

## John Michael

Super Heros Don't Quit!  
Cover Story



# Thank You

*Freedom does not come without a price. We may sometimes take for granted the many liberties we enjoy in America, but they have all been earned through the ultimate sacrifice paid by so many of the members of our armed forces. —Charlie Dent*



# Giving Thanks

Phyllis A. Harmon, DTM  
Editor/Publisher



As I look back on November, first to the men and women who placed their lives in danger to protect the freedoms most of us take for granted and then to George Washington for his proclamation of Thanksgiving for blessings bestowed upon our nation, I am reminded that I have much to be thankful for. I've learned that being thankful puts life in perspective and fills my heart with joy and peace.

I grew up in a statistically average family, in an ordinary little town, where I matured into an ordinarily average adult. I am thankful for the very ordinary life I grew up in—protected from the strife and instability suffered by many throughout the world.

Family and friends have surrounded me all my life, molding and shaping my thoughts and actions. For them, I am thankful for teaching me that nothing is as important as commitment and dedication to others.

I am eternally thankful to the community of Toastmasters who have guided me towards becoming a better, more productive me. And as I turned 70 this month, I am thankful that I awake every morning, with joy in my heart, and a bright, questing mind eager to take on the challenges of the day.

During this holiday season, I wish you many opportunities to be thankful for the small, ordinary events that fill your life. For through thankfulness comes a serenity of spirit infused with peace and joy, much-needed attributes that seem lacking in the world today.

# EDITORIAL

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Phyllis Harmon, DTM

Associate Publisher  
Brenda Parsons, ACS, ALS

Senior Editor  
Phyllis Harmon, DTM

Associate Editor  
Leanna Lindquist, DTM

Monthly Columnists

Donna Stark, DTM  
John Rodke, DTM  
Emilie Taylor, DTM  
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# VOICES!



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# John Michael Super Heros Don't Quit!

Lisa Hutton, ACS, ALB

*We listen to speeches from  
our fellow Toastmasters and  
then learn about their inner  
character as a result of the  
stories and insights they share.  
John Michael is one of those  
memorable members. John  
a Military Veteran that,  
like some, readily speaks  
out serving our country and  
the affect it has had on him.*

John was prompted to join the military after entertaining an interest since he was a young boy. He's not entirely sure where it came from other than family members had served. The push that got him over the fear of surviving combat was that "the military was a great way to pay for college". There was an audible chuckle in his voice as he said this. John studied lots of various subjects at both Mt. Hood Community College and Portland State University. He ended up with a minor in Business, BA Political Science and then went on to earn an MBA from Eastern Oregon University.

John served in the Army National Guard as a Combat Engineer. Like most people, he had a natural fear of failing basic training. Ultimately, it turned out to be not as bad as imagined. He enlisted and was deployed for nine months and spent six of those months in Egypt supporting the Global War on Terrorism. After being home for three months, he switched his Military Occupations Specialty (MOS) to be an infantryman to go to Iraq in 2004. "I wanted to be active in the game that I was trained to play", says John.

This turned out to be his longest deployment - 15 months. Upon returning to the United States in 2005,



John was deployed, for the last time, for four weeks to support Hurricane Katrina recovery caused from the deadly storm.

Transitioning back to civilian life went relatively well for John. The National Guard is different from the other services. Instead of returning to a base with fellow soldiers, John went from Fallujah, Iraq to home within three weeks. The most challenging part was being lonely. Especially after being with lots of guys 24/7 during hellish moments and then suddenly back home. All alone! Admittedly, John recalls that he tended to get emotional about a number of things. Since he was older when he came back and was no longer residing with his parents, John spent most of his time with his fiancé.

*Note: The Devil's Sandbox: With the 2nd Battalion, 162nd Infantry at War in Iraq, by John R. Bruning, is the story about the 2nd Battalion of Oregon's 162nd Infantry Regiment (2/162). It describes some of the fiercest fighting of the Iraq War and provides a detailed look at the reality of National Guardsman at war. Also, This Is War - Memories Of Iraq, a Gary Mortensen film, shows live combat footage of this same Battalion during their deployment.*

John has had plenty of time to reflect on his service and if any part of this experience will be something that he'll always carry with him. "I think different aspects and principals from being in the military will always be significant. Combat situations helped me to establish a sense of prioritization in life. What's important and what's not. Additionally, I'm a little bit more

passionate about things. I have a mind-set of just doing it. Not quitting! Being in war is the last place to quit", says John.

John is currently recovering from the Gullain-Barre Syndrome (GBS). After a long day of work he's exhausted and his balance is a bit off. Conversely, John's life is filled with many blessings. He recently got married and purchased a home in Canby, OR. After finishing school, he was hired as an Operations Management Analyst for NRCS (Natural Resources Conservation Services) Oregon.

*Note: Gullain-Barre Syndrome is a rare and serious auto-immune disorder in which the immune system attacks one's peripheral nervous system.*

After serving in the military, John wanted to gain confidence in order to share his experiences and thoughts. Toastmasters presented itself as a means to achieving this goal while also providing him a group that would be supportive and encouraging. John shared that he remembered struggling during his freshman year of High School with some depression, perhaps the result of being abandoned at the age of four until being adopted. He distinctly recalls hearing the words from a speaker when in High School that motivated him to have hope. Inwardly, John vowed to become like that and give someone else hope by speaking.

In honor of Veteran's Day this year, John was invited to West Linn Elementary to talk, as part of a panel group, about his military service. This was a perfect opportunity to exercise his





speaking skills outside of the club. Additionally, John recently went to visit family in Spokane, WA and gave an impromptu talk to a group of Special Education kids about challenges and Super Hero powers. Super Heroes don't quit! John shared with them how not to let their

weaknesses prevent them from accomplishing their dreams. Having been in Special Ed for a few years when he was in school, John could relate to some of their feelings and emotions.

A significant change that has emerged since being in Toastmasters is that John doesn't shy away from opportunities that require him to speak before a group. Just recently, John was tasked with presenting quality assurance outcomes, from the past four years, to the leadership team at his work. Even with the option for his supervisor to make the presentation, he stepped up. The confidence gained from Toastmasters has generated the necessary self-assurance to present his findings that will have a lasting impact.

John appreciates how his club, Maryhurst Toastmasters, is professional, inviting and relational. Everyone is always striving to be better. John openly shared how touched he was by Maryhurst club members and officers regularly checking in on him during his absence while recovering from GBS. For him, this

specifically exemplified how his club is relational. Consequently, John states, "this makes me feel like a valuable member of the club - a feeling that all humans want to feel. It's created a deep desire to continue to be an active member of the club".

John chuckled and said, "a lot"; when I inquired what else he wants people to know. It's unmistakable that John tends to look at the positive side of all situations. He has deservedly earned the nickname, Positive Pat, by his hiking friends. "I smile, laugh and keep moving forward one step at a time in the worst conditions, both literally and figuratively. Don't know how to do life any other way. I'm eager to share and motivate others to keep steppin' along. One foot after the other. If you fall, get up and if you need help getting up, ask for it. Dust yourself off and continue the journey of life."

*Lisa Hutton joined Maryhurst Toastmasters in June 2011. She has served in both club and district leadership roles, and is a recipient of the 2011-12 D7 Rookie of the Year award and the 2015-16 Area Director of the Year award.*

# What's Your Story?

John Rodke, DTM - District Director

*It's like everyone tells a story about themselves inside their own head. Always. All the time. That story makes you what you are. We build ourselves out of that story.*

—Patrick Rothfuss, *The Name of the Wind*

This quote has resonated with me for years, as what we develop during our time in Toastmasters. We tell stories about ourselves, our communities, and our interpretations of our reality. We also get the marvellous gift of seeing members blossom as they become more comfortable telling their own stories and becoming stronger leaders.

My ask of you this month is to take your storytelling skills outside of your club and demonstrate them to your friends and family during your holiday gatherings. Share your stories, invite folks to share theirs, and listen, laugh, and gather material for future speeches. A fun thought might be to assign a “Story Master” (aka Table Topics Master) role to a curious individual (maybe a young and rambunctious one) at your gatherings. I hope some lively, insightful, and heartfelt storytelling commences from that action. We do not need to keep Toastmasters as a secret within our clubs. Showing off your hard earned skills may help your family and friends

share, grow, and learn from you.

I want to thank our club members and officers in helping our Area Directors in their efforts to support our clubs. You have warmly welcomed our District Leaders and shared what your clubs have been doing, and plan to do, to provide positive value to every member at every meeting. A huge thank you for our Area Directors for helping support and evaluate our clubs and providing the valuable feedback to help them improve.

We are learning and growing together. Please look for opportunities to do more of this on our District 7 Calendar.

I hope you enjoy delicious food, delightful stories, and a deluge of laughter throughout the rest of the calendar year.

Speak On!



# Leadership Connections

D7 Learning Academy

**D7 Judges Training  
Webinar @ Zoom  
Online Training  
Nov 29 @ 7:00 PM –  
8:00 PM**

**Membership  
Engagement/  
Pathways Webinar  
December 6, 2018  
6:30 - 7:30 PM**

More info at: [d7toastmasters.org/calendar/](https://d7toastmasters.org/calendar/)

# Therein Lies the Power . . .

Emilie Taylor, DTM - Program Quality Director

Thinking about Thanksgiving makes me reflect on the power of Toastmasters and our noble mission of “empowering individuals to become more effective communicators and leaders.”

## Club Level

As we are a membership-driven organization, where our “members are the heart and foundation”, let me start my reflection and thank our clubs. A club was my first exposure to Toastmasters. To all club members I have met, Thank you! Without you, I wouldn’t be where I am now—a person full of hope, dreams, and ideas.

Our clubs are living and breathing organisms. The club’s shape, tone, or atmosphere; good or not so good, comes with what we bring to it. It’s truly a place of change. Change in how we view ourselves, other members, and those in between. You have heard it often said: “What you put in to Toastmasters, you get out of Toastmasters.” Truer words have never been said.

We become “empowered” individuals by our willingness to give speeches and by taking on roles.

I recall a member of one of my clubs who felt discouraged about Pathways. There was a feeling of not belonging to the club anymore because

of lack of access to a computer and not having enough time to learn. This discouragement came to a point of wanting to drop out. I impressed upon this person the talents of being a wonderful and skilled speaker. This person travels all over the country giving speeches. By not participating in the club, it would become in a way, a loss, depriving us, the members, of our own growth. By being a good speaker, a person causes you as the evaluator to grow. Evaluating means having to dig in deep and think of what to say. Therein lies the power of what we do in our clubs. Doing evaluations stretches one not only in speaking but in critical thinking skills. That is, truly each and every one of us are valuable assets, creating the opportunity for our fellow members to learn and grow from each other.

Leadership skills are learned by doing: It is not an inherent quality. For many, moving out of our comfort zone can be discomforting and challenging. Volunteering as an officer, bringing your own unique qualities, shapes each club in each district. Remember, at Toastmasters, we are afforded the space, the safe space, to experiment and grow as leaders. It can only happen if you are willing to step out, step forward, and step up. The internal growth happens, bringing on external growth in ourselves and the Club. It is





synergistic. It starts by “believing in ourselves”.

Taking on roles allows us members to grow in ways we don’t even realize. I remember a member of another club who was terrified to be a Toastmaster. I remember saying, think about it as being an emcee of an event. It’s a wonderful way to practice. That is how we become more comfortable.

### **Area Level and Beyond—From a Club Member to Becoming a District Officer**

Growth happens with discomfort, look forward to it! The greatest growth happens when we think we are not growing. The struggle to go through the steps we take in Toastmasters, stretches us to the point we become more than we imagine.

Stepping into the role of Area Director was one of the best decisions I made, and it was all happenstance. I tell people that becoming an Area Director was the best role I ever had. It allowed me to visit clubs and meet members I wouldn’t have otherwise met. How grateful I am for all of the new friends I have made.

Toastmasters is like the people on the Lewis and Clark trail who struggled on their journey. They told us the stories, they gave us the inspiration. Our own journey in Toastmasters

can inspire others on their journey and those taking their first steps.

“There’s more to it than just a greeting” . . .

We can look at the world as a place of appreciation or depreciation. How we greet each other, the atmosphere of letting our lights shine, brightens each soul in a meeting. Sometimes after a hectic day, a boss giving you fits, the kid in the principal’s office, the challenge of changing our thoughts and focusing on the moment can be daunting. Slighting, missing the opportunity to uplift others, can depreciate our club. Greeting members and “honored guests” with heartfelt appreciation gives everyone, including ourselves, a lift for at least an hour in a world that can be filled with negativity. A smile, a nod, a wink, reminds the speaker reading the crowd that: “It is OK, it is safe, and you at the lectern are a courageous being!”

The cookies are burning, the smoke alarm is going off—In the spirit of Thanksgiving I wish to thank you all for being there for me, lifting and encouraging my journey, teaching me so many lessons. I thank you all for showing up, bringing on the evaluations, feedback, the laughs, the fun of this wonderful journey of being a “Toastmaster”.



# Welcome SpeakUp!

Cate Arnold, DTM - Club Growth Director

Congratulations to our newest high tech club in Silicon Forest: SpeakUp! They meet from 1:05 to 1:55 on Thursdays, in the McAfee building in Hillsboro, not far from several Intel Clubs. SpeakUp meets on the third floor of the building. It's a beautiful space on a level with a beautiful view and free coffee drinks, worth coming to check out.

The members are mostly young professionals wanting to increase their communication skills to be more effective in their jobs. They are amazing technology experts, working on anti-virus software, among other things. They are from around the world, including Australia, India, and China. Given their Geek Programmer's nature, once they get started, learning to use Pathways isn't much of an issue.

Their officers are already meeting, giving them the practice to work on team building skills. At their first officer meeting they came up with a list of action items for the month. At their next officer's meeting, they will review how they did

against their list, what should be on the next one, and finally, they will discuss the Area Director's Visit report to see what they might incorporate from the suggestions to make the club stronger.

As their mentor, it is touching and exciting to see the many introverted, tech-minded members find the courage to step onto the stage and share their ice breaker stories, as well as stepping up to do table topics, and signing up for meeting roles. They share interesting life experiences. It is also touching to see their team building and leadership skills progress as they work on their roles as club officers. They are such a happy, accepting group of people! I think team building and mentoring will become normal practices quickly.

Again, congratulations to the people at the SpeakUp club who helped make this all happen. I look forward to attending the formal Charter celebration in January when all the Charter members will be recognized.

# ***The Art of Story***

***B**reathe life into your story—Learn  
how at a Toastmasters storytelling  
club near you*

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

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

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





# Where Leaders are Made

Donna Stark, DTM -

Immediate Past District Director

You know the tagline. . . *Toastmasters – Where leaders are made.* The Toastmasters leadership journey starts by filling roles in the club meeting setting. It continues by stepping up to be a club officer. But wait . . . there's more! Leadership opportunities abound at the district level and, in my experience, there is no better way to grow as a toastmaster.

The following positions will be elected at the Annual Business Meeting to be held April 27, 2019, during the Spring Conference:

**District Director** – As the district's chief executive officer, duties include directing the district in a way which fosters strong clubs; produces maximum growth in education completions, clubs and membership; and is consistent with the interests of members of Toastmasters International. Motivates the district to achieve Distinguished recognition. Achieves the mission of the district in a manner that motivates volunteer leaders and promotes

a standard of excellence in all district activities.

**Qualifications** – At the time of taking office, the district director shall have served at least six consecutive months as a club president and at least 12 consecutive months as a program quality director, club growth director or division director or a combination thereof.

**Program Quality Director** - Under the guidance of the district director, the PQD strives to have every club and each member reap the benefits of Toastmasters and to have every club become Distinguished. Provides direction and counsel to division directors, area directors, and club officers on the educational opportunities in Toastmasters. Design and conduct successful district training programs, conferences, and other district educational events.

**Qualifications** – At the time of taking office, the program quality director shall have served at least six consecutive months as a club president and at least 12 consecutive months as a program





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quality director, club growth director or division director or an area director or a combination thereof.

**Club Growth Director** – Under guidance of the district director, the CGD makes the benefits of Toastmasters membership available to greater numbers of people by planning, developing, implementing, and directing district marketing objectives. Develops and directs programs for new club development, club rescue efforts, club membership promotion, and membership retention. Achieves Distinguished District goals for membership and club growth. Promotes standards of service to the members and to the clubs.

**Qualifications** – At the time of taking office, the club growth director shall have served at least six consecutive months as a club president and at least 12 consecutive months as a program quality director, a club growth director or division director, area director or a combination thereof.

**Division Director** – Division directors achieve the mission of the district by accomplishing district goals in membership building and retention, club extension, and educational accomplishments within the division. Division directors ensure that each club realizes its mission

and fulfills its responsibilities to members; achieve Distinguished Division Program goals and ensure that areas and clubs within the division achieve Distinguished recognition; serve the division clubs by providing support and resources through the area directors.

**Qualifications** – At the time of taking office, the division director shall have served at least six consecutive months as a member of a district council.

**Next steps?** Download the District Leader Nominating Form to nominate yourself or someone else for a district office. You may announce your candidacy at TLI on January 12, 2019 or by sending an email to the District Leadership Chair (donna.stark@d7toastmasters.org) no later than January 15, 2019.

Are you making the most of the opportunities that your Toastmasters membership provides? Explore district leadership opportunities. District 7 needs what you have to offer . . . and you will discover why the Toastmasters tagline is, “Where Leaders are Made.”

For a full list of district leader competencies, visit [toastmasters.org/districtleadercompetencies](https://toastmasters.org/districtleadercompetencies).





# ARE YOU THE BEST

Take your evaluation s

**Join us!**

**Second Wednesday of the month**

**7:30-9:00 pm**

# Feedbackers

Evaluation Workshop Club

## ST YOU CAN BE?

kills to the next level

**Providence St. Vincent, Conf Room 20  
9205 SW Barnes Road, Portland**

# POTENTIAL UNLEASHED!

2019 DISTRICT 7 TOASTMASTERS CONFERENCE

UNTYING YOUR DREAMS

## Dana LaMon



Imagine what you could do and the contributions you could make if you lived your full potential. You have the power to determine the course of your life and to make a difference in the lives of others. However, your potential cannot be realized if

1. You are NOT clearly defined,
2. You are NOT living on purpose,
3. You are NOT self-confident, and
4. You are NOT in control.

Dana LaMon offers information and inspiration to help you untie the NOTs that limit your imagination and thwart your potential.

- Author • Motivational Speaker • Accredited Speaker
- World Champion Public Speaking

## APRIL 26-27, 2019

Camp Withycombe, Clackamas, Oregon



# Potential Unleashed!

## Sponsorship Opportunities

### Option 1 available for \$250 through October 31, 2018

- Full page color ad in Voices!
- December, January, February, March, and April

### Option 2 available for \$125 through October 31, 2018

- Half page color ad in Voices!
- December, January, February, March, and April

### Friday Night Workshop (\$2000) available for \$1250 through October 31, 2018

- Logo on big screen in conference room prior to event
- Prominent signage with company name and logo at conference registration
- Two (2) complimentary workshop admissions
- Half page advertisement in conference printed program
- Company name and logo on all pre-conference emails listed as specific Sponsor
- Company name and logo on conference website
- Company name and logo in monthly electronic magazine
- Thank you to our sponsors announced from the podium

### Keynote Session (\$2500) available for \$1500 through October 31, 2018

- Logo on big screen in auditorium during meals and breaks
- Prominent signage with company name and logo at conference registration (to be provided by sponsor)
- Three (3) complimentary conference admissions for Saturday 8-6pm
- Company name displayed on table tents all day
- Full page, color advertisement in conference program
- Company name and logo on all pre-conference emails listed as specific Sponsor
- Company name and logo on conference website
- Company name and logo in monthly electronic magazine
- Thank you to our sponsors announced from the podium

### Lunch and Beverage Breaks (\$1000) available for \$750 October 31, 2018

- Two (2) complimentary conference admissions for Saturday 8-6pm
- Company name displayed on signage at buffets (company to provide artwork for easel size display)
- Company name and logo on all pre-conference emails listed as specific Sponsor
- Company name and logo on conference website
- Company name and logo in monthly electronic magazine
- Acknowledgement in conference printed program
- Thank you to our sponsors announced from the podium

**Sponsorship Application**

[Click Here](#)

**Full price available November 1 through November 15, 2018**

# Taking Risks Empowers Us to Live Alive in The Present!

Terry Beard

I met 80 people from all over the world, from 18 years of age to 85. We spoke French 24/7, total immersion, six full weeks. Today, I remain in contact with five classmates from around the world. I took the chance and had been rewarded with rendez-vouses around the globe.

Today, I am constantly reminded, of the rewards of taking a chance, taking the risk to advance. My whole Life I have been risk-taking. And each time that I have taken a risk, I have landed on a higher step. I have been rewarded. It has not always been pretty while taking the chance to advance.

Taking risks has been a big part of whom I have become.

Going to a French school in Villefranche spiked my consciousness like never before about the importance of taking risks. I had been taking risks but not always conscious of the impact—not always stopping to think about the consequences.

The reward, I gained from school in Villefranche was more self-confidence and self-esteem, feeling encouraged and accomplished. I learned to speak better French, meet more and more people from different walks of life, different beliefs, different career tracks, etc.

We school students supported and encouraged one another like I hadn't experienced since I was in

the military. Like minds joined in solidarity.

I decided many years ago to get off the sidelines and on to the dance floor of life. This schooling experience reinforced my awareness that taking a chance, taking a risk continues to enrich my life.

At the end of my studies, my wife Pascale joined me in Villefranche. It was great to see her and to share with her my new life . . . as a schoolboy.

I took a chance to advance in France.

More than ever I am convinced that it is always a good policy to take a chance to advance. Life is not a dress rehearsal. Laugh out loud, who cares, don't be afraid to make mistakes speaking a foreign language, and to have people giggle at themselves.

Be open to others, and people of all ages will flock to your door, here in the USA or in France. . . ou Autour du Monde. Court newness. If we always do the same old thing, the same old way, we won't grow, and we will begin to wither away.

When it was Toastmaster time at the L'Institut, as required of all students, I was ready, not scared, because my fellow Toastmasters in Portland have given me the chance to advance by speaking in a safe harbor. I was prepared. No notes, I spoke from the heart in French. Thanks a million times fellow Toastmasters!

Whenever you have a chance to do something new





and different take that chance to do something new. When you do new and different things it creates and expands a life. It might be our last chance to dance.

In Villefranche, it felt like floating in heaven, I never heard anything uttered other than words of encouragement and I went to France to take a chance, and now I can feel the difference it makes to advance.

Whether it was selling my first company after 30 years, which was my name, my brand, it was a risk.

Selling thebigday.com and losing it all.

Walking away from friendships which weren't working, closing one door opens another.

When Dr. Richard took a chance to introduce me to Rotary, to enroll in Toastmasters, I was nervous; I was scared.

But because people have believed in me, I took a chance.

Fellow Toastmasters; Rob Benner, you took a risk, a chance to advance into a new and different world, David Wilkins, you did, too, Kris Akins, you did, too, and Austin Keddle you did, you took chances—all of you have.

Our Toastmaster Club is “The Greatest Toastmaster Club in The Universe.”

Let's take our gifts out to the world and share our stories. It will inspire others to take the chance to advance.

We can have it all, all we must do is the work. It isn't work when we are with the right people and doing the right thing.

Consciously, as we take a chance to advance the work becomes fun, and we grow our selves and enlarge our community and connections exponentially.

Become a rising star on the platform of risk taking and soar towards the heavens!

*Terry Beard is a Portland, Oregon, businessman, entrepreneur, Toastmaster, Rotarian, and author of Squelched - Succeeding in Business and Life by Finding Your Voice, an autobiography of his journey from “never good enough” to success that was significantly enabled by his efforts to master public speaking. It was published in 2017 and is available on Amazon.com. Visit his book website at [squelchedbook.com](http://squelchedbook.com). You can reach him at [terry@squelchedbook.com](mailto:terry@squelchedbook.com).*

A handwritten signature in black ink that reads "Terry Beard". The signature is fluid and cursive, with a large, stylized 'T' and 'B'.



# **WALLMASTERS INTERNATIONAL**

**Toastmasters for High Achievers**

**6:35 - 7:45 am - Fridays**

**Symposium Coffee**

**12345 SW Main St, Tigard, OR  
cleon.cox@frontier.com**

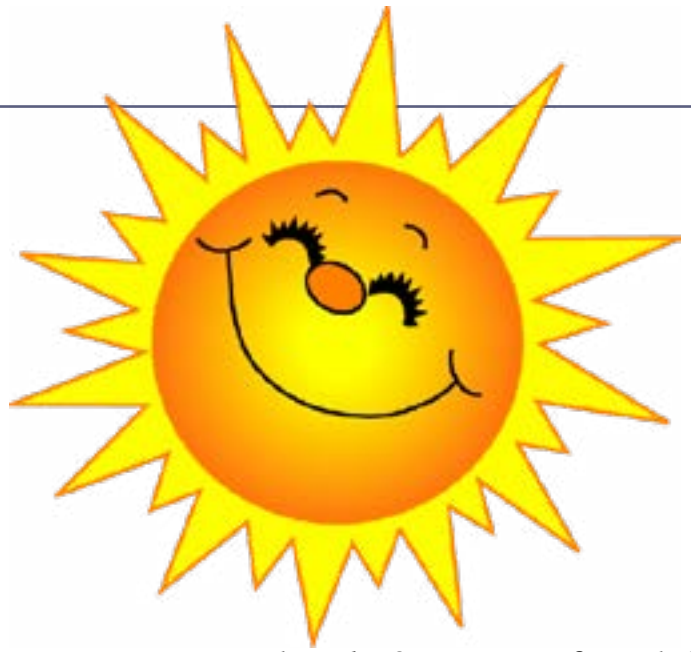
**Mastering communication  
and leadership barriers one wall  
at a time**





# Let the Shun Sign In

David Shehorn, IP3



For me, the challenge of speech development is to find the voice that encompasses my message. I love to play with words, that is a part of the subdued poet and punster that is always within me. Sometimes I bring that message to the surface to add variety and fun to a speech even if it is a serious topic to me.

These are the Shun Signs of Speech Development that I was mulling over during the development of a recent speech. This is just a part of the conversation that I typically have with myself—there is a lot of back talk and even a devil’s advocate position that creeps in (what can possibly go wrong?).

- Inspiration: Find a subject that inspires you, that you know well or want to know well.
- Imagination: Use your mind’s third eye to find a novel approach to discussing a topic that will have broad appeal to the audience. Play with it.
- Concentration: Do some homework—search for ideas. They could be online or inline with your personal experience.
- Innovation: Turn the story on its side or look at it from a different direction. The underbelly of your own perspective may reveal new features.
- Creation: Find your story, capture the

essence, make a draft. Stew on it for awhile, then attack again to revise, expand and detail the story.

- Expectation: Plan how to deliver the speech, what gestures and presentation tools to use, then rehearse it. Then time the speech while rehearsing. Then address the shortcomings and finalize your message.
- Action: Rehearse mentally in preparation for the delivery while in transit to the meeting.
- Execution: Deliver the speech as a part of your message, leaving opportunities for that spontaneous thought that pops up during delivery.
- Completion: Review the Evaluator’s suggestions and evaluate incorporation in the next speech.

The “-tions” add an impetus to what I was going over in my search for a speech to deliver at a club that is in the early development stage of becoming a chartered club. It was then that I realized that the speech preparation was what I should be speaking about—they needed to see that speech development can be fun in itself. It is all a part of the self development. Learn to practice what you preach, Dave. I agreed!



# What is Your Relationship with Technology?

James Wantz, DTM

“I hate the way Pathways is forcing me to use the computer. I don’t want to. I hate it!”

“Why does everything have to be done on the computer? I don’t get it. Why are we forced to do this? I don’t think I will be able to do the Pathways.”

“I don’t think my club will survive the switch to Pathways. No one in my club uses a computer—and they don’t want to!”

“Pathways is destroying Toastmasters!”

Every single statement above was said to me at recent Pathways trainings. It is clear that there is a HUGE hurdle preventing some members, and even some clubs, from Toastmasters’ new educational program, Pathways.

But it isn’t Pathways itself. Nope, it is the computer (or more specifically, technology).

I work to help members navigate Pathways: how to get the interface to do what they want it to do, where to find all the evaluation

resources and online tutorials, where to find the email address for Level completions. I do this so they will get past the hurdles and see the beauty of Pathways. I’ve been working with the belief that Pathways is the hurdle, that the program itself is the problem.

Nope. It is the computer—not Pathways—that is making adoption of the new program so difficult. There are people who refuse to use the computer, who have never used the computer, and who see no reason to use a computer or



smartphone ever. I totally get it! (I, personally, see very little reason to attend networking events . . . I always end up in the corner talking to the potted plants to try to manage my network-ophobia.)

Kidding aside, I understand the reluctance to embrace technology. The computer is the gateway to the new and unknown. I have not embraced Facebook, Twitter, or Instagram —social media is my undiscovered country. Currently, I don't have a need for those in my daily life. I know many who do and many who don't; there is one commonality between them. Those that use technology discovered a reason to use it beyond simple fascination with the next "big thing."

Granted, many will try out the latest anything because it is the latest. That's not me. I am of the mindset that once I see a need, I will use the associated technology to make my life easier.

For example, when I discovered I could do all my personal banking on my phone, I jumped in with both feet. I have not been to a bank in over a year, and I used to go every week. I also love the self-service kiosk at the post office - time saver!

If I find utility in technology, I will use it. If I don't, I won't. This is why I am really enjoying Pathways. It is connecting my desire to improve my communication and leadership skills with technology. I have a need to improve and Pathways is introducing me to new concepts,





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platforms, and modalities that I had been hesitant to explore before. But for those that find no use for a computer—those that have no need for technology in their everyday life—Pathways is a bridge too far.

I agree that electronic communication is the way of the world. I also see that there is something missing when we forget to speak face to face. I think we lose perspective on our own humanity when we stop connecting with other humans. My own opinion is that many of the social media platforms don't actually connect people. They can help us stay informed about the goings on in others lives, but that isn't connection. That is why I value Toastmasters—it is connection.

For those that embrace technology, Pathways is often more accessible and intuitive. At a recent training, a new club member shared how she hasn't had any issues with Pathways. She's been accessing Pathways on her phone (yes, we can now do that!) and interacting with the website to do her program. She has not encountered the hurdles many others have.

"Why do you think you are so comfortable with Pathways?" I asked her.

"I don't know. The site makes sense to me. Once I figured out where stuff was, I was good. And I do it on my phone because I use my phone for everything."

She is proficient with technology because that is the world she grew up in. The computer is her phone. Pathways fits into her world and helps her fill a need she's identified: how to get better at communication and leadership.

If you have a club member who hates doing

Pathways on the computer or simply refuses to try it, how about you offer to be their computer-buddy? Offer to take over the interaction with the website, print out the projects, and help them become more comfortable with Pathways. If they agree, you will keep a valuable member in your club, you will help them manage change, and you will deepen your connection with each other. That is a win-win in my book.

*The number one benefit of information technology is that it empowers people to do what they want to do. It lets people be creative. It lets people be productive. It lets people learn things they didn't think they could learn before, and so in a sense it is all about potential.*

—Steve Ballmer

# Be Bold - Be on TV!

**Dottie Love - ACS, ALS**

Associate Producer and Director, TV Toastmasters  
Toastmasters Triple Crown Winner 2015, 2016, 2017

*Dottie*

I want you to be honest with yourself. Have you ever wished you were a star in a television show or . . . at an event where the media is interviewing bystanders and you wanting to be picked to give your opinion of the event? Or even in the smallest since, at a Sports Game and secretly hoped that your smiling face will appear on the big, Jumbotron TV? But the Jumbotron always find the fans in the stands with the painted faces. And you think, maybe the next time . . .

What if you had that chance to be on TV? Would you take it? That is what I would like to offer you as an Associate TV Producer and Director.

Toastmasters International is one of the largest organization whose mission is to help you improve your speaking skills.

And District 7 is expanding your opportunities to speak via Television. TV Toastmasters broadcasts to over 500,000 homes in four fully equipped TV studios plus on their own YouTube channel! Who knew!!

You too can take advantage of using

Media and Television in three different ways:

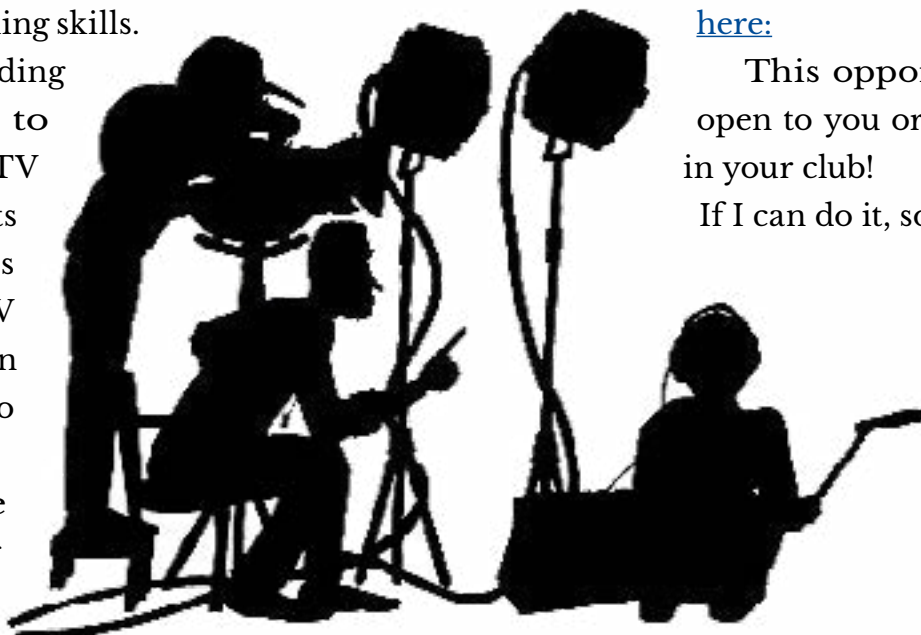
- First, you can be a guest on a show to highlight your business, hobby, or community interests—in fact, anything you are passionate about.
- Second, you can be trained to host an ongoing TV segment.
- Last, you can create your own Talk Show. We train and give you access to community media studios to do this.

You decide which avenue is best for you and our TV Toastmasters team will help you to navigate to get the most out of your TV Toastmasters Media experience.

You can watch some of our TV Associate Producers on air by clicking [here](#):

This opportunity is open to you or members in your club!

If I can do it, so can you!



Personally, I have done all it all. Started as a guest to hosting and directing a TV show. I don't tell you this to impress—but to impress UPON YOU that your personal growth within Toastmasters is directly related to what you chose to take advantage of. I encourage you to be bold in looking for opportunities to stretch and grow.

Here is my story:

- In July 2018, I was a guest on a show and asked how can I be a part of it
- In August 2018, I took two evening classes at one of the four studios used by TV Toastmasters
- In September 2018, I partnered with a friend, Leeza who does motivational events and sold her on the idea of doing a TV show with a live audience using the studio where I trained. (NOTE: when you become a studio member, you can use the facilities as “no costs”). I then suggested we name the show Live with Leeza!
- In October, a show was born! We recorded the show with a live audience! Below are a few of the details about the show.



## ***Live with Leeza Show!***

### ***TV Show's Cast and Crew***

Open Signal Studio A  
2766 NE Martin Luther King, Jr Blvd, Portland, Oregon

<b>Host / Talent</b>	<b><u>Leeza Steindorf</u></b>	
<b>Associate Producer</b>	<b><u>Dottie Love</u></b>	
<b>Show Consultant</b>	<b><u>Michael Gibson</u></b>	
<b>IT Director</b>	<b><u>Tom Hopkins</u></b>	
<b>Camera Operator</b>	<b><u>Jason Jancosek</u></b>	
<b>Camera Operator</b>	<b><u>Ann Casper</u></b>	

### Get Started with a Show!

If this intrigues you or you have club members who would like more information, please contact me at: [CSuiteSuccess@aol.com](mailto:CSuiteSuccess@aol.com) or call me at 916-367-9919. Click [here](#) to visit our TV Toastmasters website.

Best way is to share with club members and friends is to [share](#) this video. Looking forward to seeing you on TV!

# "All Hands on Deck" with David Jamieson, DTM

Leanna Lindquist, DTM

*David Jamieson was born in San Francisco, California. His family relocated to Portland when he was 11. At the age of 15, the family relocated to Louisville, Kentucky. David graduated from Ballard High School then went off to college and graduated with a Bachelors of Business Administration from Miami University (Ohio). He then spent four years in Chicago working as a marketing research analyst then returned to Portland for graduate school at Portland State earning a Masters in Business Administration in 1989. He and his wife Debbie live in Lincoln City, Oregon. He is a member of Beachtown Toastmasters.*

## What brought you to Toastmasters?

Like many people, I was never a confident public speaker. One of the key components of the grading system in the MBA program was oral participation. Up to 50% of the class grade was based on the ability to explain and defend concepts. As a relatively introverted person I found this challenging so I asked a couple classmates how they made it look so easy and both said "Toastmasters." That's all I needed to hear. Upon graduation, I joined a Toastmasters club in Beaverton, Oregon, starting a 25+ year commitment to the organization.

## How do you apply your Toastmaster skills outside your club?

Wow. How much time do I have? In a nutshell, I credit Toastmasters with getting my sales career started. When I joined my first club in Beaverton and became more and more confident, one of the club members suggested I consider selling radio advertising. He was the sales manager at 620 KGW and had an opening. That job

led to additional work where public speaking/presentation skills were a job requirement. I couldn't have done it without Toastmasters.

## What makes your club unique?

I live in a small town on the Oregon coast with a population of 8,300. We have a core group of highly committed members. The three main employers are the Casino, the City and the local hospital/medical center. These are not the traditional industries that often make up a Toastmasters club. Our club has to find ways to appeal to these non-traditional organizations.

We formed a partnership with the local Cultural Center which is a center of activity in the town. Toastmasters is now listed as a "Class" on their website. What makes us unique is our need to find new members in non-traditional industries and appeal to their self interest.

## What is it like to go from a 20+ big city club to an 8-member club in a small town?

I tell people that in a small town, it's "all hands





on deck” and that sure applies to Toastmasters. One of the exciting benefits of living in a small town is the need for all able-bodied people to get involved in the community. I serve on the Board of Directors for two organizations, am an active member of the local CERT (Community Emergency Response Team) organization, play golf in a Men’s league, do Public Relations for a local yoga studio, and am VP of Membership for our club. Every time we meet there is an opportunity for every member to play a pivotal role in the meeting. It offers our members a chance to progress much faster than in a larger club. That said, if members cannot attend, we have to go to “Plan B” on the fly and it puts a heavy burden on our regular members.

**As someone highly involved in emergency preparedness, what words of advice do you have for us?**

Everyone needs to have a 72-hour GoBag in their car, at home, at work because you never know when a Cascadia earthquake might happen or a wildfire or a major traffic accident

or chemical spill that forces you to delay your normal routine.

People should also have a minimum of five weeks of food stockpiled in their home along with a way to make clean water (bleach works). You need to have six weeks of medicine (at a minimum, preferably three months) on hand. If a massive earthquake strikes our region, roads and bridges will be mostly out of commission which means our supply chain won’t function which means grocery stores, pharmacies, hospitals, etc .. will NOT be able to get their normal “just in time” supplies. We have a personal responsibility to our families to get and remain prepared. The American Red Cross, Costco, Amazon are all great resources for preparedness. My wife and I have months of freeze-dried food stored in barrels in our garage and in our attic purchased from [Thrive Life](#).

*Leanna Lindquist joined Toastmasters in 2009. She has served in most club officer and district leadership roles. She is a member of Marylhurst Toastmasters, Feedbackers, and Tell Me a Story Toastmasters.*

# WANTED—Bold, Confident

Paul Fanning, DTM

Toastmasters, without a doubt, is a communication building program whose aim is guiding and growing individuals in the dynamic arts of communication, evaluation, and leadership. Here's a good table topic question: Have you ever thought about communication in the past? How did people communicate without cell phones, Facebook, the internet, and other modern social media? Oh, my goodness—they had to w-r-i-t-e—i-t—d-o-w-n in a letter! What we take for granted today is instant communication—and then we feel that's too slow!

In 1860, it took over a month for a letter to get from New York City to San Francisco.

Then—a miracle happened! The Pony Express guaranteed for the princely sum of \$5.00 to get a letter from St. Joseph, Missouri to Sacramento, California in 10 days. An advertisement was posted in all the newspapers on both coasts—“WANTED—Young, skinny, wiry fellows not over 18. Must be expert riders, willing to risk death daily. Orphans preferred.” They ran their service through 1861—18 months in all—before the first instant communication service called the telegraph became operational.

Toastmasters has their “pony express” riders today—we call these hearty riders and expert communicators CLUB COACHES! Yes, we are calling for people to set aside their comfort zone,

place service above self, share their expertise, practice diplomacy and work and guide a struggling club to become a distinguished club by June 30th. Does this sound like something you'd be interested in? Let's talk a little about what the qualifications are for a club coach.

First off, I would say that the club coach needs to be familiar with the Toastmasters program on their own personal level. He or she must have Toastmasters experience—be an Advanced Communicator Silver or Gold and Advanced Leader Bronze to have under their belt the knowledge of club officership, effective meeting planning, and roles performance, and of course, be a master communicator. They should also be Pathways proficient and be able to guide not only individuals but a club through the beginning Pathways path selection, accessing Base Camp, and how to apply for educational awards in both the “traditional” program and Pathways.

One also should have been a club president or vice president education to help assist and guide clubs through the pitfalls and roadblocks often encountered in setting up an executive committee, planning for the club year, and goal setting and assessment. (We call this the Club Success Plan and Distinguished Club Program.)

Like the Pony Express riders of old, the club coach also needs heart, courage and stamina to



# nt & Savvy Toastmasters

see the “job” done through to completion of distinguished club status.

Heart means taking on the challenge of a club in trouble—whether membership, officers and/or quality program development. Courage to often tell a club the unvarnished truth and guide them through to seeing their needs and modifying their club meetings and officer training. The stamina has already been discussed—to “ride forth” with the ups and downs of the club, to be the strength, the resource, and the light for their appointed club.

Is this a job for the timid? Clearly not. Is this a role for one who is not confident in their coaching abilities? Heaven forbid! But if you want to join this team, to “ride” and “deliver the message”, then please email [coaches@d7toastmasters.com](mailto:coaches@d7toastmasters.com).

We’ll end this Coaches Corner with a parody of that 1860 ad—“WANTED—Bold, confident and savvy Toastmasters. Must be expert communicators and leaders, willing to risk giving of their self daily.” And no, you don’t have to be an orphan, but one of us—the family of Toastmasters.

See you on the prairie, pardner.



# Understanding Integrity

Patrick Locke, DTM

Integrity and Trust, two very important foundational values. First, let's explore the definition of Integrity as it may relate and apply to Toastmasters.

I recall a situation where I visited a club which had been attempting to reach charter strength. Four people had shown up, three were members. The members went off to have a club business meeting and I was left to converse with the non-member. Before the members went to conduct their business meeting there was a comment made that a vote had been taken and the non-member was not to be allowed to attend their meetings. My first impression was "why would you do that?", but as I spoke to the non-member it became very clear why they had voted in such a manner. It seemed the non-member was under the belief that Toastmasters had too many rules. That a meeting should be less structured and open to anyone speaking whenever they desired. Having a meeting agenda seemed to be overly structured and even manuals were too structured and demanding for, "a person who knows how to speak". As I continued to converse with this individual it became more and more evident why the club members voted to restrict him. My

thoughts went to, Integrity! Why, I asked, would you want to be here if you feel this way about the organization? His response essentially was, "I'm a good speaker and they don't know what I know." Ya, that's what I thought too! What? This response doesn't describe someone who willingly and consistently acts in accordance with the standards and values of Toastmasters. Is this person's behavior in a place of integrity in our Toastmaster environment? Although the person may have been honest, sincere, and truthful, there would be many other descriptors that would simply not fit into the norms of our program. What about unity, coherence, cohesion, solidarity, and ethics that we value as Toastmasters?

Everyone must formulate how they place value on something. Toastmasters defines the values of Integrity, Respect, Service, and Excellence in the Toastmasters Promise. The preamble states: Being a Toastmaster means more than simply making a commitment to self-development. Everyone who joins a Toastmasters club is making a commitment to the club, to its members and to the organization as a whole. Think how these statements apply to the values.

*Being a Toastmaster means more than simply making a commitment to self-development.*



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There are four elements; Self, Club, Members, and Organization. They are all individually and collectively important.

It would seem to follow that when a guest is considering joining a club there is also a responsibility of the club to look at the person as well. We are, as a rule, open to inviting people to join and we like to say “anyone can join.” But, we also must realize we have a responsibility to our selves, the club, club members, and the organization to guard the environment we have created through the values connected with

environment which builds trust and creates integrity?”

I believe that this building process is in the very skills we have come to Toastmasters to learn and develop. Specifically in listening to a person and clarifying our communication. As individuals we may hear the same words from a person, but each person translates and interprets what is heard in a different way. Based on every aspect of our individual environment where we grew up, went to school, the children we played with, and the list goes on. The core

*It would seem to follow that when a guest is considering joining a club there is also a responsibility of the club to look at the person as well.*

the Toastmaster Promise. This is one reason why we vote on new member candidates. It should not be a forgone conclusion that just anybody is acceptable. The example cited above demonstrates an exercise of these values. We typically, if at all, go through the motions very superficially and vote to bring the candidate into membership. When I am hosting the initiating ceremony I have the candidate recite the Toastmaster Promise and typically I will have the entire membership recite it with them.

To be in a place of integrity with your fellow club members requires a level of understanding and wisdom. Understanding what is expected of you and what you expect of others. For the Toastmaster system to excel at excellence it is advantageous and even necessary to foster high levels of integrity and trust. The question becomes, “How do we execute and create the

of understanding is listening, clarifying, and understanding. I believe Dr. Stephen Covey said it well, “Seek first to understand, then to be understood.”

During this month evaluate your communication; consider what integrity and trust mean to you. Ask yourself questions when you are engaged in conversation at home, work or Toastmasters. What am I hearing this person say? Ask them to clarify their communication. Feedback what you think you hear them saying. Clarify until you are sure you understand then clarify to make sure you are being understood. Next month we will explore how conflict degrades integrity and trust. Engaging in conflict is as much a part of life as breathing. Working through conflict instead of avoiding it builds integrity and trust.

# Thaddeus Wellington Veness - Part 1

Harvey Schowe, DTM - District 7 Historian

*Thaddeus Veness, Attorney, was a member of the Portland Toastmasters Club during the 1940s and was known as an outstanding critic or evaluator. He was a charter member of the Portland City Club. His life will be explored over the next couple of months. Presented here is Part 1.*

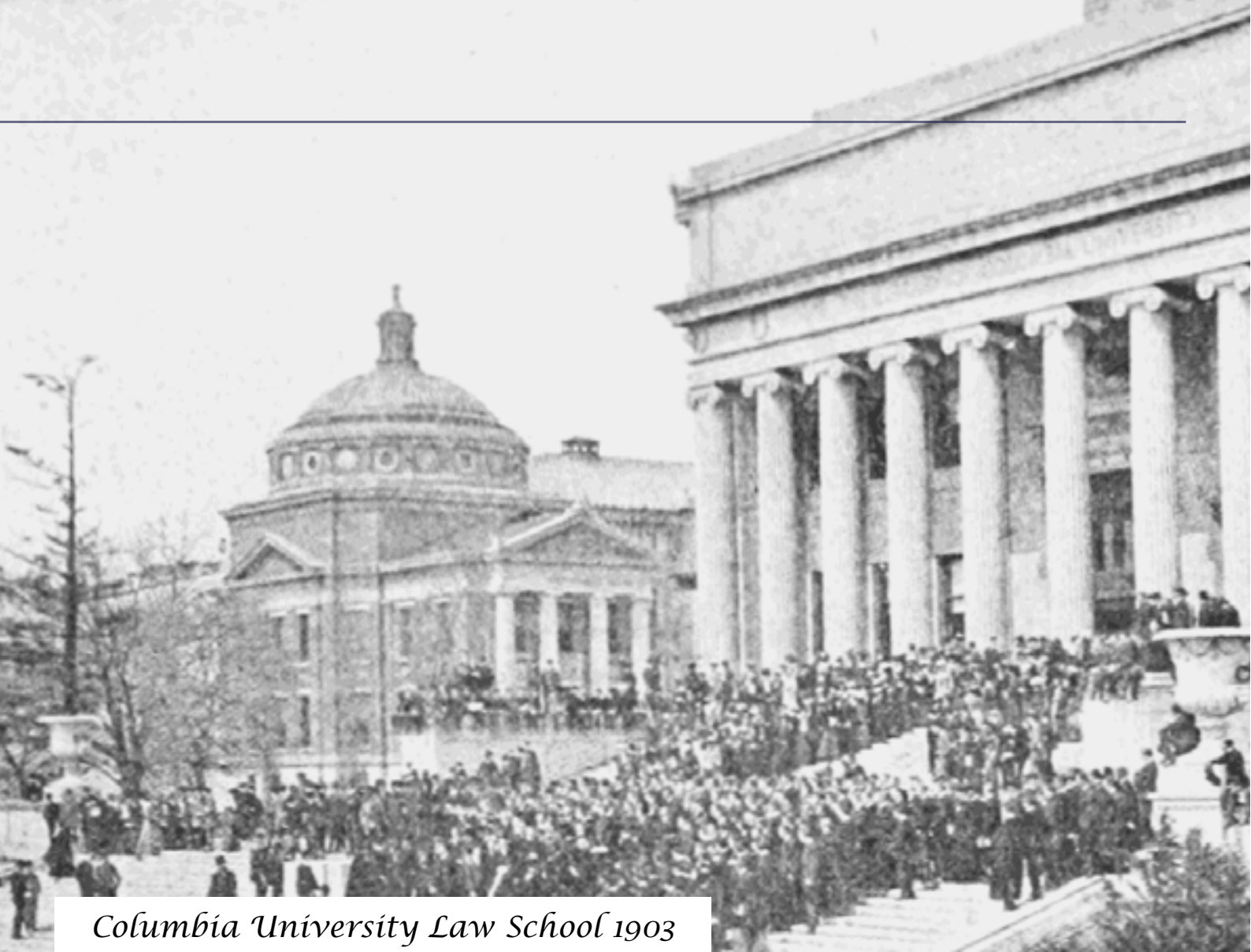
Thaddeus Wellington Veness was a member of Portland Toastmasters Club #31 during the 1940s and known as an outstanding evaluator. He was born on February 10, 1886 in Beloit, Rock County, Wisconsin. His parents were James Wellington Veness, a machinist born on September 24, 1855 and Anna Schumaker born on January 1861. They were married on April 10, 1884. After 1886, the family moved to Albert Lea City, Freeborn County, Minnesota where James Veness started a machine shop and foundry business called Enterprise Iron Works.

The July 11, 1894, Freeborn County newspaper article mentioned that James Veness prevented a steam engine accident at a steam flowering mill. A crank pin came loose in a steam engine. Veness was able to stop the machine and made a new replacement pin. In another article, he complained about small children entering his shops playing pranks on him and his workman. Several tools were reported stolen. His business expanded into structural iron, castings, machine and engine repairs, sheet iron works, and smokestacks. This company was a contractor for mill, farm, creamers, boiler and engine room works projects.

In 1899, James Veness was elected as an Alderman for City of Albert Lea. He was chairman of the city water works. He ran for Alderman in the spring 1900 election. James Veness continued running his machine shop and foundry business until his retirement and move to Portland, Oregon with his wife.

Thaddeus Veness attended public schools in the City of Albert Lea. After completing high school, he enrolled at Oberlin College in February 1906. This college had an extensive oratory program. The college had many student oratory and debate clubs. The freshman, sophomore, junior and senior classes had their own debate teams and held oratorical contests. The Oberlin debate team, called the Academy, held debates with local Ravensville and Oberlin High School students. Another debate team was a member of Ohio Debating League and held debates with Western Reserve University and Ohio Wesleyan College. The ACME Literary Society member goal was to think and speak on their feet during debates. The Greek Societies had their own debates.

Thaddeus was not a member of the debating team but participated in student activities such as Music Union, Herbetta Sturagetta, secretary



### *Columbia University Law School 1903*

for the Minnesota club, and was on the junior and senior football teams. During his senior year, he played guard on the football team. After graduating in 1907 with a teaching degree, he taught in Bondin, Murray County, Minnesota public schools. In 1910, he was promoted to Superintendent of Schools at the age of 24. He boarded at the residence of George Turner where he met George's daughter Florence who was age 22.

Thaddeus decided to change careers to become an attorney. In 1911, he was accepted to the Columbia University Law School in New York City. During his studies, he found time to participate in the Minnesota club while attending law school. During the summer of 1912, he visited England and returned to America on

the SS Lincoln Hamburg-American Line. The liner left South Hampton, England and arrived in New York City harbor on September 12, 1912. On November 24, 1913, he and Florence Turner were married in downtown Manhattan, New York City harbor on September 12, 1912. After America entered World War I, this liner was seized and converted into a troop ship. A German submarine torpedoed and sank the ship on May 31, 1918, after leaving France. After graduating from law school in 1913, Thaddeus was admitted to the New York bar. He then found a position with a Portland, Oregon law firm. He was admitted to the Oregon Bar in 1914. *(Next month learn more about Thaddeus Wellington Veness's life after law school [Editor]).*



# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Storymasters Toastmasters	Aguilar	StaciaAnn
Flying Toasters Club	Bailey	Emi
Noon Talkers	Baker	Jean
Gresham Toastmasters Club	Baxter	Stefanie
Dallas Toastmasters	Bednarczyk	John
Cascade Micro-Toasters	Berenson	Carl
Cascade Micro-Toasters	Blanchard	Joseph
Salem Toastmasters Club	Boedigheimer	Karen
Battle Ground Toastmasters	Bone	Deborah
Spirit Trackers	Brown	Geoffrey
Gorge Windbags	Busekrus	Nadia
Electric Toasters Club	Campos Ramirez	Sergio
Gorge Windbags	Caracciolo	Sarah
Dallas Toastmasters	Carlson	Laurie
Essayons Club	Carn	Emmet
University of Oregon Club	carper	Joshua
Platt Electric Supply	Carr	Jacob
Gateway Toastmasters	Carvelli	Katharine
Clean Water Toastmasters	Cavanaugh	Jesikah
Tower Toastmasters	Cha	Chia
Capital Toastmasters Club	Clardy	Sirgiorgio
Arlington Toastmasters Club	Clark	Patrick
Coos Bay Toastmasters Club	Colman-pinning	Nick
Dallas Toastmasters	Conolly	Kim
Essayons Club	Corcoran	Renae
Electric Toasters Club	Correa	Mimi
Coos Bay Toastmasters Club	Cowan	Chris
Speakeasy Toastmasters	Cuallo-Amador	Jose
University of Oregon Club	Cumming	Scott
Talk-In-Tel	Das	Abhishek
Columbia Square Squawking Heads	Davies	Morgan
Platt Electric Supply	Dickman	Katie
Professionals of Portland Toastmasters	Doering	Elizabeth
Lake Oswego Toastmasters Club	Eiesland	Ben
Speakeasy Toastmasters	Escobar Palacios	Rodrigo

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
A-Dec Toastmasters	Farr	Peter
Yaquina Toastmasters	Ferry	Patti
Yawn Patrol Club	Foster	Samantha
Make Better Toasts Everyday	Freeman	Zachery
Rose City Toasters Club	Garcia	Jeff
Capital Toastmasters Club	Garner	Charles
Speakeasy Toastmasters	Geng	Phil
Electric Toasters Club	Geshka	Alisa
Bend Chamber Toastmasters	Gibson	Anne
A-Dec Toastmasters	Giller	Irving
Cascade Micro-Toasters	Gourd	Jeremy
Moser Community Toastmasters	Gray	Savannah
Moser Community Toastmasters	hale	Dina
Noon Talkers	Harshberger	Russ
Tell Me A Story	Hart	Deanna
Pearl District Toastmasters Club	Hayslip	Kyle
Liberty Talkers	Hernandez	Michael
Silvertongues	Hertzsch	Erica
Bend Chamber Toastmasters	Hinman	Kristen
Columbia Square Squawking Heads	Holt	Celita
Speakeasy Toastmasters	Hsiung	Chwan-Hai
Encouraging Words Club	Hudek	Justin
Clean Water Toastmasters	Hughes	Jamie
Dallas Toastmasters	Hull	Sascha
Milwaukie Talkies	Humbert	Ligaya
Cascade Micro-Toasters	Irwin	Amy
Clean Water Toastmasters	Iwasaki	Brandon
Speakeasy Toastmasters	Kar	Monodeep
Moser Community Toastmasters	Karp	Gabriella
Arlington Toastmasters Club	Kellington	Wendie
Bend Chamber Toastmasters	Kennedy	Kami
Smooth Talkers Club	Khingratsaphone	Nathan
Coos Bay Toastmasters Club	Kime-Pelt	Jeffrey
Bootstrappers Club	Klein	Barbie
Capital Toastmasters Club	Knope	James

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Transtosters	Krein	Adam
Salmon Speakers	Kristiansen	Melanie
Essayons Club	Kwong	Catrina
New Beginnings Toastmasters	Lam	David
Gateway Toastmasters	Leblanc	Derek
A-Dec Toastmasters	Lefebvre	Rob
Sporty Speakers	Liao	Olga
Sage Beaverton Toastmasters	Lindquist	Jayne
Evergreen Club	Love	Sam
Audacious Orators	Lovell	Chelsea
Creekside Toastmasters	Lynch	Ian
Jantzen Club	Manning	H.A.
Essayons Club	Martin	Victoria
Swan Island Toastmasters	McCord	Connie
Liberty Talkers	McDermott	Jon
Columbia Square Squawking Heads	McDermott	Rachel
Portland Club	McMaster	Alexander
Transtosters	McVeigh-Walker	Chase
Gateway Toastmasters	Meeuwse	Kahlia
Clean Water Toastmasters	Meng	Ying
Lebanon Toastmasters	Miller	John
Downtown Lunchbunch Toastmasters	Monsivais	Shellie
Barnhart Toastmasters	Montemayor	Mario
Speakeasy Toastmasters	Mullapudi	Pavan Siddartha
Timber Talkers	Noblia	Mattin
University of Oregon Club	Nybakken	Joshua
Spirit Trackers	Nyman	Garrett
University of Oregon Club	O'Brien	Matthew
Talk-In-Tel	Olanrewaju	Pearl
Speakeasy Toastmasters	Olson	Ryan
Capital Toastmasters Club	Ortega-Camacho	Carlos
Electric Toasters Club	Paul	Benjamin
Speakers By Design	Peterson	Hayden
Politically Speaking	Pike	Liz

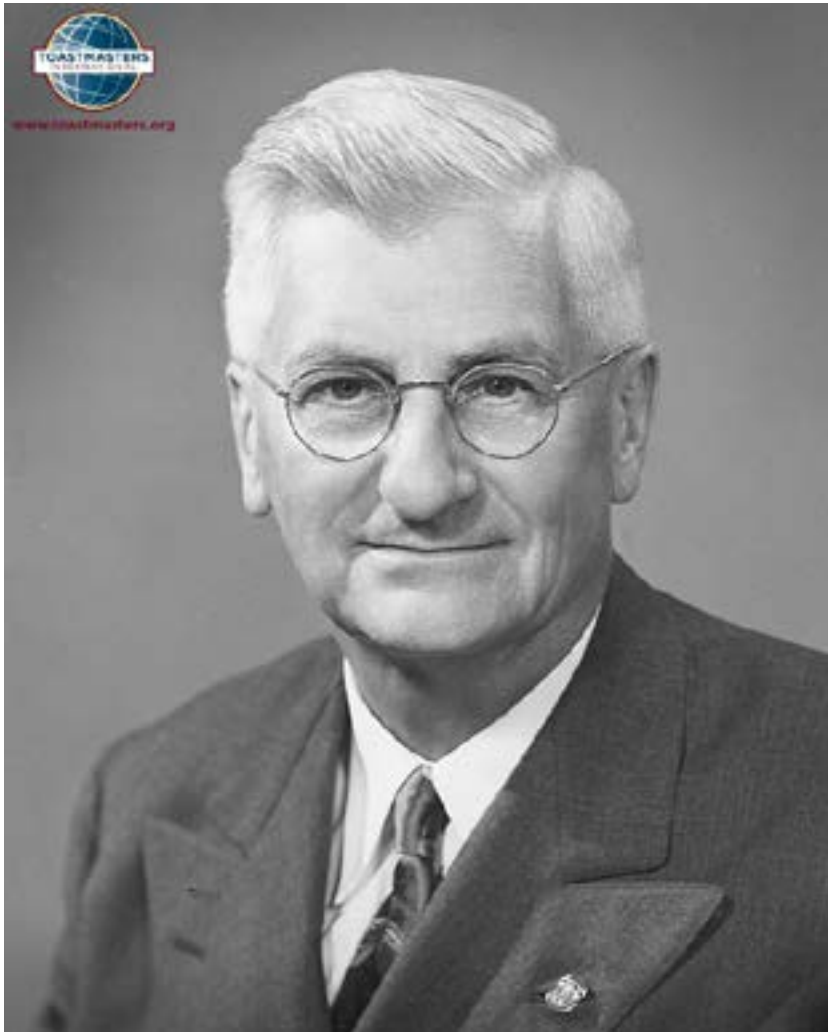


# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Will-Sher Club	Porier	Jonathan
Dallas Toastmasters	Pratt	Dennis
Stevenson Club	Prentice	Patricia
Beachtown Toastmasters	Raines	Hannah
Dallas Toastmasters	Reynolds	Kathy
Professionally Speaking	Reynolds	Patricia
Cedar Hills Club	Riesinger	Karen
Rose City Toasters Club	Roby	Anthony
Toast to US	Russell	Christina
Mentors Of Focus Club	Salkoski	Jennifer
Talk-In-Tel	Sandoval	Marco
Tower Toastmasters	Santana	Jecelyn
Salmon Speakers	Schaffran	Tony
Portland Club	Sebring	Timothy
Dallas Toastmasters	Sevcik	James
Swan Island Toastmasters	Sianaki	Mehdi
Dallas Toastmasters	Simpson	Betty
Columbia Square Squawking Heads	Snider	Jim
PMI Portland Toastmasters	St John	Brian
Portland Progressives	Stock	Drew
The Toast of Old Town	Storms	Dan
Vancouver Toastmasters Club	Straube	Jake
MIME Speaks	Sunil Raj	Sayooj
Capital Toastmasters Club	Taylor	David
Capital Toastmasters Club	Teeters	Shane
Evergreen Club	Templeton	Kristine (Kat)
Portland Club	Terzo	Laurie
Storymasters Toastmasters	Thatikonda	Sudhakar
A-Dec Toastmasters	Thatphaxay	Edward
Columbia Square Squawking Heads	Thorup	Matthew
Communicators Plus	Touchette	Emily
Coos Bay Toastmasters Club	Townsend	Derek
Liberty Talkers	Trudeau	Jourdan
Feather Tongues Toastmasters Club	Turk	Judy

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
MIME Speaks	Turner	Alexander
MIME Speaks	VADAKKAN KAYYIL	AJMAL
Milwaukie Talkies	Vaughan	William
Fortunate 500 Club	Vigliotta	Cameron
Cascade Micro-Toasters	Vore	Seth
Hopemasters	Walker	Turon
Smooth Talkers Club	Warren	Daniel
MIME Speaks	Wilkinson	Neal
Tabor Toastmasters Club	Wuest	Krista
Sunrise Toastmasters Club #1492	Yazhari	Patrick
Columbian Club	Zalenski	Candy
Yawn Patrol Club	Zenuch	Mahlia



*"While most of us may have entered Toastmasters to learn to make speeches, that benefit is but the beginning of the good which may come to us and the good which we may do for mankind."*

*—Ralph Smedley*

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACB	10/17/2018	Amundson, Marlys M.	NuScale Toasters
ALS	10/2/2018	Balasubramanian, Kaushik	New Horizons Toastmasters Club
SR1	10/2/2018	Balasubramanian, Kaushik	New Horizons Toastmasters Club
DTM	10/2/2018	Balasubramanian, Kaushik	New Horizons Toastmasters Club
LD1	10/5/2018	Bautista-O'Reilly, Coeli	Toast to US
LD1	10/5/2018	Bellah, Malachi John	Portland Club
PI2	10/10/2018	Bertram, Richard Ray	I.R. Speaking Toastmasters Club
VC2	10/20/2018	Book, Kristina A	Yaquina Toastmasters
PM1	10/22/2018	Bremer, Joshua S.	Electric Toasters Club
PM1	10/2/2018	Brooks, Jeanne L	Professionally Speaking
DL1	10/1/2018	Busenbark, Lisa	Portlandia Club
TC2	10/18/2018	Cargill, Bryan	At The River's Edge Club
MS1	10/24/2018	Carr, Jeffrey E.	Professionally Speaking
MS2	10/24/2018	Carr, Jeffrey E.	Professionally Speaking
PM1	10/20/2018	Case, Jalene G	Yaquina Toastmasters
LD1	10/20/2018	Case, Jalene G	Yaquina Toastmasters
LD1	10/17/2018	Christian, Logan G.	Smooth Talkers Club
EC1	10/19/2018	Clough, Deborah E.	Portland Club
EC2	10/19/2018	Clough, Deborah E.	Portland Club
MS3	10/10/2018	Conarton, Joel	Molalla Toastmasters
IP1	10/15/2018	Cook, Kayla	Toast to US
EC3	10/6/2018	Corbin, Tamsen Miller	New Horizons Toastmasters Club
CC	10/2/2018	Crabb, Stephanie R.	Stagecoach TM
VC3	10/30/2018	Crouch, Eddy Marie	At The River's Edge Club
PM1	10/30/2018	Dang, Phan	Marylhurst Toastmasters
IP1	10/7/2018	Davies, Kim Renee	Toastmasters For Speaking Professionals
CL	10/26/2018	Davis, Lisa	Toasting Excellence Club
LD1	10/22/2018	Diamantine, Janice	Lebanon Toastmasters



# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	10/22/2018	Dickey, Sharon	Barnhart Toastmasters
EC1	10/22/2018	Dorzab, Andrea	The Dalles Toastmasters Club
CL	10/11/2018	Eichler, Josh L.	A-Dec Toastmasters
CC	10/3/2018	Ferguson, Roger D.	Lunch Bunch Toastmasters Club
VC2	10/3/2018	Gautam, Sudhir	Jefferson State Toastmasters
VC3	10/3/2018	Gautam, Sudhir	Jefferson State Toastmasters
DL3	10/18/2018	Hall, Robert B.	Professionally Speaking
IP1	10/15/2018	Hand, Teal	Speakeasy Toastmasters
CL	10/5/2018	Hardenbergh, Derek A.	Toast to US
PM1	10/18/2018	Hart, Jemila	Clackamas County Toastmasters
LDREXC	10/29/2018	Hendricks, Lisa Sylvia	Coastal Toastmasters Club
CC	10/13/2018	Hickey, Daniel J	Ilwaco Toastmasters
TC1	10/17/2018	Hillier, Ken	Evergreen Club
PM1	10/29/2018	Hodgson, Clinton	West Beaverton Club
IP1	10/29/2018	Hudanish, Thomaida	West Beaverton Club
ACS	10/10/2018	Kersjes, Theo	PMI Portland Toastmasters
ALB	10/10/2018	Kersjes, Theo	PMI Portland Toastmasters
PI1	10/23/2018	Krawczyk, Amal	New Beginnings Toastmasters
CL	10/31/2018	Kumar, Premila	Liberty Talkers
ACS	10/21/2018	Leach, Julianna	Yawn Patrol Club
IP1	10/24/2018	Lee, Valerie Ann	Columbia Communicators
LD3	10/16/2018	Linge, Luke Jordan	At The River's Edge Club
IP1	10/1/2018	Martin, Alicia Jo	McMinnville Toastmasters
MS2	10/10/2018	Matthews, Mary Andrea	Portlandia Club
CC	10/19/2018	McCormick, Mimi J.	Banfield Barkers
EC1	10/7/2018	McKnight, Sarah Elizabeth	PMI Portland Toastmasters
VC1	10/15/2018	McLellan, Eileen	Communicators Plus
DL1	10/2/2018	McNellis, Tony A.	Smooth Talkers Club
IP1	10/22/2018	Meekisho, Anna M.	Barnhart Toastmasters

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
MS1	10/29/2018	Midghall, Michael J.	West Beaverton Club
PM2	10/22/2018	Moran, Samuel H.	Tell Me A Story
IP2	10/23/2018	Mugabo, Ignace	Toast of Corvallis Toastmasters
DL1	10/6/2018	O'Sullivan, Justin	Professionally Speaking
VC1	10/29/2018	Pangelinan, Derek Rey	Pearl District Toastmasters Club
ALB	10/2/2018	Pence, Brian Eric	Smooth Talkers Club
ACB	10/2/2018	Pence, Brian Eric	Smooth Talkers Club
CC	10/23/2018	Radkey, Heddy	Myrtlewood Hootowlers Club
TC1	10/4/2018	Randol, Heather M.	Sunrise Toastmasters Club #1492
CC	10/31/2018	Riem, Mark T.	New Beginnings Toastmasters
CC	10/12/2018	Roberts, Michael	The Society of Oratory Aerialists
TC2	10/23/2018	Rohlfing, Beverly	Columbia Communicators
TC3	10/31/2018	Rohlfing, Beverly	Columbia Communicators
CL	10/17/2018	Rone, Regina G.	Smooth Talkers Club
CC	10/16/2018	Savageau, Deb	Toast of Corvallis Toastmasters
VC1	10/13/2018	Schellenberg, Lyle W.	Bootstrappers Club
CC	10/11/2018	Schempf, Bettina K.	Corvallis Evening Group
VC3	10/18/2018	Shaw, Jo Anna	Jefferson State Toastmasters
CC	10/19/2018	Sloan, Lynda	Flying Toasters Club
LD1	10/26/2018	Toye, Douglass Craig	Sherwood Town Criers Club
ACS	10/16/2018	Tully, Kathleen	WE Toasted Toastmasters
DL3	10/29/2018	Tully, Kathleen	WE Toasted Toastmasters
IP2	10/13/2018	Waters, John E.	Molalla Toastmasters
PI1	10/30/2018	Welsch, P. Michael	Dallas Toastmasters
VC1	10/30/2018	Welsch, P. Michael	Dallas Toastmasters
ALB	10/24/2018	Westphal, Nils	Communicators Plus
IP3	10/10/2018	Wilson, Michael A	Grants Pass Toastmasters Club
PM1	10/18/2018	Zmolek, Donna	Titan Toastmasters Club
LD2	10/9/2018	Zuber, Michaela	Titan Toastmasters Club

# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Balasubramanian, Kaushik	4	ALS , SR1 , DTM , LDREXC
Clough, Deborah E.	4	EC1 , ALB , CL , EC2
Corbin, Tamsen Miller	3	MS2 , MS3 , EC3
Crouch, Eddy Marie	3	VC2 , VC3 , VC1
Economy, Dean G	3	EC2 , EC3 , EC1
Edgemon, Ronald	3	ALB , CL , ACB
Fanning, Paul C.	6	LD1 , LD2 , ALS , EC2 , LDREXC , DTM
Hale, Dawnette	3	EC2 , EC1 , EC3
Heitz, Nena	3	EC1 , PM3 , PM4
Kersjes, Theo	5	ALB , EC2 , ACB , ACS , EC1
Leis, Linda K.	3	DTM , ALS , ACG
Meekisho, Anna M.	3	CL , CC , IP1
Mills, Pam	3	ALS , ACG , DTM
Ng, Ean H.	4	ALS , DL2 , DTM , LDREXC
Pence, Brian Eric	3	ALB , ACB , CL
Pugh, Crystal D.	4	EC4 , EC3 , PWMENTORPGM , ACG
Redgrave, Cheri A.	3	ALS , DTM , SR3
Semprevivo, Karen Ann	3	EC2 , ALB , CL
Serhan, Marvin T.	3	VC2 , CC , VC3
Shaw, Jo Anna	4	ALS , VC3 , DTM , VC2
Smithrud, Carolyn F.	3	ALS , DTM , LDREXC
Spiegel, Nick	3	VC2 , ALB , CC
Stevenson, Scott	10	VC5 , VC2 , VC4 , VC1 , CL , CL , CL , CC , CC , VC3
Thygesen, Erica L.	3	VC3 , VC4 , ACG
Tully, Kathleen	5	DL3 , DL2 , ALB , ACS , CC
Wantz, James	3	VC2 , PM5 , SR2
West, Larry J.	3	PM2 , PM3 , PM1
Wilson, Michael A	3	IP2 , IP1 , IP3



# HAPPY ANNIVERSARY TO NOVEMBER CLUBS

The following clubs are celebrating their charter anniversary this month. Congratulations to all!

CHARTER DATE	YEARS	CLUB	CITY
11/1/1950	68	Astoria	Astoria
11/1/1957	61	Beachtown	Lincoln City
11/1/1986	32	Columbian	St Helens
11/7/2011	7	Gorge Windbags	Hood River
11/23/2010	8	Ilwaco	Ilwaco
11/1/1946	72	Oregon	Portland
11/21/2006	12	Portland Progressives	Portland
11/13/2003	15	Sherwood Town Criers	Sherwood
11/1/1982	36	Tabor	Portland
11/1/2000	18	Will-Sher	Willamina



A special shout out to Astoria, Beachtown, and Oregon for being part of the District 7 Toastmasters family for over 50 years.



*Cate Arnold, DTM*



*David Shehorn, IP3*



*Dottie Love, ACS,ALS*



*Donna Stark, DTM*



*Emilie Taylor, DTM*



*Harvey Schowe, DTM*



*James Wantz, DTM*



*John Rodke, DTM*



*Leanna Lindquist, DTM*



*Patrick Locke, DTM*



*Paul Fanning, DTM*



*Phyllis Harmon, DTM*



*Terry Beard*



# Got Magazines?

Each year District 7 distributes 400+ *Toastmaster* magazines to potential members as part of the District mission to build new clubs and support all clubs in achieving excellence.

Toastmasters International no longer supplies districts with this marketing resource. To help District 7 continue promoting Toastmasters in our communities, please donate\* your recent magazines to District 7's Club Growth Director Cate Arnold. Contact her at [cgd@d7toastmasters](mailto:cgd@d7toastmasters) to make a donation.



*\*Please do not deface your magazines. A non-removable, address label will be added.*