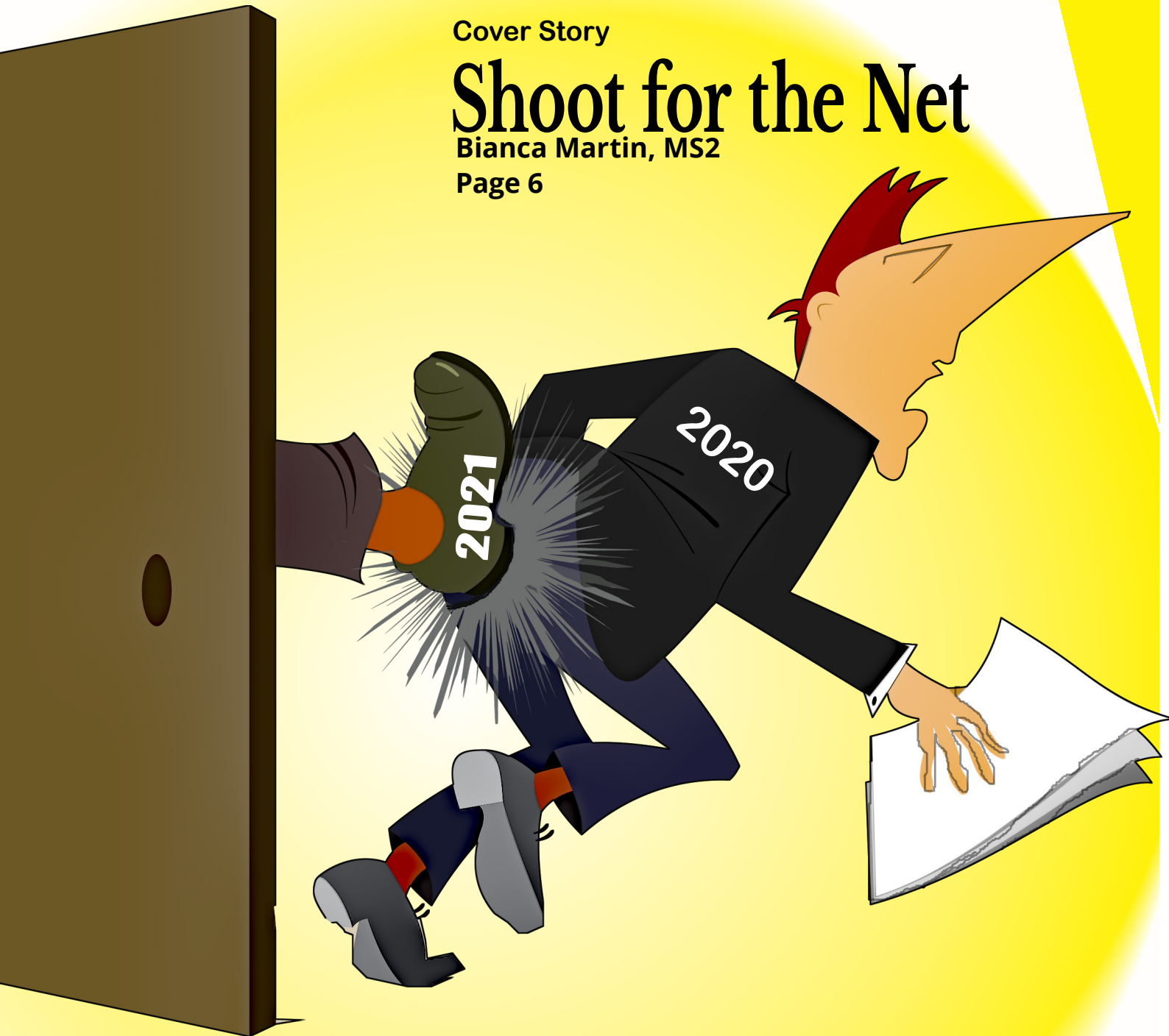


Cover Story

## Shoot for the Net

Bianca Martin, MS2

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# Pathways Mentor Program— Recipe for Success

When you completed Level 2 and had the option to sign up for the Pathways Mentor Program, did you say “YES” or did you move on to level 3? Mentoring programs do not just benefit the protégé. Mentors find tremendous learning and development opportunities of their own. Join us and learn more about the program. If you want to be a mentor or a protégé, this session is for you.

In this session you will learn how

- New and seasoned members benefit from a mentor
- Communication and feedback create a positive experience
- To recognize your personal and professional strengths



**Presenter**  
Dave Bones, DTM

**Wednesday**  
**February 17, 2021**  
**7:00-8:00 pm**

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



# What are you waiting for?

Phyllis Harmon, DTM, PDG - Publisher/Editor



Welcome to 2021! I'm glad that 2020 is a fading memory although it's impact has profoundly changed society. I think one of the most overarching changes in Toastmasters has been the leap into technology. I really wish I had purchased stock in Zoom Meetings before it became the world's platform of choice! But that is a topic for another day.

It does lead me to ask, though, how have you hedged against the future? The Toastmasters program, like any higher education course, prepares you for what comes after. Are you planning to use what you have learned to serve the greater good? Or are you just spinning your wheels, renewing every cycle, and continuing to sign up for more Paths without an end goal in mind?

I understand those who want to remain in the cozy world of the club meeting. We are fond of saying "its a safe place to fail." Of course it is! Our fellow members boost our egos, sooth our furrowed brows, and generally make us feel good about ourselves—even when we know we underperformed. What is missing in our cozy little world is someone with the spine to push us out of the nest. To expect us to use what we've learned to stand against inequities, to right wrongs—to raise our educated, well-modulated voices. To make a difference.

It is time fellow Toastmasters to take a stand. Any stand. Get off the couch, move away from the computer screen, and let your voice be heard. Whatever your pet grievance may be, do something about it. Ralph Smedley didn't start Toastmasters as a social activity. He started it to train future leaders—people who would become captains of industry, go into government service, or serve their fellow humans in the non-profit world. Let's follow his example, fulfill his vision, and take this opportunity to use our well-trained voices to make a difference.

2021 Goal: Be a Change Agent

# EDITORIAL

Volume 7 Issue 7 January 2021  
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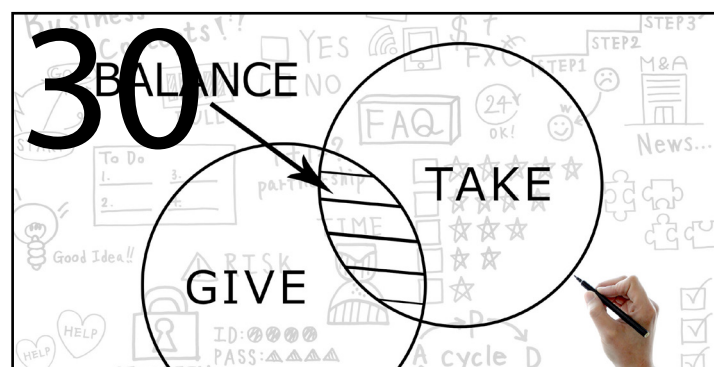
Monthly Columnists  
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Leanna Lindquist, DTM  
Lorri Andersen, DTM  
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# VOICES!



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# Shoot for the Net!

Bianca Martin, MS2

As I brainstormed ideas for this article mid-December, Phyllis Harmon's brief echoed in my head: "January will be about setting goals for the rest of the year. . . an inspirational article that gets people off their behinds."

Normally, I'm great at that.

Normally, I would have no trouble coming up with something.

Normally, I wouldn't struggle to find uplifting words.

Normally, this would have been easy.

Yet when the time came to turn that brainstorm into a calculated weather pattern, I realized it wasn't going to be a walk in the park. Things are FAR from normal, and I would need to grab my umbrella.

Here are the facts: we are in month 13 of a global pandemic, living through the most politically divided America of our time, teaching an entire generation of students from home, protesting for racial justice, and giving Toastmasters speeches to small square boxes over Zoom in our pajama pants. Did I miss anything? Probably. Oh yeah, how about 'Murder Hornets' becoming a part of our vocabulary! That one was fun.

2020, and now seemingly 2021, which is off to a rather rocky start, are going to have to be their own classes in school someday. History as a catch-all subject simply won't suffice anymore at this rate. Bright eyed college students 30 years from now will be enrolling in courses entitled "March 2020: The Month that Wouldn't End;" "June 2020: Maybe the Sun Will Help;" "October 2020: The Second Wave;" and maybe, just maybe, "2021: The Year

of Redemption.” At least, this last one is my hope.

Ringin’ in 2021 felt. . .odd, for lack of a better phrase. Leading up to that night. I remember having many conversations with friends that went not surprisingly—though still disappointingly—similar:

“Any fun plans for New Years?” I would ask unenthusiastically. I received a dozen different and creative ways of saying “No.” Each preceded by, or followed with, a heavy sigh.

Any other year on New Years Eve I would have plans. I’m talking dressed up, hair done, heels on, lipstick-wearing plans. I’d be getting ready with friends at the house around 9, throwing back a few homemade cocktails before 10, standing in the frigid cold to get into a swanky party by 11, and hoping to have that lipstick smeared by a cute stranger at midnight. This year? I worked the “dinner rush” as those of us in delivery food call the hours of 4-8:30pm and was asleep by 11:15. No dress, hair, heels, makeup, party, and certainly no kiss. Just me, my dog, and a hope to wake up the next day feeling. . .different.

But I didn’t.

And I doubt most of you did, either.

That’s likely because all of those facts listed above from the dumpster fire that was 2020 still existed on New Year’s Day—and a few of them got even worse in the week to follow! It feels as if 2021 so far has said “challenge accepted” to 2020 being the literal WORST.YEAR.EVER. So, what now my fellow Toastmasters? How do we even begin to get inspired and excited about a new year when there is so much unrest and uncertainty in all of our lives? How do we walk

outside in what feels like this never-ending storm and attempt to thrive?

Right about here is where the writer’s block really kicked in—because, if I’m being completely honest, I have absolutely no idea.

Time to pop open that umbrella. After a quick Google search, I found that the vast majority of umbrellas are made with an 8-pronged sectional design for optimum rain repellation. It seemed fitting, then, to come up with 8 strategies to try and start this New Year off right (or, right-er, whatever that means). Then I realized that 8 is a LOT, so I settled on 4. Look, the storm is heavy for us all, but my hope is that we can all hang onto our umbrellas and ride it out. Together.

So here are 4 things that are helping me enter this new year with a little less stress. They’re not the end-all-be-all, they may not rouse you to achieve enlightenment, but they’re a start. They work for me, and I hope they connect with you, too.

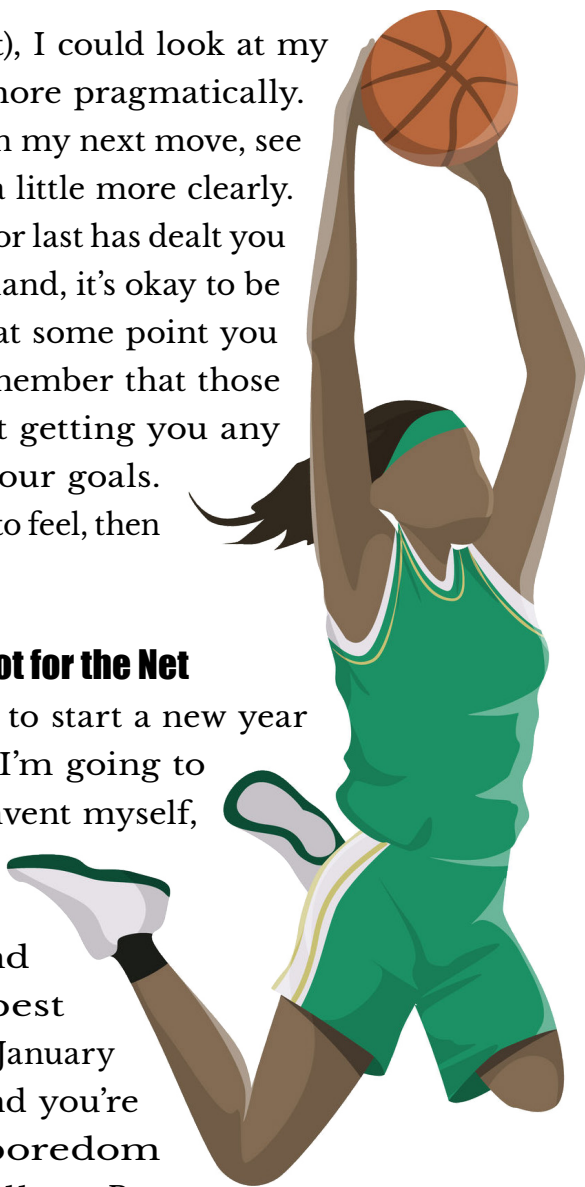
### **Permission to Feel**

If I’ve learned anything weathering serious storms in my life, mainly through athletics, it’s this—there’s no shame in crying when you’re upset about something, but being upset about something still doesn’t change it’s outcome. Read that again. I’ve had countless sport-related injuries, and I’ve cried about every single one of them. Two days ago I found out I’m going to need another surgery on my shoulder—my 3rd in 18 months. Devastated doesn’t even put it into words. I cried. A lot. When there were no tears left (though rest assured they will come back at

some point), I could look at my situation more pragmatically. Start to plan my next move, see the future a little more clearly. If this year or last has dealt you a horrible hand, it's okay to be upset. But at some point you have to remember that those tears aren't getting you any closer to your goals. Permission to feel, then act.

### Shoot for the Net

It's easy to start a new year thinking "I'm going to totally reinvent myself, drop all my bad habits, and live my best life!" Then January 3rd hits and you're back to boredom snacking at 11 pm. Been there. Figuratively, instead of trying to jump high enough to dunk this year, I'm just trying to graze the net. Literally, out on runs I try to jump and hit the net of random strangers' curbside basketball hoops. When I do, I try to employ Trevor Moawad's ideas on "neutral thinking." I don't focus on the goal of hitting the net, I don't let my negative thoughts grow loud, I don't cheer myself on, I think about the few ACTIONS that are in my CONTROL to accomplish the task.



Good steps. Be explosive.

Big reach. When

planning your goals this year, start small. Try to focus on manageable, attainable habits and actions you can put in place to achieve them. It's

not that you'll never dunk, but you've got to get the mechanics of the net graze down first.

### Get Some Vitamin Sun

Let's face it, northwest weather is depressing in the winter. Like a thick fog, or, quite literally, a thick fog, the feeling is slow to overtake you until it is too late—until you've wakened. On a cold, rainy, impossibly dark morning questioning whether it's 5am or 5pm. It's no surprise that Seasonal Affective Disorder has the acronym S.A.D. (who's idea was this, really?). According to the Mayo Clinic, symptoms of S.A.D. can include: increased need for sleep, daytime fatigue, irritability, decreased activity, decreased concentration and ability to think clearly, and increased appetite, particularly for sweets and starchy carbohydrates. Just what we need on top of everything ELSE, right? To counteract this, though sunny days may be few and far between, when we get them be sure to take advantage! Even a short walk in direct sun can boost your mood significantly. Other options include UV desk lights/light therapy, or even going to a tanning salon in moderation can be a great way to catch



some artificial rays. Hey, if we can't travel to Mexico, at least we can look Mexico sun-kissed!

And finally. . .

### **Dream of the Dunk**

We may not be dunking this year. After all, with the unpredictability of 2020, and how 2021 has started, I think true long-term planning of any kind is out the window for a while longer. That being said, we can still dream about it, can't we?

I'll get us started. Let's dream of big crowds and backyard BBQs, of hugs with long-lost loved ones, of backburner business plans waiting to see the light of day. Let's dream of kids back at school, adults back at work, grandparents with visitors again. Let's dream of polite politics, universal vaccinations, and equality for everyone. But most of all, for our sake, Toastmasters, let's dream of loud, resounding claps, whoops, and high fives following speeches at IN PERSON MEETINGS!! What a beautiful day that will be.

Ya know, I'm not typically one for generalities, but I'm willing to bet that unless you're Jeff Bezos or live in a bubble, you've struggled in some way the last year because of things completely out of your control. Never before in history has virtually the ENTIRE population of the planet all felt the daily trauma of the same invisible threat. . .and that feels. . .dare I say. . .good? Hear me out. If misery loves company, who better to go through the most insane year of our lives with than, well, everyone we know? The weight you're feeling on your shoulders everyday—I feel it, too. So does your neighbor. And your boss. And Phyllis. And the upcoming 2021 World Champion of Public Speaking.

It's not the most comforting thing you've ever heard, I know, and it may not have encouraged you to "get off your behind." but it's the truth. Like that one song who's lyrics speak to your soul and make you realize someone else has felt the exact same way as you before, it certainly doesn't hurt to remind ourselves when we're having a tough day, or month, or year, that:

*we  
are  
not  
alone.*

*Bianca Martin joined Wallmasters in February 2020. She is a runner turned coach, turned cyclist, turned motivational podcaster, and joined Toastmasters to hone and refine her speaking skills. Coming from such a diverse athletic and professional background, Bianca combines her competitive grit with engaging enthusiasm in every speech she presents to her club. Not afraid to stir the pot and tell it like it is, she hopes to one day speak on stage to inspire others to go after their dreams as she has.*



# District 7 Toastmasters Annual Conference RISE to the Challenge

SAVE THE DATE

May 13-15, 2021

Join us on Zoom



**KEYNOTE**

**RICHARD PECK, DTM**

**TOASTMASTERS INTERNATIONAL PRESIDENT**





# BEGIN WITH THE END IN MIND

PJ Kleffner, DTM - District Director

A person wearing a red jacket, black helmet, and climbing harness is standing on a rocky ledge. They are pointing their right hand towards the right side of the frame. A blue and white flag is visible in the upper left corner. The background is white.

During this month's District Director meeting with Cindy Laatsch, Region Advisor, we were asked to

think about the end of June and to post our primary goal in the chat window. I did NOT share my initial thought, which was to be the Immediate Past District Director. However, her question reminded me of one of the habits espoused by Stephen Covey, author of *The 7 Habits of Highly Effective People* "Begin with the end in mind."

"Begin with the end in mind" is such a simple, yet powerful concept. As baseball great, Yogi Berra, said "If you don't know where you are going, you'll end up someplace else." Some of the things Yogi said don't make a lot of sense, but this one is quite profound. If you don't know where you want to be when June rolls around, it is easy to get distracted, and you will most likely find yourself someplace else. The question, then, is "Where do you want to be in June?"

We have had plenty of distractions this year, including the transition to Pathways, the COVID-19

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pandemic, and the most bizarre Presidential election I have seen in my lifetime. We may not have a choice about the events that happen around us, but we do get to decide how we react to them.

For example, the transition to Pathways was a major change, and some of our members struggled with that. However, at the Toastmasters Leadership Institute this month, we announced the names of fifty Triple Crown pin winners. These members completed a minimum of three levels in Pathways to earn that award, and some of them earned multiple Triple Crown pins. In fact, these fifty members completed a total of 201 Pathways levels, which tells me that they are clearly not distracted.

The COVID-19 pandemic continues to be a challenge, and completely changed nearly everything we do in Toastmasters. Rather than throw in the towel, we learned how to have meetings, speech contests, and training all online. There have been bumps along the way, but we figure it out. Some Clubs have struggled, while others are thriving and have members from around the world. If you are looking for a silver lining, the rich cultural exchanges that result from meeting online is a good place to start. I know some members who made a goal to visit 90 Clubs in 90 days, which often involved getting up in the middle of the night. I'm not quite that dedicated, but I've heard wonderful stories about their experiences and how they were welcomed like old friends when they visited these Club meetings. Many of our Clubs

have already said they will be hybrid or blended Clubs (combination of online and in person) when the COVID restrictions are lifted and they can resume meeting in person. I must confess that I am liking the 30-second commute to my computer, instead of facing Portland traffic, but I do miss seeing my fellow Club members in person.

The third distraction that I mentioned – the Presidential election, and the events of the last couple of weeks – are a reminder of just how fragile our democracy really is. As I watched the assault on our nation's capital building on live television, I had the same sick feeling in my stomach that I remember while watching the twin towers burn on 9/11. I struggle to understand how we got to this point. You may think this has nothing to do with Toastmasters, but I think it has everything to do with Toastmasters. We must put an end to the divisive rhetoric and learn to communicate with each other. We must listen to each other and find common ground, instead of differences. If we don't, I hate to think about where we will end up in the future.

The three examples I cited have had a profound effect on our lives – not just as Toastmasters, but as human beings. These are not transitory events – all three will have lasting effects. There is no putting the genie back in the bottle. As we adapt to these changes, remember that the only thing we can control is how we react to them. Think about where you want to be next month, next year, or five years from now. Then, you can figure out what to do to get there. Begin with the end in mind.





# The



# win

Eldred Brown, DTM - P

Through the next four months, our clubs, Areas, and Divisions will conduct the annual International Speech and Evaluation Contests to send contestants to the District contests in May. To conduct your contests successfully, there are some rules you must follow and guidelines you are encouraged to follow. This article will explain some of the highlights of these rules and guidelines.

## District 7 Contest Windows

You may conduct your speech and evaluation contests within the following time windows for each level:

- Club Contests – now thru February 12
- Area Contests – February 13 thru March 26
- Division Contests – March 27 thru May 1

The District speech and evaluation contests will be conducted during our annual conference on May 13-15.

## Official Contest Rules

All contests at all levels must be conducted following the official 2020-2021 Speech Contest Rulebook. Trusting that you all have access to a copy of the Rulebook, I will only highlight some of the most important rules here.

To be eligible to compete in any speech

contest, you must be a paid member of a club in good standing. Eligibility to compete in the International Speech Contest requires also that you have completed at least Level 2 in Pathways; if you joined Toastmasters before the rollout of Pathways in our region, you are also eligible if you've given at least six speeches from the Competent Communication manual. You must maintain your eligibility at all contest levels, so you can be disqualified from a Division speech contest if contest officials discover that you were ineligible to compete in the Area contest you won.

The following persons are ineligible to compete in any speech contest:

- A member serving as a judge beyond the club level for a contest type in which the member wishes to compete. For example, if you want to compete in your Area's evaluation contest, you cannot serve as a judge at another Area's evaluation contest. However, in this example, you will not lose your eligibility by serving as a judge at another Area's International Speech Contest.
- Current District Officers and candidates
- Immediate Past District Director
- Officials of the contest, including the test speaker—you are not permitted





anner

rogram Quality Director

is...

to compete in a contest if you're also chairing, judging, timing, or counting ballots for the contest.

To judge a contest, you must be a paid member of Toastmasters for a minimum of six months and have completed either Level 2 in Pathways or, if you joined Toastmasters before the Pathways rollout, six speeches from the Competent Communication manual.

### **District Rule for Small Areas / Small Divisions**

Eight weeks before the Area contest, if an Area has four or fewer clubs in good standing, two contestants from each club in the Area may compete in the Area contest. For this rule, the International Speech and Evaluation Contests count as two separate contests, even when they're held together in the same event. Similarly, if a Division has four or fewer Areas, two contestants from each Area in the Division may compete in the Division contest.

### **Guidelines for Online Contests**

All Area, Division, and District contests this year must be online. All contestants must compete in real-time using a functioning

webcam and microphone so they can be seen and heard throughout their speeches. I am not mandating that all speakers at a speech contest speak at the same distance from their cameras, so each speaker will have the discretion to speak at a distance where they are most confident that they will be seen and heard clearly. Contest chairs are encouraged to rehearse with speakers days before the contest to help each speaker set and mark their speaking area. While competing, speakers should stay within their predetermined frames so they can be seen at all times. A contestant cannot be disqualified for going out of frame, but judges will have the discretion to deduct points from a speaker's score for doing so. As a judge, you won't see a contestant's whole body, so judge each contestant on how well they use the space they have. For further guidance on how to run a speech contest online, I recommend that you read the PDF titled Online Speech Contest Best Practices. Please email me at [pqd@d7toastmasters.org](mailto:pqd@d7toastmasters.org) if you haven't yet received a copy.

May your contests be fun, and may the best person win!

# Meliorism

**Lorri Andersen, DTM - Club Growth Director**

Happy New Year, Friends! Can you believe it's January 2021? I remember when the year 2000 was going to be such an amazing upcoming year. No one I knew could fathom what the millennial year had in store for us. Even so, no one knew in January 2020 what was waiting for us in March. And now in 2021, with the new year upon us, how do you feel about setting goals? Do you feel like the wind has knocked you down or has this year made you stronger?

In July last year, I heard a spectacular speech by Dr. John Maxwell on leadership. His main question was, at the end of the year 2020, what can you say you learned, what did you achieve? Did you learn something new, are you stronger in your character, have you learned to be flexible? Don't let this opportunity pass you by. Learn all you can from these present times.

In search of new words to add to my vocabulary, I came across the word meliorism. Defined in Merriam Websters (1828), meliorism is the belief that the world tends to improve and that humans can aid in its betterment. Drawing upon its Latin and English origins, the word is founded on things getting better.

We faced a lot of challenges last year. Are you looking forward to this new year optimistically? Are you ready to take on a challenge, and complete the goals on your list? I saw a funny comic on a virtual background the other day that I related to new year's goals. "Keep eating and forget the exercise. . . set realistic goals!" Realistic goals are good but how about stretching ourselves? I

recall the movie *Rocky Balboa*. Sylvester Stallone said to his son, "it's not how hard you get hit, it's about how hard you get hit and keep moving forward. That's how winning is done!" We needed that courage this last year when we faced all the concern, worry, and changes upon us. I believe that Toastmasters helps us improve and aid in the betterment of others. We get to effect change, help new guests and members, continue in our knowledge and growth, build strong teams, and strengthen relationships. Let's consider that at our next meeting.

What are your goals for the new year? Has last year made you determined to make this year better? Perhaps you haven't set any goals yet. Consider these ideas: are you on any high performing teams in your workplace or community? What do you want to learn or achieve that you haven't yet? Let Toastmasters be a place where you learn and grow. If you're not a goal setting person, then why not consider Meliorism? I used to wonder why do random acts of kindness have to remain random? Why can't they be every day or whenever possible? If things did not go as well as you would have liked in 2020, use it as a learning experience. Go forward making this new year better and stronger. Let's not wait until next December to ask ourselves how we are doing. Let's use our own self-evaluation and reflection and start each month better than the last.

# District 7 Incentives

## January - June, 2021

<b>Program Quality Incentives</b> Eldred Brown: <a href="mailto:pqd@d7toastmasters.org">pqd@d7toastmasters.org</a>	<b>Club Growth Director Incentives</b> Lorri Andersen: <a href="mailto:cgd@d7toastmasters.org">cgd@d7toastmasters.org</a>
<b>Member Incentive</b> <ul style="list-style-type: none"> <li>• <b>Pathways Mentor Program (all year):</b> Complete the Pathways Mentor Program and be entered into a drawing for a chance to win a Toastmasters Core Jacket, Cardigan, or Hero Hoodie.</li> </ul>	<b>Member Incentive</b> <ul style="list-style-type: none"> <li>• <b>New Club Leads:</b> 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 <a href="mailto:cgd@d7toastmasters.org">cgd@d7toastmasters.org</a>. All leads will be entered into a final drawing for \$25 gift cards. Three winners will be picked.</li> <li>• <b>Club Coaches:</b> Club Coaches who bring a Club to Distinguished status or better by June 31, 2021 will receive \$50 gift card from TI.</li> </ul>
<b>Club Incentives</b> <ul style="list-style-type: none"> <li>• <b>7 Officers trained:</b> Clubs that have all 7 officers trained in both rounds of TLI (summer and winter) will receive \$50 gift card from Toastmasters International (TI).</li> <li>• <b>Distinguished by April 1:</b> Clubs that achieve Distinguished or better status by April 1 will receive \$50 gift card from TI.</li> <li>• <b>Distinguished by June 30:</b> Clubs that achieve Distinguished or better status by June 30 will receive \$50 gift card from TI.</li> </ul>	<b>Club Incentives</b> <ul style="list-style-type: none"> <li>• <b>Source of Visitors/New Members:</b> 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.</li> <li>• <b>New Clubs:</b> 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).</li> <li>• <b>Open House:</b> Clubs that hold an open house between January 1 and March 31, 2021 will receive a \$25 gift card from TI. To qualify, notify <a href="mailto:cgd@d7toastmasters.org">cgd@d7toastmasters.org</a> prior to the date and time of your open house.</li> <li>• <b>New Members:</b> 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.</li> <li>• <b>Membership Dues Renewal:</b> 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.</li> </ul>

# Centered

Emilie Taylor, DTM - Immediate Past District Director

With all that is going on, we can feel overwhelmed. With all of the media attention and amplification and all of the overwhelming issues in politics, things seeming out of control and the word COVID-19 at least once per day, we can find ourselves mentally up against the ropes begging for the bell to ring to literally take a breath. We are all in this together. What can we do?

## **TOASTMASTER**

**Tread above,  
Over  
Assaults to thought, and  
Seeming  
Terror.  
Mastering our thoughts.  
Always watching our words  
Steering  
Toward goals with  
Exceptional  
Rhetoric**

Silly as it sounds, TOASTMASTERS has an ongoing mantra to help others, raise them up and make them better, by their own actions.

Toastmasters is a catalyst for growth and change in individuals and clubs.

Toastmasters also can be a catharsis to speak and share through speaking. It allows us to raise our voice in praise for the good, uplift and encourage. It also has been seen in some

speakers an avenue to educate us to understand our current conditions.

With all that seems turned upside down, Toastmasters is something that we can center on for preparing speeches, listening to, and discussing relevance in our lives. Toastmasters gives us some space to focus our thoughts on something other than the blasting winds of current affairs. Indeed, Toastmasters can bring some refreshment.

All I can say, is that we tell those we love, that we love them! Take some time to call on the isolated. Encourage and offer solace to those you come in contact with. Socially distance contact and with masks, cannot mask our hearts and minds from lifting the psyche and soul. Here is the thing about it. All of the uplift and good is a gift that lifts, and the lift and gift are free. As much as we sometimes feel isolated and that no one cares, we are only catching the contagion of fear, lack, isolation, and want. What you have in you is an antidote and a positive contagion! Most of all, this contagion of good positive love actually boosts our immune system for the receiver, the giver, and the witness of the gift of giving. Do not underestimate your powers of good!

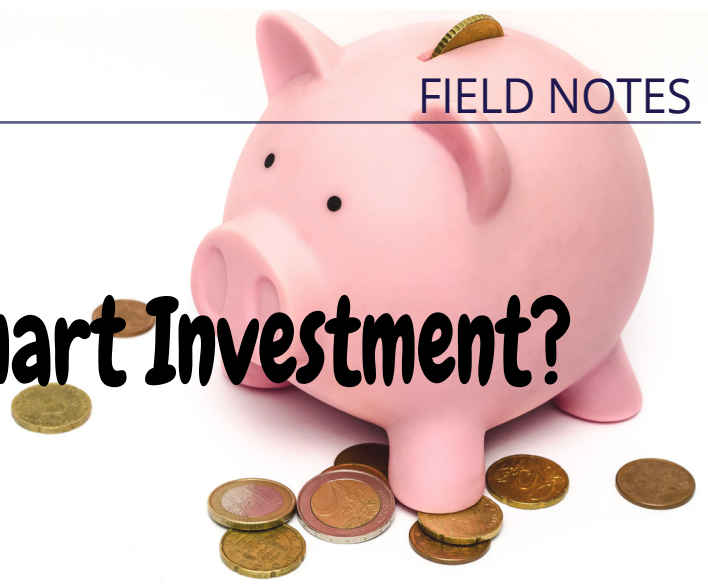
Now get back to loving and living!

Back to you fellow Toastmasters!



# Is Toastmasters a Smart Investment?

Jennifer Schmidt, EH1



Today, the average cost of joining a Toastmasters club is \$118 per year. As we look at our budgets this January, it's worthwhile to think about the actual value of Toastmasters as we establish our personal and monetary goals for the year.

**P**ersonal Growth—Short of taking a speech communication course, which starts at \$199, most speaking opportunities happen out of necessity at work or family events. Whether addressing co-workers, the Rotary, or making a toast at a wedding reception, you won't receive a detailed evaluation to make your speech better. It takes time and practice in refining those skills to confidently present your ideas. In Toastmasters, you get to practice ahead of time and receive feedback along with ongoing support. You also learn how to do impromptu speaking over the course of a year versus an 8-week class. Meeting people who are working towards similar goals and developing friendships, while having fun, is an added bonus.

**P**rofessional Development—There are many choices you can make when it comes to professional development including joining groups that share business leads and cost \$300 per year or more. In the last 96 years, Toastmasters has grown into an international organization with over 16,200 clubs, 364,000 members from 145 countries. The ability to virtually travel to different clubs around the

world gives you a well-established and large professional network. Through the online Pathways program, you can learn 300 different competencies and choose from 11 various learning paths. You also have the opportunity to compete in speech contests to further test your skills.

**L**eadership Opportunities—If you take a basic management course at a community college it costs about \$350. Or you can learn management skills by running for an elected office in your Club, Area, or District. Toastmasters offers many opportunities for developing leadership skills that are useful as you progress through your career. Whether you are leading a meeting, mentoring, or collaborating on a committee, the hands-on training is in addition to the resources on the Toastmasters International website.

By comparing Toastmasters yearly cost of \$118 versus similar alternatives, proves how Toastmasters is the better deal for personal, professional, and leadership development. Other choices offer short-term solutions that don't include all the options of Toastmasters. If you add up all the programs, skills, networking, and long-term success of Toastmasters, there is no equal comparison. Which makes Toastmasters a smart investment.

# How to Receive Compliments

Tracey Adams, PhD - Emotions

This article is an excerpt from Dr. Adams' [December](#)

Let's talk about how an emotionally intelligent person would receive compliments. I've been thinking about this a lot, since we just finished the holiday season of gift giving and being with each other—even if it's only on Zoom. I want to share my journey of noticing and naming my ability to receive compliments.

As an emotional intelligence expert, I talk a lot in my courses about how the brain takes in information. And when input comes in, your brain needs to make sense of it all. We have thoughts, we have feelings, and we have impulses. And those are usually swirling around together but we don't often manage them well. That's where the crux of emotional intelligence lives for us. When a compliment comes in, your brain automatically thinks you're being judged.

For a lot of us, it's not a natural practice to know how to receive compliments. I want to give you some tools so that you can receive compliments better. Now, I want to veer off just in a moment and talk about a model I teach in one of my courses called Don't Get Jaded. When someone's coming at you with something, say a request or they're questioning you about something, I always say don't get jaded—which is don't **J**ustify, don't **A**pologize, don't **D**efend, don't **E**xplain, or don't **D**eflect. Deflecting is the biggest point of where compliments can

come into your psyche. So someone gives me a compliment. Someone might say, "Oh, Tracey, you look great in that sweater. That's such a great sweater." I might deflect that compliment because I can't take it in. And I might say something like, "Oh, this old thing? I got it at Target." I pull the focus of the compliment away from myself and make it about a purchase I made at Target. That's phase one. That's someone who finds it really hard to take compliments.

I used to be like that.

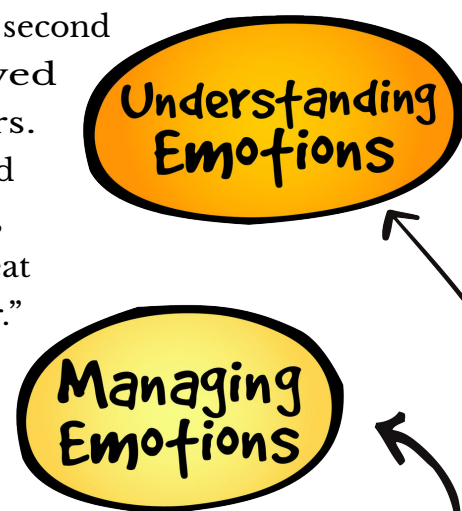
I moved to the second phase. I stayed in it for years. Someone would say, "Tracey, you look so great in that sweater."

I would say, "Thank you." That's it.

Thank you. No J.A.D.E.D, no

justifying, no explaining, no apologizing, no deflecting, I just said thank

you. So for those of you who have a hard time with compliments, just say thank you. Part of Emotional Intelligence work



**EMOTIONAL**

# with Emotional Intelligence

## Emotional Intelligence Expert

er 13, 2020 podcast and is reprinted by permission

is self awareness, self discovery, uncovering and discarding things you don't like about yourself, and literally improving and increasing your self esteem. What's going to happen is that the more self esteem you gain, the more you're going to actually agree with those compliments. Now, in the third phase, when someone says to me, "Tracey, you look great in that sweater." I will say with full confidence, "I do look great in this sweater." Or if someone at work says "Tracey, your team did such a great

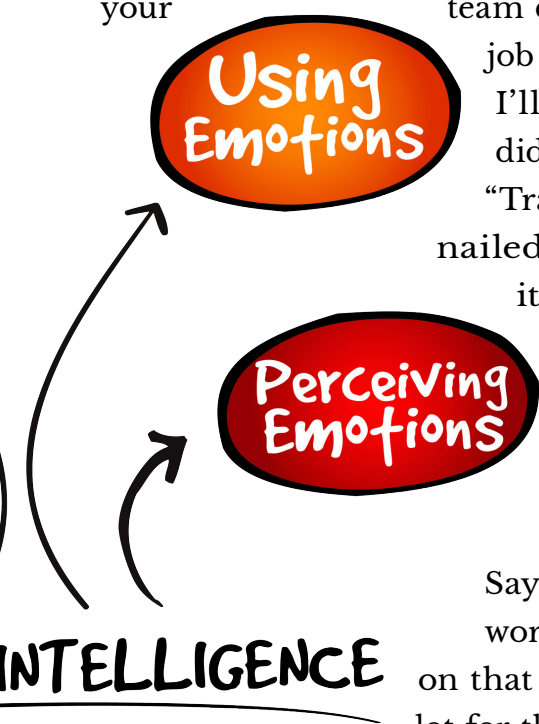
sure you just step into that compliment and really take that in. I just got a compliment last week from my boss, and I said to her, "I'm going to take that in. Thank you. I did do a great job with that. Thank you." That's all you have to say.

If that's too uncomfortable for you. If you think that you know you're being selfish or grandstanding or promoting yourself, I understand. It is really hard. Women especially have a hard time making themselves visible. Just keep practicing.

Good luck out there. Give it a try and Thrive On!

*Dr. Tracey Adams is a corporate leader in human effectiveness and a national speaker on the topic of emotional intelligence for women. Using experiential methods of neuroscience to increase emotional intelligence, Dr. Adams teaches high-achieving, professional women how to thrive in their career, move through life transitions, increase their income, and improve relationships at home and at work. She's taught thousands of professional women how to step into their power using emotional intelligence to achieve their goals.*

You can reach Dr. Adams through her website [ThriveOn Seminars](#) or view her prior [ThriveOn podcasts on Youtube](#).



job on that project." I'll say, "Yes they did." Or if they say, "Tracey, you really nailed that project," it's common for most women to deflect the praise onto their team.

Don't do that. Say, "Thank you. I worked really hard on that project. I did a lot for that project. And the team did such a great

job too."

Before you give credit to the team, make



*Vocal Pitfalls to Avoid While Speaking - Part 3*

# How to Create Vocal Resonance

Laura Handke

You've worked up the courage to give a speech. You've written, edited, and re-edited. You've rehearsed until you don't want to listen to your own speech one more time. You're at the podium, breathing deeply, which calms your nerves and lessens the shaking of your hands. You open your mouth, and...wonder where your voice went.

What you hoped would be a roar is more like a squeak. You can see people leaning in, straining to hear you, at the back of the room. You would like to be hauled out of there with a hook, like in an old vaudeville act.

What happened? You didn't notice this pitiful, stuck-behind-the-podium, voice while rehearsing in the privacy of your living room with Betty the Boxer dog. Betty heard you just fine, and, in fact, barked her approval. Not one growl did Betty give.

The culprit here may just be a lack of resonance in your voice.

One of the most naturally resonant voices I've ever heard belongs to James Earl Jones. (Oh, how the memories are flooding in from 1980's Star Wars Episode V: The Empire Strikes Back. "No, I am your father." Now you know my age bracket! Fun fact: it really is "No," instead of "Luke.")

We may not all have been born with voices as resonant as James Earl Jones. Yet regardless of our body structure and voice type, we can all create resonance in our voices.

Resonance is that deep, full, reverberating characteristic which allows your voice to carry and be heard at the back of the room, even without a microphone.

Picture, as best you can, the inside of your skull and nasal cavities. They provide a space for sound to bounce around in. Train yourself to aim your voice into that "mask" or "buzzy spot."

Close your mouth tightly, and say, "Mmmm," like a cow would. You should feel vibrations inside your mouth and nasal cavities. You want this, as a speaker or performer. Open your mouth now, say, "My,"



and exaggerate the vibrating tone; be overly nasal, like a Brooklynite, like Fran Drescher in *The Nanny*.

You get that feeling, right? Perfect.

Now, I don't want you to stand up in front of your audience and try and fake a Brooklyn accent. (Unless you are, of course, from Brooklyn, in which case you should milk it for all it's worth.)

What I do want you to do is get used to the feeling of projecting your voice into that buzzy spot so your voice will carry, and you'll be heard at the back of the room. Say "back of the room" with a nasal tone right now. Doesn't that feel good? Yes, it does! And resonance also helps singers stay on pitch.

Warm up before you go on stage by using M (Money is always good)

and N (Naaa) words, while projecting into the buzzy spot.

People need to hear what you have to say—otherwise you wouldn't be drawn on stage, even if it's behind the podium, in the first place.

Avoid glottal onsets. Breathe starting with your nose and belly, not the upper chest. Aim your voice into the buzzy spot so you can be heard. Speak with resonance and 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](http://laurahandke.com)*



# Club Coach Qualities

Lorri Andersen, DTM

I like to relate our club coach program to some of the most famous coaches in history. One of my favorite coaches is John Wooden. Not because he was one of the best coaches of all time but because he coached a game I understand!

These are some of the qualities that stood out in John Wooden, and these are some of the same qualities that we can develop as we become a club coach:



*John Wooden (1910-2010)*

## Servant Leadership

The reason why Coach Wooden was a good leader is because he “displayed his sincerity and his humility. Coaching was not about him,

but about the student athletes and the success of their shared endeavor. The very best leaders are confident but display great humility. . . Like John Wooden, leaders should be both teachers and positive role models,” (Jun 5, 2010, [www.thewoodeneffect.com](http://www.thewoodeneffect.com))

This is how I see servant leadership— to serve others before ourselves. As Club Coaches, we serve the clubs we are assigned.

## Being the best, you can be

“Success comes from knowing that you did your best to become the best that you are capable of becoming.” [1]

There is no doubt that we change and grow as a coach. If we work to do our very best to become the best we can, we will reach our goals by serving others.

What kind of work is involved in club coaching? We use all the skills we learn in our clubs-listening, evaluating, speaking, organizing, being prepared, arriving early or on time, helping, and mentoring others.

## Having a Strong Work Ethic

“You can never make up for a lost day. . . Don’t think you can make up for it by working twice as hard tomorrow. If you have it within your power to work twice as hard, why aren’t you doing it now?” [2]

“The best competition I have is against myself



to become better.” [1]

Do what you can today, and the rest will take care of itself.

### Have a Positive Attitude

“Things turn out best for the people who make the best of the way things turn out.” [1]

Situations can happen that are beyond our control. At that moment, we have a choice to make up our minds to rise above the challenge.

Be encouraged by others, have your own coach or mentor.

Allow yourself to be challenged.

“Whatever you do in life, surround yourself with smart people who’ll argue with you.” [1].

It is good to have people in your life that you trust and can talk with. They will become

good friends and point out things to you about yourself and situations that you do not see.

Review and think about these qualities as you work as a club coach. Coaching can be a great experience and you will no doubt learn all these characteristics and more as you serve as a club coach. It takes some time and may not happen all at once, but we can develop them if we work at it.

[1] (Jun 5, 2010, [www.thewoodeneffect.com](http://www.thewoodeneffect.com)).

[2] (© 2021 Get Lighthouse)

## WANT TO HAVE FUN?

MEET NEW FRIENDS,  
ENGAGE, LEARN, AND GROW!

### New Horizons Toastmasters

Saturday Mornings: 8:00 - 9:30 a.m.

#### Zoom Link

Meeting ID: 868 3000 7672

Passcode: 1360

#### Website

<https://1360.toastmastersclubs.org/>

#### Facebook

The New Horizons Toastmasters Club of Oregon (District 7)

Come for the FUN, Stay for the GROWTH!



# Wednesdays Wonderful Webinars

JULY 1	AUGUST 5	SEPTEMBER 2
<b>Start the Year Strong</b> Beth Pinchot, VC3 <a href="#">Video Replay</a>	<b>Create a Club Success Plan That Works</b> Eldred Brown, DTM <a href="#">Video Replay</a>	<b>Hang onto Your Members, Stop the Revolving Door</b> Leanna Lindquist, DTM <a href="#">Video Replay</a>
OCTOBER 7	NOVEMBER 4	DECEMBER 2
<b>Spruce Up Your Website</b> Phyllis Harmon, DTM <a href="#">Video Replay</a>	<b>How to Attract New Members</b> Bill Maher <a href="#">Video Replay</a>	<b>How to Hold a Club Contest</b> Tamsen Corbin <a href="#">Video Replay</a>
JANUARY 6	FEBRUARY 3	MARCH 3
<b>Judges Training</b> Michelle Alba-Lim, DTM <a href="#">Video Replay</a>	<b>WOW Open House</b> Leanna Lindquist, DTM	<b>Succession Planning</b> Erik Bergman, DTM
APRIL 7	MAY 5	JUNE 2
<b>How Being a Club Officer Makes You Stronger</b> Emilie Taylor, DTM	<b>Toastmasters 101</b>	<b>Finish the Year Strong</b>



**First Wednesdays**

**7-8 pm**

**Click Here to Register  
for the next Zoom Meeting**



**Presenter**  
**Leanna Lindquist, DTM**

**February 3, 2021**  
**7:00-8:00 pm**

# WOW Online Open House



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

## **In the next Wednesdays Wonderful Webinar you will learn**

- How to put the WOW in a WOW Open House
- How to find your target audience
- What to do after your event

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

An open house is a popular way for clubs to bring guests to their meetings. Name tags, food, and a warm welcome are part of the plan. What do you do in the world of Zoom?

## **About the Presenter**

Leanna Lindquist, DTM joined her son's Toastmasters Club June of 2009 and never looked back. She has served as District Conference Chair numerous times, Area and Division Director, and Public Relations Officer. 2016-2017 she was the District 7 Director. Currently she is the Education and Training Coordinator. As a member of three clubs she has held all club officer positions.



# More District 7 Video Replays!



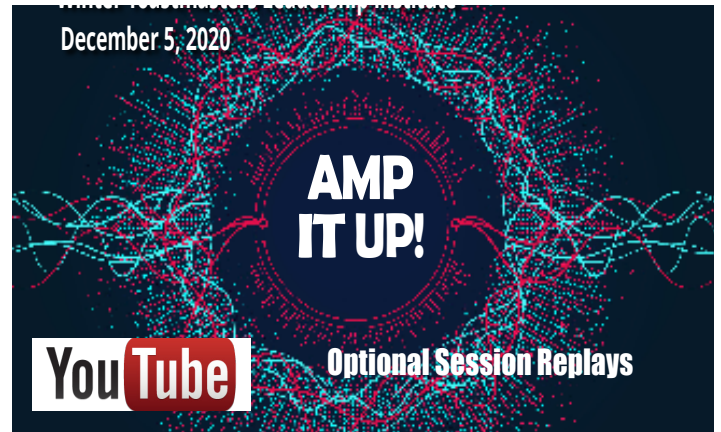
**In Front of the Camera**

Presenter  
Luis Dorbecker, DTM

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

**OnPoint**  
Daily Tips for Entrepreneurs

The graphic features a portrait of Luis Dorbecker on the left and a woman speaking into a microphone on the right, separated by a large grey arrow pointing right.



December 5, 2020

**AMP IT UP!**

**YouTube** Optional Session Replays

The graphic has a dark blue background with a complex, glowing red and blue geometric pattern. The text is centered and prominent.



**Promoting Your Events with District 7**

Presenters  
Namitha Somasundaram, PM1  
Neal Iversen, Public Relations Manager

January 11, 2021  
7:00-8:00 pm

**Marketing Mondays**

The graphic has a blue background. On the left, there are portraits of the two presenters. A large white speech bubble on the right contains the title. At the bottom, there is a megaphone icon and a smartphone icon.

You can access the video replays here or on the [District 7 website](#)

# About Pathways

## District 7 Video Replays

**Pathways for Busy People**

*OnPoint*  
Timely Tips for Toastmasters

James Wantz, DTM  
Presenter

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

**PATHWAYS FUNDAMENTALS**

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

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

Dave Bones, ACQ, ALB, LD1  
Presenter

**PATHWAYS**  
learning experience

**THE UNEXPECTED BENEFITS OF PATHWAYS**

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

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

Suzanne Loeb, EC4  
Presenter

**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

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

Kathleen Tully, DTM  
Presenter

**TOASTMASTERS PATHWAYS**  
learning experience

**Is This the Path(way) for Me?**

Presenter  
Cheri Redgrave, DTM

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

**TOASTMASTERS PATHWAYS**  
learning experience

## Upcoming Pathways Webinars

Presenters	Dates	Pathways Topics
Dave Bones, DTM	February 17, 2021	Pathways Mentor Program: Recipe for Success
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

# Evolutionary Mentoring (Buddy, Coach, Mentor)

David Shehorn, LD5

Mentoring is not a destination but rather it is a journey. We learn from each other as we travel. Then we adapt as problems are evidenced or as opportunities are presented. This is Mentoring to me. It is the zest that adds flavor to the Toastmasters' adventure.

The evolving Mentoring Program for my home club encompasses a novel, but gradual approach to Mentoring to accommodate the goals, experience, and knowledge of the Mentor and Protégé.

- **TM Buddy**—Introduces member to the club, meetings, and Pathways education program.
- **Pathways Buddy**—Guides member to select Path, then prepares for the Icebreaker.
- **Pathways Coach**—Coaches member through Icebreaker and one follow-up project speech.
- **Pathways Mentor**—Mentors member through three projects over a six months period

My first adventure with Pathways Mentoring was with our Club's newest Member, Carol. I had not completed the full Pathways Mentoring Program—no one else in our club had even started it. As a Pathways Guide during the Pathways Rollout, I was aware that it was a part of the plan. That is all I knew.

As I advanced through the Pathways Mentoring Program, this opportunity and challenge presented itself with Carol's membership. With her concurrence, I worked with Carol as a buddy, coach, and mentor. Carol's extensive experience as a small business owner and in community theater were a gift for our club. Our mutually beneficial relationships developed as Carol assumed a Club Officer leadership role and WOW-ed us with her speech projects. These were not merely presentations, but memorable, inspiring, and motivating performances.

In a twist of the mentoring relationship, Carol coached me to improve several of my speaking issues in voice projection, breath control, and

To finish the moment, to find the journey's end in every step of



entor)



vocal variety. She tossed in humor drawing out my inner voices. In a little over a one-year period, Carol was involved in over 50 roles in the Club meetings, as well as at Area and Division Events.

In the year that she was in Toastmasters, Carol delivered about one speech per month. . . nay, change that to she delivered a performance about once a month. Carol was well-immersed into Level-3 of the Persuasive Speaking path.

During that year, I had not yet completed the Mentoring Program and downloaded the provided forms. I kept loose notes, snips from agendas, and memorialized conversations as we went along. Both of us were retired and we usually arrived early and stayed late performing Sergeant-At-Arms duties. We met informally a few times during her Toastmasters year. I have since transcribed those notes into a tracking document using the Mentoring Forms as a collection of guidelines. I use the same mechanism now with the four other Mentor-Protégé members who are in various stages of

Buddy, Coach, Mentor, and Protégé.

I learned a valuable lesson when I was Division Director a few years ago. One of the Area Directors was more experienced than I. He was my informal coach, but there was some contention. I had been an Air Force enlisted airman. He had been a Navy Combat Pilot/Navigator. He was a DTM with vast experiences in life and a small business owner. I had no DTM, but I had been a technician, engineer, manager, and computer systems engineer. What I learned from him, I applied to my mentoring roles. One loosely quoted nugget, "Toastmasters is a volunteer organization. You cannot push members, you have to encourage, entice, and inspire them to go in the general direction of success." He earned the District 7 Area Director of the Year Award.

My contention is that invention is in the direction of completion of intention.

the road, to live the greatest number of good hours, is wisdom.

-Ralph Waldo Emerson

# Are You the Key?

Paul Fanning, DTM



“There’s gold in them thar hills” was the cry oft heard during the 1849 Gold Rush in California. Billions of dollars of gold nuggets, flakes, and dust were panned from the rivers or mined from the quartz. Many a 49er made his fortune just as many “flatlanders” and “city folk” went bust. The “Boom or Bust” in Northern California caused the sleepy frontier towns of Sacramento and San Francisco to blossom and expand seemingly overnight.

Charles Dorenbach, a German immigrant, and his brother came to California seeking their fortune. They were prospecting along the Bear River and found “color” (gold dust and flakes) in their metal pans. It was said that Charlie wondered where the source of this eagerly sought-after metallic element was but he never recorded in history the reason he chose this section of land for his home. He applied for the rights to the minerals and of course the land. Soon it was known as “Dutch Charlies’ Flat”, a joke in one sense as he was from Germany, not Holland, and in reality, there had always been two directions in the area—up or down with no flatland in sight. By 1851 the town, now called Dutch Flat, boasted a population of several thousand outside of San Francisco. Dutch Flat had at one time 22 saloons and bars, three breweries, the usual variety of fraternal halls, an opera house, a two-story four-room school, several churches, and a fire department who

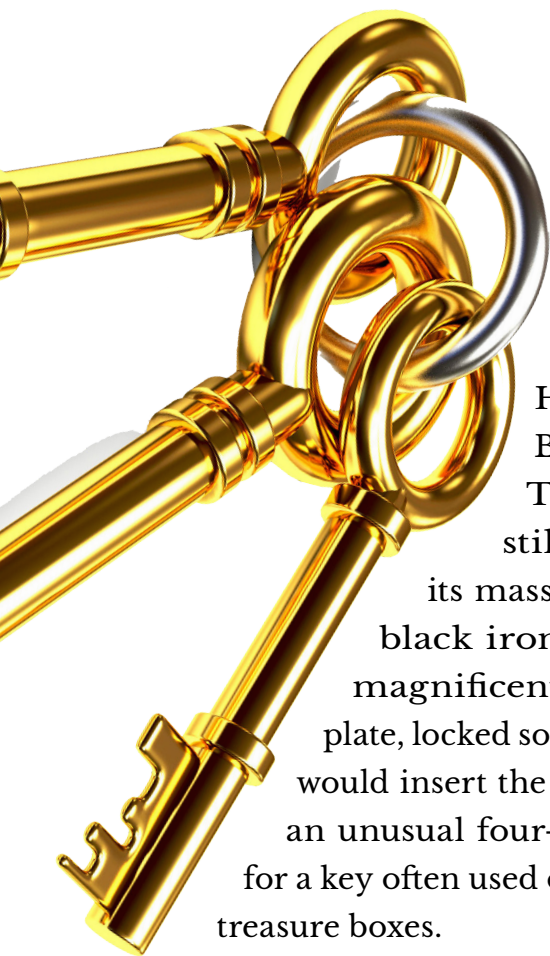
doubled as the local town brass band. Gold was found in the hilly country, on the river.

The boom was on. It was estimated that from Dutch Flat alone millions of dollars of gold was found, one of the richest gold mining areas of the Gold Rush era. And that brought new business into the town—bankers and express companies.

At first, men on horseback would visit the various mining camps and purchase the nuggets, flakes, and dust from the miners for one price, then sell it in San Francisco or Sacramento for a premium. Dutch Flat, being now a larger “city” of thousands found that two banks began plying their trade, Hall & Allen, representing at first their “chain” of banks (four) from Sacramento and the Cornish gold buyers who settled down. William and Phillip Nicholls founded the Bank of W. & P. Nicholls across the street from Halls & Allen on Main Street. Plenty of business allowed both banks to prosper in those early years. They allied with Wells Fargo and Company’s Express to transport the gold ore to the train depot, and Wells Fargo and Company’s Bank to hold their accounts.

Fast forward to about 1969-70. Being the only male teenager in the township of Dutch Flat, population of 125, I began to work for the local antique store which was housed in the former





Hall & Allen Bank building. The vault was still there, with its massive green and black iron door and a magnificent secure lock plate, locked solid. Where you would insert the key, there was an unusual four-pronged spot for a key often used on Wells Fargo treasure boxes.

Then it hit me! I had been given one of those huge iron keys by the owner of our Trading Post the year before. Could it be the missing key? Would the lock mechanism still work almost 100 years later? I had to find out. I know the suspense is killing you—but. . . I really had to try my key!

I took my four-pronged iron key—about four inches long with a huge ring at the end—and after spraying some WD-40 in the lock, inserted it very, very slowly. It slid in silently as if it were made for that vault door. I cautiously jiggled the key, hoping and praying that it would turn the internal cylinder without snapping off. I stopped at this point, and knew I needed to wait for Betty, the owner, to be present if and when it opened. Visions of gold bars, bags of coins and property deeds unclaimed danced through my head. It was the longest three days in my life until we

both could be there for the great unveiling of the vault's long abandoned secrets. That day came—I proudly carried the key into the shop, once again spraying the lock, and pushed the key in, slowly turning it as it settled into place. With a slight creak or two, a definite groan of the iron and a final holding of my breath, the key turned within the plate. We all heard the resounding noise of the release, and finally, like gaining access into King Tut's tomb, the door swung open revealing. . . cobwebs, dusty shelves, and dead insects. No gold, no silver, no jewels. What a disappointment. But the deed was accomplished. Betty now had a key to the bank vault—and me the human key to it all!

Fellow Toastmasters. Sadly, no treasure was found, but I can see a parallel between my experience as a teenager providing the key to accessing a bank vault and me being a human key accessing the Toastmasters International membership experience. I seriously want you to consider your time, talent, and treasure in Toastmasters. What can you be a key to?

Within your club, you can be a key by offering to be a mentor to other Toastmasters as they develop and grow into confident, successful speakers and leaders. Each club needs 5-7 club officers each year to provide the best membership experience for club members. Perhaps this is the year that you consider that role of Sergeant-at-Arms, or Vice President Membership. But without



## GLEANINGS FROM THE GROVE

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a key to turn in the lock, these experiences may be lessened or disappear entirely without you—the human key.

Toastmasters is a volunteer run, volunteer delivered, and volunteer staffed program—recently hailed and praised as one of the best leadership development programs in the world. You can be part of that beyond what you may be currently doing, a club member and/or club officer of your local organization. There are around one hundred positions needed each year for this District to support Clubs in their mission.



It is not too early to seek out what you may feel you are best at, have the skills for, and the heart to perform for us all. District Leadership offers training seminars, webinars, opportunities to work one-on-one with Clubs as Club Coaches or Area Directors, and many other roles that need

to be filled.

What is it that you may want to do this program year? What in your personal “toolbox” of being a Toastmaster can you offer to the District as a whole? Perhaps it is as simple as being a good listener, honing your evaluation skills, mastering your Path—all of this requires a key to do so. You, fellow Toastmaster, could be that very “key”!

Areas and Divisions are hosting the International Speech and Speech Evaluation contests. A myriad of volunteers are needed including ballot counters, sergeant-at-arms, judges. You may be the “key” to one of these contests!

Here is what I am asking you to do in the opening weeks of 2021. Look at yourself closely. Examine yourself for time, commitment, dedication, and abilities. Look around your Club, Area, Division and even the District and see if there is a “locked vault door” that you can be the “key” to. Above all, remember that “leadership is service, not position” and that “it’s never too late for beginning in your life.”

Spray on the WD-40 if you need to. Take your time and see if you are a “good” fit. Turn and wait for the click. The door is now open to you. . . and you are the key!



# CALLING ALL CANDIDATES

**2020-2021 DISTRICT LEADERSHIP NOMINATIONS NOW OPEN  
ACCEPTING NOMINATIONS THROUGH FEBRUARY 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](mailto:DLC@D7TOASTMASTERS.ORG)), TO ANNOUNCE YOUR CANDIDACY.

# Jump-Start the New Year!

Ken Coomes, DTM

According to the *Times Tribune* only 8% of Americans who make New Year's resolutions keep them all year, and 80% will have broken them by the start of February. Finder.com tells us that 74.02% of Americans made New Year's resolutions going into this year, up 15.17% from the previous year.

Whether you made any New Year's Resolutions about writing or not, and even if you made one or more of them and have already broken them, don't worry. There are three strong reasons I say this. First of all, you have eleven months left (or so, depending on when you are reading this.) Second, you have the rest of your life to improve. That opportunity doesn't go away when you fail one or more resolutions this year. And finally, when it comes to writing, I want to give you four tools that will help you make progress towards your writing goals this year.

The first is the [Reedsy blog](#). Totally free, Reedsy offers writing prompts, writing contests, and webinars by professionals in the field. Just like Toastmasters, Reedsy offers the chance to get feedback from other writers, as well as the opportunity of giving feedback. You choose if and when to submit short stories, ranging from 1-3K words long.

Another of my favorite sources of writing prompts is Bonni Goldberg's book, [Room to Write](#). Each of her 150 chapters offers a prompt, discussion about the prompt and a quote related

to it. Each may inspire you with an idea to write about something.

The third is a tool to jump-start your writing, conquer writer's block, or simply give you an idea, or prompt. This is [The Writer's Toolbox](#). The Toolbox purports to get your story ideas onto paper (or into a file - my addition), get from the first line to the last, develop characters and plot, and say good-bye to writer's block.

Last, but not least, is a writer's group I discovered last year - the [Creative Academy for Writers](#), out of Canada. The Creative Academy offers a "pay as much as you wish" approach. I recommend trying them out before you donate, to see how much they help you. Then donate accordingly.

We'll explore each of these in more detail in the coming months. I hope to tell you more about *Reedsy* in February, Bonni's book in March, the *Writer's Toolbox* in April and the Creative Academy in May.

But I want to start this year with a teaser. Here's a writing prompt for you. No contest, no submission (feel free to send me something, if you wish). Just a little something that might help you start writing something new - in this case, I'm offering a "first sentence."

"My mother was doing that thing she did. That thing with the rag in the sink."

Happy New Writing!



# NOVEL IDEAS FOR THE NEW YEAR

Lee Coyne, ATMS

Yes, another New Year arrives! Yet the chaos of Covid-19 has not vanished. Let's think up new items to have indoor fun without that evil vampirous virus. All can be presented as speech themes! I love to innovate and share novel ideas. Here are some suggestions:

**SHOPPING SAFARI:** We mostly shop by habit. Ask your oldest child to take notes as you amble the aisles. Shopping list checkoff? Following an impulse? How much does package design have an influence on your actual purchase?

**CULLING THE COMICS:** Examine the daily comic strips. Each comic has its own message; so do an inventory. What does each one say on coping with modern life?

**MUSICAL ROOTS:** Many of us have favorite singers, but do we know of that history?

Wikipedia can offer relevant clues. Tapping Google is another resource. We can then try to follow...the dots..and make connections.

**KITCHEN ITCHINGS:** Here's our chance to create true family teamwork. Brother reads the recipe while Sister puts in the ingredients. Mom can do the serving itself. Finally, Dad takes photos of the tasty finished product. These roles can rotate every other day.

Eat hearty my friend. May the New Year 2021 thus supply us new food for thought!!!





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

## Henry Schowe, DTM - District 7 Historian

After the sinking of the SS Laconia, Frank Paulding returned to Canada where he soon became ill. He and his family moved from Revelstoke to Vancouver, British Columbia in 1917. He continued to work as a printer and at the Vancouver YMCA. On February 9, 1918, he was inducted into the Canadian Army YMCA Unit with the rank of Lieutenant. He was transferred to England where he served six months at the Granville hospital, Ramsgate, England. He supervised Monk's Horton hospital work. Paulding was transferred again to Sandgate, England where he organized a YMCA theater. He was then assigned to YMCA Laddie Millen Hut to operate another theater at Shorncliffe, England.

John W. Ross of Montreal built the Laddie Millen Hut as a memorial named for a soldier of the University Company who was killed in France the morning of February 19, 1916. Frank was the business manager and acting supervisor for the YMCA in the Shorncliffe area. He was slated for service in France when the war ended with the armistice. Paulding was the last overseas Canadian YMCA officer to leave the overseas Canadian army discharge depot at Buxton, Derbyshire, England. He departed England on troop ship Saxonia that arrived at Halifax, Nova Scotia on December 20, 1919. Frank returned to Vancouver, British Columbia after his discharge.

Paulding continued to work for the YMCA. At the January 24, 1920 directors meeting of the YMCA Rosebud District at Olds, Alberta,

Frank Paulding was invited to become general secretary. The Olds YMCA was the first county YMCA organized in Alberta. C.D. Thornton, Territorial Secretary of Vancouver, and his committee asked Frank to accept the position. Frank completed the one-year assignment. He was placed in charge of the YMCA Military Department before being promoted as General Secretary for the Westminster YMCA in 1921. The Victoria Daily Times newspaper reported that YMCA officials were elected during the 13-hour quarterly meeting held on Saturday, April 8, 1922. A.S. McAlister presided. Project reports were given. Stanley Brent, National Secretary for Western Provinces, gave an address at the close of the meeting.

Officials elected for the year:

- Chairman, W. S. Maguire,
- Vice-chairman, Frank Paulding, General Secretary of Westminster
- Secretary-treasurer John Duckworth, assistant boys' secretary of Vancouver
- Fourth member of committee, F. H. G. Estabrook

Save the Date

# Toastmasters Leadership Institute (TLI)



**Friday, June 4, 2021**

**7:00 PM**

**District 7 Awards, Meet the New Trio**

**Saturday, June 5, 2021**

**Club Officer Training and Breakout Sessions**

**9:00 am – 12:30 pm**

**More information coming soon!**



# **WALLMASTERS INTERNATIONAL**

**#4428 | TIGARD, OREGON**



Supportive & Friendly

10 DTM Members

Distinguished Club for 20+ Years

All are Welcome

Come visit a well-established, high-achieving  
club committed to excellence & success.

JOIN US ON **zoom**

Fridays | 6:35–7:45am PST





# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Professionally Speaking	Barcena	Janette
West Beaverton Club	Broadbent	Tausha
Pearl District Toastmasters Club	Graham	May
Pearl District Toastmasters Club	Haynie	Sophea
Portlandia Club	Herrera Rodriguez	Olga
West Beaverton Club	Johnston	Truth
Babble-On Toastmasters Club	Kolesar	Jaclyn
Portland Club	Ladka	Amy
Pearl District Toastmasters Club	Louzao	Carina
Yaquina Toastmasters	Piotrowski	Stanley
Silicon Forest Club	Qiu	Wen
University of Oregon Club	Sauvageau	Nathan
Noon Talkers	Shumaker	Lauren
Portlandia Club	Williamson	Rory

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
DL1	12/30/2020	Andersen, Lorri	Daylighters Club
DTM	12/18/2020	Bones, Dave	Liberty Talkers
ALS	12/18/2020	Bones, Dave	Liberty Talkers
VC4	12/17/2020	Bones, Dave	Liberty Talkers
VC3	12/17/2020	Bones, Dave	Liberty Talkers
VC2	12/17/2020	Bones, Dave	Liberty Talkers
PM2	12/4/2020	Briggs, Tom	Wallmasters International Club
IP2	12/15/2020	Burger, Chad Aaron	Unified Toastmasters Club
PM4	12/6/2020	Campbell, Alan L.	Siuslaw Tale Spinners Club
VC1	12/2/2020	Colway, Christa M.	Yaquina Toastmasters
LD5	12/21/2020	Corbin, Tamsen	Mentors Of Focus Club
IP2	12/16/2020	Cordier, Michelle	Speakeasy Toastmasters
VC2	12/15/2020	Cottingham, Dorothy	Cedar Hills Club
VC1	12/15/2020	Cottingham, Dorothy	Cedar Hills Club



# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
MS4	12/2/2020	Cuallo-Amador, Jose de Jesus	Speakeasy Toastmasters
PM1	12/6/2020	Daily, Michael T.	Buckaroo Toastmasters
DL3	12/22/2020	De Graff, Peter B.	Clark County Toastmasters Club
DL2	12/22/2020	De Graff, Peter B.	Clark County Toastmasters Club
DL1	12/22/2020	De Graff, Peter B.	Clark County Toastmasters Club
DL2	12/29/2020	Devine, Casey	Wallmasters International Club
IP3	12/11/2020	Domogalla, Cyrene A	Walker Talkers Toastmasters
PM4	12/15/2020	Dugan, Judy	Communicators Plus
MS1	12/18/2020	Elbitar, Nadine	Mentors Of Focus Club
IP3	12/12/2020	Freedman, David E.	Babble-On Toastmasters Club
IP2	12/9/2020	Freedman, David E.	Babble-On Toastmasters Club
VC2	12/6/2020	Galantine, Ralph A.	New Horizons Toastmasters Club
TC3	12/15/2020	Harmon, Phyllis A.	Wallmasters International Club
TC2	12/16/2020	Hope, Stephanie	Swan Island Toastmasters
IP3	12/31/2020	Johnson, Janis M.	Walker Talkers Toastmasters
PM1	12/31/2020	Khalil, Samuel R	Vancouver Toastmasters Club
DL4	12/15/2020	Lee, Kathy K	Cedar Hills Club
SR1	12/15/2020	Lee, Kathy K	Cedar Hills Club
IP1	12/10/2020	Lin, Echo	NoonTime Club
PM3	12/5/2020	Loeb, Suzanne L.	Early Words Club
PM2	12/5/2020	Loeb, Suzanne L.	Early Words Club
PM1	12/5/2020	Loeb, Suzanne L.	Early Words Club
IP2	12/15/2020	Marsh, Brandon D.	Cedar Hills Club
PM1	12/4/2020	McGrath, Michael Patrick	Essayons Club
DL2	12/15/2020	Miller, Katharine Simmons	Communicators Plus
LDREXC	12/15/2020	Mojica, Cynthia	Oregon State Toastmasters
LD2	12/9/2020	Montes, Bernadette A.	New Beginnings Toastmasters
DL3	12/19/2020	Moy, Miranda	Clark County Toastmasters Club
MS2	12/4/2020	Mulligan, Annette Marie	Coachmasters Toastmasters
MS3	12/10/2020	Nissen, Bella	Lake Oswego Toastmasters Club
VC5	12/17/2020	Ochsner, Terry	Professionally Speaking
VC1	12/17/2020	O'Kane, Daniel T	Pearl District Toastmasters Club
IP4	12/2/2020	Olson, Ryan K	Speakeasy Toastmasters

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
MS1	12/16/2020	O'Neal, Adele J.	Toasting Excellence Club
PM2	12/22/2020	Patankar, Supriya V	Tualatin Valley Toastmasters Club
IP3	12/28/2020	Peaker, Megan N.	Evergreen Club
PM4	12/11/2020	Powell, Terry	Toast Of Tualatin, Lam Research
MS1	12/15/2020	Quarles, Marie	Cedar Hills Club
TC3	12/5/2020	Randol, Heather M.	Sunrise Toastmasters Club #1492
TC1	12/31/2020	Rappaport, Michael	Clackamas County Toastmasters
PM3	12/2/2020	Rethnasamy, Kumar	Marylhurst Toastmasters
PI4	12/11/2020	Rupani, Mounik	Sporty Speakers
PWMENTORPGM	12/9/2020	Sarkkinen, Bert Wilfred	Professionally Speaking
PM5	12/7/2020	Sarkkinen, Bert Wilfred	Professionally Speaking
PM4	12/7/2020	Sarkkinen, Bert Wilfred	Professionally Speaking
PM2	12/22/2020	Savage, Rocky Shane	WE Toasted Toastmasters
IP4	12/2/2020	Sheikh, Omar	Lake Oswego Toastmasters Club
MS1	12/30/2020	Sierra, Martina Jean	Toasting Excellence Club
LD2	12/9/2020	Sneider, Chris	New Beginnings Toastmasters
IP5	12/11/2020	Somasundaram, Namitha	Speakeasy Toastmasters
DL2	12/7/2020	Speaks, Sheree	Lebanon Toastmasters
EH3	12/6/2020	Stark, Katherine	Buckaroo Toastmasters
MS3	12/16/2020	Stringer, Angela	Toast of Corvallis Toastmasters
MS2	12/3/2020	Stringer, Angela	Lebanon Toastmasters
PM1	12/11/2020	Sura, Krishna	WE Toasted Toastmasters
MS5	12/5/2020	Takamura, Ted J.	Marylhurst Toastmasters
EH1	12/27/2020	Talley, Kamili	New Horizons Toastmasters Club
MS5	12/11/2020	Taylor, Emilie	Wagon Tongues
MS4	12/8/2020	Taylor, Emilie	Wagon Tongues
TC3	12/2/2020	Taylor, Megan K.	West Beaverton Club
TC2	12/2/2020	Taylor, Megan K.	West Beaverton Club
EC3	12/31/2020	Tham, Jamie	Silicon Forest Club
EC2	12/31/2020	Tham, Jamie	Silicon Forest Club
EC1	12/31/2020	Tham, Jamie	Silicon Forest Club
LD2	12/18/2020	Tiernan, Kate	Communicators Plus
PM1	12/2/2020	Weitkamp, Laurie A.	Yaquina Toastmasters

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
VC1	12/30/2020	Wright, James C.	Totem Pole Club
EH2	12/4/2020	Yamasaki, Kenji James	Essayons Club
PI1	12/6/2020	Zieba, Maren L.	New Horizons Toastmasters Club

# HAPPY ANNIVERSARY TO JANUARY CLUBS

CHARTER DATE	YEARS	CLUB	CITY
1/29/2004	17	Downtown Public Speakers	Eugene
1/1/1963	58	Myrtlewood Hootowlers	Bandon
1/15/2003	18	Pearl District	Portland
1/13/2016	5	Portland Rotary	Portland
1/1/1977	44	Professionally Speaking	Vancouver
1/8/2019	2	Speak To Lead	Hillsboro
1/4/2010	11	Swan Island	Portland
1/20/2011	10	Testmasters	Vancouver
1/1/2008	13	The Standard Speakeasy	Portland
1/1/1995	26	Toasting Excellence	Salem
1/1/1955	66	Totem Pole	Vancouver
1/1/1946	75	Vancouver	Vancouver
1/1/2018	3	Wagon Tongues	Oregon City
1/1/1981	40	Wallmasters International	Tigard



# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Abaunza, Justine Orr	3	EC3 , EC1 , EC2
Bones, Dave	11	LD2 , LD5 , VC1 , ALS , DTM , LD4 , LD3 , LD1 , VC2 , VC3 , VC4
Campbell, Alan L.	4	PM4 , PM1 , PM2 , PM3
Corbin, Tamsen	5	TC1 , LD4 , MS5 , TC2 , LD5
Davis, Cornelius	3	DL3 , DL4 , DL5
De Graff, Peter B.	3	DL1 , DL2 , DL3
Domogalla, Cyrene A	3	IP1 , IP2 , IP3
Douglass, Matthew	3	DL2 , DL3 , DL4
Elbert, Bryce	4	IP1 , IP2 , IP3 , IP4
Fanning, Paul C.	7	DL4 , DL1 , DL2 , DL5 , DL3 , EH1 , DTM
Fierro, Herman H.	3	PI1 , PI2 , PI3
Freedman, David E.	3	IP1 , IP2 , IP3
GaRey, Daniel J.	6	IP1 , IP2 , IP3 , IP4 , EH2 , EH3
Gutman, Mark	4	EH2 , EH3 , IP1 , IP2
Harmon, Phyllis A.	6	PM1 , TC2 , EC5 , TC1 , DTM , TC3
Hemmingson, Brinn Carla	4	EH1 , PM1 , PM2 , PM3
Hubb, Cyndi	4	EH1 , EH2 , EH3 , EH4
Johnson, Janis M.	3	IP1 , IP2 , IP3
Landolt-Hoene, Daniel	3	DL1 , DL2 , DL3
Lee, Kathy K	4	DL2 , DL3 , SR1 , DL4
Lee, Maria R.	3	PM2 , PM3 , PM4
Lindquist, Leanna	4	PM4 , VC4 , VC3 , VC2
Lloyd, Paul	3	DL4 , DL3 , DL5
Loeb, Suzanne L.	5	EC5 , EC4 , PM1 , PM2 , PM3
Matthews, Mary Andrea	3	EH3 , EH1 , EH2
Merge, Catherine	3	EC3 , EC1 , EC2
Moy, Miranda	3	DL2 , DL1 , DL3
Myers, Emily Jane	3	DL5 , EC2 , DL4

# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Palla, Vineel Kiran	3	IP2 , IP3 , IP4
Peaker, Megan N.	3	IP2 , IP3 , IP1
Powell, Terry	3	PM3 , PM2 , PM4
Redgrave, Cheri A.	3	EH3 , EH2 , EC1
Rone, Regina G.	3	VC1 , VC2 , VC3
Sarkkinen, Bert Wilfred	3	PM4 , PM5 , PWMENTORPGM
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
Somasundaram, Namitha	3	PM1 , IP5 , PM2
Stark, Katherine	5	SR4 , EH1 , SR5 , EH2 , EH3
Stephan, Stephanie	3	PI2 , PI1 , PI3
Strickland, Scott R.	4	EC3 , DTM , ALS , EC4
Stringer, Angela	8	LD3 , LD1 , LD2 , LD4 , MS1 , PM4 , MS2 , MS3
Svehaug, Alan R.	3	LDREXC , ALS , DTM
Taylor, Emilie	4	IP5 , EH1 , MS4 , MS5
Teagarden, Blair R.	4	PM4 , PM1 , PM2 , PM3
Telwala, Yasmeen	3	DL2 , DL3 , DL1
Tham, Jamie	3	EC1 , EC2 , EC3
Wahlstrom, Daniel	3	DL3 , DL2 , DL1
Walker, Marvin Lynn	3	EC3 , PM5 , EC4
Wanek, DaWane A.	5	EC1 , EC2 , EC3 , EC4 , EC5
Wantz, James	5	SR4 , VC4 , EH3 , SR5 , EH4
Yoshida, Raynette	5	MS1 , MS2 , MS3 , MS4 , MS5



*Bianca Martin, MS2*



*Eldred Brown, DTM*



*Emilie Taylor, DTM*



*Harvey Schowe, DTM*



*Jennifer Schmidt, EH1*



*Ken Coomes, DTM*



*Laura Handke*



*Leanna Lindquist, DTM*





*Lee Coyne, ATMS*



*Lorri Andersen, DTM*



*Paul Fanning, DTM*



*Phyllis Harmon, DTM*



*PJ Kleffner, DTM*



*Tracey Adams*



# The Art of Story

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**Roseburg Speakers & Storytellers**  
Roseburg, Oregon  
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**Storymasters**  
Westside - Portland, Oregon  
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**Tell Me a Story Toastmasters**  
Eastside - Portland, Oregon  
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