

Voices!

One Community
Many Voices

District 7 Toastmasters
SEPTEMBER 2020

TALKING IS FUN

COVER STORY

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THOUGHTS ON LEADERSHIP

Support Our Prison Clubs

**Your Contributions Make
All the Difference**

Contact Allan Edinger, Prison
Liaison, for more information
aedinger3@comcast.net

Laugh More

Phyllis Harmon, DTM

Fire, pandemic, riots, and elections—what else can 2020 be remembered for? Oh yes—the demise of the traditional Toastmasters education program.

Which of the above challenges affects us most? Some would say the move to Pathways, others point to natural and man-made upheavals. I, on the other hand, think it's none of the above. I think the most telling disaster for all of us falls to our apparent loss of a sense of humor.

When is the last time you stepped back from whatever was distracting you and just chilled (do people say *chilled* any more)? We get so caught up in the crises of the moment, that we forget that 'this too shall pass.' I think we lose our sense of the ridiculous as we are pounded day after day with emotional traumas and outside influences who tell us how to think.

It's not that I don't care about what is happening around me. Heaven knows I have very strong opinions about some of what we are presented with. But I try not to let it rule how I think or act. That's where a sense of humor and the ability to laugh at the world and at myself comes in very handy.

I am reminded that laughter is therapeutic and helps put everything in perspective.

"A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease." (helpguide.org)

So, my fellow Toastmasters, laugh. Laugh in the face of seeming disaster. Laugh at other people's antics. And most of all, laugh at yourself. Keep your perspective and remember, what the *Readers Digest* told us for years—laughter is the best medicine.



EDITORIAL

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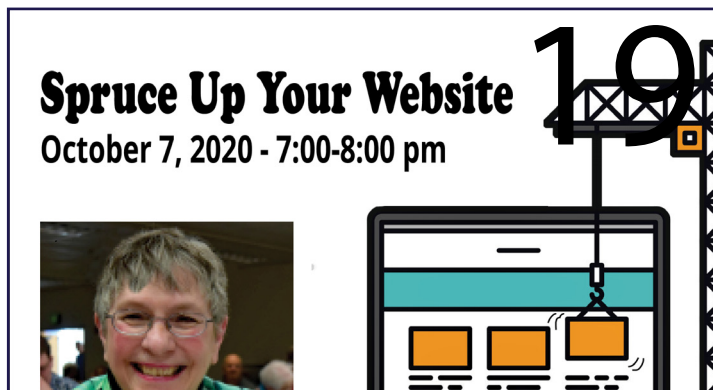
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Rose Robison Speaking Can Be Fun

Jim Robison, DTM

For 46 years as a nurse Rose Robison helped people. This meant being able to communicate with the patient, doctors and other nurses to ensure everything went right. Robison shared, “I had heard about Toastmasters for many years and had discussions about how to teach people about the work they were doing. I thought it might help me teach nurses and aides how to do their jobs. But then I retired.”

Rose recently celebrated her 90th birthday via Zoom, which included many people she had met through Toastmasters over the last 26 years.

While working, she knew that Toastmasters could help her better teach skills to others. After retiring, Toastmasters was a good place to socialize with other people. In addition, having raised a large family (she has 7 children, 17 grandchildren, and 36 great-grandchildren, and one great-great grandchild) Toastmasters was a place where she could speak for a few minutes without being interrupted.

“I was travelling and visited Toastmasters in several places.” says Robison. “The first meeting I visited was, I think, in San Francisco. They had eight members present, but only called on four for Table Topics. I thought that was strange. I visited about five or six clubs before joining Portland Toastmasters, where my son was already a member.” She joined in November 1994 shortly after her 64th birthday.

After joining Portland Toastmasters, three of her granddaughters periodically visited the club meetings with her, and one of them joined the club for a couple years.

"I found Portland Toastmasters to be a little bit more organized than the other clubs I had visited, and they were very interesting meetings" she shared.

Having been a Toastmaster for 26 years some might find it odd that she never gained the Distinguished Toastmaster award. "I didn't feel like I needed it," she said. "I was just one step away from it three times, but I was retired by then, so I didn't feel like it would do me that much good."

Regardless, she still served her clubs and Toastmasters in many roles. "I served as an Area Governor, and I visited clubs as a Judge numerous times for their contests. I went to Civil Tongues for about 10 years or more. I like the speeches that members gave, and I always seemed to learn

something that I didn't know before.

"I was Area Governor in the late 90's for a couple of years. I had what was then Area 81 which stretched from Astoria to Vancouver. As Area Governor, I drove an hour to meetings in Astoria. I also got a lot of club officers interested in coming to the District monthly meetings and to get their officer training done. Many of them were more active after I left.

"There were two clubs in Kelso when I started as Area Governor. Two years later, there were four clubs because I got some people interested in doing the work."

In addition to serving as an Area Governor, she served as the District 7 Speechcraft Chair and helped to conduct many Speechcraft sessions as well as Youth Leadership programs. She greatly enjoyed a Youth Leadership Program conducted with a group of home schooled students in north Portland ranging in ages from 8 to 18.

In 2004 Rose started attending the Rosaria



Club to try to help the noontime club rebuild. She served as their Club Coach, and then eight times as the Club President, plus other years as the Club Secretary and Vice-President of Education, but ultimately the club folded.

“Rosaria had four real members, and a few others who were supposed to be members but never showed up, she said. “Some of those involved in the club were more interested in having a social lunch than they were in having a thriving club.”

When she took on the role of Treasurer for Portland Toastmasters, it took the bank so long to update the account information and show her as the Treasurer that she decided it would be easiest to just remain Treasurer and not have to deal with the hassle of updating the account every year. She remained Treasurer for twelve years until health issues made it necessary to hand it off to her son who took over as Treasurer.

“When I first became Treasurer, they gave me some loose change and an accounting of what was in the bank, and that was it,” she said with a smile.

During the last 26 years Portland Toastmasters has had its ups and downs. At one point, the club got down to four members, after some club officers who felt officer training was not necessary. “We were meeting in the back room of a bar and restaurant. One day two of us members showed up for the meeting, and we had one guest. I explained the meeting, and we went through it with the guest. That was about the time that Gary Schmidt gave a speech about ‘Three is a Toastmasters meeting’,” she recalled.

The club made a new commitment to officer training, had the assistance of a Club Coach, and rebuilt. In 2012 Portland Toastmasters had well

over 30 members and was the home club of the winner of the World Championship of Public Speaking, Ryan Avery. Robison says, “we are still very proud of his accomplishment, and our role in helping him succeed.

“Avery always said that one thing about Portland Toastmasters that helped him prepare his winning speech, was the diversity of the club. I always liked the fact that we had people from a wide variety of backgrounds, careers and ages in the club. It made me feel great when a young black man I was mentoring in Toastmasters said ‘What I really enjoy about you and Jim, Rose, is that when I come here, we are not black people and white people, we are all Toastmasters.’”

Starting a couple years after joining Toastmasters and for about nineteen years (up until about five years ago when health began to limit her participation), Rose attended officer training twice a year and attended almost every District conference (twice a year). “I felt like I learned something new at every one. After a while, I was contributing as much as I was learning, she shared.

“If I could boil down what I have learned in Toastmasters to one sentence, it would be ‘Speaking can be fun.’”

Jim Robison joined Toastmasters in 1991. He is currently a member of Portland Club where he serves as Club Treasurer. He is an active member in the District. His most recent role was as the 2019-2020 Club Coach Coordinator.

Thoughts on Leadership

PJ Kleffner, DTM - District Director

After spending the last couple of months working on our District Success Plan and Budget, I got to do something fun on September 16th—help the Civil Tongues Club celebrate their 20th Anniversary. This is noteworthy, because less than half of the clubs in District 7 have reached this milestone.

You should know by now that I'm a numbers guy, so I have to go there. The median age of D7 clubs is 18 years, meaning that half are younger and half are older than that. The average age is 25.6 years, which is skewed higher by Portland Club and Salem Toastmasters at 85 and 81, respectively. Of course, there are many septuagenarian "honorable mentions," including Vancouver, Oregon City, Corvallis Evening Group, Roseburg, Evergreen, Hood River and Astoria.

I won't list all the rest, but there are many clubs that have been around longer than my nineteen years as a Toastmaster. They have seen multiple wars, economic boom and bust cycles, epidemics, and wild fires. (How many of you remember the Tillamook Burn?) I believe the common factor in their survival is strong leadership. Someone has to look beyond today's immediate crisis

and plan for the future. However, if the same small group of members fill the officer roles year after year, eventually, they will burnout and the club will likely die. That is why it is so incredibly important to have a steady flow of new members joining our clubs. New members bring fresh ideas and energy to a club. They are also an important pool of potential club officers. I think I can safely say that none of the original officers are still leading the clubs mentioned in the previous paragraph.

Leadership succession is always on my mind. It should be on your mind, too, especially if you belong to a "semi-annual" club that elects officers for six-month terms. You will be electing new officers in November, so they can be trained at TLI in December to take over the reins on January 1st. Even if you belong to an "annual" club, your first meeting in May is when you elect officers for the new term beginning July 1st. It will be here before you know it. You can do these new officers a huge favor by getting them involved now, so they can "shadow" the current officers to learn about the job before their term.

Thinking beyond the club level, what are your long-term goals as a Toastmaster? If you

Authority VS Leadership

plan to earn your Distinguished Toastmaster award, you will need to serve a year as a “District” officer, which typically starts at the Area Director level. By the way, we currently have four open positions for Area Directors. Let me know if you are interested in learning more about that, or wish to be considered for next year.

Getting back to the Civil Tongues Anniversary celebration, the speech I prepared for that was about leadership. I spoke about the difference between “formal authority” and “earned authority,” which I learned about in both college management courses and when I did my Toastmasters High Performance Leadership project. Formal authority is automatically conferred by rank or title. Basically, anyone who is higher up the organizational chart than you can tell you what to do. I certainly learned all about that during four years in the Coast Guard. I also learned about earned authority, which falls outside the chain of command. Every where I was stationed, there was at least one person who could motivate others to do things, even though that person had no formal authority. I suppose these are the people that are now known as “influencers” on social media.

I fell victim to one such person who convinced me to participate in a scheme that involved breaking the lock off a garage, and “borrowing” a government vehicle that was then used in a drag race against my 1967 Chevelle. That got the local police involved, who arrested us and turned us over to the base Commanding Officer. He was not amused by the knock on his door at 2:00 AM. Let’s just say that things did not end well. It seems that some people with earned authority use their powers for evil. I DID win the race, though.

Relating this back to Toastmasters, you may recognize people in your club who have earned authority. Some of them held previous officer roles, and some of them always decline when asked to run. One way to make use of their natural-born leadership ability is to get them involved on committees. Don’t let their skills and talent be wasted when they can motivate others to do things for the club. It’s a win for everyone.

In closing, my thoughts are with all of you out there, as we cope with masks, social distancing, smoke, and wildfires. Please be safe.

The Vice President of Pathways Program

Eldred Brown, DTM - Club Growth Director

In our continuing efforts to support your transition to Pathways, Dr. Gwendolyn Avington (District 7 Pathways Chair) and I have developed the following program for immediate rollout. I introduce to you the Vice President of Pathways Program!

What is the Vice President of Pathways Program?

The Vice President of Pathways (VPP) is an elective club officer position to assist your official club officers. If your club chooses you to serve as VPP, you will work closely with your VP Education (VPE) and VP Membership (VPM) to support Pathways adoption, training, and troubleshooting efforts within your club. The District's goals are 100% Pathways adoption and at least 75% of our clubs achieving at least 5 of the 6 educational goals (Goals 1-6) of the Distinguished Club Program (DCP).

Responsibilities of the VPP

1. Orient new members to Pathways—As your club's VPP, you will help new members select their paths and get started on Pathways. You will coach, guide, and encourage every new member to finish Level 1 on their chosen path. You will also assist VPE and/or VPM efforts

to find mentors for new members and those members transitioning from the traditional program.

2. Train club members on Pathways basics—Every member of your club needs to know at least the basics of how to use Base Camp, how to print and fill out evaluation forms, and how to submit award applications via Base Camp. As VPP, you will provide this needed training for your club.
3. Assist VPE and VPM—As the VPP, you will assist the VPE and VPM in their efforts to monitor your club's progress on Pathways. The two key metrics you will monitor together with your club's VPE and VPM are the Pathways Adoption Rate and Pathways levels completed.
4. Troubleshoot challenges—Challenges will arise as your club's members use Pathways. As VPP, you will be responsible for troubleshooting these challenges so your club's members draw the maximum benefit of their participation in Pathways.

Metrics - The VPP Score

To make the role of the VPP fun by encouraging a little friendly competition, I am



copying a year-long game I saw implemented successfully in District 57 last year. A detailed explanation of this game [by clicking here](#). Contact me if you have any questions.

Support

You will not be tasked with doing all your work as VPP without support. You will have support in your role from the members of our District 7 Pathways Proponents Committee:

- Pathways Chair: Dr. Gwendolyn Avington
- Division Pathways Proponents
 - o Division A: Cheri Redgrave
 - o Division B: Jim Wolak
 - o Division C: Tamsen Corbin
 - o Division D: Phyllis Harmon
 - o Division E: Kathleen Tully
 - o Division F: Beth Pinchot
 - o Division G: Suzanne Loeb
 - o Division H: Dave Bones
- Pathways Committee Advisor: James Wantz
- Other VPPs

VPP Elections

The method by which your VPP is selected is entirely up to your club. You can conduct an

official club officer election specifically for the VPP role. You can select your VPP via informal straw poll. If you have one person who is already doing the work of the VPP in your club, you can grant that person the title of VPP. You can even voluntell someone, though you probably want to make sure the person you voluntell has an above average understanding of Pathways. The VPP Score competition will start on October 1, so I urge you to select your VPP by September 30.

Pathways is now the only educational program in Toastmasters. We have a lot of work to do in our clubs to get everyone onboard. With your help we can get everyone enrolled and growing as communicators and leaders by earning awards in Pathways. If you have been working the Pathways program and understand how to make it work, you have a special opportunity to serve your club as Vice President of Pathways. Will you do your part?

If you have any questions, please contact me at pqd@d7toastmasters.org or Dr. Gwendolyn Avington at pathways@d7toastmasters.org. I look forward to working with you to help District 7 members be successful in the new educational program.

Dues & Value

Lorri Andersen, DTM
Club Growth Director

September means dues and “value” for Toastmasters. When we exchange our dues with Toastmasters International, we expect to receive the very best in quality service.

When new friends join our clubs, they want and expect the same as experienced club members. We work hard to give new club members the very best club experience we can.

Referencing the Toastmasters International website, “Members join Toastmasters to become more effective communicators and leaders. They stay in Toastmasters because the club provides a valuable service and meets their individual needs. A quality club environment is the single most important factor in membership retention.”

Every club I attend does their very best to make guests feel welcomed. I heard Matt Kinsey, Toastmasters International’s First Vice President, say in a webinar this summer that guests have two main thoughts; “Will I fit into this club and will Toastmasters fill my needs?” That is the value we give to our new club members.

What does it take to build a club six months into Covid 19? The funny thing is even though we are technically still in a shutdown, it doesn’t feel like it. How then can we meet our members and guests needs during this time?

A Toastmaster friend of mine who lives in California, gave a great speech over Zoom last month and I related it directly to Toastmasters.

His questions: how do we build or rebuild community while not being able to meet face to face. Thoughtfully, he approached his ideas: Number one, vision. We need a vision to build a community. Second, we need to be dedicated to this commitment, and thirdly, we need to help each other in this endeavor.

How did I relate this to Toastmasters? We need a new vision to build an online club experience. There are a lot of tools on the Toastmasters International Website to help us with vision and the Moments of Truth is one of them. It’s a club and personal self-evaluation that can be a positive motivator. We need to be dedicated in doing this. Building your club is building your community. It takes time, dedication, and effort.

Toastmasters International’s Envisioned Future is to be the first-choice provider of dynamic, high-value, experiential communication and leadership skills development. It takes dedication to build such an organization. It starts at the club level. Lastly, we need to help each other. It takes commitment to build relationships and help meet our club members goals.

When you think about dues this September, think about value and building community with excellence.

2020-21 District 7 Incentives

Program Quality Incentives Eldred Brown: pqd@d7toastmasters.org	Club Growth Director Incentives Lorri Andersen: cgd@d7toastmasters.org
Member Incentive <ul style="list-style-type: none"> Pathways Mentor Program (all year): Complete the Pathways Mentor Program and be entered into a drawing for a chance to win a Toastmasters Core Jacket, Cardigan, or Hero Hoodie. 	Member Incentive <ul style="list-style-type: none"> New Club Leads (all year): District 7 will award a \$50 Toastmasters gift card to any member who submits a new club lead that results in a chartered club by June 30, 2021. Submit leads to cgd@d7toastmasters.org. <ul style="list-style-type: none"> All leads will be entered into a final drawing. Three leads will be drawn and winners awarded a \$25 gift card Toastmasters.
Club Incentives <ul style="list-style-type: none"> Moments of Truth: District 7 will award a \$25 Toastmasters gift card to any club that conducts Moments of Truth by September 30. To qualify, please send an email to pqd@d7toastmasters.org immediately after you have completed the module to let me know. Club Success Plan: District 7 will award a \$25 Toastmasters gift card to any club that submits a completed Club Success Plan to their Area Director, Division Director, and PQD by September 30. This completed Club Success Plan must be signed by all the club's officers to qualify. TLI Incentive: District 7 will award a \$50 Toastmasters gift card to any club that has all 7 officers attend TLI for both rounds of training. (Jun-Aug AND Nov-Feb) 	Club Incentives <ul style="list-style-type: none"> New Clubs: New clubs chartered by June 30, 2021 will receive a New Club Kit (\$198 value) consisting of: <ul style="list-style-type: none"> Custom Club Banner (Item #322) Portable Lectern (Item #382), OR Timing Light (Item #6931) Open House: Clubs that hold an open house between August 1 and September 30, 2020, will receive a \$25 gift card from Toastmasters. To qualify, notify cgd@d7toastmasters.org with the date and time of your open house and complete the Toastmaster Open House before 10/01/2020 form. <ul style="list-style-type: none"> Receive additional \$15 gift card from Toastmasters for each new member who joins as a result of the open house. Membership Dues Renewals: The first ten (10) clubs to submit dues renewals for at least 80% of their July 1 membership base by September 15, 2020 will receive a \$50 gift card from Toastmasters. (Must be a minimum of 8 members to qualify)

Celebrating the “Little Bits”

Emilie Taylor, DTM - Immediate Past District Director

It is time to have fun and celebrate our district leaders and members and the volunteer work they put in to finish the 2019-2020 Toastmasters year. We were strong despite the pandemic. I have said many times this past year; “it takes a village of Toastmasters to run this District.” Many of our volunteers are quietly doing their bit. . . and there are a lot of bits!

Every year around this time, we host the Celebration of Leadership. We honor, recognize, and give out awards to those who went above and beyond their membership as District 7 Toastmasters. Among the awards that will be presented are the following: Toastmaster of the Year, Division Director of the Year, Area Director of the Year, Lou Webb Award, Rookie of the Year, Herb C. Stude Educational Service Award, Dick Moser Award, and Spirit Awards. We will also honor those leaders who “Distinguished” their Areas and Divisions. The awardees don’t know the award that is coming to them. It is top secret and only last year’s trio members (and the WHQ Supply Orders Team) are privy to the information. This is usually an in-person event, with all of the smiles, laughter, hugs, and tears of what we consider the “Academy Awards” of Toastmasters. Alas. . . Yep, here we go again. . . “Due to COVID-19, we will conduct via Zoom.”

I think we have heard that before! Please join us Saturday, October 3, 2020 from 10:00 AM to Noon. You are all invited. Zoom over to your computers in your PJs if you must! Come and celebrate with us!

As the Immediate Past District Director tirelessly working in the shadows, I am responsible for organizing the event. This year we are very fortunate to have Lark Doley, DTM, Past International President (2019-2020) as our Keynote Speaker. For added fun, we have included Tall Tales Speeches and invited four members from our District: Sudhir Gautam, Mitra Shahri, Tara Rolstad, and James Wantz to spin some tales for our amusement. It’s going to be delightful . . .

Please join us on October 3, 2020 at 10:00 AM Pacific Time (US and Canada). To attend the event, please register in advance by [clicking here](#). For additional information, please check the D7 Calendar [here](#). If you have any questions, email me at ipdd@d7toastmasters.org.

After registering, you will receive a confirmation email containing information about joining the meeting.

OCTOBER 3, 2020 - 10 AM - NOON

Tributes & Tales

2020 Celebration of Leadership



KEYNOTE

Lark Doley, DTM
Past International President



TALE SPINNERS



Mitra Shahri



James Wantz
DTM



Tara Rolstad
ACB, CL



Sudhir Gautam
DL4

Wednesdays Wonderful Webinars

JULY 1	AUGUST 5	SEPTEMBER 2
Start the Year Strong Beth Pinchot, VC3 Video Replay	Create a Club Success Plan That Works Eldred Brown, DTM Video Replay	Hang onto Your Members, Stop the Revolving Door Leanna Lindquist, DTM Video Replay
OCTOBER 7	NOVEMBER 4	DECEMBER 2
Spruce Up Your Website Phyllis Harmon, DTM	How to Attract New Members	How to Hold a Club Contest
JANUARY 6	FEBRUARY 3	MARCH 3
Judges Training	WOW Open House	Succession Planning
APRIL 7	MAY 5	JUNE 2
How Being a Club Officer Makes You Stronger	Toastmasters 101	Finish the Year Strong



First Wednesdays
7-8 pm

Click Here to Register
for the next Zoom Meeting

Spruce Up Your Website

October 7, 2020 - 7:00-8:00 pm



Phyllis Harmon, DTM
Presenter



[Register for This Session by Clicking Here](#)

In the next Wednesdays Wonderful Webinar you will learn

High quality websites focus on their visitor's needs. Good, fresh content builds the visitor's interest and invites them to get involved, invite their friends, and come back for more.

Websites continue to be one of the best methods for attracting members to your club. But there are some factors that must be considered in order to create interest and excitement about your website.

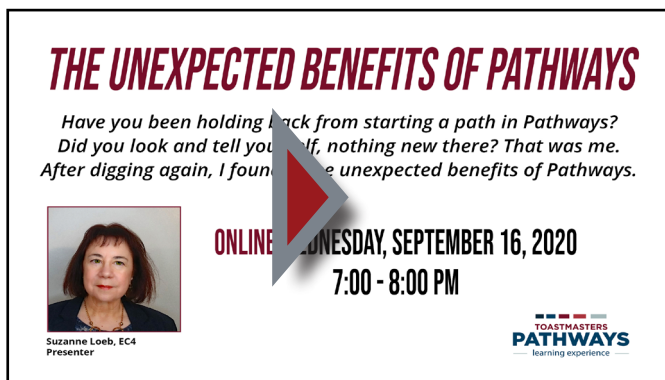
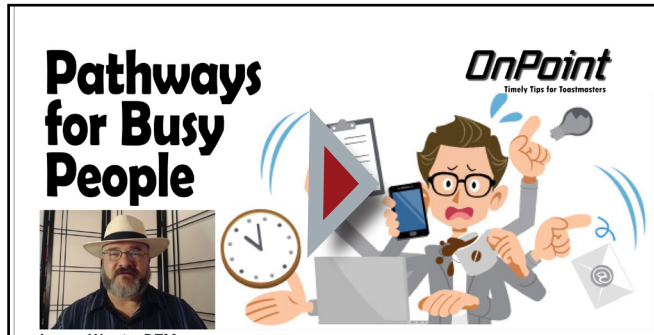
- In this interactive session we will explore:
- Is your website attracting visitors or chasing them away?
- Is it attracting the right visitors?
- Are you capturing visitor information for a follow up?

About the Presenter

Phyllis Harmon, DTM has a history of creating promotional materials for District, Area, and Club campaigns. She brings her experience as an award-winning Club Growth Director, past District Public Relations Manager, and knowledge of marketing to the table. Additionally, she has a passion for layout and design as evidenced by her work for *Voices!*, the District 7 e-zine. She is the author of *Public Relations – Increase Club Membership & Retention – A Strategic Guide*, a compendium of twelve published articles on marketing and promotions.

About Pathways

District 7 Video Replays

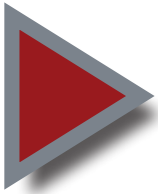


Upcoming Pathways Webinars

Presenters	Dates	Pathways Topics
Kathleen Tully	October 21, 2020	Exploring Pathways Electives: Extend Your Learning & Transform Your Toastmasters Journey
Cheri Redgrave	January 20, 2021	TBD
Phyllis Harmon	March 17, 2021	TBD
Beth Pinchot	April 21, 2021	TBD
All Committee Members	June 16, 2021	Pathways Q & A from District Members

EXPLORING PATHWAYS ELECTIVES: EXTEND YOUR LEARNING & TRANSFORM YOUR TOASTMASTERS JOURNEY

Explore how you can select specific electives within the Pathways program to reach your personal and professional goals



Kathleen Tully, DTM
Presenter

ONLINE WEDNESDAY, OCTOBER 21, 2020

7:00 - 8:00 PM



[Click Here to Register for This Webinar](#)

Explore how you can select specific electives within the Pathways program to reach your personal and professional goals

- Identify specific electives that allow you to build and refine leadership skills
- Delve into the High-Performance Leadership Program (HPLP) and design a project for your work, community, or Toastmasters club
- Engage in the Toastmasters Mentoring Program

About the Presenter

Kathleen Tully is a long time District 7 Toastmaster. She has served in all club officer roles, has been an Area Director and Division Director, and supported the District as the Education and Training Coordinator, and PRM. She has earned her DTM through the legacy education program AND has embraced the Pathways education program, having completed two paths (Dynamic Leadership and Innovative Planning) and working on her third (Effective Coaching). She is looking forward to sharing the value and benefits of Pathways electives with you!

The Art of Story



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EUGENE TOASTMASTERS: OREGON'S FIRST CLUB (Part 4)

Harvey Schowe, DTM

The first meeting of the Eugene Toastmasters club began at 6:00 pm Tuesday, November 26, 1929 at the Eugene YMCA Center. Professor Charles Howard was the director of the new club with 12 charter members. The Club met twice a month, on the first and third Tuesdays, with a 20- member limit. Frank Stinson Gannet, Director and Vice President of the Eugene YMCA Center, was chairman for the meeting. The following Club officers were elected: Robert C. Merrell - President, Ray Torrey - Vice President, and Albert Skade - Secretary-Treasurer.

Professor Wayne Layman Morse of the University of Oregon Law School spoke about his experiences with public speaking clubs. Professor Charles G. Howard of the University of Oregon Law School was assigned as club critic for speaking performance in future meetings. The Club president and secretary select the critic for one year.

The Eugene Lions High Twelve Club met Friday, February 7, 1930. Wayne Morse gave the speech "How and Why to Speak in Public." Morse was acknowledged as an outstanding University of Oregon instructor in public speaking. He mentioned being Eugene Toastmasters club president. At the June 16, 1930 meeting members voted to become a closed club as of 1931 with a 25 member limit. The Club had 45 members with 24 active participants at the time.

After 1931, no information about club meetings was reported until a January 21, 1934

Eugene Register Guard article reported a YMCA Center meeting was held on Sunday at 2:30 pm with Harry Elliot as chairman. Howard Lee and Charlie Fulton presented a 3-minute debate topic, presenting one side and rebuttal; club members presented the opposite side. For unknown reasons the Club disbanded after January 1934.

Byron Welsh wrote in the January 1931 issue of *The Gavel* about how Toastmasters training benefitted members for public appearances and extemporaneous speaking.

Harry T. Shea reported on member activities in the June and July 1931 issues. Charles Emory addressed a University of Oregon class on insurance. Harry Holden spoke about "Vocation of Insurance" during the Hi-Y club meeting. Williland Kidwell gave several speeches at the Young People's club of Christine Church. F. C. Pursley spoke during the Sunday evening Presbyterian Church Forums. Dr. W. C. Buchanan was principal speaker during the annual Kiwanis Club Ladies' Night. Dr. J. E. Richmond delivered an address on Orthodontia during the June 18, 1931 Oregon Dental Association meeting in Portland.



Wayne Layman Morse

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Club Success: It Takes a Village

Lisa Hutton, DTM
VP Membership, Marylhurst Toastmasters

Some people are curious by nature and stumble into Toastmasters without knowing exactly what they are looking for. It was recommended to them and they are checking it out. Some people come with specific intentions to improve their public speaking skills. Whatever the reason behind their initial interest, it's important to make sure they get something out of attending each meeting. If you think that this is someone else's 'responsibility' then STOP reading right now. I'm not going to waste your time convincing you that everyone is responsible for the culture of the club. If you DO care about cultivating a club that is fun, engaging, has a diverse membership, and is something that you look forward to attending, then Ok, this article is for you. (Please keep reading.)

A first impression is made from the moment someone checks out your club's website and it gets solidified when they attend as a guest. Do you encourage guests to contact the club to attend – obtain Zoom link? Does your club warmly welcome a guest? Do you have a packet for them with pertinent information about Toastmasters and an application to join? Does the Toastmaster

explain the three portions of the meeting and the various roles? It can be challenging to understand the format of the meeting at first. It's helpful to have a structured opening where the roles and responsibilities are explained. Do you invite them to participate in Table Topics? Do you inquire what they liked about the meeting? Do you invite them to attend again and join the club? Do you follow up afterwards to see if they have any questions? Do you understand the value of asking someone questions? Authentically connecting with guests will encourage them to become a member of your club.

Does your club embody the mission—"to provide a positive and supportive learning experience . . ."?

When we meet the needs of our members, we achieve so much more than helping them to transition from one Pathways level to the next. Confidence, poise, and a feeling of ease when speaking to a group can feel elusive until you start to measure your progress and get specific feedback from caring people. Is there a foolproof recipe to create the perfect club environment? I don't think it's a recipe per se. However, I do know



from being in a club that has been President's Distinguished for the past 14 consecutive years, it's important to keep in mind that members are always thinking, "What's in it for me?" If there were a recipe, meetings should consist of the following elements: well planned, start and end on time, variety of engaging speakers, opportunities for leadership, evaluations that offer specific and helpful feedback, and perhaps a theme. Does your club deliver these basic expectations?

Members on a regular basis should be encouraged to talk about their club, post about it on social media, and invite someone to attend as a guest each week. The secret behind Toastmasters is that it's not a secret. ANYONE can join and improve themselves. That's not a false promise. It's truly a matter of getting out what you put into it. If you're lucky, you'll also make a few good friends in the process.

When your club does have a special event or Open House, it's paramount that you advertise the event. These distinctive moments are an opportunity for your club to shine. Assembling a committee to ensure all of the details are

managed generates a unified goal for members. Be sure to include newer members with tasks and help as needed. Remember: Toastmasters is where leaders are made!

Celebrating the educational goals of your members and club successes is what I think of as "the icing on the cake." Taking the time to acknowledge members and thanking those that made an event go well gives affirmation to everyone that their participation in the club matters. Again, every member is accountable for creating a club environment that promotes personal growth. Truth be told, in order to bring in new members, a club has to offer the person something of value. Find out when they visit what it is they are looking for and, when possible, give it to them. Much like the expression "there are no strangers here; only friends you haven't yet met." Guests are members that have yet to join. By extending fellowship and friendship, you'll increase the likelihood of them joining your club.

Lisa Hutton joined Marylhurst Toastmasters in June, 2011. She is currently serving as their VP Education.

I'm a Toastmaster I Talk - I Don't Write!

Ken Coomes, DTM

Okay, so you're a talker. You know three to four Toastmasters who have written something worth reading, and three to four dozen Toastmasters who don't write, but they give excellent speeches. Let's look at three main synergies between speaking and writing.

One of the key qualities of top-notch speakers is telling a good story. It doesn't matter if they are competing in a Tall Tales contest, the International Speech contest, or giving a speech for their home Club. The best speakers are good at telling a story. When you sample a book by an author you haven't read before, what leads you to keep on reading? A good story. Even the easiest and most pleasant non-fiction author tells a good story. If there is no story, reading the book is a chore at best.

Can you think of another important trait all really good speeches have in common? Something you learned when you first began speaking in Toastmasters? I'm talking about structure. Good speeches have an opening, a body and a conclusion. The same is true for good writing—no matter the genre—in fiction and non-fiction alike. Just like good speeches, the opening draws you in, catches your interest—engages you. The body carries you on a journey with the author, making you want to know how the story (substitute speech here, if you like)

ends. And every good ending brings closure to the content of the speech (substitute story here), but also leaves you wanting more.

We've already begun addressing that third common element between good speeches and good writing—they both engage the audience. If you're listening to a speech that hasn't drawn you in, it's easy to start making notes, reminding yourself of the feedback you want to offer. If you're reading a book with the same sense of being a distant observer, you'll probably put it down and choose something else to read.

See? You're already working towards being a good writer. You've been calling it speech writing or preparation, but it can be much more. And it doesn't stop with the speeches you plan. You can learn more about writing and speaking when you listen to other people present. If they have a strong opening, notice how you were drawn in; consider using a similar opening



technique in your next speech or piece of writing. Audience engagement is a little more difficult. I think you'll find that part of a good speech that engages the audience does so by offering relatable people and situations. So write characters that your reader can relate to, and make the setting, actions and situations relatable for your readers.

And how did the conclusion of the last great speech you heard stay with you? Did it have a call to action, a strong moral or a vibrant message? How did it leave the audience wanting more? And how can you make the ending of your written piece just as strong?

Here is the writing-related exercise this month: Share 100 words (or so) about a strong opening (speech or writing), a solid structure (writing or speech), or a powerful ending (speech or written piece.) From those submitted to me at lupusgnome@hotmail.com I will choose the one I think most appealing to our readers and publish the winning entry here. I must receive submissions no later than midnight PDT September 8, 2020. Now, go define your ideal reader and tell me all about it!



Networking? Not My Cup of Tea!

James Wantz, DTM

Ok, full disclosure statement: I dislike networking. Detest it. Loathe it. Flee from it. I'd rather give a keynote speech in front of 4,000 people than get stuck with networking small talk. I'd rather live through a pandemic, wildfires, and hazardous air quality than network. And I might be putting that lightly. My first networking event went exactly like this:

"You from around here?" I asked the lady to my right after seeing that small talk was expected.

"Yes, but not originally. You see I'm from. . ."

I was no longer listening. I was so relieved that my question was intelligible. I was breathing easy for the first time since entering the room. About a minute into her answer I started getting anxious again. I had to come up with a second question. Ugh! Who knew talking to people would be so difficult!

She stopped talking, smiled, and looked at me expectantly. I was sweating.

I said the first thing that came to mind, "Uh—you from around here?"

She was no longer smiling. Face palm in the extreme!

I have a story like that for every networking event (and date) I've ever been to. Pictures of me at those events would constitute a very effective

wall of shame. Networking is for extroverts. I am an introvert. I suspect networking (my version of hell) for the extroverted is something akin to sitting in a quiet room while reading a good book with a lap cat (my version of heaven). Why does meeting people have to be sooooo difficult?

Networking and dating are synonymous—we are attempting to convince the person in front of us that we are worth getting to know, intelligent, funny, a good prospect, dependable, and not too hard on the eyes (despite the evidence right in front of them). A few years ago a friend set me up with a blind date. That has got to be the worst type of networking event in the world (we aren't friends anymore).

I arrived early, got a table, bit all my nails off, and rose to greet the other person when he walked in the door.

"Hi, I'm James. Wow! You don't look anything like your picture."

"Um. . . yeah, neither do you. . .hmm."

I stuck out my hand for a more formal greeting, and he finished his next sentence with the three most terrifying words in the world.

"Handshake, pshaw! I'm a hugger."

I shuddered.

So. . .let's recap. I dislike networking, am introverted, and don't like being touched. Enter



the Pandemic! The best anti-networking event to happen (to me) in the last several years! Suddenly, I am in my element: I have to stay home, no one can touch me, and networking is fundamentally changed. . .for the better.

Now, all of a sudden, I am a networking fiend. I am attending Zoom meetings with Toastmasters clubs all around Oregon. I've even visited international clubs in the United Kingdom and Thailand. This is networking I can do!

Pathways has been here for three years (happy birthday to Pathways in District 7. It rolled out on 9-17-2017 for us). I've had the Strategic Relationship Path active for 2.5 of those 3 years. I just finished Level 5. . .and it was only because of the pandemic that I got this far! Now, the final project to finish is "Reflect on your Path". Oh, I am most definitely reflecting. The world has fundamentally shifted in the 2.5 years I've been trying to convince myself that my hatred of networking is all in my head (much like my hatred of vegetables). It has taken that world shift

for me to realize that I don't detest networking. I detest the kind of networking I thought I "had" to do: small meaningless conversations, hugs or overly friendly pats on the back, stuffy little rooms with the chairs too close together, etc.

I like the new networking: distant yet connected, focused on problem solving, in my own room and chair, and with my cat nearby. I love helping people. I truly enjoy visiting new clubs or talking one-on-one to help someone figure out Pathways. I enjoy connecting people I know with others that can assist them. I like connections, and isn't networking really about connections?

Now that my discomfort with traditional networking is mitigated by not meeting in person (and since I no longer date—being married is a good out), I find that I enjoy visiting new clubs and meeting new people. The world had to change for me to like networking and finish Strategic Relationships. . .and it did!

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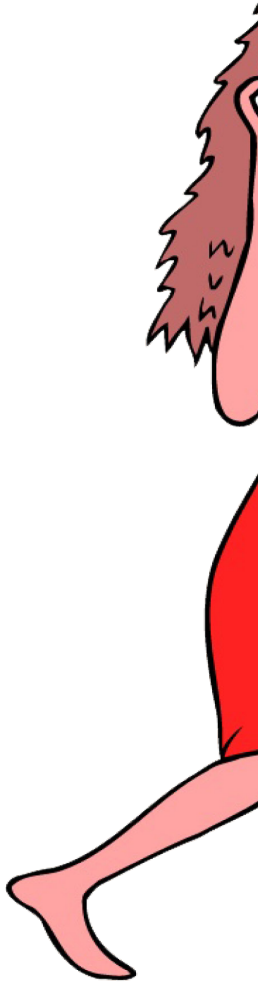
Andrea Matthews, EH2

Andrea Matthews is an artist and an architect with an interest in comedy improv. She is currently enjoying a personal sabbatical. Andrea joined Portlandia Toastmasters Club in 2017. During COVID, you will find her doing her best to make her friends and family laugh through the power of the internet connection. This speech was inspired from a combination of Phyllis Harmon’s “Find Your Story” presentation at TLI and Andrea’s first humorous speech in the Engaging Humor Path. You can reach her at m.andrematthews@gmail.com

I rode the elevator to the 7th floor—my heart was beating in my chest. I got to the lobby for the room, but then I had to go through a maze. By the time I finally figured out how to get through the maze, I was late to the Toastmasters meeting. I snuck in and sat in the back. Other than a couple of people who gave me an evil look for being late, no one was paying too much attention to me. But suddenly—in the middle of the meeting—I was forced to stand up and say my name. I pronounced my own name wrong, so everyone laughed and pointed at me for 5 straight minutes. I started to have a heart attack but somehow I managed to continue living. Then the meeting lasted for an extra hour beyond what had been published on the flyer at the entrance to the Portland Building. I found my way back through the maze and made it to my office where I got fired for being late getting back to work. Then my roommates kicked me out for not paying my Century Link bill on time. I had to sell everything except my guitar, camping tent, and the clothes I was wearing. I missed being downtown so I set myself up in front of the Multnomah County Central Library. I made a lot of friends there and started a drug habit. I really enjoyed the drugs, the camaraderie, the

guitar playing, and the general feeling of freedom. At first it was embarrassing playing so badly on the guitar in front of people. But then I got used to people telling me to shut up, and even kind of liked it. It took me going to a Toastmasters meeting to realize I could get used to insults. Living on the street in front of the Library, I occasionally see some of my friends I used to work with (even though they usually are working from home because of COVID or wildfire smoke). When they pass me by, they mostly look the other way, because they’re ashamed to be associated with someone who would say their own name wrong. Or maybe they don’t recognize me because of my N95 mask. Or maybe they just can’t see me through all the wildfire smoke. I guess about once a month I get a sad smile and eye contact. That was really all I ever wanted from them. I don’t really need a dollar as much as I need that eye contact from my old associates. It helps me to know that my graduate education did not go completely to waste.

Okay, obviously none of that happened.





2 What really happened was I rode the elevator to the 7th floor of the Portland Building. My heart was beating in my chest. I asked at the lobby if this is where Toastmasters was. A kind, warm gentle man with long eyelashes said “yes—right over there, go on in—they meet here every week.” I felt really attractive because he looked for a long time into my eyes. I walked into a glowing room with sunlight streaming in. Comfortable chairs surrounded a shining Oregon maple table with

a live edge. The meeting started. There were a couple of speeches. Then it was time for Table Topics. I knew I had to stand up and do one to get myself engaged. I received a standing ovation and cheers of BRAVO! BRAVO! The members all threw roses at my feet— Portlandia Club always brings roses in case a genius happens to walk in the door. Everyone rushed me to ask for my autograph. Two weeks later I became a world-famous public speaker and made a million dollars. Now I travel the world from my home base in a penthouse at the new Ritz Carleton with a view down on the Multnomah County Central Library. Now whenever I see my old associates downtown, I smile, make eye contact, and I give them money for their favorite charitable causes. I also give them puppies.

Okay, that didn't happen either.

3 Here's what really happened. I rode the elevator to the 7th floor of the Portland Building. I asked at the lobby if this is where Toastmasters was. A kind man said “yes,—right over there—go on in—they meet here every week.” I won Table Topics at my first meeting and got a blue ribbon which I bragged about that night to the man I was seeing at the time. I gave my Ice Breaker speech 6 months later and felt validated by all the feedback and attention. Then I became President of Portlandia. The next year I became VP of Education and Area 74 Director. Now I am in my 3rd year as an officer —VP Public Relations. Recently I trained 54 Toastmasters Officers from across the state on Zoom. I have freedom and camaraderie, and I am learning to play the guitar. It took going to a Toastmasters meeting to realize a few things. First, I can give a speech without dying, being fired, or losing friends. Second, I know that even if I am not a world famous speaker yet, I am making steady progress toward improvement. Third, most of the time people will help me when I ask, like giving me feedback on a speech, or giving me a dollar.

To conclude, I still have phone conversations with my old associates. I'm pretty sure if I ran into them I would make eye contact and give them a dollar if they asked. You too can learn about yourself through Toastmasters.

If you want to share your story about why you joined Toastmasters, watch the Finding Your Story replay on Youtube by [clicking here](#). Follow the format discussed, and send your story to phyllis.harmon@d7toastmasters.org. Your article will be published in an upcoming issue of Voices! Email Phyllis Harmon, Publisher, for submission details.

Stepping Out - The Journey Begins (Part 1)

Paul Fanning, DTM

It was a chilly morning—something I would grow to miss in the coming months of heat, lack of water, and even a comfortable bed. No more three-square meals a day, sitting on the veranda whilst the servants hustled and bustled setting up, preparing, and delivering my repast. I gazed out the window noticing for the first time a bird's nest on the tall tree before me. I heard a slight “ahem” and turned and found my valet standing there. “Is there anything else you require of me sir?” I responded at once with a terse “No thank you.” Thinking a moment, I added, “Caruthers, if I don't return within the year, you will notify the Royal Society, won't you?” “Of course, Sir. And your brother in the colonies as well.” With that he vanished out the door as if this was a daily occurrence. Unrattled but faithful to the last.

I strode to the bed chamber and looked down and saw that all the trek kit was laid out for me—knee boots, khaki colored shorts, shirt, tie, and jacket along with the almost comical but ubiquitous solar topee (pith helmet). I quickly dressed, careful to fill my pockets with requisite

items I would need for the journey. At last, I stood before the full-length mirror and admired that which I saw there—handsome, debonair, someone properly outfitted for an arduous, yet hopefully profitable adventure determined to do their best for “King and Country” to their last breath.

The vision before me began to morph as the mirror shrank, the clothing become a tee shirt and shorts and that dashing moustache turned into two-day stubble. Here I was, sitting before my master (the laptop), the green eye silent as I finally began the process of my journey for the day. Press ON. The journey begins—an adventure, yes. Of a lifetime, yes. Of profit and fame, well that was up to me I believed.

Typing in the website reference for Toastmasters International and my logon, I stepped through the portal into another world again. Off to base camp where my sojourn begins. I am the master of my own fate, an expedition into my future and my education to better myself as a speaker, an evaluator, and a leader. And then



it hit me as if the cartoon Acme Company came crashing down. Why was this so difficult? Yet I am aware that there appears to be a growing number of Toastmasters members who have not even got to this point, and are not engaged with the learning experience, and (excuse me Charles Dickens,) “Are there no Pathways?” “There are, but many would rather die than go there”. They have become lost, cannot see the woods for the trees, and cease to grow, become discouraged, frustrated, and angry with Pathways, and eventually go off the beaten path to be seen no more—at least as active Toastmasters.

Here is what I want you to do. Go grab your pith helmet, Foreign Legion Kepi, or whatever form of head gear symbolizes to you “the great adventure,” and join with me exploring, prospecting for gold and treasures beyond belief in the world you and I have joined called Toastmasters.

Splendid, absolutely splendid. I trust that you have already discovered how to log on to the Toastmasters International website. Do so now and stop—we will wait for us all to be at

the starting line. Once you see your name in the banner at the top of the page, you now know that you are just minutes away from Shangri-la. (If you have not ever activated your password, let your club’s Vice President of Education know so that they may help you do this smoothly and painlessly.) Please note—this Pathways information is available for viewing without logging in.

It has been produced so that a non-member who may be interested in the Pathways and the Toastmasters program may see in advance the dynamic and exciting material.

For the purposes of this Gleanings, I am introducing you to an area less traveled (but most rewarding) in helping you understand Pathways and how to use its various features for your maximum connectivity and success in the program. As you may know, you can access Pathways three ways. One is by clicking on your name which will send you to your profile and a Pathways entry point. The second is to use the PATHWAYS feature on the program bar, and this will lead you to the screen displaying the

three boxes: Base Camp, Navigator and Purchase a Path. *FOR NOW-IGNORE THESE ENTRY POINTS.* I want to acquaint you with the third way which gives to you the keys to the kingdom we call Pathways.

On the same program bar as Pathways there is one titled Education. Click on Education, and you will see the drop down with Education in bold letters, with two choices below. Education and Pathways learning experience. Click on the Pathways choice. It leads to the question “Where will Pathways take you?” Read the text if you want or scroll down and locate the yellow button titled Begin Now. For right now, do not click on that portal and begin to scroll down to the Welcome to Pathways. Take a deep breath, fasten your seat belt, and watch the introductory video. Simply, it is the intro to Pathways. While it is not extensive, you may learn something new.

Wonderful. Answered all your questions, right? It would be wonderful if it did. But I want you to now scroll down to the next section and prepare to play around for a bit. Remember that these are merely rudimentary summaries of the 11 paths found in Pathways. However, you may find your curiosity piqued to explore even further. Stay on the path for now. The 11 paths outlined all contain a synopsis of the path, the five levels and the elective projects for each level. I find this a great tool to project forward what I may choose as my next path or make the decision that the path may not be of interest to me. Now you can, without any pressure plan, explore, and prepare for what interests or challenges you by clicking on the emblem and seeing what is available. Did you know with all the various

electives, etc. that the 11 paths turn into 300 competencies? When someone tells me, they are limited by Pathways to just this or that, I remind them of this salient fact. It is far more extensive than we think. The limitation is within yourself, not the education program. I am on my third path and still discovering little gems and skill training on each level. It does remind me of the old (and now new ads) for Life cereal—“Try it, you’ll like it!”

Ah, I see by the rapidly fading light that we must now break our journey for the day. Now is the time to set up your tent, lay out the bedroll, and stoke up a campfire. You’ll want to now feast on a few of the areas in your Pathways discovery that you have sampled. But I need to caution you, this campground is fraught with danger. You need to be aware of the dreaded lethargy beetle that will sap your strength with but a single bite. Don’t forget the multi-legged worm of frustration that with its pincers immobilizes you to dither, lose interest, and give up your journey.

Now I want you to have pleasant dreams of paths achieved, certificates won, and the golden prize of the Pathways Distinguished Toastmaster award. We will renew our journey. Fluff up the pillow and relax, knowing that tomorrow will come—a bright, sunshiny day with continued adventures and discoveries. Rest well, and we will renew our journey of discovery. See you next month!

It's All in Your Head

Laurie Canney, DL2



Truly off the cuff speaking can sometimes seem like a skill that is unattainable for someone who does not have a ton of facts rolling around in their head. Surprise, you do not have to have a ton of facts so long as you have had any kind of hint of contact with a topic, you can speak off the cuff.

How? How can I speak confidently off the cuff if I don't know what I will be speaking about? Simple. You, believe it or not, are a subject matter expert. Really you are. Take any topic and when applied to your personal experience, your life, your perspective...YOU are the subject matter expert.

Here is an example. Give a child a plain cardboard box. It becomes a spaceship, a sailing vessel, a car. It is only limited by their imagination. They are the subject matter expert on the box and they have tons of stories and adventures to tell.

Think of the topic like a box. Picture it in your hands. Look at it from every side. Side 1 is how your experience has interacted with the topic (story). Side 2, how do you feel about the topic? Side 3, do you have any information about the topic (personal knowledge)? Side 4, is there any distant relatability, have you read a story, seen an article, or third hand account that meant something?

Playing with your topic like a box, gives you a way to relate to it. Once you pick a side, you have your solid starting point of view and focus for your speech. Voila, you are organized and ready to go.

Topic, point of view (approach), focus, and you are ready to speak. But what about time! How can we speak for 5-7 or more off the cuff if we don't prepare? Easy. Choose more than 1 side of the box for longer speeches. Of course this takes practice and getting used to playing with the mental box.

What I have found is that off the cuff speaking has become

easier and more enjoyable for me than prepared speeches. There is a freedom in off the cuff speeches that allows you to incorporate the audience and feel of the room that may not be possible with a prepared speech.

A speech broken down is really a circle of information. It has a beginning, middle, and an end that usually takes us back to the beginning. The best speeches set the stage, give you a point of view, and lead you on a merry dance to end in a satisfying heap.

It is a journey every time that our listeners take with us and you know what they say the hardest part about a journey is... the first step.

We have so many opportunities to take that first step in Toastmasters. Table Topics is a great place to practice with the box. Start with a single word topic. Ball for example. Everyone at some point in their life has a (Side 1) personal story about a ball, (Side 2) Has feelings about a ball (tennis ball, basket ball or even a dance), (Side 3) personal knowledge about a ball (how it is made or history of masked balls), (Side 4) read about a ball, read a story that had a masked ball, saw a movie about a ball (Field of Dreams).

Off the Cuff or speaking "extemporaneously" is a 1938 American colloquial term, suggesting an actor or speaker reading from notes jotted on his shirt sleeves rather than learned lines (Literally speaking from off the cuff). Only for you it's all in your head, not on your cuff, waiting to be shared. (etymonline.com, n.d.)

You already have everything you need to truly speak off the cuff. You are the subject matter expert of your life. Grab the box and get started, we can't wait to hear you.





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Empathy: Van vs. Mustang Chronicle

Sudhir Gautam, DL4



You just paid \$350 to fill the gas tank in your 10-seater van and now you're heading towards the YMCA to take your Zumba class. You stop at the nearest Starbucks to get your favorite pre-workout drink—Venti 1 pump caramel, 1 pump white mocha, 2 scoops vanilla bean powder, extra ice Frappuccino with 2 shots poured over the top with caramel drizzle under and on top of the whipped cream, double cupped.

Two blocks away from the YMCA a yellow Mustang abruptly cuts you off. You honk, flip them off and stare them down in their rear-view mirror. You create a picture of this driver in your head—an ex-convict who evades taxes, sells drugs, does not pay child support, and votes for the political party that you hate.

Imagine if this was a movie in the making and you were the director who could do a take two. What if you created a different script? Grandma's in the ER fighting for her life and her grandson in the yellow mustang is rushing towards the hospital. The take two response is what we call an empathetic response, and it utilizes an ability called Empathy, which most of us have to some extent.

What is Empathy?

It's our ability to recognize and share other people's feelings. In simpler terms, it's putting ourselves in other people's shoes in order to try and feel what they feel.

Empathy isn't just an abstract concept but is a 2.0 skill that can be acquired and enhanced using cutting edge research and hands-on tools. But before we get into some of these tools, we need to understand the benefits of empathy. Here are some of them:

- Reduces stress and anxiety
- Encourages openness
- Creates more space for creativity
- Enhances cognitive flexibility
- Leads to better teamwork
- Helps build deeper connections and friendships
- Results in better problem solving outcomes
- Is better for business: better leadership, innovation and customer satisfaction
- Less political division and social conflict



Empathy Building Tools

Now that we know the tangible benefits of empathy as a skill, here are some of the simple, easy to use tools that can help build empathy:

1. **Create what-if scenarios**—How exactly do we put ourselves in other people's shoes? We do that by creating all kinds of what-if scenarios and related questions in our heads.

For example:

- What if that happened to you?
- How would you feel?
- What would you do?
- What would you say?

2. **Build Emotional Intelligence**—The awareness, control, and a healthy expression of our emotions have to do with our emotional intelligence. You can build it by:

Being better at recognizing and labeling emotion as sad, angry, happy, etc. in both others and ourselves. Getting familiar with universal and contextual facial expressions and body language helps you get better at it over time

3. **Conflict Postmortem**—Anytime you encounter a conflict, asking these 5 questions can help build empathy:

- What happened?
- What were you thinking at that time?
- What have you thought about it since then?
- Who's been affected and how?
- What can you do to make things right?

4. **Simulate Conflict**—What if you live in an environment where there isn't much of a conflict? How do you build your empathy muscles? You can simulate conflict in all kinds of ways. For example:

- Movies: ask why characters feel the way they feel.
- Books: imagine what it must feel like to be in a given situation.
- Paintings: try to get into it – what exactly is Mona Lisa thinking?
- Video games: what does it mean to build a virtual Minecraft community?

Practical Tips

At this point you might be wondering why some of the things in this article so far sound like they're meant for an elementary school child. If you are, it's because they actually are. Ideally one should be taught these things at a very young age but it's never too late to intervene and prevent a potentially violent situation involving a van, a Mustang, and a complicated Starbucks drink.

Now that we know what empathy is, its benefits, and what tools we can use to build it, here are some tips I picked up while wrestling with my own Mustang moments:

- Eat your own dog food when it comes to teaching children
- Set good examples
- Always steer towards positivity
- Listen! Listen! Listen!
- Don't try to eliminate all conflict. Learn from it.
- Don't overuse these tools and keep it fun.

Wish you a fun and happy empathy journey. Email me your thoughts and findings. If you're desperate to join my club at this point, I empathize with you.

The School of Self Talk

B. Lee Coyne, ATMS

While the month of September may bring memories of school bells clanging, the major lessons of life occur well outside the classroom per se.

Interaction with others is our ordinary daily experience. We are immersed in society. Communications begin in our toddler stage. We hunger for milk and baby food.

Then in baby steps we begin to learn real words. In our pediatric minds our new world starts to connect things with their labels. Nouns soon give way to verbs.

Ways of action are accentuated.

At some point in our cognitive journey we perceive inner feelings and the words to express them to our family. We are still highly dependent. We may need a boost from others, even their approval.

Self talk often develops at this stage.

As specimens of humanity our brains think before we take action. Internal forces formulate our thoughts and maybe we can debate within ourselves. Those episodes from childhood can mold our reactions in adulthood.

Let's attempt a fast forward to our contemporary scene here and now. Every Toastmasters speech is aptly triggered by that self talk process.

Choosing the topic is the initial phase.

Organizing the talking points follows in swift succession. Determining word choice enters the fray. Balance of tone—serious or humorous or both—becomes another facet to work through.

Audiences vary greatly. Self talk is really inner screening. The alternative for most of us is scrambling. Which one best represents whom we really are?



Donald "Tiger" McAndie

Be Part of the Process

**Michelle Alba-Lim, DTM -
Club Coach Coordinator**

Last month, we launched COACH CONVERSATIONS, featuring interviews with successful club coaches. For September, meet Donald "Tiger" McAndie. Tiger recently earned his Distinguished Toastmaster (DTM) in the traditional education program and is currently serving as Area 22 Director. He is a member of six clubs and serves in various officer roles, including President of Roseburg Speakers and Storytellers.

Tiger, tell us about your Toastmasters experience.

I joined Toastmasters in 2013 and was enthusiastically working the traditional education program until I experienced a devastating and utterly unexpected rejection in 2016. For three years, I refused to have anything to do with Toastmasters. Thankfully, my mentor continued encouraging me to visit other clubs. Thanks to the warm welcome I received at an online club, I rejoined Toastmasters in 2019 and resumed my disrupted progress with renewed gusto.

Why do you like being a club coach?

I am an educator by profession and have an Masters of Science in Education. I love teaching, coaching, and mentoring.

What has been your greatest joy as a club coach?

I joined WSO (the first club that I coached) so that I could participate fully in the meetings and become part of the culture of the club. I enjoy the storytelling aspect of the club and the friendly atmosphere. When Covid-19 hit, thousands of Toastmasters went online and many visited WSO as it is an established online club. Many of the guests asked to join as members and we ended the year as President's Distinguished.

What qualities help you to be a great coach?

I am a hands-on coach. I believe in being part of the process and leading by example. I lead from behind and tend to encourage and support others whether they be members or guests. I reached out to guests during the meeting to greet them and make a connection with them. I then followed up by reaching out via email. I showed up early to meetings to assist in welcoming guests and stayed after to engage guests in conversation.

What advice would you offer to new or prospective coaches?

My best advice to new club coaches is to assist the club to achieve their goals (not yours). Also, do not give advice unless it is solicited.

Wonderful News from the TI Convention 2020

Michelle Alba-Lim, DTM



Remember how I encouraged you to attend the first (and probably only) online Toastmasters International Convention last month? Where else but with Toastmasters can you attend a top-notch 5-day convention without spending a single dollar, from the comfort of your home, and in your favorite sleepwear? I hope you did. If you missed it, or want to review segments, [click here](#). This year, the Executive Board briefing was one of my favorite segments. Why? Because of the wonderful news related to online connections!

First Vice-President Margaret Page reported that the Executive Board of Directors decided to allow Areas, Divisions, and Districts to continue conducting contests online until June 2021. The Board will review this exception no later than April 2021. Districts are authorized to continue holding annual business meetings online.

The Board also decided to maintain current exceptions for online club meetings and club business until June 30, 2021. Likewise, the Board will review these exceptions no later than April

2021.

Page reported that the Board has approved allowances for special meetings devoted solely for prepared speeches (aka speakathons) to provide greater speaking opportunities for members, until June 30, 2021.

On a related note, she reported that the Youth Leadership Program and Interpersonal Communication programs will be updated by combining them into a single program that would better align with the Pathways program. Pilots will be conducted in specific locations worldwide. While Page did not explicitly state whether these would be online or onsite, I'm optimistic that either mode would be acceptable.

She also reported on a proposal regarding current and future cyber security. The Board recognized the ongoing nature of cyber security status and necessity of maintaining proper protection and protocols. More information will be provided when available and appropriate.

Second Vice-President Matthew Kinsey

TOASTMASTERS
INTERNATIONAL

delivered even more wonderful news for online connections in his report regarding policy changes/updates, thus:

1. Districts are now permitted to charter clubs that intend to meet entirely online. This policy change is extremely significant for would-be club sponsors. Prior to this update, one hundred percent online clubs could only be chartered as UNDISTRICTED clubs. That meant that the new online club could not be aligned with the sponsor's district, nor be included in district recognition or incentives.
2. Clubs may now designate that they will meet entirely online without the need to re-charter. Their district membership will remain the same. (This policy change deserves a big YE HEY from all those clubs that have come to love online meetings and are wondering what to do after the Covid19 restrictions are lifted.)
3. The Board has changed the definition of

clubs with online attendance. Policy 2.0 has been amended to state that "regular club meetings" are conducted "in person, online, or as a combination of the two." No longer will there be a distinction between a "regular" (in-person) meeting and an "online" meeting. Woohoo!

For questions about online connections, contact toastmaster.michelle@gmail.com

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Speak To Lead Toastmasters	Alam	Tanjila
Wonderful Oregon Wordmasters (WOW)	Berka	Jacek
Milwaukie Talkies	Brookshier	Hunter
Essayons Club	Burton	Edwin
M A C Toastmasters Club	Cai	Min
Tualatin Valley Toastmasters Club	Clements	Lorraine
Lake Oswego Toastmasters Club	Cullen	Aaron
New Beginnings Toastmasters	De Graff	Peter
CareOregon	De La Rosa	Juliris
Unified Toastmasters Club	Dickson	Steven
Roseburg Club	DUKES	RONALD
Coachmasters Toastmasters Club	Goodwill	Jason
Essayons Club	Hall	Macklin
Clackamas County Toastmasters	Hart	Jemila
Toast of Corvallis Toastmasters Club	Hohman	Christina
Cedar Hills Club	Hudson	Shelli
Mentors Of Focus Club	Hynum	Jeremy
Tower Toastmasters	JAQUA	ERIK
WE Toasted Toastmasters	Kattan	Samar
Essayons Club	Kealy	Patrick
Daylighters Club	Kim	Joseph
Waffle Toasters	Kimball	Robin
Essayons Club	Makovicka	Amber
Essayons Club	Marfise	Cole
Marylhurst Toastmasters	Miles	Brittany
Essayons Club	Miller	Nathan
Pearl District Toastmasters Club	O'Kane	Daniel
Yawn Patrol Club	Pascal	Kate
Essayons Club	Patterson	Maura
Creative Communicators	Phillips	Fatemah
New Beginnings Toastmasters	Phillips	Jerry
Sunrise Toastmasters Club #1492	Quintero	Annie Anahi

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Babble-On Toastmasters Club	Roy	Subrato
Essayons Club	Sanders	Matthew
Oregon City Toastmasters	Scott	Sirisha
New Horizons Toastmasters Club	Shrimali	Satish
CareOregon	Sims	Claudia
Professionally Speaking	Stinemetz	Ellen
Southern Oregon Speechmasters	Stone	Keith
New Beginnings Toastmasters	Wahlstrom	Daniel
Essayons Club	Wilde	Brandon

HAPPY ANNIVERSARY TO SEPTEMBER CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
9/29/2006	14	Banfield Barkers	Vancouver
9/1/1981	39	Daylighters	Portland
9/17/2002	18	Feedbackers	Portland
9/1/1952	68	Lake Oswego	Lake Oswego
9/1/1952	68	Newberg	Newberg
9/1/1978	42	Portlandia	Portland
9/29/2006	14	Rose City Toasters	Portland
9/19/2005	15	Roseburg Speakers and Storytellers	Roseburg
9/17/2002	18	Sage Beaverton	Portland
9/1/1991	29	Siuslaw Tale Spinners	Florence
9/22/2018	2	SpeakUp!	Hillsboro
9/6/2017	3	The Toast of Old Town	Portland
9/15/2006	14	Toast of the Region	Portland
9/24/2012	8	Tower	Portland

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EC2	8/4/2020	Abaunza, Justine Orr	Toast Of Tualatin, Lam Research
EC1	8/4/2020	Abaunza, Justine Orr	Toast Of Tualatin, Lam Research
PM2	8/10/2020	Ahmad, Uzma	Toast of Corvallis
PM1	8/10/2020	Ahmad, Uzma	Toast of Corvallis
PI1	8/6/2020	Albert, Anthony Jerome	PMI Portland Toastmasters
PM3	8/12/2020	Ard, Michael T.	Sherwood Town Criers Club
IP4	8/1/2020	Avington, Gwendolyn	New Horizons Toastmasters Club
EC2	8/15/2020	Baker, Janet Kaye	Vancouver Toastmasters Club
EC1	8/15/2020	Baker, Janet Kaye	Vancouver Toastmasters Club
VC2	8/21/2020	Benston, Caity	AAA Towsters
TC3	8/14/2020	Bhaskar, Lauren	Professionally Speaking
TC2	8/14/2020	Bhaskar, Lauren	Professionally Speaking
EH5	8/6/2020	Bird, Summer Thomas	Toasting Excellence Club
MS5	8/31/2020	Boizhanova, Assyl	Roseburg Speakers and Storytellers
LD2	8/20/2020	Bones, Dave	Liberty Talkers
LD1	8/13/2020	Bones, Dave	Liberty Talkers
DL1	8/27/2020	Bradsher, Amy C	Downtown Public Speakers Club
PM3	8/21/2020	Campbell, Alan	Siuslaw Tale Spinners Club
PM2	8/21/2020	Campbell, Alan	Siuslaw Tale Spinners Club
PM1	8/21/2020	Campbell, Alan	Siuslaw Tale Spinners Club
DL2	8/18/2020	Canney, Laurie Ann	Downtown Lunchbunch
TC3	8/3/2020	Cargill, Bryan	At The River's Edge Club
PM1	8/26/2020	Cook, Rodger	Wallmasters International Club
EC1	8/10/2020	Cox, Cleon M.	Wallmasters International Club
PM1	8/4/2020	Cutler, Rodger A.	Toast Of Tualatin, Lam Research
DL1	8/18/2020	Dale, Kristine Ann	Clackamas Stepping Stones
TC1	8/21/2020	Diaz Renteria, Sara	Roseburg Speakers and Storytellers
LD2	8/30/2020	Dickson, Yoshi	NoonTime Club
IP1	8/31/2020	Elbert, Bryce	Encouraging Words Club
DL2	8/13/2020	Fanning, Paul C.	Feedbackers Toastmasters Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
PM3	8/3/2020	Ferrer, Maria Victoria J. N.	Roseburg Spkrs and Storytellers
IP2	8/27/2020	Fettig, Chase	Sunrise Toastmasters Club #1492
IP1	8/27/2020	Fettig, Chase	Sunrise Toastmasters Club #1492
PI1	8/4/2020	Fierro, Herman H.	Toast Of Tualatin, Lam Research
PM4	8/1/2020	Finch, Susan Marie	Silicon Forest Club
IP1	8/27/2020	Freedman, David E.	Babble-On Toastmasters Club
LD1	8/4/2020	Fukushima, Garin K.	Sporty Speakers
IP2	8/28/2020	Gerzowski, Elizabeth A.	Clackamas Stepping Stones
EC1	8/31/2020	Gorick, Yolanda	Toast of Corvallis
IP3	8/11/2020	Gotter, Lenny L	Portland Progressives
LD4	8/31/2020	Grace, Martin	The Dalles Toastmasters Club
LD3	8/31/2020	Grace, Martin	The Dalles Toastmasters Club
PI2	8/19/2020	Hall, Robert B.	Professionally Speaking
IP1	8/29/2020	Hamilton, Andrea	Pearl District Toastmasters Club
EC5	8/5/2020	Harmon, Phyllis A.	Wallmasters International Club
TC2	8/5/2020	Harmon, Phyllis A.	Tell Me A Story
EC1	8/18/2020	Hedgecock, Peter Doyle	CareOregon
PM2	8/19/2020	Hemmingson, Brinn Carla	Portland Progressives
PM1	8/19/2020	Hemmingson, Brinn Carla	Portland Progressives
IP3	8/13/2020	Hou, MiaoYuan	MIME Speaks
IP2	8/13/2020	Hou, MiaoYuan	MIME Speaks
EH3	8/4/2020	Hubb, Cyndi	Toast Of Tualatin, Lam Research
EH2	8/4/2020	Hubb, Cyndi	Toast Of Tualatin, Lam Research
EH1	8/4/2020	Hubb, Cyndi	Toast Of Tualatin, Lam Research
VC1	8/21/2020	Jantzen, Rosetta J.	Siuslaw Tale Spinners Club
PM3	8/26/2020	Johnson, David R.	Moser Community Toastmasters
DL3	8/27/2020	Johnson, Joanna	Flying Toasters Club
MS4	8/21/2020	Klein, Barbie	Bootstrappers Club
MS5	8/5/2020	Kryzanek, Lorelei P.	Communicators Plus
PI1	8/23/2020	kulk, Ilene Yarmark	Communicators Plus
VC2	8/26/2020	LaBier, Daryn Lee	Sporty Speakers
LD4	8/19/2020	Lafferty, Bryson D.	Babble-On Toastmasters Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
DL3	8/18/2020	Landolt-Hoene, Daniel	CareOregon
DL2	8/18/2020	Landolt-Hoene, Daniel	CareOregon
DL1	8/18/2020	Landolt-Hoene, Daniel	CareOregon
IP2	8/21/2020	Lastufka, Erik	AAA Towsters
IP1	8/18/2020	Lavagnino, Teresa	CareOregon
VC4	8/11/2020	Lindquist, Leanna	Tell Me A Story
DL3	8/5/2020	Lloyd, Paul	Nano-Mated Speakers
PM1	8/31/2020	Lumpkin, E. Noel	Encouraging Words Club
EC5	8/5/2020	Marksthaler, Jeffrey Robert	Portland Club
MS2	8/23/2020	Martin, William T.	Communicators Plus
ALS	8/29/2020	McAndie, Donald	Roseburg Spkrs and Storytellers
DTM	8/29/2020	McAndie, Donald	Roseburg Spkrs and Storytellers
EC2	8/18/2020	Merge, Catherine	CareOregon
EC1	8/18/2020	Merge, Catherine	CareOregon
DL1	8/23/2020	Miller, Katharine Simmons	Communicators Plus
PM2	8/8/2020	Moore, Christopher	Moser Community Toastmasters
VC2	8/1/2020	Muralidharan, Narendran	West Beaverton Club
DL4	8/13/2020	Myers, Emily Jane	Sporty Speakers
IP1	8/10/2020	Nyeholt, Rachel Lee Thai	Portland Club
VC4	8/1/2020	Ochsner, Terry	Professionally Speaking
IP1	8/24/2020	Peaker, Megan N.	Evergreen Club
MS1	8/29/2020	Petrella, Luciano	Pearl District Toastmasters Club
SR1	8/24/2020	Pettit, Ray Lee	Evergreen Club
TC1	8/17/2020	Poudayel, Yuri	Electric Toasters Club
PM2	8/4/2020	Powell, Terry	Toast Of Tualatin, Lam Research
EC1	8/1/2020	Prothe, Patrick	West Beaverton Club
MS1	8/10/2020	Pugh, Robert S.	Wallmasters International Club
EH3	8/3/2020	Redgrave, Cheri A.	Communicators Plus
PI1	8/1/2020	Robison, Kat M	West Beaverton Club
PM3	8/31/2020	Rodman, Rachel C.	Downtown Public Speakers Club
PI3	8/14/2020	Rupani, Mounik	Sporty Speakers
IP4	8/17/2020	Rydlun, Fredrik	Bend Chamber Toastmasters
SR3	8/6/2020	Schellenberg, Lyle W.	Toasting Excellence Club

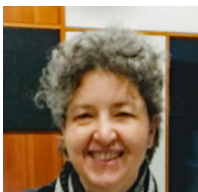
HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EH4	8/2/2020	Sexton, Shannon L	Babble-On Toastmasters Club
LD4	8/15/2020	Shehorn, David A.	Clark County Toastmasters Club
LD3	8/15/2020	Shehorn, David A.	Clark County Toastmasters Club
LD2	8/15/2020	Shehorn, David A.	Clark County Toastmasters Club
LD1	8/15/2020	Shehorn, David A.	Clark County Toastmasters Club
EH4	8/15/2020	Shehorn, David A.	Clark County Toastmasters Club
LD1	8/19/2020	Sneider, Chris	New Beginnings Toastmasters
EC1	8/18/2020	Spitzer, Elizabeth M	Tell Me A Story
LD2	8/11/2020	Stringer, Angela	Lebanon Toastmasters
TC1	8/18/2020	Swan, Kim	CareOregon
IP3	8/10/2020	Tanaka, Wanqi Angela	Sporty Speakers
IP5	8/17/2020	Taylor, Allen G.	Oregon City Toastmasters
PM1	8/13/2020	Tilt, Azara Betony	MIME Speaks
IP1	8/4/2020	Tso-Wheeler, Jason Wayne	Sporty Speakers
EC4	8/21/2020	Walker, Marvin Lynn	Newberg Toastmasters Club
SR3	8/18/2020	Wallace, Bryan L.	Mentors Of Focus Club
EC5	8/21/2020	Wanek, DaWane A.	SpeakUp!
EC4	8/21/2020	Wanek, DaWane A.	SpeakUp!
EC3	8/21/2020	Wanek, DaWane A.	SpeakUp!
EC2	8/21/2020	Wanek, DaWane A.	SpeakUp!
EC1	8/21/2020	Wanek, DaWane A.	SpeakUp!
EH4	8/10/2020	Wantz, James	New Horizons Toastmasters Club
SR4	8/13/2020	Wilkinson, Neal	MIME Speaks
EH3	8/8/2020	Wilson, Michael A	Southern Oregon Speechmasters
VC1	8/21/2020	Wolak, Jim	Siuslaw Tale Spinners Club
LD5	8/9/2020	Woods, Joseph P.	Smooth Talkers Club
IP3	8/26/2020	Yang, Charissa Lois	Yammertime
MS1	8/3/2020	Zwarts, Amanda	Roseburg Speakers and Storytellers

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Bones, Dave	3	LD2 , LD3 , LD1
Campbell, Alan	3	PM1 , PM2 , PM3
Fanning, Paul C.	3	DL1 , DL2 , DTM
GaRey, Daniel J.	6	IP1 , IP2 , IP3 , IP4 , EH2 , EH3
Harmon, Phyllis A.	4	TC2 , EC5 , TC1 , DTM
Hubb, Cyndi	3	EH1 , EH2 , EH3
Landolt-Hoene, Daniel	3	DL1 , DL2 , DL3
Lindquist, Leanna	4	VC3 , VC4 , PM4 , VC2
Schellenberg, Lyle W.	4	SR3 , SR4 , SR1 , SR2
Shehorn, David A.	5	EH4 , LD1 , LD2 , LD3 , LD4
Strickland, Scott R.	3	EC3 , DTM , ALS
Stringer, Angela	3	LD1 , LD2 , PM4
Teagarden, Blair R.	3	PM1 , PM2 , PM3
Wahlstrom, Daniel	3	DL3 , DL2 , DL1
Wanek, DaWane A.	5	EC1 , EC2 , EC3 , EC4 , EC5
Wantz, James	4	SR4 , VC4 , EH3 , EH4

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Phyllis Harmon, DTM



PJ Kleffner, DTM



Sudhir Gautam, DL4

In Remembrance

Louella Webb (1934 - 2020)

Louella Webb was a woman of extraordinary courage. She lived with steadily worsening impairment from Multiple Sclerosis for more than 50 years. In the early days, it was just a little difficulty walking.

Ultimately it was years of being unable to move her arms or her legs.

Through it all, Lou never lost her ability to engage others in conversation about their interests, to manage her household, keep up with her growing family, and contribute to the community. Her focus was always on others, never on the difficulties that took more and more of her energy.

She volunteered for years maintaining the Toastmasters call line and was recognized as the first recipient of an award for service, named after her: the Lou Webb Award*. ([Read more...](#))



Louella Webb

Thank you Louella. Godspeed.

Published in The Oregonian from Aug. 28 to Aug. 30, 2020.

**Each year District 7 awards the Lou Webb award to someone recognized for long-time service to the District. Individuals are experienced advisors for District Officers, not for the glory but simply out of dedication to serving the District.*

SPOOK-A-THON

JOIN US
FOR A
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GOOD TIME



Saturday
October 31, 2020
2:00pm

[Click here for details](#)

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