

# Voices!

One Community  
Many Voices

District 7 Toastmasters  
February 2019

## The Path to Pakistan

Cover Story - Page 6



# You can change lives

*Once we are released from prison we will spend the rest of our lives explaining ourselves to the world for our past actions. To do so effectively, we must become confident, skilled and practiced speakers. Practice goes a long way toward self-improvement, and the framework of Toastmasters allows for feedback, constructive advice and continual improvement.*

—Neal Goyal Lompoc Federal Prison Camp

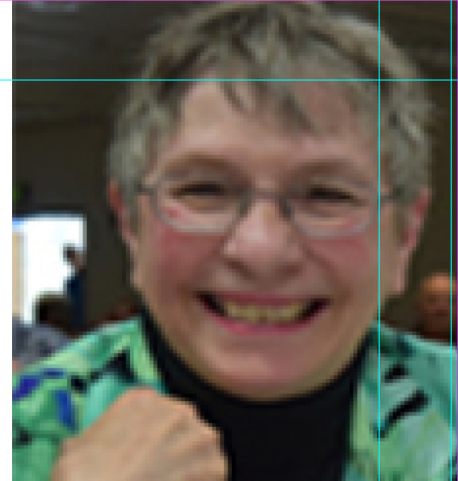
## Support the District 7 Prison Club Program

Contact Allan Edinger at  
[aedinger3@comcast.net](mailto:aedinger3@comcast.net)  
for more details



# Why Renew?

Phyllis A. Harmon, DTM  
Editor/Publisher



## EDITORIAL

It's time to think about renewing club membership again. If you're like me, you re-evaluate whether you are getting a return on your investment (ROI). Unlike other purchased services, the ROI is really up to us. Are we taking full advantage of the education being offered in the Toastmasters program?

As a new Toastmaster I surely did. I studied and prepared for club roles, wrote and practiced my speeches based on the project requirements, and then performed the roles and delivered my speeches to the best of my ability.

Over time, as I became comfortable with club roles and more accomplished in giving presentations, my prep time became shorter and shorter. I still write my speeches and practice them but I can do that without the structure of Toastmasters.

So why do I keep renewing? Because I'm selfish. I enjoy listening to what other people share, having connections with a tribe of like-minded souls, and lending a hand where needed. I like being part of something bigger than myself, contributing to other people's success, and creating new opportunities to make a difference.

Am I renewing my memberships? Of course I am. Wouldn't have it any other way!

### Volume 5 Issue 7 January 2019

Publisher  
Phyllis Harmon, DTM

Associate Publisher  
Brenda Parsons, ACS, ALS

Senior Editor  
Phyllis Harmon, DTM

Associate Editor  
Leanna Lindquist, DTM

### Monthly Columnists

Donna Stark, DTM  
John Rodke, DTM  
Emilie Taylor, DTM  
Leanna Lindquist, DTM  
Terry Beard  
Lauralee Norris, IP3  
Harvey Schowe, DTM  
James Wantz, DTM  
B. Lee Coyne, ATMS  
Paul Fanning, DTM

### 2018-19 Officers

District Director  
John Rodke, DTM  
  
Program Quality Director  
Emilie Taylor, DTM  
  
Club Growth Director  
Cate Arnold, DTM  
  
Finance Manager  
Karen Semprevivo, DTM

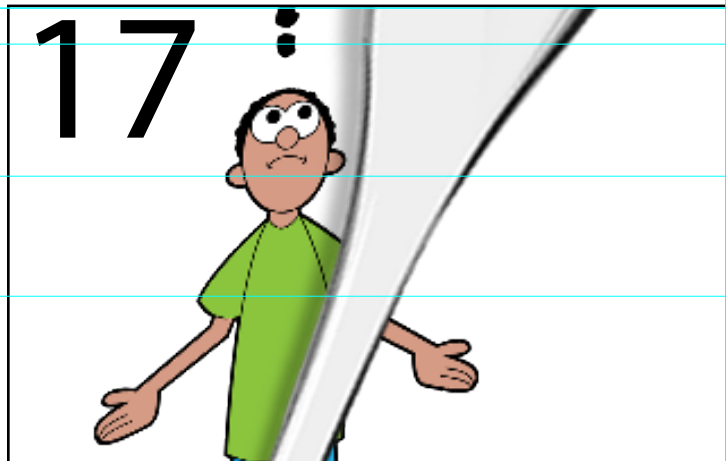
Administrative Manager  
Bob Pugh, ATMS, CL

Public Relations Manager  
Lauralee Norris, IP3

*Voices!* is published monthly by District 7 Toastmasters. First issue published August 2014. Submit articles or contact us at [voices@d7toastmasters.org](mailto:voices@d7toastmasters.org)



# VOICES!



## COVER STORY

- 6 The Path to Pakistan  
James Wantz, DTM,

## FIELD NOTES

- 32 Givers and Receivers: A Discussion  
on Mentoring  
Paul Fanning, DTM

## EDITORIAL

- 3 Why Renew?  
Phyllis Harmon, DTM

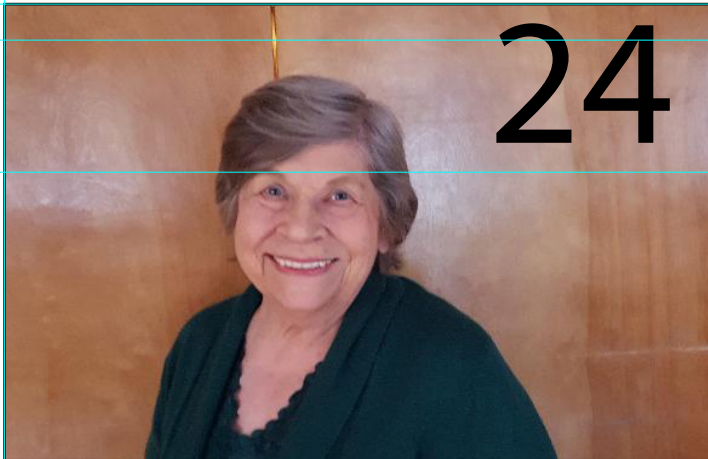
## FIELD NOTES

- 22 Online Connections: Frequently  
Asked Questions  
Michelle Alba Lim, DTM
- 23 Little Toasties: Confidenc Builder  
Safia Hasan
- 26 Try Wordplay Wizardry!  
B. Lee Coyne, ATMS
- 28 Invest in Yourself: Attend Potential  
Unleashed!  
Leanna Lindquist, DTM

## COLUMNS

- 12 TRANSCENDING YOUR COMFORT ZONE  
The Three R's  
John Rodke, DTM - District Director
- 14 FROM THE DESK  
Go and Grow!  
Emilie Taylor, DTM - Program Quality Director
- 15 FROM THE DESK  
How are Your Members Doing?  
Cate Arnold, DTM - Club Growth Director
- 17 PERSPECTIVES  
The Fork in the Road  
Donna Stark, DTM -  
Immediate Past District Director
- 18 ON THE PATH  
Pathways is Contagious - Be a Vector  
James IWantz, DTM





## COLUMNS

21 Toastmasters Leadership Institute Mid Course Correction Snapshot

18 ON THE PATH  
What are You? - The Importance of Introductions  
James Wantz, DTM

24 LEANNA LISTENS  
Ginger Killion, DTM: An Unsung Hero of District 7 Toastmasters  
Leanna Lindquist, DTM

29 Potential Unleashed! Agenda

30 Potential Unleashed! Presenters

34 LOVE LETTERS  
Friends Are the Heart of It!  
Dottie Love, DTM

36 SUCCESSFUL CLUB  
Professionally Speaking: Toastmaster Clubs Cannot Rest on Past Laurels (Part 3)  
Marv Serhan, DTM

39 BY THE NUMBERS  
Welcome New Members

40 BY THE NUMBERS  
Honoring Educational Awards

## COLUMNS

45 BY THE NUMBERS  
Triple Crown Award Pin

47 BY THE NUMBERS  
Happy Anniversaries to February Clubs

48 CONTRIBUTORS  
February Contributing Writers

60 BACK COVER  
Become a Pathways Champion

## PROMOTIONS

2 You can change lives

11 The Art of Story

13 Feedbackers

16 Speaker to Trainer Workshop

20 Wallmasters

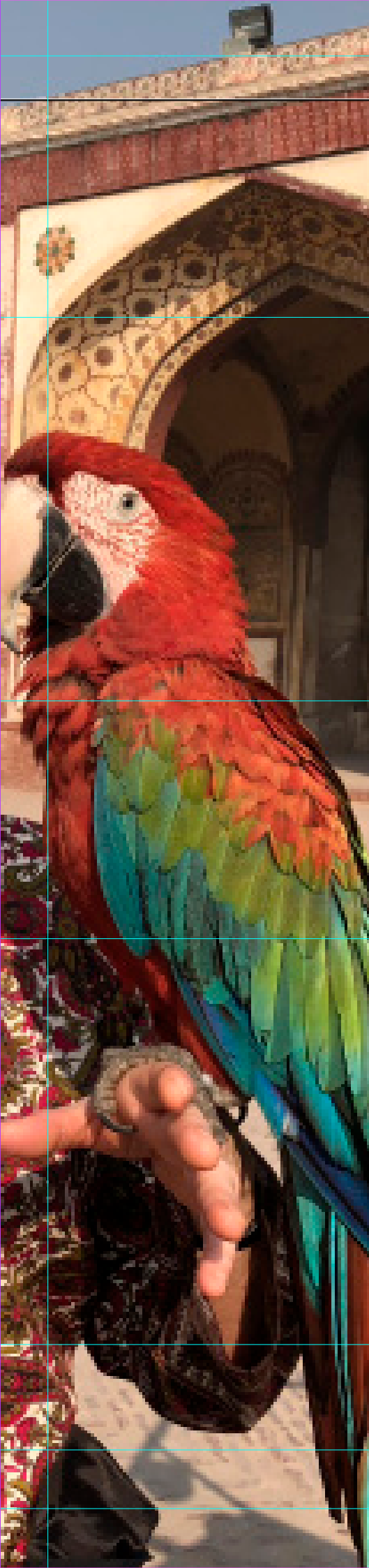
25 WE Toasted

27 TV Toastmasters

31 Showcase Your Business

34 Potential Unleashed





Cate Arnold

# The Path to Pakistan

James Wantz, DTM

Where will your Toastmasters journey take you? How about Pakistan? That is where Cate Arnold, Club Growth Director for District 7, found herself at the end of 2018.

The path to Pakistan was a series of seemingly unconnected choices and coincidences linked in a way that she could not have imagined as little as one year ago. It began with Pathways. Yep, the new educational program was instrumental in getting Cate Arnold to another country halfway around the globe. No, this isn't a commercial for Pathways, but it is an example of Pathways (and Toastmasters) ability to connect people around the world.

Two years ago, in 2017, Cate answered the call to become a Pathways Guide. She wanted to learn more about Pathways and share with clubs around the District. In her role as a Pathways Guide, she was instrumental in orchestrating the District 7 Pathways Triple A Award (a once in a lifetime award that was offered to members in the first year of the Pathways rollout).



*Cate with two parrots in Lahore, Pakistan*



## COVER STORY



Near the end of her term as a Pathways Guide, she accepted an invitation to be a Pathways Guide for District U - clubs around the world that are undistricted. She was given 4 clubs to guide into Pathways, each in a different country: Peru, Argentina, Uruguay, and Pakistan. She held virtual meetings with them and was not expected to go in person.

About three months into her term, one of the members of the club of teachers at the Crescent Model Higher Secondary School in Lahore, Pakistan asked her if she would come to their school's annual conference. Lahore is a huge city with 11 million people. The school was celebrating their 50th anniversary, inviting her as well as educators from Scotland and Finland to come speak. It was called the International Education Excellence Conference 2018 - Vision 2050.

Cate was honored that they would ask her, but at first, she didn't think it would be possible. The process for getting a visa was difficult: she would need to mail an application, her passport, three months of financial records, an official invitation, and a note from her mother (okay, maybe not the note from her mother). She couldn't even figure out exactly how to answer some of the questions. The wait for a response would be 6 weeks. Since she was also in the first month of

her term as Club Growth Director, it seemed that the trip to Pakistan wasn't to be.

It wasn't until November that she began to get serious about the idea. Cate, who is on the Beaverton City Council, wasn't planning on attending the National League of Cities training in Los Angeles - there was too much on her plate. Yet when Denny Doyle, the mayor of Beaverton, encouraged her to go, she remembered that the consulate for Pakistan is also in LA. When Google Maps showed her that the consulate was only 10 miles away from the conference, she decided this was one coincidence too many and decided to go.

Going to the consulate proved to be a pivotal choice - an error was discovered on her application. If it had been handled through the mail, the visa would have been denied. After talking to the official at the visa application window, she called the person who invited her and explained the situation.

"Let me talk to them," said her new friend in Pakistan.

Cate pushed the phone through the little slot



in the glass and let them have a conversation. Within 5 minutes, the official said that the first part of her application was approved and she should now go to the next window for an interview with another consular official.

Normally, the interview process is long and detailed, ending with the passport and materials being held for a day before the visa is approved or not.

“What is the purpose of your visit to Pakistan?”

“I’ve been invited to speak at the 50th anniversary conference for the Crescent school in Lahore.”

“The Crescent Model Higher Secondary School?”

“Yes, that one!”

“I graduated from that school! The interview was over. He put the visa in her passport, handed it back and said, “You are approved, Ms. Arnold. Enjoy your visit.”

“Uh...thank you!”

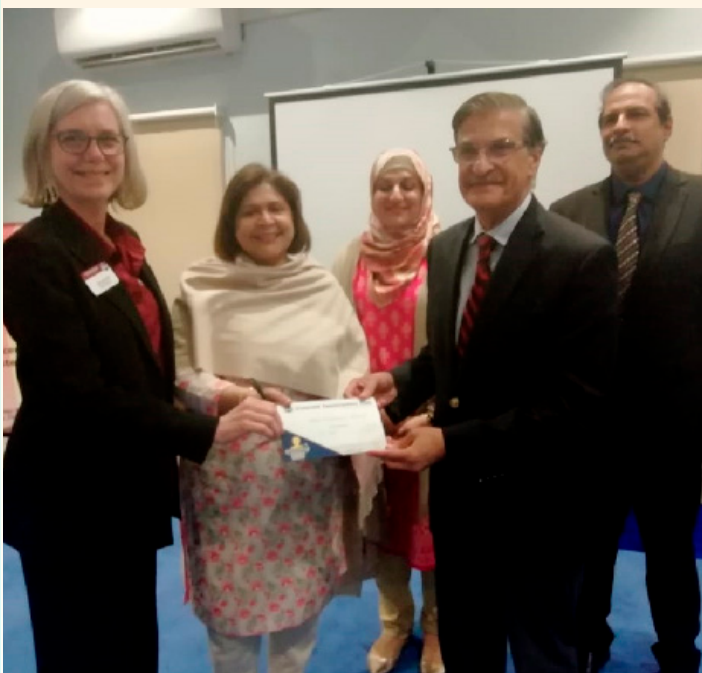
In December, Cate flew to Pakistan for a week-long stay to speak at the conference. The school



paid for the flight, put her up in an amazing hotel, and were gracious hosts who took her many places. Besides speaking at the conference, she was escorted to visit the school campuses, to a palace and grounds built in 1560 with amazing technology, to an art museum, an outdoor spice market, a dinner at the mansion of a major donor for the school, and to an unusual ceremony on the border with India where soldiers on each side march elaborately up to the border fence, open it for a few minutes and then close it again as everyone cheers for their country. It was from cheering herself that she learned to pronounce Pakistan the way Pakistanis do.

A major highlight of her trip was visiting her Pathways club: Crescent Toastmasters Club in Lahore, Pakistan. They meet every other Tuesday from 3-5pm to have 4 prepared speakers & Table Topics - the only difference is that they break for tea midway through the meeting. At the beginning of every meeting they begin with the Toastmasters Promise and a simple statement: “We do not speak of politics, religion, or sex.”

Originally, Cate was worried about not being able to understand the language but, to her surprise, everywhere she went the people spoke





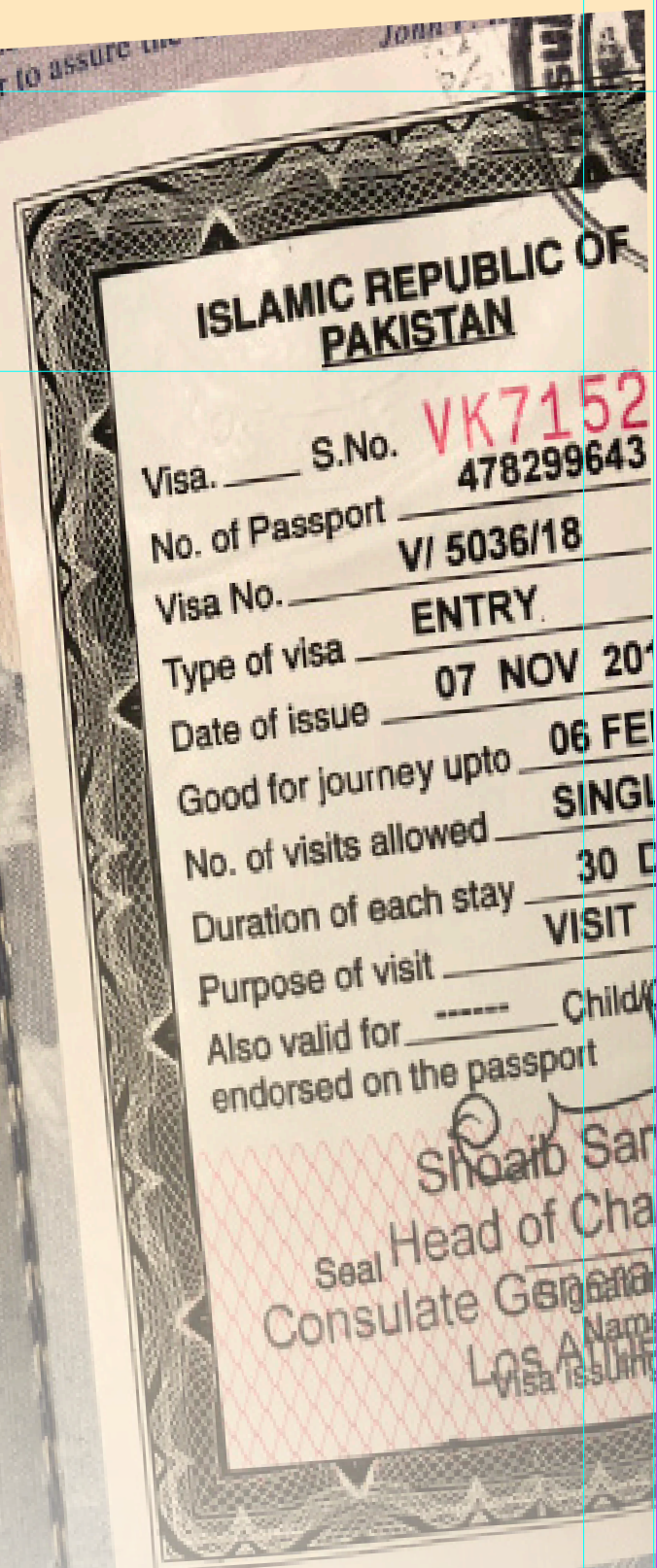
## Visas

English. Children learn it in elementary school. The conference was completely in English, including the speech given by their Governor of Punjab. The title of her 45-minute talk at the conference, in front of 700 people, was apt: The Power of Communication.

She was amazed at how much the Crescent Toastmasters Club reminded her of clubs in the States, at how friendly everyone was, at how much more we have in common with one another than we would ever expect, and at how recharged she felt after spending a week on the other side of the world. The opportunity truly was a once in a lifetime event.

Toastmasters unites people in their desire for better communication—whether that be in Oregon or in Pakistan. What path will you choose and where will your Toastmasters journey take you?

*James Wantz joined Toastmasters in 2008. He has served the District in many different roles over the years. This year he is serving as the District 7 Pathways Coordinator. He is a staff columnist and Youtube personality for Pathways. You can find his training videos at [d7toastmasters.org/pathways-learning-center/](http://d7toastmasters.org/pathways-learning-center/)*





# The Art of Story

Share ideas through story—Learn how at a Toastmasters storytelling club near you



Gateway Toastmasters  
Eugene, Oregon  
Click [here](#) for website

Storymasters  
Westside - Portland, Oregon  
Click [here](#) for website

Tell Me a Story Toastmasters  
Eastside - Portland, Oregon  
Click [here](#) for website

# The Three R's

John Rodke, DTM - District Director

Release, Recognize, and Reflect are three R's that affect our journey in life, and in Toastmasters.

## Release

Envision yourself as Tarzan, swinging from vine to vine in a dense jungle. You have to let go of the vine you are holding, to grasp the next and progress forward. If you don't, you get stuck. Life is the same way. We need to let go of one role/opportunity/responsibility in order to grasp the next, or we stay in place.

Three of our Division Directors realized that they needed to release their responsibilities in the last month: Pam Gundrum (Division F), Sue Unger (Division E), and Katrina Rodriguez (Division H). Thank you so much for your effort to support and lead our members this year. We wish you success on your future goals and opportunities!

## Recognize

Taking stock of where you are, what resources you have, and what paths are available to you is a vital step towards success. What opportunities are within your grasp to help you move towards your goals?

We have three awesome leaders who have recognized their potential, and swung into place to help support our members. Please welcome

Paul Fanning (Division F), Kathleen Tully (Division E), and Lorri Andersen (Division H) into their new roles. These amazing leaders, along with our cadre of Area and Division Directors, have been doing a wonderful job of supporting our members, and are continuing to provide opportunities for us to succeed. Thank you for all your effort!

## Reflect

There is no way to change the past, but we can learn from it, and improve from the experience. We can all reflect on the opportunities, changes, and experiences we have had this year in Toastmasters, and in life. I ask you to look back and see how you have grown, maybe find a few elements that you are still clinging to, and celebrate the experiential lessons you have learned along the way.

I look forward to hearing about and witnessing your leaps forward at our upcoming TLI's and contests. Like a dense jungle, our way forward may be a bit eerie, spooky, and unknown. As a District, we can use this network to support, encourage, and celebrate each other as we swing forward, out of our comfort zone, and into our growth zone!



# Feedbackers

**Taking evaluation  
skills to the  
next level**

**Join us!**

**Second Wednesday of the month**

**7:30-9:00 pm**

**Providence St Vincent • 9205 SW Barnes Road • Portland, Oregon**



# Go and Grow!

**Emilie Taylor, DTM**  
Program Quality Director

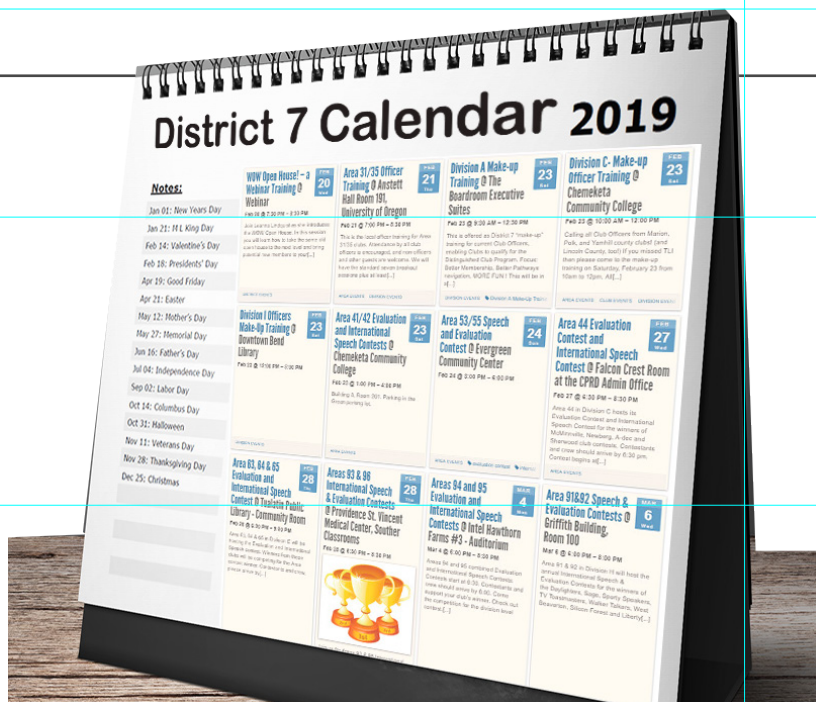
Have you had a chance to look at the [District 7 Calendar](#)? It is full of exciting upcoming events . . . from area and division club officer training and contests, to webinars, club events, and the annual district conference. It is indeed a wealth of opportunities to learn, network and be inspired! If you go, you will grow!

## Club Officer Training/Make up Training

If you are an officer and you missed the TLI this past January, please check the calendar for dates. It is important that you attend the training. It is a great networking event. You will meet other Toastmasters from outside of your club. This is an opportunity to expand your circle of contacts and make new friends. It is a great place to learn new ideas and share your ideas. With fresh ideas you can share with your club, you will energize your club and be a catalyst for growth. It is a place where you can gain confidence because you are surrounded with officers like yourself wanting to become better at the role you have volunteered for. Finally, you can help your club achieve Goal #9 of the Distinguished Club Program (DCP). Even if you are not an officer, attend anyway. You will benefit from it.

## Area and Division Contests

I hope you all had a wonderful experience with you club Evaluation and International Speech contests. Now is the time to support your



club contestants in the area contest. If you check the calendar, you will see dates for different areas. I encourage all of you to go and see beyond the club experience. Area and division contests are events that will solidify your club as you cheer for your contestants. More importantly, it is a place where growth happens. Go and grow!!!

When I was an area director years ago, I was responsible for my area contest. Luckily for me, I had my contest with two other areas. By sharing our resources, Lisa Hutton, Joe Anthony and I relied on each other to produce a great event. It was a nerve-wracking but highly successful event. Everyone had a great time and we grew in confidence. Best of all, the three of us bonded.

You don't have to be an area director to experience growth. Just by attending, you will see and feel the value. You will see speakers from outside your club. You will meet new Toastmasters and make new friends. And if you are brave enough, volunteer to be a judge, a ballot counter, or a timer. It is in stepping outside your club comfort zone that you grow. So give it a whirl. Feel the rush of endorphins when you challenge yourself to go beyond your comfort zone. Go and Grow! Most of all, have FUN!

# How are Your Members Doing?

Cate Arnold, DTM  
Club Growth Director

I don't know about you, but the thing that brings me the most joy in Toastmasters is the positive personal relationships I have developed with other club members. It gives me a sense of belonging and purpose. It also keeps our clubs strong when we communicate and mentor each other, support each other and watch each other grow.

What I have noticed is that sometimes members fade away if they aren't being actively engaged. Are there people you haven't seen lately? Are there members that didn't pay in September that you could check with to see if they would like to come back in April? A personal call can be meaningful.

With just over a month left for the current dues cycle, now is a great time to touch base with the members you haven't seen lately, start collecting dues for April-September, and to bring in new members.

To encourage clubs to focus on finding new members, Toastmasters International has

"Talk Up Toastmasters" running until March 31. This membership program is the chance to encourage your members to invite guests to a special meeting where prospective members can learn about Toastmasters' many benefits. Then add five new, dual or reinstated members with a join date between February 1 and March 31, and you'll receive a special "Talk up Toastmasters" ribbon to display on your club's banner. Qualifying clubs also earn a special discount code for 10-percent off their next club order.







# From Speaker to Trainer Workshop

*Are you looking for ways to expand your speaking and presenting skills? Do you want to add to your professional toolkit? Interested in presenting at a future TLI event?*

Join us for the From Speaker to Trainer Workshop! In this workshop, you will learn the key differences between speaking and training, and how to prepare and present a training program using adult learning principles. This will be an interactive session, utilizing facilitated discussion and practical exercises while learning and having fun!

This workshop is open to all Toastmasters, but seats are limited. Sign-up now!

To register, please email [wetoastedclub@gmail.com](mailto:wetoastedclub@gmail.com)

What? From Speaker to Trainer Workshop

When? Saturday, March 9, 2019

Time? 9:00am to 1:30pm

Where? Community Room @ Pacific West Bank

5200 Meadows Road, Ste. 100

Lake Oswego, OR 97035

Who? Facilitated by Kathleen Tully, DTM, and Erik Bergman, DTM

Coffee, tea, and water will be available.

Please bring a snack to share.



*"From Speaker to Trainer" is a module of the Toastmasters International's Success/Communication Series.*



# The Fork in the Road

Donna Stark, DTM

Immediate Past District Director

I've been traveling merrily down the Effective Coaching path, and I've come to a fork in the road. The preeminent philosopher of his time, Yogi Berra, said: "If you come to a fork in the road, take it." The long-awaited eleventh Path is that fork, and I'm on my way!

The Engaging Humor path became available earlier this month. Base Camp describes the path as designed to help you build your skills as a humorous and engaging public speaker. The projects on this path focus on understanding your sense of humor and how that sense of humor translates to engaging audience members. The projects contribute to developing an understanding of how to effectively use humor in a speech, including challenging situations and impromptu speeches. This path culminates in an extended humorous speech that will allow you to apply what you learned.

The Entertaining Speaker and Humorously Speaking manuals in the legacy program were two of my favorites. The new Engaging Humor path sounds like it's right up my alley and I can't wait to get started! First

up, as with any path, will be the Ice Breaker. I thought about the aspects of my life that could be considered humorous.

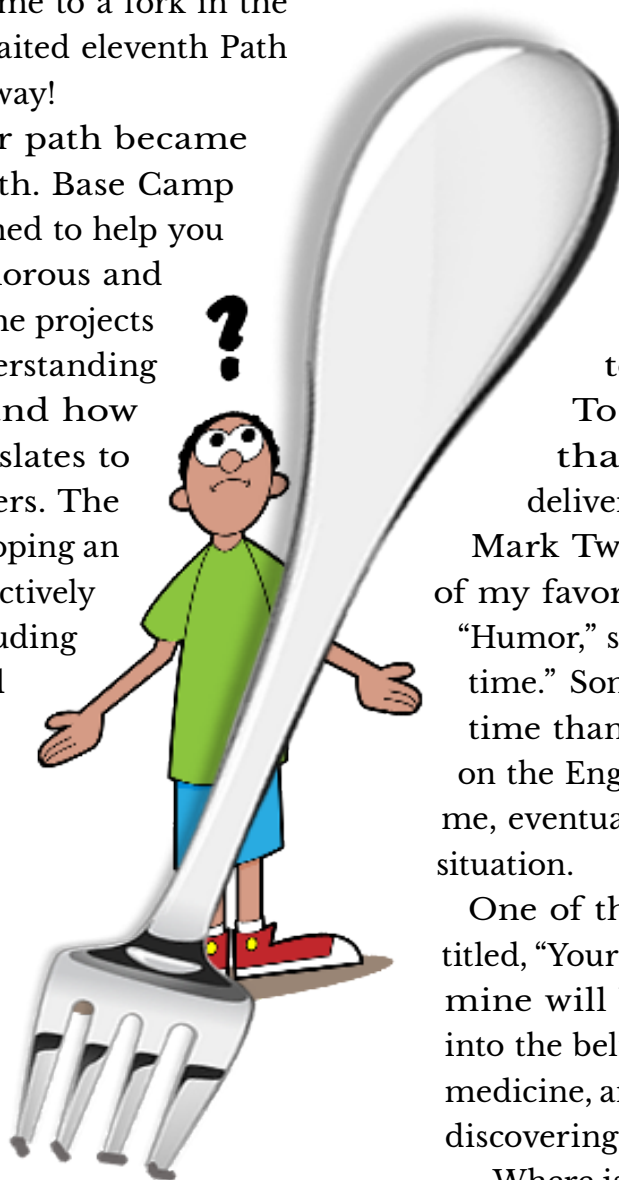
My friends and family assure me I have plenty of material (gee, aren't they funny). I've since realized my primary goal isn't necessarily to tell jokes or get laughs. My goal is to better use humor to engage an audience.

To establish a connection that facilitates effective delivery of any type of message.

Mark Twain is credited with one of my favorite definitions of humor. "Humor," says Twain, "is tragedy plus time." Some situations will take more time than others, but I'm counting on the Engaging Humor path to help me, eventually, find the humor in any situation.

One of the level-three electives is titled, "Your Humor Style." I'm guessing mine will be sarcastic. I've bought into the belief that laughter is the best medicine, and plan to have a great time discovering and developing my style!

Where is Pathways taking you?



# What are you?

## *The Importance of Introductions*

James Wantz, DTM

“What are you exactly?”

The question came 35 minutes into a Pathways webinar. I was stumped.

“Uh...human,” I replied.

“No, I mean, why do you do these or who are you that you take the time to do these webinars?”

“Oh! I understand now. Well I’m...”

Thirty-five minutes into the webinar, and I hadn’t introduced myself! Oops! That was a great question. It pointed out my very serious breach of webinar (and speech) etiquette (thankfully it wasn’t recorded).

An introduction is crucial to a presentation—if you don’t use one you aren’t prepared; you might as well speak in your bathrobe (. . . and no, I wasn’t in my bathrobe. . . not that time).

Unfortunately, in Toastmasters we don’t encourage the use of effective introductions. Think about it? When was the last time a prepared speaker in your club had a full introduction—and I don’t mean “Please welcome Ronda with her speech titled: *Five Secret Ways to Effectively Muzzle your Neighbor’s Noisy Dog*.” (Hmm. I’d actually like to hear that speech.)

That is not an effective introduction. Yes, you get two pieces of information—the speaker’s name and the title of their speech—but if you have an agenda in front of you then that intro is superfluous, unhelpful, and redundant.

What is an effective introduction? Oxford

Dictionaries say it best: “The introduction to your speech serves a number of significant purposes: It represents your chance to get your audience’s attention before clearly stating your topic. It gives you opportunity to explain to your audience why your topic is important while establishing your own credibility as a speaker on this topic.”

(Thank you Google)

Essentially, the intro answers three very important questions:

- Why should I put down my mobile device to listen to YOU?
- What’s in it for ME?
- Who are YOU to tell ME what’s important!?

What does that look like in the wild? Here is one of my standard (general purpose) introductions:

James Wantz debuted on stage in the 4th grade as Don Gato the love-sick cat. For the next few decades James spent time avoiding being himself by acting in college, community, and institutional theatres. His atrocious singing curtailed his theatre career and forced him to listen to his mentor’s words, “Stop performing and start being yourself.”

After joining Toastmasters in 2008, James realized that the skills he learned in the theatre could help public speakers too. He has spent the last few years helping speakers become more memorable by applying stage psychology to



their presentations.

In 2015 James earned his DTM, in 2016 he was awarded the Herb Stude award for educational contributions to District 7, and in 2018 he was honored with the District 7 Toastmaster of the Year award. He is a member of two Toastmasters clubs: New Horizons and Feedbackers.

And here is an introduction for a specific presentation:

Have you watched a presenter that kept you enthralled and asked yourself, 'How do they do that?' Do you want to use the speaking area more effectively? Do you have problems deciding what to do with your feet while speaking?

If you answered yes to any of those questions, then be sure to pay attention to our next speaker.

With a background in live theatre and a decade in Toastmasters, James Wantz has the skills to help speakers use the speaking area more effectively to get their message across. Today James will explain how a timeline can help a speaker keep the audience interested and make a presentation more dynamic. Please welcome James with "Stage Psychology 101"

The introduction sets the stage for the presentation. In theatre, the curtain rises on the set and the "location" of the play is introduced. Depending on what is shown, the audience knows if the play will take place inside a building, in a park, or on a battlefield. They also know the


time period of the play: modern or period piece. The last piece of information is in the playbill (or program) which gives the credentials of the actors, director, and crew.

If you are uncomfortable with the amount of self-aggrandizement in an introduction, then stop to realize that most people don't know you at all (there are 7 billion people in the world, after all). Your audience wants to know why you are the best person to speak to them. If you let them know your credentials then you've won over their skepticism before you speak. . .and they won't ask, "What are you?" in the middle of your presentation.

The next time you give a speech, write an introduction worthy of your skills! (And you've got skills! You're a D7 Toastmaster!) Tell them exactly why you are the best person to speak about promoting change in the community, the intricacies of shortwave radio broadcasts, or muzzling noisy dogs. If your audience doesn't thank you, they should, because you are modeling good speaking techniques that every Toastmaster needs to learn (including myself).

*James Wantz is District 7's Pathways Coordinator. Contact him at [wantzjames@gmail.com](mailto:wantzjames@gmail.com) with your Pathways related questions (or where to find a winning lottery ticket). If you are planning on sending spam, use his Yahoo address instead - [wantzjames@yahoo.com](mailto:wantzjames@yahoo.com).*





# **WALLMASTERS INTERNATIONAL**

**Toastmasters for High Achievers**

**6:35 - 7:45 am - Fridays**

**CoLab**

**11481 SW Hall Blvd Ste 201**

**Tigard. Oregon 97223**

**[cleon.cox@frontier.com](mailto:cleon.cox@frontier.com)**





Mastering communication  
and leadership barriers one  
wall at a time  
Please Join Us!

# Online Connections: Frequently Asked Questions

Michelle Alba-Lim, DTM

In this issue, we will cover some FAQs about online attendance for onsite (physical) clubs.

*Does online attendance require a “tech savvy” person?* No. While it’s nice to have tech savvy members, online conferencing platforms are designed so that anyone who can follow simple instructions can set up the physical venue and open it to online attendees.

*What equipment and setup do we need to make online attendance possible?* Clubs can choose from different equipment and setup, ranging from basic to advanced.

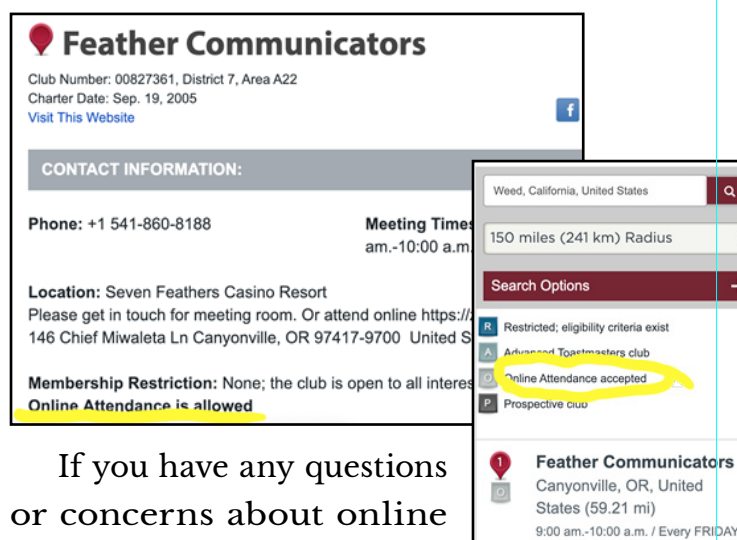
**Basic (minimal) set-up:** a single electronic device in the onsite meeting venue. This device could be a PC, a laptop, or a tablet. This single device handles in-room video/audio transmission as well as video/audio reception for online attendees. This minimal setup works for small clubs.

**Moderate (optimal) set-up:** an electronic device plus a projector and screen (or clear wall). If the room is large, an external condenser microphone helps to enhance in-room audio pick-up.

**Advanced (maximal) set-up:** in addition to the optimal setup above, have another laptop or device. One device will face the lectern, while the other device faces into the room to capture the onsite attendees for those online. When using two devices, be sure to have the audio input/output ONLY ON ONE DEVICE. Otherwise, you will have horrendous audio feedback, especially for

online attendees. Be sure to plug in the condenser microphone into the device with the audio. Remember to plug the microphone into the device where Zoom or another platform is used. I advise against this setup. It’s too complicated and has higher risk of things going wrong.

*Why does the club need to update the Addendum of Standard Options on Club Central?* Updating the Addendum of Standard Options on Club Central allows your club to be searchable as a club that accepts online attendance. Recently, Feather Communicators had an online guest from California. She found us on Find-a-Club!



If you have any questions or concerns about online attendance, email toastmaster.

[michelle@gmail.com](mailto:michelle@gmail.com) or message [facebook.com/Celeste.Michelle.Alba.Lim](https://www.facebook.com/Celeste.Michelle.Alba.Lim). Until the next issue!



# Little Toasties: Confidence Builder

Safia Hasan

At the beginning of 6th grade, one of our assignments was to write a speech and present it in front of the class. I was a nervous wreck. My voice cracked, I had written down my entire speech on my notecard and kept losing my place. I barely looked up at the audience, and I didn't have a conclusion, so when I finished there was an awkward silence because my classmates didn't know I was finished. It was an embarrassment.

Later that week, my mom told me about this weird club called Little Toasties. I wasn't that interested until my mom told me that all of my friends attend also, and I immediately agreed to join. The meeting was in a tiny preschool classroom in a church. There were about 7 or 8 people and we had to sit on tiny chairs that made our knees press into our chests. The entire meeting was run by Coach Eric, and all of our speeches were more than lacking. Despite the tiny chairs, low ceiling and our nonexistent speaking skills, as time went on, our meetings were becoming more and more student led, our speeches were improving, and our members became more confident. I started coming to meetings not just because my mom forced me to, or because of my friends, but because I learned a lot at the meetings. The main points I learned were that a speech has to be organized, I have to be confident and most importantly that I have to practice.

By the beginning of 7th grade, we had moved

out of the tiny classroom and into a room with normal chairs and tables, all of the meetings were student led, our speeches were considerably

better thanks to our coach, and we even had a small group of officers.

In school, our teacher told us we had to write and present a speech. Unlike 6th grade, this time I knew how to write



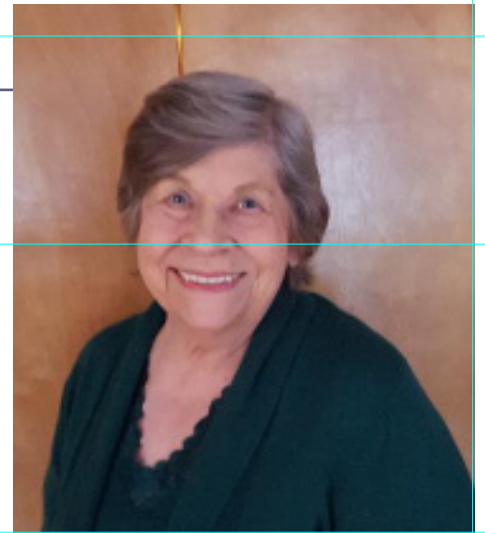
and present a speech because of Little Toasties. This time I was organized, I was confident and I had practiced. When I walked up to the front of the class, I was confident, my voice didn't crack and I made eye contact. I had my main points written on a notecard instead of my entire speech and I didn't have awkward pauses to find where I was in the speech. I had an organized speech, with an introduction, body, and conclusion, so the audience knew when I was finished. Lastly, I practiced, so I knew exactly how I would deliver my speech. Even if I had forgotten part of my speech, thanks to table topics, I could make up something on the spot.

I attend Little Toasties not because my friends also attend but because it taught me how to be a better speaker. The difference between the two speeches I presented is proof of that, and in turn, I've learned how to become a better leader.

Ginger Killion, DTM

## An Unsung Hero of District 7 Toastmasters

Leanna Lindquist, DTM



*Ginger Killion is one of the unsung heroes of District 7. If you have attended TLI, networking events, or a conference, Ginger probably had a hand in it. She has been quick to volunteer and often looked to when someone was needed to step in at the last minute. Twice she has been the “boots on the ground” for Area Directors who were incarcerated. She has served as Division H Director and District 7 Chief Judge among numerous other roles. She quietly did what was asked of her, she did it well, and she did it with a smile on her face.*

### Tell us about your background; where you grew up, education, career, family.

I was born in Santa Ana, California, the 3rd of 7 children. My family moved to Oregon when I was 6. I attended Clatsop County Schools and graduated from Warrenton High School. I earned an Associate of Arts degree in Liberal Arts from Clatsop Community College. My late husband Bill and I were married 58 years, the proud parents of 6 children, 5 sons including identical twins, and one daughter. I did not have a “career”. I wrote and typeset for a small weekly newspaper.

I worked as an office manager, administrative assistant, and volunteer basic piano teacher.

### You have been a Toastmaster almost 25 years and you belong to three clubs. Why have you stayed with Toastmasters so long?

I love the energy and the people and hope I make a small difference in some lives. It keeps me on my toes.

### What kind of an experience have you had as a volunteer with Audacious Orators?

First of all, what a learning experience to be

inside the walls of a correctional facility! The first time I went there and the doors slammed, I thought I was in a movie. During the 6 years I have volunteered for Audacious Orators I have seen the benefits of Toastmasters inside those walls. The women that join Toastmasters have strong motivation to become better communicators—and they do. Since many are there for years, they can develop speaking, listening and leadership skills that become an asset to themselves and others.

### What word would people say describes you best?

Hmmm.. Loyal or calm.

### What advice do you have for people new to Toastmasters?

Learn as much as you can about the organization right up front. You will be impressed and motivated to be part of the amazing worldwide organization. Your skills will improve gradually and one day you will wake up and know that you have not only improved your communication, listening and leadership skills, and your confidence has soared.



# ARE YOU READY TO UPLEVEL YOUR PUBLIC SPEAKING GAME?

*Join us!*

WE TOASTED Toastmasters  
Every Thursday from 12pm-1pm

Community Room Pacific West Bank  
5200 Meadows Road Lake Oswego, OR 97035  
Use door to the left of the building entrance

A FUN Club with SERIOUS Goals!



"90% OF HOW WELL THE TALK WILL GO IS  
DETERMINED BEFORE THE SPEAKER  
STEPS ON THE PLATFORM."

– Somers White

# Try Wordplay Wizardry!

## B. Lee Coyne ATMS

You don't have to be a Grammarian to conduct a love affair with words. I must confess to being afflicted with that predicament. Late!y I've taken to forming acronyms from names of my friends.

Each letter represents a quality. You are free to plagiarize!

A.	Astute, alert, ambitious
B.	Benign, bountiful
C.	Cheerful, courageous
D.	Delightful, dynamic
E.	Enlightened, energetic
F.	Fabulous, fulfilled
G.	Gleeful, gracious
H.	Honest, harmonious
I.	Incisive, intelligent
J.	Jovial, judicious
K.	Kind, kinetic
L.	Lovable, laudable
M.	Mirthful, motivated
N.	Neat, nifty, nuanced
O.	Open, opportune
P.	Pleasant, productive
Q.	Quotable, quiescent
R.	Rugged, resilient
S.	Superb, sagacious
T.	Tender, terrific
U.	Unique, useful
V.	Valued, vibrant
W.	Wise, wonderful
X.	Exceptional, Extra cool
Y.	Youthful, yes-prone
Z.	Zealous, zenithific

So with a name like Coyne, coining is permitted. Try your hand at originality and become a wordsmith. Cobble whole sentences into shape.

## 25¢ A DAY

**Toastmasters Membership Investment**





**COMMUNITY**

**STAGE TIME**

**MENTORS**

Free  
**Workshops**

Speech  
**Contests**

Evaluations  
& **Feedback**

Other Benefits

Communication Skills Building

Leadership Opportunities

Visibility & Recognition

Advanced Soft Skills Training

Magazines



Social Media








CONFIDENCE

COMMUNICATION

LEADERSHIP

ALL FOR 25¢ A DAY

WWW.D7TOASTMASTERS.ORG

**LIVE**

# **BREAKING NEWS**

**Showcase on TV**  
**Your talent, book, interest story**



**TV Toastmasters**

**[7512.toastmastersclubs.org](http://7512.toastmastersclubs.org)**



# Invest in Yourself: Attend Potential Unleashed!

Leanna Lindquist, DTM  
District 7 Conference Chair

*Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you.*—Robin Sharma #1 Bestselling author of *The Leader Who Had No Title*

Self-investment is the key that opens any closed door. Conference attendance can enhance your professional and personal investment as well as provide you with tools and skills which you cannot be taught in-house or online. There's nothing like being in a room of like-minded people, other people who are willing to take time to learn something new. Other people who want to "better" themselves. When you sit in a classroom or auditorium, you discover you're not alone in wanting to improve your skills and bring something back to your office or club.

Conferences provide a unique combination of networking, learning, and fun in a single package. Meet new and old friends, mix and mingle, form new relationships, and strengthen existing ones.

So why attend conferences? We each have our own reasons for attending but my personal opinion is that conference attendance dramatically enhances both professional and personal development.

After the conference you will have a renewed motivation to pursue your goals and find your enthusiasm rekindled. This can lead to higher productivity and fulfillment of professional and personal goals.

You owe it to yourself to attend Potential Unleashed!

[Register Now!](#)

# POTENTIAL UNLEASHED!

## 2019 DISTRICT 7 TOASTMASTERS CONFERENCE

**Friday April 26, 2019**

**Oregon Medical Association - 11740 SW 68th Pkwy #100, Portland, OR 97223**

6:30-7:30 pm

Hearty Hors d'oeuvres - No Host Bar

7:30 - 8:30 pm

Dana LaMon - Take a Chance

**Saturday April 27, 2019**

**Camp Withycombe - 15300 SE Minuteman Way, Clackamas, Or 97015**

7:00-8:00am

Breakfast & Networking

8:00-8:10am

Opening Comments

8:10-9:05am

Keynote - Dana LaMon

9:05-9:20am

Break

9:20-10:20am

Morning Breakout Sessions

Karla Erovick

Phil Bernstein

Marv Serhan

Leeza Steindorf

Victoria Trabosh

Eric Winger

10:20-10:45am

Break

10:45-12:05am

Evaluation Contest

12:05 - 1:05pm

Lunch/DTM Ceremony

1:05-2:35pm

Business Meeting

2:35-2:50pm

Break

2:50-3:50pm

Breakout Sessions

Bill Hernandez

Mike Goss

Robert Killen

PJ Kleffner

Dana LaMon

Nils Westphal

3:50-4:20pm

Break ~ Cookies

4:20-6:05pm

International Speech

6:05-6:15pm

Closing

**Dinner:**

6:30-7:00 pm

No Host Bar

7:00-8:00 pm

Dinner is served

8:00-9:00 pm

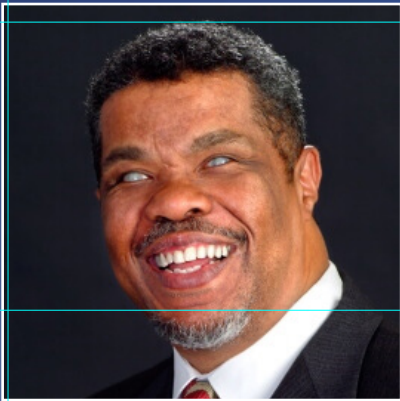
D7 Celebrity Roast and Gamemasters

# APRIL 26-27, 2019

## Camp Withycombe, Clackamas, Oregon



# PRESENTERS



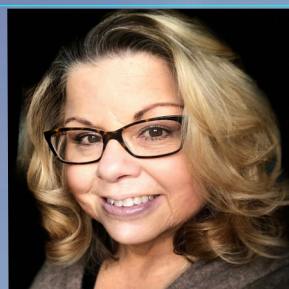
**Dana LaMon, DTM**  
*Untying Your Dreams*



**Nils Westphal, VC1**  
*Improve Team Performance  
with a New Leadership  
Recipe*



**Bill Hernandez, DTM**  
*Presenting Your Best Self  
on Camera*



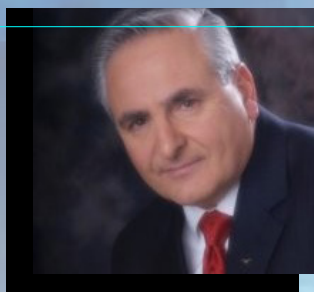
**Victoria Trabosh, ACB**  
*Facing the Storms of  
Constant Change: 3  
Secrets of Success*



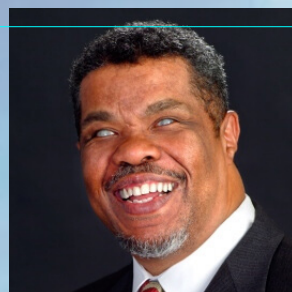
**Mike Goss, DTM**  
*How to Tell Stories that  
Change the World*



**Leeza Steindorf**  
*3 Keys to Better Results  
- The Art of Direct  
Communication*



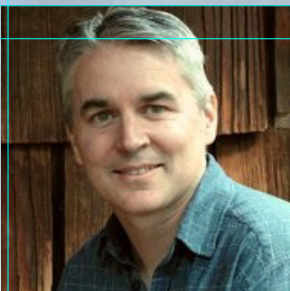
**Marv Serhan, DTM**  
*Going from Vision to  
Victory; Leading with Honor  
Following with Conviction*



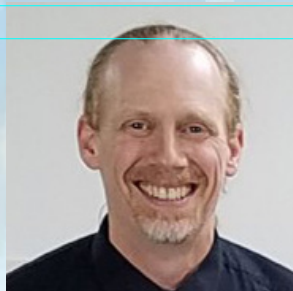
**Dana LaMon, DTM, AS**  
*The Dream of a Champion*



**PJ Kleffner, DTM**  
*Be a STAR in Job Interviews*



**Robert Killen, ACG, CL**  
*Civility in a World of Hate*



**Eric Winger, DTM**  
*Evaluations Beyond the  
Sandwich*



**Karla Erovick, CC**  
*3 Biggest Social Media  
Mistakes (and How to  
Avoid Them)*



**Phil Bernstein, CC**  
*Branding Your Business and  
Yourself in the New Economy*



# Showcase Your Business!

in the District 7 Annual Conference Program



Market your business, products, or skills to fellow Toastmasters by placing your business card in the District 7 Annual Conference Program

Your existing 3.5 x 2 Design - **\$25** per side

Don't have a business card? We can design one for you!

Business Card Design - **\$15** additional charge

**Order Here**

# Givers and Receivers

## A Discussion on Mentoring

Paul Fanning, DTM - Division F Director

It's now 48 years old. The ribbon is a little faded, the silver a bit tarnished and the bronze palm a tad dull, but it is in a shadow box prominently hanging on the wall. It represents one of the proudest moments of my life—the night I received my Eagle Scout Award.

It was the culmination of my youth Scouting career that had taken eight years of advancement from a mere Bobcat in the Cub Scouts until then.

While tradition dictated that your mother or father pin the actual silver eagle medal on you, it was “Uncle Bob” Lambert, our District Executive, a professional Scouter, who did the honor. Bob had been my mentor since the day he knocked on our door two years before and would remain so for the next twelve years until he retired. Yes, I learned many valuable lessons from my parents, teachers, and leaders, but being Mr. Lambert's protégé was the icing on the cake and the cherry on the sundae of my life.

What I learned, practiced and perfected from him was more than mere knots and lashings, compass reading and wilderness camping. It was an understanding of what was expected of me in the future—a life of leadership and service to others. I have tried to live up to and emulate those expectations my entire adult life.

Bob was a Vietnam veteran, family man, and God-fearing individual who imparted his wisdom, experience and the good, the bad and the ugly of the world. What I learned from Bob can be summed up in the saying “the purpose


of life is a life of purpose.” I benefitted from the mentor-protégé process.

When I joined Toastmasters, I wasn't a spring chicken (more of a “fall” one). I found a gentleman who had the funny initials—“DTM”— after his name who guided me through my Icebreaker and first speech. Being a little older than the majority of the club members, there were one or two younger members who I could assist in their progress through the program as I eventually earned my Competent Communicator award. No one gave me a manual, or shared official material with me, and I hoped and prayed that I would “do no harm.”

Being an avid science fiction reader, someone gave me the book *The Giver* by Lois Lowry to read and comment on (yes, I am opinionated!). Briefly, the young adult novel is about a future Utopian society devoid of color (literally) whereby everyone knows by age 12 what he or she will be doing for the state for the rest of their lives. Jonas is the last youth of his peers to be selected and given the unique role “Receiver of Memories,” who would advise and guide the council of the community.

“The Giver” was the current holder of that role, and it was he who held all the memories, history and actions of the society. We in Toastmasters are in a unique position as well. In our local clubs, new members often lack self-confidence in their ability to deliver speeches, fulfill weekly club meeting roles and



A person with long hair is seen from behind, sitting at a desk in a modern office. Large windows in the background show a city skyline. A lamp is visible on the desk.

serve as club officers. Too many times they join and get frustrated trying to find someone to help them. But, no one steps forward to impart their experience, mentor the individual on a long-term basis or just be a good example. We don't have "Givers", and those who are to be our "Receivers of Memory" lose interest, quit, fade away or never grow in speechcraft and/or leadership. Sadly, this is a major trend currently in Toastmasters, especially since the introduction of the Pathways program. I believe Toastmasters International recognizes this inclination among our clubs what with the membership being so transitory.

What is it that we have in Toastmasters to encourage this mentor-protégé process and experience? Don't despair and don't fret! There is help for both the mentor and the protégé in the Pathways program. In the traditional Competent Leader award, project 9 required one to either mentor a new member or an existing member for a minimum of three speeches. There is a Mentor Program Kit (#1163) which is full of tips available from Toastmasters. It can be given to the new mentor to help them learn about their role .

The reality is there is too little information and an all-too-brief experience for both the mentor and protégé. Many clubs put mentoring information on the back-burner of their many roles within the club experience. Pathways offers two opportunities for mentor/protégé training. The first is the third component of your Level 2 path. In fact, it's the same for all paths. It's called *Introduction to Toastmasters Mentoring* with the requisite speech, for this portion of Level 2, being your protégé experience.

What happened during your time as a protégé? What did you learn about yourself and your mentor? How effective was your experience?

But wait there's even more great and well-crafted guidance and hands-on material in the Pathways series. Once you have completed your Level 2, you have the option of continuing with mentorship by accessing the Pathways Mentor Program elective. (It should appear as a suggested training opportunity). This elective is great "stuff" as you review the overview of mentoring, work on your first project of setting your goals and interests in mentoring, proceeding to a short-term mentoring experience and then pressing forward to the Advanced Mentor experience of a six-month project with your protégé. Once you have completed all the components and concluded a full path (Level 5), you will receive a Pathways Mentor designation.

I have never once regretted becoming a protégé of "Uncle Bob" and then a mentor. Few are born with all the skills to be a mentor. Not everyone can be the best mentor ever—until they step forward and take the time to learn the "tricks of the trade" and venture out to assist someone else. I have had the pleasure of mentoring others in Scouting, my work and Toastmasters. I am a better person for it all. I am "The Giver" looking for someone to be my "Receiver of Memory" for the world in which I live. Do you want to be a mentor? Or are you seeking to be a protégé? Toastmasters can be the vehicle to a richly rewarding experience—that of the mentor and his protégé! May you too learn to "live to serve" through the Toastmasters program.



# Friends Are the Heart of It!

Dottie Love, DTM

*Dottie*

That morning started like most . . . in pain.

It should have been obvious to me when a few people started asking “Are you okay today?” instead of the typical greeting of “How are you today?” The chronic pain, I thought I was hiding, I wasn’t. Maybe it was the dimness in my eyes. Maybe the loss of energy. Or my grimacing with certain movements. Maybe all of it.

Then a year ago my holistic doctor diagnosed that my gallbladder, my liver, my adrenal glands and my immune system were under great distress. His diagnosis and prescription for change were simple. “You can either eat the foods your body can use for medicine. Or prescription medicine will become what you eat the most. Change your diet. Exercise not because your body needs it, but because your mind needs it. You need the benefits of feeling healthy and that’s what exercising can do for you.”

I followed his instructions. The immediate pain reduction started after I removed sugars from my diet. The allergies stopped after I removed dairy and last month after I removed gluten, the weight started to come off. The more fruits and veggies I have the healthier I feel. Walking has easily turned into jogging, weight training, and cycling.

During my initial recovery, I had mentioned to a friend that I wanted to do a marathon race after I got my energy back. SHE BELIEVED ME

and started looking for races for us to participate! But I wasn’t sure if I believed it myself. Walking down a flight of stairs had been painful, now I wanted to run up and down roadways. Really?! Yet, the best thing I did was to share my goals with others. Speaking it out loud was the first step. Having friends as a support system was certainly a benefit. My friend’s support is helping me: choose health over pain. Choose exercise over couch.

## Finding Strength!

Just about every other month—if the northwest weather allows since I don’t like rain—I try to participate in a 5K, 10K or some sort of racing event. My last racing event was named (I didn’t make this up) the Girlfriends Run. And my female friends joined me in the racing event.

Interesting fact I did not realize is that the Girlfriends Run was started by Sherri McMillan who wanted to help a friend of hers, Joleen Skarberg, who was diagnosed with breast cancer on Valentine’s Day in 2007. After 3 lumpectomies to remove the tumor, 3 months of chemotherapy and 7 weeks of radiation with the inevitable loss of hair, Joleen won her battle with cancer and is still cancer free today. Every year since Joleen’s diagnosis, the Girlfriends Run is held to help raise funds for cancer victims. And in every race, Joleen Skarberg wears bib #1 because it is

the reason this race exists in the first place.

After meeting both Joleen and Sherri, I was so touched by how their friendship continues to inspire friends to support friends to get or stay healthy. Because this was so similar to my own story (just larger scale), I wanted to help spread the word about what these two ladies are doing. The Girlfriends Run is a part of WHY Racing Events, which brings fitness into focus by having you think of WHY you want to get and be better!

In one of my monthly TV episodes, sponsored by TV Toastmasters and recorded at Open Signal in Portland, Joleen and Sherri shared their fabulous story. You can watch them [here](#) on the TV Toastmasters Youtube channel.

## Why Do It!

My definition of what a friend is: Angels who walk amongst us. Or at least that is what Webster should have as the definition.

I went from struggling to walk up a flight of stairs to happily running across a finish line. I am a new advocate for walking and racing your way to health. I started my journey by sharing this story with you. I am looking forward to being able to 1) hear how your personal improvement journey is going 2) this time next year be able to chronicle my better health story.

One of the best things you can do to help

is support a friend in need. You just might be surprised by the outcome.

I would love to hear your stories. Drop me a note! And have a very, healthy and happier 2019!



Joleen (Cancer Survivor) and Dottie  
Girlfriends Run 2018



ML and Dottie crossing Finish Line  
Girlfriends Run 2018



### Professionally Speaking

# Toastmaster Clubs Cannot Rest on Past Laurels (Part III)

**Marv Serhan, DTM**

*When Marv Serhan was asked to write an article sharing Professionally Speaking's secrets of success, little did we know that a club model for success would be forthcoming. In Part 3 Marv addresses the final four factors that have influenced the growth and sustained success of TM-3091 [Editor]*

In a recent presentation, I shared a slogan from my previous career as a Naval aviator in which my squadron emphasized that, “If you are not having fun, you are not doing it right.” Translated, the word “fun” means “professionalism” which is essential to achieve consistently superior results in the high-risk business of flying fighter aircraft off and onto aircraft carriers. As an aviator, there was no room for error, complacency, inattentiveness, or lack of commitment to quality operational standards. The pursuit of excellence is essential in Naval aviation to be professionalism in all related tasks. “If you are doing it right . . .” an aviator will be professional and mission success can be assured. The other huge benefit is survival; they live to fly another day.

The Speaking Professionally vision statement, “To pursue excellence in communication and leadership training,” very much aligns with that mindset of having fun (professionalism) and doing it right (achieving success). In this final Part III summary, four additional factors will be outlined

to further reinforce how TM-3091 members strive to maintain quality in the functioning of their club. Yet again as club president, I continue to emphasize, “. . . that regardless of an impressive track record of accomplishment, one cannot rest on past laurels. Success requires constant focus and attention to detail in how people, technology, and processes are integrated to achieve a desired outcome. That integration of talent, tools, and procedures is as applicable to a Toastmaster club as it is to any leadership challenge in a corporate or governmental professional endeavor. For this reason alone, one can see why the Toastmaster learning experience has so much to offer its membership.”

Following are four more factors that are prioritized in the management of Professionally Speaking TM-3091:

### **The Ultimate Objective is to Ensure Organizational Learning through Knowledge Sharing**

The coaching program as outlined in Part



II helps to ensure that functionary role performance standards remain consistent. If members leave the club for any reason: transfer, disenrollment from Toastmasters, job changes, etc., they will be missed, but their talent loss will not impact how the club performs going forward. Knowledge sharing, standardization of role performance, best practices, and the lessons learned from the past all contribute to the retention of knowledge so essential to organizational learning. This mindset is crucial to ensure the professional standards of the club remain high regardless of attrition which is inevitable for any Toastmaster club.

### **Recognition is Never Hollow, but Specific, Justified, and Earned**

TMI has wonderful resources and support in offering its membership awards for their accomplishments. TM-3091 fully leverages these TMI resources and benefits. In addition, the timeliness of recognizing accomplishment is important. Even recognizing member initiatives that do not warrant a formal TM certificate are meaningful to highlight individual efforts that are above and beyond the call of duty in support of the club's mission/vision. In addition, TM-3091 introduced an "Inspiration Award" that is presented randomly by a past president ("Post-Toastie") to a deserving member who has done something stellar not recognized by any other club or TMI award process. Examples:



Innovation in meeting planning; exemplary new member mentoring or coaching support; demonstrating dramatic improvement in speech delivery, perhaps recognizing a member who had an emotional and impactful table topic delivery, etc. Serhan stresses that, "In the realm of human interaction, the sincere, authentic, and timely application of honest recognition cannot be underestimated as a key factor in motivating others to pursue excellence while earning their shared commitment to the organization they represent."

### **Say No to Status Quo**

TM-3091 is never comfortable with the status quo. There is a constant effort to always seek a better way of doing business. Every role, responsibility, procedure, administrative activity, etc. can be improved and that is the mindset that TM-3091 strives to inculcate within the club culture. Such a mindset cannot be a dictate; it must be elicited by demonstrating an example of seeking quality in all club activities. Again, the president sets that tone, quality officers perform their respective roles, and members strive to be

professional. Any deviation from that standard is not the norm and readily will be recognized. As such, one can understand how the organization learns and retains not just procedural knowledge but upholds the intangible cultural standards by which success is achieved.

### Quality Assurance Team (The Post Toasties)

Currently the TM-3091 founder and current president, Marv Serhan, provides a connection with the past and helps to maintain a historical perspective on best practices and lessons learned. By forming an executive committee comprised of all active TM-3091 past presidents (affectionately referred to as “Post Toasties”) that team can serve as a quality assurance resource for the current club officer cadre via their president. The Post Toasties are not there to lead or direct, but to monitor, mentor, coach, and support the officers and the club as may be required to ensure standards are maintained.

### Emphasize the Relevance and Importance of the DCP

Most, if not all successful organizations, pay close attention to the Key Performance Indicators (KPIs) that are directly relevant in determining where that organization falls in achieving their corporate objectives. Private sector firms have benchmarks by which they show progress toward achieving their quarterly and annual goals. Military commands have a wide array of KPIs to determine mission status, troop training levels, accident rates, etc. A Toastmaster club is no different. It’s a miniature company (if you will) within the larger parent

organization—Toastmasters International. The DCP represents those KPIs essential to measure progress at the Club, Area, Division and District levels. Perhaps one of the reasons why TM-3091 has had success historically is because they treat the DCP as relevant and important to their overall mission and vision. Thus, the DCP-to-KPI importance is another reason why membership in TMI helps to build and teach business skills that are directly relevant to the real-world outside of a Toastmaster meeting.

In summary, the key to the success of Professionally Speaking TM-3091 is that the club has identified all the pieces associated with club performance, established the relationships between those pieces, prioritized how they should function and interact, and then set in motion specific strategies, policies, and standards that reinforce knowledge sharing and organizational learning. Will this approach apply to all Toastmaster club cultures? Most likely not. However, successful clubs borrow good ideas from other clubs and seek to incorporate those ideas where they can to enhance performance and seek success. TM-3091 is no different. But again, overconfidence and complacency are the enemies of any professional endeavor. Guard against them by considering some of the best practices suggested herein. And, always remember:

*“If you are not having fun,  
you are not doing it right.”*

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Make Better Toasts Everyday	Borzykowski	Jeannine
WeWork Toastmasters	Brockmann	Michelle
Oregon City Toastmasters	Brown	Daniel
Noon Talkers	Coates	Sammi
NuScale Toasters	Doyle	Jeremiah
Gateway Toastmasters	Ellis	Richard
University of Oregon Club	Garud	Pranali
Marylhurst Toastmasters	Hines	Siboney
Speak To Lead Toastmasters	Hui	Andrew
Mentors Of Focus Club	Mccarthy	Rachel
West Beaverton Club	McCowan	Suzie
Swan Island Toastmasters	Miranda	Yoshua
Speak To Lead Toastmasters	Mishra	Farida
Walker Talkers Toastmasters Club	Nguyen	Linda
Essayons Club	Nicholson	Jessica
Bend Chamber Toastmasters	Nixon	Scott
Speakeasy Toastmasters	Pattnayak	Aurodeepta
Southern Oregon Speechmasters	Pollinger	Brian
Rogue Valley Networking Toastmasters	Schaafsma	Neil
New Horizons Toastmasters Club	Seeber	Leela
PMI Portland Toastmasters	Stephenson	Trevor
Oregon State Toastmasters	Tepperman	Adrian
Flying Toasters Club	Thompson	Brad
Speak To Lead Toastmasters	Thungathurti	Surender
Speak To Lead Toastmasters	Vadali	Padmavalli
The Toast of Old Town	Vandergriff	Nicky
Portland Club	Zeman	Jacob



# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
MS1	12/7/2018	Al-Wadud, AbdurRashid	Capital Toastmasters Club
CC	12/3/2018	Al-Wadud, AbdurRashid	Capital Toastmasters Club
EC1	12/11/2018	Angel, Mario Rodolfo	Milwaukie Talkies
CC	12/17/2018	Bacon, David L	Blue Ox Club
DL3	12/11/2018	Berkompas, Zachary Matthew	Professionally Speaking
CC	12/18/2018	Biboux, Emily	Toast of Corvallis Toastmasters
PM3	12/4/2018	Blankenship, Tim	Encouraging Words Club
IP1	12/6/2018	Brady, Ben M.	Tell Me A Story
SR1	12/13/2018	Brown, Eldred Lewis	Marylhurst Toastmasters
ACS	12/16/2018	Canton, Mary S.	New Horizons Toastmasters Club
LDREXC	12/3/2018	Canton, Mary S.	New Horizons Toastmasters Club
DL1	12/27/2018	Carpenter, Chelsea M	Electric Toasters Club
CL	12/21/2018	Chea, Chankrisna	Speakeasy Toastmasters
CC	12/11/2018	Clardy, Sirgiorgio	Capital Toastmasters Club
MS1	12/28/2018	Creten, Joachim	Pearl District Toastmasters Club
CL	12/6/2018	Curry, Cheryl L.	Washington Street Club
EC1	12/27/2018	Cutts, Matthew E.	Essayons Club
LDREXC	12/26/2018	Edgemon, Ronald	Capital Toastmasters Club
EC3	12/18/2018	Fanning, Paul C.	Feedbackers Toastmasters Club
ACS	12/14/2018	Fanning, Paul C.	Feedbackers Toastmasters Club
LD1	12/13/2018	Gardner, Debra L	Encouraging Words Club
DL4	12/20/2018	Hall, Robert B.	Professionally Speaking
VC1	12/27/2018	Holmes, Denise R.	Washington Street Club
CL	12/3/2018	HOY, NOBUKO	Clackamas County Toastmasters
CC	12/4/2018	Inayoshi, Shigematsu	Talk-In-Tel
ACB	12/15/2018	Johnson, David R.	Moser Community Toastmasters
LD1	12/13/2018	Kerr, Renee C	Encouraging Words Club
IP2	12/3/2018	Kumar, Anil	Toast to US
LD2	12/9/2018	Lafferty, Bryson D.	Babble-On Toastmasters Club
PWMENTORPGM	12/13/2018	Lambert, James A.	Blue Ox Club
TC3	12/13/2018	Lambert, James A.	Blue Ox Club
VC1	12/5/2018	Lindquist, Leanna	Marylhurst Toastmasters
EC1	12/13/2018	Loeb, Suzanne L.	Encouraging Words Club
DTM	12/28/2018	Love, Dottie	Sporty Speakers

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
PM2	1/19/2019	Alba-Lim, Michelle	Oregon Communicators
PM1	1/17/2019	Baker, Jean Margaret	Noon Talkers
LD3	1/14/2019	Bakke, Jacqueline E.	Noon Talkers
DL1	1/7/2019	Bennett, Stacy Ann	The Toast of Old Town
PM3	1/11/2019	Bergman, Erik	WE Toasted Toastmasters
IP1	1/5/2019	Bird, Joshua Eliot	Toasting Excellence Club
VC2	1/5/2019	Bird, Summer Thomas	Toasting Excellence Club
VC1	1/5/2019	Bird, Summer Thomas	Toasting Excellence Club
PM4	1/7/2019	Blankenship, Tim	Encouraging Words Club
CC	1/15/2019	Breslin, Jarod William	MIME Speaks
PI1	1/2/2019	Brooks, Steve Kai	The Toast of Old Town
DL1	1/24/2019	Burr, Joshua Michael	Nano-Mated Speakers
MS3	1/26/2019	Carr, Jeffrey E.	Professionally Speaking
IP1	1/11/2019	Charbonneau, Garry M	Sherwood Town Criers Club
IP1	1/29/2019	Chung, Gloria	Professionally Speaking
SR2	1/11/2019	Croteau, Lachlan P	Babble-On Toastmasters Club
VC4	1/16/2019	Crouch, Eddy Marie	At The River's Edge Club
CC	1/9/2019	Cser, Jim B	Toast of the Region Club
IP1	1/4/2019	Dahl - Frank, Erika Lynn	Toast to US
VC2	1/6/2019	Dorzab, Erich W	The Dalles Toastmasters Club
PM2	1/20/2019	Drennan, Guy	Vancouver Toastmasters Club
PM1	1/12/2019	Drew, Kimberly A	Bend Chamber Toastmasters
DL5	1/7/2019	Edinger, Allan B.	McMinnville Toastmasters
DL4	1/7/2019	Edinger, Allan B.	McMinnville Toastmasters
DL3	1/7/2019	Edinger, Allan B.	McMinnville Toastmasters
DL2	1/7/2019	Edinger, Allan B.	McMinnville Toastmasters
DL1	1/7/2019	Edinger, Allan B.	McMinnville Toastmasters
LD1	1/12/2019	Englund, Deanne M	Tell Me A Story
DL1	1/20/2019	Ernster, Matthew	Vancouver Toastmasters Club
LDREXC	1/30/2019	Exum, Carolyn	Audacious Orators
PM1	1/13/2019	Fang, Teresa	Portland Club
CL	1/8/2019	Fontanilla, Julia	Beachtown Toastmasters
EC1	1/11/2019	Foster, Samantha	Yawn Patrol Club
IP2	1/2/2019	Gable, James	The Toast of Old Town

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
VC1	1/8/2019	Goggin, Michael Lee	Lunch Bunch Toastmasters Club
IP1	1/13/2019	Goubert, Debrin Packer	Portland Club
CC	1/24/2019	Gould, Jamie	Civil Tongues Club
CC	1/4/2019	Graves, Megan E.	Pearl District Toastmasters Club
PI3	1/16/2019	Gunness, Michele	Yammertime
ALB	1/2/2019	Gupta, Bhushan B.	Silicon Forest Club
PM1	1/11/2019	Gutierrez, Orestes	Yawn Patrol Club
VC4	1/4/2019	Harmon, Phyllis A.	Feedbackers Toastmasters Club
MS1	1/20/2019	Haubrich, Ronald A	Vancouver Toastmasters Club
IP1	1/14/2019	Hazleton, Robert J.	Oregon State Toastmasters
CC	1/1/2019	Heinlein, Elizabeth	Washington Street Club
VC2	1/3/2019	Hendricks, Lisa Sylvia	Coastal Toastmasters Club
CC	1/4/2019	Herzig, Maya Xolal	Yammertime
CC	1/10/2019	Hodgson, Robert J	Swan Island Toastmasters
TC1	1/2/2019	Hoong, Rynn	The Toast of Old Town
DL5	1/2/2019	Hunt, Hillarie	The Toast of Old Town
SR1	1/16/2019	James, Miranda	I.R. Speaking Toastmasters Club
EC2	1/23/2019	Johnson, Shelli Marquette	Clackamas County Toastmasters
TC2	1/4/2019	Kinnison, Claire	Portland Progressives
DL3	1/2/2019	Kirby, Lynette	The Toast of Old Town
ACB	1/22/2019	Kleffner, Paul J.	Babble-On Toastmasters Club
DL1	1/24/2019	Kloucek, Vit	Nano-Mated Speakers
MS1	1/11/2019	Knox, Robyn	WE Toasted Toastmasters
IP1	1/15/2019	Koirala Sharma, Chhabi	Tell Me A Story
DL4	1/23/2019	Kolattukudy, Nisha	Cascade Micro-Toasters
EC1	1/24/2019	Konen, Nick	The Standard Speakeasy Toastmasters
SR1	1/25/2019	Kulikov, Nik	Silvertongues
PM1	1/8/2019	Linfoot, Gae	Beachtown Toastmasters
EC2	1/16/2019	Lowmaster, Philip J.	I.R. Speaking Toastmasters Club
EC1	1/16/2019	Lowmaster, Philip J.	I.R. Speaking Toastmasters Club
IP3	1/22/2019	Maas, Lieve	Bend Chamber Toastmasters
IP2	1/12/2019	Maas, Lieve	Bend Chamber Toastmasters



# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
IP1	1/12/2019	Maas, Lieve	Bend Chamber Toastmasters
EC1	1/13/2019	Marksthaler, Jeffrey Robert	Portland Club
IP2	1/22/2019	Martin, Alicia Jo	McMinnville Toastmasters
CC	1/3/2019	Mathew, Elza	Speakeasy Toastmasters
MS3	1/2/2019	Matthews, Mary Andrea	Portlandia Club
SR2	1/3/2019	McCarthy, Amanda L.	Coastal Toastmasters Club
IP1	1/4/2019	McKenzie, Theophan	Pearl District Toastmasters Club
MS2	1/24/2019	Mellin, Samantha	Nano-Mated Speakers
MS1	1/24/2019	Mellin, Samantha	Nano-Mated Speakers
MS2	1/31/2019	Midghall, Michael J.	West Beaverton Club
EC1	1/24/2019	Neckarova, Ivana	Nano-Mated Speakers
MS1	1/13/2019	Nissen, Bella	Mentors Of Focus Club
VC2	1/4/2019	Pangelinan, Derek Rey	Pearl District Toastmasters Club
LD2	1/29/2019	Parker, Daphne	Oregon City Toastmasters
DL1	1/8/2019	Parker, Traci	Swan Island Toastmasters
IP1	1/2/2019	Paxton, Trisha	The Toast of Old Town
CL	1/4/2019	Petersen, Robert G.	Spirit Trackers
DL3	1/2/2019	Peterson, Vanessa	The Toast of Old Town
TC2	1/16/2019	Pitcher, Marc	Professionally Speaking
DL3	1/22/2019	Pitkin, Amber	Cascade Micro-Toasters
IP1	1/25/2019	Pritchard, Norma	Silvertongues
MS1	1/24/2019	Pugh, Crystal D.	Gateway Toastmasters
EC1	1/25/2019	Qualls, Aaron	Silvertongues
PM2	1/29/2019	Raglione, Kelli Dianne	Oregon City Toastmasters
PM1	1/12/2019	Roberts, Ryan	Bend Chamber Toastmasters
CC	1/22/2019	Robinson, Scott David	Nano-Mated Speakers
DL2	1/12/2019	Rodke, John Russell	Yawn Patrol Club
CL	1/4/2019	Sbisa, Sally J	Gresham Toastmasters Club
PI1	1/2/2019	Schultz, Corinna	The Toast of Old Town
MS1	1/5/2019	Shiple, Caitlin	Marylhurst Toastmasters
EC3	1/15/2019	Smith, Brent E.	Dallas Toastmasters
VC2	1/30/2019	Smith, Robert D.	Clackamas Stepping Stones Tm Club

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
VC1	1/30/2019	Smith, Robert D.	Clackamas Stepping Stones
TC1	1/23/2019	Smith, Robin A.	I.R. Speaking Toastmasters Club
ACG	1/12/2019	Squires, Valaree M.	Encouraging Words Club
DL3	1/7/2019	Taylor, Seth H	MIME Speaks
IP1	1/24/2019	Tilson, Ashley M.	Nano-Mated Speakers
CC	1/22/2019	Tilson, Ashley M.	Nano-Mated Speakers
PM1	1/21/2019	Timmer, David	Sherwood Town Criers Club
EC2	1/18/2019	Torigoe, Yoko	Silicon Forest Club
SR1	1/5/2019	Tucker, Daniel	Toasting Excellence Club
TC2	1/10/2019	Unck, Nicole	Clackamas County Toastmasters
VC2	1/15/2019	Wagner, Loren	The Dalles Toastmasters Club
DL1	1/24/2019	Wahlgren, Kyle Anthony	The Standard Speakeasy
IP1	1/2/2019	Waller, Cris	The Toast of Old Town
CC	1/15/2019	Wang, Sigi	MIME Speaks
SR3	1/22/2019	Wantz, James	Feedbackers Toastmasters Club
DL1	1/2/2019	Whybra-Ucar, Jennifer F.	The Toast of Old Town
SR1	1/22/2019	Wilkinson, Neal Thomas	MIME Speaks
EC3	1/25/2019	Winger, Eric A.	Silicon Forest Club
CL	1/25/2019	Winger, Eric A.	Silicon Forest Club
CL	1/10/2019	Wojtanik, Rod	Toast of the Region Club
CC	1/9/2019	Wojtanik, Rod	Toast of the Region Club
LD1	1/17/2019	Wolf, Bryan John-Christopher	Banfield Barkers
IP4	1/20/2019	Wolfe, Jane	Vancouver Toastmasters Club
ACB	1/22/2019	Young, Richard	Nano-Mated Speakers
EC1	1/31/2019	Zentner, Jamie Lynn	Clackamas County Toastmasters

# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Alba-Lim, Michelle	3	VC5 , DTM , PM2
Balasubramanian, Kaushik	4	ALS , DTM , SR1 , LDREXC
Bergman, Erik	3	PM2 , ALB , PM3
Berkompas, Zachary Matthew	3	DL3 , DL2 , DL4
Carr, Jeffrey E.	3	MS1 , MS2 , MS3
Case, Jalene G	3	PM1 , LD1 , PM2
Clough, Deborah E.	4	CL , ALB , EC1 , EC2
Corbin, Tamsen Miller	5	MS3 , MS2 , EC4 , MS4 , EC3
Crouch, Eddy Marie	4	VC1 , VC4 , VC2 , VC3
Economy, Dean G	3	EC3 , EC1 , EC2
Edgemon, Ronald	4	ALB , LDREXC , ACB , CL
Edinger, Allan B.	5	DL1 , DL2 , DL3 , DL4 , DL5
Fanning, Paul C.	10	ALS , DTM , LDREXC , EC3 , LD1 , EC2 , LD2 , ACS , EC4 , PWMENTORPGM
Hale, Charles	3	EC1 , EC2 , EC3
Hale, Dawnette	3	EC1 , EC2 , EC3
Hall, Robert B.	3	DL3 , DL2 , DL4
Heitz, Nena	4	PM3 , PM5 , PM4 , EC1
Hendricks, Lisa Sylvia	3	LDREXC , ALB , VC2
Kersjes, Theo	5	ALB , EC1 , EC2 , ACB , ACS
Kleffner, Paul J.	3	CL , VC2 , ACB
Kumar, Anil	3	DL1 , PM1 , IP2
Lambert, James A.	4	TC1 , TC2 , TC3 , PWMENTORPGM
Leis, Linda K.	3	ALS , ACG , DTM
Loeb, Suzanne L.	4	CC , EC3 , EC1 , EC2
Love, Dottie	3	DTM , ACS , ACG
Maas, Lieve	3	IP3 , IP1 , IP2
Meekisho, Anna M.	3	IP1 , CL , CC
Mills, Pam	3	ALS , ACG , DTM



# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Moran, Samuel H.	3	PM2 , PM1 , PM3
Ng, Ean H.	4	LDREXC , ALS , DTM , DL2
Pence, Brian Eric	3	ALB , ACB , CL
Peterson, Kevin	3	PM3 , PM1 , PM2
Pitkin, Amber	3	DL1 , DL2 , DL3
Pugh, Crystal D.	5	ACG , MS1 , EC3 , PWMENTORPGM , EC4
Redgrave, Cheri A.	4	DTM , SR3 , ALS , IP1
Schellenberg, Lyle W.	3	VC2 , LDREXC , VC1
Schupp, Lisa S.	3	MS1 , CL , PI3
Semprevivo, Karen Ann	5	CL , LD1 , ALB , EC2 , LD2
Serhan, Marvin T.	4	VC2 , VC4 , VC3 , CC
Shaw, Jo Anna	4	VC2 , VC3 , ALS , DTM
Smith, Robert D.	3	PM2 , VC1 , VC2
Smithrud, Carolyn F.	3	LDREXC , ALS , DTM
Spiegel, Nick	3	ALB , CC , VC2
Stevenson, Scott	10	VC2 , CL , CC , CL , CL , CC , VC1 , VC3 , VC4 , VC5
Taylor, Emilie	4	LDREXC , IP2 , ACB , ALS
Thygesen, Erica L.	3	ACG , VC3 , VC4
Tully, Kathleen	5	DL2 , ALB , CC , ACS , DL3
Wantz, James	4	SR2 , PM5 , VC2 , SR3
Welsch, P. Michael	4	VC2 , PI2 , PI1 , VC1
West, Larry J.	3	PM1 , PM2 , PM3
Wilson, Michael A	4	IP1 , IP2 , IP3 , IP4

# HAPPY ANNIVERSARY TO FEBRUARY CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
2/1/1953	66	Blue Ox	Portland
2/1/1973	46	Bootstrappers	Salem
2/1/1955	64	Cedar Hills	Portland
2/1/1995	24	Mentors Of Focus	Wilsonville
2/9/2016	3	MIME Speaks	Corvallis
2/11/2008	11	Molalla	Molalla
2/12/2013	6	MultCo Toasties	Portland
2/1/1964	55	Oregon State	Corvallis
2/20/2001	18	University	Ashland
2/11/2009	10	Wake Up, Beaverton!	Beaverton

*Happy Anniversary!*

Shout out to Blue Ox, Cedar Hills, and Oregon State for continuing their educational mission for over 50 years.



## CONTRIBUTORS



*Cate Arnold, DTM*



*Dottie Love, ACS,ALS*



*Donna Stark, DTM*



*Emilie Taylor, DTM*



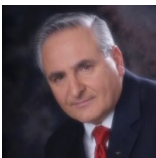
*James Wantz, DTM*



*John Rodke, DTM*



*Leanna Lindquist, DTM*



*Marv Serhan, DTM*



*Michelle Alba Lim, DTM*





*Paul Fanning, DTM*



*Phyllis Harmon, DTM*



*Safia Hasan*

# Become a Pathways Champion

## Completed Pathways Level 1?

**J**oin the growing community of Pathways Champions—members helping members—as coaches and mentors.



**Interested?**

**Contact James Wantz for more info**

**[wantzjames@gmail.com](mailto:wantzjames@gmail.com)**