

TOASTMASTERS SAVES LIVES

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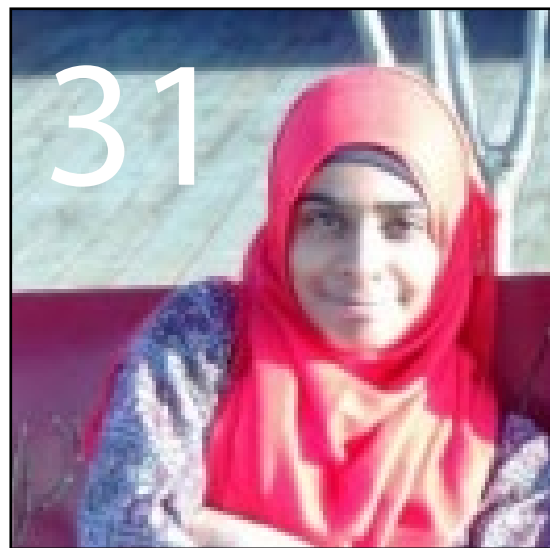




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Program Quality Director



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

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Program Quality Director

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Becky Holm

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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.

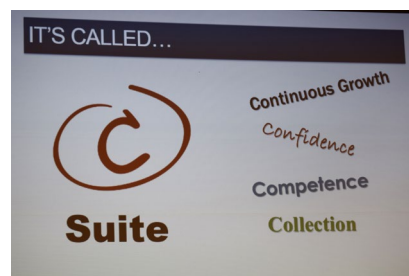
January 23rd—In the wee hours of the morning volunteers with loaded cars made their way to Wilsonville High School. They are our unsung heroes, the members who went the extra mile to provide us with food for our bellies and food for our brains. They came early, stayed late and prepared presentations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



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

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 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



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.

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

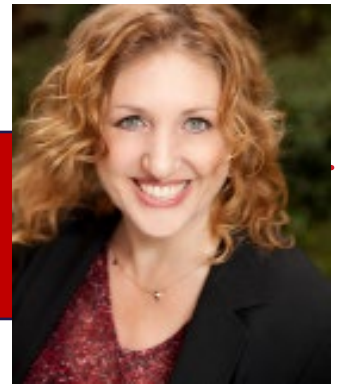
Accountability (on paper) assignment. Enjoy it, you only get one! Sign up for a role, give a speech, yes, but do it for this meeting alone- solely for the sake of enjoyment. Do not allow yourself to note evaluations for others or give yourself manual credit.

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.



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Allison Bennett, ACB, CL, Club Coach Coordinator



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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!



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