

A Thanksgiving Reboot

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What's Your Club's Culture?

**2021-2022 DISTRICT LEADERSHIP
NOMINATIONS NOW OPEN**
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Support Our Prison Clubs

**Your Contributions Make
All the Difference**

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

Just Do it!

Phyllis Harmon, DTM, PDG



Did you grab your free Path yet for renewing your membership? Don't forget to get it before December 31st. I chose the Engaging Humor Path because it is the only one that scares me silly. I keep hearing that stepping outside your comfort zone is good for personal growth. I'm not sure about the growth part, but I do love a challenge. The last time someone told me I couldn't do something, I did it anyway and was successful. I mean, what can happen except that I completely blow it. And that won't happen because this is Toastmasters and we don't let each other fail.

I understand that some of you who have been in Toastmasters forever don't like learning something new, which is why the District Pathways member adoption rate is only 81.04%. I am curious why the new member adoption rate is only 60.94% when it should be at 100%.

Why isn't it? Are we failing to help new members get started? Are some of us badmouthing the program so new members shy away from it? Or are we not making the educational program part of our club's culture? It is worth pondering and discussing. If we want to grow our clubs why would we not encourage each other to adopt the educational program? Why would we not help new members get started? And, for the sake of everyone, why do some of us keep comparing the defunct legacy program to the new?

I have a suggestion for the reluctant 18.96%. You are a role model for your club members. Why not be part of the solution? Do something outside your comfort zone by jumping into Pathways. And while you are doing so, team up with one of the 39.06% new members who have not started their educational journey. After all, doing anything new is best when you do it together.

EDITORIAL

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VOICES!



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A THANKSGIVING REBOOT

Tootie Smith, CC

Growing up on a generational farm in south Clackamas County, our Thanksgivings were filled with food, family, and football. My mother was a cook extraordinaire. Our small flock of relatives traveled to our farmhouse not so much for the delight of being with each other as it was for my mother's cooking. That was always the hook.

My mother spread the love with her cooking and service to her extended family as each person would depart with leftovers. Behavior was always important to our parents and we kids were strictly forbidden from fighting or disagreeing on discussion topics or become lazy when it came time to wash the multiple sets of china and fancy silverware that Mom insisted we use for these occasions.

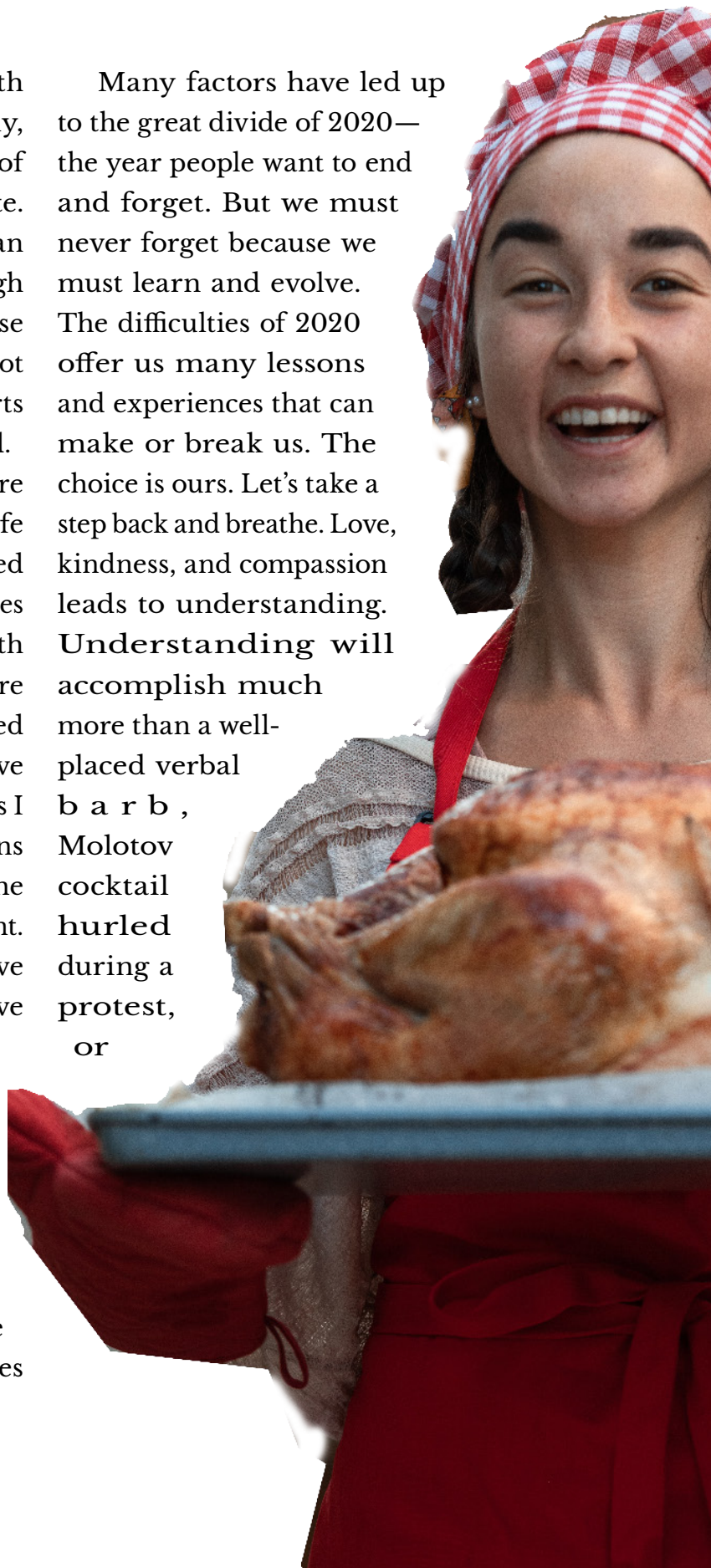
One of my favorite stories about Thanksgiving came from my father. He grew up on a turkey farm during the depression where his family ate turkey all the time. He hated turkey. My mother loved turkey and considered it a treat. Each Thanksgiving, my father would dutifully eat his turkey after he meticulously carved the perfectly prepared bird. He did this because it gave my mother great joy. For him it meant more to see my Mom happy than it did to adhere to his own dislike of turkey. It wasn't until I became an adult, did I realize this. The lesson of love was not lost on me as I marveled at how my Dad could stomach a food he found distasteful.

Moving forward to this year of 2020 with so many firsts and divisions among family, friends, and social media folks, I see a lot of behaviors that my family would not tolerate. The lesson my father taught me was you can accomplish whatever you want to with enough determination. He taught me that just because you have a certain belief system, that it does not mean it is always absolute—especially if it hurts another person. He ate the turkey he disliked.

Today, my observation is many people are tightly adhering to their belief systems as if life itself depended on it. We are living in troubled times of Covid-19, shutdowns, and raging wildfires that destroyed homes and life. Couple that with our politicians acting like spoiled brats where us kids would have been taken to the woodshed for such behavior. (Oh by the way, we did have a woodshed.) I yearn for a return to the values I learned growing up. Today's political divisions are so vast that I wonder if we can ever come together again and remember what is important.

If this sounds like a sentiment from a love child growing up in the 1960's, so be it. Love and unity can fill hearts just as easily as hate and disagreement. Behavior is always a choice. My Dad showed me how that works. It starts with the little things. It always starts small. He knew this and always ate the turkey. It was a small concession borne out of love for his wife and family. Peace was more important to my Dad than whether he ate turkey, besides Mom fixed about 20 dishes so he had a lot to eat.

Many factors have led up to the great divide of 2020—the year people want to end and forget. But we must never forget because we must learn and evolve. The difficulties of 2020 offer us many lessons and experiences that can make or break us. The choice is ours. Let's take a step back and breathe. Love, kindness, and compassion leads to understanding. Understanding will accomplish much more than a well-placed verbal **b a r b** , Molotov cocktail hurled during a protest, or





even victory for your favorite political candidate.

Rising above what divides us will be a challenge. We must and will learn to adapt. I know this sounds quaint but, for 57 years of my life I didn't think our Thanksgivings would ever end. For my family, the traditional yearly event came to a screeching halt on October 8, 2015, the day my mother died. I sunk. I lost my biggest fan, and my heart broke into pieces. What I wouldn't give to relive just one more Thanksgiving with her.

Moving forward, my family adapted and changed in ways I never thought possible.

Initially, there was a big divide among family members after her death. I grew to understand that it was my mother's presence to calm the clan, to instill respect in our family unit and not my father's. Mom's love was missing, and the gap widened as our

family fumed and fought. Dad remained silent on the sidelines just as he always did. Would our family ever learn to rise above, to instill those same values within ourselves and the future generations? It didn't seem so. There was much at stake. Regretfully, some of those divisions still exist today. What I learned from the split in our tight knit family is that the only behavior one can control is our own. The expression "I am not my brother's (or sister's) keeper" comes to mind as I watched fights and disagreements arise that should have been extinguished. For some people, there was no returning, no going back to the way things were, and that is sad for me. I have observed a stubbornness to tightly held belief systems that I didn't fully understand. I now see how that parallels society today. When a belief system does not include love or respect for other family members, it hurts all of us. That hurt often echoes out. I learned that each person, regardless of their position has a responsibility to give love. It's not about what we get in return, it's about what we give.

The great political divide in American today rivals many families as we all struggle for our own identities. America is now forming a new identity again as it did over 200 years ago when the founders formed our great union. Divisions seem to be the speak for the day as Covid-19 keeps a grip on behavior and people highly relate with politics like never before.

The same year of Mom's death, delight came for me in a big way as I was rescued from trying to copy my mother's superb cooking.

Her grandchildren who spanned in ages from 20 to 30 years of age decided to take over the preparation of Thanksgiving dinner from the “adults.” The kids didn’t say why they wanted to cook, but I suspect they observed myself and my sibling’s grief as they decided to take over the leadership mantle. My sister offered up her brand-new kitchen and large dining room for the event as she did not like to cook. I was taken aback by the insistence from the grandkids to cook since I didn’t have high regard their abilities to prepare such a large meal, or any meal for that matter. But I remembered a lesson from my Aunt. She always accepted my wild ideas as a youth although I secretly knew she questioned them. She always supported me, for which I remain grateful. And I took that lesson from my Aunt and applied it to our new upcoming family Thanksgiving tradition.

As my family has now spent five Thanksgivings without the matriarch who made them great, I reflect upon our own Reboot. The third generation has taken on the responsibility and joy of preparing our Thanksgivings filled with food, family, and football. Is the experience

different? You bet it is. We use paper plates as Mom’s China sits in the cupboard. Is the food the same as my Mom’s? Of course not. But it’s still delicious with new recipes and a new style of doing what was old. My Dad is still eating the turkey he dislikes because he always has.

What I gained in return is quite the lesson. What I learned from them was when you give love, it returns tenfold because people see it and they subconsciously need it. Our human conditions require it.

Looking outward, it’s hard to see a connectedness of minds or spirits in our socio/economic/political culture today. My parents shared love, but they also shared their dislike, or like of turkey, while keeping the family unit together. They never took their eyes off the ball or the bird of what was important in life.

It is indeed possible to make the world a better place and it starts and ends within our own hearts.

Tootie Smith has been a member of Wallmasters Toastmasters since 2017. She has spent decades in Oregon politics, and is the newly elected Chair of Clackamas County Commission.

*Happy Thanksgiving
Wishing you
a day of
peace and plentitude*



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"> 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)

Who Am I?

PJ Kleffner, DTM - District Director

Do you ever ask yourself that? Sometimes I forget, and not because I turned 70 this year. We just celebrated the 80th Anniversary of District 7, thanks to a fun Zoom event organized by Past District Director, Leanna Lindquist. This event was supposed to be a nice, sit-down dinner back in the Spring, but we all know what happened to most of our plans for 2020. Leanna was determined that we would not let this occasion go uncelebrated, so we had a multi-media party on Zoom, complete with a historic slide show, swing band music from the era, and testimonials from the many Past District Governors and Directors in the audience.

Getting back to my question (Who Am I?). A few days before the event, Leanna mentioned that she would like me to say a few opening remarks and introduce the Toastmaster, Past District Director and Past International President, Gary Schmidt. My first thought was “Why me?”, then I remembered, “Oh, right. I’m the current District Director, and we’re celebrating our District’s anniversary.”

After this brief identity crisis, I had a flashback to something that happened when I was about 21. I was visiting my parents in Southeast Portland, and walking back to my car when I heard this small voice behind me say, “Sir”. I ignored it

and kept walking, then heard it again – a little more insistent this time – “Sir!” I ignored it again, until the third time, when the voice was pleading – “Sirrrr?” I finally stopped, looked around, and seeing a small child, said, “Are you talking to me?” Yes, he was. I have no recollection of what he wanted – whether he was lost, hurt, selling lemonade, or whatever. All I remember is a strange feeling and thinking, “Wow, am I really an adult now?” Because that is the first time anyone had called me “Sir.”

Apparently, I’m not the only person to have an experience like that. I recently found a birthday card for my nephew that said, “Happy Birthday. Now that you are 21, you’ll be thought of as an adult...” Inside, it said, “By 6-year-olds everywhere.” It’s all a matter of perspective.

That still doesn’t answer my question – “Who am I?” I read something many years ago that each of us is three people – who we think we are, the person we pretend to be for others, and who others actually think we are. Unfortunately, I don’t remember the source, and Google wasn’t helpful. The main point was that the more closely these three versions of ourselves overlap, the better our mental health. For example, I worked with someone for a while who was widely perceived as quite incompetent. However, he



would never admit that he was wrong or didn't know something. As I got to know him better, it

became very apparent just how insecure he really was, but he kept up the façade around others. Over time, it took a toll on his mental well-being.

I gave up pretending to be someone I'm not a long time ago, because it takes too much work! I guess that means I'm fairly well mentally balanced, or maybe, just lazy. The question then, is how does my self-image compare to how others see me. I like to think that I am reasonably competent, even though I may not think about being the District Director all of the time, and others have to remind me occasionally. Actually, the feedback we get from others in Toastmasters is what makes it work. It's like a mirror that shows us who we really are.

Do you remember your first Toastmasters meeting, or your first ice breaker speech? You were probably at least a little bit nervous, and focused on all the things you did wrong. Then your evaluator told you about all of your strong points, and what you could do to be even better.

Over time, you developed a more complete picture of yourself, including both your strengths and weaknesses as a communicator. You also gained the ability to give others a specific assessment of how you perceived their communication skills. All of this helps reduce that middle version of ourselves – the one where we are pretending to be someone we're not. Coincidentally, a member of my Babble-On Club gave a speech today about being authentic, which brought tears to the eyes of his evaluator. Authenticity is a superpower!

Finally, I think I can answer the question – “Who am I?” – “I am a Toastmaster.”

In closing, I wish all of you the very best as we get into the thick of the holiday season. Please be safe out there.

You Know You Want To

Eldred Brown, DTM - Program Quality Director

Next month the window will open for clubs to run their annual International Speech and Evaluation Contests. Most of you will have the opportunity to compete in this first step toward the grand title of World Champion of Public Speaking. Why do you want to?

Develop Speaking Skills Through Competition

Everyone—well, almost everyone—loves to compete, to vie against others for a prize that only one person can win. Competition creates a pressure to succeed that you will not normally experience in club meetings. You want to craft a speech that will impress the judges more than another person's speech so you can be crowned the winner. I experienced this the first time I competed in a speech contest, my club's humorous speech contest in 2009.

I joined the contest because I had a funny speech I was going to give anyway about how to kill a nest of yellowjackets. I was intimidated by the other excellent speakers in my club, so I thought I had no chance of winning. I thought I'd give it my best shot, anyway. At the very least I would have some fun competing. Thanks to a lot of rehearsal and the Royal Yellowjacket Air Force, I WON! Even more importantly, I learned

how to rehearse a speech. The thrill of winning the contest brought me back to compete again next year with the speech I had always wanted to deliver in a speech contest, a story about a Halloween night on my college campus security patrol when all hell broke loose. I learned from that contest how to paint vivid pictures with words alone and how to tell effective stories with body language and a bit of over-the-top acting.

Learn by Watching the Best

By competing in or watching speech contests, I've seen a variety of speech and evaluation techniques that won. For instance, many of you still remember the mantras our own 2012 World Champion Ryan Avery repeated in his district and world championship winning speeches: "Push past it!" and "Trust is a must!" How many of you still use catchy tag lines like that in your speeches? I've also learned how to take my evaluations beyond the sandwich method with such creative techniques as Allie Coffin's 3-2-1 method and Alexis Mason's GIFT mnemonic. You can even learn from the speeches and evaluations that didn't win by identifying the little things from each that could have been





done better or differently to give the speech more impact and more of a chance of winning. Maybe by implementing your recommendations for other speeches you can improve your own speeches.

See Toastmasters Outside Your Club

During my second run through the humorous speech contest season in 2010, I rehearsed my contest speech in front of about ten different clubs in the month between the area and division contests. This got me acquainted with the members of ten different clubs outside my own and showed me different ways of running club meetings I could then bring home to my club and try out in our meetings. I also made myself visible to other clubs in ways I could not during District 7 events such as TLI. This exposure gave me a sense for how I could serve the clubs in District 7 as a district leader. Two years as an Area Governor, three as a Division Governor/

Director, a year-and-a-half so far on the Trio with—I hope—another year-and-a-half left... I would say this has been a fruitful result of my exposure to multiple clubs as a speech contestant.

You Know You Want To

Now that you know the benefits you can enjoy by competing in a speech contest, what's holding you back from signing up? You have at least one month to prepare for your club or area contest by speaking and evaluating speeches. You have at least one month to decide a topic and craft a speech for your contest. Will you now commit to competing? You know you want to.

Adapt to Growth & Change

Lorri Andersen, DTM - Club Growth Director

There are some great things to learn in Toastmasters!

When asked to explain Toastmasters, how do you answer? Do you talk about learning to speak effectively, extemporaneously, and overcoming fear in a safe environment?

What if you were asked to relate Toastmasters to several business topics such as change management, brand awareness, an individual growth plan, resume and interviews, and a growth vs fixed mindset?

Change management at your company is adapting to change and using change to drive organizational success. This year companies and businesses have had to adapt to many changes. Learning how to do that effectively can lead to success.

In Toastmasters, we learn to adapt to changes daily. While keeping our composure and staying positive, we have adapted to many educational

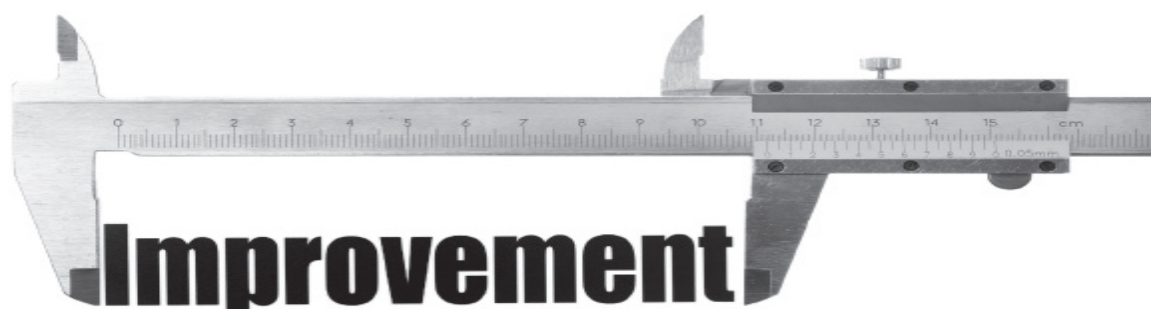
and social changes.

Our brand awareness is one of many things we have learned in Toastmasters. Learning to listen effectively, evaluating to motivate, and bringing out the best in others. These are a few of the numerous skills that add to our brand awareness.

Have you plotted your individual growth plan through Pathways? Toastmasters educational plans can lead to your success! Whatever goals you have in your own personal life, you can find a Path that can help you achieve it.

Do you need to work on your resume and job interviews? Ask your club to set up a mock interview process and a writing workshop. Everyone can contribute to your success!

A growth mindset versus a fixed mindset is possibly the most important attribute. To have a mindset of growth, can help you achieve all the previous goals.





mindset, people have an underlying belief that their learning and intelligence can grow with time and experience.”

What is your belief and what kind of mindset do you think being in Toastmasters allows you to have? With Toastmasters, we can learn, grow, and help others at every meeting we attend. In the last year, we have adapted to many changes and have learned Pathways and Zoom, just to name a few. Toastmasters continues to challenge us with new ideas and subjects and with challenge comes new opportunities, learning, and growth. Let’s continue to challenge ourselves and learn something new!

In his book, *Atomic Habits*, James Clear (2018), explains these mindsets in detail. A mindset is not just a static thought, but it can also be a habit. A growth mindset is a self-improvement strategy that you can use to learn how to overcome obstacles and challenges and learn new things. Learning how to have a positive mindset can become a good habit.

Carol Dweck, an author and researcher at Stanford University, says “In a fixed mindset, people believe their qualities are fixed traits and therefore cannot change” but “in a growth



What's Your Club's Culture?

Emilie Taylor, DTM - Immediate Past District Director

Thanksgiving is just right around the corner. It's been a cultural or holiday tradition in the United States since the feast was held in autumn of 1621 by the Pilgrims and the Wampanoag Native Americans.

I didn't grow up celebrating Thanksgiving. I was born in the Philippines and came here at the age of 20. I still remember my first Thanksgiving dinner at the home of my then graduate adviser. I didn't know what to expect. Now, after living here for more than 30 years, I look forward to eating turkey and the whole shebang on the 4th Thursday of every November. That's the beauty of a cultural tradition. You know what the expectations are,

While thinking about Thanksgiving, I cannot help but think about what we do in our Clubs. Do we have a unique club culture in our Clubs? What traditions do we practice every year? Are these cultural practices or traditions beneficial to our

members or a hindrance to personal growth?

I cannot emphasize the importance of Club culture. What we do in Toastmaster Clubs affects our members and visitors. In this age of Covid-19 and online meetings, developing a good Club culture is even more important. Developing a good Club culture doesn't happen in a vacuum. It needs nurturing with plenty of attention and reflection. It needs Club officers and members willing to take the time to do reflections. Luckily for us, Toastmasters has provided us with the Moments of Truth program. If you don't know about the Moments of Truth, please Google it. You can use your cell phone for that now.

When I think about a culture of Club excellence, I think about the Babble-On Club. This Club has been around since 2004 and has been a President's Distinguished Club every year since 2005. The Club has a practice of using March 31st as their target goal for becoming President's Distinguished. It is a unifying and gratifying experience for everyone! More than the



DCP numbers, it is truly the atmosphere of being exciting, anticipating and working toward their goal, A Club where members practice ideas such as enthusiasm, excitement, and (most of all) fun makes a big difference. The goal brings out the best in everyone!

The Buckaroo Toastmasters Club has a culture of positivity, exuding warmth and support. This Club is like a close family in many respects. Visitors always say it feels like a family where love and kindness prevail. Is that because this Club is in Molalla, a small town? Or is it because over the years, the core group of members decided that this is the culture they like to have? Visit the Club on a Tuesday evening and experience for yourself.

New Horizons Toastmasters Club has a club culture of fun. It regularly has fun themes. Check out their website. There was a Pajama Party theme . . .Woot! "Visit for the fun, stay for the learning."

We do our best learning when we play, That is what we did as kids, Bringing out the kid, the fun and the play, lifts us out of the muck and mire of "seriousness", an affliction that many of us "adults" seem to think of as normality. What about the Super

Bowl Theme every January for the Clackamas Stepping Stones? Pre-Covid, this was the 'must attend' party. Lots of fun and food galore.

The first Club I joined was Milwaukie Talkies Toastmasters Club. This Club has a culture of recognition. They award someone, regardless of whether they are a millennial, retiree or a CEO of a company, who has gone beyond the expected that week with a Rockstar Award. A glittering plaque that the recipient kept for a week and displayed on their desk at work. I remember how this truly brought happiness to those who received it. Do you have something similar that you do in your Club?

Does your Club have a culture that draws people in? If the answer is yes, great! If the answer is no, then why not? Perhaps it's time to set the sails in the right direction and bring out fun, excitement, play!

Why is Club culture so important? It is what defines your unique niche in the Toastmaster family.

Back to you fellow Toastmasters!



Calling All Candidates



A District's success depends on the quality of its leadership. This is the time of year when we begin the process of identifying qualified leaders for the 2020-2021 Toastmaster year.

Serving as a District leader is a great responsibility and an exciting opportunity. Your term of office is filled with chances for you to renew your perspective, practice teamwork, and develop your capacity to translate values and strategies into productive actions.

Members of the District team depend on you to help them develop their own goals and achievements. Clubs see you as a facilitator to their success. You instill a sense of enthusiasm, fidelity, and responsibility throughout the District.

If you are ready to use the skills you have learned in Toastmasters to take your leadership experience to the next level, please consider one of the District positions. Here is a [link](#) to the District leader competencies for each role.

The Process

The D7 Nominating Form ([found here](#)) can be used to nominate yourself or someone else for one or more District offices. You may send an email to Emilie Taylor, District Leadership Chair (dlc@d7toastmasters.org), to announce your candidacy.

The following positions will be elected during the District 7 Spring Conference at the Annual Business Meeting May 15, 2021:

District Director

As the District Director, you are responsible for directly administering and overseeing the District's day-to-day operations, finances, and human resources. Fortunately, you have a team of District leaders to help you fulfill these responsibilities. You must empower your District leadership team members to work together toward the District mission, while supporting each one in his or her development as a leader. Together with your District leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To serve as District Director, you must have served at least six consecutive months as a club president and at least 12 consecutive months as a program quality Director, club growth Director or division Director, or a combination thereof at the time you take office

Program Quality Director

As the Program Quality Director, you



2021-2022 District Leadership Nominations Now Open

Emilie Taylor, DTM, IPDD

District Leadership Committee Chair

are responsible for all aspects of education and training within the District. This includes supporting quality club programming efforts, promoting the Distinguished Club Program and planning, organizing, and executing the District conference. You are also responsible for promoting and supporting club quality and member retention. Together with your District leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To be program quality Director, you must have served at least six consecutive months as Club President and at least 12 consecutive months as a Program Quality Director, Club Growth Director, Division Director or Area Director. Once you serve as Program Quality Director for a full year, you may not be re-elected to the same office for a succeeding term.

Club Growth Director

As the Club Growth Director, you are responsible for all aspects of marketing, club building and club-retention efforts within the District. This includes defining an overall marketing strategy for the District, developing outreach and retention efforts with existing community and corporate clubs and penetrating

new markets. Additionally, the Club Growth Director supports challenged Clubs and helps them to become Distinguished. Together with your District leadership team, you participate in District Leader Training, Mid-year Training, and online training via the District Leader Tutorials on the Toastmasters International website. To be Club Growth Director, you must have served at least six consecutive months as Club President and at least 12 consecutive months as a Program Quality Director, Club Growth Director, Division Director or Area Director. Once you serve as Club Growth Director for a full year, you may not be re-elected to the same office for a succeeding term.

Division Director

As Division Director, your job is to lead and support the Division through the supervision and support of the Area Directors. One of your primary goals as Division Director is to ensure that each club achieves its mission and fulfills its responsibilities to its members. To achieve this, you coordinate Division activities, set Division goals and assist in the training of Area and Club leaders. To serve as Division Director, you must have served at least six consecutive months as a member of a District council. The Division Director may be re-elected to one succeeding term.

Vocal Pitfalls to Avoid While Speaking - Part 1

The Glottal Onset

Laura Handke

Do you know who the singer Adele is?

Of course, you do. (Unless you've been living on an uncharted south Pacific island with iguanas, parrots, and not a single electronic device to keep you company for the last 12 years.) In which case, if you Google, you'll find a lovely, 32-year old English singer-songwriter who has won 15 Grammy awards and sold over 120 million albums.)

Did you know Adele needed vocal cord surgery not once but twice?

In a 2012 interview on 60 Minutes, Adele said the first incident in 2011 was "Like someone put a curtain over my throat . . . and I could feel it. It felt like something popped in my throat.' She found out she had a polyp on her vocal cord that had hemorrhaged. She said, 'I had laser surgery. [They] put lasers down your throat, cut off the polyp, and kind of laser your hemorrhage back together and fix it.'"

By all media accounts, the surgery was a great success. Until she needed to have another surgery in 2017.

Perhaps the real question is, why did Adele need surgery in the first place?

Which leads to my next question—do you know what a "glottal onset" is?

Probably not. I wonder if Adele does. I'll ask

her if I meet her. Her home base is in England when she's not on tour, and mine is in Lake Oswego, Oregon. I've never been on tour, so I'm not sure how likely our paths are to cross.

All the same, I was first on stage in an operetta in the fifth grade, at the age of 10, so I've been vocalizing and performing virtually my entire life. However, I didn't meet my voice teacher and founder of the Transformational Voice® system, Linda Brice, until I was in my 40's. It was from Linda I learned about the three kinds of onsets: glottal, aspirated, and coordinated. A glottal onset is the one you don't want. Avoiding those could have helped Adele avoid vocal cord surgery.

Google Adele's live performance of her wonderful song, *Someone Like You*, from the 2011 Brit Awards. The lyrics are "I heard that you settled down, that you found a girl, that you're married now. I heard that your dreams came true . . ."

Before you listen, let me explain the mechanics of a glottal onset.

Our voices start with the breath. We inhale before we speak. (Have you ever noticed you can't talk while you're inhaling?) We always exhale as we're vocalizing.

Ideally, our vocal folds or cords (interchangeable terms) are open and relaxed



before we start to speak or sing. If the vocal folds are together and vibrating too early

to glottal onsets when you open a phrase with a vowel sound as opposed to a consonant.

Now you're ready. Listen to the Adele video from the 2011 Brit Awards. Listen particularly to the stanza "I heard that you settled down, that you found a girl, that you're married now. I heard that your dreams came true . . ."

The first onset is aspirated. The second is glottal. Can you hear the gravelly sound?

That gravelly sound is very popular in radio music these days. But it's not healthy for your voice.

You don't want vocal polyps or vocal surgery.

Avoid the glottal onset. Breathe deeply as you speak. Speak with passion, with healthy vocal technique! Your throat will thank you, and so will your audience.

Laura Handke is an inspirational and energetic Transformational Voice® teacher, facilitator, writer and speaker committed to helping people free their voices. Laura received her Bachelor of Arts Degree in Sociology from South Dakota State University. She helps clients (in presentations, workshops, and private lessons) unleash and hone their authentic voice and speaking message, with heart. She is the author, most recently, of How Abella Found Her Voice, a 35-page eBook fable complete with instructional vocal technique videos. You can learn more about Laura at her website laurahandke.com

(because of stress, improper breathing, abdominal clenching) and we start to speak, the air forces them apart . . . and you get the gravelly kind of sound you'll hear in this Adele video. It also causes mucus on the vocal folds, and clearing your throat leads to more of that. You really don't want that.

One last thing to keep in mind: You're prone



**AMP
IT UP!**

Online Toastmasters Leadership Institute
December 5, 2020

[REVIEW THE PROGRAM BY CLICKING HERE](#)

AMP IT UP!

Toastmasters Leadership Institute

First round of breakout sessions

9:00 – 10:00	Room A	Room B	Room C	Room D
	Build a Personal Brand for your Club Federico Navarrete, DTM	Soft Skills: Achieving 10x Growth in Leadership Sudhir Gautam, DL4	Mentorship: A Vital Part of Your Toastmasters Pathways and Member Success! Dr. Gwendolyn Avington, IP5	Vice President Membership Scott Strickland, DTM
	Room E	Room F	Room G	
	Sergeant at Arms Kathleen Tully, DTM	Crafting a New Member Orientation: Help New Members Quickly Find Their Way Denise Holmes, VC3	Anatomy of Feedback James Wantz, DTM	

Second round of breakout sessions

10:15 - 11:15	Room A	Room B	Room C	Room D
	Motivational Speaking is a Piece of Cake Bianca Martin, MS2	It's All in Your Head Laurie Canney, DL2	Amp Up Your PowerPoints! Phyllis Harmon, DTM	VP Education Club Officer Training David Shehorn, LD4
	Room E	Room F	Room G	Room H
	Secretary Club Officer Training Adele O'Neal, DTM	VP Public Relations Club Officer Training Andrea Matthews, MS5	Pathways Best Kept Secrets Tamsen Corbin, LD4	Find Your True Calling in Life Mitra Shahri

AMP IT UP!

Toastmasters Leadership Institute

Third round of breakout sessions

11:30 – 12:30	Room A	Room B	Room C	Room D
	Creating the Club Officer Team Cate Arnold, DTM	Find your Pathway, Buddy. Okay, Let's Go! Suzanne Loeb, EC5	Be Your Best on Zoom Michelle Alba-Lim, DTM	Club President 101 Club Officer Training Paul Fanning, DTM
	Room E	Room F	Room G	Room H
	Treasurer Club Officer Training Lyle Schellenberg, DTM	Podcast with Power Joe Anthony, DTM and Todd Lemense, MS3	Leaders Leading Leaders Susan Bender Phelps, VC2	How to Create Better Stage Presence on Zoom David Freedman, IP1

Winter Toastmasters Leadership Institute
January 16, 2021

**AMP
IT UP!**
(The Sequel)

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

District 7 Celebrates 80 Years

Leanna Lindquist, DTM
District Education Coordinator

District 7 Toastmasters gathered virtually on November 14, 2020 to celebrate 80 years. The Toastmaster for the event was Past International President Gary Schmidt. Past District Governors and Directors in attendance were: 2001-2002, Gary Schmidt, 2002-2003 Adele O'Neal, 2008-2009 Ann Snelling, 2009-2010 Scott Stevenson, 2011-2012 Deveny Bywaters, 2014-2015 Phyllis Harmon, 2015-2016 Michelle Alba-Lim, 2016-2017 Leanna Lindquist, 2017-2018 Donna Stark, 2018-2019 John Rodke, and 2019-2020 Emilie Taylor. Each shared highlights of their year as a District leader. A common theme shared

by all was how mentors provided support and encouragement.

We took a walk down memory lane with an array of photos from the District 7 archives. Music from the 40's played in the background. They reminded us how much we miss our in-person trainings, contests, and potlucks.

Gary proposed a toast to 80 more years and we each raised a glass. That ended the official celebration. Many stayed online longer to share stories and enjoy one another's company. Perhaps the next Toastmaster year will bring us back together in person.

District 7 Toastmasters



Covid-19 is Real.

Peter De Graff, VC5

PANDE

COVID-19 is real.

This is my third draft of this article. I tried to make those earlier drafts relatable and entertaining. I decided you need to hear real.

I had COVID-19 September 19th until early October. Let me tell you what I learned.

COVID-19 is real.

COVID-19 is not Democrat, Republican, Independent, far left or far right. Its objective is to survive and flourish. It does this by finding vulnerable hosts. It only cares about using a host and moving on to the next one.

You need to protect yourself. I'm an old guy, 68. I'm a male. Two strikes. I let peer pressure dictate how I protected myself. I pushed back some, but, not enough. I believe I contracted COVID-19 at a dinner in Dallas, TX where very few people wore masks. There was no social distancing. I asked for it.

If you believe you have COVID-19, take it seriously. Get in touch with your healthcare provider immediately. Get tested. Get a plan of action to care for yourself. When I got COVID-19, I thought I could fight it off easily. I'm in great shape. I run 25 – 40 miles a week. In February, I even told a friend I wish I could get the "virus"

so I could have the antibodies. Days after my first symptoms, I sent an email to my healthcare provider as an afterthought. Three days after my first symptoms, I felt much better. I decided I would go for a run. A few hours later I was on the couch with chills, fever, cough, etc. The run was an afterthought.

Get the immediate attention of your healthcare provider. They should direct you to a COVID-19 testing site. They need to give you a plan of action to fight COVID-19. They need to follow your progress through the illness.

I was slow to bring my healthcare provider into my condition because I thought I could fight it off. As my symptoms worsened, my family urged me to make a virtual appointment. It was not until I went to the emergency room, a week into the symptoms, that I had the right treatment plan.

Get your family, friends and/or trusted people in your life involved in your illness. I found that as my symptoms increased (fever, night sweats, aches, cough, and headache) I did not think as clearly (COVID-19 fog). I needed my wife and children to observe me, listen with me to healthcare provider instructions, track when I needed medications and when I needed to check my oxygen level and temperature.

My wife is my frontline hero. She kept me current on my medications. She encouraged me in the worst of the struggle. She kept me going. She drove me to the emergency room when I thought I was in trouble. And, she had COVID-19 at the same time. Thank God, her symptoms were much less than mine!

Hydration and nourishment (most notably, protein) are critical. Both were very difficult for me. I was never fully hydrated. Water tasted like metal. Most foods tasted poor or had no taste. The only meal I liked was spaghetti and meatballs! I could tolerate one sports drink. I had to chug water to get it down.

Have a recovery plan. Be conservative. Move your body. Eat right. Allow yourself to rest. Tell everyone you are concentrating on recovery.

There is life after COVID-19. I'm running over 30 miles a week now. I have an appetite. I still have a nagging cough. My wife has recovered. We may have the antibodies, but we don't live as if we do.

COVID-19 is real. It does not respect you. You must respect it.

Peter joined Toastmasters in 2006. He is a member of Clark County Toastmasters, Speakers with Spirit, and New Beginnings. He is currently serving as Area 84 director.

Symptoms of Coronavirus

Anyone can have mild to severe symptoms.

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms [{more}](#).

Coronavirus Self-Checker

A tool to help you make decisions on when to seek testing and medical care.

For more information, click the **CDC Self Test** box to go to the CDC Coronavirus website.



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 Video Replay	How to Attract New Members Bill Maher Video Replay	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**

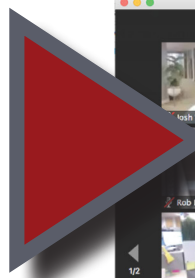


Presenter
Tamsen Corbin, LD4

December 2, 2020
7:00-8:00 pm



How to Hold an Online Speech Contest



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

In the next Wednesdays Wonderful Webinar you will learn

- Best Practices
- What you need to know
- Preparation, Preparation, Preparation

**DON'T MISS
THIS IMPORTANT
SESSION!**

In preparation for chairing Division E's online contests in the Spring, Tamsen attended multiple online contests and volunteered for each of the various contest roles. During the webinar, she will be sharing Toastmasters International 2020 Online Speech Contest Best Practices, suggestions for what to do and not to do and the art of preparation,

About the presenter

Tamsen Corbin started in Toastmasters in 2017 and never looked back. Since then she has held 9 club officer roles, 4 district roles and multiple committee positions. Her passion is building leadership skills and mentoring other Toastmasters (including those as young as 13). She is currently a member of 4 clubs: WE Toasted, Mentors of Focus, New Horizons and Clackamas County Toastmasters.

About Pathways

District 7 Video Replays

Pathways for Busy People

OnPoint
Timely Tips for Toastmasters

James Wantz, DTM
Presenter

July 13, 2020 - 7:00-8:00pm

PATHWAYS FUNDAMENTALS

Are you a new member and not sure where to begin?
Does it feel like the learning curve never ends in Pathways?

ONLINE WEDNESDAY, AUGUST 26, 2020
7:00 - 8:00 PM

Dave Bones, ACQ, ALB, LD1
Presenter

PATHWAYS
learning experience

THE UNEXPECTED BENEFITS OF PATHWAYS

Have you been holding back from starting a path in Pathways?
Did you look and tell yourself nothing new there? That was me.
After digging again, I found the unexpected benefits of Pathways.

ONLINE WEDNESDAY, SEPTEMBER 16, 2020
7:00 - 8:00 PM

Suzanne Loeb, EC4
Presenter

PATHWAYS
learning experience

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

ONLINE WEDNESDAY, OCTOBER 21, 2020
7:00 - 8:00 PM

Kathleen Tully, DTM
Presenter

PATHWAYS
learning experience

Upcoming Pathways Webinars

Presenters	Dates	Pathways Topics
Cheri Redgrave	January 20, 2021	Which Path (Way) is for Me?
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



Presenter
Luis Dorbecker, DTM

December 11, 2020
7:00-8:00 pm

OnPoint
Timely Tips for Toastmasters

In Front of the Camera



[Click here to register for this session](#)

In this workshop you will learn about the four key elements that will enhance your message in front of the camera and improve your performance when you present online in a contest, in your club, or at work. This workshop is based on Toastmasters International Online Speech Contest Best Practices.

To get the most out of this session, please have ready:

- A big pan
- An empty waste basket
- A desktop lamp
- A stack of books
- CREATIVITY and a positive attitude

In this session

- You will understand the key elements needed to do better in front of the camera
- You will improve your online performance
- You will enhance your online message

About the Presenter

Luis Dorbecker, DTM joined the Comunicacion, Amistad y Cultura club in Saltillo, Coah., Mexico January 2012. He has served as a Club President, Area, and Division Director. He has been a frequent speaker at Division and District training events. He has vast experience with online contests. He studied and has a master's degree in engineering and is certified as an Executive Coach. He has trained more than 4,600 people with conferences and workshops in more than 70 organizations in 12 countries.

Why Distinguished Clubs Matter

Donna Stark, DTM, PDD

I work for an organization that's big on acronyms. There are BARFs (Budget Adjustment Request Forms), and PEPs (Privately Engineered Public Improvements), and the last time I asked for computer support I was informed there was a PEBKAC issue (Problem Exists Between Keyboard and Chair). Apparently, I also work with comedians.

Toastmasters has its share of acronyms, too. EC1, DTM, DCP (you are familiar with the DCP, aren't you?). I'm a big fan of the Distinguished Club Program. Used in conjunction with the Club Success Plan, it's a guide to Club success and member success. The Club's success is the member's success. The member's success is the Club's success. You can't have one without the other.

Paraphrasing the Club mission statement, the purpose of a Toastmasters Club is to provide an environment in which members develop skills, self-confidence, and experience personal growth. We often hear about the DCP from a Club perspective. Let's take a look at the 10 DCP goals and why each is important to the member.

Goals 1 through 6, Education – It's true that Toastmasters is a learn by doing organization. Members improve their communication and leadership skills by working through the projects

in the path they have chosen. The Club helps members succeed by providing encouragement, support, and meaningful feedback to members as they work through projects. Each project a member completes contributes to the Club's success and a culture of excellence.

Goals 7 and 8, Membership – Dynamic Clubs have members with varying levels of experience. Turnover is inevitable. New members bring a fresh perspective. New members provide opportunities for more experienced members to serve as mentors. I really enjoy Ice Breaker presentations, and new members present Ice Breakers! Seeing new Toasties improve their skills, find their voice, and gain confidence is one of the things that keeps me in Toastmasters!

Goal 9, Training – Club officers that attend training for their roles are better equipped to perform successfully in those roles. A fully trained officer team is a key indicator for Club success, and a great motivator to other members to step up and try an officer role. Everyone benefits! (Hint – TLI is scheduled for December 5th!)

Goal 10, Administration – also known as submitting membership dues and the Club officer list – A well-run Club takes care of business (if you went to high school when I did, Bachman

Goals to Achieve		Goal	To Date	Status
Education				
1	Level 1 awards	4	0	4 Level 1s needed
2	Level 2 awards	2	0	2 Level 2s needed
3	More Level 2 awards	2	0	2 Level 2s needed
4	Level 3 awards	2	0	2 Level 3s needed
5	Level 4, Level 5, or DTM award	1	0	1 Level 4, Level 5, or DTM needed
6	One more Level 4, Level 5, or DTM award	1	0	1 more Level 4, Level 5, or DTM needed
Membership				
7	New members	4	0	4 New Members needed
8	More new members	4	0	4 New Members needed
Training				
9	Club officers trained June-August	4	0	First Training Period 4 needed
	Club officers trained November-February	4	0	Second Training Period 4 needed
Administration				
10	Membership-renewal dues on time	Y	0	On-time dues-renewal needed
	Club officer list on time	Y	0	On-time officer list needed

Turner Overdrive's, *Taking Care of Business* is going through your head right now). If a member's dues lapse, they can't access the educational program online. Educational awards can't be submitted on their behalf. And with contest season just around the corner, don't forget that to be eligible to compete, a member and their Club needs to be in good standing (i.e. dues paid).

Submitting the Club officer list ensures that Club officers have the needed access to the Toastmasters International website to process awards, dues, and Pathways Base Camp requests for the members.

And there's one more goal . . . on June 30th a Club needs to have at least 20 members (or an increase of 5 from the July 1 membership base). I belong to a lunchtime Club. Sometimes work happens and keeps someone from attending. Vacations happen. Expected and unexpected absences happen. It's important to have enough members to fill roles and not have the same members serving the same (or multiple) roles meeting after meeting. Burnout is not good

for the member experiencing it and can have a negative impact on the Club as well.

A favorite quote of one of my high school teachers was from Benjamin Franklin ~ "If you fail to plan, you are planning to fail." Most of the 14 and 15-year-olds in the class would roll their eyes. Now that I'm somewhat grown up, I can appreciate the concept. The Distinguished Club Program is a tool to help plan your Club's success.

Merriam-Webster defines Distinguished (adjective) as marked by eminence, distinction, or excellence. An antonym of distinguished is unimpressive. Would you rather be part of a dynamic, distinguished Club or an unimpressive Club? I know which I choose. And that's not the Creative Responses And Perception class I took in high school, either!

One Coin, Two Sides

Ken Coomes, DTM

Are writing and speaking really different, or are they two sides of the same coin? And isn't this a time when we need to consider commonalities rather than differences? Is writing relevant to you, a Toastmaster/speaker who isn't interested in writing, just in talking? I'm so glad you asked. Let me give you my answers, as you consider your own.

Are talking and writing different?

Technically, they are different activities. But at the core of it, both are about communication; something near and dear to every Toastmaster's heart (OOPS! I'm telegraphing my "punch," alluding to the answer to another question. Oh, well—you didn't kill the cat, so the cat's out of the bag.) Both activities communicate, albeit in different ways. However, all communication shares the intent to convey a message to an audience. The most effective speeches I've heard, or delivered, considered the interests and backgrounds of my audience, as well as their demographic, or composition. The most effective pieces I've written (published or not) consider the intended, or possibly desired,

audience. They also tell a good story. Hmm—my best speeches, and the best speeches I've heard, also tell a good story. I believe that writing and speaking have much more in common than their differences. Sort of like all people—we have a lot more in common than we differ. Hmm—am I telegraphing another "punch," the idea of a future article, speech, novel or story?

Which leads to another cat let out of another bag. Over 74 million people voted for our President-Elect, Joe Biden. Over 70 million people voted for our incumbent, President Donald Trump. Are we divided as a nation—or are we not? I submit that an extremely high percentage of voters, perhaps as high as 100%, voted for the candidate they thought would best lead the country over the next four years. I'm pretty sure nobody intentionally decided to vote for the "worst" candidate. So when you listen to, talk to, or interact with someone who voted "the other way," remember they are a patriot, too. They voted. They are not your enemy, unless one or both of you decide to believe so. So yes, I believe it's a time to focus on common ground, not divisiveness. I do not urge anyone to toss



their views in favor of mine, or anyone else's. I do encourage everyone to listen with an open mind to what others have to say. If you disagree, do so in an agreeable manner. Wait a minute, I hear you thinking; isn't this column about writing? Yes, it is. So if you're feeling particularly angry, tense, or passionate over one side or another of the election, or an issue, write about it. Write in a journal, vent at your keyboard, write to your Congresswoman; or even write an article or non-fiction piece explaining your point of view. Just Write. (see what I did there?)

Here's a tougher question; is writing relevant to all Toastmasters, not just those who seek publication? In my humble opinion (or imho, as it used to be called) the answer is yes. I mentioned journaling. Psychologists and other mental health professionals have suggested keeping a journal for decades; maybe more. Even if you don't plan to seek publication, a journal allows you to marshal your thoughts, rant, rave, vent, capture memories—all without making anyone feel attacked, uncomfortable or the subject of whatever you are feeling and writing down. For me, and others I have spoken

with, a journal allows me to brainstorm at the keyboard. Sometimes just writing my thoughts about something lead to greater research and exploration. Perhaps I strengthen my original thought or change it. If you journal, it gives you a great leg up when you become famous, and wish to publish your memoir. Or when a biographer wants to know more about your past when they are writing your biography for posterity.

And finally, a question I didn't ask up front. What happened to the contest? There were never many submissions; sometimes zero. Last month I mentioned that I would drop the pseudo contest if there weren't submissions, and there weren't. So if you want the contests to return, you need to bribe, beg, ask and submit.

Stories Really Matter

James Wantz, DTM

Speeches don't matter. Body language doesn't matter. The way you are dressed doesn't matter—especially the lower half when you are on Zoom. Ums & ahs don't even matter. Stories really matter!

Wait! Before you pillory me for being a heretic, hear me out.

In our new age of online meetings it is how effectively the speaker connects with the audience that matters. We are already at a disadvantage because of technology—it sucks the life right out of you (I think there is even an app called LifeSucker) and can make a presentation that is fun and dynamic in person sound dull and boring over the computer.

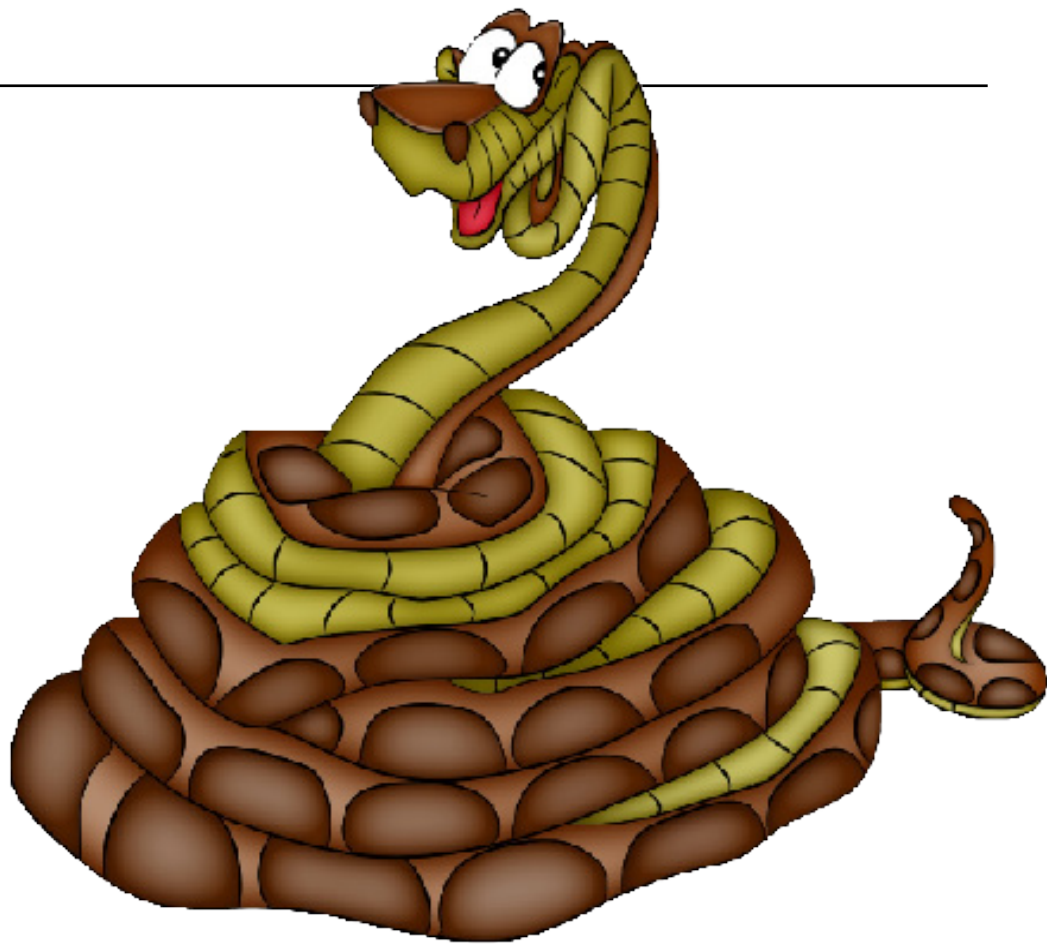
The speeches I remember, the ones that really stick with me (like oatmeal on the ribs), are those that have stories as their core. I love hearing other people's stories. I love hearing them tell their unique stories in an engaging way. I lean into (sometimes literally) a good story. For example, in a recent meeting I heard about a giant 24-foot Python that stopped the morning rush hour because it was leisurely slithering across the highway. Wow! That is indelible—that will stick with me. Imagine your boss responding to you saying; “Sorry, I was late because of a snake on the road.”

I love that story because it engaged me. The speaker wasn't very polished and used several ‘ums’ and ‘ahs’ but that didn't matter to me. I loved the story!

How many times have you swooned over a speaker's use of presentation software or have your opinion changed by how well a speaker stared directly into their webcam? Nope. Have you ever changed sides in a debate because a speaker was immaculately attired? Not me. And even though ‘ums’ and ‘ahs’ are annoying, I don't stop listening to people because of them.

The mechanics of speaking are just that: mechanics. What wins the audience—what connects you to people—are personal stories. Stories about how you overcame the problem and persevered, how a mentor pointed the way forward, or how you dealt with a 24 foot Python on the way to work!

I like stories. I really don't like speakers telling me what to do. I shut down when a presenter starts preaching at me. Recently, I attended a seminar where one speaker started with “If you are not spending 60 minutes a day doing [insert action] then you are cheating yourself! You need to change your habits! You need [product/service] only I can provide!” Okay, maybe not those exact words, but that is what I heard. I grew up with



an authoritarian approach to life spoon fed—no! shovel fed—to me as THE ONLY WAY. When I hear speakers telling me what I need to do I smile, think No, I don't, and disconnect from the meeting.

You want me engaged in your speech? Then tell me a story about you! You want me to stay in my seat with my eyes glued to the monitor? Then tell me about your struggles, tell me about your triumphs, tell me about the most embarrassing day you ever had—that's good for a laugh! Tell me about you. Connect with me. Be in the moment with me . . . and the rest of your audience.

Speakers and presenters are increasingly called upon to be more authentic in every talk. Authenticity is in the stories you tell, but it is not to be confused with bragging about yourself. When I take the time to tell a group of Club members a personal story they become a group of my close friends. Sometimes there is bragging, and sometimes the stories fall flat—that's what we have evaluators for!

Toastmasters Clubs everywhere will become stronger, friendlier, and more authentic if Toastmasters stop presenting and start connecting—with stories! I recognized the

importance of stories a couple years ago when I was a member of Storymasters Toastmasters. I wanted to learn to tell better stories. You could do a lot worse than joining a Club dedicated to storytelling (Storymasters, Roseburg Speakers and Storytells, Gateway Toastmasters, or Tell Me A Story). Oops, looks like I am slipping dangerously close to telling you what to do.

Instead of telling you what to do, here is what I'm going to do. I am going to be sure that all my speeches and presentations are full of interesting and engaging stories. Will you join me in telling more stories? Will you spread the belief that stories really matter? Good! Now get that snake off the road!

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, 2021 (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

TACKLING THE HAPPINESS GAP!

B. Lee Coyne, ATMS

Thanksgiving connotes gratitude. But being grateful for what?

My interpretation of that question is that we utter thanks for narrowing our very own Happiness Gap. That quintessential pursuit of happiness is, on close examination, truly a highly individualistic search.

There's an old saying that "one man's bread is another man's poison." Taken at face value, that suggests that human goals vary a lot. All men may be born equal but like the tree we witness, we branch out differently.

Happiness happens to mean more than a mere escape from misery. It hints at the acquisition of some measure of joy. And just what constitutes joy is predicated on the panoply of our life experiences.

Food can bring us some contentment. Yet life serves us a salad bar variety. Recipes differ

to please a multitude of tastebuds in various cultures.

Music tastes also diverge. Some prefer rock 'n' roll while others veer toward the classical. There are fans of jazz. Others will dig folk. Some may even pick none of the above.

Vacations offer variety as well. It's beaches or mountains or meandering museums. Some are urban oriented while others go toward quiet rural back road drives. Still others don't mind wilderness camping.

Love is often a star attraction yet factual preferences differ with the couple. Some caresses are messy yet others are blessed. All of which makes real the line that says "different strokes for different folks." HAPPINESS has no solitary meaning.

Like beauty, it is in the mind of the beholder. Are you happy you've learned that truth??



Happy Thanksgiving

To Boldly Go

Paul Fanning, DTM

The news has not been so good. It has not been positive, uplifting, and heartening with the much-anticipated lowering of the quarantine regulations, but a massive upsurge of cases, and most sadly, of the rise of deaths attributed to the Covid-19 pandemic. We are heading the wrong direction once again facing more controls, more closing of public venues and events, and more recommendations for sheltering in place.

As for me, I am tired of it all. Two national conventions I had planned to attend cancelled, numerous shows, soccer matches and life either closed or put on hold. How much more can I take? I am beginning to question my personal life goals and objectives. I am resigned to say that 2020 will be the year of the mask and social distancing now bearing into 2021. I have heard for years a quote from the 1966 Star Trek TV show, “Beam me up, Scotty.” Now is the time . . . or is it?

I confess that I watched the very first episode of Star Trek when it aired in 1966. At the impressionable age of 12, I was transported to another world, another plane of existence for a mere 55 minutes weekly. I reveled in the show, the characters, and the “advanced” special effects of that vintage. (I shudder today watching one of the original episodes!) The reality was the Vietnam War and the protests, a sickly brother and a father that had been wounded in the Mekong Delta as

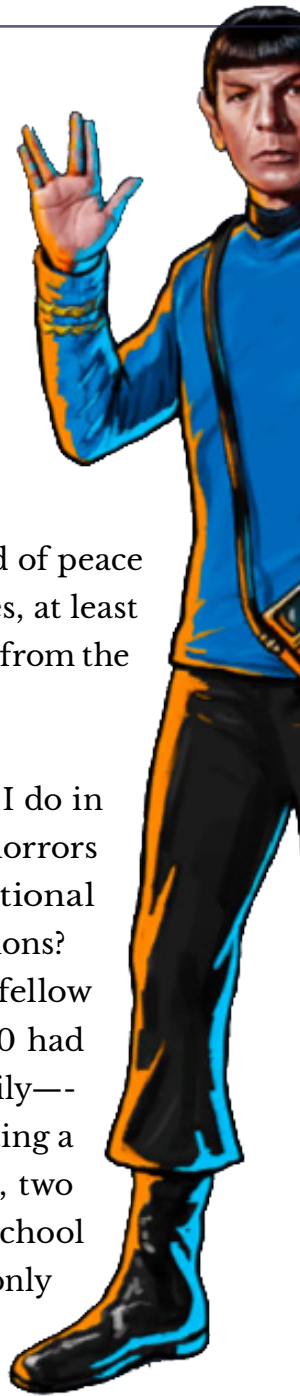
a naval corpsman. It was a world of peace and huge technological advances, at least on the screen, that took me away from the day-to-day reality.

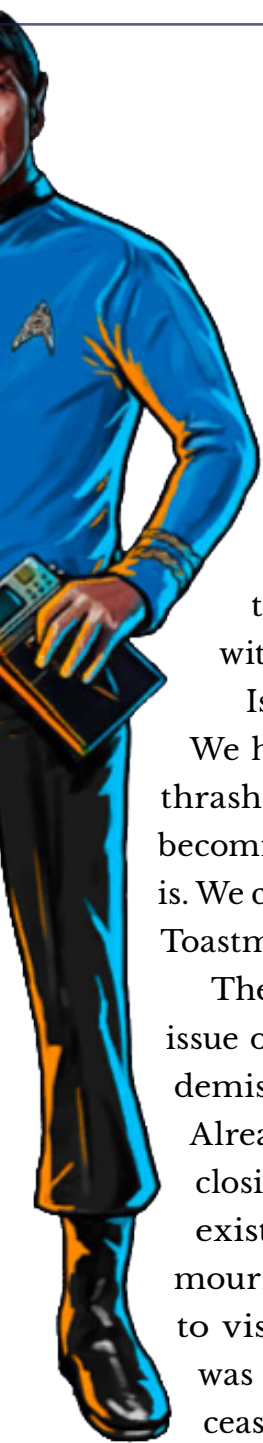
And I loved it.

Thus, I ask myself, what can I do in today’s world considering the horrors of the pandemic, ongoing national turmoil, and political machinations?

I connected with a former fellow Toastmaster this morning. 2020 had not been kind to him and his family—closing of his employment, starting a new business in February 2020, two active kids at home that miss school and the myriad of activities now only dreamed of, and the list could go on. I talk with others that I worked with or have known as fans at Providence Park and listen to their tales of what they have faced this year. I think they all would agree that “beaming up” would be a nice solution. Reality, though, requires us to examine our priorities, seek alternate solutions, and adjust often in ways we may never have believed we were capable of reaching—because the other choice is not acceptable.

One early episode of Star Trek had a character say “A man either lives life as it happens to him,





meets it head on and licks it, or he turns his back on it and starts to wither away.”

Is this not where we all are today? We have two choices—to meet it and thrash it or just turn away and dry up becoming a mere reflection of what life is. We can apply the same principle to our Toastmasters experience this year.

The bold print headline in a recent issue of *The Oregonian* proclaimed the demise of the Portland Kiwanis Club. Already on wobbly legs, the club was closing its doors for good. Ceasing to exist with no last rites, no grieving mourners, and no grave or memorial to visit in the future. Yes, Covid-19 was the cause, but that was not all. It ceased to meet the needs of a changing world. I have been a Kiwanian in several communities through the years and was astounded at what I read. As a community service organization, it had grown too insular, too involved with itself that it could not adjust, seek solutions, and alternate delivery methods, and thrive. You and I belong to an organization that has taken the opposite tack—yes, I am talking about Toastmasters International!

The wailing and gnashing of teeth by some

Toastmasters in July 2019 at the change of the education program referred to as the legacy program was a real and wild time in our organization’s history. Pathways—the concept being an online program of interactive videos and individual study—was novel. Yet sitting back several months later (and in actuality I enrolled in Pathways in September 2018) and working on my fourth path, I believe Toastmasters made the prophetic decision for the 2020 Covid-19 world without dreaming of the disruption caused by the pandemic worldwide. Sure, I admit there are still areas that could use a little tweak or further making it more user friendly, but we would have had nothing to fall back on.

Why are we surviving as an organization and a valuable asset in 2020? We learned to adjust, to experiment and to adapt to new technology. Here are a few examples that I believe have enabled me, and I would assume you, to continue your membership and personal growth.

We continue to meet—whether our Club is weekly, bi-weekly, or once a month in spite of 90% of our venues closing. How? We now meet online! I was introduced to the concept of a new technology of meeting remotely in the 1994 Los Angeles Earthquake. I was able to participate in a daily briefing with the Governor of California and other state agencies by sitting in a room

with a camera “televising” the event on screen.

Today, using Zoom for a meeting is almost “ho-hum” as we go about the traditional weekly meeting with roles performed by other Toastmasters from around the area or even the whole world.

Last night we had a speaker from Chicago, and evaluators from Malaysia and Thailand. We chatted with a fellow Toastmaster from Mexico as if she were sitting in the same room as we were (and the “we” came from all over the Portland Metro Area).

You and I can visit any club around the world through the medium of the Zoom online meeting. I now belong to three Clubs. My travel time would have been at least two to three hours round trip for two of them, and twenty minutes one-way for the third. Yet today I walk from one room to another, sit comfortably in my chair and join in within minutes.

Speech contests? Hey folks, they were accomplished this Spring online. Granted, there were a few bugs to work out, but the District contest was amazing and extremely successful. Our annual business meeting? Nearly 300 people attended online, making it the most well-attended business meeting in District history.

One of the pre-2020/Covid-19 era activities had been club officer training. Normally, there are two Toastmasters Leader’s Institutes a year with a limited number of make-up trainings. This year, District 7 has offered a beyond belief amount of online education seminars, workshops, and leadership training activities—a minimum of three a month.

Each has been well worth attending and watching, all without having to leave your living

room. TLI was held online last Spring and Winter TLI is scheduled for two half-days in December-January—again online. The variety of networking opportunities, the availability of top notch resource people for any Toastmaster issue whether it be Pathways, Zoom use, Speech Contests and generic online training, and the myriad of club meetings you can now attend all prove that Toastmasters is more “alive,” changing to meet the current crisis and yet still a personal growth experience for us all.

I am so pleased to be a Toastmaster today. I have not mentioned the YouTube trainings and other resources we can avail ourselves of.

For me, that is the “plus” of 2020. I am not sitting at home, watching re-runs of Star Trek, and eating bon-bons on the couch, scheduling myself for guilt trips and/or pity parties, bemoaning “woe is me” or other such negative, non-productive expressions. Instead, I can join in with more activities, training and continue to use the online tools offered by Toastmasters International. I am engaged. I am growing. I am meeting new people, visiting with other Toastmasters across the globe. I am alive. To quote yet another Star Trek character, I have selected “to boldly go where no one has gone before.” This is my choice. How about you?

Frank Paulding and First Canadian Toastmasters Club #38 (Part One)

Henry Schowe, DTM - District 7 Historian

On October 24, 2020, members of the First Canadian Toastmasters Club #38, District 21, Victoria, British Columbia, celebrated their 85th anniversary. The club chartered October 3, 1934. It was the first Toastmasters club chartered outside the United States. Club founder Frank Paulding was responsible for making Toastmasters an international organization. He helped organize and charter the first Toastmistress Club in Victoria, Canada in 1945. Paulding was an outstanding public speaking instructor for the YMCA for many years.

Frank Paulding was born to Thomas Paulding and Annie Maria Paulding on September 24, 1881 in Bolton, Lancashire, England. After attending school, Frank was employed as a Letter Press Machine printer in 1901. He married Francis Flockart in 1906 at the Park Street Wesleyan Church Bolton, England. He studied advertising through a correspondence course. He left the printing job in 1910 and took a Bolton drapery company advertising manager position. In 1912 he accepted a Revelstoke Mail-Herald newspaper manager position. He and his family boarded the SS Virginian and departed Liverpool, England November 8, 1912 for a voyage to Montreal, Quebec, Canada.

Paulding and his family traveled to Revelstoke, British Columbia. He worked for the newspaper from 1912 through early 1917. During early 1917,

he enlisted in the YMCA service as a secretary. Great Britain and Canada were involved in World War I. The YMCA needed staff to serve Canadian soldiers fighting in France. YMCA officials arranged travel for him and two YMCA secretaries; Henry G. Pope of St. Catharines, Ontario and George Foster of Montreal. They met in New York city where they boarded the Cunard ocean liner Laconia for the voyage to Britain. The British government had recently returned the Laconia to Cunard line after being used for transporting troops. Launched in 1912 the 18,099-ton Laconia measured 600-feet long, 71 feet wide, and 40-feet deep. It was the first liner equipped with antiroll tanks. Officers serving on the vessel were Captain W. I. R. D. Irvine, A. W. Roberts, chief engineer, G. S. Kennedy, surgeon, W. P. Gerson, assistant purser and W. Ballyn, chief steward. During this time, Germany military officials announced unrestricted submarine warfare. A Catholic priest, a passenger on the liner, told the YMCA delegation there was only a one in a thousand chance that the RMS Laconia would be torpedoed.

{Editor} The Laconia incident was a series of events surrounding the sinking of a British troopship in the Atlantic Ocean on 12 September 1942, during World War II, and a subsequent aerial attack on German and Italian submarines involved in rescue attempts. RMS Laconia. [\[More\]](#)



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.**

COGNITIVE FLEXIBILITY: HOW TO WIN FRIENDS AND U

Sudhir Gautam, DL4

Imagine a belief you've held for a long time.

Climate change is real or fake
Vaccinations are good or bad
Eating kale & broccoli
everyday is good for you
Santa is real

Now imagine that you come across new information that goes against your long held belief. How do you react? Are you open to considering changing your belief? Or are you rigid and set in your ways, despite the new information? Your answer will be an indication of how cognitively flexible you are.

What is Cognitive Flexibility?

Cognitive flexibility is the ability to change your beliefs or plans when new information or situation is presented. In other words, it's our ability to adapt to new situations, incorporate new information to get out of sticky situations and avoid potential bad decisions.

Why is it important?

Cognitive flexibility is a crucial executive function of the brain and plays an important role in things like creativity, problem solving, and better decision-making. On the flip side, lack of cognitive flexibility can result in things like addiction, bad decisions in life or just a general rigid way of looking at things.

Can we build it?

The next obvious question that arises is - can we build cognitive flexibility? The answer seems to be yes. Research provides us enough tools to not only build it but also measure it.

How can we build it?

Let us look at some of the hands-on tools available for us to acquire and build cognitive flexibility.

Plan A / Plan B—In simple terms, think of different ways in which you can solve a problem, especially when your first or default solution hasn't worked. Just remembering this phrase in situations that require any kind of problem solving will help.

Big Deal / Little Deal—Lack of cognitive flexibility can get us in a logjam when problems arise. A lot of times people get overwhelmed by a small problem because their brains can't contextualize the scope of the problem. This happens a lot in children because their brains are still getting wired but grown-ups are not immune from this problem. Ever seen someone stuck while cooking because they're missing one possibly optional ingredient?

Learn new things frequently—Try to learn new things as often as possible. Failing is fine

NTWIST PEOPLE



and the goal is not always mastery. When you try to learn something new your brain forms new pathways and makes you cognitively more flexible. The more disparate the skills the better it is. Get out of your comfort zones and read books that you think you'll never like. Travel to places that are culturally as far away from what you've ever seen before.

Do a routine activity differently everyday—

Leave earlier and take a different route to work once in a while. Ditch the GPS and be fine with getting lost. Brush your teeth with your non-dominant hand. Don't order your usual at the restaurant and swipe right on someone you think may not be a good fit for you (as long as they're not a serial killer). This builds cognitive flexibility over time.

Inter-domain knowledge transfer—Take your expertise and knowledge in one area and apply it in another. If you're a physical trainer, apply your progressive loading strength training principles to learning a new language and see how it goes. Take your Ivy League MBA leadership skills and apply them to coaching soccer at your child's elementary school.

Goat yoga—Doing goat yoga is known to be bad for your physical flexibility and definitely leads to fewer party invitations for you but

it will increase cognitive flexibility because you're doing something completely new and pointless.

Benefits of improved Cognitive Flexibility

Here are a few possible benefits of improved cognitive flexibility:

- Improved problem solving skills
- Lower stress and anxiety when circumstances change
- Make more friends
- Be an independent, sovereign person by not taking sides without reason
- Better creativity
- Possible delay in old age cognitive decline
- Increased confidence and overall wellness
- Career boost

If you're stuck on a problem (Example: not liking your Toastmaster club lately) and need to build some cognitive flexibility to help solve this problem, please contact us via <https://jeffersonstate.toastmastersclubs.org>. We have a tailored solution waiting for you.



A Toastmasters Thanksgiving

Crystal Clark, DL1

Thanksgiving has been occurring in the United States for almost 400 years. As Toastmasters, we can give the perfect holiday toast with few filler words. European Settlers and Native Americans created community when they shared a harvest feast. This is how the holiday started. Each state and colony had their own date for to celebrate Thanksgiving. President Abraham Lincoln created the National Day of Thanksgiving 4th Thursday in November. Turkeys were not a common food at the time, so it is doubtful they ate one at the first Thanksgiving. Lobster, seals, and swans were on the menu.

This Thanksgiving has unique challenges. Such as social distancing, travel, and limits on the number of people at celebrations. Technology allows us to “see” each other. We do not have the ability to enjoy that meal together as in previous years. 2020 is also unique because of elections, social justice, and other international issues.

As Toastmasters, what should this Thanksgiving mean to us? We can be thankful that this year is almost over. We endured changes within Toastmasters formats, online, and in person meetings and contests. We have all had to learn how to use Zoom and other online meeting formats. This has enabled us as Toastmasters to learn a different format and way of speaking. We are using more body language, particularly with our hands and face. Our area of use within the speaking area has changed too. If we are seen on camera, that is our speaking area.

Second, we all have our health, for the most part. I know my health has changed in the last year, so I am thankful for my health. I know people and Toastmasters who suffer from depression and anxiety. They can’t meet face to face with family, friends, and other Toastmasters. I know that I miss the clubs I visit, and I know you do as well. As humans we thrive with personal



contact. Connecting on personal levels allows us to become better speakers and leaders. Without these connections, some Toastmasters slip on their skills as communicators. I have slipped. I work from home and don't have the ability to work on my public speaking skills. I also know I have gained valuable skills as well, which have helped my speaking skills.

Third, what is the outlook for 2021? As 2020 comes to an end we look forward to the future. Please encourage your fellow Toastmasters to get plugged back in. Zoom and other online meeting platforms can cause burn out. Professionals are in those meetings on a regular basis. Please reach out to those members who have not been around and encourage them to come back. We all need to work on our public speaking and leadership skills. We need the connection with our friends that we have made within our clubs. Encourage your friends and co-workers to be Toastmasters.

Now is a great time to have those close to you join Toastmasters. They can connect and network with others during these COVID times. Does a fellow member need help with Pathways? Do you need help with Pathways? Reach out to your club officer, Area, or Division Directors. They are here to help you navigate those areas of Toastmasters and help you advance your skills.

Thanksgiving is a time to rejoice. Be thankful for our family and friends, and for the ability to be Toastmasters. Work towards a common goal of being better speakers and better leaders. I am thankful for all you who have helped me to become a better speaker and leader. These challenging times have helped me to work outside of the box to think and act to sharpen those skills. Have a Happy Thanksgiving! Cheers!

Online Connections *on the Go!*

Michelle Alba-Lim, DTM

When I got involved with online clubs back in 2016, not even in my wildest dreams did I imagine that a time would come when I'd be attending multiple online events on the go. Yet that's exactly what has happened.

Although I've been on the road since Veteran's Day, I have participated in various Toastmasters events. I served as Chief Judge for Roseburg Speakers and Storytellers (RSS) Evaluation Speech Contest (where we had judges from all over the world, including past district directors). I attended D7's 80th anniversary celebration, where I had the pleasure and privilege of listening to Past International President Gary Schmidt's inspiring message and the heartwarming reminiscences of fellow district leaders. I hosted Global Trainers Online (GTO) meeting, with members and guests from various parts of the globe.

By the time you read this, I'll have attended several other online meetings. What a way to stay connected while on the go!

As I sit in Lance (our 25-foot truck camper), I cannot help but reflect back over the events since March 14, when Toastmasters International suspended all in-person meetings and events.

Division A had just completed our division

contest, and I was in the car with DD PJ Kleffner (then PQD), PQD Eldred Brown (then CGD), and DTM Jim Wolak, heading back north. That afternoon I was speaking at a European district's panel discussion about online meetings.

A light bulb went on!

Confident that my advanced club Global Trainers Online (GTO) would support me (as they did, enthusiastically and energetically), I offered to conduct a mock online Evaluation Contest for the D7 leadership team. Although we had a few minor glitches during the mock contest (a.g., moving in and out of breakout rooms can be tricky), the demonstration was successful enough to garner overwhelming support to move forward with contests.

The next seven months was a blur of online activity.

The district asked me to serve as Chief Judge, a role I was deeply honored to handle. Since contests were online, I managed to invite judges from all over the world.

I was also asked to serve as Zoom Master for District TLI (a role that became a walk in the park when then-PQD PJ decided to have separate Zoom meetings instead of breakout rooms).

During this year's Celebration of Leadership,

I was pleasantly surprised to receive the Herb C. Stude award for my educational service (primarily for helping district leaders and members transition from in-person to online meetings). What an incredible honor! And what better way to make my exit?

When *Voices!* publisher/editor Phyllis Harmon invited me to write about online attendance two years ago, we had a mere handful of clubs with online attendance. Now, most D7 members are relatively experienced online Toastmasters. This column has fulfilled its purpose. My job is done.

Therefore, this will be my farewell article. I am off to pursue new adventures.

Of course, I am delighted to help in any way I can. I can be reached through email toastmaster.michelle@gmail.com, through Facebook messenger <https://www.facebook.com/Celeste.Michelle.Alba.Lim/> or text/call 714-273-0743.

Wherever I happen to be, I will respond as soon as I can, whenever I can, given available mobile or wifi signals. Meantime, hasta la vista, my D7 friends!



CLUB CONTEST NIGHT!

- INTERNATIONAL SPEECH
- SPEECH EVALUATION

Feedbackers Toastmasters

The Evaluation Workshop Club

December 9, 2020

7:15–9:00pm



Join us!

We are still short judges - if you are not planning to compete, please contact leanna.lindquist@gmail.com to serve as a club contest judge.

feedbackers.toastmastersclubs.org

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Sporty Speakers	Abramowicz	Peter
Lunch Bunch Toastmasters Club	Alasfoor	Ebtesam
Portland Rotary Toastmasters Club	Alimonos	Emily
Speakeasy Toastmasters	Alvarez Camacho	Guadalupe
Columbia Square Squawking Heads	Boell	Melissa
Tualatin Valley Toastmasters Club	Bohorquez	Ana
NuScale Toasters	Bruggeman	Andre
Columbia Square Squawking Heads	Buckridge	Autumn
Portland Rotary Toastmasters Club	Burkett	Lawrence
Waffle Toasters	Butler	Kevin
Sporty Speakers	Cekovsky	John
Portland Rotary Toastmasters Club	Chambers	Ben
West Beaverton Club	Cherevatenko	Olga
The University Club	Cleve	Anne
NoonTime Club	Coelho	Daniela
Clean Water Toastmasters	Cook	Amy
Yawn Patrol Club	Corvello	Alexandra
Spirit Trackers	Davenport	Robert
Portland Club	Foster	Elizabeth
Corvallis Evening Group	Garcia	Miriam
Hood River Club	Graham	Maddy
Hood River Club	Graham	Pat
Corvallis Evening Group	Jannett	Dallas
Pearl District Toastmasters Club	Johansing	Brian
Toasting Excellence Club	Jones	Susan
Portland Club	Jowell	Austin
Sporty Speakers	Jurden	Wes
West Beaverton Club	Kamstra	Jacquelyn
MIME Speaks	Khimsaria	Parth
Yammertime	Kim	Jungsun
University of Oregon Club	LaPerle	Katie
Totem Pole Club	Lawson	Steven

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
University of Oregon Club	LeMay	Donovan
Creative Communicators	Levin	Tami
Swan Island Toastmasters	Lizardo	Andre
Waffle Toasters	Lucchesi	Lisa
McMinnville Toastmasters	Madrigal	Alfredo
Portland Rotary Toastmasters Club	Mariel	Bunnage
Portland Rotary Toastmasters Club	Martig	Kurt
Waffle Toasters	McLeod	Lauren
Downtown Lunchbunch Toastmasters	McPherran	Michelle
Toastmasters For Speaking Professionals	McRobbie	Austin
Speakers By Design	Melvin	Derek
Portland Rotary Toastmasters Club	Mervyn	Debra
Tualatin Valley Toastmasters Club	Morgan	Laura
Clack-Orators Toastmasters	Morrill	Andrea
Portland Rotary Toastmasters Club	Mullen	Erica
Sunrise Toastmasters Club #1492	Nguyen	Lisa
Silicon Forest Club	Osmon	Ryan
3 Stripe Adidas	Parra	Timo
Pearl District Toastmasters Club	Pernsteiner	Jessica
Storymasters Toastmasters	Pihl Widlund	Annica
MIME Speaks	Popham	Brenna
Portland Club	Prakash	Tejas
Roseburg Speakers and Storytellers	Putri	Melva
Clean Water Toastmasters	Ramirez	Joy
Toastmasters of Redmond	Robertson	Tanner
Clackamas County Toastmasters	Robinson	Austin
Totem Pole Club	Rodriguez	Gerico
Southern Oregon Speechmasters	Rowley	Martha
Speak To Lead Toastmasters	Russ Jr	Samuel
Toasting Excellence Club	Sierra	Martina
The University Club	Solomon	Diane
Sherwood Town Criers Club	Sotelo	Jessica

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Clean Water Toastmasters	St. Pierre	Janelle
Toast Of Tualatin, Lam Research	Subbaiyan	Navaneetha
The Standard Speakeasy Toastmasters	Tate	Andreea
Cedar Hills Club	Thammavong	Keiko
Portland Rotary Toastmasters Club	Thomas	Grover
CareOregon	Voznyuk	Yelena
New Beginnings Toastmasters	Wahlstrom	Heidi
Washington Street Club	Wainwright	Stacey

HAPPY ANNIVERSARY TO NOVEMBER CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
11/1/1950	70	Astoria	Astoria
11/1/1957	63	Beachtown	Lincoln City
11/22/2019	1	BurnsMasters	Vancouver
11/1/1986	34	Columbian	Warren
11/7/2011	9	Gorge Windbags	Hood River
11/21/2006	14	Portland Progressives	Portland
11/13/2003	17	Sherwood Town Criers	Sherwood
11/1/1982	38	Tabor	Portland
11/1/2000	20	Will-Sher	Willamina

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 & Storytellers
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 Club
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 Club
IP2	9/2/2020	GaRey, Daniel J.	Rogue Communicators Club
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 Club
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
EH2	9/2/2020	Matthews, Mary Andrea	Portlandia Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
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 Club
PM1	9/4/2020	Seibel, Evelyn	CareOregon
LD2	9/25/2020	Setty Shivarudra, Vishwas	Toast Of Tualatin, Lam Research
LD1	9/25/2020	Setty Shivarudra, Vishwas	Toast Of Tualatin, Lam Research
PM1	9/4/2020	Singhal, Shilpa	Roseburg Spkrs & Storytellers
PM1	9/10/2020	Somasundaram, Namitha	Feedbackers Toastmasters Club
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
LD3	9/21/2020	Stringer, Angela	Lebanon Toastmasters

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
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 Club
TC1	9/13/2020	Ward, Jill M.	Wallmasters International Club
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

CONTRIBUTORS



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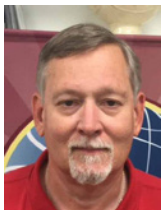
Leanna Lindquist, DTM



Lorri Andersen, DTM



Michelle Alba-Lim, DTM



Paul Fanning, DTM



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Sudhir Gautam, DL4



Tootie Smith, CC

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