

Voices!

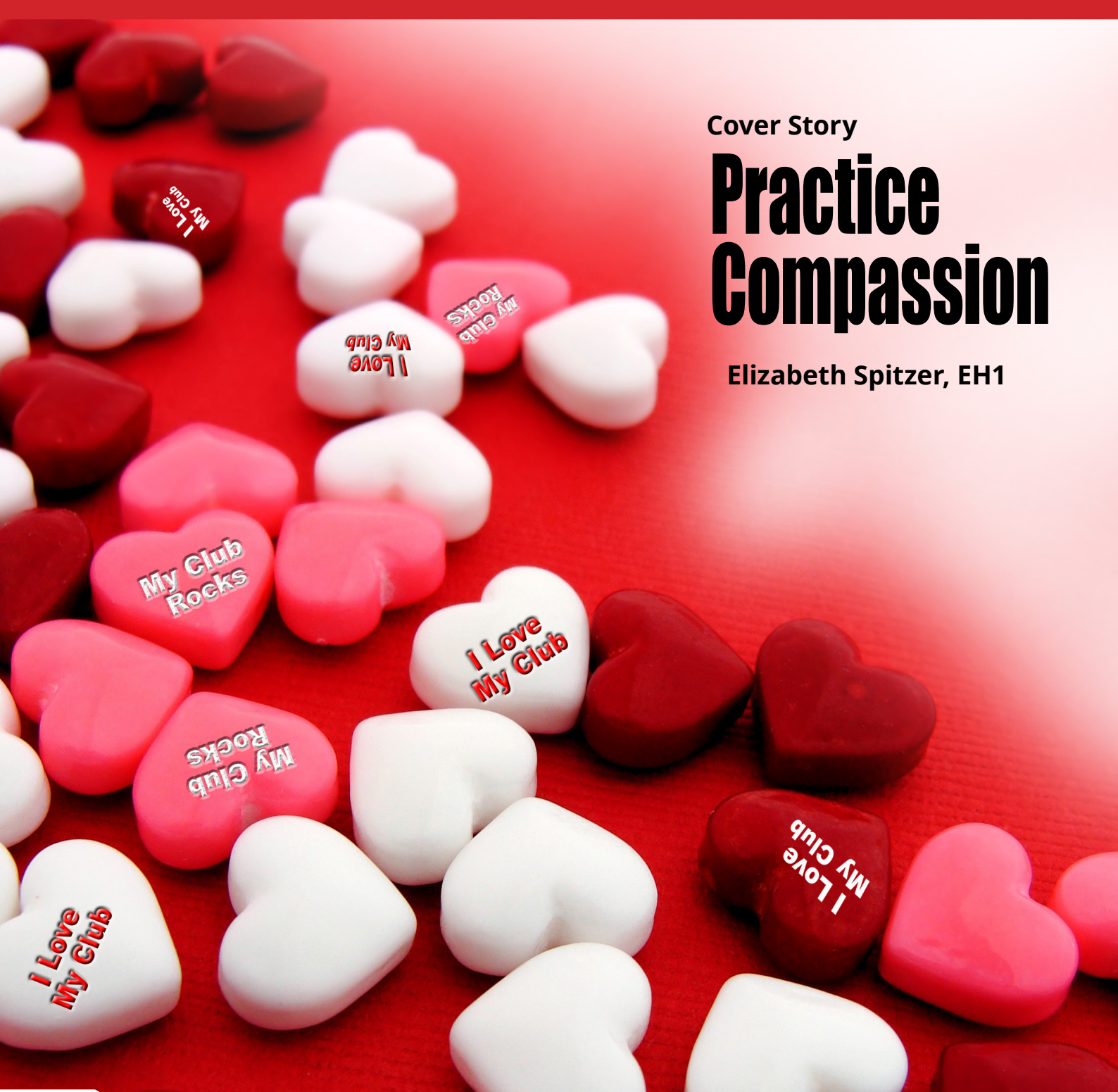
One Community
Many Voices

District 7 Toastmasters
FEBRUARY 2021

Cover Story

Practice Compassion

Elizabeth Spitzer, EH1



SAVE THE DATE



Call for Speakers

District 7 Toastmasters is seeking presenters with TLI-level presentations for Toastmasters Leadership Institute on June 5, 2021. Specifically looking for presenters who can deliver 55-minute, interactive sessions for:

- Club Officer Training
- Personal Growth
- Leadership Training
- Communication Skills Building

[Click here to complete the Call for Speakers form and have your presentation considered by the TLI committee](#)

Deadline to submit: March 22, 2021

It's Time . . .

Phyllis Harmon, DTM, PDG - Publisher/Editor



Let's talk about time. We know there is never enough of it. It is uncontrollable. It slips through our fingers. It marches on no matter our attempts to manage it. Sound about right?

But that's not exactly true in the current circumstances, is it? Some of us have more time on our hands than we are used to or want. Perhaps that's the silver lining to the pandemic. We don't have to rush off to work, social events, or Toastmasters meetings. We simply open a Zoom meeting, and there we are. It has given us a period of downtime, an opportunity to catch our breath. I don't know about you, but not focusing on the passage of time—every minute of every day—has allowed the creative side of my brain to get some exercise. And if you are a creative, it gives your logical side an opportunity to manifest itself. Also, I've been able to shed useless verbiage from my vocabulary—“I don't have time; there is no time for that; and, I've run out of time” no longer have any meaning!

Here are some thoughts for you. While your world is at a standstill or slowed to a crawl, take time to reassess what and who you truly want to be. Get out of your own way and let your thoughts roam free until you land on that one thing, that perfect thing, you were called to do in the world. And when you find it, let it flourish and grow in your thoughts until it triggers you to action. Make a list of action items. Start working on them. Do the research and take any free (or paid) classes available on the web. Open your Pathways projects and work on them based on who you want to become. It's time fellow Toastmasters to be proactive instead of reactive. It's time to become the people we were meant to be. It's time to take control of time.

EDITORIAL

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VOICES!



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FIRESIDE

WE CELEBRATE UNITY.
COMPASSION, KINDNESS

Margaret Mary
Mendham



Practice Compassion

Elizabeth Spitzer, ECI

I observe Stephanie sitting on the couch, phone in her hand, taking her index finger and scrolling up and up and up. . . In front of her sits her youngest child, Alexa, on the floor. Alexa decides that she is thirsty and hands her empty cup to Stephanie, who acknowledges it with a half-attentive question, “What is it that you need, sweetie?” “Drink,” replies Alexa. “Hmmm, okay. . . just a minute. . .” Alexa feeling heard sits back down and continues to play.

More than twenty minutes go by, Stephanie is still scrolling the phone. “Drink,” reminds Alexa. “What?” Stephanie asks somewhat startled. “Drink please,” Alexa encourages. “Oh yes, just a sec. . .” Alexa looks at Stephanie sitting on the couch, phone in hand, focus and anxiety written across her face. Alexa decides to take a different approach. She picks up her cup and comes to me, “Drink?”

As you read that, what did you think? What feelings did you have? Where did your mind go?

That scene, without knowing the context, is easy to judge, isn’t it? What would change if I told you that Stephanie experiences high anxiety and that she was feeling incredible stress about COVID, social distancing,

finances, being evacuated from her home due to an uncontrolled wildfire, feeling concerned for other people's well-being, unsure whether or not she could take time off work, staying in someone's home—with two toddlers, two cats (one that peed everywhere), a dog (that liked to pee on furniture), and rabbits—and last, but not least, no knowledge of when they could return home, if they still had a home. Stephanie was spending the time on the phone trying to 1) soothe the overwhelming anxiety with distraction and 2) trying to find answers to the ever-gnawing questions and concerns that were creating a genuine sense of fear. In that moment, she was doing the best that she could.

With that added information, where does your mind go now? What feelings are you having now?

It is human nature to judge. It is rooted in our ability to try and understand, learn from experiences, and make predictions. We often look at people and circumstances from the

question of: What would I do if I were that person? Or, what would I do if I were in that situation?

As judgment is a natural part of us, so is compassion. Some scientists, such as Dr. Kelly McGonigal (author of *Science of Compassion: A Modern Approach for Cultivating Empathy, Love, and Connection*) offer that "Compassion is embedded in our biology." Human behavior research has drawn the conclusion that compassion is an instinct, one that competes with other instincts such as: anger, avoidance, escape, fear, and so on. In other words, for our survival as a species, we have developed an instinct for positive connection; to recognize suffering in others and do something to alleviate it.

Perhaps you are wondering, if that is the case then, why are there not more acts of compassion happening? Maybe for you it feels like people are more focused on themselves or dividing on beliefs, ideology, and politics. Let us consider what may be happening for those people.

I think it is not far-fetched to say that the events in our world have been very de-regulating, meaning that they have thrown us into a place of 'flight, fight, or freeze' or, in some cases 'fawn'. What is our core purpose for those responses? It is to bring us back to a sense of safety. It is to remove oneself from a perceived threat, or make the perceived threat go away. In this context, compassion can be driven motivations and values or it can be a "coordinated response in the brain and body" that is allowed when circumstances are in place that grant us the ability to live and enact the value of compassion. What



if people are in such an active state of ‘flight, fight, or freeze’ that their coordinated responses allowing compassion are not available? They are in a constant state of being triggered, whether the stimuli be low, high, or in-between.

As for the matter with most people we observe or may know, perhaps it makes sense to say to oneself, “Well, it’s been almost a year! They should have adapted by now.” That could

. . . it's not the words you choose that matter, but rather the feelings the words evoke.

be our natural response to try and understand, learn, and predict. But, consider this: there are many who have yet to find a place within themselves that feels safe enough to be open to learning psychological flexibility and adopt resilient-thinking styles. Before analyzing that, imagine that just as we are, we are all a colorful part of what makes our beautiful kaleidoscope of humanity.

This is where regular small practices that develop our compassion can assist us with building bridges of empathy to the experience of another person. For the truth is, unless someone is being genuinely open with us because they

feel safe and secure with who we are and what we’re likely to say or do, we may never know enough to truly understand them. In developing this trust, it is up to us as individuals to train our compassion instinct. Fortunately, this can be done easily and respectfully, even within our COVID social expectations and rules. Here is one compassion strengthening exercise you can practice, taught by Dr. Barbara Fredrickson:

As you do things throughout your day, whether that is watching the news, sitting at a stoplight, visiting a coffee shop, getting gas in your car, or buying groceries, take in the faces and body postures of others around you. Without being intrusive or disrespectful, note what you observe. Are their faces drawn? Do they have smiling eyes? Are their shoulders tense or relaxed? What sense do you have on their happiness? The point is to not be thinking of your own thoughts, but to be attentive to others.

With this respectful distance and focus, imagine the ways—small or large—that they may be suffering right now. It is helpful to consider that even those who appear to be 100% happy have some area in their life that has a sense of suffering, as we are all human. With this awareness, allow yourself to witness with your body, not just your eyes and your mind. See if you can feel in your own body the emotional load that the person may be carrying. When you feel it you do not need to stay there, land on it lightly, just enough to create a bridge of empathy. On this bridge, continuing to lightly feel and witness, extend a simple wish for the person’s release from pain and suffering.

Try saying one or more of the following classic phrases:

- May your difficulties [misfortune, pain] fade away.
- May you find peace [ease, strength].
- May your burdens be lifted.

As with all phrase-based practices, it's not the words you choose that matter, but rather the feelings the words evoke. Experiment: Try phrasings that sincerely move you or lead to a subtle shift to the physical sensations of your heart.

Practice takes practice. As a Toastmaster you are familiar with this and you know too that sometimes the act of practicing is easier than at other times. I also invite you to also consider being compassionate with yourself. Remember Stephanie? A large part of her anxiety comes from the belief that she shouldn't be anxious.

It is better to be gentle with ourselves in self-compassion and acknowledge our experiences as we become aware of them. Perhaps simply acknowledging what happens when you try to be compassionate with self or others may be all the training we can do at the moment. Those of us who have had trauma in our lives may find the very attempt at self-compassion to be activating and may feel a threat-response to the 'fight, flight, or freeze' brain. That's normal. If that is something that happens, we can remind ourselves that "In this present moment I have choice. In this present moment I choose. . . "

This all brings me to a key take away: while we can never really know the experience of another, especially when we may not have the complete context or story, our ability to build bridges of empathy and be compassionate are some of the key foundations necessary to sustaining our human connections, and our human existence.

For what if someone is doing the best that they can?

Let us ponder this quote:

Things which matter most must never be at the mercy of things which matter least.

Is it more helpful to judge and divide, or to use compassion in sustaining and maintaining that which has served us for millennia—positive human connection?

As a Leader of self and others, what would you decide?

(Special Article Note: As it is in Toastmaster Mentorship Tradition, this article was not the sole work of myself. This article was reviewed by my Toastmaster peers and edited to what you see above by the editorial work, feedback, and review of other Toastmaster members. We may seem as individuals, but we stand by the might of many.)

Liz is a member of Tell Me a Story Toastmasters, a storytelling club in Area 52 where she serves as the Club's VP Education. Professionally, she is the co-founder of Expressive-Connections, a small business designed to support people in their efforts to create a friendlier world.

Through Expressive-Connections, Liz trains, facilitates, and coaches. Her professional credentials are: Life Coach, Compassionate Listening® Facilitator, Certified Trainer in Adult & Youth Mental Health First Aid®, and a NAMI Family-to-Family Teacher. Her focus is on strengthening empathy, communication, and connection in interpersonal relationships. You can learn more at: lizthelistener.com

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



FEATURED SPEAKER

JANA BARNHILL, DTM

PAST TOASTMASTERS INTERNATIONAL PRESIDENT



READ BETWEEN THE LINES

PJ Kleffner, DTM - District Director

We have all heard the expression *Read between the lines*. Have you thought about how it applies to us as Toastmasters? We strive to improve our communication skills, and reading between the lines is a major part of doing that. Allow me to elaborate a bit, and then give you three examples.

At the most basic level, communication requires two things to happen: 1) a message is transmitted, and 2) the message is received. If no one is listening or no one hears you, no communication has occurred. You are simply talking to yourself. However, for the communication to be effective, the person who receives it must also understand the message. We learn to be active listeners in Toastmasters, which means that we not only listen to the words, we listen to understand the meaning of the message. To do this, we must consider many other factors, such as context, body language, tone, and even who the speaker is. If your boss and a co-worker gave you a similar suggestion, I'm guessing you might give the suggestion more weight coming from your boss than compared to a co-worker. All of these factors help us read between the lines.

I have three examples of communications that weren't very effective—for different reasons. The first one is when we forget how literal children are. One day I was leaving my parents' house and saw my young nephew outside on the verge of tears. When I asked if something was wrong, he said he lost a quarter. Thinking I would help

him look for it, I asked, "Where did you lose it?" When I saw his quizzical look, I assumed he didn't hear and repeated my question (points to me for recognizing his body language). However, he still looked confused, so I repeated the words again, slowly, and thought about what I was asking: "Where did you lose it?" Suddenly it hit me and I said, "Oh, if you knew where you lost it, it wouldn't be lost, right?" He gave me a big grin, and said "Yes." I then followed up with a more productive question, "Where were you when you last had it?" The lesson I learned from that exchange was to never assume that the other party has received and understood your message. Pay attention to body language. Ask questions to confirm that they understood, or ask them to paraphrase back what they think you said.

My second example comes from a co-worker and involves a basic understanding of human relations and empathy, or lack thereof. It was the 1970s and we worked in a very male-dominated organization. One day as I walked past our secretary's desk, I noticed that she was muttering to herself and slamming her desk drawer. When I asked what was wrong, she told me about a conversation she just had with our co-worker, Ron. He was walking past her desk, and he suddenly stopped and asked, "Judie, have you lost weight?" Beaming with pride, she said, "Yes, thank you for noticing." He said, "How much did you lose?" She replied "40 pounds". At

WHAT?



this point, the voices in his head were probably screaming “Stop talking, Ron. Walk away, Ron”, but he said “Congratulations. How much more do you have to lose?” It immediately reminded me of a birthday card I saw that said, “A gentleman should never ask a lady her age.” Inside it said, “So how much do you weigh?”

Ron was married, but I heard a few years later that he was divorced. I wonder why? The lesson here is all about personal boundaries and knowing what topics should be avoided.

My final example is a combination of the two previous examples, because it includes paying attention to body language and tone, plus a complete lack of understanding of human relationships. I was calling on a major customer and took a group of engineers to lunch. They were mercilessly teasing a young man named George about an incident the previous weekend on a ski trip with their girlfriends. George’s girlfriend had an accident and broke her leg. The conditions were perfect for skiing that day, and George was having the time of his life. As the EMTs were loading her into the ambulance, he asked, “Do you want me to come to the hospital with you?” In a soft voice she replied, “Well, if you want to.” You can probably guess that George

made a very bad decision that day. He still didn’t get it when he went to work on Monday and told his co-workers that his girlfriend was furious at him for not going to the hospital with her. When they started laughing and calling him an idiot, he said, “But, she said I could stay and keep skiing.” Read between the lines, George!

These three examples illustrate how communications can sometimes go off the rails and the message gets lost. In the first case, I was able to connect with my nephew because I was paying attention to his body language and facial expressions, all part of reading between the lines. I have long since lost track of Ron and George, but I hope for their sake that they have learned how to be more effective communicators.

Next Person Up!

Eldred Brown, DTM - Program Quality Director

We have only three months left until elections and 4-1/2 until the end of the term. Do you have a plan for how you're going to hand the reins of your Club, Area, Division, or District to your successor? Whether you're a Club President, a PQD like me eyeing a run for District Director, or you're an Area/Division Director who's chosen not to continue in your role, you need to know how you're going to ensure a smooth leadership transition for your position. A huge part of this

is the passing of knowledge and wisdom to your successor.

In the workplace, you may know already whom you can move forward into a vacancy when it arises, but with your officers elected democratically, you may not know who your next President will be until your Club officer elections in May. Even so, you can still identify a strong potential candidate early and work with that candidate to prepare them for your role. Take

that person on as your protégé. Have your protégé shadow you as your assistant. Talk with your protégé frequently. Mentor your protégé. Even if your protégé doesn't run for election, they will still be better equipped to take other non-elected leadership roles within your Club, which will benefit your members.

In addition to finding a protégé to groom for your role, you also need to have a wealth of information you can pass on to your protégé/successor. Identify what went well during your term. What did you find most rewarding in your position? What did you find most challenging? What would you do differently? What do you wish you knew at the start of your





term that would have made your year even better? What lessons did you learn the hard way? Past District 7 Director John Rodke talked up his “Roses, Thorns, and Buds” method of evaluating your officer term, with roses being the good experiences, thorns being the challenging experiences, and buds being the opportunities for personal growth. Maybe this framework of self-evaluation works for you; maybe something else works better. Either way, identify a way of evaluating your year so you can share your evaluation with your successor.

Did you and your team establish any new processes and protocols? With this year of adaptation to a world of virtual meetings, contests, and conferences, I’m sure your Club/District Executive Committee must have learned some best/worst practices for the conduct of your Zoom meetings. Write those down! Share them with your successor.

What is your succession plan? Have you identified a potential successor? Have you compiled all the information, knowledge, and wisdom you wish to pass on to your successor? Are you working with your potential successor now to prepare that person to step into your role on July 1? If you can answer yes to all these

questions, then congratulations! You have taken a huge step toward ensuring a smooth leadership transition for your Club, Area, Division, or District.

One of the things we often miss in succession planning is that it should be gradual and thoughtful, with lots of sharing of information and knowledge and perspective, so that it's almost a non-event when it happens.

~Anne M. Mulcahy

“T” Is For Teamwork

Lorri Andersen, DTM - Club Growth Director

They say there is no “I” in Team but there is a “T”. The letter T stands for together. Work teams are “interdependent collections of individuals who share responsibility for specific outcomes for their organizations.”[1]

In my own research and experience in high-performing teams, this is sometimes easier to put down on paper than to organize and experience in action.

Better said through another author, “High-performing teams are those with members whose skills, attitudes, and competencies enable them to achieve team goals. These team members set goals, make decisions, communicate, manage conflict, and solve problems in a supportive, trusting atmosphere in order to accomplish their objectives. Moreover, they are aware of their own strengths and weaknesses and have the ability to make changes when they need to improve their performance.” [2]

This sounds like Toastmasters! Participating at the club level and stepping into a leadership role prepares you for your next step whether it be in Toastmasters, another organization, or company. Almost every company wants their employees to learn how to work in a high performing team environment. This is becoming even more necessary in the virtual world in which we belong.

With the right skills (learned), a positive attitude (necessary), and competency (the ability to solve problems), an individual can apply themselves and be a good fit for the Team. A high performing Team works best in a “supportive,

trusting, atmosphere in order to accomplish their objectives”. This is the reason I love being in Toastmasters. I see people working to learn these skills in an atmosphere where they can trust each other, learn, and grow. In addition, a Team needs to make changes when they see it is needed.

Recently, I had the opportunity to hear International President, Richard Peck, on a video recording. He said to achieve our goals, we need to ask for help. If we don’t achieve our goals, at least we tried. But if we don’t ask for help, then that’s on us. In addition, we need to adapt our leadership style to the needs of the District. I see our District as a High Performing Team. We work together, have a positive attitude, have the desire to learn new skills, and we work in a supportive and positive learning environment.

In studying data analysis, it is said “one can only work on a specific skill without losing motivation if she enjoys the process of learning and practicing. . . f you generally enjoy the process, that will definitely help a lot to keep you in the flow.”[3]. I love working in information technology and learning new skills so there is truth in this reference. I enjoy the process of learning and perfecting technical skills.

With Toastmasters, we can enjoy the journey of working with and serving others. It’s the process that we enjoy and that continues to give us motivation to keep us moving to the next step, speech, and goal. Let’s continue to be on a High Performing Team together!

[*Click here to access footnotes*](#)

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 \$100 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.

PERCEPTION & OUR LITTLE TIME OUT

Emilie Taylor, DTM - Immediate Past District Director

There is nothing like having the Covid-19 cake around with a little bit of “icing” on top to give us a little “time out”.

I live in Clackamas County, one of the hardest hit counties in Oregon dealing with the recent ice storm. First was the layer of snow, then came the rain, then came the flashes of lights and exploding transformers. Our neighborhood was plunged into darkness. It is still without any lights from street lamps and homes are in the dark. Trees were down blocking streets in the neighborhood. Powerlines and telephone cables littered the streets. And, a few beloved maples trees and their branches buckled down from the weight of ice. Our bamboo had arched completely to the ground offering sanctuary for any little animals.

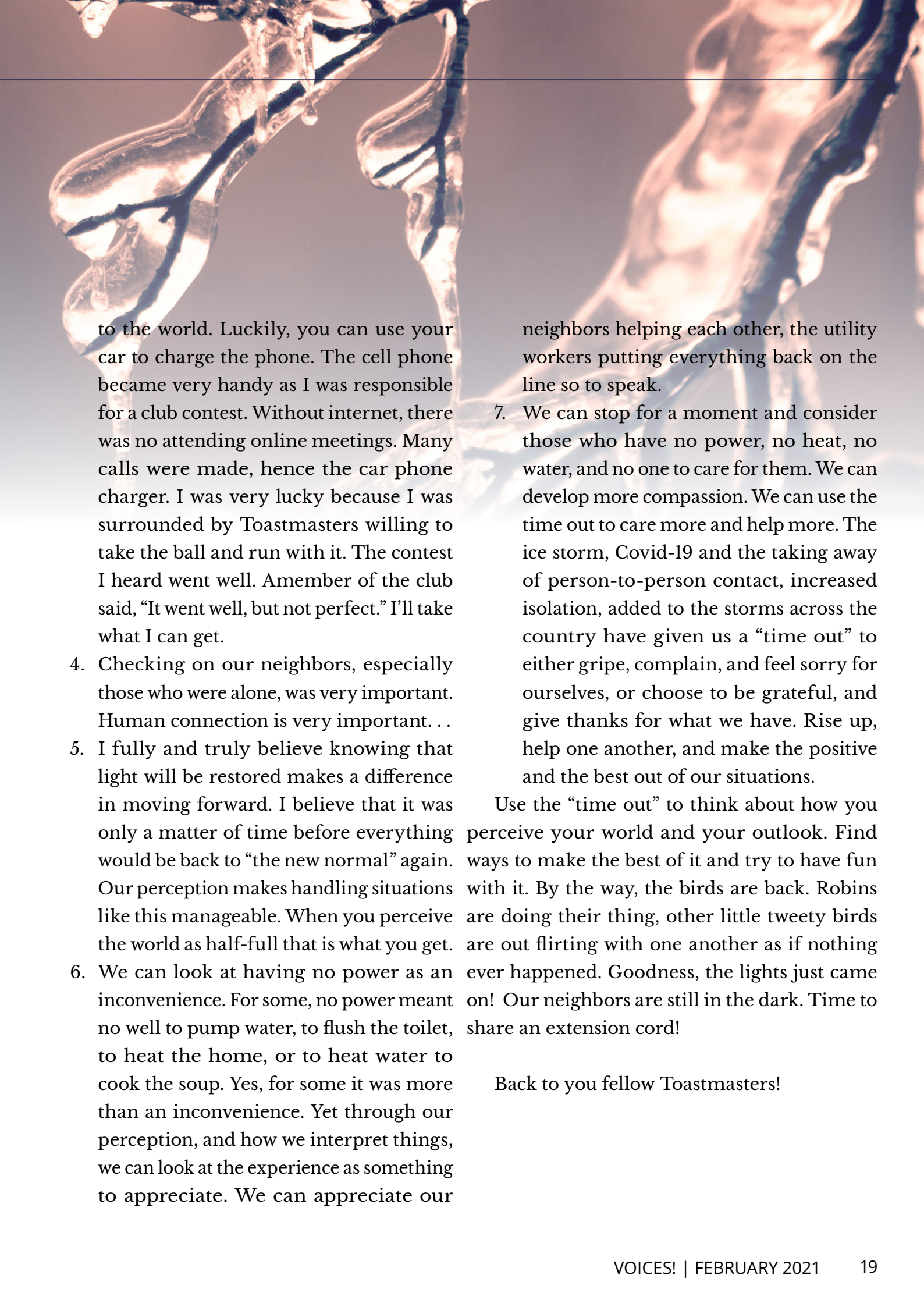
It felt as if everything quieted down. I can't even remember seeing birds and our house is surrounded by trees. Of course, the trees had thick layers of ice on them. My husband did not recall seeing any birds encased in ice while he was clearing all of the fallen debris.

Luckily for us, we have a gas stove in the basement though there was no power to blow hot air around. At least we had radiant heat to take the chill off. We could warm up the kettle or a pot of soup albeit it took 2 to 3 hours for it to be ready. We were also luckier than most as we have a gas water heater. Taking a hot shower while the house was 50 degrees felt like camping on the Oregon Coast.

What do you do when there is neither access to television nor internet? What do you do when you are so used to having a fridge that works, light from flipping a switch, warm soup using the microwave for a minute or two? Everything you need (well almost everything) was at your fingertips—until an east wind with below freezing temperatures met with a west wind of warm wet air. A shift of a degree or two became snow or freezing rain, then our “time out.”

My take away. . .

1. It is very important to have working flashlights. A flashlight became my best friend for 5 days. . . aside from my husband. Yes, everywhere I went I had a flashlight in my pocket. You learn pretty quickly which flashlights are the best. With so much “darkness” around, it is good to know that we are never truly in the dark.
2. Not knowing what was happening was oddly refreshing. The noise was quieted down, not just from no traffic, and no planes in the air. There was a time out for genuine quiet! There was no need to know what was going on in Washington, DC for the time being. There was no need to watch the daily ritual of evening news. Knowing when power would be restored took precedence over everything else!
3. Our cell phones were a lifeline! Indeed they were. You never really think about it until they are your only way to connect



to the world. Luckily, you can use your car to charge the phone. The cell phone became very handy as I was responsible for a club contest. Without internet, there was no attending online meetings. Many calls were made, hence the car phone charger. I was very lucky because I was surrounded by Toastmasters willing to take the ball and run with it. The contest I heard went well. A member of the club said, "It went well, but not perfect." I'll take what I can get.

4. Checking on our neighbors, especially those who were alone, was very important. Human connection is very important. . .
5. I fully and truly believe knowing that light will be restored makes a difference in moving forward. I believe that it was only a matter of time before everything would be back to "the new normal" again. Our perception makes handling situations like this manageable. When you perceive the world as half-full that is what you get.
6. We can look at having no power as an inconvenience. For some, no power meant no well to pump water, to flush the toilet, to heat the home, or to heat water to cook the soup. Yes, for some it was more than an inconvenience. Yet through our perception, and how we interpret things, we can look at the experience as something to appreciate. We can appreciate our

neighbors helping each other, the utility workers putting everything back on the line so to speak.

7. We can stop for a moment and consider those who have no power, no heat, no water, and no one to care for them. We can develop more compassion. We can use the time out to care more and help more. The ice storm, Covid-19 and the taking away of person-to-person contact, increased isolation, added to the storms across the country have given us a "time out" to either gripe, complain, and feel sorry for ourselves, or choose to be grateful, and give thanks for what we have. Rise up, help one another, and make the positive and the best out of our situations.

Use the "time out" to think about how you perceive your world and your outlook. Find ways to make the best of it and try to have fun with it. By the way, the birds are back. Robins are doing their thing, other little tweety birds are out flirting with one another as if nothing ever happened. Goodness, the lights just came on! Our neighbors are still in the dark. Time to share an extension cord!

Back to you fellow Toastmasters!

“UP-Skill” Your Public

Maren Zieba, PI1

Welcome to Public Relations Masters

This chartering Club is open to fellow Toastmasters interested in growing their skills, sharing strategies, and presenting their adventures in public relations. Our goal is to charter in the next few months. Join us and become a charter member!

How can we support each other in our Public Relations efforts?

This question sprouted a VPPR Support Group in Fall of 2020 and grew the idea that a NEW Specialty Club focused on the Public Relations side of Toastmasters would be beneficial not only to VPPRs, but to many!

What are our members saying?

“I was apprehensive of Facebook posts when I first started, but the group shared real life examples. Now I am designing marketing posts, developing content, and posting for my club.”

~ Jennifer Schmidt, VPPR New Horizons

“This group has ‘up-skilled’ my PR abilities. The feedback and support I receive from PR Masters has contributed to a measurable rise in attendance in my home club.”

~ Eric Winger, VPPR Silicon Forest

Let’s talk about VALUE

Public Relations Masters is. . .

- a fun once a month showcase of Public Relations stories, tips, tricks, and more.
- a virtual meeting that reaches the corners of D7 and beyond.
- a place where your PR is seen, evaluated, and results are grown.
- a Facebook group that provides quick feedback and celebration
- a support system of “influencers” who push your online marketing to new heights with “Flash Engagement.”

Did you miss Demo Meeting #1? It was insightful! Thirty-two people attended the meeting. [View the video on the D7 YouTube Channel.](#)

Don’t miss speeches like *Pandemic Public Relations Strategy for Clubs* by Charissa Yang and *Tool Time: Canva* with Maren Zieba or our unique segment *Show Us Your Page* with Andrea Matthews.

DEMO Meeting #2 is Thursday, March 4, 2021 at 7:30pm. Experience a “FLASH Like!”

NEXT STEP, it’s easy. . .

[Join our Facebook group.](#) You will gain access to the latest information, see posted projects,

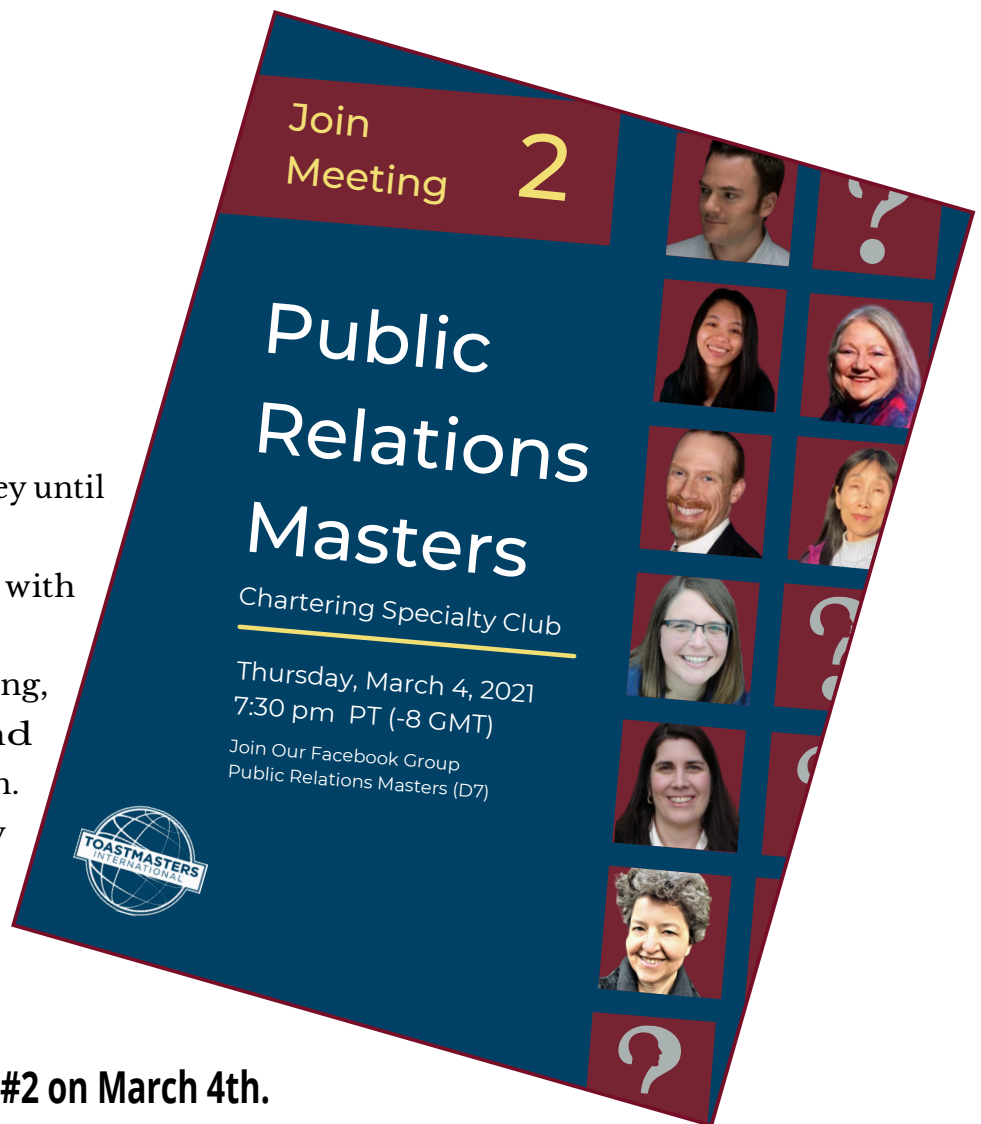
Relations!

and find charter forms (no money until charter).

In the meantime, flourish with us. . .

have fun taking roles, speaking, attending meetings, and participating in the group forum.

BONUS! Slides requested by participants in DEMO Meeting #1 are now available in our [Facebook group](#)



Join us for Demo Meeting #2 on March 4th.
[Click here to register.](#)



Who's YOUR Club Champion?

Leanna Lindquist, DTM

Club champions are easy to identify. If their names don't jump out at you, make some observations at your next Club meeting. Who do your Club members look to for answers? Who does everyone listen to? Has your Club run into a few challenges? Who stepped up with a plan, encouragement, and support?

Club champions fill Club meeting roles and officer roles when no one else will. When something needs to be done, no matter how small or how large, the Club champion will step up. And will do what needs to be done and do it well.

Does someone now come to mind? More than one? If you answered yes, your Club is lucky. Treasure your champion. Thank your champion. Make your champion feel appreciated.

When I think about a Club champion, Lisa Hutton comes to mind. Lisa has been a member of Marylhurst Toastmasters Club for almost ten years. She loves our Club. We are family. We know it. Guests comment on it. Like with any family, someone is the glue who holds it together. Lisa is our glue. This year she is our VP Membership. Her immediate responses to emails bring potential members through our virtual door. She welcomes guests and invites them to come back. She keeps guests on a list and emails the Zoom link out every week.

Lisa will make house calls to help members navigate Pathways. She doesn't want anyone in

our family to feel left out. She provides the encouragement, the patience, and the help they need.

I have noticed that many times Lisa doesn't sign up for a meeting role right away. She sits back, gives others a chance, then fills in where she is most needed. The same goes for Club officer roles. Lisa has been a Club officer for as long as I can remember. She served as president two different times when no one stepped up. She waited for someone to take advantage of the opportunity and when that didn't happen, she volunteered.

It is in our Club DNA to be President's Distinguished. We have been for the last 14 years. We have struggled from time to time with our membership numbers. Lisa keeps an eye on them. She lets us know when we need to step it up.

When Scott Stevenson retired from Toastmasters, Lisa took over his role as





webmaster. She makes sure our agendas are posted weeks in advance. If we have a special meeting or contest our agendas reflect that. She keeps our homepage updated.

Lisa has “Club Champion” all figured out, although she may not know it. She shows up. If Lisa is not at a meeting she is out of town or sick in bed. She signs up. If a role needs to be filled, or a committee needs a chair, Lisa’s name appears. She spends time helping members find their way in Pathways. I am thankful for Lisa Hutton. All our Club members are. Our family is better for her.

If your Club doesn’t have a champion, I encourage you to assume that role. Show up and sign up is the best way to begin.

Champions don't show up to get everything they want; they show up to give everything they have.

—Alexander den Heijer

Fantastic Theme Meetings: M

Jennifer Sch

Arrrr! shouted the pirates filling my screen one Saturday morning. Why? Because it was “International Talk Like a Pirate Day,” of course! This long-standing tradition at New Horizons Toastmasters in Tualatin, Oregon, is one of many met with enthusiasm.

Perhaps this sounds silly, but honestly, it’s therapeutic in the age of Zoom meeting fatigue. With all the regular meetings we attend, sometimes you just want to exclaim a hardy, “Shiver Me Timbers!” to garner some relief. But if pirates don’t float your boat, pets, music, food, or travel might. These are all themes New Horizons has featured to encourage engagement at 8:00 a.m. If you’re considering using a theme for your next Toastmasters meeting or special event, below is a treasure trove of ideas to ensure that it’s a bountiful success!

Pick a Universal Theme

Think of a theme people can relate to and easily share, like pets. Most people have pets or know someone who does and are eager to share stories about them. Choose themes people enjoy talking about such as their favorite travel



experience or rock band. Topics that give people automatic smiles will also give meetings built in enthusiasm and stress relief in our current times. Members who consistently smile and laugh with each other, tend to return again because they appreciate the supportive and fun environment.

Advertise, Advertise, Advertise!

The way to build enthusiasm is by making your first announcement at the end of each Toastmasters meeting. Include theme posts on social media and email updates during the week

New Horizons Toastmasters

Smith, EH1

to build awareness. Images such as cute pets, exotic travel locations, or gourmet dishes grab attention. The more entertaining and consistent your advertising, the more excitement that will be generated with your posts. Boost member involvement by encouraging the use of props, backgrounds and photos during the meeting.

Tie it Together

Themes make it easier to run a smooth meeting. The Toastmaster who chooses the theme generates anecdotal information for the meeting, your Grammarian picks a related

word of the day and the Table Topic Master has a solid foundation to form questions. Working together with a theme in mind provides a starting point. The consistency of this common thread makes the meeting more organized. Members who contribute backgrounds and photos add a delightful atmosphere. Capturing this enthusiasm with a group screenshot is also a great way to show the warm camaraderie on social media!

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
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 Michelle Alba-Lim, DTM Video Replay	WOW Open House Leanna Lindquist, DTM Video Replay	Succession Planning Erik Bergman, DTM
APRIL 7	MAY 5	JUNE 2
How Being a Club Officer Makes You Stronger Emilie Taylor, DTM	Toastmasters 101	Finish the Year Strong



First Wednesdays

7-8 pm

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



Presenter
Erik Bergman, DTM

March 3, 2021
7:00-8:00 pm



How to Succeed at Succession Planning



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

In the next Wednesdays Wonderful Webinar you will learn how to:

- **Identify future officers**
- **Recruit and groom them for success**
- **Enjoy a smooth year-end transition**

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

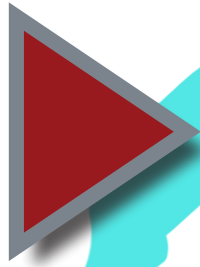
The first time your club meets in May you will elect club officers to assume their new roles on July 1, 2021. Now is the time to prepare so you will have a suitable slate of candidates.

About the Presenter

Erik Bergman, DTM, joined Toastmasters in 2007 as a charter member of WE Toasted Toastmasters in Lake Oswego. Since then he has served in every club officer role as well as Area 64 Director, Division E Director, and District 7 Club Growth Director. He has been honored with the District 7 Educational Service Award and Division Governor of the Year Award. Twice he served as District 7 Chief Judge for speech contests. He is also a member of TV Toastmasters, which produces Toastmasters-themed TV shows.



Phyllis Harmon, DTM
Presenter



THERE'S A PROJECT FOR THAT!

ONLINE WEDNESDAY, MARCH 17, 2021

7:00 - 8:00 PM



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

This webinar is focused on pre-Pathways members but is open to everyone who wants to stretch beyond the ordinary. Under the traditional program, finding a project to fit an existing speech was fairly easy. In Pathways, members feel that the scope of the projects is too limited. They express that they are unable to practice the presentations they really want to do. I plan to share a different perspective. In this presentation, attendees will learn:

- Where to find projects to fit their presentations
- How to think beyond the standard project definitions (one size does NOT fit all)
- How to sculpt a presentation to fit within the standard project definitions

About the Presenter

Phyllis Harmon, DTM is a self-proclaimed 'seeker of a new perspective.' She joined Toastmasters under the legacy program in 2008 earning three DTMs before the Toastmasters switched to the Pathways program. To date, she has earned one Pathways DTM and is working on another. Phyllis has served in most District roles, including Area and Division Director, District Education Coordinator, District Public Relations Manager, Club Growth Director, Program Quality Director, District Director, and currently as District Administration Manager. She is a member of three clubs Wallmasters International, Feedbackers, and Tell Me a Story. She is serving as Club Treasurer and VP Pathways for Wallmasters International, VP Membership for Feedbackers, and club coach for Downtown Lunchbunch. Additionally, she is the editor-in-chief for *Voices!* – the District e-magazine, and the Division D Pathways Proponents representative. She is the recipient of the 2019-20 and 2015-16 District Toastmaster of the Year awards, 2017-18 Lou Webb Award, and 2009-10 Herb C Stude Education Award. She is the author of *Public Relations – Increase Club Membership & Retention – A Strategic Guide*, a compendium of twelve published articles on marketing and promotions. She is working on her 5th DTM.

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, ACG, 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
Phyllis Harmon	March 17, 2021	There's a Project for That!
Dave Bones	March 31, 2021	Pathways Mentor Program - Recipe for Success*
Beth Pinchot	April 21, 2021	TBD
All Committee Members	June 16, 2021	Pathways Q & A from District Members

**Rescheduled from February 17, 2021*

Keep Calm and Carry On

Paul Fanning, DTM

What a joyous day it must have been on the 17th of April 1891. All of Walter Hoare's Post Office mates were congratulating him (and his lovely wife Emily) on the birth of their child, Margaret Emily, the day before in London's Blackfriars borough.

No champagne was flowing, of course, as it was a workday. Little did either of the Hoare's or anyone else in the Post Office know what was in store for little Margaret Emily (let us call her Maggie).

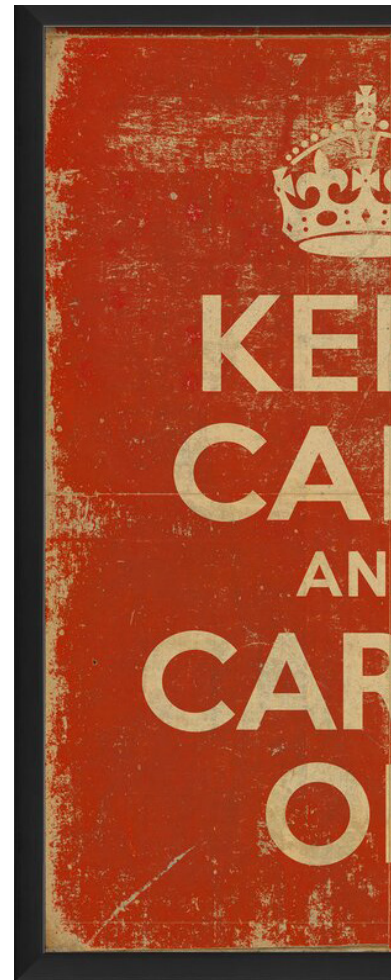
This was the first of the Hoare's five children living in the glorious Victorian age. While Walt walked his daily route, moving up eventually to the coveted sorter position and posting to the General Post Office in Fulham, Emily was in charge of the household itself—doing the laundry, preparing Walt's daily lunch for his tin pail, and having his dinner on the table when he came home.

It was not the idyllic life of the wealthy (with their servants doing all the work), but Walt and Emily were proud of their status. He was the Postman and she the mother with five children smartly dressed and being educated at the local school. But there is more to this story than just one of the many lower-middle-class families in London or the entire British Isles.

I became acquainted with Margaret Emily (Maggie) Hoare, B.E.M., I.S.M. several years ago. I was offered a set of three British medals

all professionally mounted and looking quite smart. The first medal was the British Empire Medal for Meritorious Service, the second the Defence Medal for World War Two, and the third, the Imperial Service Medal. All three showed either the Royal cipher or the head of George VII (who was the King-Emperor from 1936 through February of 1952 when his daughter, Elizabeth succeeded him as Queen Elizabeth II who still reigns 69 years later).

Individually, the medals are not extraordinary or expensive prizes. As a group, the story of the "man" behind the medals makes them exciting. Especially so as they were awarded to a woman who had served in some capacity during the Second World War, and because they had been mounted without the typical women's bow ribbon. They were awarded to a uniformed recipient, doing her "bit" amidst the air raids, carnage, and constant urging by the government to "Keep Calm and Carry On" in spite of all they faced.





But back to Maggie's story. In 1927 she sat for an examination with the Post Office to serve as a Storewoman in the Supply Department. She passed her examination with high marks meaning she had a head for figures. The tally keeping required in the store department, as well as the chance to work in the General Post Office (GPO) like her father, was important to Maggie.

She advanced in the Supply Department to the Superintendent of Women in 1937—quite a remarkable achievement for a woman in a male-dominated

workplace.

Britain began preparing for war with Germany. By 1939 all Post Office employees were being signed up for volunteer war service positions—whether as air raid wardens, volunteer nurses, ambulance drivers, etc. A new organization, the Women's Voluntary Service, was formed to replace men needed for the armed forces. Of course Superintendent Hoare readily joined up, wearing her new green uniform with

the WVS emblems. She organized fundraisers, first aid training, opened a relief canteen and when the GPO was bombed, served around the clock with the injured, relief workers, police, air raid, and casualty/mortuary service.

Maggie earned the Defence Medal for civil War Work for her three years of duties. She continued on after the war and was awarded the British Empire Medal from His Majesty the King, for her time and further efforts.

Added to that upon her retirement, was the Imperial Service Medal for 25 years of civil service. Sadly, she died on April 14, 1955—two days before her birthday. Had she lived a few years more, she would have also easily received the Women's Voluntary Service Medal created after her death.

I have the pleasure of displaying her medals, all bright and shiny, as a tribute to an almost unknown Londoner, knowing she had indeed kept calm and carried on. She would have proudly worn her medals at memorial services and other veterans events proclaiming her service to King and Country—just like any other member of the armed forces. Walter and Emily, had they lived, would have been proud of their first child and clever daughter.

Why do I relate her story to you fellow Toastmasters? The message and lesson are simple. Ordinary people often do extraordinary things. Often times their exploits and achievements have

nothing to do with their status in society, their bank account, or the make and model of the car they drive. Steadfast and sure, yes. Keeping calm and carrying on, double yes.

So how does this apply to our organization? I would love to do a mock WW2 style poster of our District Director PJ Kleffner standing tall on the poster and pointing at us saying “TOASTMASTERS WANTS YOU!”

No, I’m not trying to be funny for the message is true. We need more Toastmasters and Clubs. We need more people, caring about their fellow men (and women), to help them gain self-confidence, learn how to speak and lead—assisting others to strive to grow, to succeed, and to achieve their potential.

How we speak, how we work with others, and how we encourage others to strive for that confidence in “finding your voice” is sadly lacking in most of today’s society.

We accept the mundane, the mediocre and the easy options that will rarely lead us to achieve our potential. I challenge you to watch television (or whatever is your media of choice) and truly listen to what, how, and why they are saying what they do. Grab a generic evaluation form and watch an interview (your ah-counter pen at the ready).

I have watched and listened to many political leaders in the last year. Most could not deliver an ice breaker at our Club meetings! Ahs, ums, run-ons, double starts, no organization—the list goes on and on. They need Toastmasters. Give us one of these “professional” speakers in our clubs and we would help them become dynamic, confident, and easily understood speakers. Encourage them do Table Topics. Run

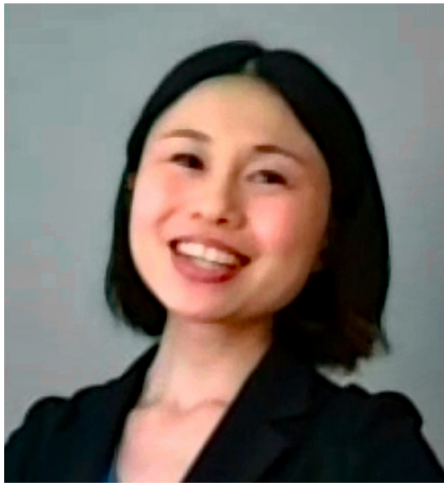
through Level One in Pathways, or have them compete in a speech contest—all would improve their delivery and method triple fold without the poor speaking they are currently passing off as “a polished speech.”

Don’t get me started with today’s youth who don’t even talk with each other let alone someone older than they—beyond a nod of the head, a “yeah” or LOL BTW texting.

So, my friends and fellow seekers of improvement, here’s the bottom line as I see it. We must draw a line in the sand and say, “no more.” No more loss of membership. Let us reach out and grow our Club membership now and through the remainder of this year. No more clubs disappearing or using COVID-19 as an excuse (I am re-thinking Zoom fatigue!). Instead, let us create new clubs—dynamic, enthusiastic, and relishing Pathways.

The membership renewal period has begun. There are incentives for your Club to increase membership—money for your Club, recognition for those who recruit new members, etc.

Let’s raise the bar higher than before. Let’s KEEP CALM and carry the message of Toastmasters on and out to our communities, friends, churches, and other organizations. There may not be bombs dropping, but your service, your achievement, and your progress are calling—and it is a clarion call. Be Margaret Emily Hoare and sally forth.



Someone Else's Story
Hanae Matsumura, DL3



What Is and Is Not
(The Hunt for Truth)
Phyllis Harmon, DTM



Being a Mentee Is Like Meeting
Yourself in the Mirror
Elizabeth Spitzer, EC1

Feedbackers Toastmasters

The Evaluation Workshop Club



Join us!

February 10, 2021
7:15–9:00pm

feedbackers.toastmastersclubs.org

PATHWAYS? WHY NOT?

Cleon Cox, DTM

It was almost 27 years ago that a new friend suggested I check out Toastmasters International. He was a most sage person in my mind, and I wasn't too sure why he made the suggestion. I mean, I took speech in college and had overcome the fear part. Yet, something led me to check them out. I picked up the phone book and found Toastmasters International. I called them, sharing my area and address. Lou Webb sent me a printed sheet showing clubs in my area. You know what? There was a club several blocks from my home.

That is how it all started.

I joined Wallmasters International a few weeks later. Why wouldn't I? The folks were friendly, fun, and nice to me.

From there it was about learning how the club meetings functioned, manuals for the education portion, and speech contests twice a year both in and beyond the club. I soon learned it wasn't all about getting over the fear of presenting. For me, it was about learning to listen better, giving better feedback, and becoming part of the group.

The supportive environment seemed to assist members to grow faster and learn more, yet it took a few years for me to recognize this feature. I began to see how positive feedback, along with suggestions, worked pretty well.

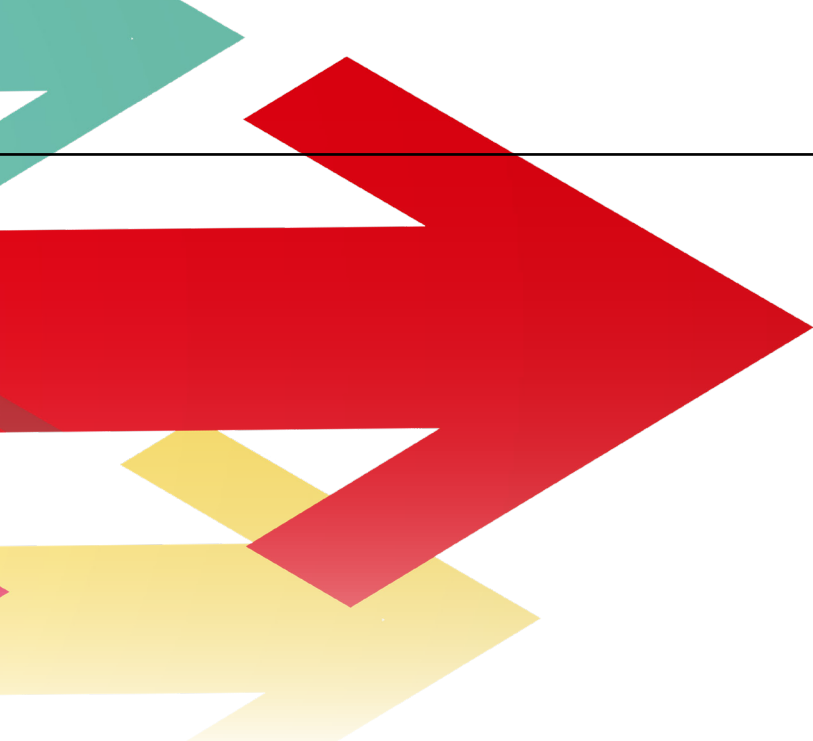
At this same time I was continuing to mature. Little by little I found my goal changed to assisting others in attaining their goals and encouraging them to reach for the stars.

Now we have Pathways. We have grown and made changes before but this was a big change for us all. Without growth and change, it is hard to adapt to the world around us. Those of us that have been around for a long time have seen solid, long-term businesses come and go (Sears, Monkey Wards, REA, White Front, W.T. Grant, Greyhound) and the list goes on. Toastmasters have worked long and hard to improve what we were used to.

Then along came Pathways! The new and improved Toastmasters program. Some folks, I've heard, aren't too interested in moving on and into Pathways. I also began wondering if I really wanted to convert to Pathways, even though I understood the distinct value in today's world. I've already attained my DTM and am really not worried about attaining another.

Then it struck me that it's not about me. There is much more to learn. I had to ask myself, "do I really want to go through a whole new way to do what I've been doing for the past 26 years?" It's all I can do to keep up with my passwords.

I began seeing and hearing less seasoned



members (plus the brand-new members) deal with Pathways and how they all helped one another progress. James Wantz put an extraordinary amount of time into figuring out Pathways. He assisted in numerous changes for Toastmasters International.

I have decided to continue and start learning more about Pathways, as it is the future. I will learn—but now I see my larger role will be to share some of my accumulated knowledge and how it applies to Toastmasters.

I am looking forward to having fun with those continuing with Pathways and those continuing on other paths. You are all invited to visit many clubs now whether you have continued on with Pathways or not.

Cleon Cox has been a Toastmaster since 1994. He is currently a member of Feedbackers, New Horizons, and Wallmasters. He has served in all club officer roles, and is currently the Treasurer for two of his clubs. He earned his DTM in 2009. He was awarded the Herbert C. Stude Educational award in 2001-02 and the Toastmasters International Presidential Citation Award in 2010. He continues to be a mentor and coach to members, charter new clubs, and serve on District committees.

*The only way that we
can live, is if we grow.*

*The only way that
we can grow is if we
change. The only way
that we can change is
if we learn. The only
way we can learn is if
we are exposed. And
the only way that we
can become exposed is
if we throw ourselves
out into the open. Do it.
Throw yourself.*

— C. JoyBell C.

Reedsy: Rich Resources for Writers

Ken Coomes, DTM

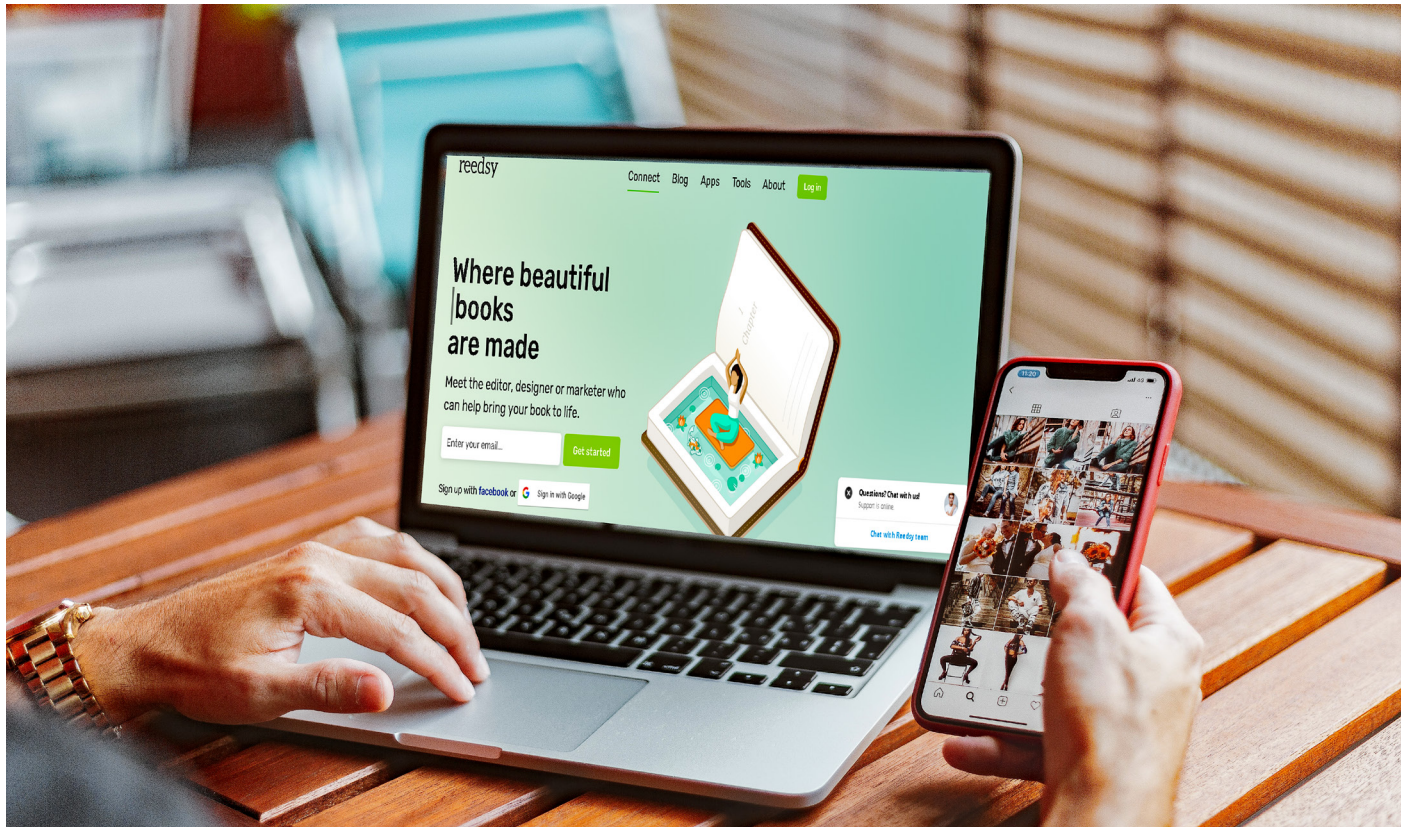
[Reedsy](#) offers writing prompts, writing contests, and webinars by professionals in the field. Just like Toastmasters, Reedsy offers the chance to give and get feedback. Let's start by looking at their themes, prompts and contests, all rolled into one.

The themes so far this year (2021: 1/week) have been New Year - New You, He Said - She Said, Snow Day, Keeping Busy, The Family You Choose, and Living History. The themes themselves may give you inspiration, providing a starting idea or point for your next piece of writing.

Each theme includes five prompts. Here are six sample prompts, one from each weekly theme.

- Start your story with one character making a vow that they never would have made the year before.
- Write about two people who just can't seem to understand each other, no matter how clearly they think they're speaking. [sounds like they could use Toastmasters - Ken]
- Set your story in a remote winter cabin with no electricity, internet, or phone service.
- Start your story with one character trying to convince another to take up their favorite hobby..
- Write about a "found family" who are finally able to get together again after a long time apart. [I wrote a story about a family separated by Viet Nam and homosexuality]
- Write about a child witnessing a major historical event.

You don't have to write anything for Reedsy



(unless you want to try to win the money from them, of course!) You're never obligated to write. If you choose to write a story or two (or 3, 4, or 5) in any week, you choose the prompt(s) you feel like writing about, and write a short story, ranging in length from 1,000 - 3,000 words. Other members of the Reedsy community may like and/or comment on your story; you may also like and/or comment on theirs.

Working hard to support writers, Reedsy also provides a number of free webinars, conducted by professionals in the field of writing and publishing. Drawn from their many offerings, the January 8th theme and prompts included links to:

- How to Write Natural Dialogue
- How to Write Dialogue with Subtext (Video)
- Dialogue Rules: How to Punctuate Dialogue like a Pro
- 250+ Other Words for "Said"

As you can see, there are plenty of free benefits for authors on Reedsy, including a weekly contest, feedback, and help and advice from professionals. Even if you aren't currently writing, on Reedsy you can read some entertaining short stories covering a wide range of genre and style. I look forward to reading your next submission on Reedsy. Do [check mine out by clicking on this link](#). I hope you enjoy them. [Here is the link to the Reedsy blog](#).

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

Henry Schowe, DTM - District 7 Historian

The Vancouver YMCA promoted a public speaking education organization debating team on October 9, 1913. Public speaking courses were offered in 1915. After World War I, YMCA staff continued the education program. The program included agriculture, salesmanship, public speaking, foreign trade, and business courses with an enrollment of 250 students.

Dr. C. C. Cameron spoke about the value of public speaking at a dinner meeting on Friday, November 11, 1921. Businessmen in the audience enrolled in the course. A public speaking club was organized on Thursday, October 23, 1924. Members arranged oratorical contests and revived the old Vancouver Debating League.

On November 25, 1925, YMCA public speaking instructor, Mr. T.S. Baynes, delivered the speech "How to Acquire Self-confidence in Public Speaking." Several businessmen spoke about benefits of the course. The YMCA public speaking classes continued to have high enrollments. While serving as YMCA secretary, Frank Paulding became a public speaking instructor. The term ended for the New Westminster YMCA public-speaking class on April 22, 1927. A banquet was held with A. W. McLeod as Toastmaster. After the banquet, the students presented Frank Paulding the book *Elbert Hubbard's Scrap Book* as an appreciation for his work as an instructor. Elbert Hubbard was a famous American artist, philosopher, and publisher. Elbert and his wife died after a

German submarine torpedoed and sank the S.S. Lusitania.

In 1928, the YMCA public speaking students and Frank Paulding organized two clubs. The junior organization known as the YMCA Public Speaking Club organized with H. C. Duffus, president; P. J. Salter, vice president; Ed Allen, secretary-treasurer. The club members met Thursday evenings at the YMCA for supper. The Public Speaking class final meeting held a speech contest for the Henri trophy. Silverware was presented to the winner. The Spokes Club, that had operated for several years, re-organized for the term with Harold A. Jones, president; Clifford Babcock, vice president; and Cline Singleton, secretary-treasurer. Club members met on Mondays at the Piccadilly Restaurant. During the 1930 YMCA Summer School that was held at Whittier College campus Los Angeles, California, Ralph Smedley began organizing Toastmasters on July 26th. Clark Chamberlain was elected temporary chairman and committees were appointed to study plans. Frank Paulding attended the Toastmaster organization meetings where he expressed interest in having Spokes Club become associated with Toastmasters.



Gather the Group



Friday, June 4, 2021 • 7:00 - 9:00 PM

District Recognition • Meet the 2021-2022 Trio • A Year in Review

DO SOME FEBRUARY FABLES

B. Lee Coyne, ATMS

Are you out there hibernating from doing your next TM speech? Time to emerge and bear the happy consequences. Fables are fabulous.

By way of definition our friendly dictionary thus describes: “A short narrative making an edifying point and often employing animal characters.”

Here’s a chance to exercise that enchanted imagination we often pass over. Animals are popular characters embodied in fables. Let’s use Disney movies as a meaningful example. Consider:

- Mickey Mouse in The Sorcerers Apprentice
- The mother deer in Bambi
- Jiminy Cricket in Pinocchio
- Brer Fox in Song of the South.

- The mean crocodile in Peter Pan
- Baloo the bear in The Jungle Book
- Sebastian the crab in Little Mermaid

Take any one of the above and give that tale your original spin. Or check out Mother Goose for added inspiration. Even the comics can be your fabled resource. Feel in the doghouse? Try Snoopy!!



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Distinguished Club for 20+ Years

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JOIN US ON **zoom**

Fridays | 6:35–7:45am PST



Club Coaches Rock!

Paul Fanning, DTM

Club Coach Coordinator

I remember the phone call from the then District Club Coach Coordinator. “I’ve been told you’d like to be a Club coach,” she said. Panic set in. I began to sweat; my pulse racing, and the litany of self-doubts began playing in my head. “Why, yes, I would. I need it for my DTM,” I responded nervously. Two minutes later I had been told the location of the Club and their meeting time. Now I was one—a Club coach.

Fellow Toastmasters, the need for Club coaches is even greater today than before. We have Clubs throughout the District who have requested coaches, and we do not have coaches to give them. Your District may lose several of these Clubs at renewal time for not having enough members to be a Club in good standing since renewals last October. I humbly ask that you consider becoming a Club coach and helping a Club not only gain membership but become a Distinguished Club as well. I promise not to send you to the lions in the arena without any tools or information. Normally I will ask you to fill out a questionnaire, a discussion about the role of

the Club coach, the specific Club, etc. I do the same for the Club in need of a coach as well. Call me the yenta or matchmaker, but I want a successful experience for all. You can begin your process by emailing me at coaches@d7toastmasters.com and I will respond.

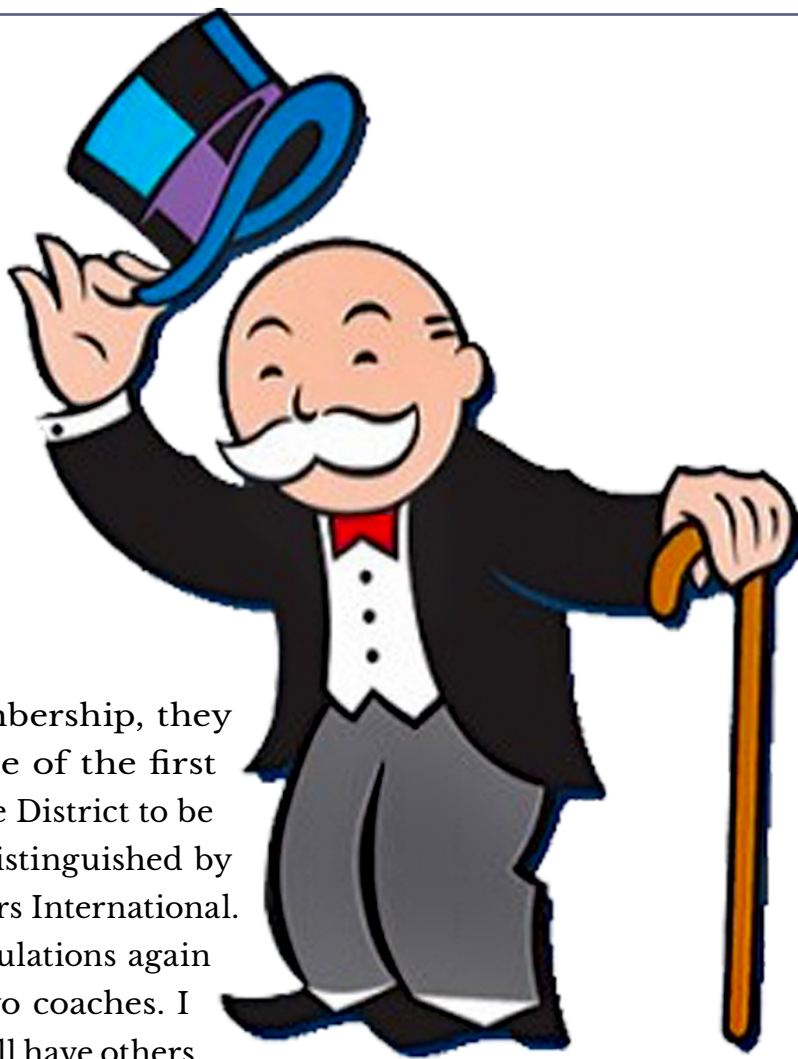
Speaking of successful coaches, I have two I would like to recognize with a tip of the hat for their achievement thus far this year. Please help me to recognize:

David Freedman, Club Coach - Swan Island Toastmasters #1421367

David has helped his Club to now be a Club in good standing (8 or more members) and they are on their way to Distinguished status by the end of the year.

Naomi Inman, Club Coach - Liberty Talkers Toastmasters #1451910

Naomi’s skills have guided her to help her Club exceed their June membership goal and achieve five or more DCP goals to be a Distinguished Club. If they maintain



their membership, they will be one of the first Clubs in the District to be declared Distinguished by Toastmasters International.

Congratulations again to these two coaches. I know we will have others to congratulate in the coming months who are working hand in hand with their Clubs.

I also wish to acknowledge three new Club coaches who have been appointed since January of this year. These individuals have readily stepped forward to help Clubs in need. They are:

- David Bones-Talk-In-Tell Toastmasters # 1567, Ron Martin, Club President
- Suzanne Loeb-Downtown Lunchbunch Toastmasters #2714463, Judith Short, Club President (Co-Coach)
- David Shehorn-Bend Chamber Toastmasters #6856, Jodi Compton, Club President

I do want to let everyone know that we have two other prospective Club coaches in the process as this is written.

If you are keeping score—and of course I am—it is Club Coaches 5 - Lions 0 at this time!

Re-access your skills, your time, and your desire. Consider becoming one of these successful and influential appointed roles in District 7. I did—and I have again.

Oh, yes. You asked what happened in my first Club coach experience? I would love to relate horrible stories, but a good Club leadership team rose to the challenge. Not only did the Club achieve Distinguished status, but I made new friends and widened my Toastmasters experience as well as adding new “tricks of the trade” to my bag of skills. It was a positive experience then, and it is my role and desire to make it one for you as well.

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 FEBRUARY 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



Cleon Cox, DTM



Eldred Brown, DTM



Elizabeth Spitzer, EC1



Emilie Taylor, DTM



Harvey Schowe, DTM



Jennifer Schmidt, EH1



Ken Coomes, DTM



Leanna Lindquist, DTM



Lee Coyne, ATMS



Lorri Andersen, DTM



Maren Zieba, PI1



Paul Fanning, DTM



Phyllis Harmon, DTM



PJ Kleffner, DTM

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