

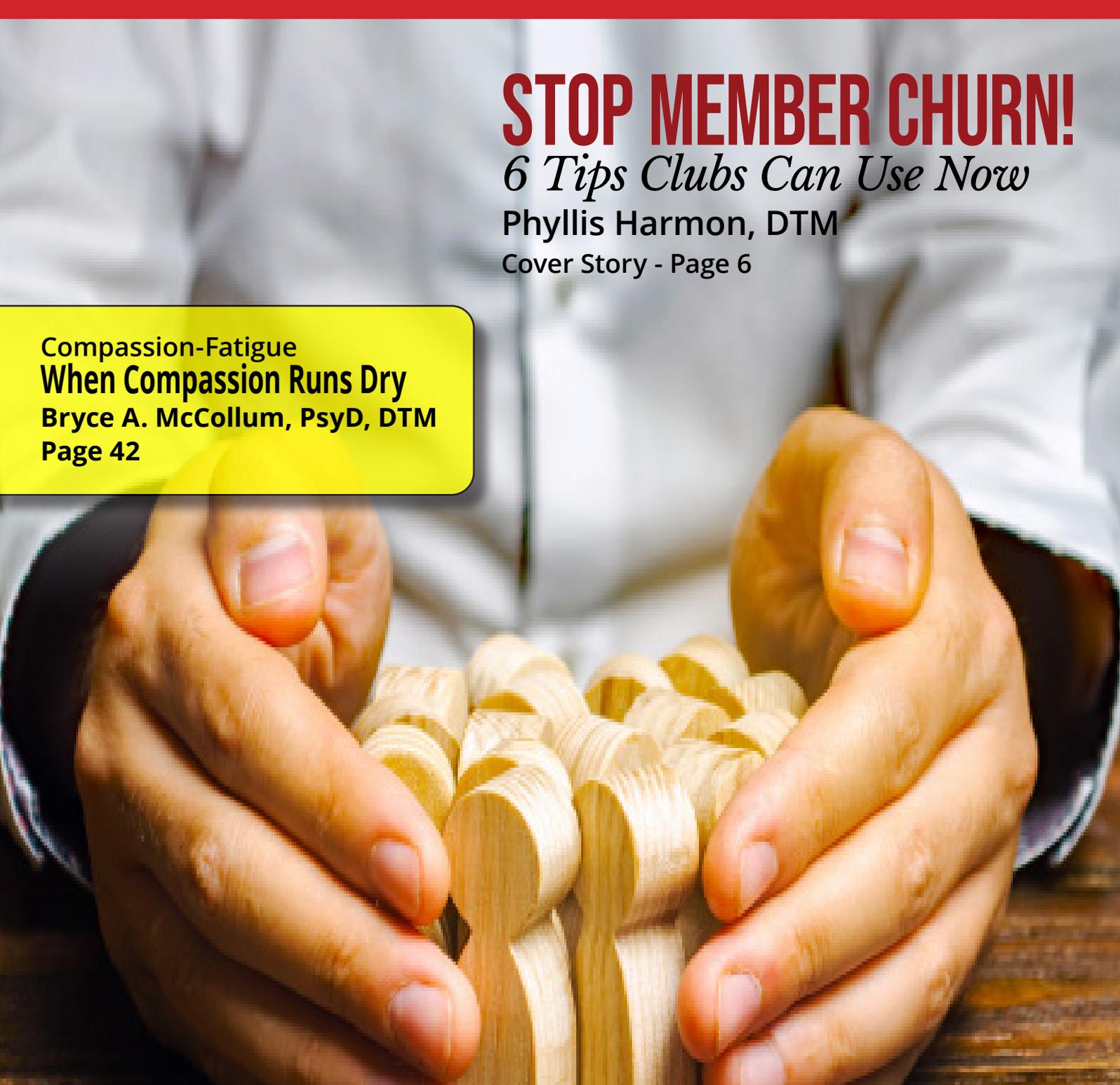
STOP MEMBER CHURN!

6 Tips Clubs Can Use Now

Phyllis Harmon, DTM

Cover Story - Page 6

Compassion-Fatigue
When Compassion Runs Dry
Bryce A. McCollum, PsyD, DTM
Page 42



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

Musings on a Spring Day. . .

Phyllis Harmon, DTM, PDG - Publisher/Editor



Spring has sprung! The daffodils are in full bloom. The first signs of the wintered over bulbs poking their furred heads up through the soil bring me joy. This is a time of renewal and anticipation of better days ahead.

Speaking of renewals—have you paid your Club dues yet? As a Club Treasurer, getting them submitted is a top priority for me right now. After that, I'll concentrate of helping my Clubs meet their DCP goals. All three of them are on their way to President's Distinguished again giving me bragging rights at member events.

Which leads me to thinking about the District conference, *Rise to the Challenge!* It's an inspiring theme, causing me to ponder what challenges I need to overcome. There is aging of course, no getting around that challenge. I keep thinking that if I just keep busy I'll conquer feeling and acting my age. My husband, Van, says I can't sit still. Which is probably why I just accepted a full-time job at 72.

Then there is the challenge of the ongoing pandemic. Depending on who you listen to, it is waning or it is not. I prefer to think that it is devolving to the status of the common cold, which is also a coronavirus. Now that Hydroxychloroquine is an acceptable therapy per CDC pronouncement and people are rushing to the nearest nurse with a needle, I expect we will be returning to a semblance of social interaction fairly soon. Which is another challenge.

I've gotten really used to rolling out of bed on Friday mornings, running a brush through my bed hair, and sitting in front of a computer screen at 6:35 am for another Club meeting. I wonder if members can be enticed away from their computers and back to breathing the same air once again. When we do get back together, how are we going to keep our out-of-town members engaged?

So yes, spring has definitely sprung. There are challenges to overcome and goals to finish. I can either rise to the challenges and meet them head on with ideas and plans or stick my head in the proverbial sand waiting for them to pass. As Van would tell you, conquering challenges is part of my DNA. There will be no head sticking for me!

What about you? Are you ready to leap into tomorrow and all that it has to offer? Of course you are! On your mark. . . get ready. . . set. . . GO! See you at the finish line.

A handwritten signature in black ink that reads "Phyllis".

EDITORIAL

Volume 7 Issue 9 March 2021
Publisher
Phyllis Harmon, DTM

Senior Editor
Phyllis Harmon, DTM

Associate Editor
Leanna Lindquist, DTM

Monthly Columnists
David Freedman, IP3
Eldred Brown, DTM
Emilie Taylor, DTM
Harvey Schowe, DTM
Leanna Lindquist, DTM
Lee Coyne, ATMS
Lorri Andersen, DTM
Paul Fanning, DTM
PJ Kleffner, DTM

2020-21 Officers
District Director
PJ Kleffner, DTM
Program Quality Director
Eldred Brown, DTM

Club Growth Director
Lorrie Andersen, DTM

Finance Manager
Jamie Gould, CC

Administrative Manager
Phyllis Harmon, DTM
Public Relations Manager
Neal Iversen

Voices! is published monthly by District 7 Toastmasters. First issue published August 2014. Submit articles or contact us at voices@d7toastmasters.org

VOICES!



COVER STORY

- 6 Stop Member Churn!
Six Tips Clubs Can Use Now
Phyllis Harmon, DTM

EDITORIAL

- 3 Musings on a Spring Day
Phyllis Harmon, DTM, PDG

FIELD NOTES

- 19 Attend Rise to the Challenge!
Lyle Schellenberg, DTM
- 24 PR-omote Your Club Through
LinkedIn
Erik Winger, DTM
- 24 Fantastic Theme Meetings:
New Horizons
Jennifer Schmidt, EH1
- 28 Finding the Time to Lead with
Technologh
Jennifer Schmidt, EH1
- 32 Feedback on Fire! - Evaluations that
E mote
Sheila LaChance, ACS, CL
- 35 Open Letter to Members
Kyle Hedquist, EC1

FIELD NOTES

- 42 Compassion Fatigue
When Compassion Runs Dry
Bryce A. McCollum, PsyD, DTM
- 48 From the Big Top to a (Slightly) Smaller Stage
David Freedman, IP3
- 53 Table Topics Meets Free Association
B. Lee Coyne, ATMS

COLUMNS

- 10 PJ's PERSPECTIVE
Breaking the Imagination Barrier
PJ Kleffner, DTM - District Director
- FROM THE DESK
- 14 Light at the End of the Tunnel
Eldred Brown, DTM
Program Quality Director
- FROM THE DESK
- 16 Consider Advanced Clubs
Lorri Andersen, DTM
Club Growth Director
- I WAS THINKING . . .
- 22 Perception and Our Little Time Out
Emilie Taylor, DTM
Immediate Past District Director
- BACK TO BASICS
- 26 Leverage Zoom Breakout Rooms
Leanna Lindquist, DTM



COLUMNS

- 36 JUST WRITE
"Snot" Rocket Science
Ken Coomes, DTM
- 38 GLEANINGS FROM THE GROVE
Carpe Potestatum
Paul Fanning, DTM
- 47 BURIED TREASURE
Frank Paulding & First Canadian Toastmasters
Club #38 (Part Five)
Harvey Schowe, DTM
- 52 COACH CONVERSATIONS
Maori Wisdom & Club Coaches
Paul Fanning, DTM
- 54 BY THE NUMBERS
Welcome New Members
- 55 BY THE NUMBERS
Honoring Educational Awards
- 58 BY THE NUMBERS
Happy Anniversary to March Clubs
- 59 BY THE NUMBERS
Triple Crown Awards
- 62 CONTRIBUTORS
February Contributors

PROMOTIONS

- 2 Save the Date: TLI: Great Expectations
- 13 Webinar: Communicating in Competitive Times
- 18 District 7 Incentives -
January - June, 2021
- 20 Conference: Rise to the Challenge
- 21 Conference Agenda
- 29 New Horizons Toastmasters
- 30 Wednesdays Wonderful Webinars
- 27 Webinar: How Being a Club Officer
Makes You Stronger
- 36 Webinar: Pathways Mentor Program -
Recipe for Success
- 37 About Pathways: Video Replays
- 40 Save the Date: Gather the Group
- 41 Feedbackers
- 50 Wallmasters Toastmasters
- 64 Art of the Story (Back Cover)





STOP MEMBER CHURN!

6 Tips Clubs Can Use Now

Phyllis Harmon, DTM

“It’s time to renew your dues,” I said at the last club meeting. Several members appeared to be uncomfortable, others didn’t make eye contact, and a few, the same few every cycle (you know who you are) popped up and said “I’ve already renewed.”

As Club Treasurer for the past several years, I approach dues renewals with trepidation. I spend several hours (okay really only one or two) trying to forecast who will renew, and who will not. Sometimes I’m surprised. Those who I thought would renew, didn’t. Conversely, those I thought were long gone, renewed.

Really, there should be a better way. Yes, I realize I could ignore the urge to make forecasts. But the siren song of the proverbial crystal ball has me revisiting the numbers over and over again. It was more so when I was Lt. Governor of Marketing all those many years ago. Now I can just concentrate on my three clubs, finger my worry beads, and spend precious time counting noses, plucking daisy petals, and relying on the Ouija Board ad nauseum. Whatever works, right?

Is there a better way? I went to the source of all knowledge (Google) in my quest for answers. I found many had asked the same question and even provided an answer. They were all very willing to share their pearls of wisdom for the price of my email address. (Which is probably why my spam folder is bursting at the seams.)

What I found was that every association and volunteer organization, including Toastmasters, worried about member churn. There were plenty of diverse opinions, some even in direct contradiction to each other. My favorite was the author who was adamant that member incentives were a waste of time and money, while another thought they were the only road to success. I found that advice, like Dear Abby opinions, needed to be filtered. Some would work for us and some would not.

Here are six ideas that you can implement in your Club. I've included where I got the information so that you can read the articles for yourself (note: I changed 'association' to 'Club' to make the excerpts more relevant):

1 Send your unengaged or lapsed members something enticing to re-engage them. Something as simple as an appreciation letter thanking someone for their membership can work wonders. This is the strategy of Patty Foley, membership chair of Friends of Lucy Robbins Welles Library. She simply sends a yearly appreciation letter to her members, which she attributes to raising their retention rate over 90%.

All that's in the letter is an explanation of how

a members' contributions have made an impact on the organization with a request to renew their membership. [Read more here...](#)

2 When it comes to driving more membership for your Club, start with this key question, "why is our Club worth giving money to?" Your members need a reason to join your Club. What exactly will joining do to improve their professional life? Why should they choose you instead of another professional organization? If you want to stand out from the competition and convert interest into memberships, make sure you are offering unbeatable value. Whether you offer access to a wealth of information, unbeatable discounts on professional events, or up-to-date news they won't find elsewhere, you need to offer excellent value. [Read more here...](#)

3 "A robust, vibrant welcome stream is one of the strongest investments an organization can make in keeping its members," says Lowell Aplebaum, the Senior Director of Membership for The Society for Neuroscience. It's essential to onboard your members as a proactive measure to retain them. The most popular method of onboarding is through email communication. That's because it's easy to personalize emails and scale them to every single member in a consistent way. The best email to deliver your onboarding materials in is your new member confirmation email. [Read more here...](#)

4 Too often, Clubs rely on the same marketing materials to appeal to ALL prospective member types: student, associate, group, etc. But while your Club's benefits may be open and available to all members, not all of your members and prospects will view and value those benefits the same. For example, think about your prospective young professional members. . . to really appeal to prospective young professional members, it's best to have a packet of marketing materials designed exclusively for them: printed handouts and/or downloadable PDFs, a page on (or section of) your website, etc. The more targeted your communications, the more effective they'll be. [Read more here . . .](#)

5 Assign them a "buddy" through your social community. Connect new members with top volunteer ambassadors or "buddies." This helps new members get to know the Club and feel more welcome. Present your members with content specific to their needs and interests. You will win them over by showing you understand them and you're working to deliver value to them. [Read more here . . .](#)

6 Knowing that people are short on time and overloaded with emails and articles, CUR developed Five in Five, videos that provide five tips, solutions, or answers to questions in five minutes. They recently created a Five in Five video on how to better leverage their online community

platform, and a member provided five tips on how to host a virtual symposium.

Since CUR's small staff doesn't have any video technical skills, Currie said they use an inexpensive platform called Animoto to produce polished videos very quickly. The videos are uploaded to CUR's YouTube channel and then shared on various communication platforms, which allows CUR to find members where they are. "We wanted to focus on things that would support our members when they had time and bring them together. They're the experts. We're the facilitator of the conversation," she said. [Read more here . . .](#)

Google did a 47-second search for me and found 196,000,000 results under the broad query "member retention." Everyone is talking about it. Your Club probably should be also. If your Club has discovered a successful process for slowing member churn, write an article about it and send it to me. I'll publish it in an upcoming issue of *Voices!* In the meantime, renewals must be paid before April 1st to maintain access to the Pathways program.

Did I hear you say "I've already renewed?" Good—that's one less nose to count, worry bead to mutter over, and one less trip around the Ouija board. Now, about the rest of you. . .

BREAKING THE IMAGINATION BARRIER

PJ Kleffner, DTM - District Director

If you get a group of people together, some are nonchalantly satisfied with the way things are, but others actively resist any change – don't rock the boat, don't go looking for trouble. Others aren't satisfied with the status quo – they have a vision, a dream, the imagination that leads to breakthroughs in technology. They also scare the daylights out of those other two kinds of people.

When automobiles began to gain popularity around the turn of the 20th century, many people believed that human beings were on the path to self-destruction – that our ever-increasing desire for speed would be the death of us. Some of those people thought that a car would never go faster than 60 miles per hour. There was a psychological barrier in their minds that resisted the idea of traveling faster than a mile per minute. We cruise down the highways now well in excess of 60 mph, and think nothing of it.

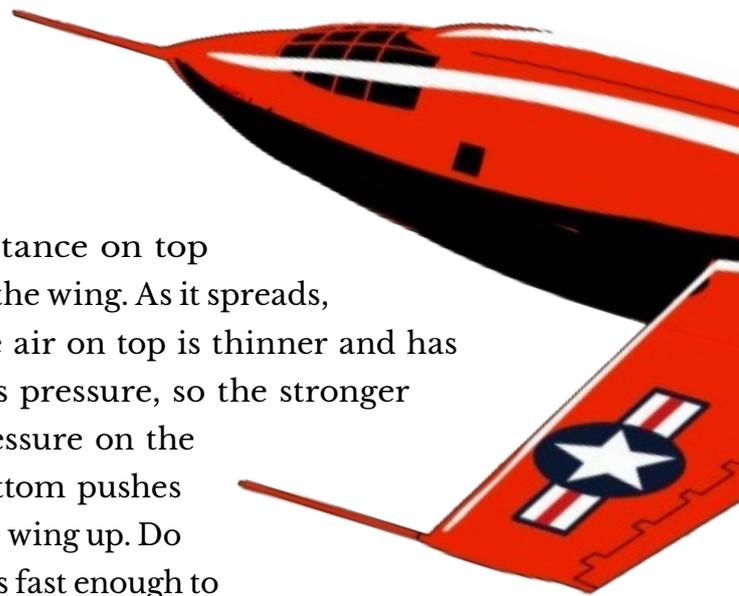
Many decades later, Chuck Yeager faced the same limited kind of thinking when he attempted to break the sound barrier. However, the skeptics in the 1940's were not just farmers - they were highly educated engineers and scientists. In hindsight, why did we fear that limit of 60 mph? After all, human beings arbitrarily divided an hour into sixty minutes.

However, this new limit – the speed of sound – was a natural phenomenon, a law of physics that we dare not try to break. Aeronautical engineers were well aware of the principles of flight. In their

simplest form, wings are curved on top and flat on the bottom. This means the length of the top surface is longer than the length of the bottom surface. As air splits at the front edge of a wing, it must spread out more to cover the longer

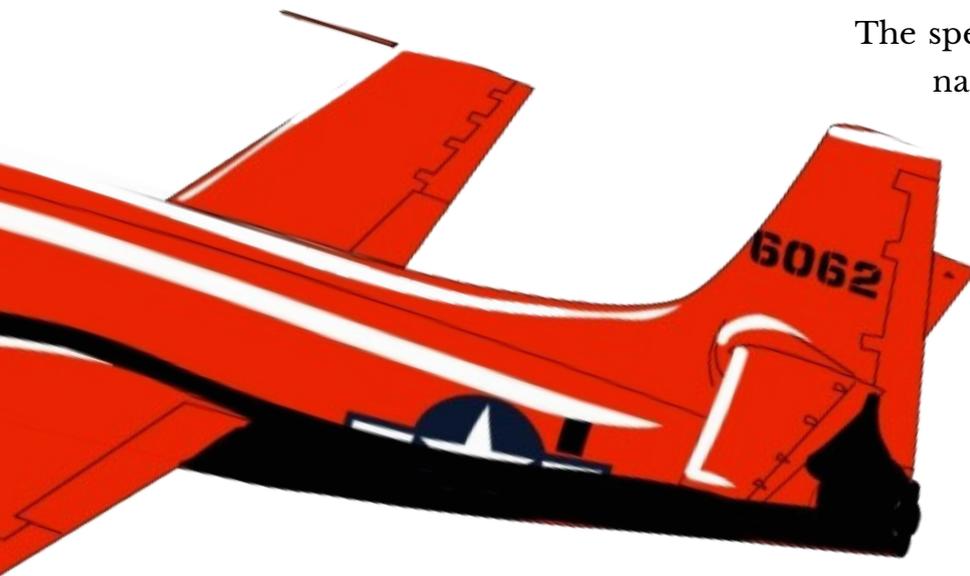
distance on top of the wing. As it spreads, the air on top is thinner and has less pressure, so the stronger pressure on the bottom pushes the wing up. Do this fast enough to overcome gravity and you are flying. If you slow down too much, the aircraft stalls, which is the technical term for “drops like a rock,” instead of glides like a plane.

These engineers also knew that cutting through the air like this disturbed it, and created shock waves similar to the wake you see behind a boat in water. As speeds increased, these shock waves were strong enough in some cases to literally shake the plane apart, or make the pilot lose control, both leading to disaster. Many of these engineers believed there was a natural barrier at the speed of sound, and any attempt to



penetrate it would cause the plane to disintegrate.

Air superiority already proved itself to be a factor in winning wars, so the US invested



heavily in pushing the performance envelope. One goal was to fly faster than the speed of sound – break the sound barrier. Bell was awarded the contract to design and build the X-1 experimental aircraft.

Chuck Yeager was selected as the head test pilot for a number of reasons. Most of the other military test pilots were college-educated engineers, but Chuck was a farm boy who barely made it through high school. However, his experience as a topnotch fighter pilot during WWII, and years of tinkering with farm equipment, helped him do things with those airplanes that the others never dreamed possible. Another important factor was his

lack of education in physics, because he didn't know enough to be afraid when they asked for volunteers. You might say there were no "facts" to interfere with his imagination.

The speed of sound is designated Mach 1, named after Ernest Mach, the Austrian physicist who measured it in the 1800s. Depending on atmospheric conditions like temperature and humidity, Mach 1 is approximately 767 MPH. Bell pilots had taken the X-1 to 0.8 Mach before Chuck Yeager took over, and the goal was to reach Mach 1.1. Progress was slow, because there was so much fear of what would happen at Mach 1. The goal for each flight was to increase the speed by a mere .02 Mach.

The X-1 was more like a rocket than a plane, and was not designed for normal take-offs. They hauled it up to 25,000 feet in a B-29, and dropped it out the bomb bay doors. The first few times, they didn't load the X-1 with fuel, and just let Chuck glide back to earth getting a feel for how the aircraft handled.

All went well until the first powered flight. The B-29 pilot was supposed to go into a dive to pick up speed so the X-1 wouldn't stall before Chuck could get the rockets fired. The dive was too shallow, so they didn't pick up enough speed

for the now loaded and heavier X-1. When they released him, the X-1 dropped like a rock and lost way too much altitude before Chuck finally got the nose pointed down and picked up enough speed so he could control it. He then fired the rockets, took it up to 45,000 feet and .82 Mach, as planned. He turned off the rockets and was supposed to jettison the remaining fuel before gliding in for a no-power landing. However, the fighter pilot in him had to show off a little, so he went into a high-speed dive, lined up over the main runway and re-lit the rockets as he passed the control tower -- kind of like the "fly by" scene in *Top Gun*. He went straight up and hit .85 Mach at 35,000 feet. That little stunt nearly cost him his job and risked termination of the entire program.

After many harrowing flights and problems with shock waves, they were up to .95 Mach. October 14, 1947 was looking to be a pretty routine day, except for the fact that Chuck broke some ribs falling off his horse a couple days before. He taped up his ribs so they didn't hurt so much when he breathed. He also smuggled a sawed-off broom handle aboard to push the door latch closed, because it hurt too much to reach up and do it, and he certainly wasn't going to tell his boss about the broken ribs.

The goal for that day was .97 Mach. The B-29 pilot dropped him too slow again, so he had to wrestle the controls to recover from a stall. That didn't do his ribs much good, but he gained control, fired the rockets and climbed to 42,000 feet, reaching .92 Mach in the process. He continued to accelerate as he leveled off, and the ride was smooth as glass. At .965 Mach, the needle started to fluctuate wildly, and then

pegged off scale. Chuck radioed the engineer in the B-29 and told him something was wrong with the Mach meter. It remained pegged for about twenty seconds, then he shut down the rockets and headed for home. Meanwhile, the guys in the tracking van on the ground heard the first sonic boom ever generated by an airplane, and recorded his speed at Mach 1.07. They learned later that a small shock wave was interfering with the airspeed gauge on the wing.

After all the anticipation, punching a hole in the sound barrier was no big deal! Chuck went on to fly a later model X-1 at Mach 2.35 and over 90,000 feet high. One of the modifications they had to make was a new Mach meter. Believe it or not, the meter in the first X-1 only went to Mach 1. That didn't show much imagination or confidence in the plane that was designed to break the sound barrier.

My grandfather used to say, "Some people get in their own way." Do you ever do that? Do you limit yourself because you don't have the self-confidence or imagination to try something new? Walt Disney said, "If you can dream it, you can do it." If your dream seems too big or scary, remember that the path to Mach 1 was done in .02 steps. No matter how big your dream is, you will never achieve it until you take that first step. I challenge you to break your own imagination barrier and soar to greater heights than you ever thought possible.

Communicating in Competitive Times



**Wednesday, April 21, 2021
6:30 PM – 7:30 PM PDT**

This event will focus on how businesses can remain strong and keep on the leading edge during competitive times. Our Keynote Speaker will focus on the strategies and tools needed to build strength and momentum in business today.

Our Keynote Speaker, Gary Schmidt, DTM, Past International President Toastmasters, will focus on the strategies and tools needed to build strength and momentum in business today.

The panel of four will offer their sage advice and best practices on how they handled management issues concerning training, communication, and leadership.

You will receive information on how to

- Build and manage better teams
- Inspire employees and increase engagement
- Work smarter not harder

[Zoom Link](#)

Light at the End of the Tunnel

Eldred Brown, DTM - Program Quality Director

Think back to where we were one year ago today. That shouldn't be that hard to do, for it's all too easy to remember when our world was turned upside down. A pandemic of a novel and highly contagious coronavirus had forced us into lockdown mode. Sporting leagues were canceling competitions. (The NCAA's March Madness tournaments had been canceled for the first time in decades, even as our Oregon Ducks were poised to win their first-ever national title in women's basketball thanks to a young Toastmaster named Sabrina.) Restaurants were closing. People everywhere were being told either to work from home or that they no longer had jobs to work. Stores had long run out of toilet paper. We even got the word from our International President that all District events were to be conducted online—yes, even our speech contests, and after we had completed only the first of our Division contests. Many Toastmasters learned that they had more to fear than just public speaking.

I can remember the many emergency meetings Emilie, PJ, and I had via Zoom, email, and text message as we on the Trio drove our District's adaptation to our new online reality. How could we motivate our Clubs to embrace Zoom meetings? What would an online conference look like? What could we do to stem the tide of members and eventually whole Clubs leaving Toastmasters because they couldn't adapt

to online meetings? So much for that trip to Paris.

What have we accomplished as a District since then? Yes, we lost a lot of members, and a lot of Clubs folded, but most of the Clubs that remained have learned how to master their chosen platform for online meetings. We're learning how to speak online. Our Area and Division Directors are even mastering the technical tricks inherent in running Area and Division speech contests online. Learning from the crash course PJ took last year in how to organize an online conference, Lyle Schellenberg and your D7 conference team have been working from the start of the year to plan an amazing online conference for you.

What was a perfect storm of rapid change last March has calmed down enough to allow the changes to become our *modus operandi*. I'm almost afraid of what we're going to have to unlearn to return to our pre-COVID world. Then again, I don't see us ever returning fully to the way things were. Some of the changes we've made are going to stay with us for a long time—e.g., online/hybrid Club meetings, live streaming of conference and TLI events to those unable to attend in person, our rich smorgasbord of webinar options, etc.

So, what does our future look like now? Thanks to the record-shattering, quick response of our pharmaceutical companies, we now have three different vaccines being shot into

the arms of thousands of Americans every day. By May, everyone should be eligible to receive the vaccine. By Independence Day, we are told, we should even be able to host neighbors for barbecue parties in our back yards. What will our Toastmasters world look like then? Many of us will return to meeting in person again. I have heard of at least one Club in District 7 that already has, meeting in person for the first time in several months. Maybe we'll even open up enough to run our 2022 spring conference live—with options for those who want to attend virtually, of course. Who knows? It may be time for our 2022-2023 District Director to learn how

to speak French in preparation for that long-awaited trip to Paris.

As PJ anticipated in his *Voices!* article a year ago, we experienced some trying times. We're not through them entirely yet, though I know many of us are past tired of being cooped up for so long. It's good, though, to see the light at the end of the tunnel and know that it's not another train.



Consider Advanced Clubs

Lorri Andersen, DTM - Club Growth Director

Have you ever considered joining an advanced club? I'm sure your first question will be... why?

I believe everyone should consider joining an advanced club along with their home club. Advanced clubs are designed to expand your knowledge and overall club experience.

Being curious what other Districts in our Region had to offer, I began to look closely at District 15's advanced clubs. One of their advanced clubs has an educational requirement where members must complete at least three Paths and offers:

- Deeper evaluations than a typical club
- Round-table discussion and evaluation of every speech
- Serves as the "go to" place to practice that non-Toastmaster speech you must nail
- Time for longer non-Toastmaster speeches and for level-4/5 Pathways projects
- Educational sessions and guest presenters

Learning from a broad range of Toastmasters. Some of the things they have accomplished in

their presentations are to: lead a panel discussion, create a blog, deliver a keynote speech, video activities, and conduct a webinar.

Doesn't that sound exciting? I love the concept of advanced clubs and I think our District should have more of them! If you feel there isn't an advanced club that fits what you want to accomplish, have you thought about starting your own club? Seriously, it's just that easy!

The fastest way to start an Advanced club is to require dual memberships. You can also require an educational level before accepting club members. That can be decided by the Charter Team.

Here is a great explanation by District 31: *Advanced clubs are for current Toastmasters members who want to take their speaking abilities to the next level. These clubs are designed to provide another forum for development. Advanced clubs generally have longer meetings and allow for more complex presentations. An evaluation for each speech is given by all*



Toastmasters and typically more in-depth.

Toastmaster magazine put it this way:

As we grow in our Toastmasters experience, we sometimes see the need for a greater challenge. And that frequently involves receiving a stronger level of feedback after our speeches. If that sounds like you, then you might want to consider joining an advanced club.

The main difference between a basic and an advanced club is the level or type of feedback.

[Bill Brown DTM, Toastmasters Magazine, 8,2018](#)

Here are the benefits as you ponder starting an advanced club:

- More advanced learning in the District
- Education taken to the next level.
- You can mold a club the way you want
- It's fun to start a new club!
- Toastmasters International is waiving the charter and new member fees until 06/30/21!
- We have three more months to start a new club!

- You and a friend can be the sponsors
- District 7 needs more new clubs!

Here are some advanced/specialty club ideas:

- Humor and Drama Toastmasters
- Debate Club
- Advanced listening and critical analysis
- Parliamentary Procedure
- Master Trainers
- Bilingual

Consider starting with why. Why would you want to start a new club? Simon Sinek's *Start with Why* (2009) encourages readers to start understanding their 'why.' If you know the why, you can do the what. The reason must be strong like it was when you first started in Toastmasters. You started because you wanted to learn how to stand up in front of others and speak confidently without fear. The same passion can be used to start your next new club! Why not? All the help you need is available.

Call or email your Club Growth Director cgd@d7toastmasters.org and get started!



District 7 Incentives

January - June, 2021

<p style="text-align: center;">Program Quality Incentives</p> <p>Eldred Brown: pqd@d7toastmasters.org</p>	<p style="text-align: center;">Club Growth Director Incentives</p> <p>Lorri Andersen: cgd@d7toastmasters.org</p>
<p>Member Incentive</p> <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. 	<p>Member Incentive</p> <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.
<p>Club Incentives</p> <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. 	<p>Club Incentives</p> <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.

Attend Rise to the Challenge!

Lyle Schellenberg, DTM
District 7 Conference Chair

Rise to the challenge of bringing your dreams to life! Do not be discouraged by resistance, be nourished by it. Success is the experience of rising to the level of your true greatness. —Steve Maraboli, International speaker and bestselling author of Life, the Truth, and Being Free.

The District 7 Annual Conference is back and it's better than ever. Rise to the Challenge offers a mix of networking, learning, and fun. There are opportunities to connect with old friends and make new ones. To combat Zoom Fatigue, the conference is scheduled on three different days.

Thursday, May 13th we kick off the conference with the District 7 Evaluation Contest followed by Trio-Parody, an original District 7 game that pits one trio member against the other. Who will reign as the champion?

The conference is live with International Presidents. Our own Gary Schmidt served as the 2009-2010 International President. Gary is our Friday night Toastmaster. Our featured speaker is Past International President Jana Barnhill.

Saturday looks much like our in-person conferences. The day begins with our keynote speaker International President, Richard E. Peck, DTM. Cheer our newest batch of Distinguished Toastmasters as they walk across the virtual stage. The District Council meets to elect our new District Leaders. The Five Flavors of Toastmasters will be a fun networking experience. We wrap up

the day and the conference with the International Speech Contest.

Why should you attend the conference? To enhance your personal and professional skills. As a leader and conference attendee, you will gain ideas from a diverse group. Ideas to add to your toolbox for use in various settings including home, workplace, and club.

Whether you are a first-time conference attendee or a seasoned Toastmaster, there is something for you. Watch the contestants battle for the title of 1st place and witness the District's annual business meeting in action. Network or come for the fun. Attend because this District Conference is your District Conference. Did I mention the fun?

Attend all or pick and choose the events that work for you. Leave the conference with renewed inspiration and motivation that you can use to Rise to the Challenge in your home, workplace, or club.

[Click Here to Register](#)

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

[Click Here to Register](#)

Rise to the Challenge

Conference Agenda

May 13-15, 2021

Thursday, May 13, 2021

6:00 - 6:30 PM	Zoom is open!
6:30 - 6:35 PM	Opening Remarks District 7 Trio
6:35 - 7:45 PM	District 7 Evaluation Contest
7:45 - 8:00 PM	Break
8:00 - 8:30 PM	Trio-Pardy Trii-i-i--Opp-p--Pardy-yy-yy-yy!

Friday, May 14, 2021

6:00 - 6:30 PM	Zoom is open!
6:30 - 6:35 PM	Opening Remarks District 7 Trio
6:35 - 7:30 PM	Featured Speaker – Jana Barnhill, DTM, PIP
7:30 - 7:45 PM	Break
7:45 - 8:15 PM	Q&A session with Jana Barnhill, DTM, PIP

Saturday, May 15, 2021

8:30 - 9:00 AM	Zoom is open!
9:00 - 9:05 AM	Welcome - PJ Kleffner, DTM, District 7 Director
9:05 - 10:00 AM	Richard E. Peck, DTM, Toastmasters International President Keynote Speaker
10:00 - 10:30 AM	DTM Ceremony
10:30 - 10:45 AM	Break
10:45 - 12:45 PM	Annual Business Meeting
12:45 - 1:15 PM	Lunch
1:15 - 2:00 PM	Five Flavors of Toastmasters - Fun interactive opportunity to share your thoughts on Storytelling, Leadership, Marketing, Mentorship, and Return to Normal.
2:00 - 2:15 PM	Break
2:15 - 4:00 PM	International Speech Contest

Join Us on Zoom

[Click Here to Register](#)



Magic Springs Forth!

Emilie Taylor, DTM - Immediate Past District Director

Spring is magic! It has been so beautiful and sunny the last few days here in the Pacific Northwest. Why magic? I didn't think of it until last Thursday when magic was the Word of the Day in my club meeting.

Springtime is truly magical. I can still remember my first spring even though it was more than 35 years ago. When you come from a tropical climate, there are only two seasons—wet/rainy and dry seasons. Experiencing four seasons became magic on its own. Yes, even those frigid Minnesota winters were magical and beautiful as long as you're all bundled up.

When I think of magic or magical, I think transformational process. I am still in awe when I see trees that look dead—without leaves and empty of greenery—that almost overnight transform from brown to vibrant green. The process is hidden from our eyes, until the blooms or leaves burst onto the scene.

This makes me think of our potential as Toastmasters. Time and time again I am reminded of how much I have changed and how Toastmasters has transformed my life in ways I

did not expect. I have seen these transformations in our members as well. However, it takes work.

It has been said that: “Transformation is an inside job.” You, as the seed, come into the world with everything you need to grow to your highest potential. The difference between those that thrive and those that just exist in the world are due to the externalities that exist. Just like an apple seed planted, if not nurtured and fed with proper nutrients, may just exist. The thing about trees and other plants, is that even though their environment may be less than ideal, their roots reach out to deeper levels to find water and nourishment and they extend their branches around objects and roadblocks that would attempt to limit their growth. Are we not better than an apple?

Most of the time we create our own roadblocks by listening to the outside world. They may tell us we are not ready and not good enough. We buy into their beliefs and create our own excuses for limiting a life that could be more abundant, joyous, and transformative for us and others.

We then carry this narrative along and make



certain that their ideas about us become our ideas about us. This is where the inside transformation comes into play. Working through our own self talk, knowing up front that we have all the potential to being our greatest, we set to work to demonstrate our beliefs. We learn to weed out the negative and love and cultivate the positive. These are courageous acts, and they begin on the inside. Toastmasters Clubs and individuals are here to help you weed out those thoughts that attempt to stunt your growth. Watching the timid push beyond their limits and speak their minds is truly the “magic” we all applaud!

Sometimes it may look like nothing is happening on the outside, but work is going on inside. It is darkest before the dawn. Lately, here in the Pacific Northwest, we have experienced frost and cold. Yet the sun comes out and all of the frost melts gently. Then BOOM, spring. The leaves sprout overnight, members sprout with new ideas, new confidence, and poise—all for the better.

I believe in all of you and your potential. It is already there just waiting to burst forth like a

rose! Be the magic in your life! Feel the new life that comes by moving past seeming limits and fears! Your greatness is knocking at the door and waiting for you to open and accept it!

Back to you fellow Toastmasters.

*And
suddenly you know: It's
time to start something
new and trust the magic
of beginnings*

Meister Eckhart

PR-omote Your Club Through LinkedIn

Eric Winger, DTM

You want more members. But no one knows how to get more people to join. You keep hearing “social media” but no one has an instruction manual, nothing happens, and the club loses members.

Feel familiar? If so, take the first steps toward mastering social media with this helpful starter manual on the platform, LinkedIn.

LinkedIn Company Pages

LinkedIn Company Pages are designed to promote your business. You can create a company page for your Toastmasters Club. There are many tutorials for actually creating the page. [Click here](#) for a good one. *Special note: LinkedIn Company Pages are NOT LinkedIn Groups.* The key difference is that Groups are private but Company Pages have the magical share button so your Followers can help you get the word out.

Look Professional

LinkedIn is for business professionals. That means that people seeking career-boosting skills and employers looking for help to boost their employees’ skills expect to find professional content. Here are several tips to creating a professional look:

- Create a good header graphic with people
- Clearly display “Toastmasters” and your Club name.

- Make the meeting time and time zone obvious

Cool Content. . . Delivered “Daily”

By looking professional, you can attract Followers. These are people that are more likely to share your content to help spread the word about your Club. If people love your site they will share it. How do you find people to love your page? By posting cool content “daily.” Daily sounds intimidating but it shouldn’t be. Posting 3-4 times per week is enough. You just don’t want to have a post for “Happy New Years!” followed by a post saying “Welcome to Summer!” That tells a potential Follower that your page is inactive. What is Cool Content? In short, anything you might find interesting about your Club. This would include speaking, leading, or Toastmasters content that would be interesting to others. There are endless possibilities. Here are a few:

- Pictures of People
- Light-Hearted Humor
- Helpful Speaking & Leadership Tips
- Unique Invitations to Your Meetings
- Videos

Where Do I Get Cool Content?

Content doesn’t have to be original. In fact, some of the best content to draw guests to your club is already out there!

The Missing Link!

Growing Your Club on LinkedIn
with Eric Winger

PR Masters



Toastmasters International—Go to toastmasters.org and click on the Resources Tab. Look at the Brand Portal and Video Library. Toastmasters International creates lots of content that is freely available to help build your club.

Toastmasters Magazine—You get the magazine each month but do you look at it? If not, find the online edition at toastmasters.org and take a look. It's packed with helpful speaking and leadership tips that you can share.

Voices! Magazine—Go Local! Look for articles in District 7's own *Voices!* magazine. It is an excellent resource not only for speaking and leadership tips, but how Toastmasters can go beyond the club level.

Club Meeting Pictures—Take some pictures at your next Zoom Club meeting. Post them with a short write up about the interesting and fun things that happened. Those happy Toastmasters are magnetic on social media.

Member Testimonials—Ask five or six of your Club members to write a short quote then get

their permission and post it with their picture. Ask what they learned from Toastmasters, how they got started, or why they keep coming back. Personal stories are persuasive on social media.

Find Your First Followers—Where do Followers hide? In plain sight. Look at your LinkedIn Network. Who are those nice people that would help you out? Ask them to follow. Ask other Toastmasters. Ask your Club members. Ask your mother. Or ask the PR Masters. Lots of people will Follow your page if you just ask.

Have Other Clubs Done This?—Yes, many! You can visit Silicon Forest Toastmasters LinkedIn Page to see the content that I post. [Click here](#).

Finally, Visit PR Masters—Want more PR strategies, time saving tips and support for your club?

PR Masters is forming a new charter club designed to help and support you! Join our next meeting on April 1st at 7pm PDT (UTC/GMT -7). Here is the [Zoom link](#).

Remember PR Masters because PR Matters!

Leverage Zoom Breakout Rooms

Leanna Lindquist, DTM

Does Your Club Take Advantage of Zoom Breakout Rooms? If you have attended a contest, you know Zoom has a breakout room feature. Evaluation contestants, judges, and ballot counters “zoomed” there.

There is another way we can use a Zoom breakout room. Remember a year ago when we met in person? If a visitor walked through the door, one of us greeted him and started a conversation. A conversation that others could join if they so desired.

At the end of the meeting, the VP Membership reengaged with the visitor. Took him aside at the back of the room and offered information. Thanked him for visiting. Another member or two joined in. We invited him to visit next week. We exchanged smiles. We made a connection. Those were the good old days. Hey they will return soon, we hope.

In the meantime, we can use Zoom breakout rooms to simulate the back of the room. It is my experience, in the world of Zoom, that the visitors contact the club in advance. That gives a club the opportunity to create a visitor’s plan.

- Let the prospective visitor know they should arrive a few minutes early
- Determine who will arrive early to welcome the guest
- Have the designated member “take” the guest to the breakout room

- Welcome the guest and let him know how the meeting proceeds

When the meeting is over, if your club is like mine, several members will hang around and chat. It’s important that our desire to converse with our friends does not overshadow our guests. We don’t want them to “end” their attendance at our meeting before we have a chance to talk with them. To see if they have questions. To see if our club might be a good fit. To convince them that Toastmasters is a great place to grow. That our club can fulfill their needs.

This is where a breakout room is invaluable. Last week at my club meeting we had two guests. One was on his third visit, the other on her first. The meeting came to an end and several members started a conversation. A conversation that did not include our guests. As the Zoom master, I invited them to a breakout room. The Club President followed. Our other members continued with their conversation. The President and I chatted with our guests. A conversation among four people seemed exactly right. We talked about Pathways, dues, Club meetings, our website, and opportunities. They had the space to ask us questions. We had a chance to connect with our potential new members. It felt more personal than remaining in the meeting room with everyone else. Our third-time guest? He joined the next day. Our first-time guest will be



back next week.

Advanced planning is not required to set up a breakout room. A guest or member can be invited to a breakout room by the host or co-host at the spur of the moment. Here are the easy steps to follow.

1. Click on the Breakout Rooms icon at the bottom of the screen
2. Select the number of rooms you would like to create
3. Assign Manually
4. Create
5. Choose which participants you want in the room
6. Open all rooms
7. Participants are invited to join the breakout room

Everyone who remains in the main meeting room can continue as they were. Breakout rooms have the screenshare and chat functions. You can share links and content.

Breakout rooms are not just for guests. They can be a useful way to help members with Pathways. The VP Education or VP Pathways can take the new member to a breakout room when the meeting is over. Screen share allows the opportunity to walk them through how to login and choose a Path. Use it to nudge a reluctant Pathways adopter. Allow a member to practice a PowerPoint with someone. Help someone with their speech. It's a great way for a mentor/mentee relationship to develop.

Take full advantage of your Zoom account. Use breakout rooms, yes rooms. You can set up multiple rooms. Before and after a meeting, members can meet in small groups to support one another. Meet one on one with your guests. Breakout rooms are a useful tool for all our clubs.

Lead with Technology

Smith, EH1

Google Docs makes editing documents easier. Working in real time and seeing comments within a document is like having the person sitting next to you making the process go faster

Realistic Expectations are Helpful

We all have the same 24 hours for our Toastmasters projects, families, friends, working, eating, and sleeping. If we try to do every task ourselves and never ask for help, we burn out quickly. By being honest about what can be accomplished (tracking how much time is spent on various projects) can give crucial insight to

creating realistic expectations. The best way to avoid surprises and exhaustion is to tell your leadership team as soon as possible that you need help. It's amazing how problems can be overcome with the communications skills we are learning in Toastmasters.

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 Video Replay
APRIL 7	MAY 5	JUNE 2
How Being a Club Officer Makes You Stronger John Rodke, DTM	Toastmasters 101 PJ Kleffner, DTM	Finish the Year Strong

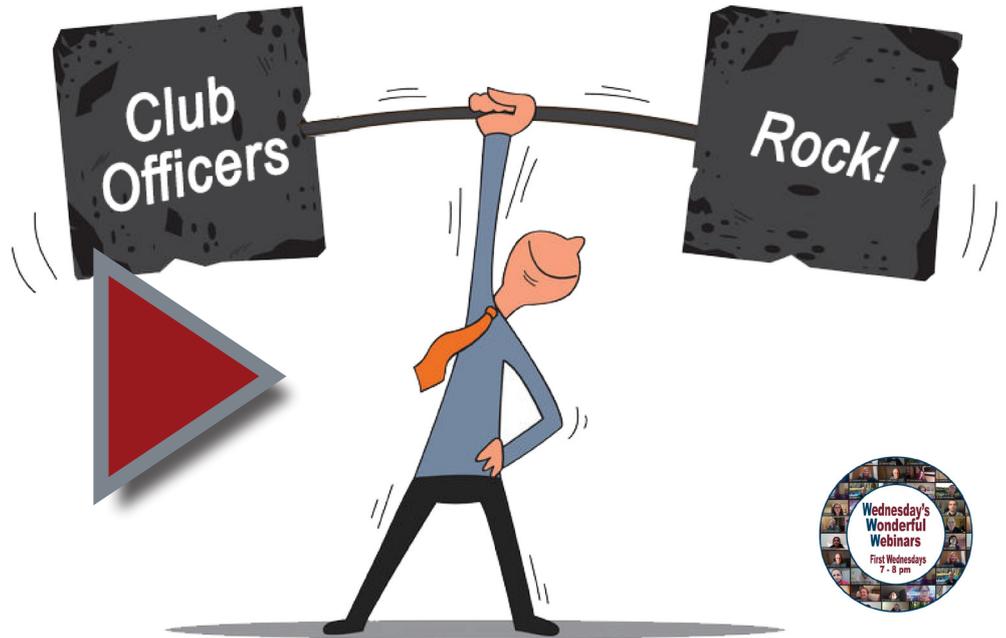


First Wednesdays
7-8 pm
Click Here to Register
for the next Zoom Meeting



Presenter: John Rodke, DTM

How Being a Club Officer Makes You Stronger



April 7, 2021
7:00 - 8:00 pm

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

In the next Wednesdays Wonderful Webinar you will learn how club leadership can:

- Create comfort leading groups
- Sharpen your technical skills
- Inspire your imagination
- Be fun and rewarding without being a headache

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

About the Presenter:

John is a Polymath. He is currently working as a Product Development Engineer, General Contractor, and Officiant. He has had the honor of serving as District 7 Director for 2018-2019. During 11 years of membership, he has served in every club officer position at least once, and really enjoys the interpersonal connections and internal strength that leadership within Toastmasters helps you develop.

Feedback on Fire! – Evaluations that Emote

Sheila LaChance - ACS, CL

In the fable *Alice in Wonderland*, Alice encounters the grinning Cheshire Cat perched high up in a tree. Alice was confused and lost. So, Alice asked the Cat, “Would you tell me please which way I ought to go from here?” The cat responded to Alice with a statement: “That depends a good deal on where you want to go.”

Alice said: “I don’t much care where.”

The cat responded while retaining his big wide grin:

“Then it doesn’t matter which way you go.”

Do you ever wonder which way to go with your evaluation?

What if your speaker is so superb that you are stretching your mind to come up with any suggestions? What if you say, “I cannot think of any suggestions for improvement.” Or . . . nit-pick by bringing attention to the fact that you noticed . . . a small part of a cat’s tail within the zoom screen for a nano-second or an utterance of one “um.” Somehow it does not seem to be enough. You are virtually lost.



So . . . which way can you go? Instead of a “suggestion for improvement” per sé provide an “ALTERNATE WAY” to present.

For instance, if you have the “perfect

presentation” you most likely will have a speaker that implements a “tag line.” A tag line is a repetitive phrase that ties the speech together and creates a concise and clear message.

Martin Luther King, Jr’s famous speech, *I Have a Dream*, uses several tag lines repeatedly throughout his seventeen minute and thirty-seven second presentation. For example, in the first four minutes he repeats the line, “One hundred years later” four times, “Now is the time” four times, “We can never be satisfied” seven times and “I have a dream” nine times tied with the phrase “Let freedom ring” nine times as well!

As the evaluator, here is one “alternate way.” Grab the speakers tag line, any tag line. Ask the audience to temporarily unmute and say in tandem with the speaker one of the speakers tag lines. Let’s say the tag line is “Feedback on Fire!” Suggest that the audience unmute. . . wait a few moments for folks to unmute and then direct them to say with emotion and passion together on the count of three “Feedback on Fire!”

Another alternative for the “perfect speaker” is to focus on the virtual medium of Zoom land. Follow the Zoom path. Zoom land replaces Alice’s Wonderland! Multiple factors can be considered to zoom in on. Such as; background/color, sound and vocal energy, lighting, forward and backward motions, side to side, facial gestures/expressions, hand and arm movements, staying within the





Zoom frame, distractions in the room/cat tails/bird sounds etc., speakers framing, standing or sitting, fidgeting, distance from the camera.

Focusing on our virtual world medium is an innovative opportunity for evaluators that is often overlooked, minimized, and marginalized.

As a reminder, lesson number one is to implement the phrase; “I have an alternate way you could consider” in lieu of the standard “I cannot think of any suggestions for improvement”



The Overuse of the word “Great.” Great speech, great use of vocal variety, great gestures, great organization, great, great, great. . . we have all heard it frequently, and most of us have

spoken the word habitually. In particular, it is implemented and contained relentlessly in our speech evaluations. The word loses impact and its specificity goes by the wayside and gets lost into the wild weeds of words.

The answer is to pull the weeds and provide some role modeling to the wide world of evaluators by implanting substitute words for great that can be put into motion! The synonyms for this five-letter word are plentiful. Here are just a few:

Amazing	First Class	Outstanding
Brilliant	Glorious	Sensational
Captivating	Grand	Smashing
Commendable	Impressive	Splendid
Delightful	Intriguing	Spot On
Engaging	Magical	Stellar
Enjoyable	Magnificent	Super
Exceptional	Masterful	Terrific
Fabulous	Notable	Top Notch

Tip: To stop yourself from overusing the word “Great” find a rubber band, place it around your wrist, and each time you use the word “Great” snap it! One time won’t hurt but repetition of this overused evaluation word will start to sting!

As a reminder, Way #2 is replacing the word “Great” with a synonym as listed above. Otherwise, “Snap!”



Avoid ending your evaluation stating the trite and overworn phrase line: “I look

forward to your next speech” Really? Wasn’t my speech good enough? I look forward to your next speech? Hmmm, have faith, we can remedy this.

I have two possible “Alternatives” regarding how to conclude your evaluation: Recap quickly three positive points you made at the start of your evaluation:

For example: “You have superior eye connection, a high level of organization, and an inspirational message! It was a pleasure to evaluate your presentation.”

Slight Pause

Hand shake gesture close to the camera

Mr/Madam Toastmaster.

Another ending might be implemented when your presenter provides a “perfect presentation” encouraging them to go forward, such as; “You might consider speaking outside of Toastmasters as a paid professional, or volunteer to speak at non-profit organizations for free! The world needs to hear your words!”

Slight pause

Hand shake gesture close to the camera

Mr/Madam Toastmaster

This is Way #3, two alternate ways to end your evaluation and avoid stating the trite and overused phrase, “I look forward to hearing your next speech.”

The speaker will be grateful for your specific, original and personal words while leaving behind the formulaic, predicable and common phrases. And remember, folks remember your final last lines more prominently. So why not make a splash landing!

Alice meets up again with the Cheshire Cat who is perched high up in a tree. She was confused and lost. Alice asked the cat; “I’ve signed

up for a Toastmaster evaluation, would you tell me please which way I ought to go from here?”

The cat responded to Alice with some wise concrete statements. Think before you say, “I cannot think of any suggestions for improvement” Consider alternate routes to find your way.

Or. . . focus on the virtual medium of Zoom land. Follow the Zoom path. Zoom land replaces Wonderland!”

The Grinning Cat Continued; Also, “Cease and desist using the word “Great” and create a cache of synonyms in your kit bag! [the Cheshire cat is crazy about alliterations!]

And finally, before you utter “I look forward to your next speech,” instead recap three previous points, pause and shake, or. . . be specific about steps going forward outside of Toastmasters.” Pause and shake.

The cat continued his chattering while still retaining his big wide grin.

“Now, Miss Alice in Wonderland. . . Hopefully you are no longer WONDERING where to go. Go forward now with your evaluations.

Speaking of going forward, before you go— stop! Help get me out of this blasted tree! I’ve been up here for days! Call the fire department! Oh wait, I hear something in the distance, I hear sirens, the fire department must have already gotten the call. . . because this FEEDBACK IS ON FIRE!!!!!!”

Sheila LaChance joined Toastmasters in 2017. She is a member of Babble-On Toastmasters and Feedbackers. Look for her book, Musings of a Madman I Married: Inspiration to tell your story on [Amazon.com](https://www.amazon.com).

Fellow Toastmasters —

Greetings, I hope the new year finds us all healthy and ready to give some great speeches, we sure do have a year to talk about!

Looking over our calendar of events for 2021, Capital Toastmasters can finally see the light that 2021 brings. We have battled COVID, then the wildfires and now the future of Capital Toastmasters is back on its path. Looking forward, it is good to realize we made it through probably one of the darkest times in our Club's history.

A prison club has many hurdles as club members know well, but having to deal with all the issues of 2020 was one for the record books. But we did it! Our club has a history of great accomplishments, and we were able to pivot and lean in bringing in new members, holding speeches on the prison yard, and accomplishing our Pathway objectives. With vaccinations underway, we will soon be back to holding regular club meetings. The resiliency of our members has made our club hopeful for 2021. As we all sat helpless thinking about our families and friends, with limited communication and on/off again email capabilities, we had to rely on a smile or encouraging word of support from one another. In difficult times it is important for a community to come together. We could see it happening all over Oregon and even inside our prison community.

As Toastmasters it was imperative to set an example of good will and good speech. I saw many of our club members stepping up and helping out where needed. Being a part of Toastmasters, we are told to always be prepared to give a speech or assist in completing our Pathway. It was during our darkest moments that the light of our Toastmasters shined through.

Sincerely,

Kyle Hedquist, EC1

V. President, Public Relations - Capital Toastmasters

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
March 31, 2021
7:00-8:00 pm

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

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

TOASTMASTERS 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 special 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

THERE'S A PROJECT FOR THAT!

Phyllis Harmon, DTM
Presenter

ONLINE WEDNESDAY, MARCH 17, 2021
7:00 - 8:00 PM

TOASTMASTERS PATHWAYS
learning experience

Upcoming Pathways Webinars

Presenters	Dates	Pathways Topics
Dave Bones	March 31, 2021	Pathways Mentor Program - Recipe for Success
All Committee Members	June 16, 2021	Pathways Q & A from District Members

Carpe Potestatum

Paul Fanning, DTM

It has been said that I grew up in a privileged fashion. The truth be told, it wasn't a silver spoon that I was born with, but rather a simple nickel-silver plated one. However, don't get me wrong. I counted it indeed to be from the family I was born into, and I oft took advantage of that modus in order to accomplish my goals and objectives.

One of these early aspirations was to become a writer, or a famous author—and most assuredly—to be published in a national publication. I saw an easy and rewarding future with pen and paper, typewriter, and a brilliant keen mind. These were on my check list of attributes I thought I needed to meet that lofty future. And of course, I had good examples and mentors surrounding me.

My grandfather was one such mentor and influence upon my young impressionable mind. He was born in Lambeth which is in the Cockney part of London. He decided at an early age to better himself through reading. The education afforded him was that which he could afford.

He was a voracious reader of adventure books, the classic "Our Boys" annuals as well as tales from around the world. He was apprenticed to a printer by age 15. He learned a trade and at the same time took advantage of the printed material around him. He eventually found a new job

at the Daily Telegraph Newspaper. He worked during the war years of 1939-46 and remained a newspaperman his entire life. His knowledge of world affairs, history, geography, and the art of storytelling became his greatest gift and legacy to me. I aspired to follow in his footsteps.

The next great mentor was none other than his only child, my mother, who loved to do research. While writing never became a full-time employment for her, she served for many years on the staff of a national publication, became its business manager while attempting to nurture, entertain, and contain her wild child—oh that's me—and my brother. She published, wrote, and illustrated children's stories. When I was in high school, she began a weekly "gossip/newsy" column in the two local papers in our county. She continued to write for at least two decades. Mother inherited my grandfather's mind, his love of stories, and the ability to make even the mundane interesting and exciting.

If that was not a "nudge" in the right direction, I had two other mentors and tutors to point me to the right path. The first was a former editor of the Oregonian, also a life-long newspaperman, who had coined the word "skyjacked" for the San Francisco Chronicle and still blackened



his hands with newsprint from time to time. A Canadian from the prairies, he too was a master storyteller, relating tales of his father's family in the Northwest Mounted Police and Canadian Army in World War I. He allowed me as a boy to peruse his well over thousand volume, historical book collection that took up a major room in the house. The sad day for me was when he sold his entire collection, along with his wife's cookbook collection to a famous book dealer.

His "rival" was my other mentor in high school, the owner and publisher of the Colfax Record who became the journalism teacher, advisor for the yearbook, poetry journal and school newspaper editor. Bud Pissarek was an enthusiastic instructor for us juniors and seniors. He allowed us to observe his entire process of the weekly newspaper for selling ads, writing stories, taking photographs, and running the press. His own style of writing, his cartoon illustrations, and photographic skills became something I wanted to emulate and contemplate for a future profession. When I graduated and headed off to college, he "retired" as the high school journalism teacher, but maintained his paper for a few years before it was finally sold to one of our school alumni.

Thus, I hit college and new challenges. I managed to become part of the college newspaper staff and took many photographs that were published. My greatest success at that time were the photographs of historic buildings that I took for the Placer County Historic Design Control Guide that became a standard used by many California cities, counties, and their historic design control publications. I didn't enter the field of journalism as a full-time professional, but through the years I wrote for professional journals and other publications. I wrote a script and edited a historic documentary for a PBS station, submitted many articles for local newspapers, newsletters, and numerous training manuals over a thirty-year span. I did not forget my roots and my number one love of storytelling. I have been blessed to share my reflections, perspectives and now gleanings in our District's *Voices!* online magazine for the past three years. Thus, in Toastmasters, I have found my niche. Storytelling in my speeches, my writings, and my presentations.

This is what I like and cherish in the Toastmasters program. We often read in Toastmasters International publications about finding your voice, finding your niche, and then

GLEANINGS FROM THE GROVE

being able to learn, practice, and hone your skills. Storytelling is not an exception. In fact, it is almost the rule for a good speech. We should be able to transcend the mundane facts, whether historical, actual, or a fantasy, and liven things up with a story.

1843. The Oregon Trail was the way to the promised land of plenty. The wagons, horses, and people walked overland to the Oregon Territory (now, Washington, Oregon, Idaho, and part of California). Perhaps you listen to these details and begin to drift off, or replay last night's game in your mind.

As storytellers, we should be able to make the experience come alive. Choose someone who was an actual participant in the Trail and relate the story from their experience. Make up a story about a fictionalized character. Do whatever it takes to not only teach, but to entertain, then you

become the storyteller you wanted to become.

I have never regretted for a moment the time I spent learning from my mentors, selecting some morsel of skill from them and then applying it in my day-to-day life. The same goes for being in Toastmasters. I was a voiceless storyteller, lacking the skills and confidence to be a raconteur until I mastered the opportunities offered by the Toastmasters education program. It is now personalized, available digitally, and with so many Zoom club meetings available, the world has become our stage. I titled this month's Gleanings *Carpe Potestatum*, which means "seize the opportunity." Fellow Toastmasters, you can do the same. Reach out. Speak out. And tell your story.

Have you heard how Portland received its name? Let me tell you about two business partners, two names, and a penny. It began in. . .



Friday, June 4, 2021 • 7:00 - 9:00 PM

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



Connection in Quarantine
Matthew Douglass, DTM



Who Me? A Club Officer?
Paul Fanning, DTM



Cancelled!
Leanna Lindquist, DTM

Feedbackers Toastmasters

The Evaluation Workshop Club



April 14, 2021
7:15–9:00pm

feedbackers.toastmastersclubs.org

Compassion-Fatigue

When Compassion Runs Dry

Bryce A. McCollum, PsyD, DTM

Glenn lowered his binoculars after viewing the fire breaking over the ridge. The fire had just passed through the town about 10 miles away. As he headed in that direction, he thought of his family who he had not seen for four months. He thought about his father, also a Fire Marshall, his childhood, and his love for his job. It made sense he chose a career that took care of others, when he was young, he had always been known as “the kid with a heart.”



in the state, “Doug, it’s time for me to rotate to another position away from the fire lines.” Glenn understood the need for self-care, a foundational practice to sustain compassion for any length of time, and thus Glenn made the decision that to be able to help himself and those serving with him, he needed to get off the fire lines for now. He felt confident with his decision; his crew

He slowed as he entered the town—it was completely devastated; homes and businesses were burnt to the ground. Once again, he was witnessing the remains of all that could not escape the flames. Nearby, workers were rendering first aid and arranging hospital transportation for survivors. Such repeated scenes were getting to him emotionally, he could tell by his rising anxiety and the noticeable way it was affecting his decision making. Glenn anticipated more sleepless nights. Later that day Glenn made a call to the lead officer

would understand, it was their training, and in time—they would seek his support as they also would need to practice self-care off the fire lines.

This article is a follow-up to Elizabeth Spitzer’s article *Practice Compassion* that appeared in the February 2021 edition of *Voices!* Presented here, will be descriptions of some principles and psychological constructs relating to compassion and compassion-maintenance. Compassion is a necessary virtue for the care of distressed people. Professionals and volunteer caregivers are familiar with facing the daily challenge of

maintaining a compassionate quality of care for those in need. Whereas, in general, the rest of us are expected to always be compassionate towards others, particularly family, community members, and public servants.

While many people may never experience the extreme nature of the stressful circumstances such as Glenn's, it is not uncommon for reactions to repeated stressful events to possibly lead to compassion-fatigue or its close relative burnout. Professional and volunteer caregivers that serve distressed people are particularly vulnerable to these conditions.

Let's consider the term 'functional-reserve.' This refers to the reservoir of energy your mind and body draw from during the hours you are awake. This reserve is replenished through sleep, nutrition, and general body care. It becomes depleted through normal activities as work, body activity, and mental tasks. Regular nutrition and rest usually keep up with the daily demands on this reserve. Stress, defined as the rate of wear and tear on a living system, can rapidly deplete our functional-reserve. Stress agents are varied, including hard work, multiple responsibilities, time pressures, concern for loved ones, etc. In

a typical day, our functional-reserve becomes lowered and then replenished through the activities mentioned above.

In an average work environment, performance wanes after several hours. Who has not felt their concentration, accuracy, speed, and quality diminish after hours of working? Additionally, people are more prone to accidents after working several hours.

Here is a helpful tip: taking a break from tasks for 10-15 minutes will lead to restoration of your efficiency. If you were needing more proof, human performance studies reveal that after a break, efficiency can peak higher than

the top performance levels for that individual before the break! There is more, without proper self-care, stress can also affect interpersonal behavior. Accordingly, negative attitudes, intolerance, impatience, irritability, lack of cooperation, etc. can result. By practicing self-observation and awareness, one can determine when it is time for self-adjustment.

In life, in environments that are commonly associated with extreme stress, your self-care support needs to be a priority. There are many high stress work environments. For



A caring heart needs to be carefully maintained

example, a hospital emergency room with its physicians and nurses. They are dealing with life and death issues and don't want to make a mistake while maintaining compassion and kindness. They may have scores of patients to serve. The environment can be hectic and unpredictable. Patients may be dying or at risk for death. Some workers may have back-to-back shifts. The stress on these people is severe. They may be exposed to this hour after hour, day after day. This is a scenario for development of compassion-fatigue or Secondary Trauma Stress (STS). In such a workplace, it is challenging to maintain



a sufficient functional-reserve. Constant exposure to trauma and continuous, often irresolvable problems fosters discouragement followed by desensitization and a breakdown in compassion. Burnout is an end-stage condition in this process, when the caregiver experiences not only mental and physical exhaustion, but hopelessness and is unable to continue the work.

Many of us strive to make a meaningful connection with distressed people. Such a connection depends largely on effective communication skills. Fortunately, simple, guided

communication skill-building can improve this. Carl Rogers (1961) developed the person-centered approach. He educated his students to acquire the technique of unconditional positive regard (UPG). This is a cluster of micro-skills that a person can use to help someone know that they are being understood, confirmed, and in-relationship with whom they are talking with.

Studies have revealed that the Relationship between a giver and receiver is the principal curative factor, and it is not the theoretical orientation or technique of a skilled, or trained, listener. Consider this, professional therapy was not commonly available until the 20th century and societies managed to get along without them. It is everyday people helping people every day that will always make the most difference. The UPG dynamic can transpire between any two individuals, creating a caring relationship.

A caring relationship is intertwined with compassion through the resources of the human heart. Someone might say, "He has a hardness of heart," or "She poured out her heart to me."

ined to avoid falling prey to the ravages of life.

The heart is considered the center of a person's thoughts and emotions. It is the source of interpersonal charity. A caring heart needs to be carefully maintained to avoid falling prey to the ravages of life. In my experience, this is greatly enhanced through spiritual means; theory alone will fall short under stress. I have noted that the word 'spiritual' is an alien concept in psychological circles. Many people live through their lives without paying attention to the spiritual aspect of their being. Research has shown that a person will function optimally with a positive spiritual orientation and practice.

Typically, this will involve such activities as reading, meditation, and prayer. With daily practice, this can empower one to develop skills in resiliency for challenging times.

There are questionnaires and checklists that are useful in monitoring rising stress levels for early intervention measures. Self test examples available online are: Professional Quality of Life Measure ProQOL, and Compassion Fatigue and/ Satisfaction Self Test for Helpers.

Self-care needs to be routine. Basic functions such as nutrition and sleep are critical. Do your best to maintain the benefits of a balance of time between work, play, and people. Avoid retreating to altered states of consciousness through substances or excessive tv, computer, video time. Talk with others about stressful events when they are available. Also, consider attending a support group with like-minded people seeking self-improvement, education,

and nurturing. A rule of thumb is that the more stress you experience in your life, the more social support you require.

There are a myriad of opportunities for continued self improvement available at workshops or on the web. Some options are yoga, Ti Chi, Mindfulness, etc. Sports clubs promote health and social mixing. Develop an understanding of your personality style as some are more susceptible to stress. For example, a person who strives for cleanliness, orderliness, timeliness, correctness, etc. is more prone to anxiety under stress. Don't hesitate to seek professional counseling to overcome chronic symptoms associated with depression, anxiety, or compulsions. Through self-awareness, sound self-care, social support, workshops and other trainings, you can maintain your adaptive functioning. Accordingly, you can maintain your readiness to optimize your charity for others.

Bryce and his spouse, Bernice, are DTM's who founded the Toastmaster Stevenson Breakfast Club in 1990. Dr. McCollum is a licensed psychologist, providing psychological services since 1974. Dr. McCollum offers many different types of services and is available to serve in many types of venues. (This article originally edited by Elizabeth Spitzer.)

“Snot” Rocket Science

Ken Coomes, DTM

I started the 2021 version of Just Write by offering four different resources for writing, planning to expand on each as the year progressed. Last month we took a look at Reedsy, a writing community, blog and contest, with weekly prompts.

This month we'll peek into 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. Let's take a look at fear, or rather her chapter called “Be Afraid, Be Very Afraid.”

Bonni talks about fears as “great motivators, especially for writers.” She goes on to share the perspective that writing helps allay our fears, and protect us from them. The writing prompt in this chapter is to “Make a list of the things you fear. Pick one and describe it in concrete and specific detail.”

You can probably already see the cathartic effect this exercise may have for you, as the fear becomes less of an unknown thing. Notice also that the prompt can help you understand and relate to your character's fears.

She closes the chapter with a quote from Anne Rice: “What I fear in writing is the safe decision.”

One of my favorite chapters in Bonni's book is “Snot.” The challenge is to write a full page about snot. Or to list other unmentionable topics you could explore as you write. I chose to write about crap (poop, feces, s**t, poo-poo, caca . . .) I tend

to have a clean vocabulary, and it is challenging for me to write curse words, as well as writing about normal bodily functions that may be called “gross.” (nausea, vomiting, throwing up, barfing, Ralphing . . .) So I ended up writing a short story centered around a character's diarrhea. I would say it's a comic piece, but some readers may find it too gross to be funny. Or perhaps it could be equated to 12-year-old boy humor. Dare I add “potty humor?”

With chapters such as “Snot,” “O, God,” and “Let's Eat it,” you can even string some titles together to form an interesting sentence.

For me, the chapter titles are a source of inspiration. So are Bonni's short discourses about the chapter. Then there are the prompts themselves. And finally, the quotes may offer yet another direction for the creative mind to explore. It's like getting 600+ prompts in one book. If this interests you, please visit her site [by clicking here](#).

Just write!

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

Harvey Schowe, DTM - District 7 Historian

Ralph Smedley began discussions for a Toastmasters federation in July 1930 at the YMCA Summer School at Whittier College in California. Clark Chamberland was the temporary chairman. Committees were assigned to study the federation plans. Frank Paulding expressed interest in having the Spokes Club become part of Toastmasters. In his book, Ralph Smedley wrote, "It occurred to me that with a club in British Columbia seeking to join us, we might consider us international too; and so, I suggested that we call ourselves Toastmasters International, frankly acknowledging that the source of my idea was Rotary International."

In late summer 1930, temporary officers were appointed. Clark Chamberlain requested all known clubs to send representatives to an organizing meeting in Los Angeles, California on October 4, 1930. The first permanent officers elected during this meeting were: J. Clark Chamberlain, President; Arthur H. Johnson and C. George Hedstrom, Vice-Presidents; Robert H. Orr, Secretary; George M. Grant, Treasurer. During this meeting, the idea for a newsletter or bulletin named *The Gavel* was proposed as a means for clubs to communicate with each other. The first issue of *The Gavel* was published December 6, 1930. Two years later it became *Toastmaster*.

Frank Paulding wrote the following article for the December 6, 1930 issue of *The Gavel*:

THE NORTHWEST SPEAKS

THE SPOKES CLUB

Our good friend Frank Paulding, General Secretary of the "Y" at New Westminster, B.C. sent in the following interesting account of the Spokes Club, which corresponds to our Toastmaster Clubs here in the States.

In speaking of the club program, he says: "You will notice that we have four Toast nights, five Debate nights, and one continued study subject, namely recreation, together with some miscellaneous topics. So far, we are having the best attendance that we have had in years, which speaks volumes for the popularity of the program. We have approximately forty members.

The Spokes Club is not a regular dinner club; it holds dinner meetings occasionally. At the beginning of the season, they send out a printed program, which schedules coming topics and events, from October to April first when an Annual Toast Night is held to wind up the season. This program idea is a splendid one and no doubt some of us could profit from our meetings by following this idea.

From the Big Top to a (Slightly) S

David Freedman, IP3

Hi folks! I was recently asked by Phyllis Harmon to begin working on a column for Voices Magazine and was del various ways in which seemingly common (or sometimes not so common) subject matter can be used to create bet other topics I will cover include how to come up with themes for your meeting, discovering which speech topic interviewing other Toastmasters like yourselves who have had unique experiences in their lives that contributed

Cory and I met last year when we went to prison together. Yes, you heard that right. We met while at prison. (No, not **IN** prison.) As part of our contest season that leads up to the District Speech Evaluation and Toastmasters International Speech Contests, Clubs in the prison system are included in the contests.

While the inmates aren't allowed to progress further due to their incarceration, it still encourages them to develop a greater sense of competitive spirit and drive while continuing to focus on increasing their communication and leadership skills.

I met Cory Sylvester at the Columbia River Correctional Institution. I was there volunteering as a Judge while Cory was competing in the Evaluation portion of the contest, which he won. As it turns out, a great deal of Cory's background included working in Cirque du Soleil. Intrigued, I wanted to know more about what inspired him to work in the circus and how being a performer helped him when he decided to transition into becoming a public speaker. Please welcome to the stage Cory Sylvester!

David Freedman: When did you first join Cirque du Soleil?

Cory Sylvester: *My first show was in 2006.*

DF: What were some of your favorite experiences of working in the circus?

CS: *It was a dream job for me and some of the best moments were when a kid or young adult would say to me that they were so inspired by what I did that they wanted to do the same. I was inspired by seeing the same show, and I built my life around running with that inspiration. I was there to give back the inspiration I'd received.*

DF: Where did your touring schedule take you?

CS: *I had the privilege to play in 48 different countries—Western Europe, Scandinavia, Eastern Europe, Russia, Asia, Middle East, South America, and North America.*

DF: What were the reasons you finally left?

Smaller Stage



*ighted to accept. In this column I'll be focusing on
ter speeches and therefore better speakers. Among
s work best for you and your speeches, and even
l to their becoming public speakers.*

CS: I spent a decade working towards this dream then another decade performing it. For ten years I traveled full-time and performed what inspired me. The show closed in 2016. The life of the show had come to a beautiful end, as did that chapter in my life. A clean closure to a wonderful journey.

DF: Why did you join Toastmasters? How did you find out about it?

CS: My mother offered me a gift for my birthday, and I chose to take a public speaking seminar. Toastmasters seemed like a good way to start to understand [what] I was asking for as a gift. I joined because I want to learn to share inspirational stories because I know the power of inspiration.

DF: How did working in Cirque du Soleil prepare you for being in Toastmasters, if at all?

CS: I love the study of stage presence, and Cirque has been a great opportunity to learn about it. Speaking is a very different beast than performing physically, but performing physically night after night is great

practice for learning how to publicly speak.

DF: What are some takeaways you can give for being in Toastmasters and how it's helped you professionally and/or personally?

CS: I'm not afraid to speak at meetings at work anymore. Knowing that I'm on a path towards being a professional speaker drives me to bring my best to my colleagues and to encourage their best. I feel much more courageous in asking my colleagues what they dream to do, and it seems to inspire them to answer. Toastmasters has helped me to organize my thoughts and words in an effective way and taught me not to be afraid to try to use them

.....

David Freedman joined Toastmasters in 2013. He is currently a member of Babble-On and Moser Community. He is serving as VP Education and Sergeant at Arms for Babble-On.

**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

bit.ly/wallmasters



Maori Wisdom & Club Coaches

Paul Fanning, DTM
Club Coach Coordinator



I reviewed a document from New Zealand recently and happened to notice at the bottom of the page a reference to “Our Four Values” from the NZ Defence Force. Obviously, we here in the United States would not understand the wording as it was in Maori, the native language. It simply stated eight words: “Tú Kaha-Tú Tika-Tú Tira-Tú Maia.” Thank goodness I found the translation elsewhere and thought that these values would also represent well the ones our Club Coaches exhibit with their clubs. Kaha stands for taking action despite your fears. Tika means giving your best. Tira indicates one should respect others and look out for them. And finally, Maia represents doing the right thing—always. If we were to adopt them, each one of those values asks us to put others first, and by doing so, we ourselves will grow personally and professionally as well as demonstrate our abilities on behalf of Toastmasters International.

Club Coaches are “special” in my eyes. It appears that one of our Region 1 Advisors, Sondra

Nunez, believes so too. On the 14th of April, she will host a Region 1 Club Coach Team Meeting at 6:00 pm via Zoom. Our Club Growth Director, Lorri Andersen, five club coaches, and I attended the March meeting. I was impressed that it was not just a meeting to tell us what Toastmasters expects us to do, but rather a grass roots, let’s discuss the issues club coaches face with the pandemic, assist clubs with membership, and many other topics. I came away with a few more “tools” for my “bag of tricks.” If you are a Club Coach, I ask you to join in next month’s meeting. I will send the link out when I receive it. Please mark the date and time on your calendar!

Being March, I have to tip my Irish derby once again to Club Coaches who have made a difference in their clubs. The first is Bushan Gupta, Wake Up, Beaverton Toastmasters who has added new members this month on their road to distinguished. The other is Dave Bones, Talk-In-Tel Toastmasters who have added members bringing them up to eight. The Club is in good

TABLE TOPICS MEETS FREE ASSOCIATION

B. Lee Coyne, ATMS

By all means, the month of March is an omen to Spring. The winter hibernation is ending. And we non timid Toastmasters have seen our shadows and are vying for our place in the sun again.

Table Topics is a game of spontaneity. We opt for new thoughts and often draw upon our old experiences. Without knowing the term itself, Free Association becomes our compass.

When the Table Topics query is posed we go to our memory data base and do a correlation.

We seek a viable link. If Springtime is our key concept, there is fertile territory ahead.

You could “spring” into action like clockwork. You might “sprout” imaginative ideas to help enrich Toastmasters meetings.

Perhaps you shall opt to “blossom” some new public speaking skill to avoid morphing into a “blooming” idiot. Do “sprinkle” in humor.

Time to “hose down” your egotistic traits and “plant the seeds” of transformation. Every tree has its distinct “roots” but must “branch out” in new directions also.

Safeguard your “turf” against unwanted foes. “Fertilize” your mind with excitement as you act like that robin to “wing it!” Don’t let your talk emerge into a “fly by night” operation!

Pretend you are in the Garden of Eden. The time is ripe to “turn over a new leaf!”

standing once again Congratulations to these two “Coaches of the Month” for their hard work and patience. The guidance they provided to the Club officer team and Club members paid off.

Sadly, time waits for no man, no woman, or in this case, no Club Coach, as the June 30th program year deadline approaches. There are 3-1/2 months to go to bring your Club to Distinguished Club status. Please contact me for any help or resources you may need. Or if you would like to become “one of the few-the proud-A CLUB Coach.” Reach me at pfanning54@yahoo.com

Fellow Toastmasters, Club Coaches, and readers examine your values today. Hopefully, you will agree that we, our Clubs, Toastmasters as a whole, and the world need to follow the example of the values cherished by the Maori people-“Tú Kaha, Tú Tika, Tú Tira and Tú Maia.”

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Speakeasy Toastmasters	Arbow	David
Wagon Tongues	Blue	Lisa
Capital Toastmasters Club	Borchers	Joseph
WE Toasted Toastmasters	Caldera	Perla
Advisors Toastmasters Club	Chenven	Sarah
Liberty Talkers	Craig	Chase
Tualatin Valley Toastmasters Club	Deshpande	Vedhas
Storymasters Toastmasters	Enright	Debra
Capital Toastmasters Club	Enyart	Chrishopher
Communicators Plus	Ferrari	Amanda
Talking Heads	Foltz	Melissa
Capital Toastmasters Club	Harris	Quentin
Babble-On Toastmasters Club	Hubbard	Rebecca
Capital Toastmasters Club	Jensen	Corey
Capital Toastmasters Club	Johnson	Carlos
Tualatin Valley Toastmasters Club	Lokare	Renuka
Capital Toastmasters Club	Longo	Christian
M A C Toastmasters Club	Markowski	Andrea
Professionally Speaking	McFarlane	Kelly
Advisors Toastmasters Club	McGiverin-Bohan	Kellie
Wake Up, Beaverton! Toastmasters	Merrill	Luke
Coachmasters Toastmasters Club	Moyer	Jessica
Portland Club	Ouanesisouk	HK
Portland Club	Pohlman	Marlin
Dallas Toastmasters	Rodrigues	Raquel
Salem Toastmasters Club	Sanchez	Yadira
Capital Toastmasters Club	Solomon	Elijah
Washington Street Club	Suemori	Hidemi
Wallmasters International Club	Tenenbaum	Matthew
Sporty Speakers	Wang	Amy
Waffle Toasters	Wang	Amy
3 Stripe Adidas	Weller	Ryan
Toast of Corvallis Toastmasters Club	Widdicombe	Grace
Testmasters	Wiscarson	Karen
Wallmasters International Club	Wu	Abby

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
MS2	2/2/2021	Allen, Stefyni	Bootstrappers Club
LD5	2/5/2021	Al-Wadud, AbdurRashid	Capital Toastmasters Club
LD4	2/5/2021	Al-Wadud, AbdurRashid	Capital Toastmasters Club
LD3	2/5/2021	Al-Wadud, AbdurRashid	Capital Toastmasters Club
LD2	2/5/2021	Al-Wadud, AbdurRashid	Capital Toastmasters Club
LD1	2/5/2021	Al-Wadud, AbdurRashid	Capital Toastmasters Club
EC3	2/7/2021	Baker, Janet Kaye	Vancouver Toastmasters Club
VC3	2/19/2021	Benston, Caity	AAA Towsters
VC2	2/19/2021	Biles, Dave	AAA Towsters
VC1	2/19/2021	Biles, Dave	AAA Towsters
DL1	2/26/2021	Bones, Dave	Liberty Talkers
EH1	2/24/2021	Boster, James	Toast Of Tualatin, Lam Research
MS4	2/25/2021	Brenner, Susan	Clackamas Stepping Stones
PM1	2/2/2021	Burns, Casey	West Beaverton Club
PM5	2/5/2021	Campbell, Alan L.	Siuslaw Tale Spinners Club
TC5	2/18/2021	Cargill, Bryan	At The River's Edge Club
DL1	2/11/2021	Chavez, Miguel	Capital Toastmasters Club
TC4	2/24/2021	Chilson, Douglas K	Toast Of Tualatin, Lam Research
TC3	2/24/2021	Chilson, Douglas K	Toast Of Tualatin, Lam Research
TC2	2/24/2021	Chilson, Douglas K	Toast Of Tualatin, Lam Research
DL5	2/11/2021	Clardy, Sirgiorgio	Capital Toastmasters Club
DL4	2/5/2021	Clardy, Sirgiorgio	Capital Toastmasters Club
DL3	2/5/2021	Clardy, Sirgiorgio	Capital Toastmasters Club
DL2	2/5/2021	Clardy, Sirgiorgio	Capital Toastmasters Club
DL1	2/5/2021	Clardy, Sirgiorgio	Capital Toastmasters Club
PM4	2/10/2021	Clark, Crystal	Gateway Toastmasters
PM3	2/10/2021	Clark, Crystal	Gateway Toastmasters
EH1	2/23/2021	Derridinger, Oliva	Cedar Hills Club
PI3	2/22/2021	Dunaway, Nora Jane	Portland Club
PI2	2/22/2021	Dunaway, Nora Jane	Portland Club
PI1	2/22/2021	Dunaway, Nora Jane	Portland Club
DL2	2/1/2021	Edson, Ronald A.	Totem Pole Club
EC1	2/13/2021	Erbrich, Rudy M	Gresham Toastmasters Club
EH2	2/26/2021	Ferris, Margie	Totem Pole Club
PM1	2/26/2021	Ferris, Margie	Totem Pole Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EH1	2/26/2021	Ferris, Margie	Totem Pole Club
PI1	2/23/2021	Figuroa, Ellie	Speak To Lead Toastmasters
PM2	2/26/2021	Fitch, DeeDee	Coachmasters Toastmasters
PM1	2/22/2021	Fox, Ray Allen	Portland Club
LD1	2/18/2021	Gol, Mandar Madhubhai	CareOregon
PI3	2/17/2021	Hall, Robert B.	Professionally Speaking
PM2	2/22/2021	Hawkins, Greg	Professionally Speaking
EC1	2/7/2021	Johnston, Jeff	Mentors Of Focus Club
MS2	2/26/2021	Kellermann, Charley	Civil Tongues Club
MS1	2/12/2021	Kellermann, Charley	Civil Tongues Club
PM4	2/1/2021	King, Stephen E.	Totem Pole Club
PM1	2/8/2021	Kline, Danni	Col Square Squawking Heads
EC1	2/4/2021	Knapp, Thomas K.	Liberty Talkers
IP1	2/17/2021	Kota, Sri Rama Sthyrya	Speakeasy Toastmasters
EC1	2/5/2021	Kroetch, Ann T.	Portland Progressives
PM5	2/20/2021	Lee, Maria R.	Evergreen Club
IP4	2/11/2021	Mahmoud, Moustafa	Capital Toastmasters Club
IP3	2/11/2021	Mahmoud, Moustafa	Capital Toastmasters Club
EC3	2/4/2021	Myers, Emily Jane	Waffle Toasters
SR2	2/10/2021	Natarajan, Ganapathy	MIME Speaks
PM1	2/17/2021	Popham, Brenna	MIME Speaks
PM3	2/17/2021	Popham, Kinsey Lee	MIME Speaks
PM4	2/4/2021	Rodman, Rachel C.	Downtown Public Speakers Club
MS2	2/7/2021	Schellenberg, Lyle W.	Bootstrappers Club
TC1	2/16/2021	Schupp, Lisa S.	Lebanon Toastmasters
DL1	2/23/2021	Scmitz, Sara	Waffle Toasters
IP2	2/28/2021	Sebastian, Josef	Tualatin Valley Toastmasters Club
SR1	2/3/2021	Semenchalam, Rakesh	PMI Portland Toastmasters
IP2	2/23/2021	Sharma, Mansi	Speak To Lead Toastmasters
MS2	2/12/2021	Sierra, Martina Jean	Toasting Excellence Club
PI4	2/19/2021	Stephan, Stephanie	Waffle Toasters
VC5	2/9/2021	Stephenson, Karen F.	Corvallis Evening Group
IP5	2/16/2021	Stuart, Hilary	Noon Talkers
IP4	2/16/2021	Stuart, Hilary	Noon Talkers

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
IP3	2/16/2021	Stuart, Hilary	Noon Talkers
PM1	2/16/2021	Stuart, Hilary	Noon Talkers
DL2	2/21/2021	Sullivan, Jake	Waffle Toasters
MS2	2/22/2021	Sylvester, Cory	Portland Club
MS1	2/22/2021	Sylvester, Cory	Portland Club
IP5	2/1/2021	Talley, Kamili	New Horizons Toastmasters Club
PM1	2/24/2021	Thammavong, Keiko Hattori	Cedar Hills Club
IP3	2/19/2021	Ulrich, Alex	AAA Towsters
IP2	2/19/2021	Ulrich, Alex	AAA Towsters
EH1	2/26/2021	Walker, Marvin Lynn	Newberg Toastmasters Club
DL1	2/8/2021	Wheatley, Jace Dawn	The Standard Speakeasy
MS1	2/5/2021	Williams, Imani	Capital Toastmasters Club
EH5	2/7/2021	Wilson, Michael A	Southern Oregon Speechmasters
DL1	2/4/2021	Wood, Weston	Lebanon Toastmasters
LD1	2/16/2021	Yoo, Minna	Electric Toasters Club

HAPPY ANNIVERSARY TO MARCH CLUBS

CHARTER DATE	YEARS	CLUB	CITY
3/1/1999	22	Clark County	Vancouver
3/1/1986	35	West Beaverton	Beaverton
3/1/1954	67	Sunrise Toastmasters Club #1492	Portland
3/1/1993	28	New Beginnings	Vancouver
3/1/1991	30	Southern Oregon Speechmasters	Medford
3/1/1980	41	Lunch Bunch	Eugene
3/1/1988	33	Tell Me A Story	Portland
3/1/1999	22	The Dalles	The Dalles,
3/3/2010	11	Professionals of Portland	Portland
3/3/2014	7	Salmon Speakers	Vancouver
3/4/2011	10	Milwaukie Talkies	Milwaukie
3/5/2017	4	Cascade Micro-Toasters	Beaverton
3/7/2006	15	Walker Talkers	Beaverton
3/8/2019	2	Talking Heads	Portland
3/14/2017	4	Politically Incorrect	Vancouver
3/17/2003	18	Bend Chamber	Bend
3/25/2013	8	Audacious Orators	Wilsonville
3/27/2006	15	Smooth Talkers	Lakeview
3/29/2001	20	Battle Ground	Battle Ground
3/30/2015	6	Toast to US	Tigard
3/30/2010	11	Coastmasters	Crescent City
3/31/2010	11	Liberty Talkers	Beaverton
3/31/2004	17	Babble-On	Portland

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Abaunza, Justine Orr	3	EC1 , EC2 , EC3
Al-Wadud, AbdurRashid	7	LD1 , LD2 , LD3 , LD4 , LD5 , EH1 , MS5
Baker, Janet Kaye	3	EC1 , EC2 , EC3
Bones, Dave	13	LD5 , LD2 , VC5 , ALS , DTM , VC1 , LD4 , LD1 , LD3 , VC2 , VC3 , VC4 , DL1
Briggs, Tom	3	PM3 , PM1 , PM2
Campbell, Alan L.	5	PM4 , PM1 , PM2 , PM3 , PM5
Cargill, Bryan	3	TC3 , TC5 , TC4
Chan, Judy	3	PM3 , PM1 , PM2
Chilson, Douglas K	5	TC1 , TC2 , TC3 , TC4 , TC5
Clardy, Sirgiorgio	5	DL1 , DL2 , DL3 , DL4 , DL5
Clark, Crystal	4	PM3 , PM4 , PM1 , PM2
Corbin, Tamsen	5	TC1 , LD4 , TC2 , MS5 , LD5
Cutler, Rodger A.	3	PM1 , PM2 , PM3
Davis, Cornelius	5	IP1 , IP2 , DL3 , DL4 , DL5
De Graff, Peter B.	3	DL1 , DL2 , DL3
Domogalla, Cyrene A	3	IP1 , IP2 , IP3
Douglass, Matthew	3	DL4 , DL2 , DL3
Dunaway, Nora Jane	3	PI1 , PI2 , PI3
Edson, Ronald A.	3	DL1 , LD1 , DL2
Elbert, Bryce	5	PM1 , IP1 , IP2 , IP3 , IP4
Fanning, Paul C.	8	DL4 , DL1 , EH2 , DL2 , DL3 , EH1 , DL5 , DTM
Ferris, Margie	3	EH1 , PM1 , EH2
Fierro, Herman H.	3	PI1 , PI2 , PI3
Fitch, DeeDee	3	PM3 , PM4 , PM2
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.	8	PM1 , EC5 , TC2 , PM2 , PM3 , TC1 , DTM , TC3

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Harris, Elizabeth M	3	DL1 , DL2 , VC1
Hawkins, Greg	3	PWMENTORPGM , PM1 , PM2
Hemmingson, Brinn Carla	4	EH1 , PM3 , PM1 , PM2
Hubb, Cyndi	4	EH1 , EH2 , EH3 , EH4
Johnson, Janis M.	3	IP1 , IP2 , IP3
Kellermann, Charley	4	MS1 , DL3 , DL2 , MS2
King, Stephen E.	7	PM4 , EH3 , PM1 , PM2 , PM3 , EH1 , EH2
Landolt-Hoene, Daniel	3	DL1 , DL2 , DL3
Lee, Kathy K	4	DL2 , DL3 , SR1 , DL4
Lee, Maria R.	4	PM2 , PM3 , PM4 , PM5
Lindquist, Leanna	4	VC4 , PM4 , VC2 , VC3
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	4	DL5 , EC2 , DL4 , EC3
Palla, Vineel Kiran	3	IP2 , IP3 , IP4
Peaker, Megan N.	3	IP2 , IP3 , IP1
Perry, Cheri S.	4	EC1 , PM1 , PM2 , LD1
Powell, Terry	3	PM2 , PM3 , PM4
Redgrave, Cheri A.	5	EH3 , EC2 , EH2 , EH4 , EC1
Rodman, Rachel C.	3	PM5 , PM3 , PM4
Rone, Regina G.	3	VC1 , VC2 , VC3
Sarkkinen, Bert Wilfred	3	PM4 , PM5 , PWMENTORPGM
Schellenberg, Lyle W.	8	DL5 , MS3 , SR3 , SR4 , SR1 , SR2 , MS1 , MS2
Shehorn, David A.	6	EH4 , LD1 , LD2 , LD3 , LD4 , LD5
Singhal, Shilpa	3	PM2 , PM1 , PM3
Somasundaram, Namitha	3	PM1 , IP5 , PM2

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Stark, Katherine	8	SR4 , MS1 , MS2 , MS3 , EH1 , SR5 , EH2 , EH3
Stephan, Stephanie	4	PI4 , PI1 , PI2 , PI3
Stephenson, Karen F.	3	VC5 , VC3 , VC4
Strickland, Scott R.	4	EC3 , DTM , ALS , EC4
Stringer, Angela	8	LD1 , LD2 , LD3 , LD4 , MS1 , PM4 , MS3 , MS2
Stuart, Hilary	4	PM1 , IP3 , IP4 , IP5
Svehaug, Alan R.	4	LDREXC , ALS , DTM , MS1
Takamura, Ted J.	3	EH1 , MS4 , MS5
Taylor, Emilie	6	EH2 , EH3 , IP5 , MS4 , MS5 , EH1
Teagarden, Blair R.	4	PM4 , PM1 , PM2 , PM3
Telwala, Yasmeen	3	DL3 , DL2 , DL1
Tham, Jamie	3	EC1 , EC2 , EC3
Tiernan, Kate	3	LD1 , LD3 , LD2
Wahlstrom, Heidi	3	DL3 , DL2 , DL1
Walker, Marvin Lynn	4	PM5 , EC3 , EC4 , EH1
Wanek, DaWane A.	5	EC1 , EC2 , EC3 , EC4 , EC5
Wantz, James	5	SR4 , VC4 , EH3 , SR5 , EH4
Wilson, Michael A	3	EH3 , EH5 , EH4
Yosida, Raynette	5	MS1 , MS2 , MS3 , MS4 , MS5

CONTRIBUTORS



Bryce A. McCollum, PsyD, DTM



David Freedman, IP3



Eldred Brown, DTM



Emilie Taylor, DTM



Harvey Schowe, DTM



Jennifer Schmidt, EH1



Ken Coomes, DTM



Leanna Lindquist, DTM



Lee Coyne, ATMS



Lorri Andersen, DTM



Paul Fanning, DTM



Phyllis Harmon, DTM



PJ Kleffner, DTM



Sheila LaChance - ACS, CL

The Art of Story



Gateway Toastmasters
Eugene, Oregon
[Click here for website](#)

Roseburg Speakers & Storytellers
Roseburg, Oregon
[Click here for website](#)

Storymasters
Westside - Portland, Oregon
[Click here for website](#)

Tell Me a Story Toastmasters
Eastside - Portland, Oregon
[Click here for website](#)

Share ideas through story—Learn how at a Toastmasters storytelling club near you