate the human body using modern technology to 3-d print organs and parts not available in the basic human model, like an extra toe on the back of the heel. Powdered pig skin could make ears, noses, or hands with the 3-d printer, or really any whimsical appendage he chose. Furthermore, to combat boredom, he had the groundskeeper assemble a maze and watchtower, so Dr. Joe

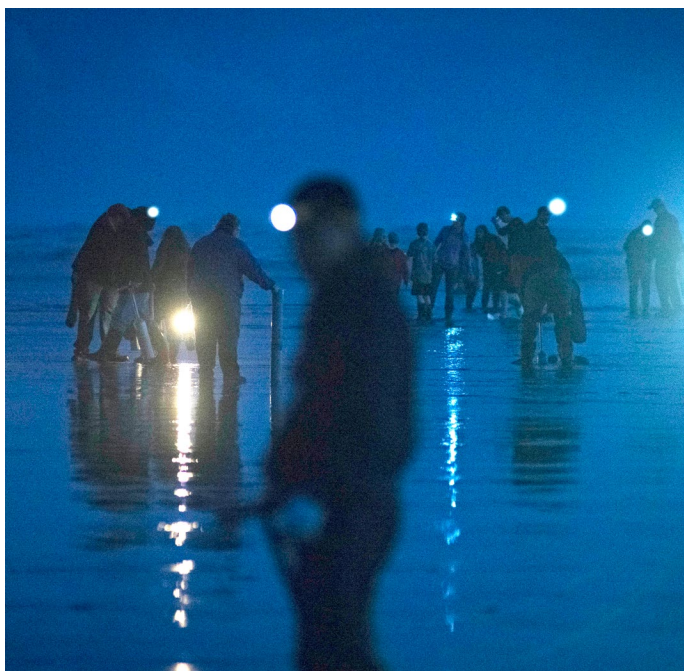


could watch his surgical wonders exercise, delight when his shambling horrors escaped, or occasionally, the dogs.

On the dark and stormy night in question Dr. Joe needed a new—playmate (victim)—and he kidnapped Phyllis to join his menagerie. When she crashed through the hedge of his maze (most unexpected!), Joe shot a flare from this watchtower to summon Dark Willie, the groundskeeper, to retrieve his plaything. In the glare, Dr. Joe also noticed a Zodiac boat with its lights out, at the edge of his Potemkin village full of manikins, which he built to torment escapees from the Maze. "What the heck is going on here?" he asked himself. "Really, what is the world coming to?"

Jonathan whimpered out loud at the thought of the wet sand squishing between his toes as he and his shipmates disembarked to go clamming, illegally, upon the strange deserted island. The promise of a stolen meal is, as a rule, far more delicious than ordinary food. All the passengers had pails and shovels

and headlamps upon their foreheads, and the general mood was that of a piratical adventure to dig up treasure-- in this case gigantic clams the size of footballs. Unfortunately, clamming has to be done at low tide and the smell was ghastly, barely held at bay with the breeze and



the rain that was abating.

The passengers shot beams from their headlamps at random as they thrashed about on the beach, until they heard a woman crying out for help. At that moment all of the headlights focused upon Phyllis, who loomed out of the dark, scratched, bloodied, with ripped clothes and wild, bramble-laden hair, screaming, and alarmingly close. The shambling horror soon followed, making a dreadful noise, and it flared bright as all of the headlights focused upon the pursuer. Its hand had another hand attached to it, so it looked to have 10 fingers on her left hand, all extended and wriggling, closing like a crab claw! Suddenly, all the shipmates formed a panicked circle as they chased each other around and around, screaming in terror, each assuming the fellow in front of them knew how to escape. Instead they formed a terror-tornado. Phyllis saw this and took a deep breath to yell. . .

Don chose to visit Joe's surgical clinic to have some leeches removed. Don was offered all sorts of exciting spare body parts-- to be attached to his body like hood ornaments. Don chose instead to have the leeches preserved and took them home to serve as pets, which is

the latest craze among the skinny-jean hipster crowd.

Brenda cried in dismay because she hates drug cocktails and Dr. Joe must have administered one when she came into his clinic to get a third arm-- to help her with the workload at her family business. Instead, Brenda got an extra toe on the back of her heel, which is just stupid and not what she ordered at all. Brenda saw someone to whom she might be able to complain, but Phyllis took off at a sprint. Brenda tried to explain to Phyllis but the drugs made her lips numb and all that would come out were scary noises...she thinks... because her ears were not working all that well either. Her eyes, however, were working well enough to see that she and Phyllis had picked up loads of leeches from the muddy ditch. But, wow, was she stoned! Everything on the beach looked like Fantasia to her eyes. RAINBOWS AND WATER FALLS! Brenda kept flicking her leech-fingers, trying to make them fly off and hit Phyllis to get her to turn around.

Tylor, AKA groundskeeper Dark Willie, was annoyed. First by the flare from Joe Frankenstein, his boss, summoning him to the maze. Secondly he was annoyed that this newest Brenda-beast had broken through the neurotoxin thorn hedge, apparently so stoned that she could not feel the burning pain due to the drug cocktail overdose from the clinic. Dark Willie hunted Brenda and found her talking to some clam diggers on the beach, at which point he decided to lead the clam diggers and the new Brenda-beast to the cave where the other beasts were trapped, untended and unfed. Dark Willie decided to serve the newcomers to the starving beasts in the cave so he could get back to his video game, which was interrupted by that darned flare.

Lynn shrieked when Phyllis crashed into her, and recognized Brenda from a Toastmasters meeting. Lynn collected some of the leeches from Brenda and put them into a Petrie dish with some seaweed-- to grow a fabric from which she could make special socks with a toe-hole at the heel. She also wanted to experiment with the fabric and dye it. Lynn hoped that this process might be a commercial success if developed a little farther.

Serena wandered from the main group to

dig her own clams. She then turned off her headlamp when the main group met Phyllis and Brenda, and watched as the group was led to the cave, which was available at low tide but would flood dangerously as the tide rose. Serena heard the cry of the hungry beasts' horde, the screams of the clambering clam diggers, and the roar of the waves on the beach. She waited in the dark, watching.

Brice owned the other half of the island and had been annoyed by Dr. Joe's activities, but left him alone to maintain pleasant relations with his neighbor. He watched all of the activities on the island and was compelled to call 911 when he saw the clam diggers being led to the cave to be drowned or eaten. Until now

Brice had limited himself to making snarky references to Dr. Joe F's part the island as the Island of Dr. Moreau whenever he was in an online chat room. Sometimes he typed in all capital letters if he was really angry.

Cate laughed and so did the police when they came to investigate, and stood around drinking from the ship's beer cooler. The beast horde chased the new Brenda-Beast and the clam diggers all around the shore, like a re-enactment of the classical Keystone Cops, or so it seemed to the drunks. The police decided to arrest everyone on clam-digging charges since it was illegal to even be on the beach during clam mating season (why it smelled so bad). The beastly horde ate the giant clams raw (no lemon) and did not bother eating the police despite their plumpness and the smell of bacon. Dr. Joe embarked on a new experiment; transplanting clams into neat corn-row scalp designs.

Suzie had been imprisoned on the island for 90 years, since her plane crashed on the way to a Storymasters retreat. Using a bit of glass she managed to reflect moon beams to catch Phyllis's attention, which hastened her rescue from the tower. Phyllis came and cut the bars to let Suzie escape. Phyllis used some very noisy and powerful saws to cut the bars, but that was necessary because of Dr. Joe F's tendency toward excess security measures.

And so it happened one dark and stormy night that I, Dr. Joseph M. Frankenstein, was cruelly deprived of my amusements. Through no fault of my devoted groundskeeper or curious neighbor, those fickle clam diggers and experimental subjects slipped from my grasp, never to set foot on the cursed island I call home. My only regret is that I have not, as of yet, perfected an antidote to the neurotoxin that pricked so many before they fled. Hopefully they find some diversion from the mind-shredding hallucinations that will plague their every hour. More's the pity.

Now I return to my lab to continue working with Lynn and her fabulous leeches. Never have I worn seaweed shorts so fitting, so comfortable. She assures me the summer line of seaweed-and-leech accessories will be ready for sale soon. I wonder if an extra arm would speed her production time. . .

Storymasters meets every Thursday, 6:30-8pm at Providence St. Vincent

Medical Center, Stanley Family Medical Center, 9205 SW Barnes Road, Portland, Oregon. Visitors are always welcome to join us on our journey into the realm of storytelling and narrative arcs. For more information, visit their website at <http://4649162.toastmastersclubs.org/>.



WELCOME NEW MEMBERS

Club Name	Last Name	First Name
University of Oregon Club	Anderson	Gregg
Club Northwest Toastmasters	Arredondo	Eder
Capital Toastmasters Club	Ashmun	Dylan
Portland Rotary Toastmasters Club	Aweidah	Nihad
Symantec Toastmasters	Barberis	Anthony
Sage Beaverton Toastmasters	Barr	Thomas
Swan Island Toastmasters	Beezley-Mann	Jennifer
Yawn Patrol Club	Bieghler	Adam
Feather Tongues Toastmasters Club	Birdsell	Kevin
Audacious Orators	Bond	Linda
WE Toasted Toastmasters	Borwn	Douglas
Blue Ox Club	Browning	James
Portland Rotary Toastmasters Club	Brunker	Leslie
Clackamas County Toastmasters	Bundy	April
University of Oregon Club	Carlo	Jilian
Portland Rotary Toastmasters Club	Cikara	Melissa
Portland Rotary Toastmasters Club	Clark	Mindy
Coos Bay Toastmasters Club	Davis	Damien
Portland Rotary Toastmasters Club	Delimont	Delanie
Portland Rotary Toastmasters Club	Deveraux	Dion
Portland Rotary Toastmasters Club	Elliott	Jerry
Clack-Orators Toastmasters	Elmer	Trisha
West Beaverton Club	Ensor	Brett
Portland Rotary Toastmasters Club	Faherty	Ryan
Audacious Orators	Farmer	Angela
Portland Rotary Toastmasters Club	Fearl	James
Wallmasters International Club	Finkeldei	Bradley
WE Toasted Toastmasters	Fuller	Adam
Vancouver Toastmasters Club	Gariety	Bonnie
Vancouver Toastmasters Club	Gianan	Joseph
Lake Oswego Toastmasters Club	Giannone	Chelsea
Toast of Corvallis Toastmasters Club	Giddings	Maya
Portland Rotary Toastmasters Club	Harter	Michael
Washington Street Club	Heinlein	Elizabeth
Vancouver Toastmasters Club	Holt	Caleb
University of Oregon Club	Howsley	Steven
University of Oregon Club	Hoy	Lorallan
Downtown Public Speakers Club	Johnson	Charlie
University Toastmasters Club	Jost	Virginia
Downtown Public Speakers Club	Keir	Laura
WE Toasted Toastmasters	King	Susan
Coos Bay Toastmasters Club	Klink	Robert
Downtown Public Speakers Club	Knez	Stana
Wafermasters Club	Kuhnhausen	Todd
Babble-On Toastmasters Club	Lafferty	Bryson
Flying Toasters Club	Lafon	Emily
University of Oregon Club	Liu	Yi
University Toastmasters Club	Luther	Laurie

WELCOME NEW MEMBERS

Portland Club	May	Dana
Portland Rotary Toastmasters Club	Marchi-Young	Alyson
Highnooners Club	McCarthy	Ciara
Marylhurst Toastmasters	McDonald	Mitchell
Grants Pass Toastmasters Club 852	McMillen	Karen
Clackamas County Toastmasters	McNiece	Kristina
Capital Toastmasters Club	McQueen	Jason
Symantec Toastmasters	Merritt	Charles
Audacious Orators	Miller	Lisa
Portland Rotary Toastmasters Club	Moshofsky	Doug
Columbia Center Club	Muresan	Ron
Downtown Lunchbunch	Murphy	Erika
Flying Toasters Club	Navarrete	Diane
Portland Rotary Toastmasters Club	North	Raymond
Electric Toasters Club	Nunez-Mitra	Janet
Columbian Club	Parsons	Debra
Portland Rotary Toastmasters Club	Patlak	Joshua
Speakeasy Toastmasters	Pendergrass	Kateshia
The Dalles Toastmasters Club	Peterson	Keith
Portland Rotary Toastmasters Club	Pilato	Angelica
Sporty Speakers	Postras	Tracy
La Pine Chamber Toastmasters	Poore	Cynthia
Portland Rotary Toastmasters Club	Porter	Claudia
Timber Talkers Club	Potter	Jason
Marylhurst Toastmasters	Preece	Kayla
University of Oregon Club	Quinn	Jesse
Capital Toastmasters Club	Rennells	Joshua
PMI Portland Toastmasters	Richardson	Donna
Portland Rotary Toastmasters Club	Sandoval	Michael
Audacious Orators	Scarlett	Cindy
Yawn Patrol Club	Schmidt	Matthew
Eco Voices Toastmasters	Schulz-Oliver	Amber
Silvertongues	Sebens	Carole
Lake Oswego Toastmasters Club	Sheikh	Omar
Portland Club	Sloan	Louie
Coos Bay Toastmasters Club	Smith	Aaron
Pearl District Toastmasters Club	Smith	James
High Noon Club	Sprecher	Darlene
Toastmasters For Speaking Professionals	Stone	Eric
Noontime Nomads Club	Sutton	Sohee
Symantec Toastmasters	Thomas	Kenneth
Portland Club	Thompson	Stephen
Toastmasters For Speaking Professionals	Threadgill	Ron
Timber Talkers Club	Valiquette	Lance
The Dalles Toastmasters Club	Wagner	Aiden
Electric Toasters Club	Wang	Kyle
Portland Rotary Toastmasters Club	Wingard	Richard
Toastmasters For Speaking Professionals	Wolfgang	Karen
University of Oregon Club	Zhang	Aron

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACS	1/3/2016	Anthony, Joseph	Liberty Talkers
ACG	1/12/2016	Bell, Mary	Civil Tongues
ALB	1/10/2016	Carlos, Rustica	Motormouths
ACB	1/10/2016	Carlos, Rustica	Motormouths
CL	1/13/2016	Curran, Jill	Symantec Toastmasters
ACG	1/28/2016	Dressel, Edward	Toasting Excellence
ALB	1/3/2016	Duby, Kendra Morgan	Clackamas County Toastmasters
CL	1/27/2016	Fong, Julie	Sporty Speakers
CC	1/29/2016	Gannam, Ann	Early Words
CC	1/11/2016	Goss, Mike	Wallmasters International
CC	1/5/2016	Hafermalz, Kim	La Pine Chamber Toastmasters
ACB	1/6/2016	Hynes, Ciaran	A-Dec Toastmasters
CC	1/20/2016	Inman, Naomi Ruth	Daylighters
ACB	1/14/2016	Jarka, Roland	Toastmasters For Spkg Prof
CC	1/4/2016	Johnson, Kelly	Downtown Public Speakers
CC	1/3/2016	Kaltenbacher, Eadie	WRIP City
CL	1/19/2016	Kinne, Dagmar	I.R. Speaking Toastmasters
CC	1/17/2016	Lambird, Gene	Dawson Speakers
CL	1/5/2016	Lawrence, Kristopher	Smooth Talkers
CL	1/15/2016	Leach, Julianna	Yawn Patrol
CC	1/27/2016	Litz, Marisa	Yaquina Toastmasters
ALB	1/29/2016	Locke, Patrick	Early Words
ALB	1/14/2016	Locke, Patrick	Speakers With Spirit
ACS	1/4/2016	Marquardt, John	Vancouver Toastmasters
ACS	1/25/2016	McClelland, Robert	Astoria Toastmasters
CC	1/14/2016	McDonald, Keith	Creekside Toastmasters
CL	1/14/2016	McDonald, Keith	Creekside Toastmasters
CC	1/26/2016	McKee, James	Coos Bay Toastmasters
CC	1/14/2016	Meyer, Lloyd Carl	Daylighters
CC	1/13/2016	Meyer, Pamela	Columbia Communicators
ACS	1/6/2016	Midghall, Michael	West Beaverton
CL	1/28/2016	Noor, Jabin	Symantec Toastmasters
CC	1/28/2016	Noor, Jabin	Symantec Toastmasters
CL	1/27/2016	O'Neal, Adele	Toasting Excellence
CC	1/27/2016	Parsons, Brenda	Wallmasters International
CL	1/26/2016	Pirrung, Stella	Lake Oswego Toastmasters
CL	1/12/2016	Rao, Deepthi	Lake Oswego Toastmasters
CC	1/26/2016	Rodke, John	University of Oregon
CL	1/26/2016	Rodke, John	University of Oregon
ALB	1/28/2016	Semprevivo, Karen	Civil Tongues
ALB	1/21/2016	Smith, Robin	I.R. Speaking Toastmasters

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	1/8/2016	Snelling, Lee	Silvertongues
CC	1/14/2016	Spargo, Lee	Grants Pass Toastmasters
CC	1/15/2016	Speaks, Sheree	Lebanon Toastmasters
CC	1/12/2016	Stark, Katherine	Molalla Toastmasters
CL	1/4/2016	Stein, Sandra	Clackamas County Toastmasters
CL	1/21/2016	Stevens, Katherine	At The River's Edge
ACS	1/23/2016	Sutton, Wendy	Corvallis Evening Group
ACS	1/26/2016	Svehaug, Alan	New Beginnings Toastmasters
CC	1/26/2016	Svehaug, Alan	New Beginnings Toastmasters
ACB	1/16/2016	Svensson, Christa	Astoria Toastmasters
CC	1/8/2016	Tippel, Tammara Kay	Gorge Windbags
ACB	1/18/2016	Voth, Sarah	Encouraging Words
CC	1/3/2016	Wallis, Margaret	Noontime Nomads
CC	1/18/2016	Walter, Steven	Encouraging Words
CL	1/25/2016	Wantz, James	New Horizons Toastmasters
ACS	1/3/2016	Wantz, James	Storymasters Toastmasters
CC	1/11/2016	Yan, Wendy	Early Words



TRIPLE CROWN AWARD PINS

MEMBER	AWARDS
Anthony, Joseph D.	ACS, ALB, ACB
Bennett, Allison	ACB, CC, CL
Duby, Kendra Morgan	ALB, CL, CC
Fanning, Paul C.	ALB, CL, ACG
Harmon, Phyllis A.	CC, ALB, CC, ACB
Hills, Dennis Bernard	CL, ALB, ACS
Jensen Cramer, Diana K.	CC, CL, ALB
Kinney, Ray C.	CC, CL, ACB
Knapp, Thomas K.	CC, DTM, ALS
Lawless, John R.	CL, ALS, DTM
Locke, Julius Patrick	ACS, CC, ALS, DTM, ACS, CL, CC
Mason, Alexis R.	CC, CL, CL
Rose, Jason	ACG, CC, ACS
Semprevivo, Karen Ann	CL, CC, DTM, ALB, ALS,
Wantz, James	ACS, CC, ALB



Table Topics Put to the Test

Recently I was in an intensive and extended interview process for a full time business faculty position as a university professor. Ten interviewers sitting around a conference table were impressed with my ability to think on my feet. My Table Topics rehearsals in weekly Toastmaster meetings played a key role in fielding questions that came fast and furious from a variety of topics. Toastmasters helped me to relax and respond in a precise and confident manner—Ted Takamura, CC—Marylhurst Toastmasters

Happy Anniversary To February Clubs



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

Charter	Years	Clubname
2/1/1953	63	Blue Ox
2/1/1973	43	Bootstrappers
2/1/1955	61	Cedar Hills
2/11/2009	7	Creekside
2/1/1982	34	Encouraging Words
2/1/1995	21	Mentors Of Focus
2/1/1938	78	Modoc
2/11/2008	8	Molalla
2/12/2013	3	MultCo Toasties
2/1/1964	52	Oregon State
2/20/2001	15	University
2/1/1992	24	Washington Street

A special shout out to Blue Ox, Cedar Hills, Modoc, and Oregon State who have passed the half-century mark!

One Fish, Two Fish, Blue Fish. . .

by Noor Khan, Future Stars Gavel Club

“One fish, two fish, red fish, blue fish” in one, big pond. Every individual fish has its own contribution to the world, whether it has a positive or a negative impact on the ones around it. Dr. Seuss left his mark on the world through his influential words that inspire so many, including the members at Future Stars: a gavel club of Toastmasters located in Beaverton, Oregon. The diverse group of youth members are small fish in a big pond. They strive to not only make a positive difference through influential words, but also through meaningful actions. It’s far too easy for our generation to cruise through life without delving deep into our minds to question who we are and for what we stand. The Future Stars members reflect upon these two questions much more frequently than the average teen. Future Stars makes it impossible for its members to continue living passively as others try to make decisions for them.

When asked to consider the question, “How does Future Stars impact your life on a daily basis?” this is how Ahad, Jasiah, and Tanya—three devoted club members—responded.



Taking part in a Toastmasters gavel club, as a sixteen-year-old, has dramatically developed my public speaking and communication skills. The impromptu speeches in Table Topics have improved my ability to answer any question on-the-fly, even the questions that my English teacher asks me about *Romeo and Juliet!* My social skills have improved and I can talk to anyone without the constant fear that I’ll mess up. -Ahad

I always knew that having a voice was important. However, Future Stars taught me the importance of knowing when to stop speaking and start *listening*. I’m more conscious about different perspectives when I make an effort to observe my friends, family, or my teachers. At school, these skills help me facilitate my learning and connect with people. I really believe this club



has made me a better and more understanding learner. -Jasiah

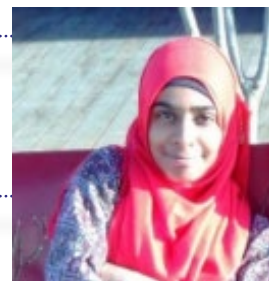
Up until my freshman year in high school, I have always been fairly shy. It was only until I joined Future Stars, where I found my confidence. I’ve been attending these meetings for the last two years and it has left me feeling confident with not only public speaking, but communicating with others as well. Future Stars enables me to express my opinion and allows me to become more outgoing. -Tanya

All three members described how Future Stars helps them develop their confidence in communication by listening and effectively expressing their thoughts. As Future Stars members, we recognize that being able to communicate is the first step to living actively and becoming strong leaders.

Noor Khan attends Southridge High School as a senior and has been an active member of Future Stars for four years. As the former Vice President, Secretary, and Treasurer, Noor understands the value of communication and leadership in the modern world. Her hobbies include reading, traveling, climbing trees, feeding the squirrels in her backyard, and being a ninja.

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

– John Quincy Adams



February - March 2016

February

20

Frog Pond Networking Event @ Meridian United Church of Christ - Frog Pond Church, Club Officer Training included 8:00am-Noon

1:00 PM – 3:00 PM Rose City Park United Methodist Church - Club Officer Training

22

6:00 PM – 8:00 PM-The Standard Center Auditorium, 900 SW 5th Ave, Portland,-club officer training

23

Toastmaster Officer Training hosted by Area 51 @ 3 Rivers Grill, 601 Oak St, Hood River, OR 97031 5:00 PM – 7:00 PM

24

Club Officer Training, 7:00 PM – 8:00 PM, Vancouver Pointe Senior Apartments, Vancouver, WA

29

Last Day Club Officer Training Counts for DCP Credit

March

11

Last Day to Hold Club Contests

12

11:30 AM – 2:30 PM, Area 21 International & Evaluation Contest, Williams Hwy Grants Pass, OR 97527

12:00 PM – 3:00 PM, Area 24 International & Evaluation Contest, Ashland Public Library, Gresham Room, 410 Siskiyou Blvd, Ashland, OR 97520

14

6:00 PM – 8:30 PM, Areas 95 and 96 International Speech and Evaluation Contest, Beaverton Community Center, 12350 SW 5th St, Beaverton, OR 97005

15

Areas 93 and 94 International Speech and Evaluation Contestm 6:00 PM – 8:30 PM, Beaverton Community Center, 12350 SW 5th St, Beaverton

Area 61/62 Speech Contests, 6:30 PM, Reed College, 3203 SE Woodstock Blvd, Portland, OR 97202



Zing! Zest! Bang!

by Pat Lynch, ACB, ALS

Do you find your club meetings repeating the same old format week after week?

Do you need ideas to energize your meetings, make them more fun and attractive to guests?

A few years ago a friend gave me a list called Zing! Zest! Bang! compiled by Sandy Bell past Area 32 Governor, and Jim Wolak, past Area 34 Governor. These new ideas will add positive energy to your meetings. There are “Fun to Risk Factor” ideas (once-a-month for easy-to-do, to more complex, once-or-twice-a-year). There are 4 different degrees of complexity for you to choose from.

Have you ever been to a “No Furniture Meeting”? Members have to change their meeting habits and enter a new world of comfort. There are ideas for Table Topics and Evaluations. Bounce off these ideas and come up with some of your own. Think outside your “club box” - have more fun, excitement and grow your club.

To access your own, downloaded copy of Zing! Zest! Bang! Simply click on the graphic.

Pat Lynch joined Toastmasters in 2004. She is a member of Redmond Area Toastmasters and Bend Highnooners Club where she is serving as President and VP Education. Pat has served District 7 as Division Governor on three different occasions. She is the 2009-10 Division Governor of the Year recipient and the 2008-09 Rookie of the Year recipient.



Widen Your Business Footprint

Do you have a business or service that you wish to promote? Could it be beneficial to share that information with other Toastmasters? An investment of \$25 will place a color copy of your business card in the program of our Spring Conference, Leading the World.

Toastmasters like to do business with other Toastmasters. Whether you attend the conference or not, your name and business will be in front of potential clients. Your advertisement investment will help support our conference. Place your ad before April 15th to assure your place in the program. [Click here to place your ad.](#)



All are Welcome!
*Wear Your Irish Green &
Bring a Tale of Blarney to Share*

Join Us for a Wee Bit of Blarney!
Wednesday, March 16th
6:40 am - 8:00 am
Daylighters Toastmasters Club
The Cedar Hills Rec Center
11640 SW Park Way
Portland



Food - Fun - Laughter

This book was distributed courtesy of:



For your own Unlimited Reading and FREE eBooks today, visit:

<http://www.Free-eBooks.net>

Share this eBook with anyone and everyone automatically by selecting any of the options below:



To show your appreciation to the author and help others have wonderful reading experiences and find helpful information too, we'd be very grateful if you'd kindly [post your comments for this book here](#).



COPYRIGHT INFORMATION

Free-eBooks.net respects the intellectual property of others. When a book's copyright owner submits their work to Free-eBooks.net, they are granting us permission to distribute such material. Unless otherwise stated in this book, this permission is not passed onto others. As such, redistributing this book without the copyright owner's permission can constitute copyright infringement. If you believe that your work has been used in a manner that constitutes copyright infringement, please follow our Notice and Procedure for Making Claims of Copyright Infringement as seen in our Terms of Service here:

<http://www.free-ebooks.net/tos.html>



FREE
eBooks



WHOEVER
WHENEVER
WHEREVER
YOU ARE

INSTANTLY DOWNLOAD THESE MASSIVE BOOK BUNDLES

CLICK ANY BELOW TO ENJOY NOW

3 AUDIOBOOK COLLECTIONS

Classic AudioBooks Vol 1 ■ Classic AudioBooks Vol 2 ■ Classic AudioBooks Kids

6 BOOK COLLECTIONS

Sci-Fi ■ Romance ■ Mystery ■ Academic ■ Classics ■ Business