

Voices!

One Community
Many Voices

District 7 Toastmasters
APRIL 2021



77-DAY CHALLENGE: LESSONS FROM YOUR JOURNEY

Darren LaCroix, AS, WCPS
Cover Story, Page 6

Three to Tango

Megha Jindal, PM4
Page 41

SAVE THE DATE



REGISTRATION OPENS FRIDAY APRIL 30TH

Choose from

- 7 Club Officer Trainings
- 3 Pathways Presentations
- 14 Electives

TLI is open to everyone. Watch for an email with the link to register and the complete program.

Time is Moving On . . .

Phyllis Harmon, DTM, PDG - Publisher/Editor

Did I sleep through this year, or is the world continuing to move faster than I think it should? It seems that yesterday was July 1 with the entire Toastmasters year ahead of me. Now we are 10 months closer to June, and there is still so much work to accomplish before the end of the year.

My three clubs are in pretty good shape towards achieving our Distinguished Club goals. Wallmasters only needs one goal to become President's Distinguished for the 22nd consecutive year. Feedbackers and Tell Me a Story are very close to meeting their membership goals. Both are having open houses in May to help boost membership. You can find open house flyers for the two clubs in this issue. Do join us!

What else is on the horizon? The District 7 conference, *Rise to the Challenge*, is fast approaching. May 13 - 15 will find me seated in front of my computer listening to the Toastmasters International President, Richard Peck, and Past International President, Jana Barnhill, inspire me to reach for new heights. I'll be adding my two-cents worth in the Return to Normality breakout session. I plan to cheer on the Division speech champions and vote for next year's Executive Committee during the Annual Business Meeting.

Beyond that, Toastmasters Leadership Institute is shaping up, with plenty of sessions to keep me learning and growing. There are still a couple of webinars scheduled on first Wednesdays, at least one more Pathways Proponent webinar, and several other Division events scheduled to round out the year.

I guess I wasn't totally asleep after all. This has been a great year for sharpening the saw, learning how to be a better presenter online, and getting involved with members from around the world. Online meetings have made my life richer and more exciting. I miss the in-person meetings where everyone breathed the same air. At the same time, I don't miss the commutes. I certainly would not have been able to attend meetings in far-flung countries or learned how to communicate with members from different cultures.

As the year winds to a close, there is no time to sit back, breathe a sigh of relief, or relax. It's time to dig deep, bring forth your reserves, and finish strong. If I can do it, so can you. See you at the finish line where we can celebrate the close of another successful year.



EDITORIAL

Volume 7 Issue 10 April 2021
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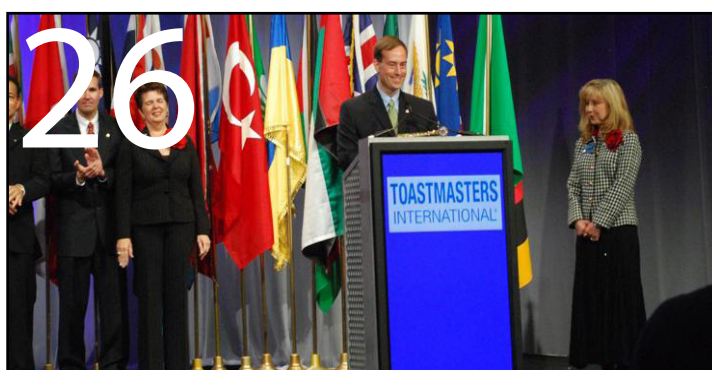
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VOICES!



COVER STORY

- 6 77=-Day Challenge: Lessons From Your Journey
Darren LaCroix, AS, WCPS

EDITORIAL

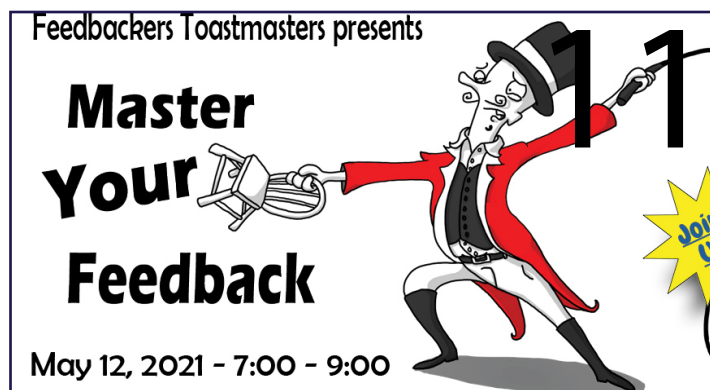
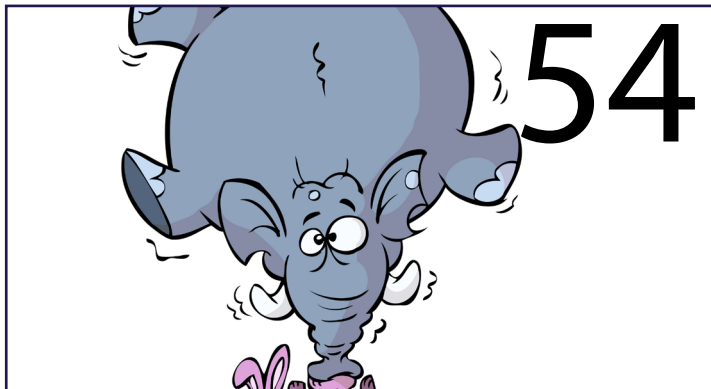
- 3 Time is Moving On . . .
Phyllis Harmon, DTM, PDG

FIELD NOTES

- 15 District Leadership Committee (DLC) Report
- 20 Rise to the Challenge! - Overview
Lyle Schellenberg, DTM
- 26 Because We Went to a Conference
Jana Barnhill, DTM, PIP
- 32 What the Pandemic Taught Me About Public Relations
Charissa Yang, IP3
- 34 Open House or Member Event
Jennifer Schmidt, EH1
- 40 Remembering Coach Marc
Alizah Khan
- 41 Three to Tango
Meghajindal, PM4

COLUMNS

- 12 PJ's PERSPECTIVE
Make a Difference
PJ Kleffner, DTM - District Director
- FROM THE DESK
Be Assertive
Eldred Brown, DTM
Program Quality Director
- 16
- 18 FROM THE DESK
Community vs Corporate Club
Lorri Andersen, DTM
Club Growth Director
- I WAS THINKING . . .
28 The Tulips at Dawn
Emilie Taylor, DTM
Immediate Past District Director
- BURIED TREASURE
37 Frank Paulding & First Canadian Toastmasters Club #38 (Part Six)
Harvey Schowe, DTM
- 46 GLEANINGS FROM THE GROVE
What the Heart Treasures
Paul Fanning, DTM



COLUMNS

- 50 BACK TO BASICS
There's a Speech in That!
Leanna Lindquist, DTM
- 52 JUST WRITE
The Writer's Toolbox
Ken Coomes, DTM
- 54 QUARTER NOTE
Finding Your Equilibrium
David Freedman, IP3
- 56 COACH CONVERSATIONS
The Three "B"s of Club Coaching
Paul Fanning, DTM
- 58 BY THE NUMBERS
Welcome New Members
- 59 BY THE NUMBERS
Honoring Educational Awards
- 62 BY THE NUMBERS
Happy Anniversary to April Clubs
- 63 BY THE NUMBERS
Triple Crown Awards
- 66 CONTRIBUTORS
April Contributors

PROMOTIONS

- 2 Save the Date: TLI: Great Expectations
- 11 Feedbackers: Master Your Feedback Open House
- 14 Workshop: Better Writing, Better Storytelling
- 14 Save the Date: Gather the Group
- 19 District 7 Incentives - January - June, 2021
- 23 Looking For (Contest Staff)
- 24 Conference: Rise to the Challenge
- 25 Conference Agenda
- 30 Wallmasters
- 36 New Horizons Toastmasters
- 38 Replays: Wednesdays Wonderful Webinars
- 39 Webinar: Finish the Year Strong!
- 45 About Pathways: Video Replays
- 53 Public Relations Masters
- 68 Back Cover: The Art of Story





77-DAY CHALLENGE: LESSONS FROM YOUR JOURNEY

Darren LaCroix, AS, WCPS

My mentor, Patricia Fripp, CSP, CPAE said,:

“Tell me what you say you want, show me one week of your life, and you and I will both know if you’ll ever achieve it.”

Wow! Truth bomb! She says that it is easy to say you want anything, but it will never happen unless you are making weekly progress. Yikes!

Can you produce 17 minutes of progress towards your dream every day? I will, and I’m taking you along for the ride with me during this challenge. Join me on my journey and see the struggle. Even better, share your own lessons from your journey. Up for your challenge?

Nine years ago, I was at a mastermind meeting with my friends and fellow speakers, Mike Rayburn and Marilyn Sherman. At Mike’s prompting, we went around the table and shared our big, crazy, ridiculous dreams. When it came to my turn, I sheepishly said, “Well, I have always loved real-life inspirational movies, and well, um, err, maybe, I ‘d like to have someone turn my story into a movie.” After a long pause, I apologetically finished with, “But who am I to have a movie made about my life?”



Washington DC 2016—Darren LaCroix bows to the audience after being awarded the Accredited Speaker designation

Mike slammed his hands on the table, got right in my face, and said, “Who are you not to?” Yikes! How are you not to pursue a ridiculous dream? And so, the seed of my big dream was just spoken into life. I had secretly dreamed of it for a long time. Now, I had people holding me accountable to pursue it. I was excited and scared. I dove in, and you’ll hear more about it in my challenge videos.

I was on a mission to fulfill my next dream. The dream was to turn my story into a major motion picture blockbuster. Who wants to dream of a box office flop? Yeah, crazy and ridiculous, I know. But if you’re not going to dream big, where’s the fun in that? But after making little progress over seven years, I finally finished version 1.0 of the script and handed Mike Rayburn the very first copy.

Finishing was one thing, but now, I had to sell it to Hollywood. Yeah, sounds exciting, however selling means rejection! Do you have any idea of how many scripts get submitted to Hollywood each year? That means rejection! After getting advice from a mentor who had his book turned into a Universal Studios film, I jumped in. Well, I waded in. Well, OK, I dipped my toe, and my enthusiasm quickly evaporated.

In 2019 I heard one of the most inspiring speakers of my lifetime at a National Speakers Association Convention,

Jia Jiang. He told us about the lessons he learned from 100 days of rejection. Inspiring. Well, it’s time to dive back in and recommit to my dream. I need to up my rejection game!

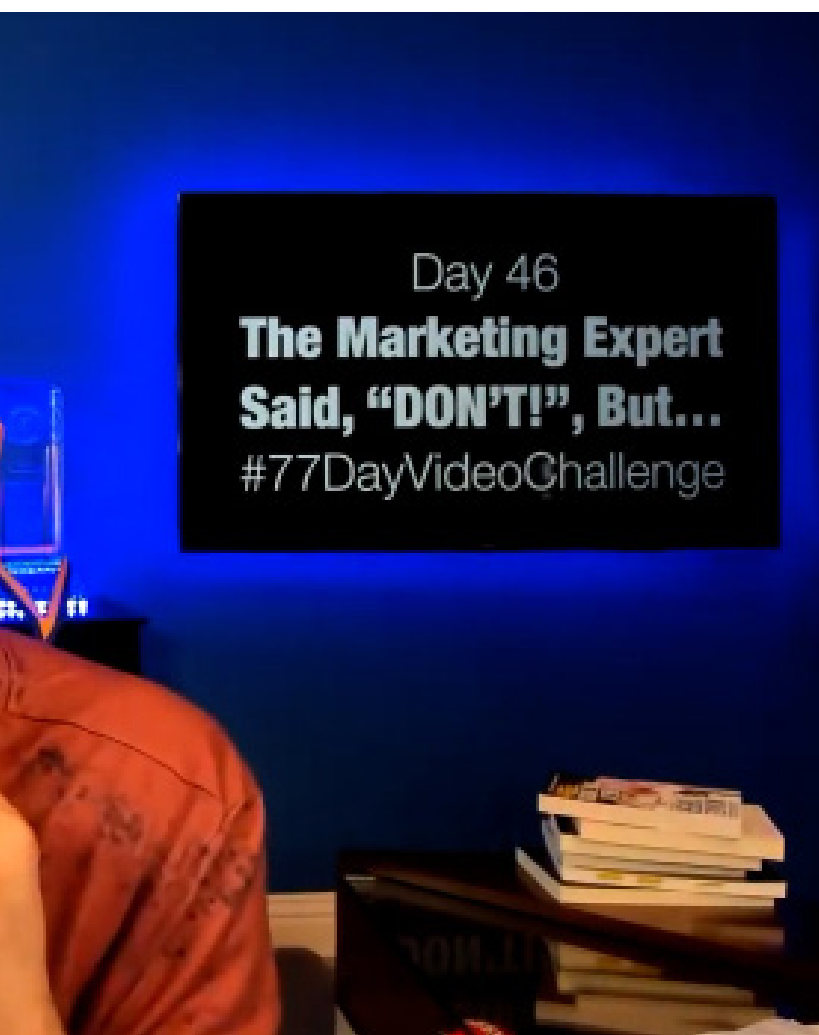
I plan on making at least 17 minutes of progress each day. The most practical advice I heard on writing a book was, “Write before breakfast.” I love that so that the urgent fires of the day won’t push your progress to the back burner. I plan to start a timer and focus at least that long. Hopefully, I get caught up



[Click here to watch the Day 46 E](#)

in the task and go longer. As long as I do at least 17 minutes, I've made progress. I heard a commercial yesterday that had a brilliant phrase: Progress is Perfection. Yeah, 17 minutes is much more than the days and event years I've wasted.

My selfish reasoning for this challenge is to keep myself accountable. Would being held accountable help you do what you already know you need to do? If so, consider joining me. What dream do you need to resurrect?



[Episode on Youtube](#)

If you are working on one now, would this increase your pace? If we are experts and truly want to live our life by example, be willing to show your struggle. That is where people will connect with you. If you want to get paid to speak, what could it do for your career if you reached out and got rejected by 100 event planners? What if one of the hundred planners say, "Yes?"

WHY TAKE THE CHALLENGE?

Here are just a few reasons:

- For your commitment to your own goal.
- To help people along the way with the lessons you learned. It could be the best marketing you do this year.
- To help find your voice.
- To get comfortable talking into a lens. Each of the past three years, I've done a challenge like this. The people who committed to it grew in ways they didn't even expect. Those who committed were glad they did.
- Because even though your kids and grandkids hear what you say, they are more influenced by the example you set by your actions. Inspire them by example. They are watching.

WHY THE 77 DAYS?

In 2001, I had 77 days after my semi-final speech to create an entirely new one for the World Championship of Public Speaking finals. I was all in! I never grew so much in my career as I did in those 77 days.

I transformed who I was and my self-belief in that time frame. Heads up, though, there will be days you don't want to participate, me too. Do it anyway! That is when you are on the cusp of a significant breakthrough. Keep going! You won't be the same on the other side.

HOW DO YOU PARTICIPATE?

Simple! Commit to doing one Facebook live video, Instagram, Linked In, or whichever streaming platform you wish. It can be as short as 1-2 minutes. Just share a lesson each day from your journey. It can be from the past, or if you want, like me. I'm chronicling what I'm doing and learning along the way.

There are many poor perfectionists in the self-development world. Doing the "Lives" will add some pressure because it is live, which is the point! You'll up your skills, be better, and get more concise over time. Uploading a video misses the point. It is live, and you can delete it if it's really bad or you make a huge mistake. Just delete and do it again.

WHAT DO YOU SAY?

What you say is up to you. The point is you are doing it. The transformation comes from the commitment and happens while you are actually doing it. Don't overcomplicate it. It is not about you looking good. It is about helping people by sharing authenticity from your journey. If you are an expert, teach. If you are a motivator, motivate.

Here's a simple structure to follow:

- Relate your lesson to the viewer's life

- Tell us a story
- What is the "aha"?

That's it! If you want to adjust it for your journey or topic, please do. Taking classes or workshops is a great idea, but you learn more when applying what you learn. Be imperfect. People love that!

Most presenters want more bookings. You already have a built-in audience every day on your favorite Livestream platform. Serve them. You schedule your own "stage time." I'm planning on doing mine each day at 8:17 AM Pacific time. Remember, as Mark Brown says, "You have a story, and someone needs to hear it."

In 2001, Darren LaCroix outspoke 25,000 contestants from 14 countries to become the World Champion of Public Speaking. He is currently the only speaker in the world who is a CSP (Certified Speaking Professional), an AS (Accredited Speaker), and a World Champion of Public Speaking. Darren always stresses,

"Don't go for the designations to get letters after your name; do it for the professional you will become in the process."

*He is the co-host of [Unforgettable Presentations](#) podcast and also the coauthor of two books, *Laugh & Get Rich* and *the Speaker's Edge*. Through his live workshops and online programs, Darren works with presenters eager to learn what it takes to connect deeply with their audiences.*

As the founder of [StageTimeUniversity.com](#) he shows presenters how to be unforgettable.

This article was reprinted with permission [Editor]

Feedbackers Toastmasters presents

Master Your Feedback



7:00-7:30 pm	Welcome & Audio/Visual Check
7:30-7:40 pm	How to Identify What Was More Effective Sheila LaChance, ACS, CL
7:40-7:50 pm	How to Identify What Was Less Effective Megha Jindal, PM4
7:50-8:00 pm	How to Organize Your Feedback for the Greatest Impact Michael Lindquist, DL3
8:00-9:00 pm	Speaker Evaluations

May 12, 2021 - 7:00-9:00 pm PDT

**Join
Us!**

REGISTER HERE

Questions or RSVP: leanna.lindquist@gmail.com

MAKE A DIFFERENCE

PJ Kleffner, DTM - District Director

Abraham Lincoln, Martin Luther King Jr., Mother Theresa, Ludwig van Beethoven, Alfred Hitchcock—Why do we recognize these names? We know them because they made a difference. Whether leading a nation or a civil rights movement, composing beautiful music or making historical breakthroughs in the art of filmmaking, these people were, and continue to be an inspiration. They made a difference. Are any of us going to make such an impact on the world? Only time will tell if school children in the future are forced to learn our names.

While most of us are not destined for such greatness, we do influence those around us. Whether we like it or not, we are role models for our children, grandchildren, co-workers, and friends. When I was seven years old, my family spent the summer with relatives in Wyoming. My grandfather was a kind, gentle, unassuming man who taught me many things about life and human nature. If you asked his opinion of someone that everyone else hated, the worst thing he might say is something like, “Well, he is kind of hard to get along with.”

I try to remember that when I am feeling judgmental and critical of someone. I also remember an important lesson about having a solid foundation. He said, “Never get in such a hurry that you can’t find a place for your feet.” I learned this lesson by falling off a moving tractor, but I discovered that it could be applied to many

other situations, both literally and figuratively. Grandpa made a difference in my life.

Have you seen the movie *As Good As It Gets* with Jack Nicholson and Helen Hunt? For those of you who haven’t seen it, Jack Nicholson plays a rather despicable character suffering from obsessive-compulsive disorder. He is interested in Helen Hunt, but has absolutely no social skills. She becomes so angry with him during a dinner that she threatens to walk out, unless he can say one nice thing about her—give her one genuine compliment. Do you remember what he said? – “You make me want to be a better person.”

Who makes you want to be a better person? It’s easy to feel that way about people we love—we are willing to do things to make life better for our spouse, parents, children, or grandchildren. What about complete strangers? Do you hold the door open for the person behind you? Have you ever put a quarter in someone’s expired parking meter when the parking patrol was coming? Do you let people merge in front of you on the freeway? Have you ever told a person with only one item to go ahead of you in the check out line? Yes, these small acts of kindness might cost you a few minutes or some loose change, but they can make a difference in the other person’s life. Of course, you run the risk of letting someone in line who then tries to use a debit card that doesn’t work, but usually, it’s no big deal. However, if you don’t want to give up your time or any spare

change, try something that is free—give people a smile! In fact, haven't we all heard that it takes more muscles to frown than it does to smile? A smile is actually saving us energy!

I learned the power of a smile shortly after I moved to San Jose, California in 1982. The neighborhood where I grew up in SE Portland was all German and Italian Catholics, so I had very little exposure to racial and ethnic diversity. One day I was driving through an unfamiliar area of San Jose, and stopped at a fast food restaurant for lunch. While standing in line reading the menu board, I suddenly realized that everyone stopped talking when I walked in, and they were watching me. I looked around and saw that I was

the only white person there—everyone else was Latino, Asian or African American. Segregation was a pretty big deal when I was a child in the 50's, and I remembered terrible stories about people getting lost or stranded in the "wrong" part of town. I started to panic and wondered what was going to happen next. Suddenly, it occurred to me that all these people did not come to this place to hurt me. They were there for the same reason I was—they were hungry and wanted something to eat. As I thought about my unreasonable and ridiculous fears, I started to smile. You could actually see shoulders drop as the tension faded and people started to breathe again. Conversations resumed as I ordered my food and left. That smile made a lot of difference.

Many things have changed since that day in San Jose nearly 40 years ago. However, we still seem to fear and mistrust those who are different. Maybe we could all get along in a perfect world, but we are far from perfect. The conflicts continue in various parts of the world, and yes, here in the United States. My sphere of influence is rather limited. All I can do is smile at one person at a time, and hopefully, make their day a little more pleasant. Will children know my name 100 years from now—only time will tell. Meanwhile, I challenge all of you to make a difference, one smile at a time.



Better Writing, Better Storytelling Workshop



Learn how to:

- Use active voice vs. passive voice
- Write about the five senses
- Avoid the use of “it”

6869.TOASTMASTERSCLUBS.ORG

Gather the Group

Save the Date

J U N E 4

Friday, June 4, 2021 • 7:00 - 9:00 PM

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

District 7 Toastmasters
District Leadership Committee (DLC) Report
March 28, 2021
Presented by DLC Chair: Emilie Taylor

DLC Members:

Division A – Dean Economy

Division B – Piper Ruiz

Division C – Frank Waterer

Division D – Lakeitha Ruffin

Division E – Erik Bergman

Division F – Carmil Ritchey

Division G – Miranda Moy

Division H – Robert Pugh

District Director	Eldred Brown
Program Quality Director	Lorri Andersen
Club Growth Director	No candidate was interviewed.
Division A Director	Don McAndie
Division B Director	Crystal Clark
Division C Director	No candidate was interviewed.
Division D Director	Dave Bones
Division E Director	Nadine Elbitar
Division F Director	Yuri Poudayel
Division G Director	Suzanne Loeb
Division H Director	Laurie Canney

Please note: Eligible floor candidates shall declare their intent to run in writing to Emilie Taylor, DLC Chair at dlc@d7toastmasters.org. Intent should be declared no later than May 8th (1 week prior to the District Council meeting).

Be Assertive

Eldred Brown, DTM - Program Quality Director

It seems that every year, the one subject deemed most important for mid-year District Leader Training is conflict management. Where two or three people are gathered together, there will be conflict. It's inevitable. But conflict does not need to result in combat. There are positive ways to deal with the stress of working with another person to avoid combat.

Looking back at a speech I wrote six years ago helped me remember some of the things I learned about stress management. For instance, I was reminded of three ways to NOT handle stressful situations:

1. Ignore them.
2. Try to fix them yourself.
3. Lose your temper.

The first two solutions may fix your problems in the short term, but they don't address the underlying causes of the problems. If you allow anger and resentment to build up by doing nothing to address the root causes, you risk developing a variety of health problems, including depression. You can also let steam build up until you explode in a much bigger, more dramatic way than if you had vented the steam early by addressing the problem promptly.

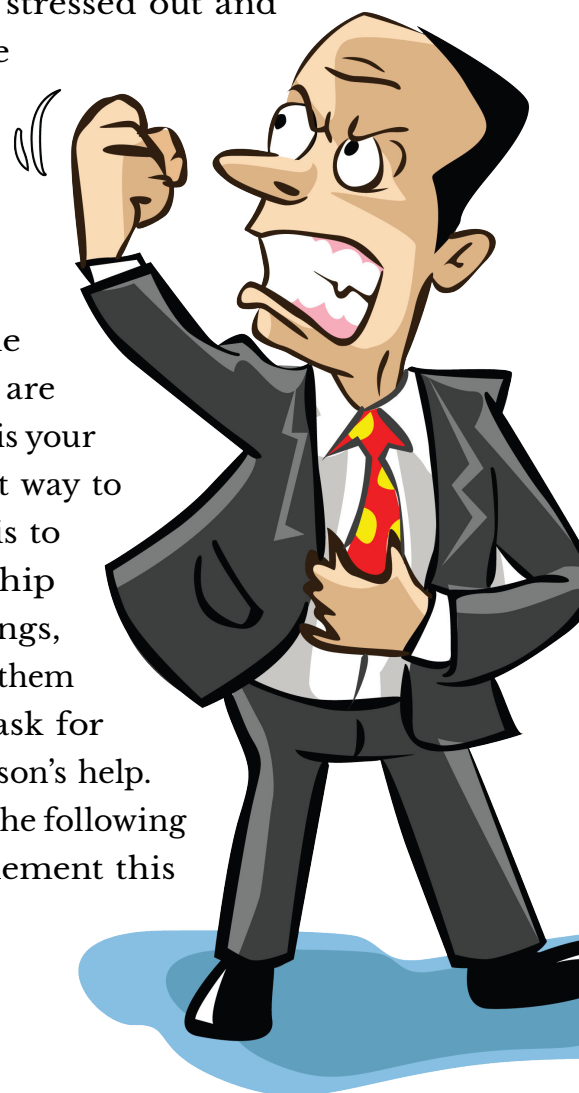
Losing your temper may be even worse. Threats, shouting, name calling, and other acts of physical or emotional violence make the other person defensive and resistant. I certainly know


that you won't accomplish anything with me by doing that, for I can be the most stubborn person on the face of the earth when I'm riled up. It's like David Banner once told Jack McGee: "Don't make me angry. You wouldn't like me when I'm angry." I won't turn into a big green hulking monster, but I'm generally pretty hard to convince or persuade when I'm in a foul mood.

There are some things to realize when you're stressed out and ready to bite

someone's head off.

First, you are the one with the problem. The problem you are experiencing is your own. The best way to address this is to take ownership of your feelings, communicate them clearly, and ask for the other person's help. You can take the following steps to implement this realization:





The problem you are experiencing is your own. The best way to address this is to take ownership of your feelings. . .

1. State the problem. Maybe your housemate leaves the back door open as he's loading his car.
 2. State your feelings. "I'm afraid a neighborhood cat may enter the house through the open door and eat my hamster."
 3. Specify a solution. "You might help allay my fears by keeping the back door closed except when you're actively walking through it. If you have luggage in your hands, you can drop the luggage, close the door, then pick up your luggage to load it into your car. An even better solution may be to warn me that you're going to be walking frequently in and out through the door so I can guard the entrance against animals."
 4. Describe the consequences of inaction. If we don't watch the back door, a cat, dog, or maybe even a raccoon may enter the house.
- Be pleasant. As much as possible, speak with a friendly tone of voice. You want to be assertive, but you don't want to start a fight.
 - Remain calm. A rational person is generally more convincing than an irrationally emotional person. Calmness also runs a lower risk of offending the other party.

What happens if the other person resists? Maybe he's stubborn or thinks you're off your rocker. If so, keep delivering the message until it's received, maintain your composure, and keep following all the steps I detailed earlier until you've overcome the other party's resistance. Remember that the quiet rays of the sun's brilliant light are more effective at motivating a man to remove his coat than a loud, blustery wind.

When working with another person, conflict is inevitable. Working with another person will cause stress—working alone will cause stress. This stress doesn't need to overwhelm you, though. By following the advice detailed above and learning how to be assertive, you can reduce this stress for both yourself and others.



Some Tips When Stressed

- Speak up immediately. Don't let the tension simmer until it explodes. Your stress level will go down, and you'll be more productive.
- Be direct. State the specific problem and what the other person can do to remedy it.

Community vs Corporate Club

Lorri Andersen, DTM - Club Growth Director

One big difference is that in a Corporate Organization Toastmasters is not a club, it is a program.

Have you read the book, “A Handbook for Vibrant Toastmasters Programs in Corporations” by Past International President Patricia L. Johnson?

It is a must read for those who want to make an impact and start a new Toastmasters Program in a business organization.

Who me, sponsor a new Toastmasters program at my workplace? Why not?

If you are not employed at a corporate organization, perhaps this information will change your mind set about Toastmasters all together and help you think and talk differently when sharing Toastmasters with friends.

For starters, there is a new language to learn. It's called “Corporate Speak” [1]. When you talk to executives and Human Resources in a company, you need to make a business connection and relate to executives in words they understand.

For example: A Corporate Toastmasters program has leadership positions, a Community Club has officers; a business has tuition, a club has dues; and a Corporation is concerned with a training program, while a Community Club offers Pathways.

It is not a meeting at the place of business, it is a session or program. The executive board gets involved with leadership training instead of club

officer training, there are critical success factors rather than club goals, and there is a strategic plan rather than the Distinguished Club Program (DCP) [1].

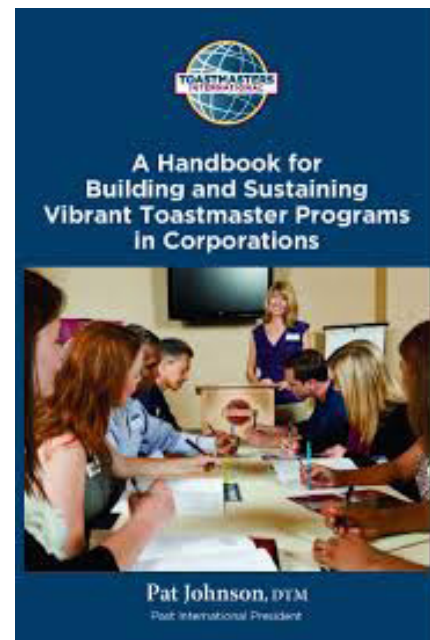
There are a few points to consider when you work with Toastmasters in Corporations. Toastmasters represents values and integrity. When you demonstrate them to those around you, people feel positive about Toastmasters.

Toastmasters offers experiential learning. When you complete different projects and try new things, you learn and grow. I was once told that we take a role in Toastmasters, not because we know how to do it, we take it because we want to learn how to do it. It is learning as we grow, or on the job training. Toastmasters is self-paced, and there is no graduation. There are, however, levels of development.

There are many benefits with quality training in Toastmasters.

We become lifelong learners in an educational and leadership program. I don't ever want to graduate, do you?

[1] (Johnson, Patricia L, 2018).



District 7 Incentives

January - June, 2021

Program Quality Incentives Eldred Brown: pqd@d7toastmasters.org	Club Growth Director Incentives Lorri Andersen: cgd@d7toastmasters.org
Member Incentive <ul style="list-style-type: none"> • Pathways Mentor Program (all year): Complete the Pathways Mentor Program and be entered into a drawing for a chance to win a Toastmasters Core Jacket, Cardigan, or Hero Hoodie. 	Member Incentive <ul style="list-style-type: none"> • New Club Leads: D7 will award a \$100 gift card from Toastmasters International (TI) to any member who submits a new club lead that results in a chartered club by June 30, 2021. Submit leads to cgd@d7toastmasters.org. All leads will be entered into a final drawing for \$25 gift cards. Three winners will be picked. • Club Coaches: Club Coaches who bring a Club to Distinguished status or better by June 31, 2021 will receive \$50 gift card from TI.
Club Incentives <ul style="list-style-type: none"> • Distinguished by June 30: Clubs that achieve Distinguished or better status by June 30 will receive \$50 gift card from TI. 	Club Incentives <ul style="list-style-type: none"> • Source of Visitors/New Members: Clubs submit the name and source of each new visitor or member to be entered in a drawing for \$100. Two winners will be selected each month, February 1-June 1. Submit entries Here. • New Clubs: New Clubs chartered by June 30, 2021 will receive a New Club Kit (\$198 value) consisting of: Custom Club Banner (Item #322) Portable Lectern (Item #382), OR Timing Light (Item # 6931). • Open House: Clubs that hold an open house between January 1 and March 31, 2021 will receive a \$25 gift card from TI. To qualify, notify cgd@d7toastmasters.org prior to the date and time of your open house. • New Members: Clubs will receive \$15 gift card from TI for every new member January 1-June 1, 2021. To qualify, the "source" of the new member must be reported Here.

Rise to the Challenge! - Overview

Lyle Schellenberg, DTM

District 7 Conference Chair

Join us for the 2021 District 7 Conference! Experience a unique online event, stretched over three days! You don't want to miss this first virtual D7 Conference. Here's why—

Thursday May 13th

Join us for the District 7 Evaluation Contest. This is a great opportunity to witness how the best evaluators in the District provide feedback.

Following the contest, join us for a fun-filled trivia event where the Trio will be the Trio-Parady or as I like to say, the Trii-i-i--Opp-p--Parady-yy-yy-yy!

Ken Coomes will be the show host and our contestants will be Lorri Andersen, Club Growth Director; Eldred Brown, Program Quality Director; and PJ Kleffner, District Director. You can test your own knowledge as you follow along and watch the contestants compete.

Friday May 14th

Featured Speaker Jana Barnhill joins us on Friday for a fun evening. Beyond being a Past Toastmasters International President, Jana also talked her way into two World



Champion Speech Contests! While she never quite came out on top, her 2nd and 3rd place finishes are quite commendable. Jana's speech titled *The Courage to Rise to the Challenge* will address why hundreds of thousands of people join Toastmasters for many different reasons. But in the end:

1. We all want to improve.
 2. We all face different challenges.
 3. It takes courage to rise to those challenges.
- Toastmasters is where you can find that courage! Come hear how!



Saturday May 15th

Our keynote speaker will be International President, Richard E. Peck, DTM. His speech titled *Change Your View, Change the Outcome*. We will have the opportunity to:



1. Understand how individuals view things differently, what is a challenge for one is an opportunity for someone else
2. Learn how changing our view not only allows us to “Rise to the Challenge” but rise above it
3. Hear how Richard has changed his outcomes by changing his views

Your view can be the barrier to your success, change your view and breakthrough that barrier.

I am excited to find that I will be hosting our DTM ceremony. While we can't have all the previous DTM recipients come up on stage as in previous years, we can cheer on our latest crop of Distinguished Toastmasters.

The Annual District 7 Business Meeting will be exciting. This is where our District Leadership is determined. Whether you are a candidate for a position or just want to watch the action, the business meeting is always interesting.

After lunch, we will move onto the *Five Flavors of Toastmasters*. Join one of five interactive, themed discussions. The discussions will be your opportunity to ask questions and share experiences with others. If you do not like the room that you chose, simply leave and join another. The facilitators are topic knowledgeable and will be asking questions, encouraging the audience to share their thoughts, and occasionally providing their expertise on the topic. Think interactive fun!

Let me introduce you to our amazingly talented discussion facilitators.

- **Elizabeth Spitzer, EC3:** *Connection to Storytelling*

Since the days of her youth, Liz has been seeing stories in everything around her and interested in how stories can influence ourselves, and others. Liz is a member of Tell Me a Story, a club that focuses on storytelling, where she serves as the Club's VP Education.

- **Donna Stark, DTM:** *Leadership Guidance* is defined as the act of providing leadership and direction. It's also defined as the process of altering the flight of a rocket. In this discussion room we'll explore the concept of Rocket Science Leadership—how to guide people toward

a target or outcome, and how to find the guidance we need. Donna is a past District Director, currently serves as an Area Director and club officer, and has over 20 years of combined experience in leadership in Toastmasters and her professional life.

- **Maren Zieba, PII: *Marketing***

Maren started attending Toastmasters in 2017 and is utilizing her relationship management skills as New Horizons President in 2020-21. In this new, all remote time, Maren's skills in marketing, outreach, and management helps focus New Horizons PR on member engagement through Facebook, member-initiated project support, and in coaching her VPPR to build new skills.

As a founding member of PR Masters, Maren is excited to help launch a specialty club designed to help Toastmasters increase their PR skills, showcase their projects, and ultimately increase their home club's quality through better PR.

- **Dave Bones, DTM: *Mentoring***

Dave has been a Toastmaster for ten years, served in various club officer roles,

as an Area Director, Club Coach, and Club Mentor. He is currently mentoring seven protégés and is himself a protégé and is receiving mentoring in the Pathways Mentoring Program. Dave is working toward his Pathways Mentoring designation. Perhaps, you have read one of his articles in the online Voices magazine.

- **Phyllis Harmon, DTM: *Return to Normality***

Phyllis joined Toastmasters in March 2008. She has served in nearly every District and club role for the past 13 years. As a past District 7 Club Growth Director, visitor conversion and member retention are high on her priority list. A promoter of blended clubs, she anticipates District 7 is on the cusp of exponential growth as it prepares to transition back to in-person meetings.

I ask again, "Are you ready for something different?" Whether a member with years of experience or a new Toastmaster member, do not miss out on District 7's first virtual conference. Click the Button below to register!

[**Click here to view/download the conference program**](#)

[**Click Here to Register**](#)



Looking for ...

- Judges
- Ballot Counters
- Timers

District 7 Speech Contest Volunteers
May 13 - Evaluation Contest
May 15 - International Speech

**For more information and
to volunteer, contact the
Contest Chair & Chief Judge at
d7contests@gmail.com**

District 7 Toastmasters Annual Conference Rise to the Challenge



Richard E. Peck
Toastmasters
International President



Jana Barnhill
Past International
President (2008-09)

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](#)

[Click here to view/download the conference program](#)

Because We Went to a Conference!

Jana Barnhill, DTM, PIP

Hello members of District 7! I am looking so forward to joining you virtually for your conference. *Rise to the Challenge!*. . . what an appropriate theme! I hope you are all planning to attend.

However, just in case some of you are questioning the value of attending a Toastmasters conference, allow me to share this. I will never forget my first District conference. I wasn't even a Toastmaster. My husband had just recently joined and came home one night saying, "There's some kind of Toastmasters conference in town this weekend. I'm not really interested but thought I might go to the banquet. You want to go with me?" "I guess," I said. So, we went. That one event changed our lives—forever.

I was fascinated by something they called the "Speech Contest." Remember, I wasn't even a Toastmaster, but I sat there listening to those speakers—watching them, and I thought, "I want

to do that!" "I could do that!" My husband on the other hand, was intrigued by someone they called an "International Director." He listened to the person deliver a keynote speech and he thought, "I want to do that!" "I could do that!" The rest, as they say, is history.

I joined a Club the following week. I spoke as often as I could, and as soon as I felt comfortable enough, I entered the Humorous Speech Contest. I won! I went to Area. I lost! Well, the trophy that is. But I won a lot more than a trophy. That was my first big eye-opener on the importance of getting out of my Club. That experience made me realize that I had become comfortable with the surroundings, with the members, with the routine. I thought I was learning everything I needed to know right there. Had I ever fooled myself! I discovered that getting out of my Club, my comfort zone, was almost like starting over. There was a whole new arena to learn. And I was



going to learn it! I was determined to “Rise to the Challenge!”

I continued to compete, continued to learn, each level presenting an entirely new world of opportunities. Those opportunities eventually took me to the finals of the World Championship of Public Speaking in 1993, where I won 3rd Place. They took me back again in 1996, where I won 2nd Place. I stood on that stage, able to “Rise to the Challenge!” because I went to a conference!

Remember my husband went to that conference too. Remember what intrigued him? He went back to his Club and became an officer. . . and was also determined to “Rise to the Challenge!” One position led to another, then another, and yet another; until in 1993 (sound familiar?) he was elected Third Vice President of Toastmasters International. Bob went on to serve as our International President in 1996-97 because he went to a conference!

I often refer to Toastmasters as the most serendipitous organization I know. What I mentioned earlier is just the icing on the cake of how our lives have been changed, how they’re better—because we went to a conference! Our

very best friends today are Toastmasters. We’ve spent many holidays, vacations and other special events with them because we went to a conference! Bob and I both became professional speakers because we went to a conference!

When Bob and I attended that first conference, neither of us ever dreamed of where it would take us. We would have laughed at anyone who said to us, “One day you’ll be. . .”

But that’s the great thing about Toastmasters. This organization truly empowers people to achieve their full potential and realize their dreams. To Rise to Challenges you never expected or thought possible! I hope to see you at your conference. Whether it will be your first or your twenty-first, there will be someone new to meet (even virtually), something new to learn. . . and your life could be changed forever. . . because you went to a conference!

[Click Here to Register](#)



The Tulips at Dawn

Emilie Taylor, DTM - Immediate Past District Director



This past Monday I did something I haven't done in a very long while—wake up—yes—wake up at the crack of dawn to watch the sun rise.

It was time to “tiptoe through the tulips.” The Wooden Shoe Tulip Farm in Woodburn would be just the ticket. I searched the internet and found that you can buy tickets for 5am to watch the sun rise. The tickets were \$25 each prepaid.

For my husband, 4:30 in the morning brought memories of his Oregonian paper route, delivering newspapers before dawn on a rusty old bike when a youngster. His recollections were darkness, rain, cold, and the occasional run in with skunks and dogs before there were leash laws. Skunks still do not abide by leash laws! I, on the other hand, would take the Japanese angle of celebrating a new sun rise! We observed this at the Grand Canyon where Japanese tourists were at the edge of the canyon at 5am. As the sun broke through the horizon, they all chanted a prayer of praise!

I do not know why I have never gone before. The only reason why this time was different was because my husband Steven pointed out that the news just mentioned the Tulip festival in Woodburn was happening. We checked our tulips and if they were on the same time clock,

there were going to be tulips in full bloom!

It took 45 minutes from the driveway to the farm. So off we went and might I add not properly dressed for the occasion. I figured what I was wearing was fine without thinking that being out in the open space could make things a bit colder than normal. My behind was the thermometer registering frost stuck to it when sitting at a picnic table on site. My hands were frozen but it was all worth it because of the emotions it evoked and the beautiful sunrise pictures for a memento.

Being out in the Tulip fields surrounded by beautiful and varied colors made me forget for just a tiny bit about the pandemic. As the sun began to wake, the fields were black and colorless, then slowly hues of blue and deep red, changing to red, then rows magically began to turn to purples, reds and yellows. It made me appreciate how beautiful our world is, that we just have to find it and fill our hearts with the feelings of beauty. We can take these memories and relive them in our minds and hearts and bring healing and joy into our lives. It brought gratitude to focus just as the sunrise brought color, clarity and vividness to our eyes, one cannot help but be thankful to be alive. Oftentimes we go about our days in a daze, just going through motions and



going through our emotions. I was surrounded by beauty that forced me to stop and think of how lucky I have been to live in this beautiful country.

It also awakened something in me. I need to be more focused and intentional with my life and the direction I am heading. To be mister or miss cloudy day is a state of mind, or should I say a state of mindlessness or buying in to the hypnosis of the human mindset. Birds do not care about a pandemic. They soar and sing on the wing. We may be mindful of things but not have our mind full of that which brings us down. Being mindful of our intentions and where we want to go and what we want to be is worth considering deeply. Take time with a cup of tea to reflect.

In our Toastmasters world, we have 2-1/2 months left before the end of the Toastmasters 2020-2021 year. It has been pretty much a pandemic year with club meetings virtually online this whole time. Yet we find ways to make our meetings exciting and lively. We learned to experiment on how to present our speeches in such a way that our energies are felt through the computer screens and headphones! After all, it is getting the message into minds and hearts that makes a difference no matter how it is done.

I was energized by the coldness and watching the sun come out after dawn made me think of my future moving forward. I challenge you to do something you haven't done before and see what treasures you will find. We did "tip toe between the rows of tulips." We did learn to appreciate our car heater when we returned. We did find out that they have balloon rides. . .well after 5 am and we were too frozen and did not find out about them until the next newscast where they were showing off inflating them—I guess another \$25 ticket will be in order! Ah, a sunrise in a balloon above the tulips. . .

Here is a picture for you to remind you to cherish each new sunrise, whether it is rainy, cloudy, snowy or with skunks. Above the clouds there is the eternal sun bringing us light, life, and love. Now get out there and do something you have not tried, mask up, get your shots, and be ready to take on a new sunrise!

Back to you fellow Toastmasters.

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INTERNATIONAL**
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What the Pandemic Taught Me about Public Relations

Charissa Yang, IP3

I certainly did not enjoy all the lessons of 2020, but there were some gems that will forever shape my messaging and the way I connect and lead. While it may be obvious that the pandemic did not affect us all the same way, it was a process for me to realize how to integrate this knowledge into successfully revised PR messaging.

Here are some of the lessons learned:

WE STARTED WORKING FROM HOME AND SOME WERE PLEASED

My home club, Yammertime, is a campus-based Toastmasters Club, hosted at Oregon Health & Science University. In mid-March 2020, all who had the ability to do so were sent to work from home indefinitely. One of our members was very pleased about aspects of this then-novel arrangement saying, “We can use this to our advantage and say in our advertising that Zoom makes it so much easier to attend the club meetings!”

THE PANDEMIC AFFECTED US EACH DIFFERENTLY AND WE NEEDED TO BE SENSITIVE TO THAT

Another experience warned me that we had to be careful about assuming any single person’s perspective was universal or welcome. The president of another club to which I belonged (not a Toastmasters Club) suggested that since everyone “had so much free time” he thought we should undertake some extreme challenges (such as running 100 miles a week). Fortunately this suggestion was quashed by a committee before it was publicized.

RACISM AND COVID ARE BOTH INTENSE BUT NOT COMPARABLE ISSUES

Later during the pandemic, the same club published an editorial in which it was suggested that combating “racial injustice [seems] more important. . . than finding a COVID vaccine.” A friend was very upset by this. She explained that some of her healthcare worker clients were experiencing extreme distress because of the devastation caused by COVID. It was not appropriate or helpful to compare it to a completely different (even if clearly also profound) problem.

ZOOM MEETINGS WEREN’T WELCOMED BY EVERYONE

Indeed, some members were not well equipped for this shift, lacking reliable WiFi or a video-capable laptop to make a stable connection. Others were newly coping with orienting both their children and themselves to online school from home - while at the same time getting used to working from home themselves! This chaotic and stressful situation resulted in less available time rather than more for these busy parents. We learned to be tolerant (or even enjoy) surprise appearances by pets and children on videoconferences.



I realized that being truly inclusive required understanding my audience's circumstances. Other ways this came into play:

- We now needed to recognize an international audience.
- Because Toastmasters Clubs around the world were all meeting online, Toastmasters members started “club surfing.” Yammertime got visitors from Chicago, Florida, Germany, South Africa, Hong Kong, Dubai and the Philippines. We quickly learned to express our meeting times and time zones according to international standards. If we forgot, someone could assume the wrong time, or we might get asked about or scolded for not mentioning the international time zone equivalent.
- Being inclusive is simply best practice. We learned to be more inclusive in our language. Sometimes that meant dropping colloquialisms or idioms in favor of more straightforward language. I realized it is a clearer way to communicate anyway. If we want to be welcoming, we should strive to be the opposite of clique-ish, by using simple and direct language and avoiding non-universal terms like local references (such as OHSU.)
- Crises can create opportunities. A speech that was received as controversial

became an opportunity to hear many individuals' feedback, pin down our club's values, and create a “vision culture” statement.

Overall, the pandemic taught me that good PR considers your entire audience, and that in times of crises, it is risky to assume that you know what your audience is feeling, experiencing or needing. The pandemic also taught me that though we were sent home to work, ironically, we became more connected globally. To be effective, we have to become sensitive to our expanding audience, using more universal phrases, references (and time zones). PR that works is intentional about inclusivity and putting your members first.

Charissa is a charter member of the Yammertime Toastmasters Club at Oregon Health & Science University and a co-founder of the PR Masters, a D7-based, prospective club that seeks to increase cross-club communication and collaboration about Toastmasters PR.

Learn More:

- [Watch speech](#): Charissa applies lessons learned in “A Pandemic PR Strategy for Toastmasters Clubs” (9 minutes, starting at 10:00, delivered at the 4/2/2021 Demo Meeting of the PR Masters Club).
- [Learn more about the PR Masters Club](#), a prospective club that Charissa co-founded to increase cross-club communication and collaboration about Toastmasters PR
- Yammertime's Vision Culture statement can be found at www.yammertime.org

Open House or Member Event

Jennifer Schmidt, EHI

Anticipation glowed from my screen as the New Horizons virtual windows opened to welcome forty-two people popping into view for *Magic & Performance: The ART of Speaking to Your Audience with Magical Katrina*. We were all set, prepared, excited, and ready to showcase both special guest Magical Katrina, who appeared on *Penn & Teller: Fool Us*, and the skills of our magical members!

No whoosh of a wand caused everything to magically appear. A team of dedicated Toastmasters started weeks earlier to prepare. The goal was to transform our regular meeting into a memorable experience for our members and attract a bigger audience by stretching our speaking and outreach skills.

You might ask, “Wasn’t this an Open House?” You’re right, was both an open house and a fantastic event for our membership. A few key items that bring in new members are invitations, engaged club members, and the welcome to join!

Magicians are bound by a code to never reveal how a trick is done, fortunately, this doesn’t apply to us! Any club can design captivating events by following the steps below. This will add one more piece to your club’s quality and growth.

Phase 1 – Planning

Start With Enthusiasm

New Horizons’ Magic theme started as a conversation between members who enjoy

magic. This led to Magical Katrina and the stage was set. Magic is not a typical Toastmasters meeting theme, but it provides a path to introducing elements of public speaking and forming opportunities for fun. When you are picking a theme, choose a topic that has wide interest (travel, career, etc.) to easily engage members in the event.

Identify Experts Within Your Club and Beyond

Everyone in your club and people they know are experts in something. Whether it be in their work or a hobby, you can find people with interesting experiences. Perhaps you know a Toastmasters contest winner or career enthusiast that could share insightful communication tips. They may even have their own social media followers to help attract people to your event, a winning partnership for you both. In our case, Magical Katrina is a club member relation making it easy to connect with her. Member Ralph Galantine’s larger network of magicians and magic lovers provided an expanded area for outreach.

Build a Solid Event Team

Your most enthusiastic and committed person is probably your project leader. Ann Kroetch was our event leader and asked our President Maren Zieba for help in determining who to invite to

nt?

the foundational team and the timeline. A new club value this year is “Who are we inviting? Who are we bringing along?” This helped to set three ideas in motion:

- Identifying members who had not worked on a big project this year
- Choosing a mix of established and new members
- Utilizing the leadership team as support

Choose your core team early in the planning process. The foundational team includes your Toastmaster, Table Topics Master, and Speakers because they cover the majority of content and strategy for the meeting. People who are excited about the theme and ready to stretch their skills in a higher profile meeting are good candidates. Establish any written material, video links, or images early to help your VPPR or member supporting marketing.

Our team included Jordan Burnett-Rainey as Toastmaster, Marianne McIntosh as Table Topics Master, Ralph Galantine as first speaker, and Ann Kroetch as second speaker who interviewed Magical Katrina. All the roles tied back to the magic theme including the word of the day, illusion, introduced by our Grammarian Kamili Talley.



Phase 2 – Preparation

Practice Makes for a Perfect Meeting

Once roles are filled, plan on several team meetings to ensure details and meeting format are understood. Interweaving the theme into the meeting and strategies to engage your audience are good discussion topics to cover early. In our case, having two speakers instead of three in an hour and a half meeting tailored the time to our presentations involving question and answer, as well as, tricks. It provided more time for Table Topics, an important piece for audience inclusion.

As you refine the format by solidifying the schedule and timing, your last meeting is a final run through and chance for any last minute questions. Above all address fears, express confidence in your team, and highlight the value you see in them!

You Have to Be SEEN

Advertise on your club's social media and website! Using Eventbrite will reach a public audience, provide email communications, and track interest. Share the responsibility, encourage your speakers, leadership team, fellow Toastmasters, and club members to use their social media to publicize too. An open house or event is meant to include new visitors, make it visible and don't forget the value of personal invitations. For more great ideas of ways to publicize your events, visit the next PR Masters meeting (see resources below).

Phase 3 - Implementation

Welcome to Your Event (ahem!) Open House!

Viola', with all your planning and preparation complete, your attendees arrive! Make sure you have a zoom greeter (that was my role) to give a warm and friendly welcome. During the meeting take extra care to explain the different roles and why they exist as these are often unfamiliar to

uninitiated guests. A friendly, fun, camaraderie filled meeting will attract new members. Where you can have participating members share the value of Toastmasters from their perspective. Capture contact information for follow up messaging and invites to your next meeting. Eventbrite and other registration steps make this easy. If your meeting allows, leave some time beyond the event for open chatter to welcome those interested in staying longer.

Faster than you can say ta-da, your event has excited your members, attracted new people, and expanded your reach to new parts of the world!

For more great ideas of ways to publicize your events, visit PR Masters - Facebook Group: PR Masters (D7 Public Relations Toastmasters) - meetings - 1st Thursday of the Month - 7:00 - 8:30 pm

To learn more about New Horizons #1360 - join our Facebook Group: The New Horizons Toastmasters Club of Oregon (District 7)

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!



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

Harvey Schowe, DTM - District 7 Historian

Frank Paulding continued writing articles in the Toastmasters International newsletter "The Gavel." In the April 1931 issue he wrote that women could become good public speakers.

Twenty members of the YMCA educational classes journeyed to Vancouver on Wednesday evening to hear the debate on the subject "Resolved, the cost of education is not excessive," staged between members of the New Westminster Club and the Vancouver "Y" Talks Club. The affirmative was taken by V. Lewis, W. Lambert, and T. D. H. Hodgins; while D. J. McGuan, Frank H. Trapp, and J. Paulding of New Westminster took the negative. The arguments adduced by the New Westminster debaters were judged to have carried the preponderance of weight and proof and decision was according given in their favor."

We are interested in The Gavel's discussion of Ladies Public Speaking. We have a class for the first time, who are taking the regular YMCA course of 16 lessons. The ladies are very capable speakers already, and are enjoying the experience, and two weeks ago staged a debate on: "Resolved That Installment Buying is Beneficial to the Community." Their material, construction, and delivery would have brought credit to a men's club. (No pun intended.)

After twelve years as Westminster YMCA general secretary, Frank Paulding was transferred to the YMCA Vancouver, British Columbia as general secretary for his fund-raising skills.

Frank toured the Vancouver YMCA facility and met the staff on July 6, 1932. Frank Paulding attended an August 6, 1932 YMCA secretaries summer school at Whittier College. Toastmasters International organized a committee consisting of Art Johnson of Pasadena, Paul Demaree of Anaheim, Clark Chamberlain of San Diego, and Jean Bordeaux of Long Beach to promote Toastmasters during YMCA summer school.

Paulding taught two fall public speaking classes that included techniques and speech practice along with personal coaching and criticisms. On April 25, 1933, he established a women's public speaking class.

Paulding joined the seven-year-old Speaker's Club in 1933. Speakers Club organized with the following slate of officers on October 4, 1934. Toastmasters International issued an associate charter for this club.

President W. T. Cook; Vice-President, Dr. A. M. Menzies; Secretary-Treasurer, G. Sharpe; Leader, H. A. Beck with; Critic Frank Paulding.

Paulding announced August 1935 that Toastmasters International will issue a charter for Victoria Toastmasters Club #38, the first Canadian Club. After organizing October 2, 1935, the club elected the following officers: President, J. M. Hill, Secretary, J. O. Johnson, and Membership Chairman G. G. Fraser Jr.. The club met at 6:15 pm Wednesday evenings.

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 Video Replay	Finish the Year Strong Beth Pinchot, DTM	Toastmasters 101 PJ Kleffner, DTM



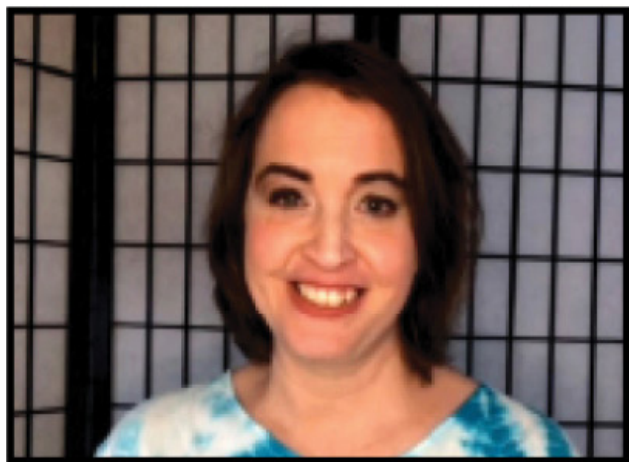
First Wednesdays

7-8 pm

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

Finish the Year Strong!

May 5, 2021 - 7:00-8:00pm



Presenter: Beth Pinchot, DTM



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

We invest so much into our clubs every Toastmaster year. Some officer terms are coming to an end while new officers are thinking about their first days. Sure, it can be easy to let a year end without much consideration for what comes next, but it's much more powerful to plan and communicate to maintain the momentum you've built through to the next year and beyond.

Join me for the next Wonderful Wednesday Webinar on May 5th. We'll dig into these important topics and more.

After attending this session, you will:

- Dust off your Club Success Plan
- Stop putting off that big election
- Learn strategies to set up incoming officers for success
- Consider taking your leadership to the next level

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

About Beth Pinchot, VC3

Beth Pinchot has been a Toastmaster for three years. She served as 2019-2020 Area 76 Director, VP of Education for the PMI Portland Toastmasters Club, and sponsor for the brand new Waffle Toasters in Hillsboro. When she's not speaking, you can find Beth working as a project manager, in the garden, or out biking with any number of her four kids.



Remembering Coach Marc

Alizah Khan

I don't remember the first time I saw him; his face didn't leave an impression on me and just like everyone else I knew him as one of the Future Stars coaches. That was before I joined Future Stars officially at age twelve.

The first day as an official member I had a speech prepared. I was ready to speak and had memorized every single word. On stage I felt nervous, but I pushed forward. Suddenly my mind went completely blank and only after two minutes of standing quietly on the stage did I remember my speech and finished it. Embarrassed, I got off the stage as fast as I could. After the meeting, Coach Marc told me I had done a great job. He told me I looked extremely mature for a twelve-year-old and most adults would run off the stage if they forgot the speech.

In any other conversation with an adult I had just met, I would be feeling extremely awkward. Coach Marc had a way of making someone feel completely at ease. On top of the feedback I got from the members, Coach Marc went out of his way to give me feedback. He was always praising us because we had started public speaking earlier than most adults. He was always happy even when he was faced with hardships. He would always say "you guys make my week."

He had so many stories and gave us so much to remember. Other Future Stars members had a lot to say about him. Zayan and Ryaan, past members said, "Marc was always the most excited and impassioned person in the room, even when it was filled with kids a fraction of his age. He was a constant inspiration to all of us, all while insisting that we were his inspiration." (Ryaan) and "I just remember that there was always a lightness about him. It came from this place of deep conviction, something in his soul that believed in the power of words, that there are worlds within us to be shared with each other." (Zayan). One of our current members Yusuf said, "Through tragedy and optimistic times, Coach Marc was there for me and for every other member. I will never forget the positive influence he had on my life. May his memory be a blessing to us all."

I was privileged to help Marc coach the students at Future Stars for several years. He always had positive, inspiring things to say to the kids and was a wonderfully warm and caring person. He will be fondly remembered and deeply missed.—Eric Winger

Marc Bettinger was a member of several clubs over the years. He served as an officer in both Portland Toastmasters and Los Bilingues Toastmasters. More recently, he dedicated his energies to coaching the Future Stars gavel club. He passed away in November 2020. He is remembered fondly by those he inspired to become better versions of themselves.[editor]



THREE TO TANGO

Sprucing up your club website takes a special kind of team, tenacity and temperament. Megha Jindal, member of Feedbackers in District 7 and Empower in District 97, shares lessons learned from undertaking this adventure.

Three To Tango

Megha Jindal, PM4

Building or updating a club website often rests in that pile of 100 nice-to-do things that usually never-get-done. This year our club, Empower Toastmasters, took inspiration from a Wednesday's Wonderful Webinar by District 7 to roll up our sleeves and get it done. It took us three months, three musketeers and three tons of perseverance to make it to the finish line. Should you decide to embark upon this adventure, here are a few lessons we learned from ours.

→ Start Strong



Starting on a high note will fuel you for the long road ahead

Our club VP-PR and I joined the *Spruce Up Your Website* webinar led by DTM Phyllis. This session sparked our enthusiasm to revamp our website. We instantly recruited a third member to our team, created "Project Moonshine," announced it to our committee, and held our first meeting. This initial energetic outburst set us up successfully for the ride ahead.

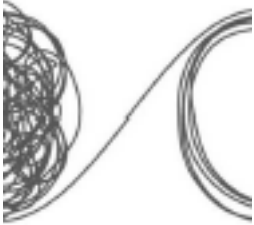
→ Begin with the End

Setting an inspirational yet realistic end goal will keep you on track

Our VP-PR, Tchissole, helped do this in our very first project meeting. After a wide-sweeping brainstorming, we narrowed our target. We agreed to revamp our website to appeal to guests. We would focus on seven key pages and get it done by February 2021. Dynamic content and other nice-to-have features would wait for the next Version.



→ Keep It Simple, Silly



A simple off-the-shelf solution is easy on pocket and maintenance

We zeroed down on Google Sites. It is free, simple to use and integrates seamlessly. Our club location (maps), email (gmail), virtual office (drive) and website (sites) are all linked to one Google identity. Choosing a simple and pocket-friendly solution ensures that future updates will be viable, even in absence of tech experts and budget.

→ It's About Them

Build for your audience. *About Us* is actually *About Them*

Our target audience is guests. Every website element is designed for them—the pictures, the text, the navigation. This clarity helped us maintain a consistent voice across our website. So much so that even our About Us page is actually written from the perspective of our guests. Check it out !



→ Three to Tango



Your team needs an eye for design, detail, and deadline

Our VP-PR, Tchissole, served as Project Leader. She got us organized and kept us going with an unwavering eye on the deadline. She also took charge of page and graphic design. Our member, Jirina, ensured we had awesome photos for every context. I served as the wordsmith and editor. Sometimes, it takes three to tango.





Shine Bright Like a Diamond



Go the extra mile in helping members shine bright

Our website is designed for guests but it showcases our members. We worked hard to secure pictures that showed them at their best. We edited their testimonials to distill the essence. Then we validated everything with them and incorporated feedback. The effort is worth it. When each member shines bright, the club shines even brighter.



Unfinished Masterpiece

Build an unfinished masterpiece, your very own La Sagrada Familia

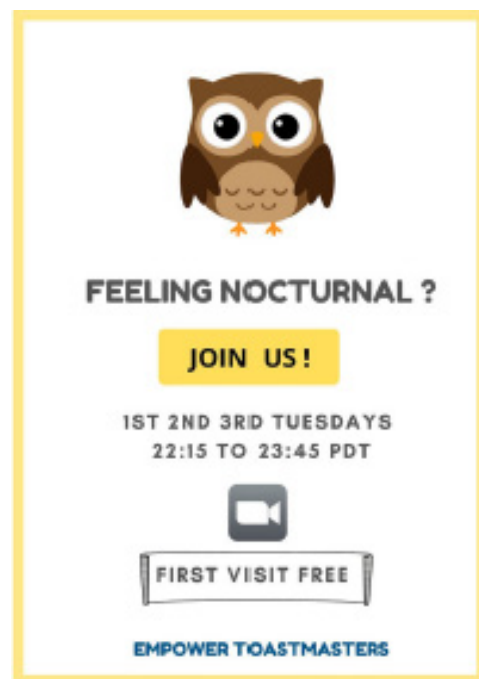
We never set out to produce a finished masterpiece. There's plenty left to be done. Member portal, hall of fame, calendar, blog, SEO etc. These fell outside our project scope. Our goal was to bring the website this much farther. The rest are milestones for future Pathways projects! This mindset helped us make concrete progress and enjoy the journey.



Our website is designed to serve as a window to our club. An invitation for guests to explore this somewhat alien concept of a learn-by-doing public speaking club. To understand what they can expect from Toastmasters, especially from *Empower Toastmasters*.

It's our permanent electronic footprint in a way that Facebook, Meetup, and LinkedIn can't be. Finally, it's a point of pride and celebration for our club and members. Where we see ourselves shining in our best light.

Is your club shining in its best light ?



RSVP



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 specific electives within the Pathways program to reach your personal and professional goals

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

Kathleen Tully, DTM
Presenter

TOASTMASTERS
PATHWAYS
learning experience

Is This the Path(way) for Me?

Presenter
Cheri Redgrave, DTM

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

TOASTMASTERS
PATHWAYS
learning experience

THERE'S A PROJECT FOR THAT!

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

Phyllis Harmon, DTM
Presenter

TOASTMASTERS
PATHWAYS
learning experience

PATHWAYS MENTOR PROGRAM - RECIPE FOR SUCCESS

ONLINE WEDNESDAY, MARCH 31, 2021
7:00 - 8:00 PM

Dave Bones, DTM
Presenter

TOASTMASTERS
PATHWAYS
learning experience

Upcoming Pathways Webinars

All Committee Members
June 16, 2021
Pathways Q & A from District Members

What the Heart Treasures

Paul Fanning, DTM

Fellow Toastmasters, guests, and friends. Gather ye 'round me while I relate this tale—a tale that may be more legend than fact, but nevertheless a tale of a land far away in another century. A tale of what the heart treasures and our response to its call upon us mere mortals. A tale of the mysterious Kingdom of the Sun and a relic of great price. However, dear listener, not always is understood by all that which is the treasure of the heart.

It is a tale of two boys growing up together. These boys were neither brothers, or cousins, nor related to each other. But closer kin neither would ever know as they had met when incredibly young, began playing together, spending their free time swimming in the waters of the port, racing through the bazaar in a game of chase, or skipping stones across the canal. They were inseparable, two peas in a pod, and closer a friend to each other than by blood.

Dawud may have been the younger of the two, but he was wiry, thin and had the look of a proud people living many days and centuries from the port city. Tame, the elder, on the other hand, resembled the local people—his skin tone

a richer hue of the desert, well-built and solid. Their temperament and demeanor were different as well, with Tame being more carefree and not serious, while Dawud was studious, patient and often caring of his adopted brother. Whilst young, this did not present a problem as they were both able to laugh off their differences and then run amid the streets and stalls in the great marketplace. It was there where a small rift between them began to form, ever so slowly, but inaudibly, with neither one wanting to point it out to the other.

One frightfully hot day they had been playing chase and the heat gained the upper hand upon Tame, who chose to rest next to the open door of a shop selling trinkets and baubles. Intrigued by the sight of the glistening objects made of brass but looking like molten gold, he waited for Dawud. He suggested they go and browse, taking full advantage of the shade and perhaps a cool drink that was oft proffered by proprietors to their customers.

They slowly and quietly entered in as if they were entering the house of worship. As if by magic, the owner suddenly appeared, his long



white flowing robe around him like a breeze of cool air had descended from above. He stood before them and in a strong voice asked their names and their business in his establishment. Both boys remained motionless until Dawud in an unsure and quivery voice related the reason for their presence. The owner answered with a smile, told them his name was Ibrahim and invited them to take a small glass of lemon water with him. As the boys drank the first glass thirstily, he refilled their glasses and plied them with questions. After their third drink and their thirst quenched, he invited them to look around his wares, and to ask any questions that they may have. He was grandfatherly in his actions, and his answers to the myriad of questions posed by the young boys were soft, patient and of a wise teacher. Tame tired of the game that was being played, but Dawud relished in the explanations and delighted in the stories behind each seemingly common object on display. Tame eventually won out and the two left that amazing mercantile of relics and objects d'art for the cool waters of the canal.

Dawud would continue to visit the store, more

and more often without Tame as they began to mature. He began calling the old man "al-hadi," his guide, as an awakening within him for the legends and spiritual wisdom imparted began to take root.

One day, his now familiar and respected guide asked him to shut the doors to the emporium. Dutifully complying, Al-Hadi then touched a panel on the wall, and it swung open, revealing a box seemingly covered in glittering gold and gems. As the box was removed, Dawud was told it contained a mystical emblem of the Kingdom of the Sun, powerful and a treasure without price that was to be guarded only by those who were specially chosen through the centuries.

With his eyes ever growing wider with awe and mystery, the lid of the box was removed, and the elder removed a simple piece of pottery, a shard like so many that littered the ground in the various ruins and dwellings in the area. Yet his eyes sparkled when he was told what it truly was, and he was handed the clay piece and could run his fingers over the characters written in an unknown script with the symbol above it all. Dawud was told the meaning of his name-Dawud

bin-Suleiman—that of beloved friend, son of Solomon. Treasure that name, learn to be a true beloved friend, and prepare your heart to be the next guardian and teacher of this object so coveted and desired through the ages by kings, emirs, and thieves.

The next words brought him out of his euphoric bliss as he was warned to beware those who were false. And his friend Tame, his friend from early youth, “has the look of one who will only do wrong in his life, and will allow,” like his name Tame meant, Greedy, “his covetous nature and lust for riches to bring great wrong upon himself and the world.” He was sworn to promise never to reveal to anyone the location of the box and its precious contents.

Ah poor Dawud. His heart ached as he proceeded to honor his vow of silence, especially from his oldest and beloved friend. “What kind of friend am I to deny Tame this secret,” he thought and heartfully pondered for days. He finally succumbed to his guilt of denial. Dawud spilled and gushed out the story to Tame, each specific detail except the dire warning from Al-Hadi that was to remain his secret.

He told of the panel, the glittering box and the treasure of treasures contained therein. Tame drank in each detail, enquiring about location, size, gold and jewels and his look became darker and serious with the responses returned. Soon Dawud discerned that something was not right with his brother, and he quietly closed the conversation. That evening, he couldn’t sleep as he agonized about betraying the secret, the consequences to his decision to be so glib and

joyful in sharing it with him. By the morning, he was feverish as he lay in the sweat-soaked blanket and the churning of his stomach. He stayed home for one day which became two, then three extending to four. Not once did Tame call upon him, and he worried even more. On the fifth day, his mother gently roused him and informed him that an enforcer of the magistrate wanted to speak with him at once. He quickly dressed and presented himself to the very stern and gruff representative in the day room.

Was he Dawud bin-Suleiman? Did he know a certain shopkeeper in the bazaar? What was his relation to a youth named Tame? And on and on went the questions for an hour.

Finally, after

the man was through, he handed him a document written in a bold hand, giving him the right to own the trinkets and baubles emporium in the bazaar. Dawud then began to question him—where was my friend Al-Hadi? Dead was the reply, killed in a shop break-in two days ago

Why were they asking him about Tame? Tame was found in possession of a box stolen from the store. Why was he given this document? It was found upon the storeroom table with the note to deliver it to Dawud. What is going to happen to Tame? Our law requires one who has committed murder and thievery to pay the same price—an eye for an eye, etc. Dawud stood there stunned. The enforcer recommended



he accompany him to the store to take possession of its contents, building and trade.

Silently Dawud acceded to the request, mulling over his actions and the knowledge that his mentor and guide and his friend who he now knew would he not see either alive again.

He entered the dark store, and gasped when he saw the floor near the panel with blood stains, the panel still open. He walked around behind the counter and said a heartfelt prayer for Al-Hadi. Grieving within, he glanced around and saw in the corner a shard of clay, and he stooped to pick it up. It was the treasure! It was the relic of Great Wealth! He looked at the enforcer who

knowingly answered his inquisitive eyes with the response. The box was in Tame's hands, but empty. He had thrown the ugly clay piece on the floor



before taking what he thought was his prize, yet there was a crate of these worthless boxes in the back storeroom. Al-Hadi had been killed for nothing.

And then the hulk of the man reached over, embraced Dawud and told him that now, he, Dawud bin-Suleiman, Beloved Friend, Son of Solomon, was El-Hadi, the guide, and his new life was to begin as the guardian of the relic, teacher and proclaimer of the true treasure that was within each human being. It was the teaching of the Kingdom of the Sun, from the greatest teacher and king in all history, Solomon himself.

Thus concludes the tale, dear friends. What truly is the treasure within your heart? How can we as Toastmasters, following the principles of our craft of speaking, evaluating, and leadership teach and model to others? Will we succumb to an eternal lust for power, for fame, for fortune like Tame, or will we too, be a Dawud and seek the higher road of unity, of tranquility and imparting wisdom to those we meet and progress within the Toastmasters program? Yes, it may be a legend, a mere tale of fantasy, or is it a reality? Only you can choose-and you my friends, thus you, will now become the tale bearers. You have been chosen. The choice is up to you.

There's a Speech in That!

Leanna Lindquist, DTM

Never struggle to find a topic. I believe topics are at our fingertips. We just need to open our eyes, ears, and mind.

All about you

You, yes, you are a walking encyclopedia of speech topics. Start with your childhood. Where did you grow up? Did you participate in sports? What did you do after high school? Higher education?

Consider family stories passed down from generation to generation. Talk about your career. Write a travelogue. Do you have a favorite or eccentric relative? Share fun, favorite, or fantastic experiences you have had. Do you have a hobby you are passionate about?

How about your best friend? Was there a mentor who had an influence in your life? Did you experience challenges in your life? Children and grandchildren are a rich source of material. Kids say the darndest things.

Flip through albums and look through boxes of family photos and memorabilia. Are there ancestors you want to learn more about? Are there collections or antiques that have been passed down in your family?

A favorite of mine is firsts. Your first car. Your first job. Your first boyfriend, girlfriend, or spouse. Your first child. Favorites. This idea can take you in many directions. For example, what is your favorite musical? Who wrote it and

what is the story behind it? Who starred in it? How many times has it been performed? You can take any “favorite” and look at it from every angle. More about that later.

Every personal experience is the inspiration for a speech.

Media

In *Cold Blood*, Truman Capote was inspired by a short article in a newspaper. A post on Facebook or Instagram can spark your interest and require further investigation. Something you read can remind you of an experience or someone you knew. How about a speech on the history of movie making?

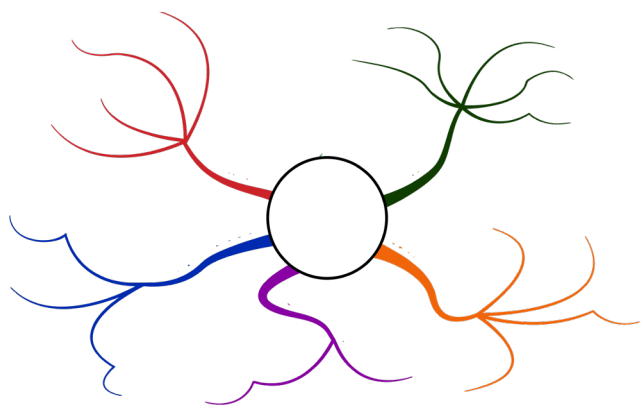
Type a question or topic in Google and see what turns up. Check out websites. National Geographic. The Metropolitan Museum of Art. Glacier National Park.

Your senses

What do you see? Get in the habit of looking at everything you see as a possible speech topic. Nature, people, pets, parks, and neighborhoods. What do you hear? What do you smell? Fresh baked bread, the air after it rains, or a campfire. What do you taste? The worst thing you ever ate. Your most memorable meal. A cooking disaster. What do you feel? The softness of a kitten. The sting of a bee.

Mind Mapping

I have shown you that inspiration is everywhere. The next step is to multiply your ideas. This is where Mind Mapping comes in to play. I like to take a blank piece of paper and lay it horizontal. I draw a circle in the center of the page. The topic goes in the circle. Then I add lots of squiggly lines, like branches of a tree. Each main branch is a subtopic of the main topic. Subtopics of those are added to the smaller branches. Focus ten minutes on this activity and your speech will practically write itself.



Collect Your Ideas

If you are like me, you need to capture those ideas when they present themselves. Take a picture with your phone. Enter it in Notes. Start a folder on your computer or go old school with a notebook or box of file cards. No matter how you choose to capture your ideas, start now. It will serve you well.



The Writer's Toolbox

Ken Coomes, DTM

Continuing my expansion of each of the four writing resources I introduced at the beginning of this year, we'll take a look at a game this month, The Writer's Toolbox. It's more like a toolbox for getting past writer's block, with one of its approaches structured as a game.

If you're anyone else who ignores the manuals when you open something new, I urge you to change tactics with this toolbox. Read the manual first.

The introduction is not only fun and interesting; it also gives you some insight into the creator, Jamie Cat Callan, a veteran, professional writer, screenwriter, and writing teacher. She goes on in Part 1 of the manual, exploring and explaining the power of story in many different endeavors. She covers a lot in six short pages before we get into Part 2, using the Toolbox.

She gets into the "guts" of the Toolbox, explaining how to use the tools; whether playing a game with them, or simply drawing inspiration from them.

First Sentence sticks (actual popsicle sticks, after they've been on a diet) offer starting points for your writing. Non sequitur sticks give you a twist to follow that first sentence. Last straw sticks fuel conflict and emotion, creating dramatic story arcs.

The Sixth Sense cards offer triggers for six of your senses; yes, SIX. Smell, Sight, Sound, Taste, Touch and Memory/Imagination. When a writer flips over a card that states "someone crying in

the next room,"

both creative juices and possibly memory may trigger. Your character wonders who is crying? Or if they already know who's in the next room, why are they crying? Even if the character knows who is in the next room and why they are crying, they react (who wouldn't?).

If they care about the person crying, they may wonder what they can do, feel empathy or sympathy, or both. Maybe the crying makes them angry, or frustrated. If they share the same sense of loss or sorrow as the person crying, they might start crying themselves. Or express their own emotional reaction to the circumstance or situation.

The Protagonist game offers wheels to spin, yielding a protagonist (Iris, the psychoanalyst), a goal (to be the great seducer), obstacles, such as (the barista at Starbucks), and actions (loses weight). As a writer, you get to run with what you spin. Or re-spin one or more. Or allow your mind to springboard from the result of the wheels to your own creative idea(s). As a Toastmaster, The [Writer's Toolbox](#) also gives you some great Table Topics options. And that's not all.

There are 20 pages in Part 3 that talk about the craft of writing. Part 4 shares four stories written by using the tools in the Toolbox. The manual ends with additional resources, and more interesting and useful information.



Public Relations Masters

May the Sixth PR Sense Be with You

Thursday, May 6, 2021
7:00 - 8:30 pm PT (-7 GMT)



Internal PR:

The easiest members to keep have already joined your club.

with Matthew Douglass

May the Sixth PR Sense Be with You
Thursday, May 6, 2021
7:00 - 8:30 pm PT (-7 GMT)



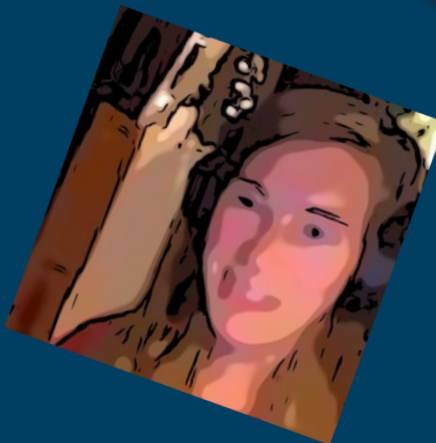
Join Us!
[Click Here to Join the Meeting](#)

Stories from D18: Spring Conference PR Committee

with Emilee R-G

May the Sixth PR Sense Be with You

Thursday, May 6, 2021
7:00 - 8:30 pm PT (-7 GMT)



Find Your Equilibrium

David Freedman, IP3

During the entirety of this pandemic, I've been struggling to find my footing as a performer. Like the rest of us, I had to deal with the sudden shutdown of all of my favorite activities, and some of those hit like rock-hard gut punches.

Last March, the Portland Gay Men's Chorus, an organization I've been a member of for nearly twenty-nine years, postponed and then ultimately canceled its 40th anniversary concert. All other concerts, activities, and rehearsals have been online, including my Toastmasters functions. The loss of being on stage can be particularly frightening for performers, especially for those of us who are striving to make a living in the arts. Even though we found ways to create our own artwork on Zoom and other social networking sites, it clearly wasn't the same as live performing.

One thing that struck me in particular is how there's an unusual dichotomy when you're a performer. You want to be onstage in front of an audience, preferably as one of the star attractions, but at the same time you need to be supportive of your fellow players. This can be daunting for many reasons. For those of us who yearn to be professional performers, the temptation is to be the star, not the supporting actor. As a performer living with a very rare neurological disorder called Moebius syndrome which left me with a bilateral facial paralysis, I realized early on that I would never truly be one of the top-tier

performers. Rather, I would be a character actor of a very specific variety that would be seldom called upon, if ever, in show business. I still very much want to be performing in television and film, but finding those opportunities during the pandemic was even less likely to happen than they would under normal circumstances.

I'm still not completely sure how I found my equilibrium during the pandemic, but I know part of it came about when I read a recent article on the CNN website about the offspring of famous people who decided to follow their dreams, not to mention in their parents' footsteps. I'm not necessarily advocating becoming rich and famous as a means for finding balance in one's life as oftentimes it can lead to the opposite effect. Nor do I necessarily support nepotism. Nonetheless, I noticed that for those offspring that were successful, all of them found love in what they did and had a strong work ethic





that helped them overcome some of the hurdles they would have faced by being compared to their more famous parents. And

many of these people, which included Blue Ivy Carter, Angela Simmons, and Emma Roberts, found that collaboration was key to their success.

In my own life as a Toastmaster, I've noticed much the same thing. In fact, by being in Toastmasters I've been able to use virtually all of the talents, skills, and abilities that I've acquired over many years to further advance my goals but also help out the organization. My writing, singing, acting, and transcription skills all combined to help me become a better public speaker, leader, and active listener. Even better is that, while I certainly love being onstage giving speeches, I've found it to be just as important to take on the roles and responsibilities that happen offstage. Being an Evaluator, for example, is tremendously challenging, and it took me a couple of years to learn how to get to a point where I could give a well thought out analysis

without feeling like I would torpedo someone's speech, however well-crafted my evaluation might have been. By becoming more aware of how I could best support my clubs, I realized that I could be both the bedrock and the star in other organizations as well.

I can't stress enough how important it was to find that equilibrium, but part of it was also learning to be kind to myself. In order to find that balance. You need to first figure out what brings you joy as well as discord. Take the time to figure this out for yourself, and remember that whatever works for you may not work as well for others. For myself, it was reconciling those two opposing forces to make a stronger whole so that I could forge new paths for development without feeling like I had to compromise one vision for another. By doing so, I was able to come to a greater understanding of myself and how I could best serve my community without falling prey to narcissism or self-defeating behaviors. Taking that time for introspection was well worth it. My hope is that each of you can find ways to do the same, whether it be within Toastmasters or in your personal and professional lives.

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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.

The Three 'B's of Club Coaching

Paul Fanning, DTM

Club Coach Coordinator

April 30th will soon be upon us. Two months remain for those clubs we are coaching to make distinguished club status by June 30th.

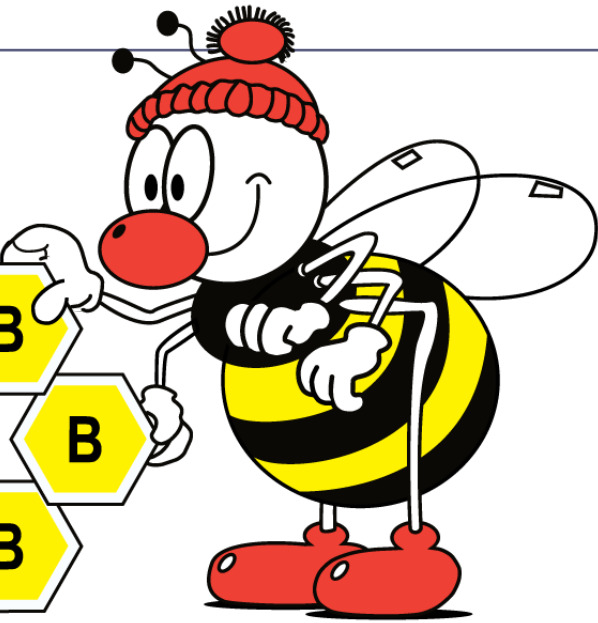
I had the privilege of attending this month's Region 1 Coaches online meeting hosted by the soon-to-be former Co-Region 1 Advisor, Sondra Nunez. Club coaching is her passion, it is in her blood and deeply in her heart. She is sincere about helping club coaches, and by inference, coached clubs, to be successful this program year. I gleaned from her candid conversation and responses to questions several key statements, and words of wisdom to club coaches.

Be truthful—The key to coaching is being honest with the club. What does that mean? We must oftentimes help the club to face the truth. Even when telling the truth may cause the club officers to say “ouch, that hurts.” That they may even need a coach to channel Jack Nicholson and tell them “they can’t handle the truth.” Truth about...? Their meetings—are they friendly, open to guests, and being inclusive to all. Recognizing that certain normal practices of Toastmasters are tried and true methods, but just are not working for that particular club. Is the Toastmasters Education program a key element in the club? We have many who declined or are not successful in Pathways. And the one I loved the most? (and oft heard myself through

the years) “we’ve never done it that way before.” Be real. Be honest. Guide them to the truth about their program, their leadership style and ability to adapt and change—or face club dissolution.

Be excited! Bring a sense of excitement to the club. We can’t expect a club to turn around overnight or try new methods and practices if we approach them in the Ben Stine manner—bland, cold, and matter of fact. We ourselves must be excited by our roles as club coaches and be cheerleaders, heralds of what could be, and the first to applaud, smile and be genuinely happy when they make progress or achieve great success. It is not just a DTM requirement we check off by being a club coach. We become a friend, a mentor, a co-pilgrim with them on the journey. Be enthusiastic. Be a breath of fresh air.

Be a model and mentor. While they may sound alike there is a difference. Modeling is what we do as coaches when we show a club how to do something, acting upon it, and being positive regardless of the outcome. A simple modeling could be showing a club how to conduct a Table Topics session, or how to do an effective evaluation, or give a speech. It might even be illustrating how to progress in Pathways by showing how you are successful in your chosen



Path.

I love the principle of “monkey see, monkey do.” If we are scared to try, if we aren’t sure or confident, we can impart that to our club. But if we rise to the occasion, positively showing, not only how, but why we do certain tasks, then they can try it for themselves.

Mentoring is the patient guiding principle of the teacher/student relationship. Modeling is the action; mentoring is the reason and understanding needed. Combining these will bring about that “ah-ha” moment for the club. The joy of seeing progress, success, and achievement come about by our hard work. Be a modeler. Be a mentor.

I invite all coaches to reserve Wednesday May 12, 2021 from 6:00 pm to 7:00 pm. It’s not just another meeting. It’s not just a “how to” webinar, but a worthwhile gathering of coaches sharing problems, celebrating successes, and looking to the future. I’ll be sending you the link as soon as I receive it.

May you be successful as you continue to serve as a club coach yourself, and with your clubs.

ITS APTLY APRIL!!!

B. Lee Coyne ATMS

Just like its cousins, the month of April has its name derivative. It flows from Latin and means “to open” in effect.

That is no verbal accident. With the equinox our Spring has sprung. The deft daffodils seek out the sunlight as the soil opens up. With fresh air and diminished rainfall, we Oregonians open up our front doors and trek outside. Let our nostrils likewise open to sniff the budding flowers.

Birds fly north in search of open fields and meadows. Ducklings waddle into open creeks and ponds. Momma Duck feeds her babies as friendly rivalry breaks into the open.

Hibernating bears and newly born cubs have departed their cave openings. Restaurants are opening their sidewalk cafes as the weather ups the temps. Clouds open to greet the sun.

We Toastmasters open our projects for an exciting speech-to-be. What will that opening line be this time? Strictly an open-and-shut case. Ah ha!

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Cedar Hills Club	Anderson	JR
Vancouver Toastmasters Club	Bates	Kente'
Speakers With Spirit Club	Beaton	Anne
Talk-In-Tel	Brown	Grant
Silicon Forest Club	Bryan	Kristine
Timber Talkers	Chen	Carolyn
Clark County Toastmasters Club	Durand	Starr
Roseburg Club	Harter	Alyssa
Tell Me A Story	Hernandez	Adam
Talk-In-Tel	Hernandez	Isabel
West Beaverton Club	Johnson	Carley
University of Oregon Club	Livingston	James
Portland Club	Morse	Erika
CareOregon	Schaaf	Kircie
Mentors Of Focus Club	Schmitt	Christopher
Marylhurst Toastmasters	Shrestha	Rupa
Milwaukie Talkies	Shroyer	Evan
Toastmasters For Speaking Professionals	Starett	Marnie
Fortunate 500 Club	Sunada	Andrew
Advisors Toastmasters Club	Van Lom	Hannah
NoonTime Club	Whitacre	Vic
Tualatin Valley Toastmasters Club	Yatsu	Carolyn

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EH1	3/13/2021	Al-Wadud, AbdurRashid	Capital Toastmasters Club
PM2	3/25/2021	Bell, Jeneen	Columbia Sq Squawking Heads
VC5	3/18/2021	Bones, Dave	Liberty Talkers
MS5	3/27/2021	Brenner, Susan	Clackamas Stepping Stones
PM3	3/19/2021	Briggs, Tom	Wallmasters International Club
PM3	3/22/2021	Buratti, Brenda	NoonTime Club
PM2	3/1/2021	Buratti, Brenda	NoonTime Club
PM1	3/1/2021	Buratti, Brenda	NoonTime Club
LD1	3/17/2021	Cadd, David Wayne	Walker Talkers Toastmasters
PM3	3/15/2021	Chan, Judy	New Beginnings Toastmasters
IP3	3/31/2021	Chew, Sherry Kim	Wallmasters International Club
IP2	3/31/2021	Chew, Sherry Kim	Wallmasters International Club
TC5	3/1/2021	Chilson, Douglas K	Toast Of Tualatin, Lam Research
IP2	3/27/2021	Christner, Jason	Capital Toastmasters Club
IP1	3/13/2021	Christner, Jason	Capital Toastmasters Club
EH1	3/28/2021	Church-Hoskins, D. Sue	Myrtlewood Hootowlers Club
PM5	3/31/2021	Clark, Crystal	Gateway Toastmasters
PM3	3/1/2021	Cutler, Rodger A.	Toast Of Tualatin, Lam Research
PM2	3/1/2021	Cutler, Rodger A.	Toast Of Tualatin, Lam Research
IP3	3/31/2021	Davis, Cornelius	Capital Toastmasters Club
IP2	3/13/2021	Davis, Cornelius	Capital Toastmasters Club
IP1	3/13/2021	Davis, Cornelius	Capital Toastmasters Club
PI1	3/13/2021	Deyette, Michael	Capital Toastmasters Club
VC4	3/29/2021	Dorzab, Erich W	The Dalles Toastmasters Club
DL1	3/8/2021	Faren, Lori	Coachmasters Toastmasters
PM4	3/8/2021	Fitch, DeeDee	Coachmasters Toastmasters
PM3	3/8/2021	Fitch, DeeDee	Coachmasters Toastmasters
PM1	3/31/2021	Freeman, Caroline Adair	CareOregon
EC2	3/8/2021	Gandarillas, Pamela Kay	New Beginnings Toastmasters
PI1	3/31/2021	Gullam, Elizabeth	CareOregon
SR1	3/25/2021	Hansen, Christopher	Portland Progressives
PM3	3/11/2021	Harmon, Phyllis A.	Wallmasters International Club
PM2	3/10/2021	Harmon, Phyllis A.	Feedbackers Toastmasters Club
DL2	3/16/2021	Harris, Elizabeth M	Clark County Toastmasters Club
DL1	3/16/2021	Harris, Elizabeth M	Clark County Toastmasters Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
PWMENTORPGM	3/13/2021	Hawkins, Greg	Professionally Speaking
EC1	3/13/2021	Hedquist, Kyle	Capital Toastmasters Club
PI5	3/15/2021	Helland, Terry	Cedar Hills Club
DL1	3/28/2021	Hennick, Sharon D.	Myrtlewood Hootowlers Club
LD2	3/10/2021	Hiller, Ken	Evergreen Club
DL2	3/22/2021	Hope, Stephanie	Speakers With Spirit Club
DL1	3/22/2021	Hope, Stephanie	Speakers With Spirit Club
TC3	3/22/2021	Hope, Stephanie	Speakers With Spirit Club
PM1	3/18/2021	Hunt, Teresa	WE Toasted Toastmasters
PI2	3/1/2021	Hutterli, Conrad Gerhardt	NoonTime Club
PI1	3/1/2021	Hutterli, Conrad Gerhardt	NoonTime Club
IP1	3/6/2021	Johnson, David R.	Fortunate 500 Club
VC2	3/22/2021	Kosloski, Wendy J.	Early Words Club
EH2	3/22/2021	Kosloski, Wendy J.	Early Words Club
DL1	3/22/2021	Kosloski, Wendy J.	Early Words Club
EH1	3/22/2021	Kosloski, Wendy J.	Early Words Club
VC1	3/22/2021	Kosloski, Wendy J.	Early Words Club
IP2	3/11/2021	Lin, Echo	NoonTime Club
PM2	3/8/2021	Lindsay, Marilyn	Unified Toastmasters Club
PM1	3/21/2021	McKechnie, Colin	Siuslaw Tale Spinners Club
PM1	3/29/2021	Mehdi, Mina	West Beaverton Club
EC2	3/25/2021	Melikian, Chuck	Portland Progressives
EC1	3/25/2021	Melikian, Chuck	Portland Progressives
IP1	3/17/2021	Mohamed, M. Melissa	Walker Talkers Toastmasters
PM1	3/13/2021	Mohammed, Faheem	New Horizons Toastmasters Club
MS3	3/8/2021	Mulligan, Annette Marie	Coachmasters Toastmasters
EC2	3/10/2021	Parker, David Charles	Tabor Toastmasters Club
PM2	3/28/2021	Patel, Poonam Uresh	New Beginnings Toastmasters
EC2	3/23/2021	Philip, Mark	Professionally Speaking
EC2	3/17/2021	Phillips, Jerry L.	New Beginnings Toastmasters
TC2	3/17/2021	Poudayel, Yuri	Electric Toasters Club
PM2	3/28/2021	Procetto, Geri	Myrtlewood Hootowlers Club
MS2	3/8/2021	Pugh, Robert S.	Coachmasters Toastmasters
DL1	3/27/2021	Quan, Tracy Lynn	Yammertime

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
PM2	3/2/2021	Quennessen, Victoria	Yaquina Toastmasters
MS2	3/28/2021	Radkey, Heddy	Myrtlewood Hootowlers Club
SR2	3/10/2021	Remsburg, Brian Thomas	Coachmasters Toastmasters
PM5	3/18/2021	Rodman, Rachel C.	Downtown Public Speakers Club
IP1	3/13/2021	Roy, Joydeep	Toast Of Tualatin, Lam Research
MS3	3/19/2021	Schellenberg, Lyle W.	Bootstrappers Club
PM1	3/8/2021	Schlaht, Debra Jane	Coachmasters Toastmasters
IP1	3/18/2021	Schowe, Harvey L.	Blue Ox Club
DL2	3/24/2021	Seed, Christine	Blue Ox Club
DL1	3/23/2021	Shrestha, Saroop	Babble-On Toastmasters Club
IP2	3/29/2021	Smillie, Chiaki Ishimura	Noon Talkers
MS3	3/5/2021	Stark, Katherine	Timber Talkers
MS2	3/5/2021	Stark, Katherine	Timber Talkers
MS1	3/5/2021	Stark, Katherine	Timber Talkers
MS1	3/16/2021	Svehaug, Alan R.	New Beginnings Toastmasters
EH1	3/19/2021	Takamura, Ted J.	Marylhurst Toastmasters
DL2	3/14/2021	Taylor, Renee	Myrtlewood Hootowlers Club
MS2	3/28/2021	TAYLOR, RICHARD B	Myrtlewood Hootowlers Club
LD3	3/14/2021	Tiernan, Kate	Communicators Plus
VC2	3/29/2021	Topping, Sean Phillip	Nano-Mated Speakers
LD1	3/4/2021	Voznyuk, Yelena N	CareOregon
DL2	3/29/2021	Welch, Jonathan	At The River's Edge Club
PM1	3/20/2021	White, James Robert	Siuslaw Tale Spinners Club
VC2	3/1/2021	Wolak, Jim	Siuslaw Tale Spinners Club

HAPPY ANNIVERSARY TO APRIL CLUBS

CHARTER DATE	YEARS	CLUB	CITY
4/15/2013	8	A-Dec	Newberg
4/1/1986	35	Clackamas Stepping Stones Tm	Milwaukie
4/5/2017	4	Columbia Square Squawking Heads	Portland
4/1/1987	34	Communicators Plus	Bend
4/1/1970	51	Early Words	Longview
4/1/1959	62	Essayons	Portland
4/1/1951	70	Gresham	Gresham
4/1/1949	72	Hood River	Hood River
4/11/2006	15	I.R. Speaking	Wilsonville
4/18/2013	8	Lebanon	Lebanon
4/1/1996	25	Noon Talkers	Portland
4/14/2017	4	Platt Electric Supply	Beaverton
4/1/1935	86	Portland	Portland
4/1/1939	82	Salem	Salem
4/5/2019	2	Toast Of Tualatin, Lam Research	Tualatin
4/2/2002	19	Toastmasters of Redmond	Redmond
4/1/1986	35	Top DOTs	Salem
4/1/1999	22	University of Oregon	Eugene
4/18/2017	4	VA SORCC	White City
4/2/2002	19	Wafermasters	Camas
4/1/1965	56	Yaquina	Newport

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	VC5 , LD2 , LD5 , ALS , DTM , VC1 , LD4 , LD1 , LD3 , VC2 , VC3 , VC4 , DL1
Brenner, Susan	3	MS5 , MS3 , MS4
Briggs, Tom	3	PM3 , PM1 , PM2
Bryan, Brenda Rebecca	5	VC1 , VC2 , VC3 , VC4 , VC5
Buratti, Brenda	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	5	PM5 , PM3 , PM4 , PM1 , PM2
Corbin, Tamsen	6	TC2 , MS5 , TC1 , LD4 , VC1 , LD5
Cornelius Davis	6	IP1 , IP2 , DL3 , DL4 , DL5 , IP3
Cutler, Rodger A.	3	PM1 , PM2 , PM3
De Graff, Peter B.	4	DL4 , DL1 , DL2 , DL3
Domogalla, Cyrene A	3	IP1 , IP2 , IP3
Douglass, Matthew	3	DL2 , DL3 , DL4
Dunaway, Nora Jane	3	PI1 , PI2 , PI3
Edson, Ronald A.	3	DL1 , LD1 , DL2
Elbert, Bryce	6	PM2 , PM1 , IP1 , IP2 , IP3 , IP4
Fanning, Paul C.	8	DL1 , DL4 , 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
Fraser, Scott A.	3	PM3 , PM1 , PM2
Freedman, David E.	4	PM1 , IP1 , IP2 , IP3
GaRey, Daniel J.	6	IP1 , IP2 , IP3 , IP4 , EH2 , EH3
Gutman, Mark	4	EH2 , EH3 , IP1 , IP2
Hansen, Christopher	6	SR1 , SR2 , SR3 , SR4 , SR5 , LD3

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Harmon, Phyllis A.	8	PM1 , TC2 , EC5 , PM2 , PM3 , TC1 , DTM , TC3
Harris, Elizabeth M	4	DL1 , DL2 , VC2 , VC1
Hawkins, Greg	3	PWMENTORPGM , PM1 , PM2
Hedgecock, Peter Doyle	3	EC1 , EC3 , EC2
Hemmingson, Brinn Carla	4	EH1 , PM1 , PM2 , PM3
Hope, Stephanie	4	TC3 , DL1 , DL2 , TC2
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 , PM3 , EH1 , EH2 , PM1 , PM2
Kosloski, Wendy J.	5	VC1 , EH1 , DL1 , EH2 , VC2
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 , VC3 , VC2
Lloyd, Paul	3	DL4 , DL3 , DL5
Loeb, Suzanne L.	7	EC5 , VC1 , PM4 , EC4 , PM1 , PM2 , PM3
Martin, Bianca Elena	3	MS3 , MS2 , MS1
Matthews, Mary Andrea	3	EH3 , EH1 , EH2
McFadden, Cheryl	3	EH1 , PM1 , PM2
Melikian, Chuck	3	EC1 , EC2 , EC3
Merge, Catherine	4	EC3 , EC1 , EC2 , EC4
Moy, Miranda	4	DL4 , DL2 , DL1 , DL3
Myers, Emily Jane	4	DL5 , EC2 , EC3 , DL4
Palla, Vineel Kiran	3	IP2 , IP3 , IP4
Peaker, Megan N.	3	IP2 , IP3 , IP1
Perry, Cheri S.	4	PM1 , PM2 , LD1 , EC1
Powell, Terry	3	PM2 , PM3 , PM4
Redgrave, Cheri A.	5	EH3 , EC2 , EH2 , EH4 , EC1
Ridenour, Angela	4	PM2 , PM3 , PM4 , PM5
Rodman, Rachel C.	3	PM5 , PM4 , PM3
Rone, Regina G.	4	VC1 , VC2 , VC3 , TC5

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Rosenberg, Michael Kenyon	3	EH5 , PM1 , PM2
Sarkkinen, Bert Wilfred	3	PM4 , PM5 , PWMENTORPGM
Schellenberg, Lyle W.	10	DL5 , MS3 , SR3 , SR5 , PI1 , SR4 , SR1 , SR2 , MS1 , MS2
Schupp, Lisa S.	3	MS3 , PWMENTORPGM , TC1
Semprevivo, Karen Ann	3	EH1 , PM1 , EH2
Shehorn, David A.	7	PWMENTORPGM , EH4 , LD1 , LD2 , LD3 , LD4 , LD5
Siegel Cogen, Arlene	3	DL1 , DL2 , DL3
Singhal, Shilpa	3	PM2 , PM1 , PM3
Somasundaram, Namitha	3	PM1 , IP5 , PM2
Stark, Katherine	9	SR4 , MS1 , MS2 , MS3 , EH1 , SR5 , MS4 , 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	LD2 , LD3 , LD1 , LD4 , MS1 , PM4 , MS3 , MS2
Stuart, Hilary	4	PM1 , IP3 , IP4 , IP5
Svehaug, Alan R.	5	LDREXC , ALS , DTM , MS2 , MS1
Swan, Kim	3	TC3 , TC1 , TC2
Takamura, Ted J.	3	EH1 , MS4 , MS5
Taylor, Emilie	9	EH2 , EH3 , SR3 , SR2 , SR1 , 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, Daniel	3	DL2 , DL3 , 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 , EH4 , EH5
Yang, Charissa Lois	3	IP4 , IP3 , IP2
Yoshida, Raynette	5	MS1 , MS2 , MS3 , MS4 , MS5



Alizah Khan



Charrisa Yang, IP3



Darren LaCroix, AS



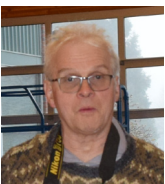
David Freedman, IP3



Eldred Brown, DTM



Emilie Taylor, DTM



Harvey Schowe, DTM



Jana Barnhill, DTM, PIP



Jennifer Schmidt, EH1



Ken Coomes, DTM



Leanna Lindquist, DTM



Lee Coyne, ATMS



Lorri Andersen, DTM



Lyle Schellenberg, DTM



Megha Jindal, PM4



Paul Fanning, DTM



Phyllis Harmon, DTM



PJ Kleffner, DTM

The Art of Story



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