

# Voices!

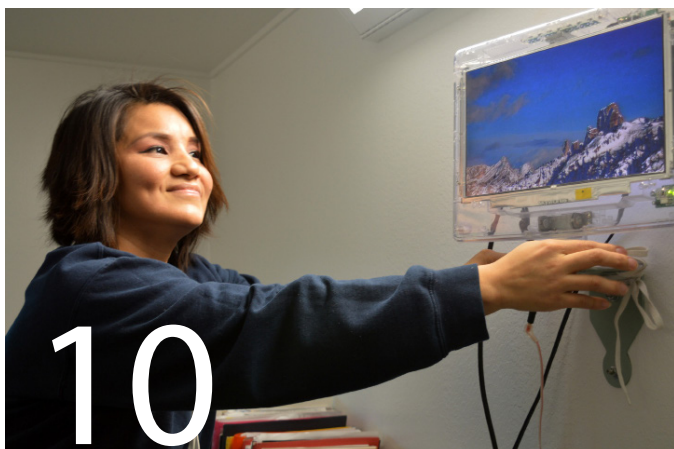
One Community  
Many Voices  
District 7 Toastmasters  
March 2016

## Reach for DTM GOLD!



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# EDITORIAL COURAGE

by Phyllis A. Harmon, DTM  
Immediate Past District Governor

*“True champions aren’t always the ones that win, but those with the most guts.”* I really like this quote by Mia Hamm, Olympic Gold Medalist. I equate “guts” with “courage.” Heaven knows, District 7 Toastmasters know all about courage. A fine example is contest season. I admire those of you who find contests challenging or rewarding, and are eager to participate. Not only do you practice your deliveries over and over again, but you seek advice from all who are willing to share their thoughts. Since our advice is often conflicting, you have the patience to sift through the well-meaning dross for the nuggets that will help you achieve your objectives.



You spend weeks polishing and perfecting your messages and deliveries. And then, like a meal placed before a hungry horde, your time in the spotlight is over and done with in 7 minutes, 30 seconds or less.

What courage! First for stepping onto the stage and vying for placement. And then, if not successful, having the courage to swallow your disappointment and congratulate the winners. Winners, thank you for having the courage to accept your wins with aplomb and grace (suppressing the urge to break out in a happy dance).

You are an inspiration and an example for the rest of us. Someday, when I grow up, I aspire to have your courage and willingness to step into the scary world of competition.

Thank you for leading the way. See you in Eugene!

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**TOASTMASTERS**  
INTERNATIONAL

# Reach for the DTM GOLD!

by Allan Edinger, DTM



**3**0 Competent Communicators, 9 old Competent Leaders, over 300 speeches and 7 DTM'S. . . "Why would you do that?". The answer is very simple. "Because it's there." "Because I waste nothing. I have been in Toastmasters since 1988—nearly 28 years. I waste nothing. Every speech counts. Doesn't matter who you are or what position you hold. Seven DTM's in 28 years amounts to one every 4 years. I could do more but there are a few roadblocks that stopped me.

Here are a few clues that will guide you to your DTM.

First. . .have fun in everything. See the humor in everything. Regardless of the speech you do, with the exception of a few, make them personal. Why are you researching a speech? Make almost every speech one of a personal nature. Who can ask a question or make a statement that goes against your speech when it is of a personal nature. I can sit with everyone and within 10 minutes come up with 50 personal topics, regardless of how old you are. For example, your mom and dad, 2 brothers and 2 sisters, born in another state, now work in Oregon, what schools have you attended beginning with grade school. There are at least 11 subjects, and I have not asked anything about your life.

Second. . .complete 20 speeches and nothing else, and you have a Competent Communicator (CC) and Advanced Communicator Bronze (ACB). Ten more speeches and two presentations from The Better Speaker Series and/or The Successful Club Series and you have an Advanced Communicator Silver (ACS). Complete ten more speeches from the Advanced Communication

Series, a presentation from the Success/Leadership or Success/Communication Series or a Youth Leadership. And finally coach a new member with their first three projects. Bingo, an Advanced Communicator Gold (ACG). You're done! Simple! A few extra projects and the Communicator Series is done.

Third. . .complete a Competent Leader. Not that hard. Take positions in your meetings. Volunteer for what you need. The more clubs you belong to, the merrier. Serve 6 months as a club officer in one of the 7 positions and participate in the preparation of a Club Success Plan. Participate in club officer training and conduct 2 presentations from Successful Club and/or Leadership Excellence Series. Wow! You have an Advanced Leader Bronze (ALB).

Fourth (and maybe the hardest). . .complete a term as a district officer (one of seven). Complete a High Performance Leadership Program. Serve as a club sponsor, mentor or coach. You now have an Advanced Leader Silver (ALS). Combine that with your Advanced Communicator Gold (ACG) and you have your DTM.

Now a couple of hints. Serving as a Division Director is easier than as Area Director but an Area Director is preferred to be first. Area Directors visit clubs and Division Directors do not. The High Performance Leadership program does not have to be Toastmaster oriented, but it is much easier if it is. Use the Area Director or Division Director as your plan. Try to make all of your clubs distinguished when they have not been before. Remember your



plan does not have to be successful. Try to be successful. Sponsoring a new club is tough. Mentor or coach a club for more opportunities to speak and lead.

Stand up in front of the audience and receive your DTM. It's an honor. It's fun. It is an accomplishment. Not everyone can do it. Not everyone wants it. It is hard. But it is fun. Look at the people you meet. The club members you meet. The people you engage with. And most important it is meant to be fun. And it will be if you let it.

Toastmasters is a fun organization and a

learning process. Where can you have fun and learn at the same time? The first DTM feels the same as the seventh. Will there be more? I do not know. I continue my books and learn as I go. "I waste nothing and everything counts". Since my stroke in the past year I have not slowed down. And why should I "its still fun".

*Allan has served District 7 for many years. Some of his past roles include Region Advisor, District Governor, Division and Area Governor. He is currently the District Prison Club Liasion, a member of 6 clubs, and a club officer in 5 of them.*



*2015 Fall Conference DTM Ceremony, left to right, Allen Edinger, Adele O'Neill, Erik Bergman, Alexis Mason, Leanna Lindquist, David Mason, Michelle Alba-Lim, James Wantz, Syrena Glade.*

## Perfect 10

Congratulations to Capital Toastmasters for hitting a milestone. This is the 9th year in a row the club has achieved all 10 goals. Their culture of excellence and commitment to the Distinguished Club Program is an example to us all. We are proud to have you in District 7.



# Leading the World

Lane Community College • Eugene, Oregon

## Lead Yourself, Lead the World

Balraj Arunasalam  
1st Vice President  
Toastmasters International



**KEYNOTE**

## Mastering Storytelling for Better Speaking

Craig Valentine  
1999 World Champion  
Public Speaking



**FEATURED**

**May 6 & 7, 2016**

**Register Today**

May 6 - 6pm-9:00pm - \$25

May 7 - 7am-6:30pm

- First 75 Registrations - \$55
- General Admission - \$65
- Saturday Dinner & Discourse - \$35

<http://d7toastmasters.org/spring2016/>

## Friday Night with Craig Valentine- \$25 Make Your Message Matter Championship Coaching

Saturday Night - \$35  
Dinner and Discourse  
with Balraj & Craig



<http://d7toastmasters.org/spring2016/>



# FROM THE DESK

## What's in Your Club's DNA?

by Leanna Lindquist, DTM Program Quality Director



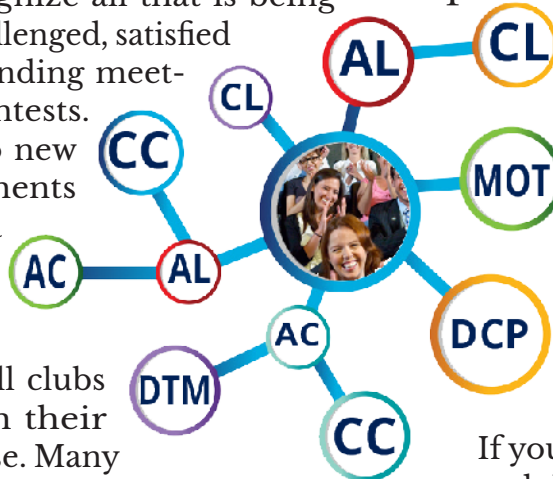
### *Is your club Distinguished 'N' Achieving?*

If your club is Distinguished you are in a club that will help you grow your skills. Your club embodies what Toastmasters is all about. Members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. It is in your clubs' DNA to strive for excellence. We have many such clubs in District 7. People join these clubs because they recognize all that is being offered. Members feel challenged, satisfied and look forward to attending meetings. The club holds contests. Mentors are provided to new members. Accomplishments are celebrated. There is a great sense of comradery and pride. "We are always Distinguished."

It would be great if all clubs had "Distinguished" in their DNA. Sadly, it isn't the case. Many clubs have lost sight of the Distinguished Club Program. Educational awards are not being earned. Manuals are not being completed. Members are losing out. They are not getting their money's worth. Personal growth is not occurring. Most likely the club struggles attracting and retaining members.

The good news is, club DNA can be altered. It

begins when a club recognizes business as usual is not developing communication and leadership skills. Business as usual is not attracting and retaining new members. Albert Einstein said, "insanity: doing the same thing over and over again and expecting different results." Clearly it's time for a change. How do you start? A Moments of Truth. This tool will help your members look at their club



up close and personal and identify areas that need some work.

What do Distinguished clubs have in common? All weekly speeches are manual speeches. Every speaker receives a high quality oral evaluation. All meetings are well organized. They begin and end on time. Members feel satisfied when they leave the meeting.

If your club is not Distinguished talk to your club members. Let them know your time is too valuable to spend in a Toastmasters Club that does not strive to be Distinguished. Then offer to help. Mother Teresa said, "I alone cannot change the world, but I can cast a stone across the waters to create many ripples." What ripple will you set in motion? How will you alter your club's DNA?

*Think of success as a game of chance in which you have control over the odds. As you begin to master concepts in personal achievement, you are increasing your odds of achieving success. —Bo Bennett, Founder & Developer of FreeToast Host*





# FROM THE DESK

## Campaigns, Kickoffs, and Contests

by Erik Bergman, DTM, Club Growth Director



### Our transit ad campaign is rolling along!

All aboard! Buses and trains from across our District 7 are carrying the Toastmasters message to new audiences this month in our spring advertising campaign.

Transit ads are rolling out in six cities: Corvallis, Eugene, Klamath Falls, Medford, Portland and Vancouver. We have brought back this campaign, which we launched last year in these same cities, because we believe this is an effective way to spread our message and attract new members in prime recruiting areas.



Ads will appear on the side, rear or inside the vehicles, depending on the city. The overhead posters, called Michaelangelos in honor of the painter's work on the Sistine Chapel ceiling, will be seen in the Portland area and feature the faces of 18 local Toastmasters.



Look closely, as you might just recognize someone you know!

When you see a Toastmasters ad on public transportation, I'd love to hear about it. Drop me a line at [cgd@D7toastmasters.org](mailto:cgd@D7toastmasters.org) and report the sighting. Better yet, take a picture and send it in. That's what Donna Stark, Division B Director, did when she saw our ad under a rainbow in Eugene. Thanks for sending that photo, Donna!

We hope those who see the ads will go to the Toastmasters International website and find a club near them. It could be yours! In other words, we hope they get on board with Toastmasters.

### Club kickoffs shift to high gear

We're staying busy with more kickoff meetings to launch new clubs, primarily at corporations. An ace team delivered a fabulous presentation at Keen Footwear in Portland, and the prospective

club has 25 charter members in line and ready to sign up. On the horizon are meetings at Catalyst IT in Beaverton, Hewlett-Packard in Vancouver, Mt. Hood Community College in Gresham, Samaritan Health in Corvallis, and Peace Health Hospital in Florence.

Dedicated Toastmasters are also pushing ahead with plans for community clubs in Gresham, Ridgefield, and St. Helens.

Every new club may be assigned two mentors to help launch it in the right direction. Mentors serve for six months and earn credit toward the Advanced Leader Silver. A second Wells Fargo Bank club, called Stumptown Toasters, has formed at Wells Fargo Center in downtown Portland! Stumptown Toasters needs two mentors who can be there for its Thursday, noon-1 p.m., meetings. To volunteer for a kickoff team or as a club mentor, please contact me and let me know where you are located and what date or time would suit your schedule.

### Talk Up Toastmasters—Feb. 1-March 31

Add 5 members, earn rewards! Our Talk Up Toastmasters program runs till the end of the month, so you still have a couple of weeks to earn rewards for your club. All clubs are eligible, and the rules are simple: Add five new, dual or reinstated members with a join date between February 1 and March 31, and you'll receive:

- Talk Up Toastmasters ribbon for your club banner
- Special discount code for 10 percent off at the TI online store
- Special bonus prize from District 7

Take advantage of Talk Up Toastmasters. Encourage your members to invite guests to a meeting where they can learn about the fun, the value and the benefits of being a Toastmaster. Toastmasters love to connect, so take advantage of it.

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# A New Kind of Freedom

## Nature channel offers window to the world for Coffee Creek inmates

by Jake Bartman

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For inmates at Coffee Creek Correctional Facility's medium security prison in Wilsonville, a new television channel in the facility — which screens images of waves rolling in from the ocean, mountains flanked by drifting clouds, the night sky and more — has gone a long way toward making incar-

in 2010, the “Blue Room” was designed to help de-escalate charged situations in the facility's Intensive Management Unit, where inmates spend all but 40 minutes per day in solitary confinement.

The Blue Room was the first program of its kind in the country, and TIME Magazine named it one of the “25 Best Inventions of 2014.” When a situation would become tense, prison guards experimented with bringing inmates to the Blue Room for an hour or so to watch videos of different natural settings instead of employing more forceful tactics.

The program was so successful in reducing incidents of misconduct that Department of Corrections officials, including Sustainability Coordinator Chad Naugle, began to consider implementing it at other facilities as well.

Staff had the idea to broadcast nature imagery on a continuous basis, and sought a facility to try a pilot program. When the DOC approached administrators at Coffee Creek, they were met with a “really accepting” response, Naugle said.

In April 2014, the prison introduced the channel to its mental health infirmary (MHI).

“It reduces stress and agitation,” Naugle said. He said that it benefits prisoners by increasing quality of life and reducing suicide attempts and incidents of self-harm, but also benefits staff by making the correctional environment safer for them.

Having received positive results in the MHI, the facility began to broadcast nature imagery throughout the prison's television network in February 2015. There are televisions in many of



SPOKESMAN PHOTO: JAKE BARTMAN - Coffee Creek Correctional Facility inmate Lanelle Warner, shown here with the television in her two-bunk cell, says that some of the nature images screened on a new channel broadcast throughout the facility bring her back to her childhood on a Native American reservation.

ceration more bearable.

“In here, our lives are mediocre,” said inmate Karlyn Eklof, who has been imprisoned since 1995. Eklof is serving a life sentence without the possibility of parole after a murder conviction, and said that the images broadcast by the channel exposed her to things she thought she might never see again.

“The first couple times I saw (the channel), it took my breath away,” Eklof said.

The channel was modeled after a program begun at Snake River Correctional Facility in Malheur County, Ore. in 2013. Inspired by a TED talk given by ecologist Nalini Nadkarni

the prison's common areas and in many of its cells as well. Inmates earn credits by working at the prison and exhibiting good behavior, and can save the points for use toward items like small televisions and MP4 players. Now those televisions allow inmates to enjoy the nature channel at any time of the day or night.

Inmates loved the program for a number of reasons, they say.

"It takes you out of being here," said Jean Keating, who entered CCCF in 2013 after being convicted of manslaughter. Keating is scheduled for a 2019 release. She said that the channel mirrors Oregon's geographic variety with its scenarios.

"There is always a place (on the channel) that someone is going home to," she said.

Some images are screened with audio to match, like the sound of wind blowing or of birds chirping, while others include classical music. Keating said that the sound of birds was especially exciting as it is something that inmates forget about after spending years behind bars.

Images of stars and the moon are another scene inmates "don't see for years," Keating said. That scenario is Cynthia Rowe's favorite. Rowe has been serving a life sentence for murder since 2003, and works in the prison's hospice care unit. She says that the channel has proven especially powerful for women

who are near death.

"It takes them outside these walls for the last time," Rowe said. She added that hospice staff are working with prison staff to have the walls of every room in the hospice unit painted white, so that the channel can be viewed in a larger format than the televisions at the foot of each hospice bed allow.

Rowe said that for her, watching the channel brings her in equal measure to the past and to what she dreams of for the future. That was the case for inmate Lanelle Warner as well. Warner began a 10-year manslaughter sentence in 2011. Warner was raised in a cabin on a Native American reservation, where she hauled water and chopped wood for the family's stove.

"It's a piece of home," she said.

Warner said that she intends to better appreciate the natural world once she is released. But for Eklof, who likely will never again see any of the scenarios shown on the channel in person, there is a touch of heartache in her appreciation for the program.

"It's a strong example of what we've lost," Eklof said.

Contact Jake Bartman at 503-636-1281 ext. 113 or [jbartman@pamplinmedia.com](mailto:jbartman@pamplinmedia.com). *This article originally published in the Wilsonville Spokesman. Reprinted by permission from Jake Bartman.. Lanelle Warner and Karlyn Eklof are members of Audacious Orators.*

## 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.](#)



# Distinguished by April 1<sup>st</sup>

*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. Updated March 14th*



	Members	Required	Goals Completed
<b>Distinguished</b>			
Babble-On	43	20	8
Clackamas Stepping Stones	19	20	5
Fortunate 500	16	20	4
Gorge Windbags	17	20	4
Liberty Talkers	14	20	7
Milwaukie Talkies	23	20	5
New Beginnings	14	13	7
New Horizons	30	20	9
Noon Talkers	32	20	6
PMI Portland	19	20	5
Siuslaw Tail Spinners	17	20	6
Thrill of the Quill	9	13	4
Toast to US	22	20	4
U of O	44	20	5
West Beaverton	27	20	4
<b>Select Distinguished</b>			
Blue Ox	17	18	7
<b>Presidents Distinguished</b>			
Audacious Orators	31	20	9
Clackamas County	30	20	5
Clark County	20	20	5
Daylighters	16	20	3
Feedbackers	19	20	7
Grants Pass	20	20	7
Marylhurst	33	20	7
Moser Community	41	20	8
Sporty Speakers	37	20	9
Swan Island	33	20	9
WE Toasted	28	20	7
Yawn Patrol	29	20	9

These clubs have added 41 new members and 21 goals in the last month



# JOURNEYS...

## Spotlight on Jane Wolfe, ACS, ALB

By Alexis Mason, DTM

Jane spent her early years in Minnesota. Later she attended the University of Wisconsin in Madison and earned her degree. She had been a reporter and editor for various publications, but during her senior year in Madison, she took an art class. That was a significant opportunity for her.

Jane relocated to Denver and worked as a systems analyst. She also sold both computer hardware and software in California. In her spare time she became involved with improvisation. Her purpose was to focus on spontaneity, to be playful, and to meet people. That was a second significant opportunity for her.

Artist commissions allowed her to stay home for six months to figure out what was going to be next and to decide where

to live. She and Norman used a Google program called FindYourSpot.com to help them decide. The program is designed to help you find your home. They entered their top twenty values and desires and guess what popped up? If you guessed Portland, you are correct.

However, it was Vancouver instead. That was at the end of 2011. In February of 2012 they joined Vancouver Toastmasters, club 353, one of the oldest in our district. Since then Jane has served as an area governor and needs only to coach or mentor a club to achieve her DTM. That is in the works.

Outside of Toastmasters, Jane works with Norman and on her own, consulting and teaching improv in the public and corporate sector. Her first book *Improv Your Relationships* is nearly ready to go. And we say, "You go, Jane."



# Leadership Opportunities

by Leanna Lindquist, DTM

Opportunities to practice and grow your leadership skills are abundant in District 7. It's not too early to consider an appointed position for the new Toastmaster year beginning July 1st. If you want to be considered for a position as an Area Director, Administrative Manager, Financial Manager Public Relations Manager please submit your name for consideration.





# PERSPECTIVES

## Idea Germination

by Shannon Milliman

Have you ever had an idea that catapulted itself into your mind and you thought, "That would be a great speech idea." You then swiftly went along with your prior activities and nigh forgot that said stroke of brilliance? The idea that should have "*Veni, Vidi, Vici-d*" never quite reached that brilliant conquering phase. It came as possibility: your mind synopsis started the work. They contemplated the potential and processed what connections you would creatively channel ...and the phone rang, a project became due or another load of laundry was started and the casualty of all this priority management always tends to be your fleeting ideas.

A simple practice can begin to transform your discipline to germinate and eventually develop ideas worth sharing. This will allow more of your ideas to be considered and given opportunity to be developed into concepts that can change and motivate yourself and others. The practice is common. It uses common tools: a note book (the same notebook) or your cell phone and common sense. With those two things all you must do is jot the thought, idea, dream, funny moment, inspiration down. Do it all the time. Write ALL of the ideas that come to you in the same place. Similar to when we brainstorm and we accept in this phase

there are 'no wrong ideas,' allow the muses, spiritual enlightenment or inner power to trust you with these ideas. When they begin to see you will record these ideas, you will be granted more ideas.

When you struggle with



"What shall I give a speech about?" you will pattern yourself to track back through your notebook and develop the right idea for this moment. As Toastmasters we are drawn toward expression, creativity and inspiration. We attend meetings often hoping to fill our wells with some of this and to in turn, do the same for our fellow toastmasters as we embark upon another week

focused on refining our leadership and communication skills and exemplifying these skills in the world inspiring others.

At times, though, we fail to maximize the potential of our day-to-day experiences and their power to transform. Writing down fleeting ideas is the first step in reclaiming your power to discern wisdom worthy of sharing. It is this way of thinking that elevates the mundane and reveals the remarkability in everyday life. There is unspeakable wonder in something as small as a seed sprouting just as there is in the day to day moments: burnt toast, driving the wrong way on a one way street or misinterpreting an accent might have great potential to uplift. You do not need to have survived disease, experienced ultimate betrayal or climbed Mt Kilimanjaro to find a human, relatable message. Forming a speech can be powerful executed because you honored an idea filtered to you at the right time. Honor your thoughts as seeds. Record them.

*Shannon Milliman joined Toastmasters in 2013 and is a member of Competitive Speakers PDX.*

*Paid your  
Toastmasters  
dues yet?*



**Due by 4/1/2016**



# Marketing: Riding the Seesaw

by Janet Hager

There are two schools of thought about designing product and service offerings.

One camp says: The customer is always right. We design what they want and deliver it to them.

The other camp says: This is who we are. If you don't like it, that's okay; we're looking for the people who do.

Neither camp is entirely right, of course; extremists rarely are. The answer is somewhere in between. I see it as a seesaw, with *who you are* on one side and *what the client wants* on the other. We all lean toward our clients a bit. But how much? How do you strike that balance? How do you decide where to give in, and where to drive a stake into the ground?

I recommend starting from the this-is-who-we-are end of the seesaw. Outline who you are and what you stand for as a company first; find clients who love you for it; then if those clients suggest ways you can change for the better, consider it.

Starting with yourself (your company's self) means the work you do or the products you make come from a place of authenticity and truth within, rather than from doing what someone tells you to do.

**None of us got into business for ourselves so we could do what other people tell us to do.**

Furthermore, people value a strong sense of self in the companies they do business with. People want to know what you stand for, they demand transparency from companies in a way they never have before.

Having a written brand platform that outlines your core values, your core offerings, and your core customers is valuable; that's your touchstone. When you get feedback from a client about changing your offering or the way you do business, compare it back to that brand platform. How far can you lean before the seesaw tips too far? Does it feel right?

When you start to feel like what you're doing is a little bit hollow, when you start to

feel under-appreciated, when you wonder why your clients aren't taking full advantage of your abilities, when you just feel lackluster about your business — then you may have leaned too far. It's time to go back to your brand platform and review who you are and what you stand for. Have you tipped too far on the seesaw?

When it comes to your Toastmasters club, start from within. What is your club all about? What makes you special? Then find people who want what you're offering. When you have complete alignment between what you have to offer and what they want in a club, it will be apparent from the get-go; they'll sense it in their very first meeting, and so will you. Those are the best members to bring on board. And a few of the best members are far better than a whole raft of not-so-great members.

*Janet Clesse Hager can help you find balance on the seesaw, 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](#).*







## Members Helping Members Revitalize Clubs!

Allison Bennett, ACB, CL, Club Coach Coordinator

### CONGRATULATIONS!

D.C.P. = Documented Changes in People!

Hoorah!! 2 of our Club Coaching Partners have their DCP GOALS MET!

This shows that the Club members are learning, growing, and achieving goals in communication and leadership skill building using the Toastmasters CC, CL, and other Manuals as a guide. The lessons and projects in these manuals are based on the very same information, insights, and exercises some people pay professional trainers and coaches \$1,000 to Excel. Fantastic way to put the Toastmaster tools to use! What a great accomplishment!

- Southern Oregon Speechmasters:  
Jo Anna Shaw, ACG, ALB  
John Conteras, ACG, ALB
- Civil Tongues:  
Carrie Henderson, ACG, ALB  
Scott Stevenson, DTM

This shows that the Club members are learning, growing, and achieving goals in communication and leadership skill building using the Toastmasters CC, CL, and other Manuals as a guide. The lessons and projects in these manuals are based on the very same information, insights, and exercises some people pay professional trainers and coaches \$1,000 to Excel. Fantastic way to put the Toastmaster tools to use! What a great accomplishment!

### CLUB MOTTO

Does your club have a Club Motto? Something that identifies, invigorates, inspires your club members? Sometimes an easy phrase that rings true in one's head can really unite the spirit of a club. It can be a motivational reminder to come to meetings and achieve toastmaster goals.

Toastmasters International's Motto is: Where Leaders Are Made.

Here are Some Other Club Mottos:

- Hour of Power
- Best Hour of the Week
- Happy Hour
- Take a Leap
- Take the Next Step
- Don't Say No, Just Go!
- What would Dick Moser Do?



Welcome to our newest Strive2Thrive Club Coach Partnerships!

Embracing Cultures, Tigard Oregon:  
Dawnette Hale, ACB, ALB

Patriot Talkers, Portland Oregon: Leanna Lindquist, DTM, Program Quality Director  
We are looking for even more Coaches to Encourage, Empower, and Partner with striving clubs.

Is this for you?

Contact: [coaches@d7toastmastrs.org](mailto:coaches@d7toastmastrs.org).

## Speak UP!

Have you visited another club? Have you given a speech at another Club? Has your club invited other Toastmasters to speak at your meetings? I enthusiastically encourage you to do so!!

Here's some reasons you may want to consider Reaching Out to another TM Club:

Broadening your horizons. Gaining new insights. Bring new ideas into your club. Challenge yourself to the next level. Meet new friends. Networking.

For more information contact: [AllisonInnovates@gmail.com](mailto:AllisonInnovates@gmail.com)

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