



Voices!

One Community
Many Voices
District 7 Toastmasters
November 2015



A Resounding Success!

**Yoshiko Okamura
Kathleem Sykora**

INSIDE 2015 D7 FALL CONFERENCE HIGHLIGHTS

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EDITORIAL

It Takes a Village

by Phyllis A. Harmon, DTM
Immediate Past District Governor

To paraphrase an African proverb – it takes a village to do anything well. The Fall Conference: Make It Matter was no exception. In this issue, you can read the conference recap, interviews with the winners of the Table Topics and Humorous Speech contests, and Yokko’s winning speech in the *Tell Me a Story* column.

Let’s talk about what goes on behind the scenes – the people who toil to create a successful event. Planning began a year ago, when Leanna Lindquist, Program Quality Director (then Lt. Governor Marketing), asked Ryan Avery to be the keynote. By January, the venue was chosen and planning began in earnest. Rodger Cook stepped up as conference chair. He began assembling the conference team: Eldred Brown – registration chair, Jerry Kleffner – credentials chair, Anne Kroetch-volunteer coordinator, me as marketing and talent recruiter, Ellen Ino – chief judge, and Simon Bosley – contest chair. Rodger met several times with the Warner Pacific staff, Grace – venue, Daniel – A/V, and Joel – chef, to make sure that on the day of the conference everything ran smoothly and the attendees had a great time. Over the months leading up to November 7, the team recruited people to help with registration, room coordinators, greeters, contest toastmasters, judges, counters, and timers.

6:00 AM – November 7. The conference team arrived at Warner Pacific. Like a well-oiled machine, they began setting up for the day – registration tables and credentials were strategically arranged in the lobby, D7 historian, Harvey Schowe, set up displays in the coffee shop area, breakfast was laid out and ready to serve in the cafeteria. Near the entrance Maria Lee and Marsha Ware set up the prison raffle in space donated by the district. Rodger hung directional signs throughout the conference space while Leanna made sure the auditorium was set up correctly. I checked out the breakout rooms, put handouts and presenter tools where they needed to be, and conferred with Daniel to make sure that the venue’s sound system and district computer would play well together.

7:30AM – the auditorium began to fill. People connected. The noise level increased. Excitement stirred the air.

8:00AM – Lights! Camera! Action! The conference was off and running.

7:00PM – The team packed up, making sure that we left the venue as we found it.

Thank you to everyone who tirelessly contributed their time and talent to make the Fall Conference one of the best we’ve had in several years. If you want to become part of the conference team, please contact conference chair, Rodger Cook, at rcook1049@gmail.com.

It takes a village.

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TOASTMASTERS
INTERNATIONAL

D7 FALL CONFERENCE WAS A RESOUNDING SUCCESS!



By Patrick Locke, DTM, Area 84 Director

“Make it Matter.” Isn’t that something we all want? To “make it matter” is to make a difference in our personal and professional lives while touching others. Inspiring people in our spheres of influence while collectively increasing our ability to communicate on higher levels. Did our experiences on November 6th and 7th translate into personal growth? I believe that if you were there, you gained from the experience!

Beginning on Friday evening, November 6th, the room was filled with excitement in anticipation of hearing from 2012 World Champion Public Speaker Ryan Avery. We waited three years for this, now only minutes away. Our own Ryan Avery was about to share with us the exhilarating experience of winning the title. Ryan’s theme for the evening was “little things make a big difference!” Ryan shared with us how, when working at his job with Special Olympics, he had sent an email with the subject line reading “Order your special Olympic shirt now!” only to realize that the “r” had been left out of “shirt.” Little thing, big difference, wouldn’t you agree? We chuckled and laughed but everyone came away with increased insight.



We received many tidbits of wisdom that otherwise may have never entered our consciousness. Ryan talked about removing two minor words from our vocabulary. He explained how the words “just” and “only” were words which portrayed low confidence. Since then I have become hyper-aware of these words and I have observed the behavior they support.

Another tidbit which was significant to me related to what Ryan called the “4 Q’s of meeting.” Why am I meeting? What is one objective of the meeting? What are points or stories I can inject? And how much time do I have? These may seem simple on the surface. However, when you consider them from a perspective of increasing and maximizing your communication skills, there is another dimension brought into play. The richness of what Ryan shared (coupled with his ability to inspire) made this evening a rich learning experience.

Saturday morning seven o’clock! Breakfast with fellow Toastmasters from every division in the district. Some came from as far south as Northern California. From the North came members from Longview and Astoria - a most diverse group of people from all walks of life. We conversed over breakfast as the hustle and bustle of display setup created a special energy. There is Harvey Schowe. He always finds new information about the history of District 7 and Toastmasters International. I wonder what he found in the past six months to share with us. There is Maria Lee and crew setting up for the prison raffle. Lots of jewelry and the ladies were taking notice. Everywhere people were greeting friends as they arrived. Some of the speech contestants arrive. “You’re going to do great,” I said to one. She looked around as if to say, “There are so many people... how will I do this? I think, “This is going to be the most fun day you have ever experienced.”



As eight o’clock approached, everyone began migrating towards the auditorium. Greetings were continuously exchanged as we move through corridors, stairways, and elevators. The conference Toastmaster was none other than Libra Forde, our recent international speech semi-finalist who performed so eloquently in Las Vegas. She was at her very best that day. At six-foot-five, she is a most beautiful woman with a smile that melts hearts in a millisecond.

Hugs abounded as she flowed through the room waving and blowing a kiss here and there. It seemed like only moments and then, it was time for the conference to begin.

Libra stepped to the stage, gazed at the audience and silence began to flow like a wave across this ocean of people. Her opening comments were filled with the joy of the moment. Having taken care of logistics, it was time to introduce the keynote speaker, Ryan Avery, who leaped to his feet and was instantaneously poised for action. “Real Leaders Are Real Speakers: Communication Strategies All Leaders Should Know, But Most Don’t” was the title of Ryan’s opening talk. He began with personal stories about how he came to compete for the

“World Champion Public Speaking” title. Through a series of well-articulated stories, Ryan shared strategies he learned to effectively move him towards his vision. The great news was that each of us could learn these strategies and understand how to apply them to our own visions. This was not theory, this was solid proven information we could take and apply. Thank you Ryan, for the effort you expended to prepare this session for us!

The first round of workshops followed with four sessions to choose from. Ryan Avery, DTM, “Stop Being a Leader,” James Wantz, DTM, “Introduction to Linear Stage Psychology 101,” Tara Rolstad, CC, “Strategic Humor in Speaking: Use It Safely and Save Lives (or at Least Presentations),” and Yaswanth Rangineni, CC, “Effective Time Management: Organize and Execute Around Priorities.” Each of these talks was filled with practical information which every member, no matter his or her profession, business, or hobby, could apply to some segment of life, immediately!

Then, it was time for the Table Topics contest. Judges and contestants were briefed, all was ready. The Toastmaster



Ryan Avery, DTM



James Wantz, DTM



Tara Rolstad, CC



Yaswanth Rangineni, CC

announced the speaking order. The first speaker approached the stage while all other contestants are silently led out of the room to a remote location, out of hearing range of the auditorium. The Toastmaster announced the speaker’s name, then recited the table topic twice, then repeated the speaker’s name. A brief handshake and the speaker was on their own. Speaker after speaker performed impeccably.



Judges completed their ballots. The Chief Judge and ballot counters retired to complete their work. Witty comments during contestant interviews brought laughter from the audience, but all the time knowing these contestants were wondering who was to be the final winner. The Chief Judge emerged from the side entrance with envelope in hand. District Leaders made their way to the stage. It was time to announce the winners. They began: Third Place, Owen Chambers; Second Place, Brandon Heston; then the room became silent as the long-awaited announcement comes. District 7 Toastmasters 2015-16 First Place Table Topics Contest Winner: Kathleen Sykora!

The auditorium erupted in applause, rising to a crescendo of approval. Kathleen stood on the side of the room in disbelief! She was beckoned to the stage. She stepped onto the platform and the First Place Trophy was placed in her hands! She stood as a speechless toastmaster until the audience calmed! Finally she articulated her thanks and appreciation.



Next was the DTM (Distinguished Toastmaster) Award Ceremony. In January of 2014 I made a promise to myself that I would earn my DTM on July 1, 2015 and be on stage with District 7 Distinguished Toastmasters to receive my DTM medallion. The Toastmaster invited all DTM holders to come onstage and prepare to receive the newest DTM awardees. As each name was called, the audience applauded. The current DTM’s personally congratulated each new recipient into their ranks. This experience was one of the most gratifying feelings of accomplishment I have ever felt. This award represented everyone who had helped me along the way and every person who allowed me to help them in their journey. We were all winners that day.

Lunch brought more celebration of friendships. Every person I spoke to was having a marvelous experience. For many this was their first District event, and from their comments, was the first of what would be many in the future.



After lunch, our District Director led the business meeting followed by another round of breakout sessions. These were equally as interesting and varied as those earlier in the day. Glen Anderson, CC, "Creating Differentiation Through Your Message"; Chelsea Avery, CC "The Power of Partnerships"; Eric Winger, ACS, ALB, "Beyond the Sandwich: The Five W's of Effective Evaluation"; and Jason Leon, CC, "The Best Investment". I personally attended Chelsea's session where she took us into the meat and potatoes of developing strong sustainable partnerships. Eric Winger always produces powerful interaction within his training sessions, he is a master. Glen and Jason were equally strong presenters with valuable information we could

put into practice immediately.

The last event of the day, the Humorous Speech Contest, found attendees returning to the Auditorium. We were



Glen Anderson, CC



Chelsea Avery, CC



Eric Winger, ACS, ALB



Jason Leon, CC

minutes away. Judges and contestants were briefed, all is ready. The Toastmaster announced the speaking order. The first speaker approached the stage. The Toastmaster announced the speaker's name, the speech title twice, then repeated the speaker's name. A brief handshake and humor began to roll. Speaker after speaker performed. They were hilarious and the audience responded to every speaker. It was evident that each speaker had prepared for this event. They did a fabulous job. One speaker shared a story about embarking on a camping experience. Another told the funniest story about developing a political reality show with presidential candidates. Another shared the inside story of flight attendants telling their side of the flight experience.

In a room of silence the judges completed their ballots. The Chief Judge and ballot counters retired to complete their work. Witty comments from the contestants again brought laughter from the audience. The Chief Judge emerged from the side entrance with envelope in hand. District Leaders made their way to the stage. With the same intensity as before, the Third Place winner is announced, Todd Kimball; Second Place, Paymon Salashoor; again the room becomes silent as the announcement comes. District 7 Toastmasters 2015-16 First Place Humorous Speech Contest Winner: Yoshiko Okamura! The auditorium erupts in applause. Yokko was at the back of the room. She put her hands over her mouth, her eyes wide in astonishment! She stepped up to the platform and was handed the First Place Trophy! The audience's applause bounced off the walls. She too stood as a speechless toastmaster in front of an audience standing to honor her! As the applause died down, she shared her thanks and appreciation.



At the end of the day, the attendees walked away filled with new ideas, knowing they had been part of the best conference experience in recent memory. From opening comments to the final applause, the day was filled with excitement, laughter, and connections. Purchase your tickets for the Spring Conference right now for \$55. Keynote speaker, Balraj Arunasalam (1st Vice President of Toastmasters International) and Craig Valentine, 1999 World Champion of Public Speaking will be showcasing the event on May 7, 2016 at the Lane Community College Center for Learning and Education in Eugene. See you there!

NORTHERN DIVISION CLEAR



(Northern Division members Kathleen Sykora and Yoshiko (Yokko) Okamura captured both first place trophies in the Table Topics and the Humorous Speech contests. Kathleen wowed the judges and audience with her entertaining response to the table topics question: Everyone knows you are a celebrated TV personality with millions of viewers. How did you become successful and why are you so admired? . Yokko, dressed in her flight uniform, had everyone rolling in the aisles with her speech, Not So Friendly Skies, about the in-flight challenges of coping with passengers. Following the contests, Patrick Locke, DTM interviewed both Kathleen and Yokko. – Editor)

Interview with Kathleen Sykora

Q: What were your feelings as you won each level of the contest, club, area, division, district? Share with your fellow members how you felt and what helped you win?

Kathleen: The first time I won at the club level, I was so excited because I hadn't won a competition before. I felt really comfortable beforehand, just wanting to enjoy the experience and have fun. At each level, I realized that I had to work a little harder to enjoy the experience and have fun, because I was feeling the pressure of wanting to represent my club and keep going. But, each time I took first place, it was a thrilling experience. The questions were all so interesting, different, and kept me on my toes!

Q: How did your fellow Toastmasters support you, and why was that important to your success?

Kathleen: I couldn't have succeeded like I did had it not been for my home club members. Their support was absolutely key. They were committed in taking meeting time to allow me to get up in front of them and do mock questions, one after the other. We held special meetings before the contests to prepare me for that particular level. It was an amazing experience to have that kind of faith and belief in my abilities to nail this competition.

Q: How do you see everyone gaining from this experience of a contest?

Kathleen: Everyone who participates in whatever capacity they can, support at the home club level, attending the contests gains something. Attending each contest and the Fall Conference was a real eye opener for me. I hadn't attended anything other than our club meetings, and I came away with the feeling that I am part of something much bigger than our club, that there are so many opportunities out there for each one of us to take advantage of to improve ourselves, not only as speakers, but as individuals making a difference in this world. This experience has deepened my commitment to my club and beyond, and to myself to set personal speaking and leadership goals. It has been an amazing experience! And, I want to share this experience with my home club members so that they can one day have the chance to be their District's Table Topics Champion.



Kathleen Sykora is a charter member of UL's (Underwriters Laboratories) Testmasters Club in Camas, WA having participated in the club for the past five years. She has a background in theater and music, having received her Master of Arts degree in Acting from DePaul University, Chicago, IL. A native Southern Californian, Kathleen has made the Pacific Northwest her home for the past 10 years.

Kathleen shares that taking first place at the 2015 District Fall Conference Table Topics contest has been a thrilling experience! And, that Toastmasters has been instrumental in honing her speech writing and speaking skills. Her next goal is to become the 2016 International Champion Public Speaking. So keep a watch out for that curly, gray-haired gal next spring! Congratulations on winning the Table Topics Contest!

INS UP AT FALL CONFERENCE

Interview with Yoshiko Okamura

Q: What were your feelings as you won each level of the contest, club, area, division, district? Share with your fellow members how you felt and what helped you win?

Yokko: Club level - I was lucky that I had funny stories that were so much a part of my life. I spoke from my heart rather than from my mouth. The competition was a thrill. Winning gave me a sense of accomplishment.

Area level - One of my mentors gave me lots of positive feedback and suggestions to make my speech funnier and more memorable. Another mentor kept telling me that all I needed was just to have fun. The excitement of winning fueled me to strive for better.

Division level - At the contest, the presence of my club members to support and cheer for me gave me a sense of purpose. I wanted to give seven minutes of enjoyment to them to show my appreciation. When the winner was announced, I was speechless and shocked. I couldn't figure out what had just happened for a while. The other contestants were all such excellent speakers.

District level - Patrick, because of you, I won. You told me the importance of mental training and visualization. I walked up on the stage and glanced at the audience before I started speaking. I had confidence, which I had never had before. I didn't win. We won. My words could not express how much I appreciated all of the help, support, and encouragement that I got from my fellow members.

Q: I want our readers to understand the power in engaging the system. Share with us how you feel you engaged the system and how the system helped you be a winner?

Yokko: I was afraid of speaking in public. The best way to overcome my fear was to face it. Eight months ago, when I visited a few clubs to check out Toastmasters, I was asked to participate in Table Topics. I struggled through, but the club members thanked me for speaking and gave me encouraging words at the end. I quickly learned that it was a safe place to face my fears. In addition, evaluations by fellow members, that consist of plenty of positive feedback with insightful suggestions, have improved my speaking skills without shattering my self-esteem. Being an evaluator has also made me a better listener and, in turn, a better speaker.

Q: How do you see everyone gaining from this experience of a contest?

Yokko: By speaking only at our club meetings, we become very comfortable with the familiar faces and surroundings. By entering the Humorous speech contest, I realized how much a new setting affected my mental state. Giving a speech in front of new faces, and at an unfamiliar place was intimidating. I thought I was going to pass out while I was waiting for my turn at the Division contest. Surprisingly, I handled it so much better at the District contest. New environments are less of an issue now. We can do a lot more than we think. The only way to find out is to try.

Yokko attended college and flight school in San Diego where she met her husband Tony. He is also a pilot. They moved to Vancouver 20 years ago to fly for Horizon Air. She is still with the same company. Yokko says, "I love my job and I love to fly." She pilots a relatively small airplane. Many of the destinations are small cities near national parks. Because they fly at relatively low altitudes, Yokko loves the amazing views from the flight deck. With average flight times of one hour and frequent takeoffs-and-landings Yokko believes they are perfect for an energetic person like her. On her days off, she can be found working out and preparing a great meal. But, she still gets that urge to fly. I guess she's a workaholic having some fun! Congratulations on winning the Humorous Speech Contest.



VIEWPOINT



Let's Make Real Magic

By Michelle Alba Lim, DTM – District Director

Yes, the title may initially seem like an oxymoron. Real magic? How can magic be real? I would have been as skeptical as the next person, had it not been for Wayne Dyer's paradigm-shifting book, [Real Magic: Creating Miracles in Everyday Life](#). In this book, Dyer cites numerous examples of the seemingly impossible becoming possible because people believed they were possible. He wrote that when we truly believe, our minds and our bodies work in perfect unison to achieve what our hearts already know to be true. The impossible becomes possible. Magic becomes real.

Can we make real magic in District 7? Yes we can! But only IF we truly believe that we can, and are willing to do what it takes to make it real. Let's take our goal of being a President's Distinguished District. With barely seven months left in the Toastmasters year, President's Distinguished District may seem impossible to achieve.

To be globally recognized as a President's Distinguished Club, District 7 needs to have 191 clubs, 7507 member payments, and 88 distinguished clubs. As of this writing, we are at 153 clubs and 2905 member payments. The gap is substantial, however it can be bridged. We can – and will – be a President's Distinguished District if we take action to support what we believe.

What can we do? A lot! Below are but a few actions that will help make the magic real. Let's do as many of these as possible, and then come up with more!

- Look around your communities for businesses or organizations that could support a Toastmasters club. Obtain contact information and send to our Club Growth Director Erik Bergman cgd@d7toastmasters.org
- Invite family, friends, and colleagues to attend your Toastmasters club meetings
- Reach out to former club members and invite them to renew their membership
- Conduct [Speechcraft](#) within your club or in partnership with nearby clubs
- Host an [Open House](#) and make it worth people's time by inviting a guest speaker
- Volunteer to [coach](#) a struggling club
- Work on your speech projects as well as your Competent Leadership manual

My home club, the Wonderful Oregon Wordmasters (WOW) Toastmasters, will be a test case for making the magic real. We have experienced several setbacks and have lost members. We believe we can end the year as a Distinguished Club! Impossible? No, just extremely challenging! If we can do it, so can anyone else!

Let's make real magic!

Email me at dd@d7toastmasters.org to let me know what you think.



FROM THE DESK

Where Will Your GPS Take You?

by Leanna Lindquist, DTM Program Quality Director

Goal

Journeys begin with a road map. Today that map is a GPS. A GPS works for your Toastmaster journey too.

Plan

Goal setting is a powerful process. Begin by thinking about your ideal future. Where do you want to go? Do you want to be a District speech contest winner, a Distinguished Toastmaster, DTM, or do you want to earn your Competent Communicator award?

Strategy

When you know what you want to do you will know what you have to do. Begin by looking at the big picture. Clearly define your goal.

Goal

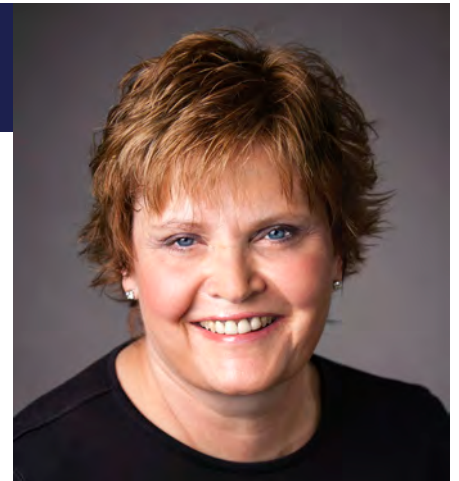
- I will complete the Advanced Competent Silver award by June 30, 2016.

Plan

- Complete two advanced communication manuals – total of 10 speeches
- Deliver two speeches from Better Speaker or Successful Club Series

Strategy

- 31 weeks to achieve goal
- 12 speeches to deliver
- Deliver a speech every 2 ½ weeks
- Ask to speak at another club if my club cannot accommodate my speeches
- Ask Area Director if another club would benefit hearing a Better Speaker or Successful Club Series speech



Think back to why you joined Toastmasters. Set a **goal** that stays in line with the reason you joined Toastmasters. **Plan** a series of small goals that must be accomplished. Develop a **strategy** that is realistic and allows you to be successful.

Did You Know. . .

Is it OK to repeat manuals?

Yes, especially the Competent Communicator and Competent Leader Manuals. We have two members in our District who have each completed over 30 CC manuals. Always carry one; you never know when you will be called upon to give a hot seat speech. As soon as you complete a CL manual purchase a new one. After all you continue to fill club roles. You may submit one CC and one CL award per year per club.

May I visit other clubs?

Absolutely! This is one of the best ways to grow. No two clubs are alike. Contact the club and let them know you want to visit.

Does the District pay presenters at the conference?

No, Toastmasters International prohibits us from paying any speaker.

FROM THE DESK



November Is Deadline Month

By Erik Bergman, DTM, Club Growth Director



If you are someone who waits until the last minute, it's your time to shine — the last minute is NOW!

The end of the month marks a key date in the Toastmasters year. Monday, Nov. 30, is the last day for these key metrics of member, club, Area and District success:

- Unpaid members must renew their membership
- Club Treasurers must submit member renewal payments
- Area Directors must submit Club Visit Reports

All of the above must be received at Toastmasters International (TI) by midnight. Please act on them ASAP and DO NOT WAIT until 10 p.m. that night because TI's system may be slow due to the high volume of last-minute submissions.

Think how much stronger our program would be if all 1,032 unpaid members, listed as "grace" on a club's roster, would renew right now. Let's work to keep them as fellow Toastmasters. Club VPs of Membership and Treasurers play a big role here, but each one of us can urge a tardy dues payer to stay with the club.

Part of being good leaders is taking care of business at all levels of our organization. Spare yourself any further e-nags, and save your fellow Toastmasters the worry and aggravation of hounding you to make a payment or submit a report. Just do it!

Many thanks to these Area Directors whose Club Visit Reports are all in: Nena Heitz, Area 21; Cathy French, Area 31; Diana Jensen Cramer, Area 35; Ken Smith, Area 41; Joyce Eastwick, Area 51; Paul Hansen, Area 52; Joe Anthony, Area 64 and Dennis Hills, Area 83.

To renewals and reports, add a third R – recruits! Every month is the right month to attract new members.



Our District 7 information is on display at an Umpqua Bank branch in Vancouver this month. Thanks to Area 84 Director Patrick Locke, DTM, for helping us spread our Toastmasters message.

Pursuing Potential

Allison Bennett, ACB, CL, is up for any challenge. It's what led her to take on the role of Club Coach Coordinator on top of an already busy Toastmasters schedule. "I love pursuing potential," Allison says. "When I see clubs with potential, I want to draw it out. I love helping people learn that they can be great."



Allison is a member of four clubs herself, as well as Area 43 Director. She says: "Each club has its own personality. I like finding out what makes it unique and growing it into something distinguished. I like to find out which tools will work."

She sees herself as a resource that clubs with 12 or fewer members can call on to arrange for a club coach. Allison will assign a volunteer coach to help that low-membership club reach Distinguished status.

"Toastmasters has great impact, and there can be even more," she says. "We have clubs that need speakers and speakers that need clubs to speak at. We can match them up. What could be more awesome than that!"

To volunteer as a club coach or request a club coach, contact coaches@d7toastmasters.org.



Happy Anniversary To November Clubs

The following clubs are celebrating their charter anniversary this month. Congratulations to all! A special shout out to congratulate all clubs that have reached the quarter century mark or more: Astoria, Bechtown, Oregon, and Woodburn!



Chartered	Years	Club Name
Charter	Years	Club Name
11/1/1950	65	Astoria
11/1/1957	58	Bechtown
11/1/1986	29	Columbian
11/25/2014	1	Flying Toasters
11/7/2011	4	Gorge Windbags
11/23/2010	5	Ilwaco
11/1/1946	69	Oregon
11/21/2006	9	Portland Progressives
11/13/2003	12	Sherwood Town Criers
11/1/1982	33	Tabor
11/1/2000	15	Will-Sher
11/1/1955	60	Woodburn

November 30

Last Day to Submit Reports & Membership Renewals Edit

Last day to submit Area Director Reports to Toastmasters International

Last day to submit renewals for October 1 – March 31 period to remain an active club member

Last day to submit changes for first round club

December 2

Capital Toastmasters Club 693720 – Regular Club Meeting @ Oregon State Penitentiary 6:00 PM – 8:15 PM

The Capital Toastmaster members at the Oregon State Penitentiary would like to invite you to visit their club. Our club has over 50 members, including two community members, so the meetings are packed with exciting speeches. If you would like to join us you will need to contact Janet Zeyen-Hall, divc@d7toastmasters.org, for additional information and direction at least 10 days in advance of the meeting.



TRIPLE CROWN AWARD PINS



MEMBER	AWARDS
Bennett, Allison	CL, CC, ACB
Fanning, Paul C.	ALB, ACG, CL
Hills, Dennis Bernard	ALB, CL, ACS
Jensen Cramer, Diana K.	CL, ALB, CC
Lawless, John R.	CL, ALS, DTM
Locke, Julius Patrick	ALS, DTM, CC, CC
Semprevivo, Karen Ann	ALS, ALB, DTM

**FORGOT TO PAY
YOUR DUES?**

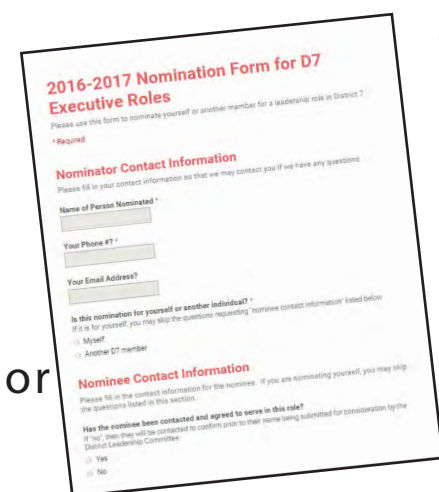


**Renew before 11/30/2015
to keep your membership active**

NOMINATIONS NOW OPEN...

Are you ready to step up to leadership? If you or someone you know is interested in sitting on the 2016-17 District Executive Committee, the following positions are open for nominations:

- District Director
- Program Quality Director
- Club Growth Director
- Division A Director
- Division B Director
- Division C Director
- Division D Director
- Division E Director
- Division F Director
- Division G Director
- Division H Director
- Division I Director



The D7 Nominating Form (found [HERE](#)) can be used to nominate yourself or someone else for one or more district offices. There will also be an opportunity to announce your candidacy at TLI in January, 2016 send an email to Phyllis Harmon, District Leadership Chair (print2pahs@gmail.com), to announce your candidacy.

JOURNEYS...

Spotlight on Success – Cate Arnold

By Alexis Mason, DTM



L-H-T-L-I-T-L-T-Y-L

Don't know what that means? Read on and it will be revealed to you. Our spotlight this month features Cate Arnold. In 1995, Cate (known mostly as Catherine back then) became interested in the Beaverton Committee on Community Involvement and so began her dedication as a volunteer for the betterment of her community. The main task of the Committee was to connect neighborhood associations with city government. They worked on planning codes, the ombudsman program and similar issues. Each association had 5 at-large members. Cate told me that "you have to be very interested in very boring, very complex issues". She was.

By 2003 Cate described herself as a stay at home mom. She immediately corrected herself, however, to say she was more of a "stay in the car and in public buildings like schools, church, and government buildings mom". I thought that was a pretty good description of lots of women who, like Cate, are passionate about where they live and raise their families.



Also in 2003, Cate joined Toastmasters and was a member of the West Beaverton club and Videomasters. She was area 91 governor during that time. She stayed involved in the organization until 2007. In 2004 she won the election for the Beaverton City Council and is still an active member of it. She rejoined Toastmasters in 2012 and is a member of Silicon Forest and Story Masters.

She is currently running for reelection in May of 2016. Her platform is Toastmasters and the value it brings. In fact, her High Performance Leadership Project (HPLP) is based on setting up her campaign. She holds a CC and ACB and has set a goal for this year of a double triple. I believe nothing will hold her back.

L-H-T-L-I-T-L-T-Y-L? Cate lives by this. It means "learn how to live in the land that you love". Cate personifies that philosophy. We are proud of you, Cate Arnold.

Columnist Alexis Mason, DTM joined Toastmasters in 2000, and has served District 7 in many different roles, including District Governor in 2006-2007. This year she is a columnist for Voices!, and is responsible for spotlighting Toastmasters and the amazing lives they lead beyond the club walls. She is co-author of The Inspired Journey: A Woman's Blueprint for Spirit-Filled Living (2005), Just an Ordinary Little Dog: Barnaby's Story (2010), and Launching Your Business: End the Mystery - 101 Practical Tips (2011)

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