

One Community Many Voices

District 7 Toastmasters
OCTOBER 2020



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Turning Panic into Peace

Support Our Prison Clubs

Your Contributions Make All the Difference

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

Thoughts on Aging Phyllis Harmon, DTM

I was reminded the other day that I am getting on in my years. Long of tooth, old geezer, out of touch with today's modern world. I guess turning 72 in a couple of weeks does put me into the realm of geezerhood.

Here's how the reminders started . . . A couple of young whippersnappers (18-year-old women to be exact) joined our behind-the-scenes crew at the office. With earbuds firmly affixed and watching their favorite daytime shows on Iphones, their fingers fly across the keyboards as they do data entry. Both seem overly comfortable with minimal instruction and have a "let's-get-on-with-it!!!" attitude. And to round out the picture, their work is almost error free and they don't need no-stinkin' help, thank you very much!

It's lunchtime. Being unfamiliar with the area, one asks where to find the drive-thrus as she searches for them on her phone. While I am thinking about her question and formulating an answer, she has located them on that same phone and is out the door. Was the question rhetorical? Or a test?

The other one can't relate to anything historical . . . like the Beetles, the Vietnam years, or President Reagan. Really? Didn't those time-altering events happen and people exist just a couple of years ago?

And then there is the data entry itself. I am again reminded of my longevity while typing the birth year of today's workers. I have to stop and think when typing 10/10/99 . . . that's October 10, 1999! I rememer what I was doing that year, and it certainly wasn't birthing babies! Y2K was fast approaching, and we were busily converting computer systems so that the world didn't go dark in two months. AAAAARGH!

Another birthday is fast approaching. My task is to make sure old age doesn't catch me napping. I have people to meet, new projects to undertake, and life to live. And, I still have time to undetake another Pathway, work on my next DTM, and think about how I can help the world become a better

place for those young whippersnappers.

As Spock often said with forked fingers "Live Long and Prosper." I plan to do just that.





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Phyllis Harmon, DTM

Associate Publisher Chris Angelopoulos

Senior Editor Phyllis Harmon, DTM

Associate Editor Leanna Lindquist, DTM Monthly Columnists
B. Lee Coyne, ATMS
Eldred Brown, DTM
Emilie Taylor, DTM
Harvey Schowe, DTM
James Wantz, DTM
Leanna Lindquist, DTM
Lorri Andersen, DTM
Michelle Alba-Lim, DTM
Paul Fanning, DTM
PJ Kleffner, DTM
Sudhir Gautam, DL4

2020-21 OfficersDistrict Director
PJ Kleffner, DTM

Program Quality Director Eldred Brown, DTM

Club Growth Director Lorrie Andersen, DTM

Finance Manager Jamie Gould, CC Administrative Manager Phyllis Harmon, DTM

Public Relations Manager Neal Iversen

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HOW SHE DOES IT

James Wantz, DTM

Have you ever heard something that caused you to rethink everything you ever knew about a person you thought you knew well? That happened to me recently . . . and because this is October . . . it seems like the right time to share with you.

The conversation started simply enough with a fellow Toastmaster.

"Hey, I'm doing the cover article this month for *Voices!* Phyllis was just honored as District 7's 2019-2020 Toastmaster of the Year. I'm looking for some funny personal stories that I can include in my article."

"Oh, good for her! I don't know how she does it."

"Does what?" I asked.

"Everything that she does for the District. She has more energy than the Energizer Bunny."

"True. She does have amazing amounts of energy."

". . . and I swear she is getting younger every year."

"She is?"

SAMSUNG

and now she looks 15 years younger!"

"Wait—she's older than you? But, no offense, you look old."

"You didn't have to say it like that. You're no spring chicken yourself."

"Sorry, I meant to say that Phyllis looks . . . uh, much younger . . . than you."

"Careful."

"Hmm, yeah that still didn't sound good. But you are the one who said it first—Phyllis is looking younger."

"Yeah, I wonder how she does it?"

That conversation has echoed through my head for the last week. Phyllis is looking younger each year. That is the ultimate compliment, right? Someone says that and others think it is rank flattery. That they are trying to suck up to the person for some favor or other benefit.

Well, that doesn't hold true for two reasons:

- 1. Phyllis wasn't in the conversation so the other person's attempt at flattery was poorly planned.
- 2. I did some research.

So, I Googled (where else do you go to do

"Of course, she's 10 years or so older than me they age" and got lots of hits for Benjamin Button syndrome (and the movie of the same name). I read everything . . . but it didn't seem to fit. Further down the page, I found a reference to Merlin Sickness—where someone gets younger as they age but their memory is messed up.

> Could Phyllis have Merlin Sickness? The sickness is named after King Arthur's famous wizard Merlin.

> Phyllis is a wizard when it comes to all that she does. Just thinking about her contributions makes me tired: editor-in-chief of Voices!, postproduction magician for all the videos that are posted on the District's YouTube channel, postproduction genius on TV Toastmasters shows for local access cable, workshop presenter, guest speaker at clubs across the District, mentor to District leaders past and present, champion for Club building activities across the state, and she works full time in flu shot clinics! Sheesh, I need a nap just thinking about all of that . . . and I am sure that I missed much of what she really does.

> It's like she is gaining energy, and her youthful good looks, because she is drawing them from her involvement in Toastmasters. Then another comment from a different Toastmaster friend solidified it all.

> "You know, I am worried about you," my friend said. "You are looking much older than your age lately. Are you under lots of stress?"

That's when the light dawned on me. I knew meaningful research?) "who gets younger as exactly why Phyllis is looking so much younger

PHYLLIS IS A VAMPIRE . . . and I am her mentee. She is draining my vitality to enhance her powers and rise to prominence so she can help Toastmasters in our District and beyond!

And to that I say: Way to go!

and I am looking so much older.

That has got to be the best reason to be a vampire that I know. (I am completely under her power and influence . . . willingly, I might add.)

Seriously, this is the only possible conclusion you could reach to explain the energy, enthusiasm, and elasticity (elasticity?... well, I needed another E word) that Phyllis has for all things Toastmasters in our District. We benefit immensely from the vast trove of vampiric knowledge that Phyllis possesses. Our District is a much better place with her here and helping out.

This Halloween season I am telling the world about Phyllis' mighty powers because it is about time she receives credit for her hard work across the District (congrats on being Toastmaster of the Year) and as a member of an often misunderstood and feared minority— Vampires. I do hope this changes your mind as to the supposedly nefarious and dark purposes laid at the feet of the undead walkers in the twilight. It is completely false! Phyllis is a shining example of the benevolent undead: If you see her in direct sunlight, she sparkles like

diamonds too.

I do hope that someday she will imbue me with her arcane knowledge and longevityaren't all mentors supposed to do that? Yep! I looked it up in the Pathways Mentor Program. Granted, turning your mentee into a vampire isn't exactly in the project description, but the beauty of Pathways is that you can make it work for you. Phyllis is in Toastmasters because she believes in the life changing (or life-giving) properties of the program. She is learning each and every day, trying new projects and taking on new challenges. I have learned so much from following in her footsteps. Her example is one that we all could follow—to eternal life in Toastmasters!

What Motivates You?

PJ Kleffner, DTM - District Director

Congratulations to the many clubs and members who earned incentives offered by our District Program Quality Director and Club Growth Director during the first quarter. We are delighted to award these clubs and members a total of \$1500 in gift certificates, and a ring light to improve lighting for Zoom meetings.

These awards were earned by completing various goals, including submitting a Club Success Plan, holding an open house, paying member dues early, and conducting the Moments of Truth module to examine your Club's strengths and weaknesses. We are in the process of mailing out the gift certificates and all should be received by the end of October.

No worries if you didn't qualify for one of these incentives, because there will be more! For example, the next incentive is for Area Directors to submit their Club visit reports by the end of October. Clubs that have all seven of their officers trained at both summer and winter TLIs will receive incentives. Summer TLI was back in June, and the other half of that goal is coming up in the two-part TLI on December 5th and January 16th. Watch the D7 Events Calendar for details.

While you are there, click on the "Incentives" tab to see what else you can do to earn incentives. As we rapidly approach the mid-point of our

Toastmasters year, we will be announcing new incentives for the second half. However, some incentives are running all year, like completing the Pathways Mentoring Module, submitting leads that result in a chartered Club, and a "starter kit" for newly chartered Clubs.

You may ask "What are incentives, and why all this focus on them?" The dictionary defines an incentive as "a thing that motivates or encourages one to do something." Yes folks, our secret is out—we are trying to motivate you! We want you to do those things that Toastmasters International has learned over the years will help keep your Club strong and vibrant. Some people—and Clubs—tend to be self-motivated, while others benefit from an external push. One of my biggest challenges as your District Director is to figure out when to push, and when to just stay out of the way. Hopefully, I've found the right balance.

Motivation is a funny thing, and one size does not fit all. Many people are motivated by money,



while others are motivated by recognition. I was very fortunate to have a job that I absolutely loved for about ten years of my working career. My attitude was "I get to do all this, AND you pay me for it?" Parts of the job were difficult, and I put in some very long days. However, it never felt like work, because it was fun and I really enjoyed what I was doing. I racked up over a million airline miles and saw 33 countries during those ten years, and wouldn't trade the memories for anything.

I do my best to bring that attitude to Toastmasters, because I really do enjoy it, and I continue to learn new things every day. I hope my enthusiasm is contagious and helps all of you learn new things on your Toastmasters journey.

According to Google, Eleanor Roosevelt is often misquoted as saying "Do one thing every day that scares you." That certainly rolls off the tongue easier than what she actually said: "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face." We are fortunate in Toastmasters that when we look fear in the face, it is just a bunch of friendly Toastmasters looking back at us. I challenge you to remember that the next time you are feeling butterflies in your stomach before giving a speech.

Why Run a Club Fall Speech Contest?

Eldred Brown, DTM - Club Growth Director

"Is District 7 running any speech contests this fall?"

"No, we stopped supporting fall speech contests at the area, division, and district levels a few years ago, but I encourage your club to run a club-level speech contest."

Why do I recommend this? Let me give you a few reasons:

Speech contests are fun!

A speech contest is a welcome break from the routine of regular club meetings. Imagine a humorous speech contest where your clubmates share with each other and with their audience funny stories that make you laugh. Maybe your contest Toastmaster comes up with a Table Topics question that encourages more funny speeches. Your club may choose instead to run a Tall Tales contest where you have fun hearing speakers tell the biggest fibs. What is more fun than a meeting that doesn't follow the usual format and encourages such hilarious speeches?

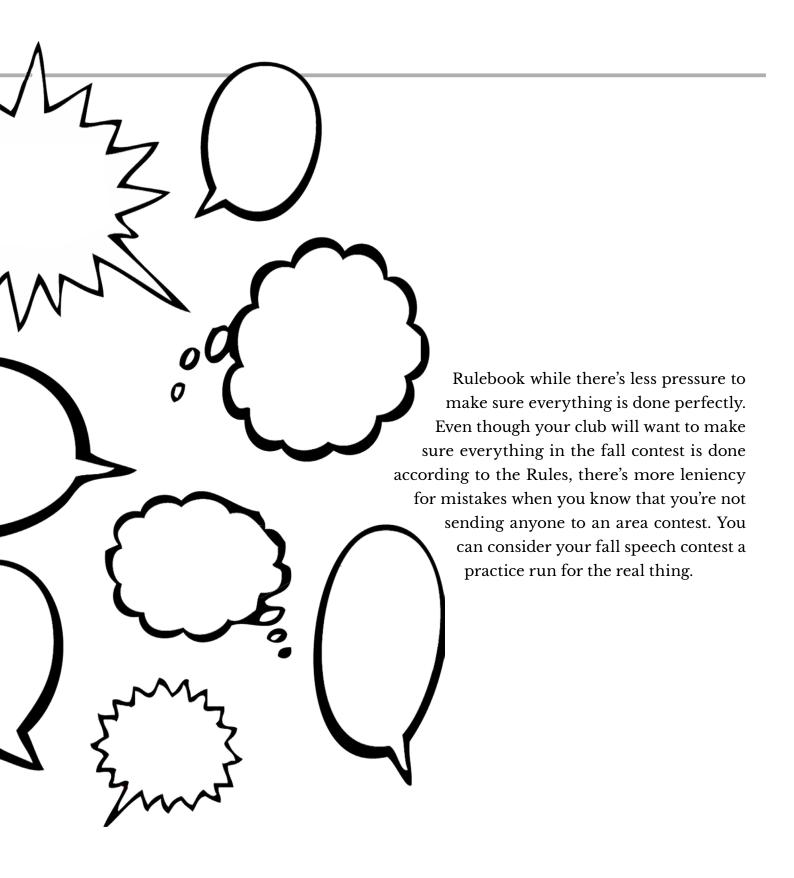
Speech contests are a great way to bring guests to your meetings.

The first meeting I ever visited in each of the first three clubs I visited was a contest. The meetings were so much fun I came back to visit each of the three clubs again before finally joining one of them. The rest, as you can history. If you're a contestant, want to invite your spouse, a close friend, or even the co-worker you see often at team meetings. You want their support, or maybe you want them to enjoy the contest with you. The fun of a contest meeting is a great way to entice your family, friends, and colleagues to meeting with you. Your guest an evening (or morning) of maybe even be inspired to return for a normal meeting, as I was. Who knows? Your guest

may even become a member.

Running a club speech contest gives your club practice at running a contest.

In December, the window will open for your club to run the International Speech and Evaluation contests to determine who will represent you at your area contest in February. These winter/spring contests are the ones that count—the real thing. You will want to be



ready. The best way to prepare is by running a Humorous Speech, Tall Tales, and/or Table Topics contest in October or November. Those who plan to compete in the spring will experience competing on a contest stage. Contest officials will get acquainted with the

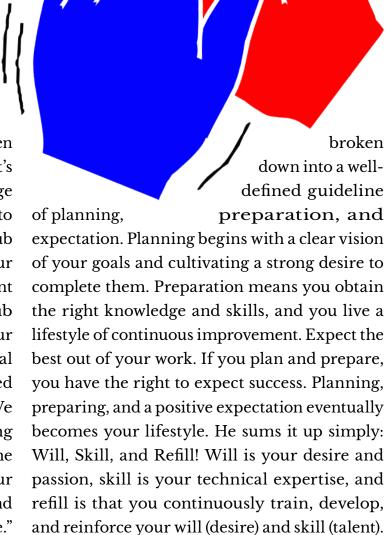
Well Done!

Lorri Andersen, DTM Club Growth Director

Congratulations to the clubs that held an open house and paid early dues in September! It's exciting to see how many clubs took advantage of the District's Incentives! Congratulations to those that did a Moment's of Truth and a Club Success Plan as well! Even if you did not get your plans finished in September, it is still important to create and finish them in October. Club Success Plans are the starting points for your club. Quoting a speech from Past International Director, Deepak Menon (June 2020); "we need to form a strategy for our own success. We need to master those activities by achieving excellence and take steps to be better than the day before. Achieving excellence is serving our Members the best we can and giving them and each other the highest level of quality service." Quality of service is a measurement. You can begin your measurement by taking your club's pulse and heart rate through the Moments of Truth module. When you know what you need to focus on, begin filling out your Club Success Plan - your club's path for success.

This plan is closely related to what I have read in one of my favorite books "Born to Win" by the famous author Zig Ziglar (2018 Ziglar, Inc.). His plan can be modified for which ever goal you are attempting to achieve.

Success is a skill that can be learned and



October is a great time to complete the plans you started and begin to implement them. Form a strategy for your club's success.

Daily work to refill yourself in all areas. Some use

the morning and early alone hours to refill their

will while others make a calendar appointment

in order to remember.

Work on your Club's Moments of Truth and Success Plans. Ask each officer to complete a section and when you finish, celebrate a job well done with your club!

2020-21 District 7 Incentives

Program Quality Incentives

Eldred Brown: pqd@d7toastmaters.org

Member Incentive

 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.

Club Growth Director Incentives

Lorri Andersen: cgd@d7toastmasters.org

Member Incentive

- 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.
 - All leads will be entered into a final drawing. Three leads will be drawn and winners awarded a \$25 gift card Toastmasters.

Club Incentives

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

- New Clubs: New clubs chartered by June 30, 2021 will receive a New Club Kit (\$198 value) consisting of:
 - Custom Club Banner (Item #322)
 - Portable Lectern (Item #382), OR Timing Light (Item #6931)

Time to Plant the Tulips...

Emilie Taylor, DTM - Immediate Past District Director

Oh my, how time flies! Last year around this time, I appointed Adele O'Neal, DTM, as the Chair of the District Leadership Committee (DLC). Thank you, Adele, for a job well-done. This time around our current District Director, PJ Kleffner, DTM, has appointed me as the Chair of the DLC. Thank you, PJ, for your confidence and trust. It is my honor and pleasure to serve in this position. I will do my best to carry out the functions of the position.

What is the DLC's function? Per the District Leadership Handbook: "The District Leadership Committee is charged with nominating candidates to District office... and the purpose of the Committee is to find the best-qualified candidates possible to serve as District leaders."

In the next several weeks, I will be reaching out to our members as I form the committee. We will need 8 members, each member representing one of the 8 Division (Divisions A to H) in our District. If you find yourself receiving a message from me, it is more likely that will be the reason why I am calling on you. I hope that you will take this on as a new learning experience. Now is the time if you are not planning or committed on serving as a 2021-2022 District leader.

In our District, we will elect the following District leaders: District Director, Program Quality Director, Club Growth Director, and Division Directors. The Area Directors, along with the Public Relations Manager, Finance Manager and Public Relations Manager, are appointed positions. More detailed descriptions and additional information will be shared in my article next month.

As I prepare for this volunteer work, I can't help but think about my own Toastmasters leadership journey. The biggest and loudest message that resonates is: "Own It and Grow from It!" I am the testament that by owning and facing our own fears and shortcomings, then sharing them, we discover our own "Person," capable of much higher aspirations than we ever imagined.

I initially joined Toastmasters to find friends. What I found was a world of possibilities . . . Truly Un-Limited Infinite Possibilities (TULIP) . . . what you put in is what you get out. Like a tulip, pressed into the ground and walked on from time to time, it grows from within and at the right time breaks through the earth and blooms in its own unique and beautiful way. That is why we tiptoe through the tulips . . .



My journey was truly happenstance. I joined Milwaukie Talkies in April 2014, and became an Area Director in August of 2015. I remember attending my first Toastmasters Leadership Institute (TLI) training in June of 2015. There in a VP Membership training, I was asked by then incoming Division E Director Kathleen Tully if I would be interested in serving as an Area Director. Who? What? I did not have any idea what that was about, so I said tentatively: "Yes, I will think about it and will get back to you." I was sure I just said that to be polite and forgot about it after leaving the training. Six weeks or so later I attended a Division E Make-Up Training. I did not need the training for credit, but wanted to learn more. There, I saw Kathleen again. After the training, she again asked about the position. I was asked if I were interested as they were still looking for an Area Director. I mumbled . . . "I'll think about it some more." Perhaps I did or perhaps I was again being polite. I didn't think about it until several weeks later in my club meeting. The Club President said: "We still don't have an Area 65 Director." Three knocks on my door . . . The Universe is clearly wanting me to take on this journey. I came home after

the club meeting, thought about the position. I called Kathleen, "I will take this journey on if you are willing to mentor me." She did and that was the beginning of a beautiful friendship and my Toastmasters leadership journey.

Own It and Grow From It! By saying 'Yes' to becoming a Club VP Membership, my Leadership path opened up. Like many, I was reluctant, but I said "Yes." The power of YES is Transformational. Say Yes and the world opens up to you! Pieces come together in a Symphony of Synchronicity! (SOS)

An SOS is considered a cry for help in one way. In our way it brings all the necessary elements together and provides the help and assistance to transform and grow you and, in turn, transform and grow your club and Toastmasters!

The next "Yes" was to become an Area Director. By regularly visiting the clubs assigned to me, I met so many Toastmasters. From this, I learned how to assist individuals and clubs and be a resource and share ideas and support challenged clubs.

By saying "Yes," I became a Division Director. I learned how to be creative, positive and encouraging as I worked with a team of while having a great time.

without advertising! We are the proof of times! what Toastmasters can do for people and the community! We are the living infomercial, thus, do not be shy. Being shy is only being selfish with what gifts you are given. What was surprising was the 15-minute scheduled time with the HR Manager or CEO that became an hour of friendly conversation. We are not selling Toastmasters, we are being Toastmasters and providing an avenue community!

Then, the next "Yes" made me the Program of your journey! Quality Director (PQD). I learned that the motto of Toastmasters: "Where Leaders are Made," is true. We become better as speakers and leaders by repeatedly practicing our craft. I was able to build on my learning successes to discover even more of what I was capable—working on a team to plan conferences and training events at the District level. Wow, an event planner!

The final 'YES' was that of becoming last year's District 7 Director leading the organization

volunteers. Learning with my Area Directors, through the worst pandemic in more than 100 we had successful contests and training events years. We finished strong despite the setback. Learning how to pivot with your team of fantastic I continued to the next "Yes," that of the Club leaders was only possible because of the support Growth Director (CGD). I discovered within of everyone. With the video platform, we learned myself, the ability to market Toastmasters how to adapt and how to further make things to other organizations. I found that I loved happen despite adversity! We can now have spreading the word of Toastmasters to places members from all around the world meet in one where it had not existed before. Surprising place with no driving, no flying, and no hotels! myself, I learned I could make those dreaded Covid-19 is nothing to sneeze about. Despite the cold calls and actually enjoyed doing so after pandemic and though we miss person-to-person the butterflies escaped. I learned I had valuable contact, we have been able to save money, travel ideas and could confidently share them. SOS time, etc., and remain connected and continue brought me to places and people where the word to move forward! Good, strong communications could be spread and shared, and amazingly, skills are even more important during these

Thank you for all of your support!

I hope that you as members of this District avail of all that Toastmasters has to offer. I hope you too can do what you need to do in order to: "Own It and Grow from It" like the TULIP! I hope you too send out your Symphony of Synchronicity! (SOS) by saying YES and see the music unfold in your life and the lives of others for HR Managers to enhance their people and you share it with! We fellow Toastmasters are here to join with you, support you, and be part

> I sincerely wish you all the best as we move toward new journeys and PATHWAYS. Love and health to you all and those you love!



My Toastmasters Journey

Turning Panic into Peace

Kate Beck, PM1

The doors swung wide open. The opportunities in front of me burst in like a strong gust of wind and threw open the doors of my career and shook it to the core of its foundation. The chance to take over my mother's business, a contract renegotiation at the firm, and a tantalizing presidenial nomination were all waiting on my doorstep.

The options presented to me were those that I dreamed of receiving in my career. Yet when they finally came, I could not shake an aching feeling in my stomach. So, I gently shut the doors and turned them all away.

Ripping off the bandaid of being comfortably miserable in my career did not come easily. The contract renegotiation at my former firm presented me with the potential to make more income than I ever had before. Despite this, I was never happy as a member of a working



community that did not feel welcoming, nor aligned with my values, goals, or ethics. I attempted to communicate with my coworkers about diversity and inclusion so that we could be more accessible in assisting members of all mobilities, races, and genders, but they were unreceptive. I yearned to be a part of a team where diversity was proudly represented which pursued a mission of inclusion. I wanted to be able to assist any individual I could, shedding light on the power of positivity and ethical guidance.

While I was juggling these conflicting feelings, I was nominated to be the president of Women in Financial Services, a Board I'd proudly served on for several years. The nomination was something I had dreamed of and yet this aching feeling in my stomach continued to rise up within me. I loved this Board, but I felt conflicted. My support system was not stable, the balance of my environment was off-kilter, and the timing did not feel right. With my contract renegotiation on the table and the nomination awaiting my response, I was forced to look within myself and ask "Why is my heart so heavy? Why am I so unhappy?" In an agonizing decision, I turned them both away.

Fortunately, shortly before closing the door on these opportunities, I was introduced to the community and framework of Toastmasters. A



fellow W.I.F.S. board member introduced me to Toastmasters for Speaking Professionals (TSP) President, Dorice Horenstein, by inviting me to a Synagogue where she launched her first book, *Moments of the Heart*. She later asked me to join her Toastmasters club. Then, I attended a Mastermind hosted by TSP member, Arlene Cogen, where I uncovered my core ethics and values. Suddenly the wind began to shift direction.

Toastmasters found me on my hands and knees, crying and asking what I had done when I had shut the doors on opportunity. The members of TSP gave me the inspiration I needed to forge my own path built on the ethics and values that I grasped passionately by leading with my heart.

Toastmasters taught me how to participate as an evaluator that gives constructive feedback while delivering digestible messages personally and professionally. I leaned in and found the direction and patience to communicate productively in a more kind and compassionate way.

The COVID-19 experience offered me the time and space to build the technical skills and practice through TSP for the new virtual environment we find ourselves in. Instead of opening the doors, I opened the windows and let

the wind come in like a breeze that gently gave life to the small flame of my new brand. I created a new logo, communicated with members, and launched an entirely new website for a company that I believed in. A company that is proudly inclusive, ethical, and welcomed the community with open arms in any way I could help them. My new brand would inspire innovation, cultivate confidence, and help teams work together to lift everyone up. With the support of my community in TSP, I became immersed in an environment of powerful dynamic individuals who inspired me. These members empowered me to take a chance on myself.

I have learned that the journey is just as important as the achievement because it gave me the power to realize I can do and be anything I want and help others to do the same leading by example. While I am still a work in progress, I recognize that I could not have done it without my community at TSP. My new company has now launched and the foundation of its house is strongly supported by the inspiring dynamic individuals who helped to lift it up. I am a compassionate and inclusive individual, I am an embracer of positive intelligence, and thanks to the right direction of the wind, I am a member of Toastmasters.

DISTRICT 7 TOASTMASTERS 2



Division Director of the Year Lorri Andersen, DTM



Area Director of the Year Nadine Elbitar, LD5



District 7 Toastma Phyllis Harr

2019-2020 Spirit Awards

Club Growth Director Awards

Jim Robison, DTM Rodger Cook, DTM Jennifer Thomas, VC4

Program Quality Director Awards

David Shehorn, LD4 Kathleen Tully, DTM James Wantz, DTM

District Director Awards

Jerry Kleffner, DTM Leanna Lindquist, DTM Donna Stark, DTM Gary Schmidt, DTM Lou Webb Award Karen Semprevivo, DTM



019-2020 'OF THE YEAR' AWARDS



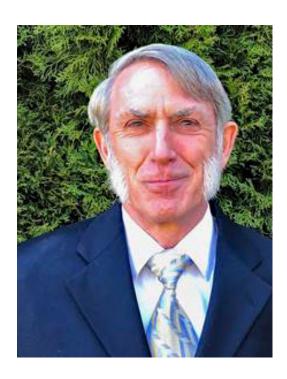
aster of the Year non, DTM



Dick Moser Award Adele ONeal, DTM



Herb C Stude Award Michelle Alba-Lim, DTM



Rookie of the Year Award Robert "Bob" Hall, DTM

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 <u>Video Replay</u>	Hang onto Your Members, Stop the Revolving Door Leanna Lindquist, DTM <u>Video Replay</u>
OCTOBER 7	NOVEMBER 4	DECEMBER 2
Spruce Up Your Website Phyllis Harmon, DTM Video Replay	How to Attract New Members Bill Maher	How to Hold a Club Contest Tamsen Corbin
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





Register for This Session by Clicking Here

In the next Wednesdays Wonderful Webinar you will learn

All organizations have membership turnover. We are in a perpetual recruitment mode. Meeting on Zoom has made it more difficult. In this interactive session we will explore

- What attracts people to check out a Toastmasters meeting
- What helps to ensure a guest becomes a member
- What helps to ensure a new member becomes a long-term member

About the Presenter

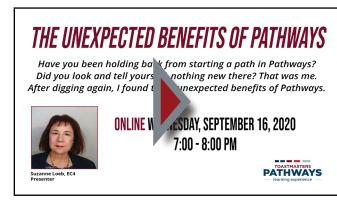
Bill Maher enjoys living in Tigard, Oregon with his wife and puppies. Growing up outside of Philadelphia, PA, Bill has been been an edcucator for over 20 years in Southern California and Oregon. Bill joined New Horizons Toastmasters in 2012. He has enjoyed being a Toastmaster, participating in club leadership, growing as a public speaker and developing amazing friendships. As an educator to high school students, he attributes his continued effectiveness in presenting and teaching, in large part, to the skills and strategies learned in Toastmasters.

About Pathways

District 7 Video Replays









Upcoming Pathways Webinars

Presenters	Dates	Pathways Topics
Cheri Redgrave	January 20, 2021	TBD
Phyllis Harmon	March 17, 2021	There's a Project for That!
Beth Pinchot	April 21, 2021	TBD
All Committee Members	June 16, 2021	Pathways Q & A from District Members

PUMPKINS AND THEIR KIN

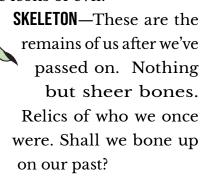
Lee Coyne, ATMS



Each element of Halloween season conjures up a fear component. How they interact with our emotions is really at its epicenter.

Let's explore further. Halloween brings us to the forbidden netherworld. Death lurks down below.

Who are these icons of evil?



GHOST—Here we find our ethereal spirit geared to haunt our survivors. Who we were before suddenly reappears. Life and death have come full circle. Is this not a form of recycling people?

DEVIL—The very opposite of an angel.

Perhaps a foreboding of punishment for multiple misdeeds committed on Earth. That red complexion isn't sunburn. Will Satan horn in on this new chapter?

WITCH—Another incantation of ultra bad tidings gone into flight. Stir the pot again and drink down that toxic brew. Will that broomer become your roomer? Takes sway all the humor.

BLACK CAT—Feline frenzy is literally at our doostep, scrounging for scraps of our hearts and souls. Ms Misfortune has arrived. Will those paws pause before devouring? All five of those cunning creatures can be mobilized for Pumpkin Day mayhem. All can be then transformed into a scary talk at Toastmasters meetings. Is this not our sequel to Fatal Attraction??

You don't give a hoot? The Wise Old Owl declares otherwise!

Are You Getting Your Money's Worth?

Leanna Lindquist, DTM **District 7 Education Coordinator**

If you get out of Toastmasters all there is to get out of Toastmasters, you'll never get out of Toastmasters — Past International President Helen Blanchard

Are you getting all that you can out of your publication? Toastmasters membership? If you answered yes, then good for you. You have figured it out. our best attended free event. Offered summer I salute you.

idea that this is what your membership is all Multiple break-out sessions on a variety of topics about? If you answered yes, you are missing out are offered. Pre-Covid days it was in person. We on so much more. You are being short changed. enjoyed potluck breakfast and lunch. The best You are not getting your money's worth. There part was meeting old and new friends. We all is something you can do about it.

about Voices! There is a wealth of information in virtual on December 5th. Don't miss out. this free, online magazine created and published by our own District 7 members. Within its pages Contest at least once. You don't know if you are you will learn about incentives to improve your the next District or World Champion if you don't

other Toastmasters from around the District. that you love to compete. If contests are not for Keep up with events in the District such as you, at least you know. Wednesday's Wonderful Webinars. All 74, yes 74, issues are on the District 7 website for you to flip in the spring. We feature an out-of-District through and take advantage of the knowledge keynote speaker. The International Speech and and wisdom of your fellow Toastmasters. Are Evaluation Contests are held. We honor our

Toastmasters Leadership Institute (TLI) is and winter it centers on club officer training. Do you attend your club meetings with the The good news is it is not just for club officers. left with renewed energy and commitment to If you are reading this article then you know our own Toastmasters journeys. The next one is

I believe that everyone should enter a Club club, Pathways, personal growth, and storytelling. participate in a club contest. There is no growth Enjoy the human-interest stories and meet in the comfort zone. Give it a try. You may find

District 7 holds an Annual Conference you someone who should submit an article for most recent Distinguished Toastmaster Award



Did you know that you can visit other clubs? I had been a Toastmaster for well over year when I was invited to visit Wallmasters. WOW! advantage and broaden your horizons. You don't I thought it was Toastmasters on steroids. That know who you will meet or what you will learn visit broadened my horizons. I was inspired by when you venture beyond the confines of your speakers new to me. I was exposed to other ways club. I just looked up a club in my hometown. to evaluate and conduct Table Topics. I was made It has an engaging Facebook Page. I think I will to feel welcome. Take advantage of the virtual drop in and pay them a visit. Who knows, I might meetings and visit other clubs in District 7 and meet an old friend or learn something new. beyond. I know a Toastmaster who routinely

I Outline My Speeches, Not My Writing

Ken Coomes, DTM

To outline, or not to outline - that is the question. If you've talked with at least a baker's dozen Toastmasters about speech preparation, I suspect you've discovered between five and thirteen different ways they prepare their speeches. Some outline, some write out their entire speech, some just "wing it"—and in my experience that seems

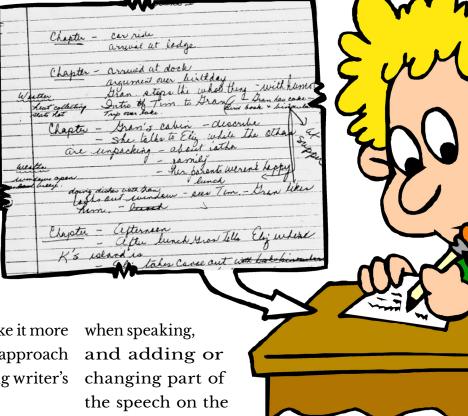
to be true among new members, those who have completed one or more levels in Pathways, and even Distinguished Toastmasters.

Talk to a similar number of writers—some work from an outline and some just "listen to their muse" and let the words flow without an outline. Then there are even some, myself included, who take a hybrid approach.

Some have suggested that I should share more of my own personal style and experience here.

Like last month's article, that might make it more relatable. Let me share my "hybrid" approach and how I talk about it when addressing writer's groups.

I start with an outline. It includes the main story arc (main objective of your speech), any other arcs (supporting material) and some idea of how the story will start, flow and end (opening, body and conclusion). My method becomes hybrid because of my characters. I like to tell other writers that my characters come up with things I would never think of, and those take the story in a different direction (sometimes more than one). Similar to noticing audience reaction



you need to skip over some material to wrap up on time. Your assignment is to deliver 120,000

fly. Maybe the yellow

light just came on, and

words to the editor, and you've written 118,234 and still haven't talked about what happened to the crazy uncle introduced in chapter three.

Yes, some people hear me say that and think I'm crazy. How can my characters come up with things I wouldn't have thought of? Everything my characters think, say and do comes from my mind. True. But when I put myself in the role of my protagonist, or antagonist, or supporting character, I try to think the way that character would think. The easiest example is "the bad guy."

I've been called a lot of things, and "accused" of many things throughout my life, but never "the bad guy." Some have said I'm a "good guy," a "great guy," a "nice guy." I've been "accused" of being too patient, too easy-going, too kind.

Whether those people are biased, right, wrong, or crazy, I do have a tendency to think of the good/kind/right thing to do.

I don't harbor murderous thoughts, I have no desire to take over the world, and I don't secretly plot acts of chaos and mass destruction. But my antagonist might.

It all comes back to making characters relatable. If your "bad guy" doesn't think bad thoughts, or do bad things, readers will have trouble believing the character.

Here is the writing-related exercise this month (same as last 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 November 8, 2020. Now go select your submission and send it in! (P.S. The concept of a "contest" where the only prize is bragging rights and publication doesn't seem to be getting any traction. If this month doesn't garner at least a few submissions, I'll drop the contest in the future.)

I start writing with only the vaguest idea about who my characters are and what is going to happen, and the characters and plot come into existence as I go. I've tried doing it the other way, but for me, outlining is a waste of time because I never follow the outline. ~Karen Robards



October is the time to celebrate vampires, witches, pumpkins, bats and zombies. All things Halloween-y. Unfortunately, zombies have invaded many Toastmasters meetings and are sucking the life out of them. Clubs around the district are losing members to Zoom-bies—otherwise known as Zoom fatigue and the speaking undead.

If I am attending online meetings for my job, I don't want to go to another lifeless meeting in my free time. I want to attend a fun, memorable, and energetic meeting that I will remember long after it is over!

I go to Toastmaster meetings to socialize and get out of my own head—I am an inveterate introvert that verges on the edge of misanthropy if I don't get out and remind myself that other people are pretty cool (most of the time). I really like attending fun meeting—and by that I mean meetings that are actually enjoyable, not ones in which the Toastmaster is insisting everyone is "having fun" despite evidence to the contrary.

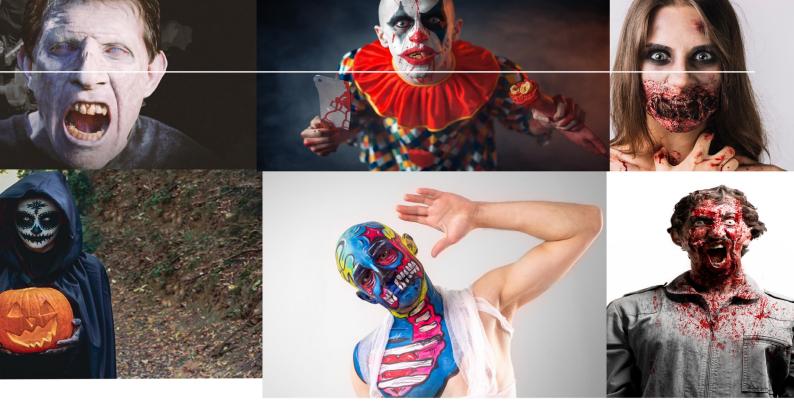
How do you make your online meeting more member friendly to combat the Zoom-bies? There are two areas to focus on: the meeting in general and the presentations. To spice up a regular meeting try one of the following:

Get every member involved at every meeting. If I go to an online meeting and don't get a chance to talk—well, I am less likely to ever go back (especially if I am a visitor).

Appoint an energized greeter or someone who is all bounce. You know, the one person in your club that always has more energy than any one person should have for a single day (or lifetime). They are awesome at energizing online meetings. I love watching them ricochet off the sides of their camera box (yes, I'm talking about you, Raynette).

Look for a way to have a team activity early in the meeting. Sunrise Toastmasters has a theme for their group photo at the beginning of every meeting. It was Hawaiian shirts one time and bow ties the next time I visited. I really like their creativity and group involvement.

Expand introductions. Instead of just having the visitors introduce themselves why not have everyone introduce themselves and say a few words at the beginning. One club in the UK has every member introduce themselves and answer the question of the day. It is a bit like Table Topics



but shorter . . . and earlier in the meeting.

Look for activities that involve all the members. One New Horizons Table Topicsmaster asked us to turn off our cameras in response to the questions he was asking. For example, he asked everyone to turn off their cameras if they visited two or more countries, then three or more, etc. Eventually there was one member that had his camera on and he had to talk about the twelve countries he'd visited.

Now how to spice up presentations:

Well . . . they need a massive infusion of vim and vigor! The magic of public speaking is when the speaker converses with the people in the room. They read reactions to change their delivery style to be sure their point is being made. Unfortunately, you cannot effectively do that on Zoom meetings—the audience is often hidden or their cameras are off. Speakers who look at their audience on the screen can seem disconnected because they aren't looking at the camera.

For your speeches try the following:

Exaggerate your vocal variety. Video flattens sound so speak to higher highs and lower lows. Imagine you are speaking to a child. Use the highs and lows of talking to babies (without

actually using babytalk).

Move the microphone closer to your mouth so that you can use a more dynamic range of vocals. With it that close you can whisper and your audience will still hear you. Remember, you are speaking right into their ears.

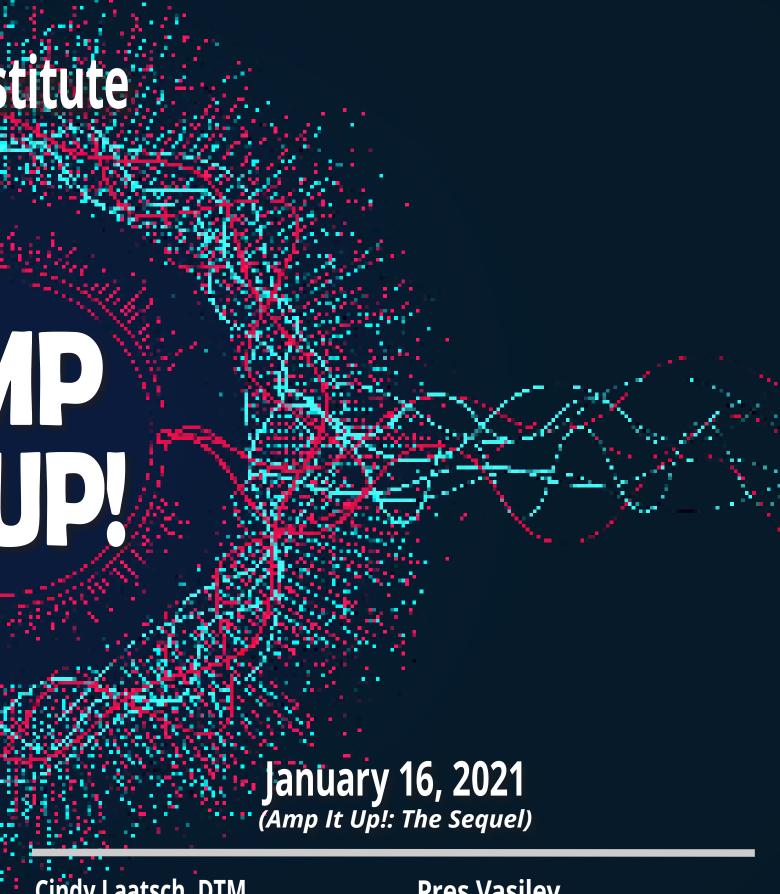
Use most of your speaking frame. Don't move away from the camera - you will get smaller on the screen and in the audience's mind too.

Bring your gestures into view of the camera—don't gesture off screen because no one can see them.

To enhance my presentations, I pull out all the tricks I learned in the theatre. Actors pump themselves up before a performance to make sure they start at full steam. Before speaking, I listen to lively music—something that gets my blood flowing (no . . . not Pachelbel's Canon. More like Tool or Infected Mushroom. Something with very high beats per minute). Other actors do jumping jacks or wind sprints. All actors warm up their vocal chords by going over their lines or other mouth stretching tongue twisters.

Join me in the next several months to combat the pernicious Zoom-bies and get your members back in your meetings!





Cindy Laatsch, DTM Region 1 Advisor

Leadership - It's a Verb! Action Steps for a Leader

Pres Vasilev
2013 International Speech Champion
Secrets of Compelling Storytelling

Federico Navarrete Club Coaching: My Wild Adventure

Michelle Alba Lim, DTM



Federico Navarrete

Federico, tell us about your Toastmasters experience.

I joined Toastmasters 5 years ago in Poland. Toastmasters became like my second home since it was the only place where I felt accepted by a community as a foreigner.

I have been a very active member and relatively known across District 108 because of my crazy speeches because I wore tails or brought bananas inside my suits. In District 108, I served as an Area Director, and my area

was awarded as the second-best one in the entire District. Also, I organized a conference for half-Poland in collaboration with my dream team that we even brought international speakers from Sweden and Portugal.

However, not all stories have been successful. As a foreigner living abroad, I have felt several times as a kind of a second-class member, even when I attended some international conferences with my Club/District.

Furthermore, I had little support to complete my DTM because I started a plan to relocate to a new country. However, that decision motivated me to contact Julie Kertesz, who redirected me to Michelle Alba-Lim, who helped me start a new adventure with Roseburg Speakers and Storytellers. A decision that I would never regret since it allowed me to see a new light in the Toastmasters world.

Why do you like being a club coach?

Being a coach was quite a wild adventure! I enjoyed the experience of experimenting one more time and innovating in a new team on the other side of the globe.

The opportunity allowed me to design new marketing plans and create a new identity for our globe all over the globe. However, nothing

. . .in the best case we win, in the worst case we learn.

was more important than the atmosphere and identity that we built that as some of our members or guests described it: "This is a club, where you can see the experienced Toastmasters working together with new members as if they were alike, where the most important is the high collaboration and having fun."

What has been your greatest challenge as a club coach?

When I started being a coach in January/ February 2020, there were only three real members. This created a massive challenge because we were at the beginning of Covid-19 and the club was located in a remote area. We needed to think innovatively about how to rebuild the club from its ashes. Starting with a new name, a new location, and other minor changes.

When we had planned the first meeting, Covid-19 hit us badly and we needed to replan everything. We needed to start doing what we were already great at—using technology—since at least three of us had previous experience in online meetings in different clubs. Plus, since we were going to focus on online meetings for a while, we needed to think about how to promote effectively our presence on social media platforms.

What has been your greatest joy as a club coach?

My greatest joy was to see the community we built and to see that more guests are coming because of the atmosphere we built and the power of our social media activities. I could add that we became President's Distinguished this past year, but my greatest success is that we were reborn like a phoenix bird, and we keep building our Club.

What qualities help you to be a great coach?

Active listening. I'm not an experienced coach outside of Toastmasers. I even work in IT. But I learned I needed to understand the current scenario and take decisions based on them.

Think innovatively. More than thinking outside the box, we needed to adapt to the new normal and be open to the changes like the implementation of Zoom without a second thought.

Collaboration. Many people would highlight my work on social media platforms, but this hasn't been only my work, Sara has been there working with me very closely almost since she joined us.

Take risks. I have a saying in Spanish that in English would be: "Kill it." I try preventing any analysis paralysis and take actions, in the best case we win, in the worst case we learn. And that happens when you're a coach. You cannot do the same things. If we would have tried to

persuade the entire town with Toastmasters, nothing would have changed, but our approach to visualize the club's future, you still need to of using the best of us gave us the results and control if all is going great, maybe you have 25+ reputation we have been building.

What advice would you offer to new or prospective coaches?

giving solutions, you need to identify the always target the 10, never a lower score. Let's business cases and the root cause. You need to go suppose that you need an 8 to pass my class, but deeper and understand everything, understand you were lazy and targeted the 8, sure, you can previous initiatives and everything related. This get an 8 or a 5 and if you get the 5, you need to is where active listening is crucial.

Focus on long-term goals. An easy mistake me again, do you?" when you become a coach is "as soon as I get my credit my work is done." You need to think inspiration, the one who saw that we could make like Warren Buffet or Jeff Bezos—they focus it happen and the opportunity that she gave me on the long-term wins and not the short-term to be the club coach is something invaluable. It wins. Don't focus on getting 20+ members and might have seemed like an impossible mission, 5+ DCP goals at the end of the Toastmasters but she was the true visionary of this dream. year, visualize how your plan is going to work in the future, the club could enter into a new you're doing, you will burn out as in any work. crisis in a blink of an eye.

not my work, but it was Kim's work, the other Something that you will enjoy sharing later. coach. We were like the good cop and the bad cop. Since she focused on monitoring everyone and securing the payments from potential guests. This is something important like in any business.

Collaborate. A typical myth is that I'm an experienced person, I know all the answers. Not all clubs are alike, not all places are alike, and what could have worked in a certain place, might not work in another. You need to think together as a team and work for the greater good of the Club.

Monitor. Even though I said that you need members, but you miss an L2 and you need to identify who can perform that speech.

Be ambitious. No one could dream that our Club would ever revive. I just remember Understand the current situation. Before the words from my math IV teacher: "Guys, take my class again and you don't want to see

And it's similar here, Michelle was our

Have fun. If you don't have fun with what Don't allow it to happen, become part of the Micro-manage until you trust. This was Club, and make all the success a real story.

TLI - One Stop Shopping for Everything Toastmasters Mark your calendar for two upcoming Toastmasters Leadership Institute events Amp It UP! December 5, 2020 Breakout sessions galore! Choose three different sessions to attend. Here is a sample of what will be offered: Podcast with Power Anatomy of Feedback Motivational Speaking Is a Piece of Cake Leaders Leading Leaders Club Officer Training Pathways

Schedule:

9:00 - 10:00 Breakout Sessions

10:00 - 10:15 Comfort Break

10:15 - 11:15 Breakout Sessions

11:15 - 11:30 Comfort Break

11:30 – 12:30 Breakout Sessions

Amp It UP! The Sequel January 16, 2020 (Note new date)

Join all of District 7 as we gather for a memorable morning

9:00 - 10:00

Cindy Laatsch, DTM

Region Advisor #1

Leadership - It's a Verb!

Action Steps for a Leader

10:15 - 11:15

Pres Vasilev

2013 World Champion of Public Speaking

Secrets of Compelling Storytelling

12:00 Officer Makeup Training

Panel Discussion

SURVIVAL SECRETS OF 2019-20

Andrea Matthews, EH2

During the last Toastmasters year, the world saw major upheavals. The upheavals kept on coming. It was tempting to hide under the covers. But somehow, in spite of it all, 46 clubs managed to have stable membership or even grow during that time.

These clubs managed not only to survive upheaval, they thrived! What was their secret?

Portlandia Club's membership hung on. We survived a move from our temporary location in the World Trade Center back to our home in the Portland Building. After two meetings back home, the pandemic hit. We took a short break, and then made the transition to a fully online meeting. Each Zoom meeting was more upbeat and fun than the last. By June, we had achieved 5 Distinguished Club goals, but did not meet the membership requirements to receive the Distinguished Club award.

We invited leaders from thriving clubs to participate in a panel discussion so we could find out their keys to success. Our Zoom meeting took place on September 17, 2020, during the upheaval of hazardous air quality due to wildfire smoke. Here's what we learned:

Take a break—The first panelist was Carmil Ritchie, DTM. Carmil has been a Toastmaster since 2003. Carmil was representing AAA Towsters, the Corporate Toastmasters Club

of the American Automobile Association—Oregon Idaho, normally located in downtown Portland and now 100% online. Last year, Carmil was President of AAA Towsters. During her presidency, they achieved 5 Distinguished Club goals and added 8 members. According to Carmil, AAA Towsters took about a month off at the beginning of the pandemic to re-group and learn to conduct online meetings. Without this break, they may have lost members overwhelmed by the upheaval of transition to working from home.

Though AAA Towsters lost members who were not comfortable in the online environment, they gained participation from around the state, including members from the Lake Oswego and Salem offices. These members would not have been able to make the commute to meet in-person in downtown Portland—online was a plus for them.

Like many Americans, AAA Towsters members faced the extra upheaval of layoffs during the pandemic. Some members had no work and some members had extra work. As an organization, AAA prides itself on being coachable and adaptable, and AAA Towsters reflects that spirit. In the coming year, the club plans to leverage their company newsletter to attract new members from across the AAA Oregon Idaho region.



Recognize we are all Toastmasters—The next

panelist was Ginger Killion, DTM, liaison for Toastmaster. He recently received his DTM and Audacious Orators. Audacious Orators is the is a member of 5 clubs. Tiger's club, formerly Toastmasters Club for Coffee Creek Correctional Feather Tongues now Roseburg Speakers and Facility, a women's prison in Wilsonville, Oregon. Club officers are all inmates. They earned Select Distinguished Club status in 2020. They earned 8 Distinguished Club goals and added 10 new members. The Club has shown extraordinary adaptability in its response to upheaval in the past year. Because of the pandemic, in-person contact with the outside world has been from the UK, and former District 7 leader curtailed and meetings are limited to 2-3 people. Audacious Orators met educational goals during the pandemic by giving speeches to small groups, including groups for people getting a high school re-group. Soon the club got back together and diploma.

bring a range of talents, just like in the general virtual tourism made possible through COVID, through our door, they're a Toastmaster." In world. They even had an informal contest to the last year, two Audacious Orators members see who could visit the most clubs on Zoom. achieved their Distinguished Toastmaster Award. (Michelle won hands down at around 40 clubs

Correctional Facility was evacuated in September —all prisoners were dispersed to other facilities. Re-convening in the coming months may require extra effort.

Hatch a plan—Our third panelist was Don "Tiger" McAndie. Tiger rejoined Toastmasters in 2019 and has 5 years of experience as a Storytellers (RSS), celebrated its 15th Anniversary on Sept. 21, 2020. RSS was a 2020 President's Distinguished Club meeting 9 Distinguished Club goals and adding 7 new members.

In January, 2020, RSS was down to 3 committed members. With help from a Club Coach from El Salvador, another Club Coach Michelle Alba-Lim, RSS hatched a plan—they changed their name, location, and meeting time! When COVID hit they too took a break to chose to make the most of what the technology Inmates come from all walks of life and made available. With the excitement of global population. As Ginger says, "When they walk they gathered club members from around the Due to wildfire danger, Coffee Creek and Tiger came in a distant second at around 25.)

RSS has been growing through word of mouth. Guests are always invited back—and asked to serve in a role at their next meeting. RSS opens their club meeting 15 minutes early and stays for 15 minutes at the end so people can check in with each other informally. Their international membership, representing 13 different countries, enriches the club experience.

Leave no "Toastie" behind—Our final panelist was Sudhir Gautam. He is the President of Jefferson State Toastmasters (JST), a club normally based in Southern Oregon. JST was founded in 1986 in Talent, Oregon, and is a 2020 President's Distinguished Club. They achieved 9 Distinguished Club Goals and added 7 new members.

In February, 2020, Sudhir and his leadership team launched a plan they called "Vision 2020," comprised of 3 tools:

- SMART* goals for each member
 * Specific, Measurable, Achievable,
 Realistic, and Time-based
- 2. Formal mentor program: each member paired with another member, serving as mentors to each other.
- 3. All members on Pathways

When COVID hit, it was straightforward to add "contextual training" to Vision 2020—set up Zoom meetings, train everyone on Zoom, create documentation, and motivate people to learn new things. JST learned how valuable it is to "have a plan before disaster even strikes." During upheavals, they continued to highlight their club's unique, fun character through a specialized "Haha Counter" role.

Talent, Oregon, has been devastated by

wildfires. Like RSS, JST added a section to the meeting, going around the room to ask if anybody needs any help. They ask "Does everybody have a place to live? Would you like us to join in the ways you are helping others?" JST's motto is "No Toastie Left Behind."

Summary—The panel discussion has validated some of the things Portlandia Club has been doing. It also inspired us to highlight our own uniqueness. We plan to pilot a "Keep Toastmasters Weird" Halloween-themed meeting on Oct. 29.

As a moderator, connecting with these inspiring panelists helped me stay grounded during the upheavals of wildfire smoke. Everyone engaged in some form of grounded action. The panelists showed me through their generous participation how we can thrive during upheaval.

You can watch the panel discussion by clicking here.

Connect with the panelists and their clubs:

- Lorri Anderson, <u>Daylighters</u> lorrianderson@gmail.com
- Andrea Matthews, <u>Portlandia</u> m.andreamatthews@gmail.com
- Carmil Ritchey, AAA Towsters carmilritchey@aaaoregon.com
- Ginger Killion, Audacious Orators gingiko@aol.com
- Don "Tiger" McAndie, Roseburg Speakers and Storytellers mcandiedon@gmail.com
- Sudhir Gautam, <u>Jefferson State Toastmasters</u>, yawsudgautgc@gmail.com



My Toastmasters Journey

Jennifer Schmidt, EH1
VPPR New Horizons Toastmasters

During our regular company town hall meeting, my boss asked that I speak in front of all my co-workers. Not having the option to decline his request, I remember gripping the microphone, glancing around the room and speaking as fast I could. My goal was to finish as quickly and painlessly as possible. Inside, I was a nervous wreck, feeling like I was thrown into a lake, hoping not to drown of embarrassment. After finishing my auctioneer impersonation, I handed back the microphone and retreated to my chair.

As I got more involved with planning company events, this situation happened repeatedly. I realized my boss wasn't trying to torture me, he would call on me because I had the information. He also didn't want to speak to the group the entire time. Each time I spoke, it got a little easier, but it never felt smooth, and I admired those who could easily do impromptu speaking. At the time, I had heard about Toastmasters, but it wasn't until the job ended, that I was able to find out more about it.

I picked my Toastmasters club based on when I wanted to meet. One Tuesday night I decided to show up because I was tired of public speaking being a miserable dunk tank experience. I wanted to swim and do it well. I was warmly welcomed but I still didn't know what to expect. People were friendly and I had fun during the meeting. The speeches were interesting and Table Topics was entertaining. I decided to join and received a speech manual that explained exactly how to prepare a speech.

When it was time for my Ice Breaker speech, I wasn't sure how I would feel taking this plunge into public speaking. I hung on to the lectern like a life preserver and nervously explained my struggle with talking to groups. After I finished, the audience enthusiastically applauded me. It felt great and for once I didn't sprint back to my chair. It was refreshing to accomplish something I had never done before.

That was the beginning of my Toastmasters journey. I would go on to do more speeches and become an officer. Eventually, I competed in contests and wrote a humorous speech where the audience actually laughed! In that moment, I knew anything was possible because I had a proven program and a supportive club to encourage my continued success.

If you would like to contribute your Toastmasters story to this column, please contact me at phyllis. harmon@d7toastmasters.org for more info.

Stepping Out - The Journey Begins (Part 2)

Paul Fanning, DTM

Rise and shine sleepy head! Are you, the intrepid task. This one is excellent for calming everyone traveler, still with me? Good! I am so pleased that your capably survived the night and are ready to step out with confidence once again. Let us continue of our "Trek of Discovery" of the Pathways program.

Scroll further down to the next section which is named WATCH AND LEARN. What we have here are two treasure boxes you can access for further information. Glittering jewels named "What is Pathways" and "Let's log in to Base Camp" videos. Your first viewing would be the "What Is Pathways?" which is once again a basic introduction to Pathways. Do be aware that it was not updated since the addition of the Engaging Humor path and thus mentions only the original 10 paths. The information is sound and could be viewed as an excellent tool to use at a club meeting (even online as we are now) to whet the appetite for Pathways.

The second, also one I would recommend for a club meeting basic intro education item, is the "Let's Log in To Base Camp" video. We are always looking for ways to enhance each member's experience as well as de-mystify Pathways to

down in a matter-of-fact teaching style. It is not the teaching of how to use Base Camp as a VP Education or club officer, but for the new Toastmaster or one who is entering the waters of Pathways for the first time-or an instant refresher course.

Now that you have these tools on your belt—or valuable gold coins in your purse—the new or prospective Toastmaster will find when they scroll down to the next section of the page a marvel to behold. Called "Sample your first project", it is the Ice Breaker level 1 that is common to all paths. Click on the button "break the ice" to explore, play, plan and conduct your first project in the Pathways empire. What do I like about it? I was able to display this feature to a prospective Toastmaster who had heard all the terrible "negatives" about Pathways being non-user friendly, etc. Once they were familiar with the sampling, it was a short hop to membership application, path selection and signing up for the first speech. Here is the opportunity for you to mentor and instruct someone in the art of Pathways usage. They do make it more enjoyable, not an odious, hated not have to have already selected a path to use



this, and one can download the forms, resources and understand the progression of a level project simply and safely. This is a feature that was introduced within the last year in response to feedback regarding not having a workbook to show someone. One club I was in produced the entire Level One Icebreaker workbook to give to a new member—which we can include in our electronic new member packet or club orientation material. But we are still exploring, and there are other features to discover and learn from.

Scrolling down further you get to the FAQ + More section about Pathways. Pull out your rock hammer as we prospect for more gems! PATHWAYS FAQ is your first choice to click on. It will give you once again all the basic information about Pathways. Always a great tool to use as a refresher as well as a training tool for members. Perhaps to me the exciting function is the

ACHIEVEMENT + AWARDS button I would recommend you click on. Here it lays out the badges, certificates, advanced awards, and other items that may interest people. We all like being recognized for our accomplishments. Both the tangible and the electronic awards being offered at this time are outlined. Don't forget to point out that the letter of achievement to your employer still stands. Lastly are the opportunities to be a volunteer translator.

Well done, Pathway adventurer! If you have come this far, you know that it is now up to you to take advantage of all that Pathways can offer you. As a token of my esteem for your faithfulness and discovery, I have one more treasure to bestow upon you.

When you access your path, before you enter into base camp, review the section listed next to it, the Navigator. Here again is a vast treasure trove of information about Pathways.

Not only can you read all the material online, time, talent, and treasure towards Toastmasters to our exciting Pathways journey!

will soon become the familiar. I entreat you to speaker, evaluator or leader that we can be, and 2018. Without a doubt, there will be (happily) The last element, time often can be seen as the more as it becomes our one and only education hardest to give. I do not know about you, but I program. I would tend to say that Toastmasters only have 24 hours in a day, seven days a week. International will continue to be responsive to I have to be willing to take the time to delve into feedback received, and where changes are needed, Pathways to get something out of it. Yes, it may be successful and will be encouraging us all-the still haven't developed a program that will just everybody in between-in the next few months being engaged in it. towards 100% adoption rate as well as hands-on assistance to clubs.

my personal opinion of Pathways. I have heard me, it was press ON-and then stepping out. What the change of education programs we are now Your path awaits! in. On the other hand, I know that we only gain success and purpose in a program that we invest in. You have now been asked to invest your

but you can download it in PDF format-all 24 as a whole and Pathways as the sole education pages-and use it again for your new member program. Treasure with our membership fee packet, as a hand out or send it on to someone as and club dues. We are therefore investing for yet another method of new member orientation our future, and we all want to receive in return value for our money thus given. Talent is perhaps Dear reader, I believe that with each passing the greatest gift we can give and receive while day that which has been unfamiliar-Pathways- involved in Pathways-the talent of being the best remember that we have seen many changes to be challenged to stretch even further on behalf of the Pathways program since its inception in not only ourselves, but our fellow Toastmasters. they will be forthcoming. District 7 is taking a require you to do your personal investigation and giant leap towards better Pathways promotion, studying of what is available in Pathways before understanding, and educating us all this program you leap into a path. You only get something out year. Pass your comments and feedback to your of something if you invest something in it. Take divisional Pathways proponent. They are here the time, give the time, and spend the time to to help me and you by a positive membership grow and develop personally and professionally. experience through Pathways. They want us to Sadly, nothing ventured, nothing gained. They new member, the seasoned Toastmaster, and hand you everything on a silver platter without

Fellow Toastmaster. Intrepid explorer, voyager of the unknown, discoverer of the secrets, each Perhaps the last that I can share with you is of our journeys begins with but a single step. For the negatives, the positives and the "ugly" of do you need to start your journey of a lifetime?





WALLMASTERS INTERNATIONAL

Toastmasters for High Achievers

6:35 - 7:45 am

Join Us Online
Any Friday

cleon.cox@frontier.com

During social distancing, we are meeting online. Contact us for the Zoom link to join the meeting.

Problem Solving: What Seems to be

Sudhir Gautam, DL4

Once upon a time, a mouse was lost in the woods. It tried hard but couldn't find his way out. All of a sudden, he came across a wise old owl.

"Please help me, I'm lost. How can I get out of here?"

"Easy. Grow wings and fly out, just like I do."

"But how can I grow wings?" asked the mouse.

The owl looked at him surprised and said, "Don't bother me with the details, I only advise on strategy."

Studies have shown that there's a severe lack of problem solving skills in the animal kingdom. Studies have also shown that human beings vastly overrate their own problem solving skills, especially when the solution involves Joe Pesci and a baseball bat. Problem solving is a skill we will discuss in this monthly skills column.

What is Problem Solving?

Problem solving is the process of finding solutions to somewhat difficult or complex problems. A problem, in general, is an undesirable situation that needs to be changed.

Why is it important?

We all solve problems all day, every day. The only things that vary are the complexity of the problem and the profile of the problem solver. If we can make an assumption that the goal of most problem solving activities is to improve our situation or environment, then it's obvious that better problem solving will lead to a better quality of life.

How to improve Problem Solving?

There are all kinds of problems and all kinds of solutions. Then there are personal styles and biases that go into problem solving. To top that, there are so many techniques that are out there and used to solve problems in disciplines like philosophy, artificial intelligence, medicine, and psychology. It's a highly complex skill development ecosystem. That's why, it's important for us to focus on some simple, generic problem solving steps that can be applied to any problem.

Here are four steps, that when used repeatedly, can lead to better problem solving skills.

The Problem?

Step 1—Understand and define the problem better

This is where you break the problem into several parts to get a better perspective from all possible angles. Example: Let's say I'm feeling tired during the day. I could immediately decide that my problem is lack of coffee and proper supplements. Or I can list several other parts that will help me understand the problem better. Am I getting enough sleep? How's my diet and exercise? Am I drinking too much coffee after 4PM? What does my bedroom environment look like?

The deeper we get into the problem the better we're able to define it. The problem solving battle is essentially won (or lost) in this step.

Step 2—Identify the root cause—If we did a deep dive into the problem in Step 1, we already have a decent list of probable causes. We can now either use common sense or advanced root cause analysis tools like Pareto Chart, Fishbone Diagram, FMEA, etc. to get to the root cause(s).

In our example in Step 1, we might end



up with a completely unexpected root cause, Benefits of improved Problem Solving which is that the bedroom is not dark enough skills and there are all kinds of electronic devices negatively impacting the quality of sleep, leading problem solving skills: to tiredness during the day.

Step 3—Develop an effective plan

An effective plan would be one that would maximize the chances of eliminating the problem, given the circumstances and resources available. Targeting the root cause(s) and leaving everything else alone is important. In other words – don't fix what ain't broke. In our example, an effective plan might be to get blackout curtains and throw your devices with green blinking lights out of your bedroom.

long baths because they have nothing to do with Toastmaster club, contact us via jeffersonstate. the problem root cause(s).

Step 4—Execute plan

Now that you understand the problem clearly, know the root cause and have an effective plan, it's time to start executing it like a soldier. Implement it, see if it fixes the problem, close the loop and adjust the plan if necessary, lather, rinse, repeat.

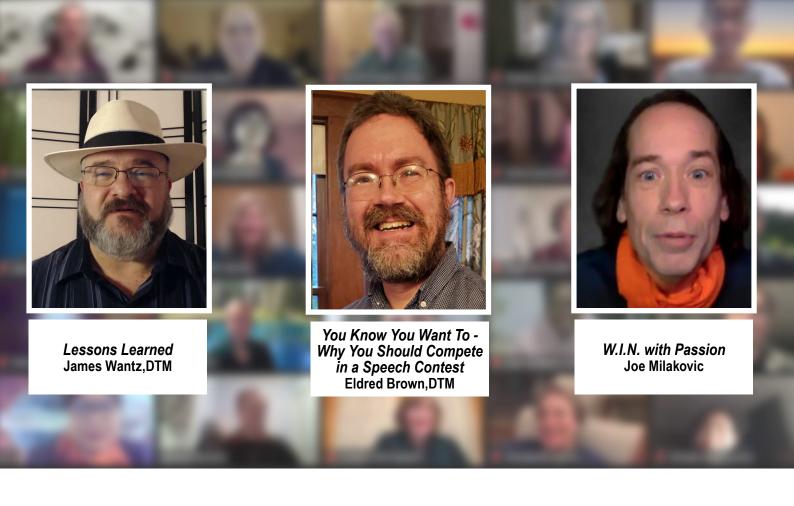
Here are a few possible benefits of improved

- Improved surroundings/environment
- Better resource utilization
- Enhanced overall well-being
- Better career advancement
- Better art
- Increased confidence
- More time available for other things
- Less chance of creating new problems from old ones.
- Better prospects for the future of humanity

If you have a problem you would like Also, don't take sleeping pills or two-hour- to crack, especially related to joining a toastmastersclubs.org. We have a customized solution for you.

> Sudhir Gautam is a technologist, TEDxSpeaker, Moth Storyteller, Standup Comedian and a Hospice Volunteer. He joined Jefferson State Toastmasters in 2018 and is currently serving as club President. You can reach him at yawsudgautgc@gmail. com or through the club website jeffersonstate. toastmastersclubs.org.

The greatest problem solvers are not necessarily the smartest people but the ones who are willing to stick to the problems until they find a breakthrough. Grit and persistence can make all the difference! — Simerjeet Singh



Feedbackers Toastmasters

The Evaluation Workshop Club



November 11, 2020 7:15-9:00pm

feedbackers.toastmastersclubs.org

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
At The River's Edge Club	Aas	Kristoffer
Vancouver Toastmasters Club	Anderson	Crystal
Chanticleers Toastmasters Club	Arnold	Mary
Portland Club	Babiy	Arkadiy
WE Toasted Toastmasters	Burns	Caleb
Swan Island Toastmasters	Cardoza Abugaber	Mario
Southern Oregon Speechmasters	Cole	Debora
Professionally Speaking	Fox	Sarah
Portland Club	Frost	Steven
Speakeasy Toastmasters	Goswami	Toshiyanka
Yaquina Toastmasters	Greer	Kelly
Coachmasters Toastmasters Club	Hamilton	Linda
Speakers By Design	Hoffman	Riley
Yammertime	Ikenna	Madu
Speakers By Design	Lajoie	Kameron
Advisors Toastmasters Club	Meyer	Anna Marie
Vancouver Toastmasters Club	Mohr	Deborah
Oregon City Toastmasters	Navarro Palos	Mario
Toastmasters For Speaking Professionals	Naylor	Linda
Portland Progressives	Nordling	Siefert (Angie)
Speakers By Design	Screechfield	Brett
Liberty Talkers	Shams	Nourhan
Toastmasters For Speaking Professionals	Sullivan	Echo
Waffle Toasters	Sullivan	Jake

HAPPY ANNIVERSARY TO OCTOBER CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
10/1/1993	27	Speakeasy	Hillsboro
10/1/1965	55	Yawn Patrol	Eugene
10/1/1990	30	Toast of Corvallis Corvallis	
10/1/1953	67	New Horizons Tualatin	
10/1/1998	22	Marylhurst West Linn	
10/3/2012	8	Wonderful Oregon Wordmasters (WOW)	Roseburg
10/18/2017	3	CareOregon	Portland
10/20/2014	6	Clean Water Hillsboro	
10/30/2012	8	NuScale Toasters Corvallis	

One hour per day of study in your chosen field is all it takes. One hour per day of study will put you at the top of your field within three years. Within five years you'll be a national authority. In seven years, you can be one of the best people in the world at what you do. – Earl Nightingale

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EH1	9/25/2020	Altman, Daniel D	Tualatin Valley Toastmasters Club
EC1	9/20/2020	Batchelder, Lindsey	Corvallis Evening Group
PM1	9/25/2020	Beattie, Chris D.	NoonTime Club
LD3	9/11/2020	Bones, Dave	Liberty Talkers
EC2	9/9/2020	Carr, Jeffrey E.	Professionally Speaking
IP2	9/18/2020	Charbonneau, Gary	Sherwood Town Criers Club
EC2	9/2/2020	Chea, Chankrisna	Speakeasy Toastmasters
PM1	9/9/2020	Clark, Josephine Ila	Sherwood Town Criers Club
LD4	9/16/2020	Corbin, Tamsen	WE Toasted Toastmasters
TC1	9/16/2020	Corbin, Tamsen	WE Toasted Toastmasters
DL5	9/16/2020	Davis, Cornelius	Capital Toastmasters Club
DL4	9/16/2020	Davis, Cornelius	Capital Toastmasters Club
DL3	9/16/2020	Davis, Cornelius	Capital Toastmasters Club
TC2	9/18/2020	Diaz Renteria, Sara Roseburg Spkrs & Storyte	
LD3	9/25/2020	Dickson, Yoshi	NoonTime Club
DL3	9/18/2020	Fanning, Paul C.	Downtown Lunchbunch
EH3	9/2/2020	GaRey, Daniel J. Rogue Communicators C	
EH2	9/2/2020	GaRey, Daniel J.	Rogue Communicators Club
IP4	9/2/2020	GaRey, Daniel J.	Rogue Communicators Club
IP3	9/2/2020	GaRey, Daniel J. Rogue Communicators Clu	
IP2	9/2/2020	GaRey, Daniel J. Rogue Communicators Cl	
IP1	9/2/2020	GaRey, Daniel J.	Rogue Communicators Club
TC3	9/30/2020	Gopalakrishnan, Yuvaraj Communicators Plus	
DTM	9/3/2020	Harmon, Phyllis A. Tell Me A Story	
VC1	9/26/2020	Harris, Elizabeth M Clark County Toastmasters C	
PI2	9/8/2020	Hopkins, Myfanwy H Banfield Barkers	
IP4	9/25/2020	Jett, Robert WE Toasted Toastmasters	
IP3	9/2/2020	Kennedy, Vickie D. Siuslaw Tale Spinners Club	
DL2	9/22/2020	Lee, Kathy K Cedar Hills Club	
PM4	9/12/2020	Lindquist, Leanna Feedbackers Toastmasters Club	
PM2	9/15/2020	Lu, Yunyun University of Oregon Club	
IP1	9/22/2020	Marsh, Brandon D. Cedar Hills Club	

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EH2	9/2/2020	Matthews, Mary Andrea	Portlandia Club
PM1	9/1/2020	McFadden, Cheryl	Feedbackers Toastmasters Club
IP4	9/14/2020	McLellan, Joseph Q	Toastmasters of Redmond
EC3	9/14/2020	Merge, Catherine	CareOregon
LD1	9/28/2020	Montes, Bernadette A.	New Beginnings Toastmasters
DL1	9/26/2020	Moy, Miranda	Clark County Toastmasters Club
EC2	9/16/2020	Myers, Emily Jane	Waffle Toasters
IP1	9/25/2020	Niculita, Alina	NoonTime Club
EC1	9/29/2020	Norris, Lauralee K.	Yaquina Toastmasters
VC1	9/18/2020	Nussbaum, Gloria H.	West Beaverton Club
IP2	9/16/2020	Parker, Kellie Laree	NuScale Toasters
IP2	9/21/2020	Peaker, Megan N.	Evergreen Club
SR2	9/21/2020	Pettit, Ray Lee Evergreen Club	
VC4	9/24/2020	Pinchot, Beth	Waffle Toasters
PM3	9/25/2020	Powell, Terry	Toast Of Tualatin, Lam Research
PM3	9/11/2020	Powers, Andrew	Portlandia Club
IP2	9/27/2020	Robinson, Bryan	Portlandia Club
PM1	9/14/2020	Rosenberg, Michael Kenyon	Toast Of Tualatin, Lam Research
PM1	9/19/2020	Savage, Rocky Shane WE Toasted Toastmasters	
DL5	9/30/2020	Schellenberg, Lyle W. Bootstrappers Club	
SR4	9/5/2020	Schellenberg, Lyle W.	Bootstrappers Club
IP1	9/10/2020	Schiedel, Esther R	Toast of Corvallis Toastmasters
EH1	9/7/2020	Schmidt, Jennifer New Horizons Toastmasters	
PM1	9/4/2020	Seibel, Evelyn CareOregon	
LD2	9/25/2020	Setty Shivarudra, Vishwas Toast Of Tualatin, Lam Resea	
LD1	9/25/2020	Setty Shivarudra, Vishwas Toast Of Tualatin, Lam Resea	
PM1	9/4/2020	Singhal, Shilpa Roseburg Spkrs & Storyteller	
PM1	9/10/2020	Somasundaram, Namitha Feedbackers Toastmasters Cl	
SR5	9/7/2020	Stark, Katherine Buckaroo Toastmasters	
SR4	9/6/2020	Stark, Katherine Buckaroo Toastmasters	
PI1	9/25/2020	Stephan, Stephanie Waffle Toasters	
EC3	9/6/2020	Strickland, Scott R. Babble-On Toastmasters Club	

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
LD3	9/21/2020	Stringer, Angela	Lebanon Toastmasters
TC2	9/29/2020	Swan, Kim	CareOregon
DL3	9/13/2020	Telwala, Yasmeen	Roseburg Spkrs & Storytellers
DL2	9/12/2020	Telwala, Yasmeen	Roseburg Spkrs & Storytellers
DL1	9/5/2020	Telwala, Yasmeen	Roseburg Spkrs & Storytellers
VC4	9/28/2020	Thomas, Jennifer Ann	Bootstrappers Club
LD1	9/8/2020	Tiernan, Kate	Communicators Plus
IP3	9/3/2020	Tilson, Ashley M.	Nano-Mated Speakers
IP2	9/3/2020	Tilson, Ashley M.	Nano-Mated Speakers
PI2	9/28/2020	Vidal, Jaime	Yammertime
PM1	9/21/2020	Vredenburg, Anthony	Wallmasters International Club
DL3	9/6/2020	Wahlstrom, Daniel	New Beginnings Toastmasters
DL2	9/6/2020	Wahlstrom, Daniel	New Beginnings Toastmasters
DL1	9/5/2020	Wahlstrom, Daniel	New Beginnings Toastmasters
VC1	9/26/2020	Wang, Jessica NoonTime Club	
SR5	9/14/2020	Wantz, James Feedbackers Toastmasters	
TC1	9/13/2020	Ward, Jill M. Wallmasters International Clu	
TC1	9/10/2020	Wickham, Liz Downtown Lunchbunch	

Those people who develop the ability to continuously acquire new and better forms of knowledge that they can apply to their work and to their lives will be the movers and shakers in our society for the indefinite future. —Brian Tracy

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Bones, Dave	5	LD2, LD5, LD4, LD1, LD3
Campbell, Alan	3	PM1 , PM2 , PM3
Corbin, Tamsen	3	MS5 , TC1 , LD4
Davis, Cornelius	3	DL3 , DL4 , DL5
Douglass, Matthew	3	DL4, DL2, DL3
Elbert, Bryce	4	IP1 , IP2 , IP3 , IP4
Fanning, Paul C.	5	DL1, DL4, DL3, DL2, DTM
GaRey, Daniel J.	6	IP1 , IP2 , IP3 , IP4 , EH2 , EH3
Gutman, Mark	4	EH2, EH3, IP1, IP2
Harmon, Phyllis A.	4	TC2 , EC5 , TC1 , DTM
Hubb, Cyndi	3	EH1, EH2, EH3
Landolt-Hoene, Daniel	3	DL1 , DL2 , DL3
Lee, Maria R.	3	PM2 , PM3 , PM4
Lindquist, Leanna	4	VC4 , PM4 , VC2 , VC3
McLellan, Eileen	4	VC1 , VC1 , VC4 , VC5
Merge, Catherine	3	EC3, EC1, EC2
Myers, Emily Jane	3	DL5, EC2, DL4
Schellenberg, Lyle W.	5	DL5 , SR3 , SR1 , SR2 , SR4
Shehorn, David A.	5	EH4 , LD1 , LD2 , LD3 , LD4
Stark, Katherine	3	SR4 , EH1 , SR5
Strickland, Scott R.	3	EC3, DTM, ALS
Stringer, Angela	5	LD1 , LD3 , MS1 , LD2 , PM4
Teagarden, Blair R.	3	PM1 , PM2 , PM3
Telwala, Yasmeen	3	DL3 , DL2 , DL1
Wahlstrom, Daniel	3	DL3, DL2, DL1
Walker, Marvin Lynn	3	EC3 , PM5 , EC4
Wanek, DaWane A.	5	EC1, EC2, EC3, EC4, EC5
Wantz, James	5	SR4 , VC4 , EH3 , SR5 , EH4
Yoshida, Raynette	5	MS1, MS2, MS3, MS4, MS5



Andrea Matthews, EH2



B. Lee Coyne, ATMS



Eldred Brown, DTM



Emilie Taylor, DTM



Harvey Schowe, DTM



James Wantz, DTM



Jennifer Schmidt, EH1



Kate Beck, PM1



Ken Coomes, DTM



Leanna Lindquist, DTM



Lorri Andersen, DTM



Michelle Alba-Lim, DTM



Paul Fanning, DTM



Phyllis Harmon, DTM



PJ Kleffner, DTM



Sudhir Gautam, DL4



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