

One Community
Many Voices

District 7 Toastmasters
December 2015

Toastmasters *is* where leaders are made.

Gary Schmidt

The 501st Legion: The Bad Guys Who Do Good

INSIDE

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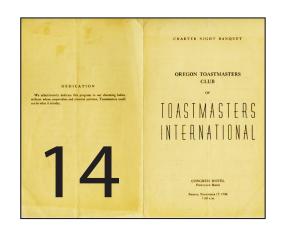
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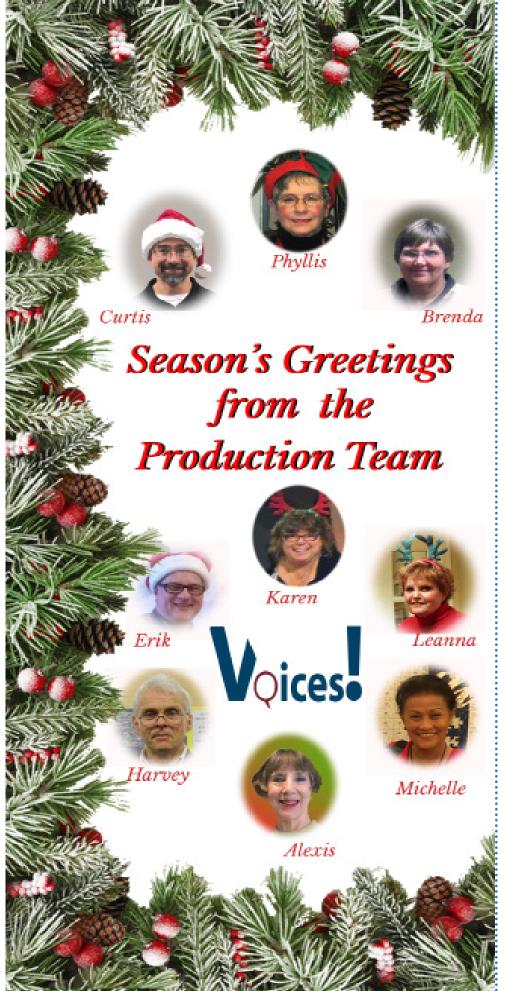
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TOASTMASTERS INTERNATIONAL

Toastmasters is Where **Leaders Are Made**

by Gary Schmidt, DTM, PIP

Why did you join Toastmasters? You probably international officer, joined for the same reason I did—to overcome a great fear of public speaking. Toastmasters is so much more than just helping us become better speakers. A joyous revelation for me was how Toastmasters develops leaders.



was simple—I was unemployed. I was a skills were scarce. A

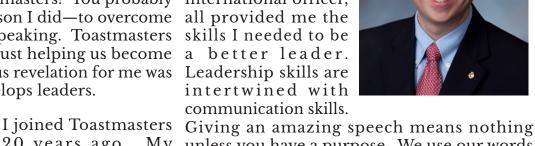
book about finding employment, a college professor and a friend all recommended I join me more about myself and how to be a Toastmasters. I finally visited a club. I was terrified. But I had hope that Toastmasters might be the place where I could become a better speaker and find a job.

It worked. Six weeks after joining Toastmasters, I talked my way into a job with Oregon U.S. Senator Mark Hatfield. I found my dream job thanks to Toastmasters. What Toastmasters provided to me in six short weeks was confidence. Delivering speeches, offering evaluations and thriving in Table Topics all slowly built my confidence and demonstrated to me that I could find success as a communicator.

But there was more. A club member recommended I become a club officer. But I joined Toastmasters to be a better speaker! That wise club member told me how being a club officer would teach me valuable leadership skills that would not only help me be a better speaker but also help me get promoted quicker in my job. Bingo! That was what I needed to hear.

That moment was really the turning point in officer, and then as a district and President of Toastmasters International in

all provided me the skills I needed to be Leadership skills are intertwined with communication skills.



20 years ago. My unless you have a purpose. We use our words reason for joining to inspire others to take action and make our communities better.

newly-minted college Soon after becoming a first-time club officer, graduate yet I could I was promoted at my job with Senator Hatfield. not find a job. The My supervisor asked me how I had improved economy was pretty my leadership skills so quickly. In Toastmasters good in 1995 so I can't I proudly replied! I was now hooked on my say jobs were scarce. leadership development. For me, it meant that My communication I could progress more rapidly in my career.

> Each leadership role in Toastmasters taught successful leader. I learned how to organize people and paper, create and oversee budgets, motivate volunteers, overcome conflict, coordinate huge events, keep on top of the details and offer meaningful feedback to others.

> And I kept getting promoted at work! I earned more money! Others were asking me where they could learn these skills. I brought them to Toastmasters!

> As I kept learning more and more about leadership, I kept progressing in Toastmasters officer roles. I gladly served in Toastmasters leadership roles for 15 consecutive years without a break. After serving the club, I became a district officer-Area Governor, Division Governor, Lt. Governor Marketing, Lt. Governor Education and Training, District Governor (the tiles were changed earlier this year).

After serving as a district officer, I still had more to learn! With a motivated heart, and encouragement from others, I served as an international officer—International Director, 3rd Vice President, 2nd Vice President, Senior my Toastmasters career. Serving as a club Vice President and finally International



2009-2010.

My greatest personal growth was during my service as an Area Governor, District Governor and International President.

As Area Governor, I learned that words and actions mattered. I could positively influence the clubs in my area by sharing encouraging words and proactively offering ideas for membership and educational success.

As District Governor, I learned that avoiding conflict never solves a problem! In fact it makes

it much worse! Even when it is painful, you have to offer direct feedback to your team to help them learn and grow.

As International President, I learned to lead with directness and compassion. A leader needs to set clear expectations then let the team go to achieve results without your constant oversight.

Even after all these wonderful experiences, I still have more to learn as a leader. That is why I remain in Toastmasters. There are so many more opportunities to give, share and grow.

Now it is your turn. Come forward and serve as a club or district officer. Don't wait to be asked. Take the plunge. You will be grateful for how that single decision will transform your life. Toastmasters is where leaders are made.

Gary Schmidt joined Toastmasters in February 2005. He is a member of Clackamas Stepping Stones, Clackamas County Toastmasters, and Electric Toasters. He is the 2014-15 recipient of the District 7 Lou Webb Award as well as many others during his illustrious career.



Leading from the Inside Out

by Michael (Mick) Taylor, CC

I recently had the privilege and the pleasure of coordinating a class on Working in the Team Environment. At that class, we explored ways to be effective team members and team leaders. Since the Toastmasters' motto is "Where Leaders are Made," it was no surprise that some participants wanted to further examine the finer points of being a good team leader.

One of the things we discussed were the skills a team leader needs to build and maintain communication with team members. I emphasized that the three most important skills are, in my opinion, fairness, loyalty, and consistency. These are three of the Four Pillars of leader authenticity. Why is authenticity important to being an effective leader? Because authenticity makes leaders more trustworthy and approachable. This enhances commitment from team members, which leads to better results. To be an authentic leader requires self-awareness. This means having a good grasp on our strengths and weaknesses.

What are the Four Pillars of Leader Authenticity? They revolve around accountability. Accountability means taking responsibility for the results - both good and bad. It means having the self-awareness to know when we've made a mistake, and knowing how to make

amends for that mistake. It mans that when we mess up, we need to fess up.

Apologizing doesn't always come easily to many of us (myself included), but an apology offered, when called for, is a powerful way to enhance our authority and credibility. Sometimes we see an apology from a leader as a sign of weak-



ness or incompetence; but in reality, it shows that we as leaders are concerned for the team's success. An apology must be genuine to be credible. We must acknowledge the mistake and our role in it. For example, how many times have you heard this "nonapology": "I'm sorry that vou felt that way aboutwhat I said." That's not an apology. That's blaming the person for their reaction without admitting error.

The quickest way for a leader to restore credibility and win better trust is by following the six A's of Leadership Accountability.

They are:

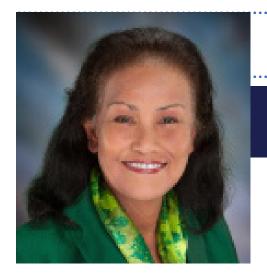
1. ACCEPT - The first step

- is the hardest accepting that we made a mistake. Swallow hard and accept that we made a mistake.
- 2. ADMIT-Publicly acknowledge the mistake. Otherwise, no one will think we are serious about taking ownership.
- 3. APOLOGIZE Specify what we did wrong. (See previous paragraph)
- 4. ACT Quickly respond to address the consequences. Then people know we're serious about fixing the problem.
- 5. AMEND Often overlooked in the process. Appropriate reparations should be made when and where needed.
- 6. ATTEND Judge if our actions are working by paying close attention to team members' reactions.

Remember - Effective leadership is an "inside-out" process. Self-awareness makes us more authentic. Authenticity leads to accountability, and accountability makes a team leader that others want to work with.

This article first appeared in the December 2015 issue of the Capital News. It's been reprinted with permission of the author Mick Taylor.

Mick joined Toastmasters in 2014. He is a member of Capital Toastmasters where he serves as Club Secretary.



VIEWPOINT

Celebrating Christmas

by Michelle Alba-Lim, DTM, District Director

Over two billion people celebrate Christmas around the world. Unfortunately, for many, Christmas is synonymous with spending. It's that time of year when credit cards get the most mileage, as millions scramble for presents. I bought into this mindset for many years.

This changed in 1995, when I lost a great deal of money bringing Andrew Matthews to the Philippines. I loved how he drew cartoons while speaking however, as I painfully discovered, he wasn't popular enough to fill a hotel ballroom. Being a small business owner, by the time I had paid the bills, there was barely enough money for food and other necessities. As I succumbed to shame, remorse, and guilt for a bad business decision, I fervently wished that Christmas would skip that year. Then, a few days before Christmas, the haunting strains of "Why don't you give love on Christmas Day? Even the man who has everything would be so happy if you would bring him love on Christmas Day. No greater gift is there than love..." floated on the air waves and into my consciousness. A light bulb went on! We didn't need money to celebrate Christmas. We didn't need presents bought from a store. All we needed to celebrate Christmas was love.

I gathered the kids and explained that I had no money to buy presents. Instead, I would give them my love, my time, and my attention. My youngest (then 10 years old) asked if she could request a gift. Tremulously, I nodded, fearing that she didn't understand that I had no money. The gift she requested was for me to read her bedtime stories again!

On Christmas morning, we opened homemade cards that pledged gifts of time, love, and kindness. My son promised his sister that he would stop pulling her hair. Her gift to him was including his laundry when she did hers. She gifted her younger sister with a promise to help with math assignments. And so on. Incredible as it may sound, that was one of our best Christmases. We each took the time to discover what was meaningful for the other person.

Nowadays, since we live in various parts of the globe, my family celebrates Christmas in various creative ways. Video calls on Skype. Long Facebook chats. And yes, Amazon.com helps.

Likewise, with my closest friends, our most precious gifts are time, care, and support. We care for each other not only during the Christmas holidays, but throughout the year.

How will you celebrate Christmas? Buying a bunch of presents is great if you can afford it. Beyond presents, though, strive to discover what your family and friends find truly meaningful.

If Christmas catches you a bit low on finances, cheer up. Cliché though it may be, the best things in life are indeed free. Like we did, discover the pleasure of celebrating Christmas with gifts of time, care, and attention. Happy holidays!

Email me at <u>dd@d7toastmasters.org</u> or call/text me at 541-530-1038 to let me know what you think, or to ask me to sing your favorite Christmas tune (WARNING: I can't carry a tune if my life depended on it.)



FROM THE DESK

Awaken the Force within You

by Leanna Lindquist, DTM Program Quality Director

Star Wars mania has taken over since the release of Star Wars the Force Awakens. I remember when the first movie took the world by storm. The year was 1977. I saw it in the theatre seven times. "May the force be with you" became a common phrase. The wisdom of Yoda is still valid and can be applied to Toastmasters.

Much to learn you still have. The Toastmasters program reaches far into the galaxy. There are more speeches to give, more evaluations to receive and more contests to enter. There is always more to learn. We will never exhaust all that Toastmasters has to offer.

Patience you must have. Great improvement in skills does not happen overnight. It takes time. It requires giving manual speeches and filling meeting roles. This means you need to regularly attend club meetings and participate. That is how skills will be developed.

If you end your training now, if you choose the quick and easy path as Vader did you will become an agent of evil. Many people leave Toastmasters after only a few months. Why? They develop a little self-confidence. They mistake that self-confidence for good speaking skills. Many others leave because they received white washed evaluations. They were falsely led to believe they had mastered great speaking skills. There is no quick and easy path to becoming a skilled leader or speaker. It comes only with continued effort and work.

A Jedi must have the deepest commitment, the most serious mind. Are you going aimlessly through the Toastmasters program? Have you taken the time to set goals to achieve your aspirations? While

Toastmasters affords us the opportunity to progress at our own

pace, setting goals is paramount in achieving success within the program. When you establish goals, write them down and schedule yourself to speak. Commit to stick with your goals to achieve the best results.

Always pass on what you have learned. Lead by example. Bring your manuals and come well prepared. Others will learn from your

example. When you give a speech

that focuses on a speaking or leader-ship skill you help the newer members. Information you have picked up from other Toastmasters, from articles you have read and from visiting other clubs deserves to be passed along.



Look to Yoda and heed his wisdom. Strive to be like a Jedi Knight. Train your mind and seek to improve yourself. May the Force be with you.

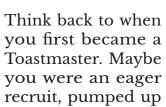


FROM THE DESK

The Gift That Keeps on Giving

by Erik Bergman, DTM, Club Growth Director





and ready to take the world by storm. Or maybe you were a reluctant Toastmaster like I was, who joined under pressure because your boss said

that he wanted you in the company Toastmasters



I'll admit that I viewed my first meeting as a chore rather than an opportunity. At least I was smart enough to change my attitude quickly once I saw what the program could do for me. Once I got into the groove of giving a speech every month, my progress

made me feel great. Soon I knew that I had been handed a gift that seemed to grow more valuable the more I stretched my comfort zone.

Since then I've been able to hone my skills and speak out on issues that matter to me. Both within my company and beyond in my volunteer work, Toastmasters has helped raise my public profile. It also made me a far stronger leader, although I hadn't even considered that benefit when I first joined.

My eight years in Toastmasters have taken me places I never imagined — including the front of the room at business meetings and center stage at alumni events. For someone who was painfully shy as a kid, that feels remarkable. Standing up to speak before a crowd is now a cause for excitement rather than panic.

Yet the longer I've been in Toastmasters, the more I understand that it is not about me. It is really

about the fellow members I can help along the way, just as so many Toastmasters encouraged, advised and coaxed me on my path. Where once I had not been ready to receive the gift, I became ready to share it with any member who needed it. Whatever path you took to get to Toastmasters, I hope you consider your membership and your participation as a gift — to yourself and to others. For me, Toastmasters has truly become a gift that keeps on giving.



New Clubs Set to Charter! We have great news out of Portland this month. We expect corporate clubs at WebMD and CBRE to

charter before year's end! The two clubs will bring extra strength and energy for Division F, the Downtown Division.



Many thanks to the employees at both WebMD and CBRE who will soon be charter members. Thank you also to Toastmasters Katherine Stevens, ACS, ALB, who has mentored and nurtured the WebMD club to the charter strength of 20 members. For CBRE, cheers go to the husband-and-wife team of Cleon Cox, DTM, and Gloria Cox, and club mentors Jeff Isom, ACS, ALB, and Eldred Brown, ACG, ALB, who will ensure the club gets off to a strong start.

If you work for a company that needs a Toastmasters club, or simply know of a company that could use one, tell me about it in an email to cgd@d7toastmasters.org. Starting new clubs is how we spread the gift of Toastmasters to more people in more places.

Pursuing Potential



Under the leadership of Club Coach Coordinator Allison Bennett, the Club Coach Program is about to take an exciting step forward. We are revitalizing the Club Coach Program to be an exciting, viable and sought-after opportunity for smaller clubs to partner with trained coaches. We'll match resources with club needs to revitalize meetings, achieve members' goals, achieve club membership goals and build enthusiasm. In the near future look for easily accessible programs that not only help clubs grow but also increase the opportunities for emerging speakers and leaders to practice their skills.



The District aims to provide tools, tips, resources and speakers to help clubs with low membership regain a solid footing and become distinguished. Any club with 12 or fewer members can request a club coach — or even two. Club coaches take an attitude of "do with" rather than "do to" or "do for" because that is the best way to create possibilities, explore solutions, and encourage continuous growth.

Club officers can request a coach, and members can volunteer to be coaches, by simply sending email to coaches@d7toastmasters.org. Serving as a club coach is a key step on the road to the Advanced Leader Silver award. It's also guaranteed to be hands-on practice in listening, leadership and collaboration.

We'd like to officially welcome these dedicated Toastmasters to the Club Coach Program:

- Joe Anthony, ACB, ALB, who will coach Clack-Orators Toastmasters
- Joyce Eastwick, ACB, ALB, who will coach The Dalles Toastmasters Club

This brings to eight the number of clubs that are taking advantage and benefitting from the Club Coach Program.

Happy Anniversary To December Clubs



Chartered	Years	Club Name	
12/1/1989	26	FIG Masters	
12/1/1979	36	Arlington Rogue Communicators	
12/1/1987	28		
12/11/2012	3	Passport To Leadership	

The following clubs are celebrating their charter anniversary this month. Congratulations to all! A special shout out to congratulate all clubs that have reached the quarter century mark or more: FIG Masters, Arlington, and Rogue Commicators!

January

1

Begin second-round club visits

23

Mid-Year Club Officer Training @ Wilsonville High School 8:00 AM – 3:30 PM

Mid-year training for all club officers. All members are welcome.

February

23

Frog Pond Networking Event @ Meridian United Church of Christ - Frog Pond Church

8:00 AM - 12:00 PM

29

Last day to complete mid-year club officer training for Distinguished Club Credit

Submit second-round club officer training reports online

Save the Date Frog Pond Networking Event - February 23, 2016

Back by popular demand are the networking events affectionately known as "Frog Pond." We will start with the day with coffee, a bite to eat and great conversation. The morning will be filled with interactive educational sessions. If you have a suggestion for a topic or you have a presentation you want to make please fill out the form.

All Toastmasters are welcome. There is something for everyone. Register today.

JOURNEYS...

Spotlight on Success By Alexis Mason, DTM



This spotlight is dedicated to the most important person in the entire worldwide Toastmasters organization. That is you, all of you as individuals. Without you, the individual member, there would be no organization, no regions, no districts, no divisions, no areas, and certainly no clubs.

Think of your membership as a gift to yourself, but also to everyone with whom you associate, either personally or in some community or corporate capacity. Aren't you a better family member, citizen, employee, employer, civic minded volunteer, Sunday school teacher, or any of a myriad of other roles you play?

As we roll into 2016, and the second half of our Toastmaster year, I ask you not only to resolve certain goals. Please commit as well, and the commitment will help keep you on track. What should you commit? Please commit to attendance. If you are

not there at your club meetings, the club and you are missing out. Please commit to accepting roles in the meeting. Some folks are intimidated by the thought of being general evaluator or table topics master, for example. If you are, take the risk. You will find that your club is not only a safe environment to try out speech ideas, it's also a safe environment for the challenge of other roles. This is also a chance for you to be mentored. One of the tasks in the CL manual is to mentor an experienced member. Let someone help you.

Commit to officer training, even if you're not an officer. TLI events and other training opportunities are more than skill sets. They are connections to other Toastmasters, opportunities to try on new ideas, and a way to hear about innovative methods to take back to your club.

Please commit to manuals. Even very experienced Toastmasters

should always speak from a manual. Why? The manual might not have changed since you completed it before, but you have. You will gain new insights each time you complete the CC or the CL manual. In addition, the advanced manuals, modules, and seminar materials will benefit you and your club. If you're a leader, and you are, please lead by example.

You are worthy of the best Toastmasters has to offer.

Until I see you again. . .





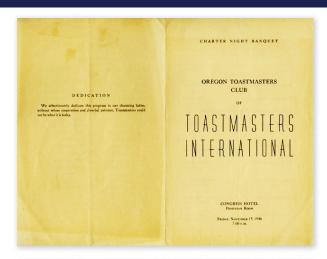


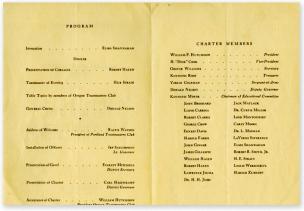
BURIED TREASURE

70th ANNVERSARY 2016
OREGON TOASTMASTERS CLUB #424
by Harvey Schowe DTM-District 7 Historian

On Friday November 15, 1946 Oregon Toastmasters Club # 424 charter party was held at Portland Congress Hotel Pompeian Room. The charter party program included Governor Carl Hasenkamp presenting the charter, Lieutenant Governor Irv Saucerman installing new club officers and District Secretary Everett Mitchell presenting the gavel. Club officers were M. R. Wilkinson, president, Dean Anderson, Vice President; Charles Holt, Secretary, Dwight Daugherty, treasurer, Max Armstrong, sergeant at arms, Glen Meek, deputy governor. Distinguished charter members present were Ernest Davis - past TMI president and past District 2 Governor, Donald Nelson - past District 7 Governor and Toastmasters International Director, Robert Hazen - President of Savings and Loan Association and Glen Meek - past District 7 Historian. This club included in Area Seven with The Dalles # 522, Oregon Trail # 480, Farmers # 622 and C.P.A. # 657 clubs.

Afterwards, Oregon Toastmasters members made valuable contributions to Toastmasters. For instance, in 1949, over a dozen members provided general evaluators for newer clubs and Toastmistress clubs. The club received the Howard Gordon trophy Toastmasters Club of the Year award for 1948 and 1949 at Toastmasters International Conferences and an honorable mention for club of year in 1950. During 1950 Spokane Toastmasters International Convention members of High Dawn and Oregon Toastmasters Clubs under direction of Donald Nelson with Harris O. Johnson of Indianapolis presented a Club in Action demonstration meeting during Saturday morning session. During this conference, Mr. Ralph S. Nohlgreen, Oregon Toastmasters Club member, became first District 7 member to participate in Toastmasters International Speech Contest finals. He won second place





with a speech titled 'This Time We Shall Never Stop. Before moving to Portland, Mr. Nohlgreen represented Salem Club #138 at a 1948 District 7 Speech Contest. Members wrote a newsletter titled Bulletin which included a club calendar and news. During the club's 7 anniversary celebration, Victor Miller, club deputy governor, noted that Oregon Toastmasters Club achieved the Club of Year award four times during its seven year existence. Furthermore, this club sponsored organization of 15 Toastmasters clubs such as Hood River #701, Gresham #7897, Astoria #775, St. Helens #727, Oregon City #390, Dico #595, Farmers #622, Rosaria #588, and First National Bank #584. Oregon Toastmasters Club #424 continues as an active club in Area 71 Downtown Division.

Strategies for Maintaining Sustainable Clubs

Mid-Course Correct



REGISTER TODAY



Toastmasters Leadership Institute Wilsonville High School January 23, 2016



Toastmasters Leadership Wilsonville High Scho

7:00- 8:00am				Regist	
8:00- 8:15am		Trio C			
8:15- 9:15am		Why Just Sur Dottie Lo			
9:15- 9:30am					
	Cafeteria	101	103	105	
9:30- 10:30am	VP Education Panel Discussion Brent Smith Lisa Hutton Phil Westover	VP Membership Panel Discussion Sandra Stein Shannon Milliman Debi Hammond	Secretary/Treasurer Panel Discussion	Better You, Be Team: Collaborating Difficult Peol Phyllis Harmon,	
10:30 -10:45am					
10:45- 11:45am	Grace Period, I				
11:45- 12:00pm				Revitalized E Ad	
12:00- 12:15pm			Tric		
12:15- 1:30pm				D7 Pc	
	Cafeteria	101	103	105	
1:30- 2:30pm	Club President Panel Discussion James Wantz Robert Wilson Anne Machalek	3 Purposeful P's to Competing! Jim Robison Ronda Holdridge	VP Public Relations Panel Discussion Stephana Johnson Michelle Alba Lim Marvin Mitchell	Authentic Performand for Speaker Bring Emotio Espressivity to Authentic Vo Laura Handl	
2:40- 3:00pm				Drawi	

Institute - January 23, 2016 ol - Wilsonville, Oregon



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Break								
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tter with ple DTM	How to Wow Your Audience by Mind- Mapping Your Content Mike Goss, DTM	Speech Contests: Prep Work & Rules Alexis Mason Ellen Ino	What's the Plot? How to Use Storytelling to Improve Your Presentation Joe Anthony	How To Run A High Energy Club Meeting Without A Taser Bill Burns				
Break								
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Announcements								
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	115	117	119	123				
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REGISTER TODAY

ng and Final Wrap

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