

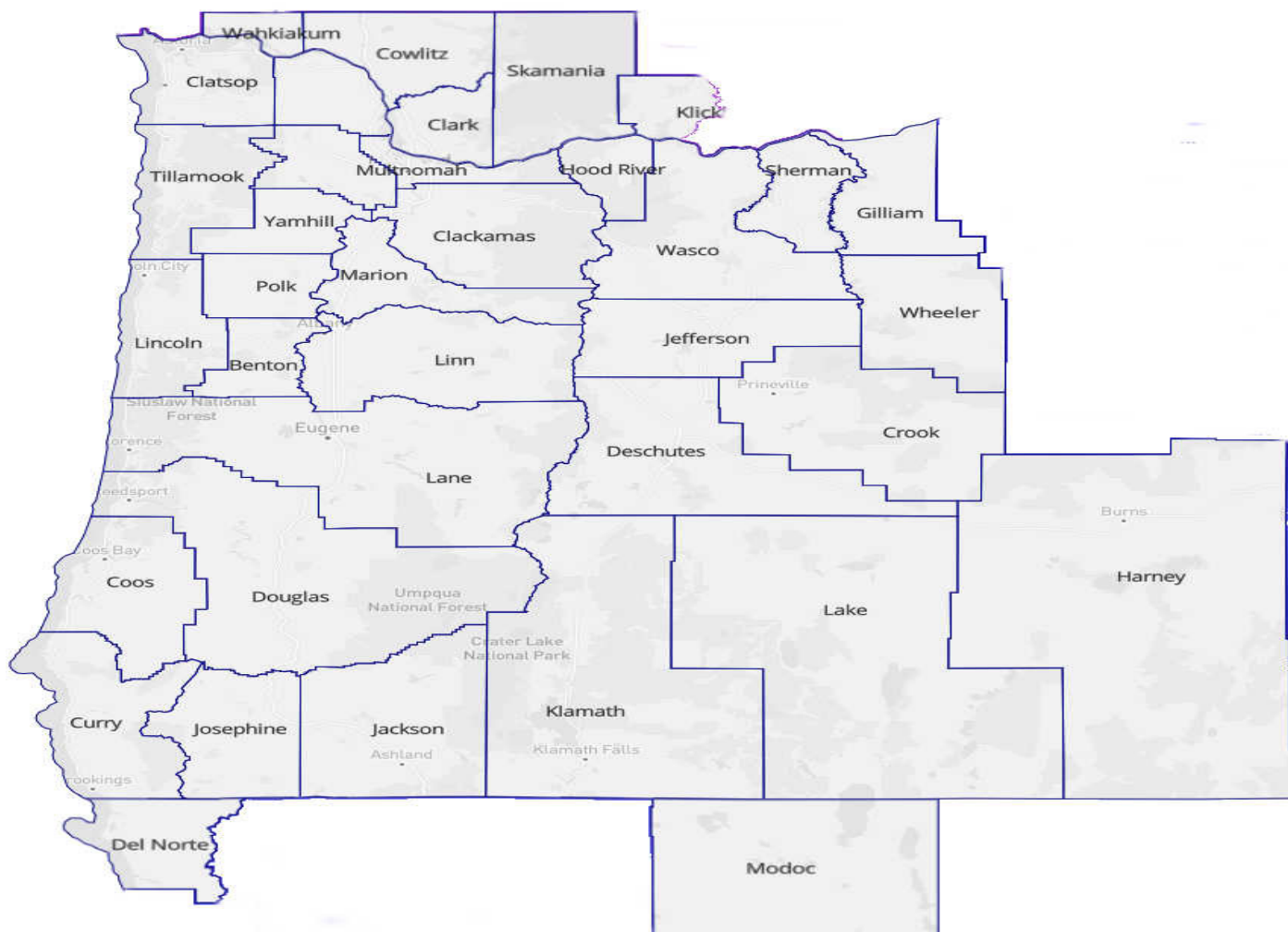
DEBUT ISSUE A CHANGE OF SEASON FOR VOICES!



Turning Over a New Leaf - Amid the Changing Landscape!
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WE ARE DISTRICT 7 VOICES!

From north to south; the Longview Toastmasters clubs to the Unified Toastmasters of Ashland. From east to west; the Toastmasters of Redmond to the Newport toastmaster club. We are your Voices.



Our mission:

To be a platform to celebrate the achievements of District 7 - division, areas and individuals. To provide district news and community networking. To be a supportive platform for members to develop their writing skills and visual media skills.

The magazine will be published 4 times during the year.

Fall; Divisions E & F Oct 15, 2023 - Submission deadline August 15, 2023

Winter; Divisions G & H Jan 15, 2024 - Submission deadline November 15, 2023

Spring; Divisions A & B April 15, 2024 - Submission deadline February 15, 2024

Summer; Divisions C & D July 15, 2024- Submission deadline May 15, 2024

To submit articles or contact us at voices@d7toastmasters.org



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VOICES! Turning over a New Leaf

Jennifer Schmidt - Senior Editor



Welcome to the first quarterly edition of Voices! Leela and I are honored to usher in a new version of this wonderful digital magazine. We hope this will be a publication you will enjoy as we feature Toastmasters who have an ongoing connection with District 7.

But before we go any further, we first want to pay homage to Editor Phyllis Harmon, DTM, PDG. Phyllis created Voices! in 2014. Her vision was to further build the District 7 community and this resulted in her producing Voices! Her consistent dedication resulted in 107 issues over the past nine years. This is an amazing accomplishment that started with her mission to serve other Toastmasters.

Along the way, she worked with Leanna Lindquist, who edited the magazine, and Phyllis gave many writers the chance to express their opinions (including me) through various articles and columns. Thank you Phyllis for all your hard work, and for creating such an innovative and informative publication. Leela and I will do our best to continue honoring that commitment to inspire and inform all who contribute and read Voices! in the future.

Leela and I would like to thank everyone in the District for their ongoing support of Voices! We look forward to serving all Toastmasters in District 7 and beyond! As we start on this journey we welcome your feedback, including your favorite articles, as well as ways we can enhance this publication in the future. Check out the next page for Q&A regarding the new Voices!

EDITORIAL

Volume 10 Issue 1 Oct. 2023
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Voices! is published Quarterly by District 7 Toastmasters. First issue published August 2014. Submit articles or contact us at voices@d7toastmasters.org



TELL ME A STORY

TOASTMASTERS

Learn How To

- ✓ Craft Your Message
- ✓ Engage Your Audience
- ✓ Tell Your Story
- ✓ Inspire Others to Action

Join Us Online

6869.toastmastersclubs.org



VOICES!

Old Covers & New Q & A



Who will be contributing articles?

Each issue will feature district leadership, previous columnists and new contributors from the district. Our goal as a magazine is to encourage more Toastmasters to contribute and also smaller clubs to have their voices heard. Give all clubs and the members who aren't well known the chance to shine.

How often will Voices! be published?

Voices! will be published quarterly with fall, winter, spring, and summer editions.

Each edition will give two divisions the opportunity to be featured.

Below is the first editorial calendar along with our submission deadlines for each issue:

Issue	Divisions	Submission Deadline
October 15, 2023	E and F	August 15, 2023
January 15, 2024	G and H	November 15, 2023
April 15, 2024	A and B	February 15, 2024
July 15, 2024	C and D	May 15, 2024



What if my club wants to advertise in a future issue?

We welcome advertisements for your club in a future issue of Voices! There is no cost to post an ad. However, please keep in mind the issues will be released quarterly, with a two month lead time. This means we are looking to advertise more general club information, and not specific event announcements.

How will other news be distributed between issues?

Voices! will not be the only source of District 7 information. There will be information coming directly from the district between each issue. This will include reminders of upcoming events, such as conferences, deadlines, and other timely announcements. This in combination with the district calendar will help keep everyone informed during the year.

What type of articles will be featured?

Since Voices! will be a quarterly publication, we will feature more evergreen articles. These articles involve subjects that are more timeless. Such as how to improve your speech delivery, tips for a successful open house, or identifying your leadership style. We want to publish topics that could be helpful throughout the year



AUTUMN LEAVES

Robin Wheeler

Member Division E, Area 61, Marylhurst Toastmasters

We all enjoy the spectacular display of fall foliage in Autumn. I love to wake up to a clear sunny day in autumn and watch the dazzling display the leaves bring forth. Hiking, walking, running, or even just driving around town they are on display for us to view and photograph too.

When I was a child, we raked the leaves into a big pile then jumped into the pile and threw them into the air. My parents served hot chocolate and helped us grind the leaves up for mulch. When hiking, I picked up the fallen colorful leaves and today I find them in my books - and some of those are very old but still very bright.

Did you ever wonder why the leaves change their color before they fall from their trees? As the days grow shorter the trees get less sunlight for food. The tree stops producing chlorophyll which causes the fall leaf season





to begin. The leaves then turn to their natural colors of orange and yellow. It is the chlorophyll they receive from sunlight that makes them green.

As the chlorophyll is depleted, the tree begins to produce anthocyanins that give the leaves the color red. Some trees produce anthocyanins faster than others. Depending on how fast anthocyanins are produced regulates how fast the leaf will turn red. Some stay orange or yellow and fall to the ground before they become red. Every tree is in its own life cycle giving us the variety of colors we see in autumn.

Look upon leaves this season with wonder Toastmasters. Take time as they will soon fall to the ground. But faithfully they appear year after year. At the end of the tree's leaf life their natural state is spectacular and blesses us all. When they fall to the ground, pick them up, grind them up, and mulch them into the soil. This makes the trees and other plants happy and prepares them for the next season as they nourish the ground and the plants where they are finally placed to rest. A perfect picture of "the circle of life."



Turning Over a New Leaf Amid the Changing Landscape!

Dr. Gwendolyn Avington, DTM, Club Growth Director

District 7 membership, we are in a new season of growth. Growth, yes, growth...club and member growth. We have been planting the seeds of why and how joining and/or remaining a Toastmaster can benefit you personally and professionally. This year as Club Growth Director, we are looking to turn over many new leaves. The wind of change and renewal is in the air. Can you feel it? We can all work together to ensure we strengthen our district presence. Our goals are to reignite existing members and clubs by helping them reconnect with 'why' they joined Toastmasters and 'why' their club chartered in the first place. Also, we look to rebuild clubs with lower than eight members and build new clubs, one member and one club at a time.

As the Club Growth Director Team and I looked out over the vast landscape of our district in years past we realized that District 7 has experienced a dip in membership and a dip in clubs. I don't say that as a negative. The Club Growth Team and I are looking at this as our opportunity

to find out the challenges individual members are experiencing, find out what individual clubs need to thrive, and find areas of opportunity to build new clubs. We envision members and clubs stabilizing and robustly marketing their clubs through social media, radio, and cable interviews. Members of the Club Growth Director Team and I will visit clubs throughout the Toastmasters year.

The Team

We began the work in July with a needs assessment survey sent out to the membership. The survey was a way to hear from you, instead of assuming your situation was the same. As your Club Growth Director, I realized that the approach we needed to take to rise above adversity and achieve excellence was a team effort. Therefore, I asked a total of 15 people to join me on this Club Growth Director journey and they did. We have been working on new leads through the Club Extension arm of Club Growth. Likewise, we



have been working on a process to find Club Coaches through the Club Retention arm of Club Growth. Also, we have been building a training program and looking for club mentors through the Club Quality arm of Club Growth. These quality, qualified Toastmasters will help our newly chartered clubs stand up strong and remain sustainable. Club Growth could not have success without understanding the market inside and outside of Toastmasters. Hence, the Club New Source Research arm of Club Growth has been working on our District 7 Market Analysis Plan. Indeed, we, in the Club Growth Director corner of the Trio, are turning over a new leaf.

Your Role in the Growth



We are betting on YOU, our members, to join this growth driven mission that the Club Growth Director Team are on this Toastmasters year. You will hear me often say, "All Hands-on Deck." This is not the work of just one person, it is not just the Club Growth Director Team for this work, but we all must invest in the success of our district. I am asking each of you to ask this question and answer the call to action: 'what talents can I offer to this building or rebuilding work?' Once you have identified how you can help, please reach out and offer those talents and your time to ensure we grow as a district! District 7 is filled with untapped talents that we need to make the growth and building work to be successful. Do you want to see our existing clubs remain? If so, join the work! Do you want to see existing members remain? If so, join the work! Do you want to see new clubs built and processes created to ensure they are not only

chartered, but sustainable? If so, join the work! Let's successfully turn over the new leaf together! I hope you can hear me District 7, we have a real possibility to grow the many opportunities we have before us as Club Growth Ambassadors for the Toastmasters brand. When you are thinking about what you have gained and what others can gain working through the Toastmaster program, I hope it will stir you to action. As you take inventory, decide what your contribution can be at the club level. Asking questions such as: how can I help my club with quality club meetings? Would I grow most serving in a leadership role at the club, area, division, or district? What am I passionate about that I can bring into my Toastmasters journey to enhance my fellow Toastmasters experiences? I know many of you are



experiencing burnout with Toastmasters roles and responsibilities in addition to trying to find work/life balance in your life. I want to conclude with some thoughts from an article by Maureen Zappala, DTM in 2016 on Toastmaster burnout and some tips to reignite your Toastmasters journey. Maureen answers this question as it relates to Toastmaster burnout as a Club Officer, but I ask you to use this premise to evaluate your role as you consider helping the Club Growth

Director Team and me reignite members, rebuild existing clubs, and build new clubs. "How to Push Forward?" ... some ideas to reignite your enthusiasm as well as help others: 1) Enjoy a social event with the members of your club, 2) Attend district training events, 3) Send handwritten notes to those officers and members who seem to be burning out, 4) Know that you are not alone. Connect with others via social media. District 7 let the growing begin!



District 7 is here to help.
Check out the website for great
resources for continued club growth.

<https://d7toastmasters.org/resources-for-club-growth/>





District 7

Planner



To Do List:

- schedule holiday club events
- schedule club level contests
- celebrate achievements

ASAP!!!

All tall tale videos must be submitted to Dave Bones, DTM, D7 Program Quality Director by midnight on October 31. Voting starts in November.

Schedule

November 1 - 30

Clubs hold elections for semi-annual officer positions

November 30

Deadline for first round of area director reports

2nd Wednesday of the month

Feedbackers meeting
<https://feedbackers.toastmastersclubs.org/directions.html>

2nd & 4th Tuesday of the month

PRM Forum
<https://d7toastmasters.org/calendar/>



Division E- Willam

Area 61 = Clackamas Stepping Stones Tm Club, Marylhurst Toastmas
Area 63 = Mentors Of Focus Club, New Horizons Toastmasters Club,
Area 64 = Audacious Orators, Buckaroo Toastmasters, Clack-Orators
Area 65 = Coachmasters Toastmasters Club, Lake Oswego Toastmaste



Playtime at WE TOASTED

What were the odds of this! The most fun thing that happened at WE Toasted Toastmasters this summer was when VP of Education Rocky Savage chose the theme "Toastmasters in Toyland." He encouraged members to bring a childhood toy that meant something to them. In a remarkable coincidence, three members showed up with their cherished toy penguins. Pictured clockwise from upper left are Kathleen Tully, DTM; Table Topics Master Krystal Lee; Erik Bergman, DTM; and Margaret McDonald. Krystal and Margaret are our club's newest members, and it's clear they fit right in with the rest of the flock!



Taking the "Toastmasters in Toyland" theme to the next level, the same four members met at Bridgeport Village to watch the "Barbie" movie. We enjoyed it so much that we're considering starting a recurring movie night as a way for club members to get together socially.

nette YearBook

ters, Noon Talkers, Oregon City Toastmasters
Toast Of Tualatin, Lam Research, Wallmasters
Toastmasters, Wagon Tongues
ers Club, Toast to US, WE Toasted Toastmasters



BUCKAROO TOASTMASTERS of Molalla Oregon took their 2022/2023 contest to the next level joining with another club to create their first hybrid contest



NEW HORIZONS builds strong relationships. After two members went on vacation together to Alaska, we had an Alaskan themed meeting. We found out about half our members have visited Alaska. Some great photography was shared. One of our members even humorously related their story of getting married on a cruise to Alaska!



NOON TALKERS salutes a great mentor by Club President Gretchen Peterson

When Jacqueline Bakke joined Noon Talkers in 2008, I had been a member for two-and-a-half-years. The most generous thing I can say about our 2008 club was that we were unfocused. We had no clear direction and only the fuzziest notion of what it took to be a great Toastmasters Club. When Jacqueline joined, she not only began to contribute to our club, but she also ventured outside our club and made connections with other Toastmasters. She began to bring official Toastmasters protocols and processes to our club.

I give Jacqueline Bakke full credit for turning Noon Talkers into a vibrant, exciting, enriching club!

I recently celebrated 18 years with Noon Talkers. Without Jacqueline, I never would have stayed so long. She is always at the forefront of the latest in Toastmasters news. She has been a valued mentor to me and everyone in our club. Her enthusiasm and energy are so appreciated, and I personally value the great friendship she and I share.



Tower, fresco painting technique and sketch

CREATIVE ARTS INFLUENCE ON CREATIVE SPEECHES

Maria Grazia Repetto

I am an artist, a professional painter. I never thought about writing until I joined Toastmasters and wrote my own speeches. My artistic background influences in many ways my creative process when I write speeches. First of all in the choice of words. I like making descriptions, I use many adjectives and I often use colors to convey an idea or describe a feeling. If I tell a story, I often describe the lights or shadows of the place where the event takes place.

When I write a speech, I realize that, while the writer is held accountable for every single word he writes, an artist is mostly judged only from an artistic point of view, therefore before an audience an artist has more freedom than a writer.

Words have a heavy weight. An image, on the other hand, contains a subliminal message that not even the artist is aware of. Perhaps this is why images are mostly used to persuade by inserting well-studied subliminal or even hypnotic messages.

One question that I have learned as an artist, and that helps me a lot when I write, is this: "How is a work constructed?"

It is true that in art you can improvise sketches or drawings. They can be very beautiful. Most of the time, however, the ability to work in one sitting is due to a long preparation of studies which allows the artist freedom of expression. But even the greatest artist, if he wants to create a large project, needs a work plan for every single step he has to take to get there.

Same thing for speeches and writings of all kinds. You can make an exceptional impromptu speech, but to write something important you have to take all the necessary steps to be able to bring it to a perfect end. We need years of experience and studies, and we also need generous and attentive mentors and teachers.



Orchestra, fresco painting technique

In my experience, the generosity of the teacher is fundamental. A teacher must, with an open heart, transfer his knowledge to the student without the desire to create a clone of himself. Also, not to be afraid of being copied, because good teachers are emulated by the student, but should never be copied.

I am deeply grateful to all the mentors and teachers I have had in my life, but today I especially thank those of my Toastmasters group "Speakers With Spirit." Without them I would never have been able to give a speech or be here on Voices! to write my thoughts.

Maria Grazia Repetto is a renowned classic Italian Master Artist best known for her True Fresco Murals and Bas-reliefs.

Also accomplished in oil, watercolor, acrylics and printmaking, Maria Repetto's pieces have been exhibited in art galleries throughout Europe. The art on these pages are her original works.



Man, oil on canvas framed

TOASTMASTERS *INTERNATIONAL*

Jim Robison, DTM
District Director



When I first joined Toastmasters, over three decades ago, I had not joined because of Toastmasters International; I had joined because of the club. I got to know the people in my club who made me feel welcome, and that Toastmasters was a place where I could learn, grow and belong.

At first, I knew that a member of my club had served as something called “District Governor” and I knew there were other clubs who we competed against in contests, but I did not know a lot about the extent of Toastmasters as an organization. Eventually I started interacting with other clubs. I attended Area and Division contests, District Conferences, officer training sessions and I visited the meetings of other clubs. This got me to thinking about the reach of Toastmasters beyond my own club.

I then started looking at the diverse backgrounds of the members of our club. At one point, I decided to do an informal survey to see where the members of our club came from. Based on place of birth, I learned that we had members in our club who were born in 11 different countries. This was long before clubs began meeting online, so all the members were local, but they had come from many places. We had members who were from Nigeria, Russia, Mexico, Canada, Poland and many more. One of our members had actually been the first person to charter a German language Toastmasters club in the United States (in Chicago).

The International nature of Toastmasters struck me more when I learned that some of our former club members were transferring to clubs in their home countries, or countries they moved to. One member

told me that he joined our club so that he could transfer to a club near his home in Russia, because it was easier for him to join the club here and transfer, than it was to join the club there. Another member transferred to a club in Saudia Arabia. Knowing that we had members from west Africa, South America, Europe and Asia, and that we had former members in clubs in other countries, gave me a much broader feeling about the international nature of Toastmasters.

When the Covid 19 Pandemic forced most clubs to go to online meetings, it opened up opportunities for clubs to gain members from around the world. Prior to this, we occasionally had a travelling Toastmaster visit our meeting. For example, Toastmasters from Hungary, China and Japan had visited our club when they travelled to Portland. When we went online, it opened up so that we had visitors from other countries at a majority of our meetings, without the need to travel.

Looking at membership in District 7 today, I see thirteen countries other than the United States represented, and 25 states beyond Oregon and Washington (we currently have no clubs in California, but many members from there). You might think that the most international clubs would be those in major cities or transport centers but you’d be wrong. A club in a small city in southern Oregon (Roseburg Speakers and Storytellers) has an international membership that includes members in Germany, Indonesia, China and India. The International scope of Toastmasters has truly come home.



When I attended the District Leader Training in August, I met Toastmasters from every continent except Antarctica. I now know Toastmasters in Kenya, Zimbabwe, Canada, Germany, Australia, India and many other places. It is impressive to see the extent to which Toastmasters truly is International. If you are new to Toastmasters, or even if you've been a member for decades but have remained exclusively involved in your own club, I encourage you to go beyond your own club and get to know the wide world of Toastmasters that makes this organization "International."

Going International

Leela Seeber

I joined Toastmasters in 2019. I joined club 1360 New Horizons. I picked my club by going online and finding the club that was ten minutes away from my house. This was an age of innocence. Soon we were taught to hide our smiles behind face masks. Our club, like so many, made the leap to Zoom as the liferaft to save our club.

That leap has allowed us to grow in unexpected ways. We update our website and Facebook page often so everyone can see what an active fun club we are. We post information in a way that makes it easy to understand the time differences and meet us.

We started building connections with people around the world. Some of our new friends are: Anu from India, Stephen from China, and Val from the U.K.

Some visitors have forged deep connections with our club. Patricia from Ireland even volunteered to be the guest speaker at our St. Patrick's day celebration in 2021.

Rebok From Australia became our first International member about a year ago. Marcy our most recent international member lives in Canada. While vacationing she made a stop to visit us! What started for me as a way to meet people locally has blossomed into an international adventure. Our local club is now touching hearts and minds around the world!

Visit us for more ideas to help your club

<https://www.facebook.com/groupsnewhorizonstoastmastersd7>



Marcy Field, DTM
from Canada meets
local New Horizons
member Bill Maher

St. Patrick's Day Ahead

TM Ann Kroetch

March 13, 2021
8:00 AM PT (-8 GMT)

Join our zoom meeting!
Meeting ID: 868 3000 7672
Passcode: 1360

Special Guest Speaker:
Patricia Radley
directly from Ireland!

Come for the FUN, Stay for the Growth!

Division F- PDX DC

Area 71 = Arlington Toastmasters Club, NoonTime Club, Wash

Area 73 = CareOregon, Sunrise Toastmasters Club, The Standard Sp

Area 74 = Columbia Square Squawking Heads, Portland Rotary Toa

Area 75 = AAA Towsters, At The River's Edge Club, Speakers By Des



TALKING HEADS is going strong with hybrid meetings



Meanwhile ROTARY TOASTMASTERS finds success meeting in person. Wednesday at 7:15 a.m. (sharp!) at 220 NW 2nd Ave., Portland, OR

Downtown YearBook

ington Street Club, Essayons Club
eakeasy Toastmasters, Electric Toasters Club, M A C
stmasters, Portlandia Club, The University Club
sign, Yammertime, Talking Heads



ESSAYONS TOASTMASTER CLUB
celebrates over 60 years of public
speaking and leadership!!



SUNRISE TOASTMASTERS
PORTLAND gathered in person to
celebrate the achievements of 2022. It
was a wonderful event that brought
their team closer together. They
celebrated progress, shared some
laughs, and enjoyed delicious food. It
was the perfect way to close out the
year and ring in the holiday season.

FALL INTO PUBLIC RELATIONS

Fred Bergeron, Public Relations Manager



Hello District 7 Members from your friendly neighborhood Public Relations Manager! Several events are happening in District 7 and worldwide during the Fall.

RENEWAL OF VOICES

First, it's the relaunch of Voices! our online magazine now approaching its 10th year of publication; second, it's my birthday month; and third, dues increase to \$60. Although I have no control over the third event, I do have the privilege of working with a great team, starting with our Voices! editors, Leela Seeber and Jennifer Schmidt. They put the word out about the magazine and set expectations for all Toastmasters interested in submitting articles.

NEW PODCASTS

Next is our Podcast Chair, Ray Miller. He is a member of the new chartering Podmasters Club. I hope you have seen some of his interviews on YouTube and our social media pages.

NEW YOUTUBE EXPERTS

Finally, there's our two video editors and YouTube gurus, Phyllis Harmon and Dave Bones. You have no idea how hard these two work behind the scenes to create the great content you've been watching. Some new items added to the mix are the Tidbit Tuesday clips, a PRM Forum, and the Video Contest Challenge. The first two have been successful. Let's see more videos promoting clubs. Why did you join your club? What's so special about your club? Why should people join your club? The winning video will be based on the greatest number of members who joined a club, based on the videos you created. If you are still hesitant about making a video to promote your club, please feel free to bring what you started to one of our PRM Forums on the second or fourth Tuesday at 7 PM PDT, and we'll be glad to provide feedback. So, if you have a success story to tell, a new club chartering, some Toastmasters tidbits you'd like to share, or you'd be interested in being a Social Media Chair, please feel free to reach out to me at prm@d7toastmasters.org.

VISIT THE DISTRICT 7 INCENTIVES PAGE

Check out the promotions.
Is your club already earning incentives?
<https://d7toastmasters.org/incentives/>

Congratulations to our Winners of the District 7 Club Website Contest!

1 First Place Winner Sunrise Toastmasters

2 Second Place Winners

Notary Masters
Sporty Speakers

40 Honorable Mentions

Babble-On Toastmasters
Blue Ox Toastmasters
Civil Tongues Toastmasters
Clackamas Stepping Stones
Clark County Toastmasters
Columbian Toastmasters
Communicators Plus
Corvallis Evening Group
Feedbackers
High Noon Toastmasters
Jefferson State Toastmasters
Lake Oswego Toastmasters
Marylhurst Toastmasters
Nano-Mated Speakers
Noon Talkers
Noontime Toastmasters Club
North Eugene Toastmasters
Portland Progressives Toastmasters
Portland Toastmasters
PR Masters

2 Third Place Winners

Moser Community Toastmasters
Tabor Toastmasters

Further Honorable Mentions

Professionally Speaking
Roseburg Speakers and Storytellers
Sage Beaverton
Salem Speak & Lead
Sherwood Town Criers
Silicon Forest Toastmasters
Tell Me a Story
Toast of Corvallis
Toasting Excellence
Toastmasters for Speaking Professionals
Top DOTs
Tualatin Valley Toastmasters
Unified Toastmasters Waffle Toasters
Wake Up, Beaverton!
Washington Street Toastmasters
WE Toasted Toastmasters
West Beaverton
Yammertime
Yawn Patrol

Are You Ready for Toastmasters

Jennifer Schmidt,



2023 International contest winners 1st place Jocelyn Tyson, 2nd place Nisha Shivram, and 3rd Maryam Ganni

As autumn leaves are displaying gold and orange hues, you might think it's too soon to think about the Toastmasters contest season. However, most clubs start their contests either in December or January. This means October is the perfect time to begin your competitive journey. I did this last year when I competed and won at the Division level. If you're excited to throw your hat in the ring, here's some strategies that can help you:

PREPARATION

Review winning speeches - A good place to start is by reviewing the videos of all the first place World Champion of Public Speaking winners for the last five years. Ask yourself, what do all their topics have in common? What tone and style is used in each speech? How do you feel when you watch them? Any similar traits you can glean from each presentation will help you better understand the main ingredients of an award-winning speech.

Study the contest rules - If you're planning to enter a contest, you have to know the rules. This includes timing, possible disqualifications, and other specific requirements (such as club standing and paperwork) in order to compete. Reviewing the judges ballot is also a great way to see how

different parts of a speech are scored. All winning speeches typically maximize each area to get the most points for a higher placement.

Choose your theme - Every idea starts with an overall theme that develops into a speech. For the International Speech Contest, it should be inspiring and a topic you are passionate about that would also interest a large audience. You want to make sure your theme is personal, relatable, and compelling. Also, remember you will be giving this speech multiple times, and really need to enjoy the topic so you can deliver it with consistent energy.

PRACTICE

Start with your home club - My home club, New Horizons Toastmasters, is where I always deliver my speech for the first time to get initial feedback. Before the club contest, on average I'll practice 50 times on my own. Between contests, that number will increase to at least 200 practices by the Division contest. This might sound like a lot of practicing, but this is how I feel the most prepared, and less likely to forget what I'll say when my adrenaline is really high.

Share with other clubs - Last year I visited several clubs to practice my speech prior to the Area and Division contests. This feedback from various audiences helped me to enhance my speech and

masters Contest Season?

Senior Editor

make it stronger. With many virtual club meetings held throughout the week, these practices were pretty easy to schedule. However, I found when a club met monthly, contacting them as soon as possible gave me the best opportunity to secure a speaking spot.

Visualize, record, and refine - I've seen some contestants look worried before speaking as the pressure overwhelms them, and it throws off their delivery. This is easy to do, because speech contests are a very structured event. But I found that if I visualize a happy audience, I tend to feel better, and my nerves calm down. I'll also watch a recording of myself to get the audience's perspective and see where I can refine my delivery to make the speech stronger.

PURPOSE

Stick to the goal - Every speech has the same goal - to serve the audience. If it is only serving you, that won't help or inspire anyone else. Instead your speech will be disengaging, and boring. Have you ever met someone who only talked about themselves? Not a fun conversation, right? What can you teach your audience without sounding like you're giving a lecture? If they only remember one point that serves them, what would that message be?

Have a heart-felt message - Most speeches have facts that give it structure and credibility. But unless you want to sound like a cold robot, it also has to have



2023 District 7 winners International
Natalia Kukushkina and Humorous Paul Carson

emotion as well. Because speaking is a careful mix of stories infused with heart, struggles, and triumphs. This combination builds up trust and likability with your audience. They invest their time to watch, learn, and feel your words that hopefully inspire them to follow a similar path of success.

Call to action - Once the audience understands the facts while listening with their hearts, they usually are inspired to take the next step. But what will that step be? How can they get started? Whatever first step you suggest, make it easy and reasonable. In one speech I talked about getting an Employer Identification Number as the first step to starting a business which is an easy online process. The point is to encourage a call to action that gets fast results.

I find contests allow me a place to challenge and hone my skills. By executing careful preparation, practice, and purpose, any speech can be a winning contest speech. All you need is commitment, strategies, and heart to serve and inspire your audience.

TOASTMASTER TRUE CRIME: The Martin Family Mystery

Harvey Schowe

It is December 1958 and a seemingly picturesque Ozzie and Harriet style family leave home on a short drive to get Christmas greenery. The family is never seen alive again launching the biggest unsolved mystery in Oregon history. Was it an accident or murder? This is the first installment in a story with many theories. Here is the unassuming backdrop which hides scandalous suspicions.

Barbara Aileen Cable was born on January 13, 1910, in Hillsboro, Oregon to parents George A. Cable and Emma Lee Blanchard. In 1910 her father worked as a commercial salesman for the wholesale firm Hubber. She had a sister Marjorie Lee Cable or Mrs. Frank Haine of Santa Barbara, California and brothers Burford Cable and Blanchard C. Cable of Eugene, Oregon. Her parents later moved to Portland, Oregon where she attended Grant High School.

After graduation at nineteen, she married Kenneth E. Martin on November 28, 1929, in Multnomah County. Barbara's son Donald Kenneth Martin was born in 1930 and three daughters: Barbara Lee Martin born 1944, Virginia Ann Martin born 1946 and Susan Margaret Martin born 1948.

Often, during the 1950s, when a husband joined a Toastmasters club his wife joined a Toastmistress Club. Ken Martin, East Portland Toastmasters



member, and Barbara Martin, Rosaria Toastmistress member, are an example of this practice. Barbara Martin likely joined the Rosaria Toastmistress Club the fall of 1953 or early 1954.

June 17, 1954, Barbara Martin was installed as Club Secretary. Toastmistress International Past Director Mrs. Hazel Neen Loomis conducted the installation. Barbara served as Club Vice President during the June 1956 to January 1957 term and was elected Club President for the January 1957 to June 1957 term. After serving her term as Club President she served as Club Representative to the Portland



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Martin Family: Barbara lower left, Ken upper right, Barbara

Lee lower right, Susan upper right, and Virginia upper middle.

Council from June 1956 to January 1957.

Barbara Martin won the club speech contest held March 5, 1954, at the Aero Club with her speech titled "Box Top Beauty." Barbara competed in the Area Contest at the Multnomah Hotel on March 21, 1954.

Barbara Martin had a talent for winning other types of contests. In 1947, she won a free dinner at So and So's restaurant in a KXL Radio contest. On September 2, 1949, she won a watch on the CBS George Fisher's contest. According to the Oregonian newspaper she won frequent contests in 1949. She was a member of Westwins Club and Wintellects contest clubs. December 1951, she won an all

expenses paid trip to Havana, Cuba by collecting box tops. This trip became a subject of speeches in her Toastmistress Club. Her husband Ken delivered speeches about the trip to Cuba in his East Portland Toastmasters Club No. 710. One was titled "Box Topping to Cuba." In 1954, Barbara won a free jeep but traded it in for a 1954 Ford Country Squire station wagon. This station wagon was cream color with red trim and had seats for eight people and a rear seat that was removable for storage.

Barbara was often a lucky winner. How did Barbara Martin's luck run out? How could Barbara, her husband, and daughters vanish? Stay tuned for the next exciting episode.

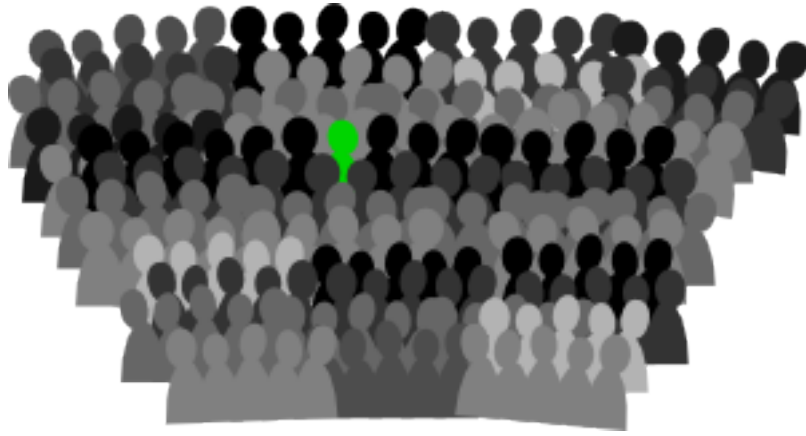
The Depersonalization of Public Speaking

David Freeman

A few weeks ago, I decided to attend our regular club meeting from home. Babble-On Toastmasters, like many clubs nowadays, is a hybrid club, and some weeks it just feels easier to attend virtually. What I hadn't counted on was that spending so much time online, especially during the pandemic, had made me a bit lazy. I watched the room fill with people from my computer screen. On this afternoon, almost all attendees came in person, with only two of us online. I watched the camaraderie among our club members and guests and realized with some surprise that meeting in person was really what I needed more of. Even though we have been outside of our pandemic-induced isolation for a couple of years, some habits were still hard to break, particularly when I'd gotten so used to meeting with people virtually. Seeing people online, while not nearly as fulfilling as meeting in person, had become a necessity for a time. Now it was a reminder that some of my skills as a public speaker may have atrophied from lack of use in front of a live audience. Somehow, I doubt I was the only one.

Ironically, being an Area Director helped prepare me for the pandemic, or at least the virtual aspects of it. Months before the pandemic officially began, I would regularly attend Zoom meetings with the larger Toastmasters community and discuss issues mostly within District 7. When the isolation period began, I immediately noticed that many people who gave speeches online

needed more practice adjusting to the virtual medium. At our Toastmasters Leadership Institute in 2020, I created a presentation addressing this very issue, "How to Create Better Stage Presence on Zoom." And gradually, regardless of whether people saw my presentation or not, people did indeed adjust, including during the contest season when giving outstanding speeches was of paramount importance. All our clubs rose to the occasion, and the speakers were no less prepared. When the isolation ended, to no one's surprise, people slowly trickled into hybrid meetings until many members were reassured that we could congregate safely without too much fear of contagion. My tenure as Area Director ended shortly after I was vaccinated. My habit of going to virtual meetings persisted to the present day. Let me be clear: If you're in another country, if you're sick, or if it's simply more convenient to attend meetings virtually for any number of reasons, there's nothing wrong with this. Sometimes it's necessary to have a day where other needs are met, personally or professionally, and meeting online fits neatly into the schedule. But as public speakers and leaders, we have an obligation to be where the people are, and most often circumstances dictate that we attend meetings in person. As many meetings are now hybrid in nature, it's sometimes tempting to stay home where it's convenient to grab dinner and a movie after finishing a meeting. However, just as I noticed that skill building was essential



in navigating stage presence on Zoom, it's equally important to develop those skills in a live setting.

When I visited my clubs, I was surprised at how much I had to learn in addressing not one but two audiences, the live group in front of me as well as those people attending on Zoom. There's an old rule among television and film actors: Never look at the camera. For our club members, however, it's the opposite: Be attentive to your audience, and when possible, play to both groups. Some clubs have the computers set up in such a way that you can see both audiences at the same time, with the computer on the podium and the live audience just beyond it. In other clubs, the computer screen might be just off to the side, meaning dividing attention between both groups becomes paramount. In either case, learning how to be cognizant of your audience becomes more challenging at first in a hybrid environment, but the result is that you become more comfortable and proficient at presenting yourself and your subject matter in a way that speaking online may not always convey.

I want to emphasize that meeting in person

may not always be possible. All of us have now met people from other parts of the United States and around the world through Zoom, so in one sense the technology has enabled us to become more connected to each other in ways that would not have been possible even a few years ago. Likewise, holding events like the Toastmasters Leadership Institute online can help eliminate a lot of the logistical issues in putting on these events. I will never suggest that we give these conveniences up. By the same token, even when the technology is present, I believe the best lessons in public speaking can be learned through stagecraft. I highly encourage all public speakers to take the opportunity to learn that craft in a live environment at the earliest opportunity as it brings a wealth of opportunities to you that an online experience can't necessarily convey. Good luck, and I hope you enjoy the experience!

My Career In Communications

Lee Coyne



Long before joining Toastmasters in distant Vienna, VA in 1986, I felt the need to convey my thoughts. While I gave oral reports in class, my verbal linkage was destined to be a writer. I would read the papers daily, fascinated by assorted word choice.

My original goal was to be an international law specialist and help resolve disputes. However, karma intervened after I chose top name law schools but did poorly on the math test needed. Perhaps my mind went off on some tangent.

Plan B was to become a journalist as a platform in advocacy. I would explore the outer world and the characters that inhabit it. I took that crucial step.

Being in NYC, I faced lots of competition. Mine was newbie status. Seasoned vets were my rivals. A good friend urged that I go beyond the classified pages. His unique path: newspapers listed in the yellow pages. I would send both resume and a writing sample. The editor would get a preview!

Rather than the usual request to be hired, mine would be an "information interview" to learn how a paper sprang to life. The publisher would be my teacher and guide. The first fish to bite was a Black weekly called The Queens Voice. How would they react to having a Caucasian on staff? My next column will reveal that turn in the road. Stay tuned.

Lee Coyne has worn many hats: reporter, editor, TV host, and therapist. He lives in Salem.

Seasonal Poems

Lee Coyne



OCTOBER OMEN

Invested fear
Goblins are near
May confidence
Eclipse the sphere



DEBT TO OUR VETS

Engulfed in war
No easy chore
Our veterans
Deserve much more



BOLDER AND COLDER

December ushers
Winds that chill
Equip warm clothes
Lest we fall ill

Rebuilding Your Network:

How to Jumpstart Network Building After a Pause

Cristina Patrick

In life, we often encounter moments that necessitate putting certain aspects on hold, and one such area is networking. Whether it's due to personal commitments, career transitions, or unforeseen circumstances, taking a break from networking is sometimes inevitable. However, just like a garden left untended, a paused network can wither over time. The good news is that rebuilding your network is always possible, and with the right approach, you can jumpstart your network building journey with renewed vigor and purpose.

1. Reflect on Your Networking Goals

Before diving back into networking, take a moment to reflect on your goals and aspirations. What do you want to achieve through networking? Define your objectives clearly, whether it's to find new career opportunities, expand your social circle, or gain professional development insights. A clear vision will serve as a compass to guide you through the rebuilding process.

2. Leverage Social Media and Online Platforms

Social media and online platforms can be powerful tools for networking. LinkedIn, for instance, is a treasure trove of professional connections. Update your profile, highlight your achievements, and engage with industry-related content. Don't forget to join relevant groups and participate in discussions. Likewise, Twitter, Facebook, and other platforms can also be valuable resources for expanding your network.

3. Attend Networking Events

While online networking is convenient and effective, don't underestimate the power of in-person connections. Seek out local networking events, industry conferences, workshops, and seminars. These events provide excellent opportunities to meet like-minded individuals, exchange ideas, and build meaningful relationships. Remember to approach conversations with a



genuine interest in learning about others.

4. Reconnect with Past Contacts

One of the most significant advantages of rebuilding your network is the potential to reconnect with former contacts. Reach out to old colleagues, classmates, or business acquaintances. Express genuine interest in catching up and inquire about their current endeavors. Personalized messages and small gestures can go a long way in rekindling relationships that may have faded over time.

5. Volunteer and Join Organizations

Engaging in volunteer work not only helps you give back to the community but also presents an opportunity to meet like-minded individuals who share similar values. Look for local non-profit organizations or industry-specific groups where you can contribute your skills and expertise. Volunteering often leads to meaningful connections and opens doors to new experiences.

6. Seek Out Mentors

Mentors play a vital role in personal and professional growth. As you rebuild your network, consider seeking out mentors who can guide you and offer valuable insights based on their experiences. Mentors can provide encouragement, support, and wisdom that can prove instrumental in achieving your goals.

7. Be Consistent and Patient

Building a robust network takes time and consistent effort. Don't get discouraged if results aren't immediate. Stay patient and committed to the process, and the rewards will eventually follow. Be proactive in maintaining connections, following up with new contacts, and nurturing relationships.

8. Join a Toastmasters Club

Toastmasters can be a great way to rebuild your network. Effective networking involves more than just making small talk; it requires the ability to lead conversations, engage others, and leave a positive and lasting impression. With Toastmasters you'll learn how to communicate effectively, which is an essential skill for networking, and you'll build your confidence which can make you more effective at networking.

Rebuilding your network after a pause is a journey of rediscovery and growth. Embrace the process with enthusiasm, stay true to your objectives, and be open to new experiences and connections. Whether online or in-person, networking offers an invaluable platform for personal and professional development. Remember, the most meaningful connections often stem from authentic and genuine interactions. So, go forth and rekindle your network, for you never know where your renewed connections might lead you. Happy networking!

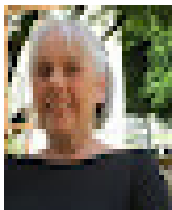
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CONVENTION RECAP

HIGHLIGHTS ON
DIVISIONS G & H

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by November 15, 2023