



One Community  
Many Voices

District 7 Toastmasters  
OCTOBER 2022



**My Toastmasters Journey**  
Elizabeth Spitzer, EC2  
Cover Story, Page 6

# Life in the Fast Lane

## Table Topics Skill Building



Online

November 9, 2022

7:15 - 9:00 pm, PST

## Feedbackers Toastmasters

*Feedbackers.toastmastersClubs.org*

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### Join Us at Feedbackers Where Evaluations Are the Stars

Lisa Hutton will share tips on how to present an exceptional response to even the most challenging questions.

You will learn

- How to craft a quick answer while weaving into the middle a personal story
- How your mini-speech will no longer have flat endings
- How TALKing your way through a Table Topic is just like any skill, it takes a bit of time and effort but, the results will astound your club members.

Interested in attending our meeting? Email: [leanna.lindquist@gmail.com](mailto:leanna.lindquist@gmail.com). As a guest, you can volunteer to evaluate on the spot, or simply observe. Feedbackers Toastmasters Club, an evaluation specialty club of 20 years, meets online once a month. We apply the power of practice, technique, and feedback to elevate our evaluations. Then we take our learnings back to our home clubs to raise the evaluation level, and most importantly our own speaking level.

We welcome all Toastmasters to our meetings, as guests or members. If you are a Toastmaster curious to take your evaluations to the next level, this one's for you.

**Join Us!**

# Find Your Why . . .

Phyllis Harmon, DTM, PDG - Publisher/Editor



Here it is the end of October with the holidays looming just around the corner (again). As I continue to ask ad nauseum—where did the time go? Seems like just yesterday I was a newbie, still wet behind the ears, accepting that first officer's role of VP Membership in Wallmasters International my (then and still) home Club. I am now one of the senior members of the Club, a Club officer more years than not, and served in all but one District officer role. Now days I spend my time encouraging others to step into leadership and show the world what stern stuff they are made of.

That's still the fun part of Toastmasters—making connections between members so that they can experience the growth I have over the past 15 years. But I must admit, I am getting a bit weary. What am I accomplishing now and to what purpose? I am not seeking to move up the corporate ladder (been there and done that). I am not looking to become an advocate for a cause yet unrecognized, or preparing to step into a career in front of an audience. So what is my purpose? Why am I still a Toastmaster? I have yet to discover an answer.

I find myself most reflective as the seasons change, and wonder if change is in my future. As I look back over the past couple of years, I find I've grown quite fond of online meetings. They allow me the flexibility to travel the world from my desk chair, without the hassle associated with meeting in person. Lazy? Maybe. Or just too busy or reluctant to alter my routine once again.

My Clubs are starting to transition back to face-to-face meetings. Breathing communal air appeals to me now and again, but is it a compelling enough reason to disrupt my settled routines? I can't answer that yet. I anticipate that if I don't find my Why and my Purpose fairly soon, change will happen whether I am ready for it or not. Time will tell.

So I leave you with two questions. What is your Why? and What is your Purpose? If you know, perhaps you can help me to find mine.

## EDITORIAL

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# VOICES!



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Elizabeth Spitzer, EC2

# My Toastmasters Journey

Phyllis Harmon, DTM

*This month meet Division D Director Elizabeth Spitzer, EC2. She shares her humor, wit, and lessons learned in the following Q & A.*

### **Why did you join Toastmasters?**

One of my sisters joined Babble-on Toastmasters Club in about 2015. She somehow cajoled me to attend one day. I was impressed with the format, the structure, the practice, and most significantly the humor! Oh, how people laughed and smiled and then warmly talked with each other after the meeting!

Though, to be honest, perhaps the most influential thing that drew me to join Toastmasters, in other words, Babble-on, was the food spread. There were cookies and Red Vines and coffee and tea and. . .

### **What has been your greatest Aha! Moment in your Toastmasters journey so far? Why?**

At this time, I reflect on the experience I had as an Area Director who was in charge of helping the clubs in my Area conduct contests and my lack of proper response to preparing and then seeking help when needed. I felt shy, embarrassed, and ashamed. Of course, many came onboard to help once I shared my dilemma with someone who is well-connected in Toastmasters and their rally cry was heard. Then the following year I vowed to do better, and I did, but what I saw in a way I had not seen before was how many hands it takes to support one voice. One voice. It is not necessarily done because one favors a person or because a person is seeking ribbons and confetti in the air to say to the world “look at me,” it is done because people believe in the mission of Toastmasters and the power of one voice. That is inspiring, and aspiring.





### **What do you do outside of Toastmasters -hobbies, interests, etc?**

At this moment in my life, I seem to be trying to catch a fast train that has people who already have accomplished much in their life. Once upon a time I was on the platform like many other 20-somethings, but I didn't feel qualified or worthy to be on that train, so I've been walking, jogging, or running along the track. Yet, somewhere in my 40s I realized what I wanted to live for and now I want on that train! It makes sense, then, that I enjoy running, especially on trails or backroads. Really though, I feel the most alive and at peace when I am traveling in the outdoors or facilitating workshops and listening.

### **How does Toastmasters enhance your work career?**

One of the most valuable take-aways I believe I have gained in Toastmasters is the 'internal clock' one develops for 1-2 minutes or 5-7 minutes, most commonly. I deeply appreciate that I am more practiced at "get to the point" than I ever was before Toastmasters, and I believe those that hear me would also like to share their appreciations too.

### **You've been in Toastmasters since 2015. What are some of the highlights of your career so far?**

Highlights of my 'Toastmasters Career'

would be:

- Once, VP of Toastmasters International came to Babble-On and after the special meeting he said, "I can see you on the International Stage. I'd mentor you if you want." I sheepishly shared my gratitude and awe, then put the business card away and never looked at it again for more than two years. (Before you shout "Why?!" Please remember that I was walking along the track, not on the train. I didn't feel worthy. A sad, but not uncommon story of what opportunities the world may offer and yet – we decline because of our own inaccurate perceptions).
- Meeting and connecting with incredible people in Area 51 (that was my Area Director internship).
- Being supported by Tell Me a Story Toastmaster Club, my current club, and continuing to be supported by my old club family at Babble-On.

### **As Division D Director, what is your vision for the Division this year?**

This year has been a rough start for me as a leader. Only until recently have I felt like keeping my head raised with a strong back and fortitude. I needed a break and with all that I must do, it felt like Toastmasters got the least amount of my energy. This means that I have a lot to catch up on, but my hopeful vision is that those who are in



Division D know me. That club members are at least aware of me and that the Area Directors for Division D feel supported, appreciated, and enjoyed as people. Division D know me. That Club members are at least aware of me and that the Area Directors for Division D feel supported, appreciated, and enjoyed as people.

### **What are your personal plans and goals for next year?**

Recently I felt faced with two/three options regarding Toastmasters:

1. Retire. Entirely. No more club, no more Division D. No more Toastmasters.
2. Find resolve. Find perseverance. Tap into that which I have known in the past, and that which I do not know yet.
3. Find a replacement. No more Division D but keep the club.

I asked myself, “What message do you want to talk about later? Do you want to talk about how to know your limits and speak up for yourself? Do you want to talk about how to feel this feeling and move through it? Or,

how to acknowledge this and find someone else?” I chose Option 2. My goal this year is to continue to choose 2.

### **What would you share with those who are interested in taking on a leadership role next year?**

I, along with others, have been giving a lot over the last three years to many spaces in our lives. But leadership is rewarding, and it is an invaluable learning of self, others, and groups. You will be forever enriched by the experience. Also, consider this—there may be some who are considering Option 1 above, but deep down, don’t really want to. They love Toastmasters. Their friends are here, they find satisfaction here, they find purpose here, and yet—they are tired, soul weary tired. What if YOU could help them choose Option 2?





# THE CULTURE OF COMMUNICATION

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## TLI 2022

**December 2 & 3**

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Register at

**[d7toastmasters.org](https://d7toastmasters.org)**



[Click Here to  
Register](https://d7toastmasters.org)





# **Toastmasters Leadership Institute**

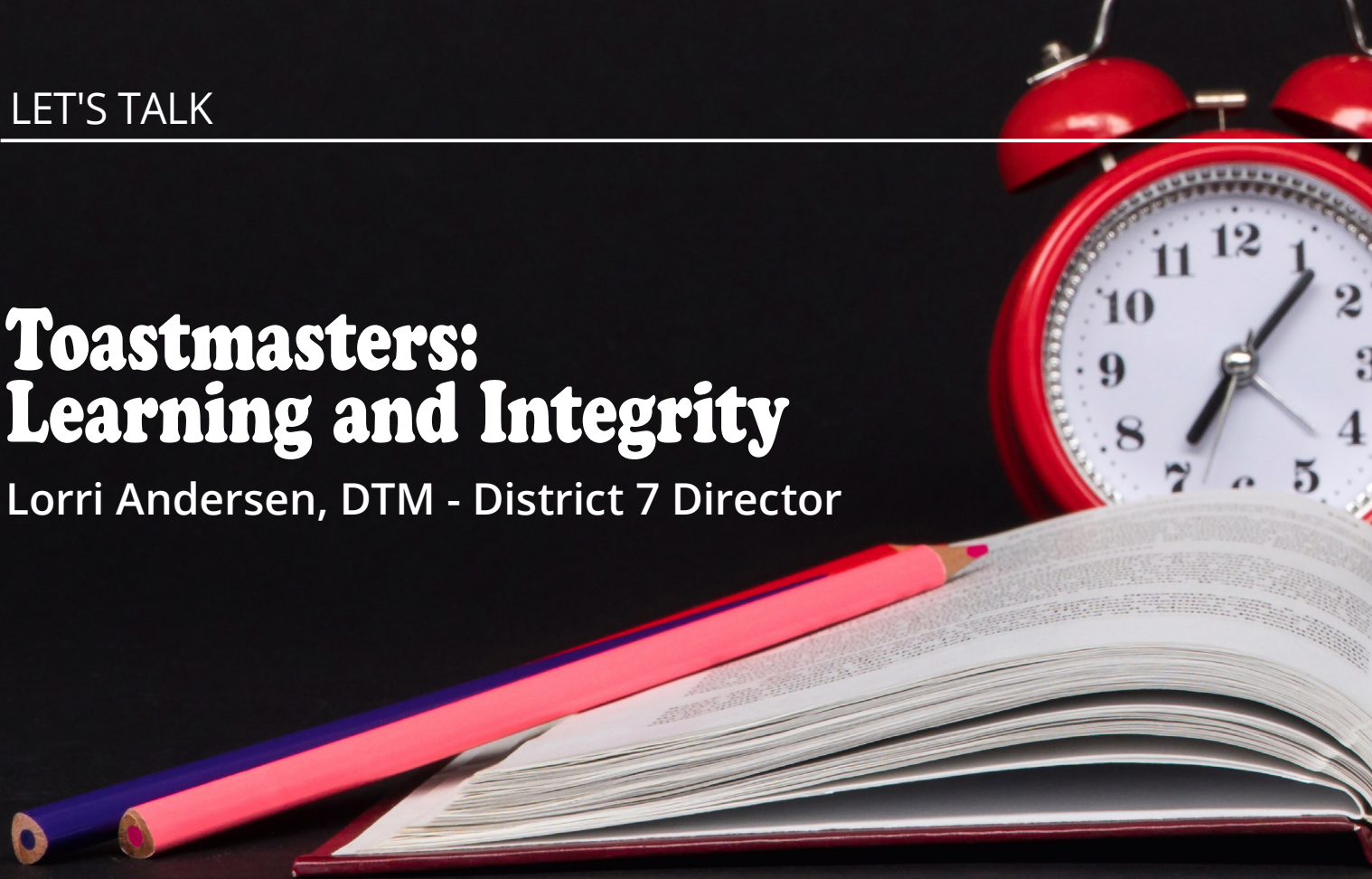
**December 2 & 3, 2022**  
*(Friday Evening & Saturday Morning)*

## **WHY TOASTMASTERS LEADERSHIP INSTITUTE?**

- Leadership Development
- Club Operational Efficiency
- Innovative ways to promote Club and increase membership
- Build Community
- Learn new skills
- Distinguished Club Credit
- Many more...

# Toastmasters: Learning and Integrity

Lorri Andersen, DTM - District 7 Director



Do you love Fall as much as I do, especially those days that feel like summer? Those of you who have lived in the Northwest for any length of time have experienced some nice days that October and November can bring.

The first twelve weeks of the Toastmaster year are now in the rear view mirror. The next twelve weeks, October, November, and December are in our headlights. Time seems to move at lightning speed when we are working on our goals. Have you identified your next quarter goals?

Fall reminds me of going back to school. It is the time of year when school and college students focus on their goals. I am a strong proponent of higher education. I really enjoyed my time at the University, and I love learning. So every Fall I think about being back in school.

This year I am focused on achieving our District Mission. I won't enroll at the University this Fall but I will continue learning. I look

forward to each new issue of the *Toastmasters* magazine, which I can't wait to read. I have found this magazine to be a great source of positive information. I encourage you to check out the October issue. There is so much to learn from it. I love to read the column written by our International President Matt Kinsey, DTM, who took office in August. He shares his thoughts and feelings on our core values and encourages us to always act with Integrity.

Here is International President Matt Kinsey's [video](#). I encourage you to listen to it and get to know him. He has a huge heart and a passion for Toastmasters.

I have been with my Company for over fifteen years. During that time, I haven't always had a manager or a supervisor. I learned to work independently, checking in every so often with my Vice Present. Just recently, a new Supervisor was hired for my Team. I now get the learning experience of working with him.





In my first virtual meeting, he shared what we could expect from him. He said, “that first and foremost he would act honestly and with integrity and respect.”

After the meeting, I said to myself, “I’m so glad I’m in Toastmasters!” With Toastmasters, I have learned how to work with others in high performing teams and to put our core values first. It is my endeavor to always work with integrity, respect, service, and excellence. Working amongst others using the core values creates an enjoyable way to work. In our Toastmasters meetings, we share information and strive to be problem solvers. We recognize achievements, make decisions, and work toward goals. We do it all with our core values. I’m so glad our Toastmasters organization values those traits.

Consider our Club mission: “We provide a supportive and positive learning experience in which members are empowered to develop

communication and leadership skills, resulting in greater self-confidence and personal growth.”

To me, that says when we demonstrate our core values to others, we help create a positive and supportive learning experience. After all, isn't Toastmasters about being respectful to each other while learning and growing in a positive learning way? Think of all the ways we can learn and have fun in these next eight weeks, November, and December. We can give a new speech from Pathways, we can put on an open house, become a Club Coach, and we can think of an idea that may result in a new Club. There are many great ways to learn and many activities to participate in, let's get started today. We can enjoy ourselves, have fun, and learn while achieving our Club and District Mission.

If you have any further thoughts and ideas, please do not hesitate to reach out and let me know. My email and phone are always available and I'm glad we are on this journey together.



# YOUR CLUB'S MOMENT OF TRUTH

Jim Robison, DTM - Program Quality Director

If you ask new members what led up to their decision to join Toastmasters, chances are you will discover the following stages were part of that process:

*"I need to improve my communication skills."*

The first step for any prospective member is a recognition that they want to work to improve their skills. This stage is largely outside of the Club's control. Serving as an example for others is an opportunity, but the prospective members need to decide for themselves that they want to work on developing and improving their skills.

*"Hey, Toastmasters is a way I can improve my skills."* The second stage is when prospective members learn that Toastmasters is potentially the solution they are looking for. Members serve as examples for others, and word of mouth is often how knowledge spreads that Toastmasters is what they seek.

*"Here's a Club."* Once a prospective member has decided that they need Toastmasters, they will seek a Club. Finding a Club through the [toastmasters.org](http://toastmasters.org) Find-A-Club tool or doing a web search and locating

a Club's website are the most common.

*"I like this Club."* Once a prospective member visits a Toastmasters Club meeting, they make the decision to join, or not to join. This is the "Moment of Truth."

The Toastmasters Moments of Truth Module steps Club members through a review of how their Club welcomes guests and converts those guests from prospect to member. Every Club should conduct the Moments of Truth module at least once per year to identify those areas where they are doing well and those areas that have room for improvement.

There are six sections to the Moments of Truth review.



**1. First Impressions** - Essentially, how well are guests greeted, introduced, and invited to participate and join? I have heard the horror stories of someone who attends a Club meeting as a guest, sits through the entire meeting, then leaves without any member of the Club ever greeting them, asking them to participate, asking for their thoughts or anything. They might as well have not been at the meeting at all. Those guests do not return. That is not what you want to happen at your Toastmasters Club meeting. You want guests to feel that they would have been missed if they were not there, and they should be excited to return and participate in the next meeting. Remember too, a prospective member will not join if they are not ASKED to join. Give them the option. Following up after the

meeting can be the deciding factor to get a guest to return and join.

**2. Membership Orientation** - Once a prospective member decides to become a member, they will need help to know how to complete the educational projects. They will need help understanding the meeting roles so they can take turns filling them. They will need help knowing what they can do to get the most out of Toastmasters. If a new member is left to flounder and does not know how to get the most out of Toastmasters, they likely will find other priorities to use their time, and not renew their membership. Mentorship plays a huge role in this process, but so does a strong new member orientation process. One suggestion for

helping new members get a jump start, is to have a complete set of the Pathways Level 1 Projects along with the Pathways Navigator ready to give them as soon as they join.

### **3. Fellowship, Variety, and Communication -**

Many Toastmasters members will tell you that their Toastmasters Club is like family. We build a community of people who are working to improve their communications and leadership skills, and who are excited to help others do the same. The Toastmasters program by its very nature creates a community of individuals who are helping each other with direct feedback and mutual support. Club social events and fun activities help to bind the group together and help all members enjoy the process of learning,

### **4. Program Planning and Meeting Organization**

- The Toastmasters Educational Program provides a curriculum for members to follow. The Toastmasters meeting format provides a structure to help members get the most out of the Educational Program. Meetings that are disorganized, unplanned, and haphazard detract from the Educational Program. Members who can rely on organized Club meetings can plan out their schedule for completing projects in the Educational Program, enabling them to meet their educational goals, which then encourages them to remain as members to continue their skill development.

### **5. Membership Strength -**

Toastmasters International long ago determined that 20 members was an appropriate target for Clubs to maintain. One reason for 20 is that this is a large enough membership that would allow a Club to fill leadership roles without having to rely on a few

individuals year after year. The Club should have the ability for new members to take on leadership roles with the support and mentorship of members who previously filled those roles. Recognizing that not all members can attend all meetings, a Club of 20 members should ensure that enough members are attending each week to have a full agenda with multiple speakers. Sufficient members to have full and dynamic meetings makes the experience attractive to guests considering membership.

**6. Achievement Recognition** - How would you feel if you complete a major milestone in your educational development, and no one notices? Giving members proper recognition for their achievements can help encourage those members to continue and can help motivate other members to achieve their goals. If no members are ever recognized for their achievements, the feeling might grow that no one is accomplishing anything by being in the Club.

If your Club has not already completed the Moments of Truth Module this year, I encourage you to take the lead and conduct it. You can have some flexibility with your Club, and determine whether you want to complete it in one meeting or multiple meetings, but it is a great opportunity to review the state of your Club. You can celebrate those areas where your Club excels and develop a plan for how to improve those areas where improvement is needed.

If needed your Club's Area Director can be called on to help conduct the Moments of Truth.



# ONE STOP TOASTMASTERS

Are you getting the most out of your Toastmasters experience? Do you have the feeling there is something just a bit more that you want to know to make the most of your Toastmasters time? Would you like to learn more about club and district leadership? Do you need help with speeches or meeting roles? Would you like to learn more about the pathway program?

Come and join us!!

EVERY 2ND FRIDAY, 7 PM - 8 PM

ONE STOP TOASTMASTERS

Hosted by: Tiger McAndie, DTM

Coming up next: November 11th, 2022

Register at: <https://d7toastmasters.org/calendar/>

Please look for the date and time at calendar, click and it will direct you to the event registration.

To enhance your learning experience in Toastmasters, we have a group of knowledgeable and experienced Toastmasters ready and waiting to answer your questions. No matter what the question is, we probably have someone who can answer it. If not, we will find someone to answer it.

This recurring monthly event is open for all Toastmasters. A newbie, a club officer, and/or a district leader are welcomed. These are some of the topics we will explore:

1. New Member Orientation
2. Pathways
3. Distinguished Club Program
4. Quality Meetings
5. Mentoring
6. Speechcraft and Youth Leadership
7. Club Sponsorship
8. Club Coaching
9. Leadership Roles, both Club and District level
10. Member related questions such as; Recruitment and Retention
11. DTM Requirements
12. Technology related to Zoom and Presentation Tools

# A NEW LOOK AT TIME MANAGEMENT

Dave Bones, DTM - Club Growth Director

Have you met that fellow Toastmaster who seems to be under the impression that they can do the work of an entire team if necessary? You might have noticed this member filling in for “hot seat” speeches, filling last-minute meeting roles, or even leading committees of one.

Is this you? Are you regularly over-extended? I will admit, this has been me. However, in my new role as D7 Club Growth Director, I have finally met my match. I am butting right up against my time management and team delegation skills.

Lorri Andersen, District Director, has been encouraging the District 7 leaders to read *The Twelve Week Year* by Brian P. Moran and Michael Lennington. I have had the book for some time, but only recently started reading it. Perhaps at the time, at least in Toastmasters, I guess I didn't think that I needed this system. I have recently been taking a deep dive into this material. Now I see it could have offered benefit a long time ago.

Here are four of the top time management challenges I have encountered in Toastmasters. Perhaps you have experienced one or more of them too. For each I will share how the 12 Week Year system could be beneficial:

## INEFFECTIVE YEARLY GOALS

It is way too easy to look at a huge list of goals or requirements but not be concerned at all because it is so far into the future. The problem is both procrastination and guesswork when it comes

to trying to predict the future that far in advance.

The 12 Week Year system addresses this right in its name. The idea is to replace the 12-month concept with a 12-Week-Year paradigm. This adds urgency (because every week counts) and outcome certainty because the future prediction is not nearly as far off.

## TASK OVERLOAD

Perhaps as a club officer, you are trying to participate in Executive Committee and regular meetings, keep track of the membership dues deadlines, hold membership drives, keep track of Pathways speeches, fill last minute meeting roles, follow up with guests, conduct the Club Success Plan and Moments of Truth modules, and prepare for club contests. If these tasks are not prioritized and delegated to the proper roles overload is imminent.

The 12 Week Year addresses this scenario in two ways. The first is recommended to commit to three 12 Week goals per delegation category. The second is the implicit built-in team integration. All the tasks mentioned in the example are important but cannot be accomplished by one member. Each delegation





could be another three 12 Week Goal. This productivity is exponential, rather than one person overworking. We learn to work smarter, not harder.

### **KEEPING SCORE**

Keeping score of how you are doing can be uncomfortable. A big part is that predicting a future outcome is hard and seems impossible to score well. This is true, especially if this involves stretch goals that you have never done before.

The 12 Week Year system offers an ingenious solution. You do keep score, but this percentage score is calculated by whether you executed the actions you committed to. In other words, whether your desired outcome is attained, you still score positively if you follow through with the actions. This can avoid unearned guilt for not having achieved a stretch goal that was not certain in the first place. That said, because you are keeping track of what was executed, this informs how to improve strategy throughout the 12 Weeks if necessary.

### **OVER-COMMITMENT**

Have you found yourself wanting to help when asked or when a need arises? Before you

know it you have more on your plate than is manageable.

The 12 Week Year system offers a fabulous solution for this. It is called a Commitment Worksheet. On one sheet of paper, write three factors: approximately three 12 Week Goal Statements, approximately 3, Keystone Actions to facilitate those 12 Week Goal Statements, and Commitment Costs.

The last item on your list identifies what you will need to let go, to execute a particular Keystone Action. In the moment of saying yes, it is often not obvious that something will need to be removed, to add more.

This is new territory for me and am learning as I go. As I mentioned in the introduction of this article, I am finally seeing this palpable need to be able to manage time more effectively.

Maybe you have encountered some of the issues previously mentioned and are intrigued by some of these corresponding 12 Week Year solutions. I become excited when I think about the possibilities of even more Toastmasters in our District adopting the methods espoused in this book.

Time is precious where the opportunity to learn, grow, and have fun is now. Your time spent, and connection within our community is appreciated more than you know.





# ZOOM MASTERS NEEDED

Provide support at District Virtual events (Contests, TLI, Educational Seminars and more)

Opportunity to learn and develop your technical support skills.

Zoom masters needed at all skill levels. Training is provided.

To serve as a D7 Zoom Master or request additional information, send an email to [zoom@d7toastmasters.org](mailto:zoom@d7toastmasters.org), 'Zoommaster Inquiry' in subject line.

# **OLD BURDENS, NEW INSIGHTS**

Lee Coyne, ATMS

Each Toastmaster maintains a varied and valuable past. Some parts inevitably can haunt us yearlong. Not simply an artifact of Halloween season.

Let us imagine that we carry forth a backpack. Within it is an assorted group of heavy stones. These are symbols for the setbacks of life that created major havoc. We can go back many years to fetch these archaic stones and most likely will.

Some may be with family and others with friends. A few can revolve around negative school experiences that we wish never took place. An element of real trauma leaves its imprint.

Our first mission is to identify the said setbacks. What happened back then and why? The second part is assigning a personal rating. We create that lineup of lightest to heaviest. It can well constitute the first time ever that we did a fullscale comparison.

That can assemble the larger picture on burdens that slow life's journey. We have denied such a useful tool up to now. Finally we head toward removal these onerous stones one at a time.

Where shall we begin?  
That quandary needs a cure!



# See You at the Gym

Eldred Brown, DTM, IPDD

For years, maybe even decades, I had always been aware that I could improve my life by restarting and maintaining a commitment to regular exercise, but I could never find the time to make that commitment. Most times I had to try to fit thrice-weekly visits to the gym around my 8-5 work schedule, which proved rather difficult. In those years I spent looking for work, I still had to work 40 hours a week just to find work. Sometimes I had to fit 20 hours-per-week of school or service to Toastmasters around my full-time job, which left me with neither the time nor the energy for exercise. Often it was just lame excuses.

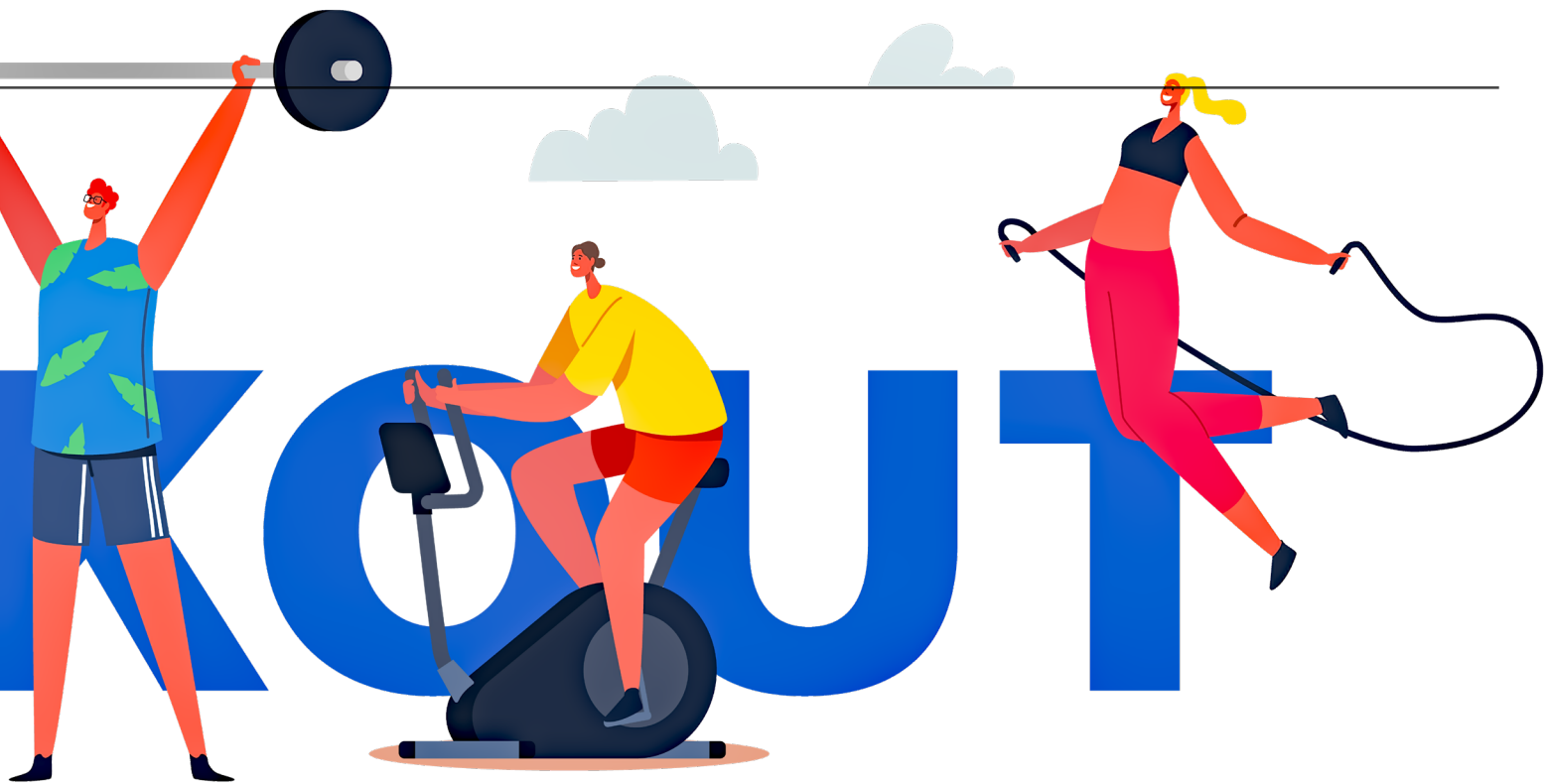
Things have changed a lot for me these past few months, though. I'm working at home for a manager who allows me to set my own hours if I meet all my work objectives. I still have work to do as your IPDD, but it's not as heavy a workload as I had last year as your District Director. I now have more time to use that LA Fitness gym membership I had been paying for all these years, and I'm taking advantage

of it with thrice-weekly, full-body strength training workouts. For you, it doesn't have to be a gym membership, but from my recent experience, I cannot recommend strongly enough a consistent exercise routine that mixes both strength training and strenuous cardiovascular training.

Why is exercise important? You've probably read a lot of the material on how regular exercise can improve your cardiovascular function, help you control your weight, improve your balance of good cholesterol vs. bad cholesterol, reduce your risk of diabetes and other diseases, etc. I, therefore, won't go into a detailed textbook presentation of the health benefits of regular exercise. I'll speak more on the benefits I have gained so far from my recommitment to regular exercise. I hope you can learn a few things from my experience and commit to incorporating more exercise into your life if you don't already have a consistent exercise regimen.

I have found that exercise is a good way





to take a break from the stress of my work and improve the blood flow to my head. This improved circulation helps with my creativity and problem solving when I'm at work. I'm able to think more clearly, which gives me more insight into the problems I'm asked to solve as an engineer. Sometimes the solution to a problem will even come to me while I'm working out.

A hard workout also helps me relax. I may feel a bit worn down for the few hours immediately following my weightlifting, but the relaxation helps me feel less tense when I'm doing other things such as playing my trombone. The relaxation and fatigue also help me sleep better at the end of the day, which gets me up the next morning feeling more rested.

Additionally, my methodical approach to exercise hones my focus on the process, which even translates well to my Toastmasters speeches. Two seconds up, four seconds down, exhale forcefully (even if it sounds like a grunt)

during maximum effort, focus on good form with each exercise to maximize the benefits and minimize the risk of injury, etc. With speech giving, the process looks something like this: Decide on a topic, research the topic, take notes, use word-mapping or outlining to construct notes into a speech, rehearse the speech as many times as needed, give the speech, and incorporate feedback from the evaluation of the speech. Both the processes of muscle building and speech preparation are methods that work best when you implement them consistently. You may even find some speech material in your exercise.

Now that you've read my thoughts on what a renewed exercise routine is doing for me, what can exercise do for you? You don't have to run a marathon, though I'm aware that one of our District leaders has done so recently. But you can benefit from the increased blood flow, relaxation, improved sleep, and speech material exercise can give you. Are you ready to join me? See you at the gym.

### PEABODY MANSION MYSTERIES

#### EPISODE 2

# Was It Murder?

Leanna Lindquist, DTM

*In Episode 1, we met Laura and Penny as they entered Peabody Mansion to set up for their Toastmasters meeting. William, the owner's son, died at a Halloween costume party thirty years ago. Locals believe he haunts the mansion—and that it wasn't an accident.*

“Laura!” screamed Penny as the light on her phone darted back and forth while she hurried down the hallway. “I’m coming!” Penny neared the open door to the basement and saw a dim light in the stairwell.

“I found it!” shouted Laura from below.

Penny leaned against the door to catch her breath, gasping “I thought you fell down the stairs and broke your neck.”

“Oh. Sorry. I bumped into an old metal mop bucket, and it crashed down the stairs and into a stack of boxes.” Laura climbed up the stairs, took Penny by the arm, and steered her back to the front door. She flipped the switch again and this time a massive crystal chandelier in the center of the room blazed like a hundred candles.

Wow,” blurted Penny. “Look at all those

cobwebs.”

“It’s magnificent,” gushed Laura. “The ceilings must be twelve feet tall! But first things first. Let’s get the covers off the table and chairs and prep for the meeting.” Laura started at one end of the massive dining table and rolled the dusty cover towards the other end while Penny removed the ghost-like chair covers. The room came to life like a movie set. When they were nearly finished setting up for the meeting the front door opened and Rich, Carl, and Terry bustled in.

“What are we doing at Peabody Mansion?” quizzed Carl.

“It’s our new meeting space. There’s no heat, tons of dust and cobwebs, and it’s haunted. A perfect place for a Toastmasters meeting,” complained Penny as she rubbed



her hands together and blew on them.

“Boy does this bring back memories,” said Rich.

“You’ve been here before?” inquired Laura.

“It must have been 30 years ago. I was a rookie cop when the call came that the Peabody’s son was found dead during a big Halloween costume party here. My partner and I were the first to arrive. I’ll never forget the sound of Mrs. Peabody’s hysterical sobs.”

“Was it an accident?” asked Laura.

“A guest found him at the bottom of the stairs with a broken neck. Someone moved the body and people were walking through the crime scene. If you ask me, I don’t believe for one minute that it was an accident, but we couldn’t prove it. Somebody has gotten away with murder all these years.”

“We don’t have time for all this talk

about murder. The meeting is supposed to start in fifteen minutes. We need to get the heat on in here,” Terry said through chattering teeth.

“The boiler is in the basement; let me see if I can get it going,” offered Carl as he started towards the basement stairs.

“How do you know that?” asked Penny.

“I worked as Mr. Peabody’s handyman until his death.”

“I didn’t know that” murmured Rich.

Carl flipped on light switches as he walked down the hall and into the basement. The smell of dust soon permeated the dining room as the radiators came to life. It would take a long time to warm up the mansion.

“Who gave us permission to meet here?” inquired Terry.

“As of yesterday, my son owns this place. He is going to restore it and turn it into an event center for weddings and parties. Work can’t start until the permits come through, which could take a couple of months. So, until he starts work, we can meet here,” replied Laura with a satisfied look on her face. “And it’s free.”

“Where is everybody? It’s almost time to start the meeting,” Penny asked as she set up the banner.



“I’m sure they’ll be here any minute. Carl’s the Toastmaster tonight. Hey, where is he anyway? He has been in the basement a long time,” reminded Laura.

Rich looked up from his papers. “He must still be downstairs. I’ll get him.” He moved quietly down the hallway to the stairs and took them one at a time, not wanting to make any noise that would call attention to himself. His long ago learned skills as a detective had kicked in. It felt good to put them into use.

When he reached the bottom of the stairs, the layout of the basement came back to him. To the right was the wine cellar. On the left he saw the laundry room and the boiler. No Carl. Straight ahead was a long hallway with a series of storage rooms on each side. A shaft of light escaped from a partially open door at the end of the hall. He heard a grating sound coming from the room. He peered in and saw Carl dragging a large metal trunk from a closet. With significant effort he pulled it into the center of the room and slowly opened the lid. He bent over the trunk in such a way that Rich couldn’t see what was inside. Carl stared into the trunk for two or three minutes without touching anything inside. He closed the lid and pushed the trunk back inside the closet.

Rich tiptoed back to the stairs, took three steps up, and turned around. He called out to Carl and stomped down the hall.

“Carl are you down here?”

Carl stepped into the hallway and closed the door behind him. The color had drained from his face, and he was sweating.

“Carl are you alright?” asked Rich with concern in his voice. “You look like you just saw a ghost.”



Carl gripped the doorknob. His knuckles were white, and his legs were shaking. Rich rushed over and grabbed his arm. "You better sit down. There is a chair in the laundry room. Let me get it for you."

"No, I'm OK, I can walk," said Carl. Rich steered him into the laundry room and eased him into the chair. "Thank you, Rich. I felt a little lightheaded. I am better now."

"Can I get something for you?"

"A shot of whiskey would do me good," he said with a grin on his face.

"We don't usually serve booze at our Toastmasters meetings." Rich looked at his watch. "It's five minutes to seven and you are the Toastmaster. Do you feel up to it?"

"Sure, just give me a hand." Rich helped Carl stand. "Rich, hang on to me getting up those stairs. Us old guys can be a little unsteady you know."

"Who's old?" laughed Rich. He took Carl's arm, and they walked upstairs slowly.

"I sure could use that chair again," gasped Carl as they reached the main floor.

"Hey, can somebody bring a chair," shouted Rich as he held Carl by the arm. "Hang in there Carl, there's one on the way." Carl slumped against Rich. "I need some help here."

"I'm coming," yelled Laura, as she ran in the direction of the basement.

She stopped in her tracks as Penny let out a blood curdling scream.

*A book  
unwritten  
is a story  
untold.*

*Phyllisism*

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# A Myth? Or A Legend?

Paul C. Fanning, DTM



They say he is never seen, but he is heard moving about—the pitter-patter of tiny feet, the sound of a cow bell, or the laugh in the middle of the night. Some feel he is the embodiment of evil, many proposit he is something of a trickster causing mischief, rearranging furniture, or making possessions disappear one night and mysteriously returned the next. Others say he is no more than a benign creature, doomed to roam the earth in the darkness from twilight unto dawn. As for me—the jury is still out. He may be nothing more than a myth, or a legend of Spanish culture of the early 1800's.

I am not superstitious or anything. Nope. Not me. I only have both Cornish and Irish blood running through my veins, good old Celtic heritage. Ghosts, “the little people” and spirits both benign and evil notwithstanding.

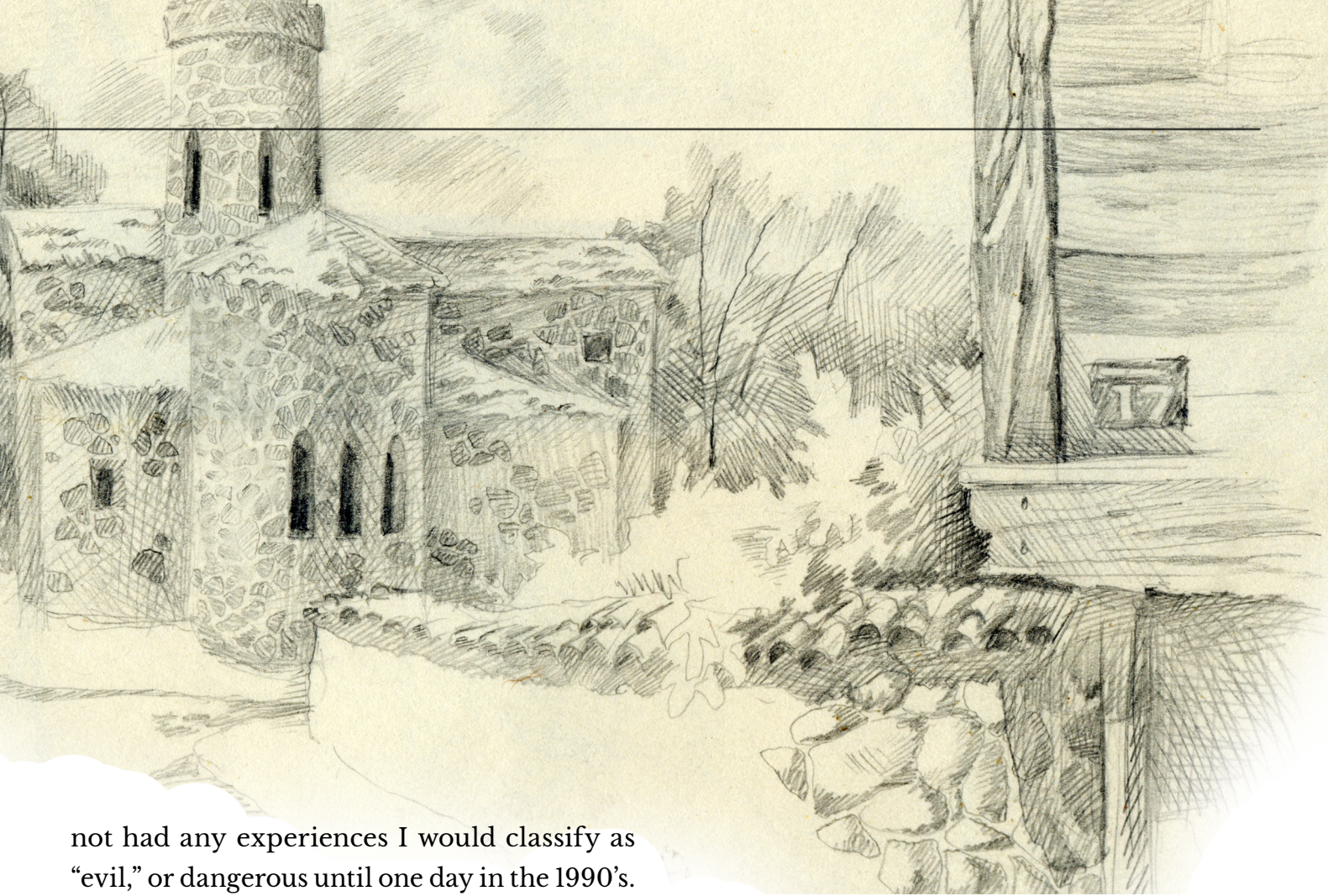
If one is not superstitious, then one does not believe in the supernatural, the unseen or unexplained, or even the unfounded legends of fantasy and myth. At least that is usually what the first victim in any good horror story or movie will say- “I don't believe in no ghost.” But again, that is not me. Not even close.

I do admit I have seen with my own eyes

several unexplainable events, happenings, or phenomenon that, well, let us just say before the men in white coats arrive to take me to the asylum, caused me to question that which I believed, or had been “taught” by society as “truths.” My brother reminded me as recently as last month about a dramatic incident in his childhood we shared. It was in the California Gold Country in an old pre-Gold Rush Hispanic town that my brother had a “visitation” of someone from the early days appearing in a non-threatening manner. He introduced himself as working there, giving even his name which later we used to determine the facts, and I know that some 50 years later my brother still thinks about this event. We were told by the owner of the store who was with our parents that he did not have any employees, and that no one else but the two of us had entered into the back bookroom that day. Yet my brother insisted he saw “Mr. Escobar” and that he was real. It turned out that one of the early owners of the adobe store was indeed an Escobar, who my brother would not have ever known in advance. Myth? Legend? Or Truth?

Back to the tale I am about to relate. I have





not had any experiences I would classify as “evil,” or dangerous until one day in the 1990’s. If you mention Los Angeles to anyone today, they immediately think of the “new” city that grew up in the 1950’s and later, the glittering glassy and steel buildings downtown, the tall buildings and Hollywood. However, the truth be told, there exists in LA land areas of the original Spanish and Mexican land grants, with remnants of the older, Latino culture with all their beliefs and cultural superstitions. It is in these parts of El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula that my knowledge of the legend of the Evil-Lo begins.

I was living and working in one of those areas outside of the city limits in a Hispanic (99.99%) old Spanish land grant. This town was not “modern” at all, but had many older buildings, sections where the families of current residents had lived for over 150 years. It was an eclectic community, a mission-era Catholic community, but beneath it all there were the botanicas and curanderos thriving along with

the fairly recent influx of the Vodun religion. Of course, there were celebrations for the dia de los Muertos with the sugar candy skulls, breads, and the ever-present marigolds so beloved by the spirits of those who have passed on before. Then throw in this Anglo-Irish individual in the midst of it all with his cultural identification, and you have a recipe or lightening rod for the unexplained to occur.

I was alone in our building one night—an old, re-purposed church during the Halloween holiday working on reports and the accounts due the next day. It was quiet, with no trick or treaters coming to the office doors. Closer to midnight there was a silence in the surrounding streets, and you could hear the building itself settling. Then, out of the blue, I heard the pitter-patter of small, tiny feet echoing down the tile of the hallway. Okay, I said to myself, so someone has brought their child with them



into one of the other offices, and that child was running around. I ignored the sound and went back to the tedious reports. All was well for a moment until I heard what sounded like the tinkling of a cow bell. That caused me to put aside my work and go into the hallway to investigate whose child it was and locate the parent. I looked around, and neither saw nor heard anything. I gave up my quest and returned to my office. Upon entering the office proper, I noticed at once that someone had been messing with my papers. Not a happy camper at this time, I called out asking if anyone was there in the building. No response. But I thought I heard a slight quiet giggle or two, a laugh that was being suppressed in the outer reception area. I quickly ran to the door, and out of the corner of my eye I had the impression that I saw someone wearing a black and white cowhide patterned shirt and pants. I looked again, but nothing was there. I must have been dreaming or wanting to visualize someone or something to verify my hearing the feet and bell. I was gob struck. Were my eyes deceiving me, or was I so tired that I was making things up in my head? After all, it was Halloween, and the Day of the Dead was now upon us. Yet I never once got the sense of an evil presence, just the evidence of someone messing up the papers on my desk. I finished my task and headed home. When I came into work the next day, I asked

my secretary if she had ever heard anything at night in the building. She looked at me in horror at first, then lowered her head and said “quizas, maybe.” I related my evening’s activities to her, and she finally said, “Oh. You have had a visit from the Evil-Lo. He obviously liked you or else he would have messed with more than your papers. I entered my office and began to sit down but I was not able to. You see, there was a tiny pair of cow-hide shoes on the seat, meant for a small child, but they had been worn as the soles were scarred. I called out to the secretary and asked her if she left anything for me. She replied, “no.” I picked up these tiny shoes and took them to her desk. Her face took on a strange look, she crossed herself and then told me that I was indeed blessed, not cursed. The “trickster” had left me a gift of his shoes, tangible



evidence of my midnight visitor. She bought me the following week a glass case to place them in, almost like a reliquary, and insisted I put them on the bookshelf behind my desk for all to see.

The story did not end there. Although I never heard the tinkle of the bell again, or the laughter and patter of tiny feet, I would find on my chair other “gifts” related to black and white cowhide objects. By the following year, I had amassed a dozen items to add to the shoes. Thus, dear reader, who and what was it that was my benefactor? My description of what I thought I had glimpsed was the same as others who had seen the Evil-Lo. We hired an aide, who was horrified that I displayed the gifts. He was genuinely concerned for me and took me one afternoon to a botanica to talk to the owner. The owner related to me what he knew about the legend of the Evil-Lo, that it was the spirit of a boy cowherd from the 1800’s who always liked to joke around and cause

mischievous at the rancho. He had vanished one day, never to be seen again. But months later some of the other cowherds began to complain that someone was letting the cows escape, or their possessions would come up missing, all forms of calamities befalling them. One such cowherd fell deathly ill, and on his deathbed, confessed that he had accidentally killed the young boy, and that his spirit was the one who was plaguing them all. The Botanica owner assured our aide that this was not the work of something evil at all, but rather a blessing.

When I was finally transferred to another state, my midnight visitation and new gifts did not follow me—but I know that those who replaced me did not believe in anything supernatural and threw out the shoes and other objects. To the man, bad things, I am told, happened to them.

What more, then, can I say. You have to make up your mind whether you believe in the unexplained and embrace other beliefs that may not have been of your own culture. The Evil-Lo? Is he for real? He is a trickster, a master of mischief but kind-hearted and a giver of gifts. Or is he the true embodiment of evil, seeking revenge upon all who reject him? I can not and will not answer for you. You decide for yourself. But if you hear tiny feet running in your kitchen, or a distant cow bell tinkling in the breeze, be ready. He is a legend, not a myth. I know.



# Writer's Block

Jennifer Schmidt, EH2

*On the desk sits my writer's block.  
An awkward piece of wood to chop.  
Please ideas, pour out of me.  
A short story, essay, or some poetry.*

*A blank page frightens beyond all reason!  
Where is my passion, emotion, or season?  
Grasping at any kind of inspiration.  
Drat these splinters and perspiration!*

*Maybe my characters can sail a boat?  
Or fight crocodiles down in a moat.  
I can feel the water, murk, and muck.  
Then all at once my ax gets stuck!*

*This callous block has stopped me cold.  
Laughing and taunting as I grow old.  
With my back almost broken, and hands rubbed  
raw.*

*I trade in my ax for a power chain saw!*

*Ideas are flying, there's lots of wood chips!  
Sculpting my creation with clever quips.  
Finally, design and hard work have done the trick.  
No longer a block, just a mere toothpick.*

Recently, I read my poem *Writer's Block* at a poetry themed New Horizons Toastmasters meeting. Originally, this poem was submitted for a writing assignment because I couldn't think of a topic and had a horrible case of writer's block. Instead of staying blocked, I

turned that mental block into a battle with a physical nemesis. Upon finishing, I felt a lot better because writer's block had become something fun.

Before I write anything, the blank page stares me down for a while. Those first few words start to form a message infused with conviction. My hope when I write is to help and inspire the reader. Many writers I've met feel the same way. They want their words to matter and make a difference. Some people don't enjoy the writing process and get stuck when they're writing a speech. It's a necessary task that can be scary. There are ways to conquer writer's block that make the process easier, such as:

**Start with an overarching theme**—Maybe you didn't like learning to play the piano as a child. Your theme could be childhood piano lessons, piano teaching methods, or learning a difficult task. Write down as many words related to what you didn't like about playing the piano and the feelings around that experience that you can. Doing this exercise will help develop interesting tidbits for your audience. Once you find a theme that smoothly generates ideas, you'll discover your passion. It will be easier to talk about the subject and not get stuck.

**Break it down into smaller pieces**—Just like Halloween candy comes in the fun size so children (and let's face it, adults too) don't get



stomach aches, facing the entirety of a speech can be overwhelming. Break it down into bite-size pieces using the rule of three:

- Introduce your audience to your subject. In the example of the piano lessons, when, how, and why did you start learning to play the piano? Also, tell the audience why the subject is important to you.
- Explain your experience through story, bring the audience along with you on the journey. What was your biggest struggle in learning the piano, your resentments in learning how to play, and what did you miss out on due to practicing every day?
- What was the bigger lesson from what you learned? How can the audience benefit when facing their own challenge? This is critical to your overall message and will fuel the passion of your speech. A successful message will be grabbed by the audience and applied to their own challenges in the future.

**Polish up the rough edges**—When I first wrote *Writer's Block*, everything didn't automatically fall into place. I've never met a writer who could write something perfectly and nothing ever changed. If that were the case, editors wouldn't exist, right?

Once you have a solid draft with a good structure, then it takes polish to make it shine. Read each word out loud and if you hear any tongue twisters or confusing language adjust it.

**Take a break from staring at that blank page too long**—Do something totally unrelated (like gardening or exercising) because forcing the process typically causes frustration and no results. (I've been there.)

Just like my poem, writer's block doesn't have to stop you. It can be a temporary stumbling block. With the right tools you can carve your speech into a success story that helps both you and your audience enjoy the experience.

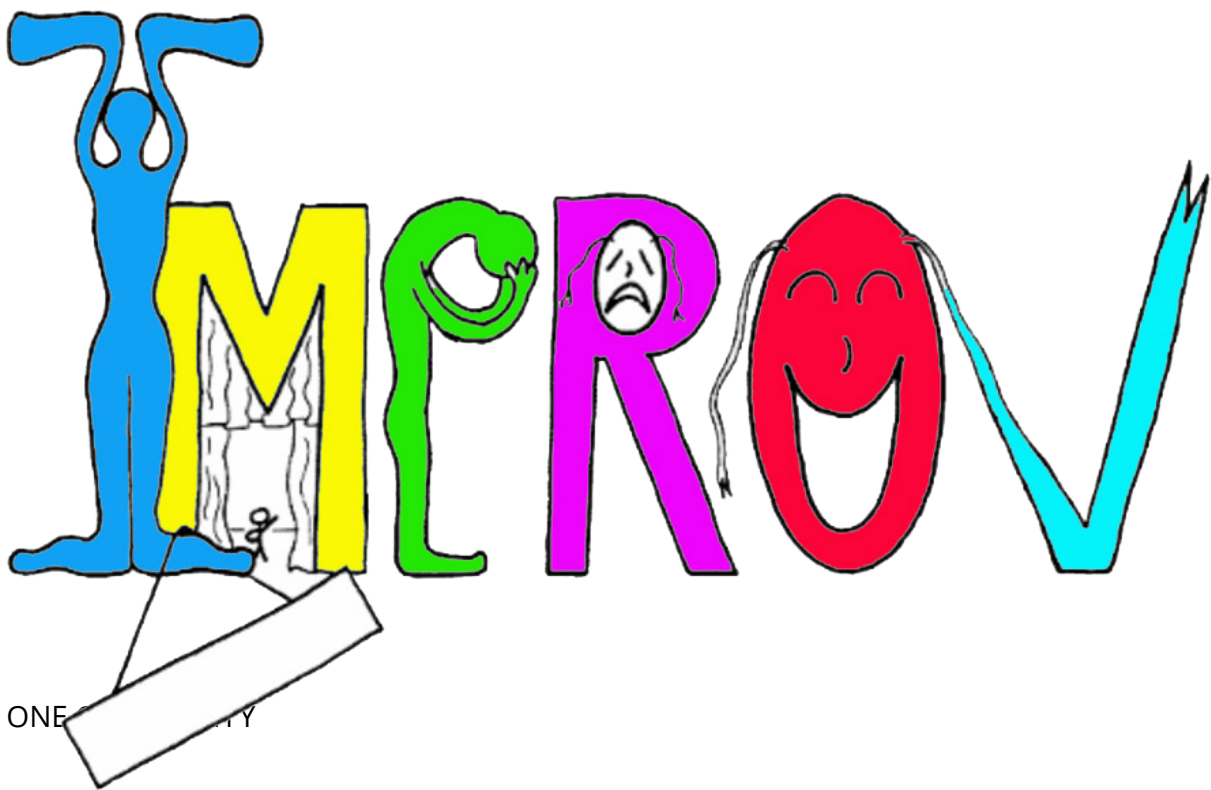


# Improvisation—Thy M

David Free

One of the things that attracted me to joining Toastmasters was Table Topics. As an actor, I'd already experienced improvisation in a number of venues and found it to be both freeing and terrifying. In improvisation, you have to let go of a lot of expectations in order to listen properly to the instructions and then follow through as best you can by making up or taking part in a situation that can be extremely fluid. Furthermore, it's not just about copying the other person; you need to be willing and able to be spontaneous by creating an appropriate (or sometimes not-so-appropriate) situation of your own to keep up with your scene partner. Sometimes improvisation may involve a single scene which both partners participate in creating the scenario, while in other instances you are required to come up with another situation on the fly.

One of my favorite improvisation exercises came from an acting class I took a few years ago. Entitled "What Are You Doing," the first person asks, "What are you doing?" The other person responds by reciting an action, i.e., "I'm doing jumping jacks!" The first person then mimics the action and then asks the other person the same question: "What are you doing?" The scene partner then has to come up with another action for you to do. If one or the other partner can't come up with an action or perform the action that the other person mentioned, that person is out, and the next person in the acting class comes in and jumps into the exercise. It's great training that emphasizes quick thinking and spontaneous action. Thinking ahead helps very little during this exercise, either. You have to be willing to jump to the next activity, and even more importantly,



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# Name is Table Topics!

Edman, PM2

you have to be willing to fail.

In Table Topics, it's much the same way. One of the reasons I love Table Topics is that quite often I never have problems coming up with topics to write questions for. Blame it on my being a writer who has ideas flooding into his brain at any given time, but to date I've never had to go to websites that give suggestions or themes on Table Topics. If I know I'm the Table Topics Master for that week, I'll take ten minutes to write down the questions that people will be responding to. Again, it's not a matter of what questions are right or wrong. It's simply trying to figure out what questions will fit in with the theme of the week given by the Toastmaster. Alternatively, you can be brave and work on a completely independent theme and surprise your members with the questions you give them. Some of my favorite sessions have been when I have only one question that I give to the entire group, but more often than not, most people will come up with five or more questions to start out with. And again, it's okay to fail. If you don't always have a lot of questions, start with the ones that pique your interest on the theme of the week.

Many of my favorite questions to ask are deceptively simple. In one meeting where we focused on Moments of Truth, I decided to make my Table Topics questions all about integrity. One of the questions I asked was "When was a time that you were dishonest, and it backfired on

you?" As one of my club members pointed out, this was a great truth or dare question, and the new member who answered it got a wonderful response from the group. My strategy for most Table Topics question is to keep it simple. Use the who, what, where, when, how, and why method if you're stuck trying to figure out how best to use the theme of the day for your questions. Also, keep in mind that if you take on a subject that's too specific, you may stump some members. For example, one of our meetings was based around science fiction, but as we found out, one of our members had never seen any of the Star Wars movies. Fortunately, in this case the Table Topics Master had created a bunch of questions that were more generalized that focused on different aspects of science fiction and fantasy. The same member was able to field another question without as much difficulty once the subject matter became simpler to understand.

For many people, improvisation can be a very challenging experience. Our job as Toastmasters is to gently nudge members into taking part in these exercises while also emphasizing the importance of impromptu thinking outside of the Club. By focusing on the enjoyable aspects of improvisation as well as allowing members to fail, we can create a safe environment where both critical thinking refined through giving prepared speeches and a quick wit honed through extemporization are equally encouraged.



# WELCOME NEW MEMBERS

| Club Name                     | Name            |          |
|-------------------------------|-----------------|----------|
| Toasting Excellence Club      | Bason           | Kerry    |
| Waffle Toasters               | Bebiia          | Iuliia   |
| Essayons Club                 | Calnon          | James    |
| Yammertime                    | Clarke          | Cire     |
| Clean Water Toastmasters      | Gordon          | Ellen    |
| Oregon State Toastmasters     | Gould           | Deborah  |
| Swan Island Toastmasters      | Hernandez       | Vennie   |
| Early Words Club              | Hoos            | Laura    |
| Swan Island Toastmasters      | Jerez de Moraes | Amanda   |
| Sage Beaverton Toastmasters   | Jha             | Sarita   |
| Yammertime                    | Katri           | Kimberly |
| Speak To Lead Toastmasters    | Li              | Yang     |
| Gresham Toastmasters Club     | Lowe            | Toni     |
| Clean Water Toastmasters      | Lu              | Ting     |
| Clean Water Toastmasters      | Magana          | Sammy    |
| CareOregon                    | Mullins         | Angela   |
| Lake Oswego Toastmasters Club | Nelson          | April    |
| Speak To Lead Toastmasters    | Nwajagu         | Onyinye  |
| Waffle Toasters               | Palmer          | Julie    |
| Speak To Lead Toastmasters    | Pokhrel         | Nimesh   |
| Sporty Speakers               | Ragan           | Derrick  |
| Waffle Toasters               | Saha            | Saheli   |
| Tell Me A Story               | Staehli         | Susan    |
| Babble-On Toastmasters Club   | Tripathi        | Krishna  |
| Yammertime                    | Wen             | Yahong   |

# HONORING EDUCATIONAL AWARDS

| AWARD | DATE      | MEMBER                   | Club NAME                     |
|-------|-----------|--------------------------|-------------------------------|
| PM1   | 9/20/2022 | Allan Edinger, Jr., PM1  | Will-Sher Club                |
| MS3   | 9/29/2022 | Amy O'Brien, MS3         | Sporty Speakers               |
| DL1   | 9/24/2022 | Anna Kharisova, DL1      | West Beaverton Club           |
| DL2   | 9/26/2022 | Annette Mulligan, DL2    | Coachmasters Toastmasters     |
| MS5   | 9/27/2022 | Bella Nissen, MS5        | Lake Oswego Toastmasters Club |
| EH4   | 9/6/2022  | Bert Sarkkinen, EH4      | Professionally Speaking       |
| SR1   | 9/9/2022  | Bettina K. Schempf, DTM  | Corvallis Evening Group       |
| VC1   | 9/6/2022  | Brenda Buratti, VC1      | NoonTime Club                 |
| DL4   | 9/27/2022 | Brent E. Smith, DL5      | Dallas Toastmasters           |
| DL5   | 9/27/2022 | Brent E. Smith, DL5      | Dallas Toastmasters           |
| MS1   | 9/21/2022 | Brent E. Smith, DL5      | Toasting Excellence Club      |
| EH2   | 9/16/2022 | Brinn Hemmingson, EH2    | Portland Progressives         |
| DL1   | 9/26/2022 | Caitlin Hill, DL2        | CareOregon                    |
| PM1   | 9/22/2022 | Carina Corbet-Owen, DTM  | Vancouver Toastmasters Club   |
| PI4   | 9/6/2022  | Conrad Hutterli, PI4     | NoonTime Club                 |
| PM5   | 9/16/2022 | David Johnson, DTM       | Moser Community Toastmasters  |
| PM4   | 9/27/2022 | Dennis R. Pratt, PM4     | Dallas Toastmasters           |
| IP4   | 9/6/2022  | Echo Lin, IP5            | NoonTime Club                 |
| IP5   | 9/6/2022  | Echo Lin, IP5            | NoonTime Club                 |
| PM3   | 9/21/2022 | Elizabeth Hall, PM3      | Professionally Speaking       |
| PM1   | 9/29/2022 | Ginger A. Henry, PM1     | Evergreen Club                |
| MS2   | 9/26/2022 | Giovanni Beccaria        | Rose City Toasters Club       |
| MS3   | 9/26/2022 | Giovanni Beccaria        | Rose City Toasters Club       |
| PM5   | 9/6/2022  | Greg Hawkins, PM5        | Professionally Speaking       |
| MS2   | 9/14/2022 | Jacqueline E. Bakke, DTM | Noon Talkers                  |
| PI5   | 9/27/2022 | Janna Cody, PI5          | Banfield Barkers              |
| PI2   | 9/7/2022  | Jean M. Baker, PI2       | Noon Talkers                  |
| PM1   | 9/7/2022  | Jennifer M. Wood, PM1    | Gresham Toastmasters Club     |

# HONORING EDUCATIONAL AWARDS

| AWARD       | DATE      | MEMBER                     | Club NAME                               |
|-------------|-----------|----------------------------|---|
| PM3         | 9/3/2022  | Joan Miller, PM4           | Civil Tongues Club                      |
| PM4         | 9/3/2022  | Joan Miller, PM4           | Civil Tongues Club                      |
| PWMENTORPGM | 9/3/2022  | Joan Miller, PM4           | Civil Tongues Club                      |
| IP2         | 9/25/2022 | John Hooley, IP2           | Moser Community Toastmasters            |
| EH4         | 9/4/2022  | Judy Chan, EH4             | New Beginnings Toastmasters             |
| PM1         | 9/8/2022  | Jue Shi, PM1               | Storymasters Toastmasters               |
| PM3         | 9/22/2022 | Kente' Bates, PM3          | Vancouver Toastmasters Club             |
| PM5         | 9/16/2022 | Kristina Rohe, PM5         | Blue Ox Club                            |
| SR1         | 9/2/2022  | Lisa Schupp, DTM           | Toast of Corvallis Toastmasters         |
| DL3         | 9/26/2022 | Lori Faren                 | Coachmasters Toastmasters               |
| EH1         | 9/14/2022 | Lyle W. Schellenberg, DTM  | Toasting Excellence Club                |
| PM2         | 9/20/2022 | Mao Kenney, PM2            | Nano-Mated Speakers                     |
| SR2         | 9/8/2022  | Mark Fitzmaurice, SR2      | Silicon Forest Club                     |
| PI2         | 9/16/2022 | Mary A. Bell, PI2          | Civil Tongues Club                      |
| PI1         | 9/9/2022  | Mary A. Bell, PI2          | Civil Tongues Club                      |
| SR3         | 9/22/2022 | Michael K. Rosenberg, SR3  | Silicon Forest Club                     |
| SR2         | 9/8/2022  | Michael K. Rosenberg, SR3  | Silicon Forest Club                     |
| SR1         | 9/12/2022 | Nelson Helland, SR1        | Cedar Hills Club                        |
| IP1         | 9/30/2022 | Noah Hyde, IP1             | New Beginnings Toastmasters             |
| PM3         | 9/29/2022 | Patrick Little             | Babble-On Toastmasters Club             |
| SR2         | 9/29/2022 | Peter De Graff, SR2        | Speakers With Spirit Club               |
| VC4         | 9/16/2022 | Ralph Galantine, DL3       | New Horizons Toastmasters Club          |
| IP1         | 9/12/2022 | Rosabel R. Young, IP3      | Friday Night FUN Masters                |
| LD2         | 9/19/2022 | Sarah Rosenberg Brown, LD3 | Toastmasters For Speaking Professionals |
| LD3         | 9/19/2022 | Sarah Rosenberg Brown, LD3 | Toastmasters For Speaking Professionals |
| EC1         | 9/16/2022 | Sarah Rosenberg Brown, LD3 | Toastmasters For Speaking Professionals |



# HONORING EDUCATIONAL AWARDS

| AWARD | DATE      | MEMBER                | Club NAME                       |
|-------|-----------|-----------------------|---------------------------------|
| LD1   | 9/16/2022 | Sean D. Tobin, LD5    | Toast Of Tualatin, Lam Research |
| LD2   | 9/16/2022 | Sean D. Tobin, LD5    | Toast Of Tualatin, Lam Research |
| LD3   | 9/16/2022 | Sean D. Tobin, LD5    | Toast Of Tualatin, Lam Research |
| LD4   | 9/16/2022 | Sean D. Tobin, LD5    | Toast Of Tualatin, Lam Research |
| LD5   | 9/16/2022 | Sean D. Tobin, LD5    | Toast Of Tualatin, Lam Research |
| MS2   | 9/13/2022 | Shay L. Witten, MS2   | Talking Heads                   |
| EH3   | 9/19/2022 | Sherry Burles, EH3    | NoonTime Club                   |
| SR3   | 9/16/2022 | Yahong Neiryndck, SR3 | Silicon Forest Club             |
| SR2   | 9/7/2022  | Yahong Neiryndck, SR3 | Silicon Forest Club             |
| PM1   | 9/6/2022  | Yoshi Dickson         | NoonTime Club                   |



With Host Eldred Brown, DTM  
And Special Guest Presenter  
PJ Kleffner

## How To Hold Effective HYBRID MEETINGS

*As Toastmasters, most of us are very good at holding in-person meetings, and we are getting fairly comfortable with all online meetings.*

**Holding “hybrid” meetings may present many new challenges!**

**Join PJ Kleffner and learn how his club overcame some of the hurdles and now holds quality hybrid meetings every week.**

The topics will include: equipment requirements, security, and a few miscellaneous things that probably never occurred to you!



DISTRICT 7  
**TECH  
TUESDAY**

**NOV 15, 2022**

7-8PM PST  
D7TOASTMASTERS.ORG  
REGISTER TODAY!

VOICES! | OCTOBER 2022

# TRIPLE CROWN AWARD PINS

| Name                       | Number Earned | Awards  |
|----------------------------|---------------|---|
| Allan B. Edinger, DTM      | 5             | EC1 , EC2 , EC3 , EC4 , EC5                                     |
| Beth Pinchot               | 4             | PM1 , PM2 , PM3 , PM4   |
| Bettina K. Schempf, DTM    | 3             | IP4 , IP5 , SR1   |
| Brandon Marsh, IP5         | 5             | IP3 , IP4 , IP5 , PM4 , PM5                                     |
| Brent E. Smith, DL5        | 3             | DL4 , DL5 , MS1   |
| Cate A. Arnold, DTM        | 5             | EH3 , EH1 , EH2 , PM4 , PM5                                     |
| Dallas Jannett, IP3        | 3             | IP1 , IP2 , IP3   |
| David R. Sessum, PM4       | 3             | PM2 , PM3 , PM4   |
| Donna L. Stark, DTM        | 9             | EC5 , EH3 , EH4 , EH5 , PM2 , PM3 , PM4 , PM5 , PWMENTORPGM     |
| Giovanni Beccaria          | 3             | LD1 , LD2 , LD3   |
| Gwendolyn Avington, SR4    | 4             | SR1 , SR2 , SR3 , SR4   |
| Helen M. Grothe, DTM       | 3             | EH4 , EH5 , PM5   |
| Jacki L. Elsom, PM3        | 3             | PM1 , PM2 , PM3   |
| James Kennedy              | 3             | MS1 , MS2 , MS3   |
| Joan Miller, PM4           | 4             | LD5 , PM3 , PM4 , PWMENTORPGM                                   |
| John E. Anderson, DTM      | 6             | EC2 , EC3 , PM1 , PM2 , PM3 , PWMENTORPGM                       |
| Julius P. Locke, DTM       | 11            | DL5 , EC1 , EC2 , EC3 , EC4 , EC5 , PM4 , PM5 , VC1 , VC2 , VC3 |
| Michael K. Rosenberg, SR3  | 3             | PM5 , SR2 , SR3   |
| Patrick Little             | 3             | PM3 , PM1 , PM2   |
| Rudy Erbrich, LD2          | 3             | EC2 , LD1 , LD2   |
| Sarah Rosenberg Brown, LD3 | 3             | EC1 , LD2 , LD3   |
| Sean D. Tobin, LD5         | 5             | LD1 , LD2 , LD3 , LD4 , LD5                                     |
| Stephana M. Johnson, EH4   | 4             | EH1 , EH2 , EH3 , EH4   |

# HAPPY ANNIVERSARY TO OCTOBER CLUBS

| CHARTER DATE | YEARS | Club               | CITY      |
|--------------|-------|--------------------|-----------|
| 10/18/2017   | *5*   | CareOregon         | Portland  |
| 10/20/2014   | 8     | Clean Water        | Hillsboro |
| 10/1/1998    | 24    | Marylhurst         | West Linn |
| 10/1/1953    | 69    | New Horizons       | Tualatin  |
| 10/30/2012   | *10*  | NuScale Toasters   | Corvallis |
| 10/1/1993    | 29    | Speakeasy          | Hillsboro |
| 10/1/1990    | 32    | Toast of Corvallis | Corvallis |
| 10/1/1965    | 57    | Yawn Patrol        | Eugene    |



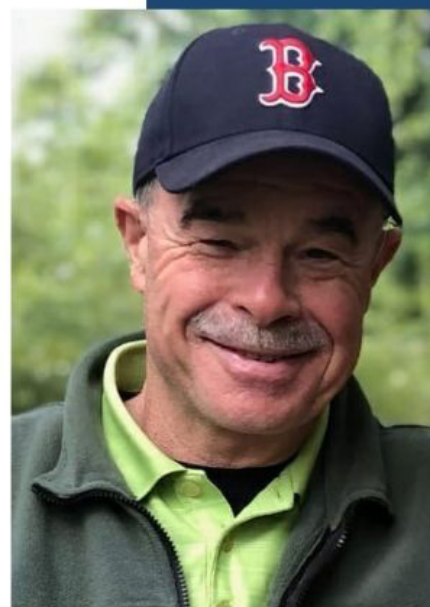
## One Stop Toastmasters

To get the most out of your Toastmasters experience:

Come and join us!!  
EVERY 2ND FRIDAY, 7-8 PM Pacific Time

We are here to answer your questions about Toastmastering:

- Membership
- Pathways
- Technology
- Leadership Roles
- Club Support



**Tiger McAndie & Team**



**ZOOM**

[d7toastmasters.org](https://d7toastmasters.org)



## CONTRIBUTORS

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*B. Lee Coyne, ATMS*



*Leanna Lindquist DTM*



*Dave Bones, TM*



*Lorri Andersen, DTM*



*David Freedman, IP3*



*Paul Fanning, DTM*



*Eldred Brown, DTM*



*Phyllis Harmon, DTM*



*Jennifer Schmidt, EH2*



*Jim Robison, DTM*



**LAST CALL**

**Call for  
Speakers**

**Seeds of Change ~**

**Growing New Leaders**


**May 19 - 20, 2023**

**Do you have a passion for inspiring your audience to take action? If so, we want you as a speaker at District 7's 2023 Annual Conference!**

**CLICK HERE & TELL US ABOUT  
YOUR PRESENTATION**

**Submission Deadline October 30, 2022**





# **Tell Me a Story**

**Toastmasters**

**Tuesdays - 7:00-8:15 pm**

**Meeting Online**

**S**hare ideas through story—Learn how at Tell Me A Story Toastmasters  
[Click here](#) for more information on joining us for an online meeting