

Voices!

One Community
Many Voices

District 7 Toastmasters
DECEMBER 2020

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*Happy
Holidays*





*Wishing You
a Better and
Brighter
New Year*

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VOICES!



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Walk With Me

Pastor Dorothy Cottingham, DTM, PID

It's that time of year, again. . . the time when most everyone reflects on the year past and looks toward the New Year. All I can say is. . . goodbye 2020! And, good riddance! We plan to stay up ALL NIGHT December 31 to January 1, not to welcome 2021, but to firmly kick 2020 to the curb! This has been one for the record books, right?

It all started so innocuously. Just a typical January in Oregon. A little rain here, a little snow there, lots of clever comments about "seeing clearly with 2020 vision". And then HOLY CROW! You do not need me to tell you what happened. We each experienced this ridiculous year in our own way and we all experienced it together.

I invite you to take a walk with me through 2020. Along the way, you will have experiences of your own to add. As we walk, let us ask four simple questions about 2020. First, what made you sad in 2020?

My husband Carl and I have been members of Toastmasters International for over 40 years. We have both served on the Toastmaster Board of Directors. I cannot remember how many International Conventions we have attended. It has been a while since we attended a convention for various reasons. This year was going to be different. "Let's go to the Toastmasters Convention!" It was late December 2019, early January 2020 when I started campaigning for a trip to Paris! We are both native Oregonians and have never been outside of North America. Well, there was that short trip to Barbados in 1987 . . .



What it takes to keep a community together is determination

He was a bit reluctant, noncommittal until I threatened to take one of our granddaughters instead of him. Sensing he was relenting, I made all the reservations at the end of February...airfare, hotel, convention...excitement was building. The first week of March, I landed in the hospital needing emergency surgery to remove my gallbladder. It was a simple procedure and I bounced back quickly, out of necessity.

By the next weekend, just nine days later, the whole world had mostly shut down, including the Lutheran church where I am the pastor. I was scrambling to record Sunday worship services/messages on Zoom. It was just me in the sanctuary, standing in front of my laptop, in front of the altar, walking through the morning service and singing a hymn, solo, unaccompanied. Two weeks later, Cedar Hills Toastmasters Club 751 began meeting on Zoom and I became the defacto Zoom Master.

As the weeks turned into months, it became clear that there would be no trip to Paris. I was sad. This was going to be the trip of a lifetime for Carl and me. But, as we look back on it now, we can answer the second question for the year: what did you learn in 2020? I learned that I am not a “techno-turtle” Luddite, contrary to what my grandkids would have you believe. In Toastmasters and at church we have adapted to the new use of technology. We continue to learn the subtle power of the Zoom platform. Others have mastered Facebook Live and Microsoft

Teams, Google Hangout and live video chats.

I learned how to record, upload, download, reload videos and images to Zoom, YouTube, Facebook and the church website. I learned how to create a promotional video. I learned as much about Zoom as almost anyone, simply by trial and error. I learned that what it takes to keep a community together is determination, a willingness to make mistakes and a lot of humility.

I also learned that everything fits into a grander scheme.

About the time we would have been preparing to leave for Paris, I had another emergency health issue, this one far more serious. At the end of July, I was hospitalized for a week after a series of small strokes. The end result was two major surgeries to clear plaque from my carotid arteries. It seems that 50 years of smoking, 40 years of hormone replacement, a family history of stroke and high blood pressure was a near fatal combination. I am so thankful for 21st century medical procedures. I am now

*In 2020
What made
What did
What gave
What gave
for 2020*

tion, a willingness to make mistakes and a lot of humility

smoke free, HRT-free and plaque free.

The answer to question three: what gave you

joy in 2020? – begins, for me, with a good health report. The greater joy of 2020 comes from staying connected to the people we care about thanks to the marvels of technology. Thanksgiving Day was a day of celebration. Eight households in four states connected for varying amounts of time throughout the day. We were able to visit with friends and family in Minnesota, Arizona, Oregon and Washington State. We cooked together, played

games, baked cookies, watched football, napped and generally had a wonderful day. It was almost as if we really were together. We are looking forward to being together again for Christmas. It's a little like the elementary school children's geography lesson that included "Flat Stanley" (google it).

Toastmasters clubs all over the world are making the most of the electronic connectivity. Clubs are adding members, progressing through

Pathways, holding elections and welcoming guests from every corner of the world. Cedar Hills Toastmasters has welcomed guests from Minnesota, California and Washington State. I know of one Toastmaster who visited a club somewhere in the world every day for a month. We have learned new tricks for timing speeches. We are becoming more adept at writing evaluations for one another.

District 7 hosted a professional quality Toastmaster Leadership Institute on Zoom. We look forward to more opportunities like these. Toastmasters International has proven its flexibility and mastery of technology. We got to "go to" the 2020 Toastmasters International Convention in spite of this global pandemic. What fun to "see" friends, "participate" in educational sessions and "attend" the World Championship of Public Speaking. The business meeting was capably handled by Immediate Past President Deepak Menon, DTM. Speaking and voting during the annual meeting were a little tricky, but thanks to the army of support, the meeting looked effortless.

The fourth and final question I invite you to ponder is this: What gives you hope for 2021?

My gut response is that I "hope" 2020 just goes away quietly, without a struggle. Can it just slip away into the night of December 31st? Can we pretend it didn't happen? Was this all a nightmare and on Friday morning, January 1, 2021 we wake up, shake it off and get back to

2020

Are you sad?

What did you learn?

What gives you joy?

What gives you hope

for 2021?

normal? No. No we cannot pretend 2020 never happened. Instead, maybe what we should be pondering is how our lives have been irrevocably changed at the turn of this decade.

Some of us have learned to live with less. My hope for those who lost jobs or had hours reduced is that you will have the resources you need in 2021. My hope for those who crave in-person contact can remain patient a bit longer until the danger of the coronavirus subsides, especially with the roll out of vaccines. My hope for those who are grieving is that you find peace in 2021.

I truly believe that 2020 has many positive and valuable lessons for us all. Keep asking these questions of the year 2020: What made you sad? It is perfectly normal to be sad when thinking about loss and grief. Make sure you are moving ahead by asking: What did you learn from 2020? If all that you learned was how to navigate sadness, you've done well. Maybe you learned how to navigate technology as well. Bravo! Ask, then: What gave you joy?

It may be difficult to find the joyful moments. But I am sure that if you look, they will pop out

easily. We welcomed our second great-grandson into this crazy world in 2020. When he is an old man, he will look back at his life and say "yes, I was born in the middle of a pandemic in a country reeling under the weight of racial unrest just before one of the craziest presidential elections ever." May I offer my answer to the final question: What do you hope for? Friends, I hope that as you ponder these questions your sadness is decreasing and that you continue to learn what gives you joy and hope.

Happy Holidays and Happy New Year!

Pastor Dorothy Cottingham joined Toastmasters in 1980. She is a current member of Cedar Hills Toastmasters where she serves as Club Secretary. She served on the Board of Directors 2000-2002. Beyond Toastmasters, Dorothy became an ordained Lutheran minister in 2016. She is currently serving the congregation of Christ the King Lutheran Church in Tigard, Oregon. Dorothy lives in Tigard with her husband, Carl, also a Past International Director (1986-88) and their two crazy cats.

"It is really wonderful how much resilience there is in human nature. Let any obstructing cause, no matter what, be removed in any way, even by death, and we fly back to first principles of hope and enjoyment."-Bram Stoker





CALLING ALL CANDIDATES

**2020-2021 DISTRICT LEADERSHIP NOMINATIONS NOW OPEN
ACCEPTING NOMINATIONS THROUGH JANUARY 15, 2021**

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.

Brand New Year

PJ Kleffner, DTM - District Director



I have heard people say they would like to press the “reset” button on 2020 and have a do-over, while others have said “No way, no how. I just want to see 2020 as a distant memory in my rear view mirror.” I tend to belong more to the second camp, and want to find ways that we can move forward. Fortunately, two events occurred as I write this that are moving us in that direction. Through the magic of live television, we saw the first person in the United States receive a Covid-19 vaccination, and the Electoral College confirm Joseph Biden as our next President. While some of our citizens, including fellow Toastmasters, take issue with either or both of these events, I believe they are necessary steps in returning to some semblance of normal.

Normal is not going back to the way things were pre-Covid. Many retailers were already getting clobbered by online competition, and Covid was just the final nail in the coffin for the countless businesses that have closed and will never return. Shopping online may be the new normal, but there are some activities that I will be happy to resume, including sharing a meal with friends in a loud, fully-packed restaurant,

going to a concert or the theater, and attending in-person Toastmasters meetings.

With current projections for when we will achieve herd immunity against Covid-19, it is unlikely that we will resume widescale, in-person meetings during the rest of our 2020-2021 Toastmasters year. That means we must adapt to our circumstances and figure out how to thrive in the online environment, which includes attracting new members. We had a lot

Visitor

New Member

Visitor

New Member

of discussion during the District Council meeting in September about advertising. Those of you who follow us on Facebook may have noticed that we recently started running “boosted postings” and ads on that platform. We also plan to start running ads on Google very soon.

A major challenge for advertisers is finding their target market or audience. In my home Club, we always ask visitors how they found us or what brought them to Toastmasters. We discovered that many of our visitors came from

Brand New Incentive!

Meetup, so we chose to list our meetings on the D7 Meetup site, AND pay for our own Club Meetup account. As a District, we currently have very little understanding of how visitors and new members find our Clubs, so we decided to do something about that.

I am pleased to announce that a new incentive will begin January 1, 2021 that encourages Clubs to ask all visitors and new members how they found out about Toastmasters, AND report that information back to the District. Then, we will

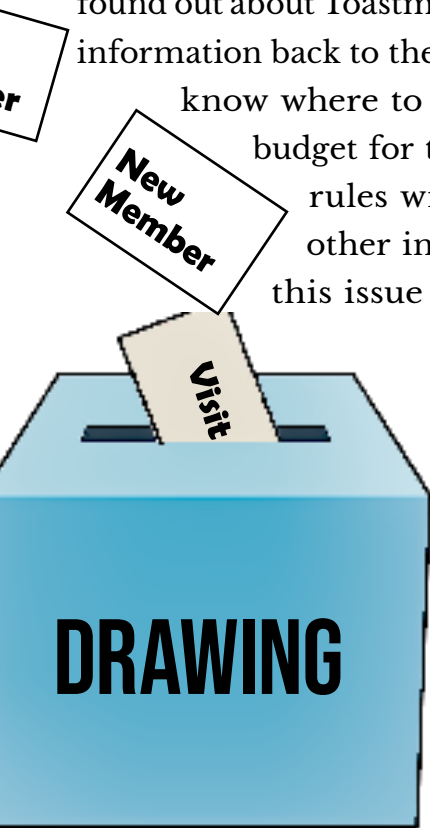
know where to focus our advertising budget for the greatest effect. The rules will be spelled out with other incentives on page 14 in this issue of *Voices!* and on the District7 website.

If your Club submits the name and source of every visitor and new member, it will be entered into a monthly raffle. The more reports you submit, the greater

your chances of winning. We will draw for two winners each month, and the prize will be \$100 each in gift certificates from Toastmasters International.

You may use those gift certificates to buy club supplies, a new banner, lectern, timing light, or whatever. You can buy trophies for your speech contests, or Toastmasters jackets, shirts, hats, mugs, etc. as prizes for members who win Club membership building contests or achieve educational goals. It's up to you. The drawings will be held February 1 through June 1, 2021.

We are nearing the end of 2020, and I'm looking forward to a new and better 2021. I won't miss the holiday dinners on Zoom, Covid haircuts, election year politics, and wearing a mask whenever I leave the house. I am especially weary of hearing the daily death tolls. We have a light at the end of the tunnel, but we're not there yet. Please continue to take care of yourself, and be safe out there.

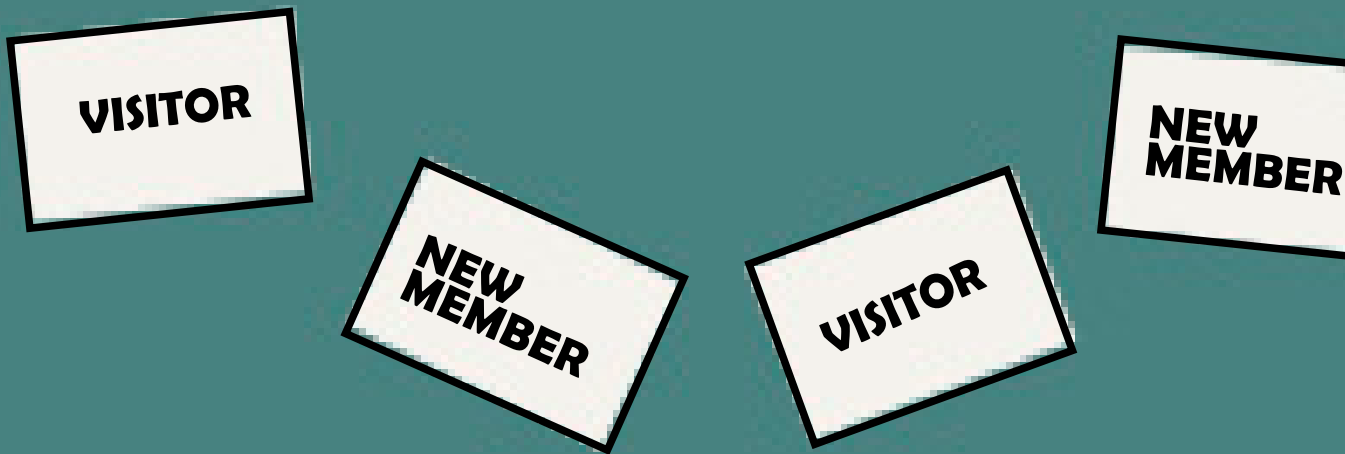


Visitors/New Me

January 1 – J

Purpose:

To determine the source of Club visitors and new members, so we know where to focus our marketing efforts.



Action:

Clubs will ask every visitor how they found out about Toastmasters, and report that information to the CGD. If the visitor becomes a member, file that as a second report. The club will be entered in a drawing each time a report is submitted – More reports equals more chances!

Link to submit entries:



Members Incentive

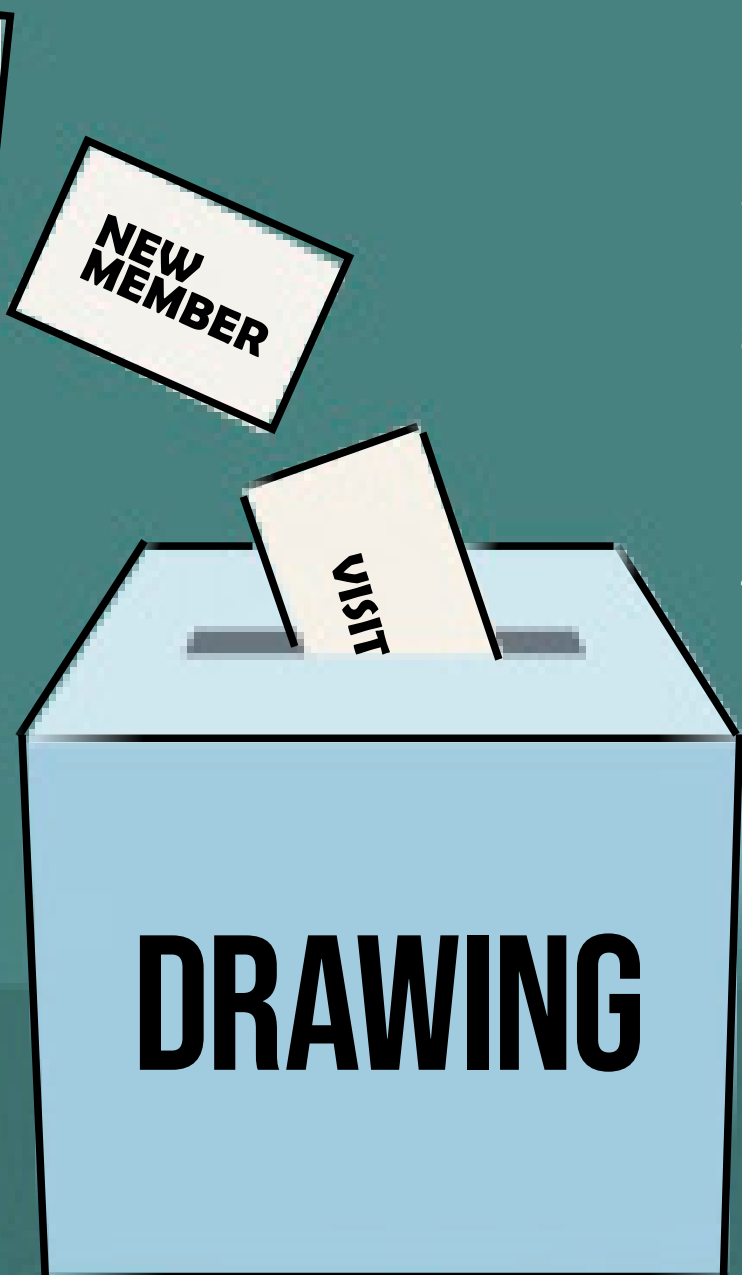
June 1, 2021

The Prize:

Two (2) winners will be drawn on the First of each month (February - June, 2021), and each winner will receive \$100 in gift certificates from Toastmasters International.

The fine print:

1. A club may win only one prize. (Entries will be drawn each month until there are two unique winners)
2. Entries must be submitted in a timely manner – within one week of the visit or date a new member joins.
3. Entries must include Club name, the visitor/new member's name, email address, date of visit, how they found out about Toastmasters, and name of person submitting the entry.
4. One entry per unique visitor – Do not submit a new entry if the same person visits a second or third time. However, a second entry would be submitted if/when they become a member.



District 7 Incentives

January - June, 2021

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: D7 will award a \$100 gift card from Toastmasters International (TI) to any member who submits a new club lead that results in a chartered club by June 30, 2021. Submit leads to cgd@d7toastmasters.org. All leads will be entered into a final drawing for \$25 gift cards. Three winners will be picked. • Club Coaches: Club Coaches who bring a Club to Distinguished status or better by June 31, 2021 will receive \$50 gift card from TI.
Club Incentives <ul style="list-style-type: none"> • 7 Officers trained: Clubs that have all 7 officers trained in both rounds of TLI (summer and winter) will receive \$50 gift card from Toastmasters International (TI). • Distinguished by April 1: Clubs that achieve Distinguished or better status by April 1 will receive \$50 gift card from TI. • Distinguished by June 30: Clubs that achieve Distinguished or better status by June 30 will receive \$50 gift card from TI. 	Club Incentives <ul style="list-style-type: none"> • Source of Visitors/New Members: Clubs submit the name and source of each new visitor or member to be entered in a drawing for \$100. Two winners will be selected each month, February 1-June 1. Submit entries Here. • New Clubs: New Clubs chartered by June 30, 2021 will receive a New Club Kit (\$198 value) consisting of: Custom Club Banner (Item #322) Portable Lectern (Item #382), OR Timing Light (Item # 6931). • Open House: Clubs that hold an open house between January 1 and March 31, 2021 will receive a \$25 gift card from TI. To qualify, notify cgd@d7toastmasters.org prior to the date and time of your open house. • New Members: Clubs will receive \$15 gift card from TI for every new member January 1-June 1, 2021. To qualify, the "source" of the new member must be reported Here. • Membership Dues Renewal: The first ten (10) Clubs to submit dues renewals for at least 80% of their July 1 membership base will receive a \$50 gift card from TI. Must be a minimum of 8 members to qualify.

We Got This!

Eldred Brown, DTM - Program Quality Director

It's never easy to bury a parent, no matter how long they've lived. I had to take some time away from all my other responsibilities to do just that after my mother died of COVID-19 in mid-November. As soon as I heard the news from my aunt, I emailed my three committee chairs, Leanna Lindquist, Gwendolyn Avington, and Lyle Schellenberg, to let them know. I reassured them that I trust them totally to do the work assigned to them, but it was still reassuring to me to read Leanna's reply, "We got this. Take whatever time you need." That's what I wanted and needed to hear.

One of my goals as your Program Quality Director was to appoint the right people to lead the committees under my watch, give them the training and direction they need, and let them do their thing. I want to be active in helping them with their work, but I don't want to control them. For me, being able to trust the leaders on my team is of the utmost importance. Knowing that they have the resources to successfully do their work while I'm away and unable to help is a measure

of success I value highly. I have the right people in the right leadership roles.

Let's start with Leanna and the work she did planning and coordinating all our presenters for TLI. There were a couple of little things I wanted to include in our TLI, but my mom's passing disrupted my participation in Leanna's planning so that we ended up not implementing the little things I hoped to see. Even so, Leanna did a fabulous job planning our Amp It Up



event, getting the right presenters in the right time slots, and coordinating the event with little input from me.

At the same time, our Pathways Chair, Gwendolyn, did an amazing job preparing her TLI presentation on Pathways mentorship and coordinating a couple of Pathways training sessions from her team. Having attended Gwendolyn's TLI session, I can vouch that she gave an excellent presentation that covered everything I would have wanted to see in a presentation on mentorship. If what Suzanne Loeb presented as the model speech for the Feedbackers Club's evaluation contest was the same session she presented at TLI, and if Tamsen Corbin's session was what she delivered at a D7 webinar weeks earlier, then I can't imagine either of their TLI presentations was anything less than awesome.

And Lyle, our Conference Chair... Even without me because I was on the road, Lyle and his committee made big strides toward a powerful spring conference by deciding upon a theme, RISE to the Challenge, and letting me know what support they needed from me. I couldn't have asked for anything more than what Lyle's Conference Committee gave me!

One of my most important tasks as a District Trio leader is to surround myself with strong leaders who know what is needed from them and can motivate their teams to deliver what our district needs to be successful. It's never easy to bury a parent, but I'm happy that when I needed to bury my mom, I had a team of leaders who could carry on without me and lead our program quality efforts effectively in my absence. I really can't thank Leanna, Gwendolyn, and Lyle enough for the work they did while I was gone.



District 7 Toastmasters Annual Conference RISE to the Challenge

SAVE THE DATE
May 13-15, 2021
Join us on Zoom

New Incentives, Oh My!

Lorri Andersen, DTM - Club Growth Director

It t'was an hour before the Toastmaster meeting and all through the room, not a creature was stirring not even our meeting help Zoom.

The word of the day was hung by the lectern with care, in hopes that our members soon would be there. But the members were nestled all snug in their beds when the meeting drew nigh. . . they really wanted to have a good meeting but . . . (sigh)!

Does that sound like your club or a club you know? Are you bored and want something exciting and different to think about? Well, look at the incentives for the new year! There are many ideas and things to be involved with. Do you work in a company that does not have a Toastmasters Club? Let me know about it! Email cdg@d7toastmasters.org and give me a decision maker's name and contact information. We will contact them.

If your lead results in a chartered club by the end of June 2021, you could win a \$100 gift card! All leads collected go into a raffle. Three will be drawn at the end of the Toastmaster year for another \$25!

Do you think you could quickly form an advanced club? Consider starting one before the end of January, 2021! Toastmasters International is giving us a way to save over \$500 by starting a club NOW! We can't let this opportunity slip by without taking advantage of it.

Here is a really awesome incentive! The District wants to know how our new members

and guests hear about us! When your club submits the name of each new visitor and each new member, and how they heard about us, their names will be entered in a drawing for \$100. Two winners will be selected each month! Guests and members will be submitted through a form listed on the D7 incentive page. Beginning January 1 through June 1, each new member will result in a \$15 gift card, too!

Start now to plan an open house. All open houses held between January 1 and March 31 will be awarded another \$25. Email me before the open house and I will follow up with you.

Friends, don't go to bed with visions of sugar plums dancing in your head, instead think about what you can do in the new year. Have you ever thought about starting a new club? This is the time to do it! We've got lots of room for new clubs!

Submit a new club lead, pay your club dues early, hold an open house, and start a membership program to track your new guests and members. And there are even more incentives available for being a club coach!

Decide that this coming year, 2021, will be the best ever. Don't let the past predict the future - make your plans now. You will make so much clatter people will look at your club and say. . . WOW what is the matter?



AMP IT UP!

(The Sequel)

Schedule of Events

9:00-9:05	District 7 Opening Remarks - Trio
9:05-10:05	Leadership - It's a Verb! - Cindy Laatsch, DTM Region 1 Advisor
10:05-11:05	Secrets of Compelling Storytelling - Pres Vasilev, 2013 WCPS
11:05-11:15	Break
11:15-11:45	District 7 Reports, Raffle, Closing Remarks
12:00-1:00	Make Up Club Officer Training

Online Toastmasters Leadership Institute January 16, 2021

[Registration opens January 1, 2021 - Watch the District 7 Calendar for Details](#)

AMP IT UP!

(The Sequel)



9:05-10:05 am - Cindy Laatsch, DTM

Leadership – It’s a Verb!

Action Steps for a Leader

Head/Hands/Heart/Habits

In this interactive session we will look at how leadership is an action-oriented word and involves using your Head, Hands, Heart, and Habits - HHHH. Often taking that initial action can be our biggest step. We'll discuss how the tools we already have can propel us into further development as leaders. By trusting yourself, being brave, and understanding your strengths, we'll work collaboratively on how using HHHH

will continue to move you along on your leadership journey. You will leave this session with a commitment you've made to yourself, and one goal to allow you to stretch yourself both as a Toastmaster and a Leader.

10:05-11:05 am - Pres Vasilev

Secrets of Compelling Storytelling™

In this interactive storytelling workshop, the 2013 World Champion of Public Speaking Pres Vasilev will reveal the most powerful storytelling secrets. Watch Pres Vasilev's winning [World Championship speech](#), engage in a dynamic discussion to explore its storytelling secrets, and learn how to craft your own compelling stories.

[Click here to learn more about Pres Vasilev](#)



Humor – Is It Really

Emilie Taylor, DTM - Imme

How has Covid-19 changed the way we aspiring Toastmaster comedians deliver our punch lines? I got to thinking about this after delivering a Level 3 speech in the *Engaging Humor* Path to Sunrise Toastmasters, a club I had never been to before. I hadn't slept well—perhaps because of too much anticipation and excitement.

I gave the speech. The afterglow of making members laugh brought a wonderful feeling. Reading the chat comments, especially where one person said they had tears from laughing, brought so much joy and a feeling of accomplishment!

It was very tough not hearing the immediate feedback from the audience. (Laughter or Not) One of the most important lessons I have learned in Toastmasters is: When you give a speech to a live audience, you can't step on laughter—or for that matter, you need to pause for effect. The audience must process your lines and find the interrelations of a word play or have a chance to sit down in the “Theater of the Mind” and envision that comedic situation you have just described. For you the supercomputer that just delivered the line, a few millisecond pause seems like minutes. After all, you created the line, you know the funny part. The audience has to do a memory search, turn on the DVD player, get past the previews, and only then put it all together. The feedback of laughter is a missing piece.

Why? Because you MUTED EVERYONE! You

tend to lose the feedback cues in online meetings.

Watch the “Late Night” monologues. You notice the joke or comment, then a brief pause. Early on, when the comedians had to be on the Social Distance Platform, there was no audience to provide feedback (laughter).

Giving your speech, what do you do to keep yourself going, alas, moving forward through to the grand punch line or conclusion? Self-doubt may try to work its way in and try to trip you during the speech.

The challenge is to trust your material that you know will bring the laughter after practicing with your loved ones many times. Family and friends had told you the speech was funny.

Just believe them and hope that they were not just being polite.

If you have the kind of family and friends that lie to you to

make you feel better,

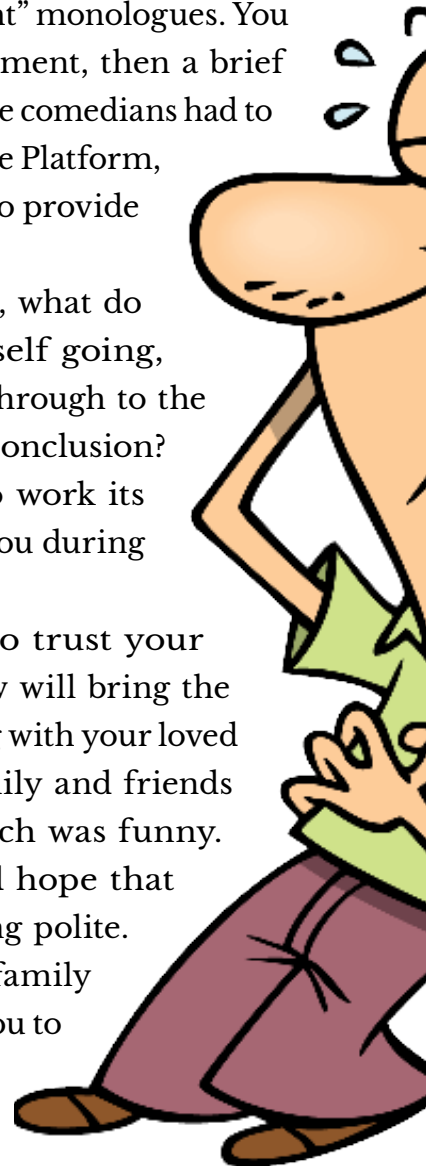
then do not try this

at home. Find new

friends or put yourself

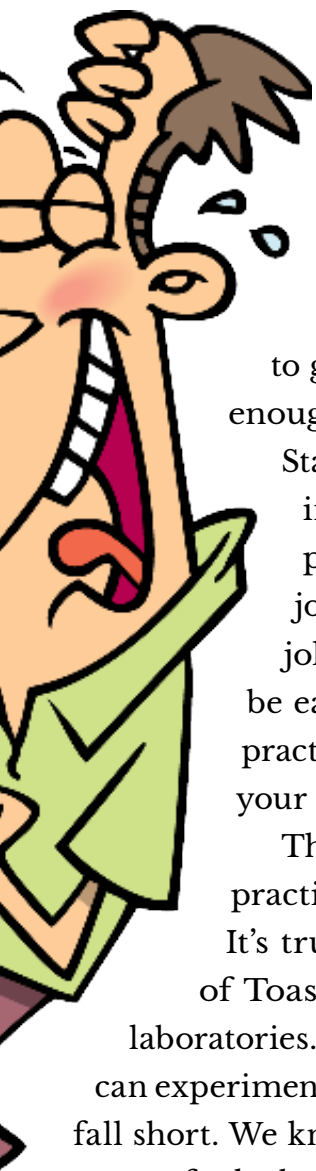
up for temporary adoption and get the feedback.

My path in learning how to give humorous speeches was (and still is) a long one. I didn't think I was funny. My husband would always



a Difficult Concept?

mediate Past District Director



say humor is a difficult concept for me. My road to learning how to deliver funny speeches had twists and turns. I took three classes in Sports Comedy to improve my mental flexibility and learn to go with flow. As if that was not enough, I signed up for a class on Stand Up Comedy. It wasn't a walk in the park . . . 12 long weeks of practicing your craft of three jokes. Yes, three jokes. That's no joke! I thought it was going to be easy. But no . . . it takes a lot of practice to make people laugh . . . at your silly jokes.

The joy is to discover that if we practice enough, we can be funny. It's truly a testament to the power of Toastmasters. Our clubs are our laboratories. We have safe places where we can experiment, knowing that it's alright if we fall short. We know that the more we practice our craft, the better we become.

For me, the greatest joy has always been to bring happiness and lightheartedness wherever I am. What I discovered in this journey so far are the following nuggets/truisms:

1. You have your life experiences as materials. Our everyday experiences

provide us with PLENTY. Look into your own life for moments that are actually funny if you just think a little bit about it.

2. Do not be afraid to experiment. Granting no one laughs, you know you have your work cut out for you. Go and experiment, don't be afraid to try anything...you might just surprise yourself. I didn't know I could make people laugh like that. When you do the over the top punch line and the audience wishes they wore their "Depends," you are hooked for good.
3. Stretch a little for laughs. No one really knows the truth but you. If they ask, was that true? You can answer back with a question: "What do you think?"
4. And in this Covid-19 era, if you can't hear the laughter because everyone is muted, know that you are enough. Look for smiling eyes on the screen, movement, perhaps doubling over from the audience... Continue to practice because when that signal finally comes that we don't have to practice social distancing anymore or wear masks, hey, the sky is the limit.
5. Be flexible and go with the flow. This will come in time... Try it... just for laughs!

I wish you all a safe, secure, healthy holiday season—and that's no joke!

Love and hugs to you, fellow Toastmasters!

Vocal Pitfalls to Avoid While Speaking - Part 2

Breath-Based Vocalization

Laura Handke

Stop what you're doing right now (including reading this article), close your eyes, and take three deep breaths.

Upon opening your eyes, you will likely feel more calm, relaxed and present. That's what conscious, deep breathing does; it's one of the best ways to combat performance anxiety, otherwise known as "stage fright," a regular companion of many speakers. I've been known to start a speech in my home Toastmasters club by saying, "Please join me in taking three deep breaths." I received feedback like, "I have no idea what that had to do with your speech, but it sure relaxed me!"

Please humor me and, again, close your eyes, and take three deep breaths—this time being consciously aware of what's happening within your body as you breathe. If you're in a physical environment where you can lay down on your back (grab a yoga mat if you have one handy) before you begin to breathe.

Did your shoulders move up while you inhaled? They shouldn't, at least not too much. Tense, upward shoulder movement is an indicator of what I'll call "chest breathing," trying to breathe engaging mainly the upper part of your chest, which substantially limits lung capacity.

Your stomach should expand when you inhale, while your rib cage is stretched and

expanded, and your shoulders straight and relaxed. (You can see a video demonstration by Googling [Authentic Expressions by Laura Handke YouTube Mini Voice Lesson](#).) It's easiest to experience this while lying down. Your stomach should rise towards the ceiling or sky as you inhale, and then come down as you exhale while vocalizing. Once you get the hang of it on the floor, you can incorporate the same breathing process while up standing and speaking.

If you're not accustomed to breathing this way, it may take a while before it's solidified in muscle memory and becomes second nature—but the practice is worth it for anyone who gets up in front of a room full of people and speaks.

It's also worth it for everyone who doesn't know that I think about it! Deep belly breathing has many benefits, including:

- The relaxing, calming effect I mentioned earlier, and a relaxed speaker rubs off on the audience.
- A more fully oxygenated body, releasing endorphins in the brain.
- Improved air flow through the vocal folds, which reduces vocal fatigue, and improves the sound quality of your voice.
- Lowers the heart rate, and you're less likely to feel dizzy.

Deep breathing is recommended for everything from quitting smoking, to reducing

physical pain, to increasing mental clarity. I venture to say deep breathing supports literally everything in our physical bodies, and emotional and mental states as well.

Avoid glottal onsets (see the article in November, 2020 *Voices!*!) Breathe starting with your nose and belly, not the upper chest. 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



Finding My Voice

Lisa Busenbark, DL2



Why

“Lisa, you interviewed well. We went with a different candidate who had a little more leadership experience.” I was crushed. I really wanted the position. I thought I was the best candidate. The hiring manager thought differently.

About 18 months later, same position was open. Same hiring manager. I was granted another interview. I admit this one was not as smooth as the first interview. I still thought I had a chance. “Lisa, you are not the best fit for the position.” What? To say I was disappointed was an understatement.

About 24 months later, I did something crazy. The same position was open again. Same hiring manager. I applied for it and was granted an interview. Do you think I was granted the position?

No, I was not chosen to fill the position.

I received the following feedback: “We feel

the sales team would walk all over you. You do not attract people to your side. Your leadership skills are not where we need them to be to be successful in the position. Have you considered Dale Carnegie, Successful Leader course or Toastmasters?” I was a little mad. 3 times??? Really?? As for the advice, I had heard of the organizations. I did not know much about them. Perhaps it is worth my time to find out more information.

My Journey

I found a local office that offered the Dale Carnegie course. They offer an introductory workshop for free. I decided I could invest in that workshop to learn more. It was engaging and attractive. However, the cost of continuing with the course was way out of my budget. I was not able to commit to the time obligation either.

Then I looked at Toastmasters. Public Speaking, Yikes! Part of me wanted to learn



more. Another part of me said walk away. Why do I need to do this? As I reflected on the interview and other development conversations, I made up my mind. I would find out more about Toastmasters. I sought out a Toastmasters Club that fit my schedule. I was pleasantly surprised to find a club that close by. I attended my first meeting, and was disappointed that I could not join because it was a closed club. They did let me visit a couple times.

I switched work locations and Toastmasters fell to the bottom of my To Do List. I had a couple more embarrassing work incidences in which I was not prepared to present training information. One meeting, I showed up late, and the rest of the training went downhill from that moment. I could not find my notes and my computer was not functioning correctly.

I settled into a new role and visited a couple different Toastmaster clubs in downtown Portland, OR. I found a club that fit my work schedule, Thursdays at noon. They had a cool

name: Portlandia Toastmasters. They were warm and welcoming. I felt good about my decision to work on my skills. “I can do this.” I still belong to Portlandia Toastmasters. I am biased. I love my club and our opening of “Best hour of our day,” and for some of us it’s the “best hour of our week!” We are a club with a variety of members and backgrounds. We have a special Table Topics Only session once a month that everyone on the call participates in. It is fun!

Fruits of My Labor

At first it was hard to measure my progress. I could not feel myself grow. I did not recognize that I was improving. It was a little disheartening. I started to give myself mini goals. “I am going to participate in this meeting. I’m going to volunteer for an open role.” These little steps created small victories and fed my confidence. I watched more experienced members deliver speeches without notes and use vocal variety and humor to engage

the audience. Would I ever get there?

I am in a different position now. I can acknowledge I am growing. I challenge myself to experiment and try different things. It is a safe place. I receive feedback. I can either choose to incorporate it or ignore it. These skills have led me to a better version of me. I feel more comfortable standing in front of a room full of people or these days people staring at me on Zoom. I have the tools to be prepared. If I know my subject I can talk more organically, less scripted, and the audience can relate to me more easily. I am more aware of filler words. I avoid starting conversations with “Well, So, Uh, Ah”.

Over the last 2 years, I have applied my skills to new situations. I attribute my success in these situations to my work and commitment to working the Toastmasters path.

I found my voice and spoke up for a raise. I presented justification to my supervisor who took the data and comments I presented to him and built a business plan to present to his supervisor. The plan contained information of my accomplishments over the past year, the value and knowledge I bring to the organization, and the financial aspects the increased investment would have on the business.

Awesome news! I received the raise!

The second success came last year. I shared with the choir director at my church that I wanted to sing a solo at Christmas time. I picked the piece *O Come, O Come, Emmanuel*. She offered to be my accompanist. The process was a confidence builder, from deciding to sing a solo, to picking my piece, to taking the steps to prepare, rehearsals, listening to recordings of others singing it, studying the words and notes, memorizing the music so I could look at

the audience and not at the music. This was not expected of course. It did help calm the nerves. I was pleased with my performance. I can now cross that off my bucket list.

These are two achievements that I attribute to my involvement with Toastmasters and finding my voice. Toastmasters can be life changing if you want it to be.

Value

I believe—

Like anything else in life, you get what you put into it. The education program works—if you do it. It provides benchmarks and checks along the way to help motivate. It is an opportunity for us to make it what we need it to be for our own success. If you commit to it, Toastmasters will help you become a better version of yourself. It will help you find your voice.

Lisa Busenbark, DL2, has been a member of Portlandia Toastmasters club, downtown Portland, since 2014. She has held various leadership roles in the club: VP Membership 2015-2016, President 2016-2017, Immediate Past President 2017-2018, VP of Secretary 2019-current. In her free time, when she is not working on her speaking and leadership skills, she is volunteering with her church as a Youth Leader. She loves to travel, read historical fiction books, and listen to music. This is her first article for Voices! and first published article in any publication.

Join the Team!

Lorri Andersen, DTM
Club Growth Director

First of all, do you know about the Club Coach program? This is a program designed by Toastmasters International to help Clubs work toward and achieve Distinguished status, build leadership skills and teamwork, and give the Coach an opportunity to give back what they have learned. Not only does the Club benefit but the Coach does as well.

Most Coaches like to work with a friend as it is helpful to talk over Coach details with another Toastmaster. Therefore, each Club can have two Coaches. They contribute in many ways. They look at the entire Club experience, from membership to the treasury and offer recommendations. They help expand the membership and achieve Club goals in the Distinguished Club Program.

Sometimes, it takes another set of eyes to see and feel something clearly and differently than what Club members see every week.

We have 21 Coaches in our District and some Coaches are involved in more than one Club. This is great! Coaching is an experience everyone should have. It means you are willing and able to give your time to others and share your experience. I have heard story after story how every time a Coach assists a Club, they learn a great deal for their own Club knowledge and leadership.

I would like to hear your story, your struggles, your ideas, and your information. Will you be

willing to join our Club Coach Team? Are you willing to spend an hour a month on a Club Coach call to discuss your journey?

Toastmasters International provides information on how to coach and rebuild Clubs but the best information comes from the Team.

I have heard when talking to Clubs that they did not know that Club Coaching was available. Had they known sooner; they would have asked for one. The thing about Club Coaching is that the relationship between the Coach and the Club must be the right fit. If the feelings are not right between them, the Club Coach Coordinator looks for another Coach for the Club. The right relationship builds teamwork, friendship, and trust.

If you are looking to expand your skills and serve more this new year, consider joining the team of Club Coaches. It is an experience that you will always remember. We only have a few more days until 2021! It is time to set your goals for the New Year and consider including Club Coaching as one of them!

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 Video Replay
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
Michelle Alba-Lim, DTM



Judges Training

January 6, 2021
7:00-8:00 pm



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

In the next Wednesdays Wonderful Webinar you will learn

- The responsibilities, qualities, and challenges of a contest judge
- Resources, materials, and best practices for effective judging
- How to be an efficient and effective chief judge

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

About the Presenter

Michelle joined Toastmasters in 1996 and currently belongs to clubs in District 7, 21, 75, Founders, and District U. She has served in all club officer roles multiple times and was D7's first District Director following the renaming of all District officers.

After competing up to District level, Michelle discovered that she preferred being a judge or chief judge. She has served in both capacities numerous times, including at the International speech contest semi-finals.

She was D7 Chief Judge last year and is reprising the role this year.

More District 7 Video Replays!

OnPoint
Timely Tips for Toastmasters



Presenter
Luis Dorbecker, DTM

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



In Front of the Camera



Winter Toastmasters Leadership Institute
December 5, 2020

**AMP
IT UP!**

Optional Session Replays





Marketing Mondays*

District 7 uses a wide variety of social media platforms to reach out to and maintain contact with District members and the greater community. Learn how District 7 can help promote your events on our accounts. In this webinar you will learn:

- About District 7's use of social media
- How District 7 can help you promote your club events

The graphic has a blue background. On the left, there is a photo of two presenters, a woman and a man, both wearing glasses. Below the photo, the text reads: 'Presenters Namitha Somasundaram, PM1 Neal Iversen, Public Relations Manager'. Below that, the date and time are listed: 'January 11, 2021 7:00-8:00 pm'. To the right of the photo is a large white speech bubble containing the text 'Promoting Your Events with District 7' in blue. Below the speech bubble is a small icon of a smartphone. At the bottom right of the graphic is a small megaphone icon with the text 'Marketing Mondays' inside it.

[Click here to register](#)

About the Presenters

Namitha Somasundaram was the keynote speaker for the open house hosted by her home club Speakeasy Toastmasters. She has also worked extensively to bring District 7's Instagram page to new life with a refreshed bio and seasonal riddles.

Neal Iversen hosted an online open house for his home club the UL TestMasters. He is the District 7 Public Relations Manager. Neal has helped oversee the revitalization

Future Webinars

2/1/2021 - Chartering New Clubs - Emilie Taylor, DTM, IPDD

TBD - Club Coaching - Kathleen Tully

TBD - Club Publicity and Marketing - Charissa Yang

**Webinars to help you promote club growth and tools for creating new clubs. Get involved and expand your presentation and leadership skills!*

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?

Dave Bones, ACQ, ALB, LD1
Presenter

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

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.

Suzanne Loeb, EC4
Presenter

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

TOASTMASTERS 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

Kathleen Tully, DTM
Presenter

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

TOASTMASTERS PATHWAYS
learning experience

Upcoming Pathways Webinars

Presenters	Dates	Pathways Topics
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
Cheri Redgrave, DTM

January 20, 2021
7:00-8:00 pm



Is This the Path(way) for Me?



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

When I first signed up for Pathways, I took the test on the Toastmaster International site to help me choose my path. They made a suggestion, but I wasn't convinced. I took the time to research, and ultimately picked Strategic Relationships. This was a great choice for me, as I am the President of a non-profit organization. While the group and our funding are small, it still gave me plenty of opportunities to apply my path. Now I am enrolled in multiple paths, and mentor club members when they need guidance in Path selection.

- What is the major emphasis for each Path?
- How do Levels 3, 4, and 5 differ in each Path?
- Going beyond the minimum requirements.
- High Performance Leadership awareness.
- Benefits of multiple Paths.
- Does my choice really matter?

About the Presenter

Cheri's first Toastmaster meeting was in 1990. She was overwhelmed, but wondered why everyone was clapping all of the time. She returned and became a member of the Electric Toasters in Portland. She was a member for several years before switching jobs and losing her club connection. Moving to Bend in 2007, she quickly found Communicators Plus. She has earned two DTMs, with a third on the way. Currently the Division A Director, she is also her club's VPPR and VPP.

Cheri has multiple food allergies, and has created the website *2Cooks4Allergies*. It offers allergy friendly recipes that the entire family will enjoy.

Thoughts on Mindset and Behavior

Patrick Locke, DTM

“Get back to the basics,” we hear that often, don’t we? You hear it in school, on the job, at church, sports, and now here we are at Toastmasters talking about “the basics.” Well, no matter what you do, there are basics to learn if you desire to succeed. Here at Toastmasters, we have some basics, don’t we? Sure, “Attend meetings on a regular basis, that’s basic. Where have you heard that statement before? That’s right, the Toastmasters Promise. In fact, there are ten Promises, aren’t there? Those ten statements of “A Toastmaster’s Promise” are the basics of our trade. I would like to explore with you one of those Toastmasters basics. Are you ready? Let’s go!

As a member of Toastmasters International and my club, I promise . . .

“To bring guests to club meetings so they can see the benefits Toastmasters membership offers.” Wow, that’s a basic? I thought it was the job of the VP Membership and the VP Public Relations. How is this a basic and how does it apply to me? I’m only a member.” Basics apply to everyone all the time. All basics translate into Mindset and Behavior. That’s right, your Mindset and your Behavior are the keys to executing every basic. What does this Basic look like when it comes to Mindset and Behavior? To understand how important your Mindset

and Behavior are related to this Promise, it is imperative that you increase your awareness of how people are attracted to Toastmasters. This is the very key to explosive club growth. Toastmasters is, and will continue to be, a “word of mouth” advertising organization. That means what you say to people, and even more what you don’t say to people, influences them to want what you have. Your ability to articulate and converse with people will either draw them to you or push them away.

Let’s explore Mindset. How do you form a mindset that attracts members who value all that Toastmasters offers? Will they commit to the excellence needed to lead to success? We define excellence as being the best you can be. My Toastmaster friend Helen lives in Minnesota. She has been a Toastmaster for about 20 years. We communicate on a regular basis. Last year, Helen earned one of the highest numbers of educational awards in the world. This year, to date, she has earned 25 educational awards. She travels the world through Zoom to support and encourage Toastmasters everywhere. She helps people understand what Toastmasters offers. Helen may be what some would consider an anomaly. I point her out because of her mindset. This lady dedicates her time to help people. Her behavior reflects a congruent mindset. Her



dedication to excellence and her behavior reflect that mindset. Please consider her mindset and reach out to people to influence their behavior in a positive way. Over the past few weeks, I have been in contact with a lady who wants to rejoin Toastmasters. She was a member for a brief time in 1995. She wanted to know more about the new program. I put her in touch with Helen. I am pleased to report I received a message that she will join. The conversation with Helen excited her. Helen conveyed the message with a level of positive influence. The lady became excited about the possibilities ahead. She made her decision after she visited some quality club meetings and had a conversation with a person who influenced her in a positive way.

Our Mindset and Behavior can influence a prospective member's decision to commit to the Toastmasters Program. Everyone has the capacity to influence. We must adopt a positive

mindset that will move our behavior toward excellence in all that we do. When a visitor attends a meeting, they are experiencing our behavior. Our behavior must be of the level of excellence that attracts guests to want to be where we are. Our behavior must be in a constant state of development. Every time we fill a meeting role it is an opportunity to showcase our behavior and our mindset. Take the time to develop a mindset that moves your behavior toward excellence. The success of your club depends on your mindset and your behavior.

Patrick Locke, DTM joined Toastmasters in the 1980's in California. He became a member of District 7 in 2011. He is an active member of three clubs Speakers with Spirit, Early Words, and Professionally Speaking. He is currently serving as a club officer in two of his clubs and as Division G Director. Patrick is a passionate advocate for quality clubs and excellence in club leadership.

Speaking of the Holidays

Ken Coon



Don't be too hasty with your "Bah, Humbug!" Whether you celebrate Christmas, Chanukah (or Hanukkah), Kwanzaa, Boxing Day, or even just the New Year, I have a gift (more than one) for you. That's right, even for the New Year.

How can that be, you might ask? People don't give gifts for the New Year. Your first gift: change that. After all, starting and continuing something is the way traditions get started. We didn't celebrate Kwanzaa until 1966, when Dr. Maulana Karenga invented the ritual to celebrate the first harvests being brought into the home (as a celebration for African-Americans of their heritage and culture.)

Twenty-six years later, when our youngest son Andrew was only five years old, we decided to "hold back" one of the plenitude of gifts he received from grandparents, aunts, uncles,

days - Bah, Humbug!

nes, DTM

and us. We waited until New Year's Day and gave him the gift we "held back," as a great way to start the New Year. Thus, began our family tradition of giving a gift to each other on January 1st. So be bold, start a new tradition. It might be even more important to start 2021 right, after the way 2020 unfolded.

Do I detect a slight warming in your heart? Less "bah, humbug" and more "ah, humbug?" If you're almost in the holiday spirit, but you're not quite there, maybe you're waiting for the next gift. All right, already, here it is.

Forget being forgettable.

Say what? Forget being forgettable. Write your next short story, novella, poem, essay, memoir, autobiography, novel, or yes, even your next speech in such a way that it will be unforgettable. I stole this gift idea from a Distinguished Toastmaster and friend, but it's not copyrighted nor trademarked (to my knowledge), so I prefer to think I "borrowed" it rather than considering it stolen.

He provided feedback to me on three of my short stories. No matter the length, topic, or positive comments he offered, he mentioned that he preferred to write (and read) stories that were unforgettable. That struck a chord with me. When you deliver a speech, does your audience ask for more? Suggest it might be a good keynote speech? Wonder if you might be able to give a longer version of the speech? When your editor,

first reader, friends, or family read something you wrote do they beg for more? Talk about how they couldn't stop reading? Accurately repeat the main point or points, proving that you wrote them indelibly on their hearts and minds? In other words, was it unforgettable?

If you want to make your writing (and/or your speaking) unforgettable, you must speak or write first. You need to work at honing your craft. If you get feedback, pay attention to how you can make the speech or writing better. This is my third and final gift for you this month.

Write. Edit. Tweak. Write. Re-write. Improve. If you feel what you have written is forgettable, consider how to make it unforgettable, instead. If you're in the doldrums when it comes to writing, draw upon your personal motivation to keep going. Read next month's article - I'm planning to give you a New Year's gift; tips on getting your groove back.



May I Borrow Your

James Wan

Want something done? Give it to someone who is busy. Ok, that's a total jerk move...but it does have truth. But why is it true? Well, that busy person in your life has deadlines. That's it. Deadlines.

Think about it. When did you ever just do something because you had all the time in the world and nothing pressing in any way? No, I don't mean a nap. I mean a project. I mean the life change that you've been wanting to do for years! I mean the speech or Path that you have been talking about finishing. I mean the manuscript sitting on my desk (yes, this one is mine totally.) Have you started it? I certainly haven't.

I have speeches I've never written. I have projects that are languishing on my to do list. In fact, I have projects that aren't even on the list that aren't done...but I have them in my mind's eye as something I want to do. I have no deadlines, no timelines, just a whole lot of aspiration.

Conversely, I am super busy at work - projects are flying out the door (ok, via email) because they have deadlines. But it is not just deadlines that do the trick. No, these projects have deadlines with consequences - ugh, I hate that word. It's true though. If I don't get the projects

done on time, then I don't get paid - if I can't bill for the work when I submit it to my customer, then they don't pay the invoices to the company... and I don't get paid! Talk about motivation!

One of my favorite authors, Douglas Adams, said, "I love deadlines. I love the whooshing noise they make as they go by." Yeah, deadlines must have teeth in order to be motivational. If there are no consequences, then deadlines are like little annoying birds that fly past you...and make a whooshing sound.

This column wouldn't be here without one of those teathy deadlines. I don't want an email from my editor letting me know that I let her down - nope! It's worse than sad puppy dog eyes. It's worse than not being paid (since this is voluntary, that consequence has no bite). I was reminded of my deadline via email last night - I'd forgotten about writing this column until she reminded me that she needed it. Yipes!

That got me thinking very deeply about the effectiveness of deadlines with teeth. In all seriousness, I have a book that I have been writing on for years...and I haven't finished it. I have three Paths that are at Level 5 that are not

Our Deadline?

ntz, DTM

finished. I have several projects around my new house that need to be done. All of these “projects” have one important thing in common - no teethy deadlines. There are no consequences when I don’t make progress on them, and so I don’t make progress on them. I go home and sit in front of my TV to play Cyberpunk 2077 on PlayStation instead. Oh, there are lots of deadlines in the games I play. That’s how the gaming companies get players to stay logged in. I devote hours upon hours of my day to video games.

Now I must find a way to introduce teethy deadlines in the other areas of my life...and that is where I am stuck. I think I need to borrow a metaphorical scale and start weighing the importance of all that I am doing to find out what I can set aside. I need to do this because other people see me as a hard worker and keep giving ME more work to do. I get deadlines foisted on me for projects that aren’t even mine! This is where I need to learn one more unbelievably valuable skill - the ability to say NO.

Problem is, I feel guilty when I say ‘no’ to someone that is asking for my help. I feel like it is my obligation to help them with their problems

and projects - and willingly set my own projects aside. I fill my days with work because that is what I am expected to do - it is the agreement with my employer and how I get paid. But I don’t need to do this in all the other areas of my life. I need to prioritize my projects with teethy deadlines and begin saying NO to other people’s projects. The conundrum here is that several of the projects I’ve taken on have stretched me in ways that I was uncomfortable with but learned much by doing. However, I have life goals that I want to accomplish that aren’t getting done. That is where I need to borrow a deadline. Got one to spare?

How about you? What do you want to accomplish in the next year? What have you been avoiding (whether on purpose or because of being distracted) this last year? This year I am going to contact my writing mentor and put some teeth into the deadlines for finishing my book! Oh, and finish a couple Paths too while I’m at it.

Home for the Holidays

Paul Fanning, DTM

This is my most favorite time of the year—the holidays. I have memories and experiences from nostalgic occasions, great happenings, and events from childhood and adulthood to fill a lifetime. Some are from this month. Many of them are around food and family, especially the preparation of holiday treats and meals.

One example came up in a conversation just this week about making cookies—always a fan favorite and number one treat. The individual I was talking with happened to have the same shared experience of our mothers making the pressed cookies and then decorating them. I remember my mother would bring out a box from underneath the cupboard—the box covered with graphics from the 1950's. It was always a delight to me to be able to “help” use the famous “Mirro Cooky Pastry Press” which resembled a Buck Rogers type aluminum cylinder with a handle and copper rings. It had around a dozen shapes and three nozzles. When you pressed and turned the knob at the end, it pushed out the dough in the design you desired. Later years this device changed to a “Cookie Press” and looked like a caulking gun. The dough was laid out on the (of course) “Mirro Cooky Pan” and baked in the oven. My full attention was required to put on slivered nuts, silver candy balls, and sprinkles before sneaking one or two away to consume

out of sight.

Let us not forget the ever present (Mirro once again) cookie cutters in various shapes such as a Christmas tree, Santa, reindeer, and ornaments. Once the happy homemaker had rolled out the dough, I could use the cookie cutters to “cut-out” the cookie from the sheet of pastry. Every year this went on—even after I had left home. The collection of cookie tins left in the cupboards numbered into the twenties—each one used solely at Christmas time. German cookies, English ones, Scottish Shortbread—the list went on until my mother was no longer able to bake, but not for lack of cooking equipment, rolling pin, and a flour table.

I have fond memories of learning about new holiday foods from friends through the years—Greek pastries, Russian Tea Cakes, Jewish Channukah desserts, Mexican breads and cookies, and First Nations/Native American delicacies. Each one added a smell or specific taste to my brain's catalog of delights for the holidays. These foods enhanced something to my way of celebrating and honoring other peoples' traditions.

One New Year's tradition from Guatemala caused great amusement when I was asked if I wanted a tamale. Being quite used to Mexican-style tamales, either the small, sweet ones for

Christmas, or the regular style wrapped in the corn husk, I asked for two. Eyebrows were raised but nothing said. What followed was this plate-sized banana leaf wrapped pound of masa and meat—times two on a large dinner plate! I could barely finish one of them, let alone two. Great laughter and merriment at my expense rocked the house. Cultural lesson learned, noted, and will be observed in the future.

This year, with my brother living once more in Victoria, Canada, our family home sold in California, and the Covid-19 restrictions in place, there is no visit to look forward to. I brought out the Provencal Santons creche set, waiting by tradition to place Mary, Joseph, and the angel in their places the week of the Nativity, and Jesus on the eve of Christmas in the manger. Other decorations for the door, the window, and small Christmas tree are up, along with pinecones for atmosphere throughout the living room.

I mentioned the cookie cutters as being integral to my Christmas memories. When you use them to press out your cookies, they all look alike. It is only when you take the time to decorate them that the “personality” or originality comes out—whether using sprinkles, colored gum drops, my favorite silver

balls (always great when you drop some on the floor), or whatever tickles your fancy. You and I can use the same cookie cutter—but we decorate it with what we want—and often they are never the same again. That’s the way I look at Toastmasters and the Pathways Education Program.

You see, we have the same “cookie cutters” in the guise of eleven paths we can select. Perhaps you and I chose the same path. When we work that path, we add our own likes, or our own “decorations and color,” to that path. That is what makes it unique and “our own.”

Since July, I have heard perhaps twenty-five Ice Breaker speeches. Each one had its own flavor, distinct smell, and was decorated differently to be recognized as exclusive to the presenter. The



finished product does not resemble what the cookie cutter stamped out of the dough.

If you renewed your club membership in September, you were accorded the opportunity to select an additional path for free up through December 31st. Please take advantage of this offer from Toastmasters International and pick a path at no cost to you. In fact, you are saving \$20 by doing so. This is a great opportunity to increase your speaking, evaluating, and leadership skills through the Pathways program.

As our club meetings begin to wind down for the year of 2020, many of us have made the choice to stay home for the holidays. There are not the office parties, the club, team, or other group get togethers. As we have discovered since Thanksgiving, you run the risk of becoming infected with the virus and becoming a statistic when you get together with family. Perhaps this is now the time to delve into your path, plan that speech, practice your skills, and prepare yourself for 2021. It will be time well spent in addition to being healthy and safe.

Now, too, would be a great time to explore the ins and outs of the base camp system. Watch the videos on the Toastmasters International website. Contact your Vice President Education to schedule a speech or two. Consult your base camp manager and/or your Vice President Pathways for tips, guidance, and how to complete your levels or path. Enjoy yourself by becoming conversant with the Pathways program. Take advantage of the time and circumstances to move forward and get ahead.

As for me, I will be home for the holidays. Now pass that tray of delicious and tasty cookies and hot cocoa, please!

Christmas Cookies for Santa

*I love cookies; They are fun to eat –
A crispy, buttery, sugary treat.
Sometimes chocolate chip and
peanut butter, too; There are even
cookies that are good for you!*

*But to me, the sweetest cookies of all
Are the ones we bake long after Fall.
When winter is here and snow's all
around, that's when the loveliest
cookies are found.*

*They are the cookies we share as
treats, and they are the cookies that
Santa eats. Sweet and frosted and
covered with sprinkles – The only
cookies good enough for dear Kris
Kringle. We'll set milk and cookies over
close to the tree.
On a table that Santa is sure to see.*

*I smile as I decorate those treats for
Saint Nick, and I can't help but wonder
which cookies he'll pick!*

—Thefrugalhomeschoolingmom.com



Frank Paulding & First Canadian Toastmasters Club #38 (Part Two)

Henry Schowe, DTM - District 7 Historian

Frank Paulding boarded the Cunard Liner SS Laconia with YMCA secretaries George Foster and Henry G. Pope. The YMCA assigned them to work with Canadian troops in France. The Liner SS Laconia was launched at Wallsend on July 27, 1911 and delivered to Cunard Line on December 12, 1911. The Liner began service on January 20, 1912. The 18,099 ton 600-foot long and 71-foot-wide liner was one of first ocean liners to have anti roll tanks. The British government converted the liner in 1914 into an armed merchant cruiser and troop transport. Laconia resumed regular passenger service September 1916.

SS Laconia departed New York City harbor Saturday afternoon on February 17, 1917 for Liverpool, England. The voyage was uneventful for eight days. On a clear Sunday night, February 25, 2017, Frank Paulding and the other YMCA secretaries were listening to a Scottish soldier telling a story about the Battle of Somme. Around 10:30 pm, they heard a loud explosion. A German submarine U-50 fired a torpedo that struck the liner on the starboard side aft of the engine room. When the U-boat surfaced the captain used a spotlight to identify the damaged ship. Twenty minutes later, the submarine fired a second torpedo that struck the Laconia's engine room causing it to sink stern first an hour later.

Paulding and the other YMCA secretaries ran to their cabins for their life preservers and boarded life boats. Paulding's lifeboat tipped up and threw him into the water. Frank remained in cold-seawater for 20 minutes. One lifeboat

turned him away because it was filled with 70 people. Another lifeboat picked him up afterwards where he spent the night in an ocean with 12-foot swells. One passenger in his lifeboat died from exposure. The U-boat captain asked lifeboat survivors where the captain was and what type of cargo the ship was carrying. He wanted to take the Laconia captain prisoner. The submarine captain told the survivors a British warship would rescue them then the U-boat submerged. Later the YMCA secretary told Paulding that he and the Scottish soldier were in a half-submerged lifeboat when the second torpedo struck the liner. The wave from the explosion pushed their lifeboat away from the sinking liner and up against another lifeboat. A British warship and other rescue vessels picked up the survivors starting at 4:00 am until dawn. Twenty-one passengers died from exposure. Survivors were taken to Cork and Bantry, Ireland before being transported to Queenstown, England. The sinking of the Laconia resulted in the US declaring war on Germany.

SS Laconia—Laconia Officers: Captain W. I. R. D. Irvine, A. W. Roberts, chief engineer, G. S. Kennedy, surgeon, C.T. Spedding, pursuer, W. P. Gerson, assistant purser, W. Ballyn, chief steward

Crew-216—Passengers: The line carried 75 passengers with 33 in first class and 42 in second class. Frank Paulding was in the second-class section where second class was composed primarily of Canadian and British Nationals.

WALLMASTERS INTERNATIONAL

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HUMOR: HOW TO STOP WORRYING AND START JOKING

Sudhir Gautam, DL4

Humor is a soft skill and a superpower. Over the years I've learned that humor can be the greatest value addition to a speech or a written piece or any other type of performance. I often see people engage in endless debates about various forms of humor or the differences between humor and comedy. Others might have all kinds of book recommendations about comedy and humor.

Although there is some marginal value in all of these things, I've learned that the skill of being funny is mostly acquired by just trying to be funny and getting better over time. Like learning to ride a bike. Tips might be useful, but you will mostly learn to ride a bike by just riding a bike, falling down a few times, and telling everyone to back off with their tips and tricks for a while. Once you can balance on a bike and ride it for a block or two without falling it's time to look at some tips to improve your technique and maybe do some crazy tricks.

Now that we've discussed the futile nature of humor semantics, books and tips, let's look at some humor tips, starting with the Rule of 3.

Rule of Three

Three of anything is optimal in forming a memorable pattern. Can I help you with humor? How about some semantics, books and tips? Try it. It works. No research needed.

No Dilly-Dallying

This is the meat and potatoes of funny. Strive for more meat and less potatoes. Get to the meat of the humor as quickly as possible, especially when telling a joke about vegans.

Self-Flagellation

I don't mean it in a religious context but if you have to, at least make it funny. Self-deprecation, vulnerability, and humility go a long way in humor. In other words, a lot of fails and firsts from your personal experiences. Don't overdo it unless you really need to, in which case get a good therapist too.

Use Funny Sounding Stuff

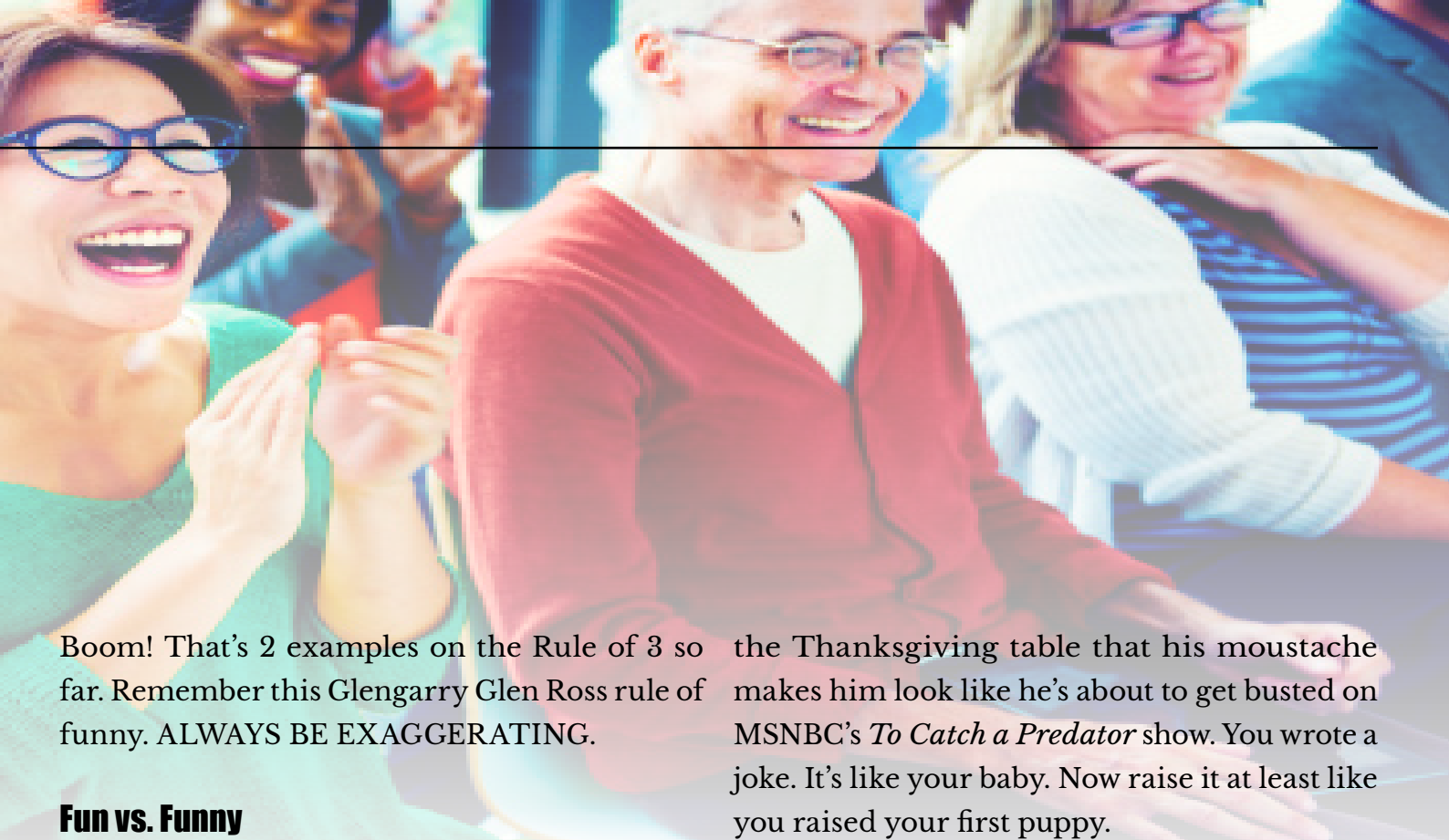
Use funny sounding words and phrases. Bumfuzzled about what this means? It's okay to be confused sometimes.

Misdirection

Use this tool even if you're Martin Scorsese. Set a trap, mislead them and all of a sudden hurt them where it hurts the most. Not literally though, unless you're doing a business presentation to car salesmen or lawyers.

ABE you're being so ridiculous. I can't even.

Use hyperbole, metaphors, and analogies.



Boom! That's 2 examples on the Rule of 3 so far. Remember this Glengarry Glen Ross rule of funny. ALWAYS BE EXAGGERATING.

Fun vs. Funny

This should eventually not be a choice but in the beginning choose fun over funny. You cannot make people laugh if you wrote a bit that made George Carlin jealous in heaven but you delivered it like it was an application for a grant for your non-profit. Ugghh – application requesting \$1,999 grant money to help spread awareness about Koala bear chlamydia pandemic denied.

Laugh at Your Own Jokes

Don't do it unless you already have a Netflix comedy special. You can't make a bad joke funny by providing laughter cues for your audience in real time. One exception to this rule is if you're having a mental breakdown in the middle of writing the joke—then laugh like nobody's watching.

Trust Issues

Don't have them. It's a process. In the beginning you will eat humble pie, crow, and dry turkey. Eventually you will trust your jokes and tell your bully uncle sitting across

the Thanksgiving table that his moustache makes him look like he's about to get busted on MSNBC's *To Catch a Predator* show. You wrote a joke. It's like your baby. Now raise it at least like you raised your first puppy.

Risky Business

You can't be funny on stage or on paper if you never take risks and be spontaneous with your jokes. Risk telling that joke on a hot date. If it doesn't work, fix it and try it again on an average date. Nothing stops you from telling it to that Bob Ross painting on your wall until you get it right. Remember, there are no mistakes, only happy little accidents.

Golden Rule

Ignore all these tips and just do it. You'll know when you're ready because that's when your uncle will stop threatening to punch you in your face when you tell him a joke across the Thanksgiving table.

If you're trying to be funny and it's not working, please contact us by [clicking on this link](#). We, at Jefferson State Toastmasters, have some custom humor semantics, tips, and books waiting for you.

TLI – Putting the Pieces Together

Leanna Lindquist
2020-21 District 7 Educator

When I start a jigsaw puzzle, I dump out all the pieces on a table. After that I proceed in one of two ways, depending on the size of the table. The first way is to put the interior pieces back in the box, leaving the straight edges. The second way is to turn over all the pieces, so they are right side up. Every puzzle begins with the first piece.

When you think about it, putting together a jigsaw puzzle is excellent training for creating an event such as Toastmasters Leadership Institute (TLI). Each element or piece of the puzzle must “fit.” You have an idea what the outcome will eventually look like, but sometimes . . .

For me, the first piece was to create a theme for marketing purposes. When I need to come up with a creative idea I often collaborate with Phyllis Harmon. As I’ve often said, “she’s the other half of my brain.” In the spirit of transparency, she came up with the title and the graphic. Amp It UP! means to increase the power, to excite; all goals for Toastmasters Leadership Institute. It was an instant winner. It portrayed energy.

Isn’t that what TLI is all about? To energize our members to pursue their goals with passion and share that passion in their club. The first piece, a corner, of the puzzle was in place.

If you want to challenge yourself, don’t look at the picture on the puzzle box. Dive in and see what develops. That was how TLI unfolded. The vision I shared with Program Quality Director Eldred Brown was to divide TLI into two parts. One made up of 30, yes 30, breakout sessions. The second part was keynote speakers and District business. Why 30 breakout sessions? The District had 10 Zoom accounts. Breakout session hours totaling 3 x 10 is 30. At the time it sounded brilliant. Why divide TLI into two short days rather than one long day? Because our members said the June TLI day was too long. See, I did read all the evaluations and they made the difference.

The next piece to the puzzle was to pick a committee. I wanted someone old, someone new, and a sharp cookie. My someone old was Paul Fanning. He joined Toastmasters 11 years ago. He served as a Division Director and earned the Distinguished Toastmaster award. He brought experience to the table and knows what TLI



Pieces Together

st, DTM, PDD

ication Coordinator

needs to provide to our members. Graham Smith was my someone new. He has been a Toastmaster for a year and a half. He is young, enthusiastic, and excited for a new experience. Charissa Yang of Yammertime was the sharp cookie. She attended a Wednesday Wonderful Webinar where I struggled to show a video. She researched how to solve the problem and sent me the information. She made a good impression.

A Call for Speakers yielded proposals for us to review. We received a variety. Some knocked our socks off, some we sent back to the drawing board, and others went by the wayside. We were on the lookout for topics that our members could sink their teeth into. They needed broad appeal and be of benefit to our members. interactive was important to us. We challenged club officer presenters to be creative and engage the attendees.

Let's revisit the topic "Call for Speakers." My expectation was people would come out of the woodwork for the opportunity to present at TLI. Not exactly true. I assure you I did not resort to bribery, blackmail, or beer. But I had to schmooze several people to fill the club officer training positions. In other cases, I reached out

to people I knew and invited them to submit a proposal.

One of them was Bianca Martin. A goal of TLI is to provide people the opportunity to present in front of a larger audience. I attended the Wallmasters meeting pre-pandemic when Bianca gave her Ice Breaker. She knocked my socks off. That experience stayed with me. I asked Bianca to submit a proposal on how to create a motivational speech. We took a chance on her. One of the attendee evaluations was "the speaker was absolutely amazing!!" I love that we gave her the opportunity to shine.

Another was Joe Anthony. I read his article on podcasts in the August issue of *Voices!* Pathways elective Level 3 came to mind. I thought this would be of value to members who, like me, knew nothing about podcasts. It was a popular breakout session with most evaluations returned marked "excellent."

The border pieces were complete with the

when, the where, and the who. Then we worked to reveal the picture.

The Picture Revealed

- TLI is like a 2000-piece jigsaw puzzle. Pieces fall off the table, a speaker canceled 24 hours before the program came out. Puzzles come together quicker when more people work on it, so does TLI. A great committee helped choose the speakers. The rest, I did myself. I did not ask for help. OOPS! Not a brilliant move. I should have asked for help with the puzzle. I sent out huge numbers of emails. I requested bios, photos, introductions, paragraphs, and talking points from each presenter. I edited, formatted, and emailed them to Phyllis for the printed program. I set up 15 of the Zoom sessions and made sure our borrowed accounts were set up the same way. I tested 23 links and copied them onto an instruction page. I wrote a variety of emails and sent them to members, Area and Division Directors, Club officers, and Club presidents. I set up Eventbrite for registration and with the evaluation form. I recruited Room Hosts and Zoom Masters. I emailed them links and speaker introductions. Last, but by no means least, I emailed instructions and 23 links to the 377 who registered. Whew! Emails came and went right up to the last minute.

The picture on the puzzle debuted Saturday December 5th at 9:00 am. District members Zoomed in and out of breakout sessions. Old friends appeared on Brady Bunch screens. Was everything perfect? Of course not, we are all human. Members shared experiences. My big faux paux was the evaluation form. The question? "May we contact you to be an online Spring 2021

TLI volunteer?" The question was OK. It was the required choice offered. One member responded, "I couldn't submit this without volunteering to help with Spring 2021 - sneaky!" I can see how the word sneaky came to mind. Another member responded, "I assumed it wasn't on purpose." Lesson learned. Find a proofreader.

My spyware stripped the link to Eventbrite out of the program before it went online. When Norton pops up and says we have removed script that may contain malware pay attention. Another lesson learned.

The majority who filled out the evaluation form thought 23 breakout sessions was "just right." They appreciated the length of the day. They appreciated the effort our volunteers exerted to put on an online event.

As for me, I can't wait for an in person TLI. I miss our potluck, seeing old friends, and making new ones. I want to shake hands and look someone in the eye when I talk to them. I look forward to 2021. Our spring TLI will be online. It's a new puzzle to put together. I hope that next December we will all be together for TLI. I will make a huge pan of brownies to share.

Happy New Year!

Leanna Lindquist joined Toastmasters in 2009. She is a member of three Clubs: Marylhurst Toastmasters, Tell Me a Story, and Feedbackers. She is serving as a club officer in each of her clubs as well as serving as the 2020-21 District 7 Education Coordinator. She is currently working on her 5th Distinguished Toastmasters award which will be her first Pathways DTM.

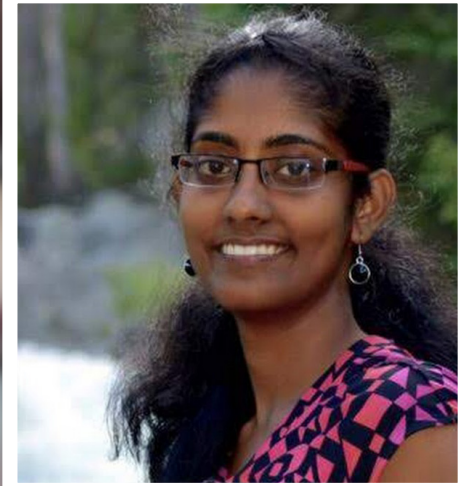
{The optional sessions from TLI on December 5 are available for replay on District 7 Toastmasters' Youtube Channel. -Editor}



The Sea Urchin Saga
Emilie Taylor, DTM



I, Me, Myself
Megha Jindal, PM3



Blockchain Technology 101
Namitha Somasundaram, PM1

Feedbackers Toastmasters

The Evaluation Workshop Club



Join us!

January 13 , 2020
7:15–9:00pm

feedbackers.toastmastersclubs.org

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Lunch Bunch Toastmasters Club	Alcantar	Angela
Battle Ground Toastmasters	Babuka	Adam
Silicon Forest Club	Batallia	Nick
Babble-On Toastmasters Club	Chituras	Elisabeth
Yammertime	Darby	Hayley
Essayons Club	Guyton-Moore	Lauryn
Wake Up, Beaverton! Toastmasters	Hickman	Erin
Cedar Hills Club	Hubbard	Katrina
Essayons Club	Hyland	Brandi
Timber Talkers	James	Spangler
Coachmasters Toastmasters Club	Kalich	Vonie
Sunrise Toastmasters Club #1492	Khir	Amer
Downtown Public Speakers Club	Lesley	Dawn
Coachmasters Toastmasters Club	Lindsay	Rachel
Liberty Talkers	Reeve	Elizabeth
Wagon Tongues	Saldain	Dawn
Clackamas County Toastmasters	Saldivar	Cristina
Downtown Lunchbunch Toastmasters	Stenius	Melanie
Southern Oregon Speechmasters	Thornton	Karen
New Horizons Toastmasters Club	Tran	Thinh
Coachmasters Toastmasters Club	Wiles	JillMarie
Lebanon Toastmasters	Wood	Weston
Toasting Excellence Club	Zander	David

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EC3	11/19/2020	Abaunza, Justine Orr	Toast Of Tualatin, Lam Research
IP3	11/5/2020	Adamski, Lauren	Clackamas County Toastmasters
PM1	11/17/2020	Ajgaonkar, Priya	Tualatin Valley Toastmasters Club
IP1	11/2/2020	Angelopoulos, Chris F	Babble-On Toastmasters Club
PM1	11/12/2020	Atagbuzia, Chukwudiebube	MIME Speaks
PM1	11/5/2020	Bell, Jeneen	Columbia Square Sqwkg Heads
EC4	11/3/2020	Beste, Nathan	Nano-Mated Speakers
VC3	11/4/2020	Bird, Victorieea Lynn	Nano-Mated Speakers
VC1	11/5/2020	Bones, Dave	Liberty Talkers
DL2	11/9/2020	Bradsher, Amy C	Downtown Public Speakers Club
PM1	11/29/2020	Briggs, Tom	Wallmasters International Club
VC2	11/11/2020	Brookins, David Joseph	Tabor Toastmasters Club
PM1	11/4/2020	Burles, Sherry L.	NoonTime Club
DL3	11/20/2020	Canney, Laurie Ann	Downtown Lunchbunch
TC1	11/5/2020	Chilson, Douglas K	Toast Of Tualatin, Lam Research
PI4	11/18/2020	Coffin, Allison B.	Salmon Speakers
TC2	11/8/2020	Corbin, Tamsen	Mentors Of Focus Club
SR5	11/18/2020	Croteau, Lachlan P	Babble-On Toastmasters Club
VC2	11/12/2020	Davis, Steve	Sherwood Town Criers Club
EC4	11/18/2020	Economy, Dean G	Southern Oregon Speechmasters
LD1	11/18/2020	Edson, Ronald A.	Totem Pole Club
DL1	11/18/2020	Edson, Ronald A.	Totem Pole Club
EH1	11/17/2020	Fanning, Paul C.	Tell Me A Story
DL5	11/2/2020	Fanning, Paul C.	Downtown Lunchbunch
PM2	11/10/2020	Fraser, Scott A.	Unified Toastmasters Club
PM1	11/10/2020	Fraser, Scott A.	Unified Toastmasters Club
PI5	11/19/2020	Gunness, Michele	Yammertime
PM2	11/21/2020	Hart, Jemila	Clackamas County Toastmasters
PWMENTORPGM	11/7/2020	Hassan, Buthiana	The Dalles Toastmasters Club
PM3	11/16/2020	Hemmingson, Brinn Carla	Tell Me A Story
EH4	11/17/2020	Hubb, Cyndi	Toast Of Tualatin, Lam Research
TC3	11/24/2020	Jahraus, Penny M.	New Horizons Toastmasters Club
IP1	11/22/2020	Johnson, Zanaida	Speakers With Spirit Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
PM2	11/18/2020	King, Stephen E.	Totem Pole Club
PM1	11/18/2020	King, Stephen E.	Totem Pole Club
PM1	11/15/2020	kulk, Ilene Yarmark	Communicators Plus
IP1	11/10/2020	Kurkoski, Leo J.	Blue Ox Club
DL3	11/24/2020	Lee, Kathy K	Cedar Hills Club
EC2	11/10/2020	Lehnerz, Larry	Yaquina Toastmasters
DL5	11/3/2020	Lloyd, Paul	Nano-Mated Speakers
DL2	11/5/2020	Mandell, Brian	CareOregon
EH3	11/19/2020	Matthews, Mary Andrea	Portlandia Club
VC2	11/16/2020	McCarthy, Rebecca	Banfield Barkers
PM1	11/8/2020	Monahan, Zoe	Mentors Of Focus Club
LD2	11/2/2020	Morgan, Ryan	At The River's Edge Club
PM1	11/30/2020	Nelson, Debbie	Banfield Barkers
LD5	11/29/2020	Pashia, Eric	Bend Chamber Toastmasters
EC1	11/18/2020	Perry, Cheri S.	Totem Pole Club
VC3	11/13/2020	Peterson, Mike G.	Creative Communicators
PM1	11/18/2020	Peyree, Andy	Banfield Barkers
PM2	11/17/2020	Pratt, Dennis R	Dallas Toastmasters
DL1	11/2/2020	Preligera, Felizardo Gonzaga	Marylhurst Toastmasters
PM1	11/3/2020	Quennessen, Victoria	Yaquina Toastmasters
PM2	11/24/2020	Rhoe, Kristinia	Blue Ox Club
EC3	11/9/2020	Robrecht, Nancy	Tabor Toastmasters Club
VC3	11/28/2020	Rone, Regina G.	Unified Toastmasters Club
VC2	11/28/2020	Rone, Regina G.	Unified Toastmasters Club
VC1	11/28/2020	Rone, Regina G.	Unified Toastmasters Club
VC1	11/16/2020	Russi, Brendan J	Banfield Barkers
IP5	11/29/2020	Rydlun, Fredrik	Bend Chamber Toastmasters
MS1	11/7/2020	Schellenberg, Lyle W.	Bootstrappers Club
TC1	11/22/2020	Schultz, Carol A	Speakers With Spirit Club
LD5	11/23/2020	Shehorn, David A.	Clark County Toastmasters Club
PM3	11/15/2020	Singhal, Shilpa	Roseburg Spkrs and Storytellers
PM2	11/11/2020	Singhal, Shilpa	Roseburg Spkrs and Storytellers

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
IP1	11/4/2020	Speaks, Sherrie	Lebanon Toastmasters
EH2	11/8/2020	Stark, Kahtherine	Buckaroo Toastmasters
VC4	11/3/2020	Stephenson, Karen F.	Corvallis Evening Group
VC3	11/3/2020	Stephenson, Karen F.	Corvallis Evening Group
EH3	11/22/2020	Stricker, Michael	Speakers With Spirit Club
EC4	11/12/2020	Strickland, Scott R.	Babble-On Toastmasters Club
LD4	11/13/2020	Stringer, Angela	Lebanon Toastmasters
EH1	11/30/2020	Taylor, Emilie	Wagon Tongues
IP5	11/8/2020	Taylor, Emilie	Buckaroo Toastmasters
PM4	11/12/2020	Teagarden, Blair R.	Tualatin Valley Toastmasters Club
PI2	11/12/2020	Teagarden, Ramona	Tualatin Valley Toastmasters Club
PM2	11/11/2020	Tilt, Azara Betony	MIME Speaks
VC1	11/3/2020	Topping, Sean Phillip	Nano-Mated Speakers
PM5	11/19/2020	Tully, Kathleen	WE Toasted Toastmasters
IP1	11/9/2020	Weymouth, Kathryn F.	Tabor Toastmasters Club
TC2	11/18/2020	Wickham, Liz	Downtown Lunchbunch
EC4	11/18/2020	Winger, Eric A.	Silicon Forest Club
PI4	11/6/2020	Woods, Nathan Cullen	Liberty Talkers

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Abaunza, Justine Orr	3	EC3 , EC1 , EC2
Bones, Dave	6	VC1 , LD2 , LD5 , LD4 , LD1 , LD3
Campbell, Alan L.	3	PM1 , PM2 , PM3
Corbin, Tamsen	4	MS5 , TC2 , TC1 , LD4
Davis, Cornelius	3	DL3 , DL4 , DL5
Douglass, Matthew	3	DL4 , DL2 , DL3
Elbert, Bryce	4	IP1 , IP2 , IP3 , IP4
Fanning, Paul C.	7	DL1 , DL4 , DL2 , DL3 , EH1 , DL5 , DTM
Fierro, Herman H.	3	PI1 , PI2 , PI3
GaRey, Daniel J.	6	IP1 , IP2 , IP3 , IP4 , EH2 , EH3
Gutman, Mark	4	EH2 , EH3 , IP1 , IP2
Harmon, Phyllis A.	5	TC2 , EC5 , PM1 , TC1 , DTM
Hemmingson, Brinn Carla	4	EH1 , PM1 , PM2 , PM3
Hubb, Cyndi	4	EH1 , EH2 , EH3 , EH4
Landolt-Hoene, Daniel	3	DL1 , DL2 , DL3
Lee, Maria R.	3	PM2 , PM3 , PM4
Lindquist, Leanna	4	PM4 , VC4 , VC3 , VC2
Lloyd, Paul	3	DL3 , DL4 , DL5
Loeb, Suzanne L.	5	EC5 , EC4 , PM1 , PM2 , PM3
Matthews, Mary Andrea	3	EH3 , EH2 , EH1
McLellan, Eileen	4	VC1 , VC1 , VC4 , VC5
Merge, Catherine	3	EC3 , EC1 , EC2
Myers, Emily Jane	3	DL5 , EC2 , DL4
Rone, Regina G.	3	VC1 , VC2 , VC3
Schellenberg, Lyle W.	6	DL5 , SR3 , SR4 , SR1 , SR2 , MS1
Shehorn, David A.	6	EH4 , LD1 , LD2 , LD3 , LD4 , LD5
Singhal, Shilpa	3	PM2 , PM1 , PM3
Stark, Katherine	4	SR4 , EH1 , SR5 , EH2

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Strickland, Scott R.	4	EC3 , DTM , ALS , EC4
Stringer, Angela	7	LD2 , LD4 , LD1 , LD3 , MS1 , PM4 , MS2
Teagarden, Blair R.	4	PM1 , PM2 , PM3 , PM4
Telwala, Yasmeen	3	DL2 , DL3 , DL1
Wahlstrom, Daniel	3	DL3 , DL2 , DL1
Walker, Marvin Lynn	3	PM5 , EC3 , 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

HAPPY ANNIVERSARY TO DECEMBER CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
12/1/1979	41	Arlington	Portland
12/19/2019	1	Coachmasters	Lake Oswego
12/1/1987	33	Rogue Communicators	Grants Pass



Dorothy Cottingham, DTM



Eldred Brown, DTM



Emilie Taylor, DTM



Harvey Schowe, DTM



James Wantz, DTM



Ken Coomes, DTM



Laura Handke



Leanna Lindquist, DTM



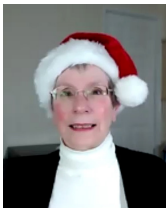
Lisa Busenbark, DL2



Lorri Andersen, DTM



Paul Fanning, DTM



Phyllis Harmon, DTM



PJ Kleffner, DTM



Sudhir Gautam, DL4

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Roseburg, Oregon
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Westside - Portland, Oregon
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Tell Me a Story Toastmasters
Eastside - Portland, Oregon
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