



Daniel Brewer, ALB, ACS  
**Finish Strong!**  
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# You can change lives



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# Plan Ahead

Phyllis A. Harmon, DTM  
Editor/Publisher



I'm almost done with this year. My clubs have met their goals, and congratulations and high fives have all been rendered. It's time for me to start planning for next year. Just as the farmer spends the winter planning for the growing season ahead, I too am planning for next year.

Taking stock, I'm completing the second path towards the DTM I promised myself in 2017. There's much work ahead—planting seeds, tending them so that they thrive, and nurturing them towards a bountiful harvest. I'm sure I'll have to pull a few weeds, trim back my expectations, and do some replanting. But that's okay, as I've added contingency plans should my world view change.

I plan to continue as a coach and mentor to all who seek my counsel, and volunteer for various and sundry District events. Club officer duties for each of my clubs, as well as working with the incoming Trio, offer plenty of opportunities for personal growth. I'm looking forward to the challenges ahead.

I invite you to be strategic in your planning. Take stock of where you are today and envision what you want to accomplish in the year ahead. If you start now and build in a contingency plan for those challenges that always arise, you too will reap the bounty of what you sow today.

Next June, as congratulations echo across the District, let's get together over an adult beverage and breathe a sigh of satisfaction for another well-executed plan.

## EDITORIAL

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# Finish Strong!

Daniel Brewer, ALB, ACS

*I met Daniel Brewer when we were area directors. Daniel is a man of many facets - dad, trainer, public speaker, basketball coach, writer, and sports enthusiast—to name just a few of his many interests. I approached him to write the end-of-the-year cover story and share his method for keeping an eye on the goal—whether it's in Toastmasters or in the wider world.*

That clock just keeps on moving. The calendar moves very fast and soon, too soon, the day is here. We just don't seem to have enough time to finish, and so we scramble to get to the end. How is it possible to keep focus and then see the task/project through until the end? It is sometimes so difficult, because so much can get in the way. You know the list. . . work interruptions, health issues, money issues, family obligations, shifts in your priorities, shifts in the priorities of others. . . the list goes on and on. It will never go perfectly, there are far too many unforeseen circumstances in play. We can assure that lessons can be learned from each experience, both successful and unsuccessful, which will help carry us forward next time.

Here's a process for setting and completing any goal:

### Understand the result—begin with the end in mind

It may be one of your current projects is to complete your Distinguished Toastmaster (DTM) under the legacy program. There is one year left. Success might be “receiving the certificate in the mail from Toastmasters.” Ask who or what the goal is for. Here, it is simply a personal accomplishment.

Ask yourself, is it a health goal, a family goal, a life goal, a job goal, or a goal set for you by others? It is an important key to prioritize these goals through the broad scope of both your other tasks and projects and your day to day life. Would achieving a DTM compare to completing chemotherapy treatments for cancer? Of course not.

Visualizing your success and prioritizing

the project are essential before moving to the next step. There is a reason it is listed as one of Stephen Covey's habits in his best selling book *Seven Habits for Highly Successful People*. But the vision is yours. Otherwise it is just noise—obstacles likely to get in the way of your pursuit.

### Write it down

In our electronic era, we try to record everything electronically. Tools such as OneNote, Project, Evernote, and Keep are designed for this. Instead, try a plain old yellow legal pad and favorite pen. For some reason, putting pen to paper requires more thought. As an outcome, more thoughts get transferred to paper.

- Write down all the steps you can envision. In the case of larger steps, break them down into smaller tasks.
- Next, put the tasks in the order in which they need to be completed, and indicate which tasks are dependent upon others.
  - Finally, if any are date specific, place them on your calendar.

### Determine what resources are needed

Usually these involve people, money, things, and time. Again, I put these on paper. If specific people are needed, try and get them on board first. If it requires a budget, include that!

### Predict roadblocks

This will allow you to anticipate problems and perhaps have solutions in place before they are needed.





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## Write out the project plan

You now have enough information to put a plan together and share it out. Then it's just a matter of following through on the tasks.

## Write a postmortem

This does not have to be much more than a list of bulleted thoughts. The point is to get these thoughts down soon after the event, while they are still fresh in your mind. Do not forget to include thoughts on what might have been improved. This could come in handy if you have to replicate the project at another time, or when others have similar projects.

## Move on

It is extremely important to step away for awhile.

Okay, so that is the easy part! You've set up the project to succeed. How do you keep it on track when you see dates slipping, roadblocks getting bigger and bigger, and you find the influence of others, (and their goals, not yours) creeping into the scope of the project? It gets back to my first point *Understand the result. Begin with the end in mind*. Make sure the MISSION is on track first. It may become the product of "scope-creep" where one project evolves into another. That is not always a bad thing, but it is important to recognize as the project dates get closer.

Here are some ideas that might help to carry you through.

## Break it up and go easy

Look at your remaining tasks and try and put them into 10-minute chunks. Then look at the easiest of them and tackle them first. Build

on the momentum of finishing the easier parts to look at the harder ones. This sounds easy. It is. It actually works.

## Delegate

Can some of the project be delegated? If you can take an entire section of a project and entrust it to someone else, it should take a large level of stress off of that looming deadline. Besides, if you can't trust your friends and coworkers, who can you trust? (Be careful here. If you are cashing in favors, do not micro-manage! If you are not approaching from a position of gratitude, you'll lose much of what you have gained, and lose credibility along the way!) Remember, gratitude reciprocates!

## Re-scope and pare down

While not usually desirable, you may get to a point where you have to come to some tough decisions and eliminate an element in order to get the project completed on time and/or on budget. Reflect again on the first point. What is the end-product supposed to be, and how can you best prioritize those elements.

No doubt you have agreed to do something and then looked at yourself and said "What in the heck did I just sign up for?!" It happens to all of us. Hopefully, this approach will not only realize the end of your vision, allow yourself a chance to reflect on your excellent work, look at your task list and ask—"Now that's done, what's next?"

*Daniel Brewer joined Toastmasters in 2014. He is currently a member of Silicon Forest Toastmasters. He is serving as the 2018-19 Division H, Area 94 Director.*

# Transitions

John Rodke, DTM - District Director

“Change of pace, change of direction, and transitioning quickly, creates success in games, and in life.” - Kazurnari Maeda.

Kazurnari, a 5' 4", 220-pound wrecking ball of muscle, energy, and determination was my rugby coach for five years in college. This Doctor of Mechanical Engineering and mentor for hundreds of students used this as his key lesson to impart to people.

The last three years in the Trio has proven this statement true thousands of times. The District Trio, or Triage team, is in constant transitional flux. Every day, every hour, and every minute, making decisions on what will be the most effective use of time to help support our members. This mental triage is a shared experience with every human. What is invaluable about leadership is it lets you expand the influence of those decisions beyond yourself and your immediate family and friends. Practicing this expansion of influence within an organization designed for you to succeed is amazing. I wholeheartedly encourage you to try out this opportunity to grow. You have amazing potential and Toastmasters is designed to help you achieve it. The members of your District want you to! How can we help support your “WHY” for Toastmasters?

This support is priceless. My deepest gratitude for our team of leaders who have been supporting our members in finding their “WHY.” The changes of pace we experienced with transitioning to one Conference and spring contests was a big shift, and we succeeded. I encourage you to thank our Conference and Contest organizers, they did an outstanding job.

Our change of direction into the unknown waters of Pathways is seeing success with new members and seasoned storytellers. This is awesome to experience. The realignment and club adjustment committees did a wonderful job of restructuring our District for success. The Triage leaders of Area and Division Directors listened, learned, and led our members. They created a legacy of success that can be duplicated and built upon next year.

Lastly, I want to thank Emilie Taylor, Cate Arnold, Lauralee Norris, Karen Semprevivo, Bob Pugh, and Donna Stark for their unwavering support and growth this year. You are an awesome team! It has been an honor serving with you!

Our District has been out of its comfort zone, and into its growth zone all year! I celebrate this transition and look forward to what will arise next year.



**Molalla**  
Toastmasters



**Buckaroo**  
Toastmasters

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**136 Fenton Avenue  
Molalla, Oregon  
Tuesdays - 7:00 - 8:00 pm**

**Join Us!**

**Guests Always Welcome!**

# The U Factor

Emilie Taylor, DTM  
Program Quality Director

In less than two weeks, the 2018-2019 Toastmasters year ends. It has been a great year. We managed change and growth. Many members took the plunge, chose their path and leveled up in Pathways. I am exhilarated by the resilience of our members. Many members also stepped into the role of Pathways Champions. Thank you for stepping up and assisting fellow members who needed a hand navigating a new system.

Congratulations to clubs who became Distinguished, Select, and President's Distinguished. Thank you all for providing quality clubs that we can be proud of. For many clubs, there is still time to get to Distinguished, or the next level of Distinguished. The deadline is not until the end of June, still time to finish strong. The dashboard shows how close many are: It may be worth taking a quick inventory of members' accomplishments to see how close the club is. Go for it!

I have said this many times recently, "It takes a village of Toastmasters to raise a Toastmaster." Well, it is also true that it takes a village of Toastmasters to make things happen in our District. Please allow me the opportunity to thank several Toastmasters this past year who made sure our education/training, conference, Toastmasters Leadership Institutes, and contests were a success:

Thank you to:

- Our Division and Area Directors
- Tamsen Corbin, Education Coordinator
- Leanna Lindquist, Conference Chair
- Kathleen Tully, Training Coordinator
- James Wantz, Pathways Coordinator
- Phyllis Harmon and Lauralee Norris, Publicity and Promotion
- Erik Bergman, Chief Judge
- Paul Fanning, Contest Chair
- PJ Kleffner and Jerry Kleffner, Registration
- Cathy Harris, Hospitality Chair
- And countless volunteers who stepped up at every event.

Let me share this story as a parting gift:

My husband was a nationally-ranked distance runner. . . and when I have felt out of breath and overwhelmed by working on Toastmasters responsibilities, he has reminded me of something important to pass on. He would say: "You have trained steadily since you started, you have practiced and worked out and you are now in your biggest race. It can seem long and tiring sometimes and sometimes seem like you may not reach your goal." But as he was told by his coach, "The difference between a champ and a chump is "U". "U makes the difference."

He also said that the difference between winning and being second best is a matter of finishing strong. Be your best in every training day. Training and practicing even when you do not feel like it. When you can say internally that



you have done all you can, U alone are the judge, not your peers, Toastmasters or anyone else. U makes all the difference.

I encourage U to just be your best and do your best. You may be surprised at how the final stretch turns out. You will extend yourself beyond any self-imposed limits and beliefs. You will find that you are stronger than you think, and you will feel the endorphins kicking in as you sprint to the finish. You will feel the joy of accomplishing something big as an individual, a team, and a club.

If you notice, U looks like a cup full. It is! You have everything you need. You are full of joy, ambition, and you are excited to see the team win. We can all be proud of this year.

Thank you all for a year of excellent work!

## Presidents Distinguished

Babble-On Toastmasters Club	PMI Portland Toastmasters
Bend Chamber Toastmasters	Portland Club
Clackamas County Toastmasters	Professionally Speaking
Clark County Toastmasters Club	Silicon Forest Club
Communicators Plus	Smooth Talkers Club
Feedbackers Toastmasters Club	Sporty Speakers
Liberty Talkers	Toast to US
Moser Community Toastmasters	Toastmasters of Redmond
New Horizons Toastmasters Club	Wallmasters International Club
Noon Talkers	WE Toasted Toastmasters

## Select Distinguished

Banfield Barkers	Gateway Toastmasters
Capital Toastmasters Club	Pearl District Toastmasters Club
Cascade Micro-Toasters	Salmon Speakers
Columbia Square Squawking Heads	Speakeasy Toastmasters
Corvallis Evening Group	Vancouver Toastmasters Club
Feather Communicators	

## Distinguished

AAA Towsters	Storymasters Toastmasters
Electric Toasters Club	Sunrise Toastmasters Club #1492
NuScale Toasters	Tabor Toastmasters Club
Sage Beaverton Toastmasters	West Beaverton Club

Source: Toastmasters International - As of June 17, 2019

# The Art of Story

Share ideas through 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

# Learning To Lead!

Cate Arnold, DTM  
Club Growth Director

As my year as Club Growth Director comes to a close, our outgoing District Director, John Rodke, suggested we review our year as leaders using the roses, thorns and buds learning approach. Roses are what went well, thorns are what was difficult, and buds are new ideas to take into the future.

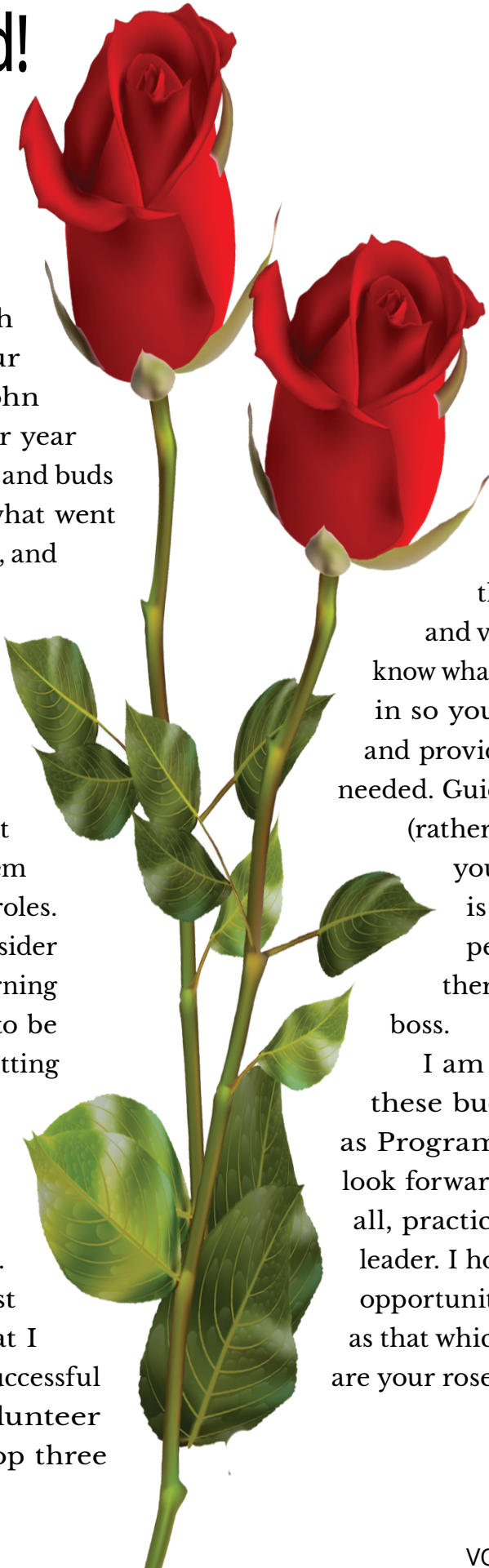
What I wish to share are two of the buds that I am taking into next year as Program Quality Director. It is my responsibility to provide our leaders with relevant training and mentoring to help them be successful in their respective roles.

The first is for all of us to consider serving in leadership roles as a learning opportunity. There is so much to be learned by understanding and setting objectives, seeing what happens over the year, and then looking at what went well, what didn't, and what you would do differently for a better outcome in the future.

The second bud, and most valuable one for me, was what I learned about the qualities of a successful leader, especially in our volunteer world of Toastmasters. My top three

qualities are: **Inspire:** bring an inquisitive, positive energy to those you are leading; be the example of a caring, curious, constructive member that makes activities fun and valuable. **Support:** get to know what members are interested in so you can encourage them and provide hands on help when needed. **Guide:** provide suggestions (rather than orders) based on your knowledge. Guiding is only successful if the people trust that you are there to be a mentor, not a boss.

I am truly excited to carry these buds into the new year as Program Quality Director. I look forward to learning with you all, practicing the art of being a leader. I hope to provide learning opportunities that are as valuable as that which I am receiving! What are your roses, thorns and buds?







**Not comfortable  
giving  
evaluations?**

# **Feedbackers**

**Second Wednesday of the month**

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

**Providence St Vincent**

**9205 SW Barnes Road, Conf Room 20**

**Portland, Oregon**

**[feedbackers.toastmastersclubs.org](http://feedbackers.toastmastersclubs.org)**





# PROSPECTIVE NEW CLUB LEAD

*Please Print Clearly*

Organization Name	
Contact's Name	Position
Email Address	Phone #
Street Address (if known)	
City, State, Zip	
What do you know about this organization	
Your Name	Home Club
Your Email Address	Phone #
<p>Your Relationship to Organization:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Work there</li><li><input type="checkbox"/> Member/officer</li><li><input type="checkbox"/> Family/friend</li><li><input type="checkbox"/> Client</li><li><input type="checkbox"/> Vendor</li><li><input type="checkbox"/> Other/please specify</li></ul>	





# Starting July 1, 2019 Earn a Toastmasters Shirt

Submit a Club Lead  
that turns into a  
Kickoff Meeting



Contact Eldred Brown, DTM  
Club Growth Director-elect  
[eldred.brown.tm@gmail.com](mailto:eldred.brown.tm@gmail.com)  
For more information

# Demystifying the Pathways DTM Project

## Michelle Alba-Lim, DTM

Have you identified your Pathways DTM project? It's not as mysterious as you think. It could be in your area, your division, or your district. Or, it may be a project to benefit the community. In this section, seven pioneering Pathways DTMs share about their DTM project.



*Julie Kertesz - D91 (UK South) and District U, Pathways Ambassador and Pathways Guide, Master Storyteller, Standup Comedian*

Project: Pathways StorySwap Online, a series of Pathways storytelling events focusing on experiences with Pathways. Storytellers shared their Pathways success stories, their initial problems and how they were resolved, and what they liked about Pathways. Some events were held within clubs whilst other events were held in multi-club online events.

Organization: Toastmasters worldwide

Benefits: By sharing about their Pathways experiences, storytellers reinforced their own learning and engagement. By listening to the stories, many were encouraged to start on Pathways. This project created a sense of global community among members from all over the Toastmasters world. Julie's online club Witty Storytellers Online was one hundred percent enrolled on Pathways months before the official rollout.

Insight: One person can create an experience that will have far-reaching ripple effects.

serious or complicated as some may think. It may be a project to benefit your club, your  
fit another organization. And it can be an incredibly fulfilling learning experience! Below,  
es.



***Roger Fung - D50 (Greater Dallas Area), Marketing Consultant***

Project: Developed and conducted Pathways webinar series. Topics included Pathways demystified and evaluation technique showcase.

Primary goals: 1) timely training for clubs and members; and 2) Proficiency and ease with online meetings.

Organization: Greater Dallas Area (D50) - open to all Toastmasters

Benefits: Participants experienced firsthand how to leverage social media and online tools to further their careers.

Insights: Communities are eager for effective leaders who are ready to step up. We can't make anyone accept change, we can only encourage, provide resources, and offer support.

***Mike Kano-McCallum - D70 (New South Wales), Project Manager***

Project: Formed and led a Project Delivery and Project Management Office (PMO) Network across large diverse organization, using "soft power" as I had no formal authority. Networked across ten project groups to drive consistent high quality practice. Provided extensive support to 100+ project managers as PMOs enhanced the network.

Organization: 10 divisions delivering highly diverse services across New South Wales, each with its own project management office

Benefits: Built a strong community of practice, uplifted many people's project management skills, and made many new friends.

Insight: Discovered people's extrinsic and intrinsic drivers, and how true social power often transcends organizational hierarchies.







***Ban-Seng Chew - D80 (Singapore), Banker and Consultant***

**Project:** Co-chaired World Speech Day in Singapore. World Speech Day (WSD) is a global event that celebrates speeches and the aspiration of making the world a better place. On WSD, people get together as One Voice, One Community, One World <http://chewbanseng.blogspot.com/>.

**Organization:** Rotary International (Singapore) and World Speech Day (Singapore)

**Benefits:** By completing Pathways DTM within eight months, proved that age is never a barrier to learning. Synergized roles as Rotary Club Charter President and World Speech Day Ambassador to “kill two birds with one stone.”

**Insights:** Nothing is really too difficult or impossible. You limit yourself by how you frame your perception.

***George Marshall - D57 (first Pathways Pilot District), Chief Pathways Guide***

**Project:** Organized and led the “phase 2” Pathways support for district, for the year after the Pathways guides official terms. Recruited some of the former guides, and supported clubs presentations (in-person and video), workshops, and continued development of support and tutorial materials.

**Organization:** D57 (Redwood Empire, Oakland, Fremont, Napa, Berkeley, Concord).

**Benefits:** Substantially improved the Pathways adoption rate in D57.

**Insight:** Change requires consistent and continuing communication and support.



***Sujit Sukumaran - D105 (United Arab Emirates), Past District Director***

**Project:** TGIS Masterclass, a series of eight learning sessions for increasing competence in such topics as debating, speech writing, speaker fitness, and content management. The sessions were conducted by eight different trainers from within the club.

**Organization:** TGIS Toastmasters Club (Dubai)

**Benefits:** Club members who conducted the classes gained confidence and improved their presentation skills. Club members who attended learned new knowledge and skills. Attendance at club meetings improved.

**Insight:** There are many creative and fun ways to vary club meetings and provide members with added value.



*Kannan Sankara - D18 (Most of Delaware and Maryland, parts of Virginia, Pennsylvania, West Virginia), Division Director, Two-Time Pathways DTM*



**Project 1:** Led division to President's Distinguished, a distinction that had not been achieved for several years. Early in the year identified crucial activities, set goals and established timelines. This allowed us to address issues that arose later in the year.

**Organization:** D18, Division F

**Benefits:** Division F was the first to achieve President's Distinguished in 2017-2018. Because of this, D18 leadership asked me to conduct 'How to make a Division President Distinguished?' for incoming leaders in 2018-2019. My tips and best practices were very well received and are being applied by current leaders.

**Project 2:** Attracting guests and members to my Toastmasters club. We held membership contests, used Meetup, created a Facebook page and a club website, and conducted open houses.

**Organization:** Baltimore VA Toastmasters Club

**Benefits:** After years of completing most DCP goals but failing to qualify due to membership, Baltimore VA Toastmasters achieved President's Distinguished in 2017-2018. This year we are again poised to reach President's Distinguished. Our current Division F Director has embraced this project and is using these activities for other clubs.

**Insights:** From both DTM projects, I realized that just because something has never been achieved before does not mean it cannot be done. It just takes more hard work.

From the foregoing, I hope that you have gained a deeper understanding of the Pathways DTM project. More importantly, I hope that you now have a better idea of what your DTM project will be. Wherever you are on your chosen path, it's never too early to start planning ahead. Whether it will be a project for your own club, the district, or the entire world, remember to have a clear vision of what you intend to achieve. And last, but definitely not least, plan on having FUN. You will feel so much more fulfillment when you enjoy the journey.

# Is Anybody Listening?

James Wantz, DTM

*“Hear ye! Hear ye! The end of the. . .*

*“Please do not hang up the phone. We have important informa. . .*

*“The American people don’t. . .”*

*“You could be a winner! Just. . .”*

I tuned out/hung up on those messages recently. I know what they are going to say doesn't apply to me, will irritate me, or will cost me money I don't have. There are so many messages competing for my time I have to decide which get through the filters.

When I speak, I keep this in mind. Is what I am saying important (or at least interesting) to my audience? Do they want to hear my message? Have I tailored it to my audience? I don't want to speak if no one is listening.

Babbling along hoping someone will listen is too much like the food demo workers in Costco. They have an entire spiel about the product, where its from, how nutritious it is, how not a single GMO grain came within three zip codes of the product, how convenient it is if you have 2.4 seconds for dinner, and how it solved world hunger. (Soylent Green!)

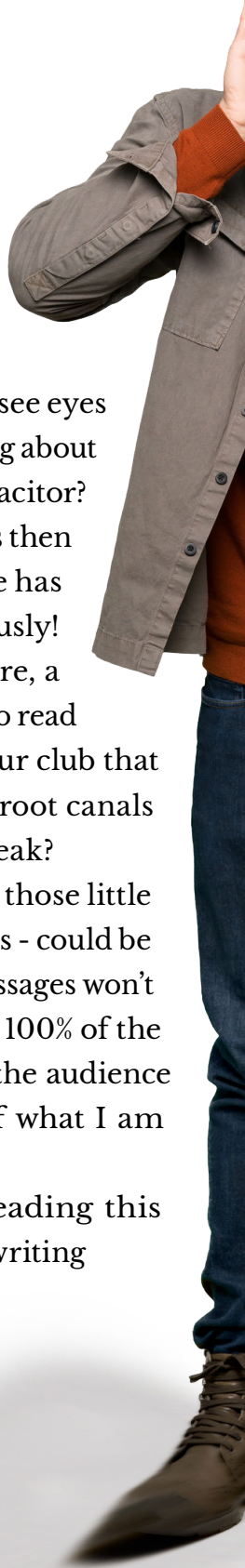
I don't listen to any of them. I grab the food and go. (If it's available, that is. If there is no food, then I roll past, maybe do a lap around the frozen foods section pretending I'm looking for something that used to be RIGHT HERE, and slip back into the food demo area in time for a

tasty treat.)

Are you afraid no one is listening to your speeches? Do you see eyes glaze over as soon as you start talking about 3 ohm resistance on your flux capacitor? Do you read your PowerPoint slides then lift your gaze to find your audience has passed out? (Well, stop that...seriously! Don't read your slides! Use a picture, a graphic, just not text...and proceed to read it! Argh!) Are you the person in your club that people suddenly have emergency root canals whenever you are scheduled to speak?

Does that sound familiar? If so, those little messages - we call them non-verbals - could be telling you something. Granted, messages won't resonate with 100% of the listeners 100% of the time. My goal is that someone in the audience (hopefully more) get the point of what I am trying to say...or write.

For that matter, is anyone reading this article? I often sit at my desk when writing articles and wonder if anyone besides the editor reads them. Let's find out, shall we? If, after reading this article, you send an email to the address at the end, letting me know you







read this, then I will put you in a drawing for a \$20 Amazon Gift Card (or a 54 volume set of the Great Books of the Western World). Seriously, you have a really good chance of winning if you are the one person reading this article...and you can pick your prize! Please don't hang up...contest deadline is August 1st, 2019.

Do you feel listened to in your club? Do you have a supportive and reassuring member base? Do evaluators let speakers know how to improve their speeches? Or are you feeling dismissed, bogged down, or sidelined by your club? If the

last is true, you have several options: you can suggest ways to improve the club so you are heard, you

can find another club that will listen, or you can start a brand new club of your own!

I don't like being anywhere I am not wanted. I want to feel welcome when I speak, when I listen, or when I am having a bad day. I've visited clubs that did not resonate with me, did not feel welcoming, or didn't exist (empty room where they used to meet but hadn't for months). Everyone has different tastes and preferences. A club I like isn't always the best fit for someone else and vice versa. But when you find the right fit, it is magic! You are heard!

"I am so glad you were here today. I learn so much from you when you speak or evaluate. I saw you weren't going to be at the meeting and am really glad you were able to make it. What you said today really rang true with me. Thanks."

I heard those words recently. Really brightened my day, I've got to say! Conversely, if someone gives a speech that resonates with you, or writes an article you enjoy (there are lots of writers in this magazine) let them know. Let them know you were listening.

*James Wantz, DTM, is a regular contributor, the outgoing D7 Pathways Coordinator (there's a job opening if anyone is interested), oversees a plethora of cats, and can be reached at wantzjames@yahoo.com*

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

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**Join Us Any Friday**

A silhouette of a person stands on a dark, rocky outcrop in the foreground, holding a large cluster of balloons. The balloons are in shades of black and brown. The background is a vibrant sunset sky with warm orange and yellow tones and wispy clouds. The overall mood is one of aspiration and achievement.

# **WALLMASTERS INTERNATIONAL**

**Toastmasters for High Achievers**

# Our Public Speaking Journey is a Marathon

Rufino Ayala, ACB

*The Distinguished Club Program is one measure of club success. Other metrics that should be considered, when determining whether a club is successful, are member satisfaction and retention. In this article, Rufino Ayala shares his views of what makes a club truly successful. [Editor]*

The transition to new officers has now begun. This is a moment of reflection and planning. Over four years ago, I attended my first training in Eugene as the incoming VP of Education. There was one speech in particular that continues to guide me now.

The premise is simple: At the start of the year, tell the club what you plan to do and set your expectations. If, for example, achieving Distinguished Club is your goal as an officer for the club, communicate that expectation early and often. As I sat on the last row of that auditorium, I knew that focusing on attaining a club status was not what interested me. I wanted an environment where the only pressure a speaker felt was from within.

Speakers were scheduled, roles were assigned, and the meetings continued. Was there encouragement from the district to attain more goals? Absolutely, and I understand the argument that club points are a reflection of a club's status.

However, I measure the club's success by the improvement's I see in each member. Seeing a general trend in less fidgeting, more confident expressions, more effective eye contact,

and improved hand gestures is music to my ears.

If at the end of the year we have Distinguished Club or higher status, great. If not, that is fine too. Rarely does the status cross my mind. What I believe makes our club successful is the relaxed environment. If I was to poll the club and ask them how many knew about the various possible statuses, would I be embarrassed by how few know about it? Absolutely- not. For now, their focus is improving themselves. Low pressure atmosphere emphasizes that our public speaking journey is a marathon, not a sprint. We emphasize that their improvement and betterment comes from their willingness and their commitment.







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**Now accepting new members  
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**[7512.toastmastersclubs.org](http://7512.toastmastersclubs.org)**

Ray Fox, ACS, ALB

# An Inmate's Journey to Find His Voice

Lauralee Norris, IP3

March 3, 2011 Ray became a member of the newly chartered Articulate Ambassadors, a Toastmasters Prison club in the Eastern Oregon Correctional Institution at the edge of Pendleton, Oregon. This act jump started his journey towards becoming a free man once again.

## Toastmasters Then

Ray spent time in every prison in Oregon during his 30 years of incarceration. Every two years he could apply for parole. Six or seven times he was denied. Ray had nearly lost hope of being free. He kept asking “Ray, what are you gonna do?” Toastmasters helped make the changes he needed.

As the head of public relations for the Lifers Club at Oregon State Penitentiary, Ray found it difficult to communicate with non-inmates (e.g. officers, staff, outside sponsors, etc.). He decided he needed to grow up and be more serious about his life if his communication was going to become better. That idea led to the creation of Articulate Ambassadors in 2011. District 7 Prison Liaison Allan Edinger said “I told them, when you entered the back door of the prison, I didn’t like your ego. . . I didn’t like the way you

communicate when you entered. Because your family is here, you are probably going to stay in my community. . . I want you to be just like any citizen when you come out that front door. That’s my passion.”

Allan became the District 7 Prison Club Liaison over 20 years ago after being a District Governor. One of the clubs included the Oregon State Penitentiary Gavel Club. He helped the club become a chartered Toastmasters club, and was able to help them with their online paperwork.

As for Ray, he took Allan’s statement to heart as he became a free man in 2015. “It was only after I started Articulate Ambassadors that they finally let me off,” said Ray Fox. “I blame Toastmasters for my freedom. That is why I talk about Toastmasters everywhere I go”

Ray put together a strong support system, and they were waiting for him when he was released. Ray said he got a standing ovation when he officially left the prison as a free man.

Ray said that “When I was walking out of the Columbia River Correctional Institution, I told everyone I was walking out of prison, and walking into a new life, and I was not going to look back.”





### Toastmasters Now

Today Ray has become the club coach for the Rose City Toasters at the Columbia River Correctional Institution (CRCI) in Portland Oregon. “The guys are super excited to see me again and are really proud of everything I have done since getting out of prison,” Ray said.

In order to be their club coach, Ray had to be cleared to enter the prison as a guest. When he became a coach, there were four or five people coming to the Toastmasters meeting. Now around 20 members regularly attend the meetings. When asked why he believes in Toastmasters so much, Ray responded “Do you know the recidivism rate of the Toastmasters prison clubs for those who stay in Toastmasters? 0 percent”

### Toastmasters Goals

Ray received his Advanced Communicator Silver and Advanced Leadership Bronze Awards. He is working towards the Distinguished Toastmaster Award. This year Ray’s goal is to attend the Toastmasters Convention for the first time at the urging of his mentor Randy Harvey, the 2004 World Champion of Public Speaking.

He wants to be able to tell as many people about his experience as possible, and help other people gain the experience he did with the Toastmasters Prison Program.

Fox says, “I hope to show if you want it bad enough, you can do whatever you want. As long as you put your mind to it, you will make it happen.”

*If you would like to support Ray’s goal of going to this year’s Toastmasters Convention you can find his GoFundMe at the link below:*

[Send Ray Fox to the Toastmasters Convention](#)



Allan Edinger, Prison Liaison for District 7 Toastmasters  
Source: District 7 Toastmasters



# that Speech? Get it Published!

Dottie Love, DTM

How do you bottle up your excitement to use it again after you have nailed a great speech? You publish it!

The first speech I ever wrote about, I didn't give, but I heard. This particular speech was being given by Professor Muhammad Yunus. He's nicknamed the Banker to the Poor because he only lends money to those who are extremely poor. Customers of his bank wouldn't be able to walk into a bank because they would not be credit worthy. He told the story of lending as little as \$50 so that the person could buy a goat to sell the milk to earn money to feed their family. The type of loans he provides are called "Micro credit" and he would tell customers:

"You must repay so that I can use that same money to help someone else like you".

That simple philosophy of his is changing the world: He has over nine million borrowers, with a repayment rate of 99.6%. Everybody repays their loans. There isn't a single traditional bank anywhere that has that type of repayment. Professor Yunus won the Nobel Prize for his banking philosophy.

Professor Yunus was 1 of 10 speakers at the 3-day Toastmasters Annual Convention. I was

so overwhelmed, so captivated by the message I wanted to bottle it up to repeat it. When the room wasn't filled with cheers and shouts, the anticipation was pin-drop quality. I hear pins—not dropping to the floor but writing so intently to capture the messages for the speakers.

After Professor Yunus speech I turned to



a friend, Allison Bennett, who traveled with me to the conference and said, "We have got to document this and bring back our experiences; possibly create a newsletter for our club." She agreed with me.

I then turned to the person to the right of me and said, "We are going to write a newsletter about this amazing conference."

That person said to me, "If you do, I will publish it in our magazine!" That person was





Phyllis Harmon, publisher of *Voices!*

On the plane ride home, Allison and I co-authored the newsletter. The complete article is [here](#).

Then I sent that same newsletter to the *Voices!* Magazine publisher. The following month it was in print. I was on the cover. And the article was on pages 5, 6, and 7!

The reason I wrote the article started with a speech. And you can do the same. Great speeches are a known quantity in Toastmasters. When we are not giving one; we are listening to one. Give your club and yourself the gift of an article

highlighting those special speeches. I also suggest sending pictures to be included!

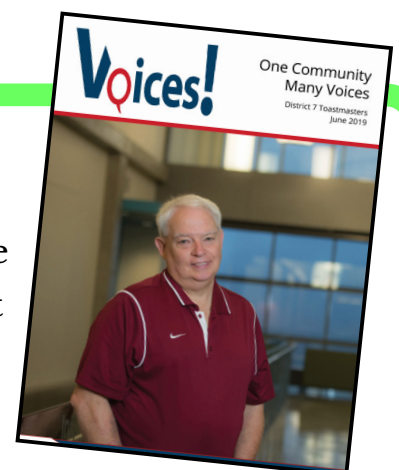
I bet you are thinking to yourself: Just how do I get published? Do like I did. Send it to the District 7 publisher of *Voices!* at [phyllis.harmon@d7toastmasters.org](mailto:phyllis.harmon@d7toastmasters.org).

Happy speech writing and speech publishing!  
*Dottie Love is an author and motivational speaker. She joined Toastmasters in 2013, and earned her Distinguished Toastmasters in 2018. She is currently a member of Sporty Speakers and TV Toastmasters.*

## Be a *Voices!* Contributor

All articles must be submitted before the 15th of the month or they will be held to the following month. Most appreciated are inspiration, motivational, or how-to articles that give members an opportunity to learn something new, see a different world view, or hone their leadership and communication skills through your experiences. All articles are vetted for reader appropriate content and edited for readability.

If you have an article you would like published, contact the editor at [phyllis.harmon@d7toastmasters.org](mailto:phyllis.harmon@d7toastmasters.org) for more information.



# Speak Like You Write!

Kwesi Millington, ALB, ACG

Have you ever heard a great speaker? Have you ever sat through a monotonous school lecture?

What was the difference? Chances are there are two main areas that separate the speaker from the lecturer:

1. The Content
2. The Delivery

I don't remember much of what I heard taught in school, but I DO remember the teachers that I perceived as passionate. The teachers that spoke with verbal expression, highs and lows, and with accentuation, are the ones I still can hear in my head today.

How about you? Do you remember the content that you heard throughout your life, or do you remember more the personalities and delivery of that content? Chances are the latter is what stuck with you.

People don't remember WHAT you say, as much as HOW you say it, and how they FEEL when you say it.

So how should you speak? Think of how you write!

## Think of the **COMMAS**

Many speakers talk as if they are delivering a run-on sentence. They speak too quickly, and the listener can't keep up with all of the ideas that are being delivered. Just as a comma provides a pause in your sentence, remember to **PAUSE** in your speaking. Often if you think of your thoughts as sentences, your pause should naturally fall where your comma would if you were writing the sentence.

Remember: The pause prepares your people for your important points.

## Think of the **PERIODS**

Sometimes a thought requires a definitive end. Sometimes you need a longer pause. At the main points in your speech, where you really want to let the emotion of the moment sink in, pause for 5 seconds. Count to 7 as a guide. Why 7? Because I guarantee you will fast count in your head, so 7 seconds will likely be 3-4! But take the time to add a "pregnant pause" or two to your speech. The effect is worth it.





### Think of the **BOLDS** and **CAPITALS**

Dale Carnegie wrote a must-read book for speakers, called *The Art of Public Speaking*. In it, he refers to “Mountain Peak” words. Monotone speaking is the kiss of death for a speaker. Emphasis is the cure. In writing, you use Bold font and ALL CAPITALS for important words. In speaking, you “punch” those words by saying them at a different volume or pace than the rest of the words in a sentence. If you have an important word in a sentence, emphasize it by saying that ONE word louder than the others, or even taking a short pause after the important word before finishing the sentence.

Vary your pace and volume when speaking, and remember that there should be peaks or punches to your most important words, even in the midst of a sentence.

### Think of the **ITALICS**

In writing, italicized words are thinner than the rest. In speaking, sometimes it is necessary to remove all of the dramatics and softly mention a word, or even a whole sentence. A good time to

do this is at your “lasting line” or foundational phrase ([see the article on this here](#)).

In a speech, if everything is dynamic, then nothing is dynamic. It is important to vary not only the words that you say, but how you say them. Remember to speak like you write!

How can you spice up YOUR next speech?

*Kwesi Millington has been a Toastmaster since 2013. Despite being a self-proclaimed introvert with no speaking experience, in less than four years, he has completed all of his speech projects, advanced to the Division level or above in ALL four contests (Table Topics, Evaluation, Humorous and International Speech Contests), has competed numerous times at the District level, and is a District winning Champion (Evaluation contest).*

*Kwesi is a Certified World Class Speaking Coach. You can learn more about him, his journey, and his life’s mission at [communicatetocreate.com](http://communicatetocreate.com). This article reprinted with permission.*



# Team Sports

Donna Stark, DTM

Immediate Past District Director

I'm a sports fan. Football, baseball, softball, soccer (shout out to the World Cup!), volleyball. . . I enjoy watching, coaching, and playing team sports. Granted, these days I do far more watching than playing.

Living in Track Town, I've been keeping an eye on how the hometown team is doing in the NCAA Track and Field Championships. It's not your typical team sport. Individuals participate in individual events, and their individual success adds points to the collective team total.

I think a Toastmasters club is similar to a track team. Members participate in individual events. There are Pathways presentations, traditional manual speeches, and high-performance leadership projects. Track and Field has the Triple Jump, Toastmasters has the Triple Crown. Individual awards add to the club's Distinguished Club Program point total. Some members are sprinters who go at a fast pace, and others work through the program more like a long-distance run. As part of the Toastmasters club team, we cheer each other on.

June is relay season! Current officers are getting ready to pass the baton to incoming officers. Here are some tips to ensure a smooth handoff and transition:

- Relay batons are passed with both runners in motion. Start transition planning early so that incoming officers can get up to speed and carry on. Share passwords, keys, and other need-to-know information.
- The current club secretary or other officer should submit the incoming officer list to Toastmasters International before June 30th. (It takes seconds. Do it now!)
- Plan to attend TLI and/or division-sponsored club officer training.
- Once the baton is passed, outgoing officers can step back and cheer the new officer team on. Be there to provide support if asked and remember that this leg of the relay is theirs to run. Let them lead!
- Incoming officers—get to know the resources that are available, use the Club Success Plan, and don't be shy about asking for help!

We're quickly approaching the finish line of another Toastmasters year and it's time for that final kick. To paraphrase John F. Kennedy, what can you do for yourself and for your team? Here's to you and your club reaching for Toastmasters gold!



# Confronting Summer Thunder

B. Lee Coyne, ATMS

Look skyward! Flashes of bright lightning sear the firmament above. For some of us that is a scary scenario.

Seconds later, a boisterous sound jars the senses. Lethargy is no more. Nature has commanded our attention!

Summer has made its noisy arrival.

In the process a less than silent commentary is presented us. And from this phenomenon we speakers and writers are given an array of analogies almost as copious as raindrops.

LIGHTNING represents intrusion. Life often abounds with same. Who is it in our daily routine that craves for attention? Is not lightning a symbolic actor who enters center stage with little warning or fanfare?

Yet Lady Lightning brings enlightenment in her own way. The prior darkness must part. Farewell to the Dark Ages. Alas, let there be light!

Now comes the noisy counterpart: THUNDER.

It rumbles furiously. It roars with a passion. Wake up from that siesta and take careful note. Anger is unleashed. Mother Earth will no longer dwell in her passive state. She must be reckoned with—now, not later!

Whenever lightning and thunder join forces, this becomes our urgent call to action. Clinging to the status quo is unacceptable.

Apathy is no longer the path to pursue!



# Deeds—Not Words

Paul Fanning, DTM

It was small, about three-quarters the size of the average cheque book. Red cover with bold black printing and somewhat dog-eared indicating that it had been well cherished and used. Perhaps it was a Christmas gift, or had been earned in some now forgotten manner. But there it was, asking to be picked-up, read and appreciated. The title emblazoned across the top of the cover said, “BOY SCOUT DIARY” and “1927”. Original price in 1926”? Ten cents. I already had this year in my collection in perfect, mint condition, but it wasn’t as “experienced” as this one was, with the name, Troop, rank, address, physical description and all the other information on the owner’s page. The greatest plus was that each day the now long-gone former owner had written his “daily good turn” as recommended on each date square.

Here was Frank Pearce, Troop 12, Ames, Iowa, age 12, 5 feet tall and a Tenderfoot of the Eagle Patrol. I told you it had his whole information, including Scoutmaster’s and Patrol Leader’s names along with the church where they met. Poor Frank—spelling was not his forte, but I had fun for years reading and re-reading the daily entries thru December 31st. Misspellings abounded, but the school was the subject that was so often spoken of. March 15, 1927- “raced the boards for Mrs. Parker”. Several entries told about picking up nails from the school yard, taking care of dogs, cutting wood, and raking leaves. Everyday Frank wrote down his “good turn” like

the faithful Boy Scout he obviously was.

Early June found an interesting entry: “went and got the sissors (sic) for the aeroplane man.

Oh, my goodness! Charles Lindbergh landed in Ames on his way home from his famous solo Atlantic flight. Could he have been “the aeroplane man?” I’ll never know of course. But little Frank took seriously his Scout oath, followed the 12 points of the Scout law, and practiced his “doing a good turn daily.” He wasn’t just mouthing or mumbling through the words of the Scout program but acted upon them with all his mortal fiber and moral stamina.

We Toastmasters have a promise as well. In one of my former clubs, each week we pulled out our pocket membership cards and read “As a member of Toastmasters International and my club, I promise to. . .” Those three key “promises” are just as important today as they were when penned 90+ years ago.

1. *“To prepare for and fulfill meeting assignments”*. When we joined Toastmasters, we made a deliberate and conscientious decision to invest ourselves into the program to help us grow. We can’t do this by spending 1.3 seconds before the meeting starts to prepare for our meeting role, our leadership position, or our speaking assignment. Investing the time to make it a quality meeting, a quality speech and a meaningful role is very important. Investment means time, talent and treasure. Be a “Boy Scout Frank” and either look



# “ON MY HONOR I WILL DO MY BEST.”

for opportunities to serve, take the time to craft a quality speech or study what is required to be the grammarian, ah-counter or Toastmaster role.

2. *“To treat my fellow club members with respect and courtesy.”* One of Frank’s crudely penciled entries tells of “helping Willy from the school bully.” (And we think bullying is a current school and social media problem.)

Respect and courtesy are a two-way street. We can’t expect to be respected or treated in a courteous manner if we don’t exhibit the same to all others. In all the clubs I have been in during my Toastmasters journey, they have all been comprised of individuals from various races, cultures, economic levels or genders.

We are united in one thing—the goal to improve ourselves and our fellow man. This isn’t a pipedream; this should be our watchword and goal. Once again, I urge you, fellow Toastmasters, to be a positive role model.

3. *“To act within Toastmasters’ core values of integrity, respect, service and excellence during the conduct of all TM activities.”* What a mouthful! Yet these words outline the entire Toastmasters program and standard we are to embrace and champion.

I am reminded of my hometown of Dutch Flat and the old two-story, four-room schoolhouse in the center of town. As you enter the main double doors, you are greeted by a large white silk banner with gold tassels hanging on the

wall—a gift of the graduating class of 1906. Simply lettered on it is a brief phrase summing up their legacy to those who followed them—“Deeds not words.”

Toastmasters is an oratory-based program requiring us to speak. But, it’s much, much more than just speaking. We evaluate gestures but what about actions? We coach and praise each week but do we encourage, enthuse and enable each other? Again, I submit we all need a little more “action” to our participation, a little “doing,” and most of all, a little more “humanity” in our daily lives away from the club meeting. We are what we do. The “deeds” of the banner, not just what we say, the “words”.

My fellow Toastmasters. Frank Pearce’s year of daily deeds were an encouragement and refreshing look at the past. I’ll never know what happened to him and whether he became an Eagle Scout, leader, or served his country. However historical and “old fashioned” it seemed, the concepts and actions should be practiced today. What would your daily diary read? Would you be seen as an example of a dynamic leader or speaker fulfilling the Toastmasters promise, core values and serving others? Or someone just “going to meetings and then going home?” Like Frank, only you can write your “year.” Individually and collectively, let’s make 2019-2020 the banner year, the revival and statement of the value of Toastmasters.

Ted Takamura & Lisa Hutton

# Lightening Strikes Twice at Marylhurst Toastmasters

Leanna Lindquist, DTM

*Less than 1 percent of Toastmasters earn a Distinguished Toastmaster Award. To find two members challenging and supporting each other in the same club is rare. I hope those of you who are considering completing your DTM in the last year of the Legacy Program will find inspiration from Lisa Hutton and Ted Takamura, the newest DTMs at Marylhurst Toastmasters Club.*

*What brought you to Toastmasters?*

**Ted:** I first came to Toastmasters meetings with my spouse. I attended many meetings and enjoyed the structure, order and consistency of the meetings. I finally decided to join about four years after attending many meetings to deliver speeches.

**Lisa:** In 2011 I attended a job seekers support group facilitated by Cleon Cox. He encouraged everyone to check out Toastmasters. I lived in West Linn and found Marylhurst Toastmasters Club. I went as a guest a few times and joined. I joined to find supportive friends and regain my confidence. I lost my job of almost 10 years. I needed to join a supportive group comprised of people committed to personal growth. Within a few months of joining, I was elected the VP of Education. The fall of 2011 I jumped into the Toastmaster deep end. I accepted the position of Public Relations Officer for District 7.

*What made you decide to earn a Distinguished Toastmaster Award?*

**Ted:** My nature is about execution. I do not see the value of doing things over and over without any target or goal in mind. Therefore, setting

goals and moving to the next level was a natural thing for me to do.

**Lisa:** At first I was enjoying the journey without keeping track of the markers along the way. I served both my club and D7 in various leadership roles and enjoyed networking. As I talked with Toastmaster friends it occurred to me that many of them were DTMs. Others were working on theirs. It often seemed out of reach and yet, if they could do it, why not me? The push I needed came when Toastmasters International launched Pathways. They called the previous manuals the “Legacy Program”, and announced a 2020 deadline. It would be the perfect 50 year birthday present that I could give myself.

*What requirement did you find the most challenging?*

**Ted:** The most challenging were in two areas. First, the accomplishment of becoming a district officer for a year was daunting. Secondly, getting a worthwhile project for the High Performance Leadership requirement took me a long time to decide on.

**Lisa:** Serving as a Club Sponsor, Mentor or Coach was the most challenging. Not the activity of mentoring itself, which is what I ended up



doing. Rather, it was getting set-up with the role that was difficult. I asked Emilie Taylor, a D7 Trio member, to keep an eye out for an opportunity that would work for me. I assisted with the kickoff for the Albertsons-Safeway Corporate club. I continued to attend Make Better Toasts Everyday meetings as my schedule permitted.

*How did you support one another in reaching your goals?*

**Ted:** Over a year ago, Lisa and I made a pack. No matter how difficult a situation was, we would persevere and complete the task. We would encourage each other and at times push the other to move forward. Our pact was to complete the DTM and be recognized together.

**Lisa:** A little friendly competition can do wonders for motivating people like me. As an accountant, Ted keeps track of everything. I'm organized, but I don't always count every bean. Not long after he joined Toastmasters, Ted asked how far along I was with my education awards. He declared that he was going to get his DTM. I embraced the friendly challenge and outlined what I needed to complete. We checked in with each other on a regular basis to see how each of us was progressing. Without a doubt, it helped to have Ted clipping along behind me and encouraging me to finish what I had started. I had amazing mentors, all DTMs, who inspired me along the way.



*Ted and Lisa after receiving their DTM medallions at the annual conference April 27, 2019.*

*What does it mean to you to be a Distinguished Toastmaster?*

**Ted:** The Distinguished Toastmaster award represents many people who have come before. It is a symbol of excellence and achievement. With anything significant, no one does it alone. Many members along the way have been there to encourage, console, cheer and celebrate with me. There are too many to name and thank, but that does not mean they have been forgotten.

**Lisa:** The designation of DTM is significant. It holds prestige throughout the world as the highest recognition awarded by Toastmasters. When I was Conference Chair people thought I had already earned a DTM. It also became meaningful when I compared what I had achieved to a game. I realized a reset button in 2020 would mean I had to start all over. I became determined to ensure everything I had done for the past 8 years received credit. I felt exhilarated to remember that I can do whatever I set my mind to achieving - everything is possible.

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Gresham Toastmasters Club	Aberle	Shelley
Timber Talkers	Alfred	Fatima
Noon Talkers	Anderson	Casey
WE Toasted Toastmasters	Andreosky	Brian
New Horizons Toastmasters Club	Arnold	Katherine
New Horizons Toastmasters Club	Avington	Gwendolyn
Nano-Mated Speakers	Beste	Nathan
Daylighters Club	Bezley	Dani
New Horizons Toastmasters Club	Bonano	AmyRose
Barnhart Toastmasters	Bradley	John
Wake Up, Beaverton! Toastmasters	Branson	Nicole
Evergreen Club	Brizuela-Martinez	Ramon
Toast of the Region Club	Burnice	Karl
Yaquina Toastmasters	Carpenter	Pamela
Professionally Speaking	Ciri	Valerie
Politically Speaking	Clark	Dan
Sunrise Toastmasters Club #1492	Collins	Neal
The University Club	Conrad-Antoville	K. Anne
Portland Club	Corcoran	Hannah
Professionals of Portland Toastmasters	Creps	Gettit
Timber Talkers	Cruse	Cornell
Toast of the Region Club	Cuthbertson	Teresa
Eco Voices Toastmasters	Davis	Leslie
Bend Chamber Toastmasters	Desautels	Kimberly
Storymasters Toastmasters	Falcone	Diane
MultCo Toasties	Fang	Johnny
M A C Toastmasters Club	Fettig	Chase
Silicon Forest Club	Finch	Susan
Timber Talkers	Gram	Brendan
Gorge Windbags	Grenadier	Kate
Speak To Lead Toastmasters	Gupta	Sapna
CareOregon	Harris	Lavelle
Professionally Speaking	Hayes	Alvin
Daylighters Club	Hernandez	Mylz
Daylighters Club	Hopper	Antonio



# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
WE Toasted Toastmasters	Hudler	Liam
Daylighters Club	Hurst	Tracy
Swan Island Toastmasters	Hutchins	Jordan
Professionals of Portland Toastmasters	Julander	Allison
Walker Talkers Toastmasters Club	Kalehua	Justin
Portland Club	Keaney	Joshua
Walker Talkers Toastmasters Club	Klingelhafer	Karen
Sage Beaverton Toastmasters	Lambinico	Patrick
Tower Toastmasters	Landers	Elisa
Yammertime	Ling	James
Bootstrappers Club	Long	Mike
Salmon Speakers	Longton	Emily
Encouraging Words Club	Marohl	James
Evergreen Club	Massey	Craig
Professionally Speaking	Mathis	Steve
Yammertime	Memsic	Tina
Storymasters Toastmasters	Nayak	Chinmayee
Toastmasters of Redmond	Nicholsen	Julie
NoonTime Club	Niculita	Alina
I.R. Speaking Toastmasters Club	Norlander	Kenneth
Clark County Toastmasters Club	Norton	Jay
Corvallis Evening Group	Olson	Noah
Daylighters Club	Orzuna	Evelin
Downtown Public Speakers Club	Perrott	Valerie
Coastal Toastmasters Club	Peters	Penny
Yammertime	Price	Capri
Transtasters	Rice	Heidi
VA SORCC Toastmasters	Robben	Lynnette
Banfield Barkers	Russi	Brendan
Professionally Speaking	Sarkkinen	Bert
Professionally Speaking	Short	Justin
Tabor Toastmasters Club	Simonsen	Dana
Gateway Toastmasters	Solonika	Kim
Toast to US	Staver	Kristin
Wallmasters International Club	Teblum	Joseph

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Banfield Barkers	Torres	Jeffrey
Nano-Mated Speakers	Tummala	Divyatej
Professionally Speaking	Valverde	Anita
Walker Talkers Toastmasters Club	Vandehey	Jolee
Sporty Speakers	Vargas	Andres
Banfield Barkers	Velasquez	Juliana
Gorge Windbags	Voigt	Peter
High Noon Club	Wallbaum	Steve
Vancouver Toastmasters Club	Walls	Ann

**We are drawn to leaders and organizations that are good at communicating what they believe. Their ability to make us feel like we belong, to make us feel special, safe and not alone is part of what gives them the ability to inspire us. —Simon Sinek**



# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
TC2	5/16/2019	Adkisson, Erica	Banfield Barkers
PM3	5/24/2019	Alba-Lim, Michelle	Feather Communicators
CL	5/15/2019	Al-Wadud, AbdurRashid	Capital Toastmasters Club
LD1	5/2/2019	Amundson, Marlys M.	NuScale Toasters
PM3	5/3/2019	Anthony, Joseph D.	Storymasters Toastmasters
IP1	5/4/2019	Bailey, Emi Y	Flying Toasters Club
PM2	5/1/2019	Baker, Jean Margaret	Noon Talkers
IP1	5/2/2019	Beagle, Jon	Speakers With Spirit Club
CC	5/28/2019	Bender Phelps, Susan A.	Tmstrs For Speaking Prof
CC	5/23/2019	Binder, Steven	Electric Toasters Club
VC4	5/11/2019	Bird, Summer Thomas	Toasting Excellence Club
CL	5/20/2019	Birdsell, Kevin	Feather Communicators
ACB	5/6/2019	Brown-Gratcheva, Julia Vladimirovna	Speakeasy Toastmasters
LD1	5/21/2019	Buchanan, Andrew	Astoria Toastmasters
IP1	5/23/2019	Bushick, Chris	Sage Beaverton Toastmasters
PI2	5/17/2019	Carlson-Trippy, Kathy	MultCo Toasties
PI1	5/17/2019	Carlson-Trippy, Kathy	MultCo Toasties
CL	5/10/2019	Carlson-Trippy, Kathy	MultCo Toasties
MS4	5/1/2019	Carr, Jeffrey E.	Professionally Speaking
DL2	5/27/2019	Catino, Cayla M	Silvertongues
PI2	5/11/2019	Coffin, Allison B.	Salmon Speakers
PI1	5/11/2019	Coffin, Allison B.	Salmon Speakers
PM1	5/21/2019	Collier, Sonia	3 Stripe Adidas
VC1	5/9/2019	Corbet-Owen, Carina	Vancouver Toastmasters Club
	5/17/2019	Corbin, Tamsen Miller	Feedbackers Toastmasters Club
PM2	5/10/2019	Corbin, Tamsen Miller	Feedbackers Toastmasters Club
VC1	5/9/2019	Costello, Andi	Vancouver Toastmasters Club
ALB	5/8/2019	Cox, Danielle	Audacious Orators
ACB	5/8/2019	Cox, Danielle	Audacious Orators
EC1	5/21/2019	Craig, Casey	3 Stripe Adidas
MS2	5/11/2019	Crain, Jason P	Salmon Speakers
MS1	5/11/2019	Crain, Jason P	Salmon Speakers
PM1	5/23/2019	Curley, Sherri	Sage Beaverton Toastmasters



# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
LD2	5/16/2019	Diamantine, Janice	Lebanon Toastmasters
PM3	5/10/2019	Drew, Kimberly A	Bend Chamber Toastmasters
ACB	5/21/2019	Edinger, Allan B.	Will-Sher Club
CC	5/21/2019	Edinger, Allan B.	Will-Sher Club
CC	5/31/2019	Fallon Burns, Laura	The University Club
LD3	5/24/2019	Fanning, Paul C.	Feedbackers Toastmasters Club
EC5	5/7/2019	Fanning, Paul C.	Columbia Sq Squawking Heads
PM1	5/30/2019	Filburn, Kari	Vancouver Toastmasters Club
PI2	5/8/2019	Flukinger, Greg D	A-Dec Toastmasters
DL1	5/18/2019	Frederick, Christopher David	Grants Pass Toastmasters
PI2	5/2/2019	Fritzen, Mark	Speakers With Spirit Club
PI1	5/2/2019	Fritzen, Mark	Speakers With Spirit Club
EH1	5/3/2019	GaRey, Daniel J.	Rogue Communicators Club
VC5	5/25/2019	Gautam, Sudhir	Jefferson State Toastmasters
VC4	5/25/2019	Gautam, Sudhir	Jefferson State Toastmasters
MS2	5/28/2019	Gotting, Karen	Liberty Talkers
LD1	5/6/2019	Haataia, Brycen Andrew	Astoria Toastmasters
IP3	5/30/2019	Hamilton, Christina L.	Milwaukie Talkies
MS1	5/2/2019	Hanson, Ryan	NuScale Toasters
PM1	5/27/2019	Horenstein, Dorice	Tmstrs For Speaking Prof
VC1	5/2/2019	Horn, Clayton Forrest	Communicators Plus
PM2	5/15/2019	Houghton, Daniel O.	Southern Oregon Speechmasters
EC2	5/23/2019	Huck, Kami K.	Sage Beaverton Toastmasters
SR2	5/30/2019	James, Miranda	I.R. Speaking Toastmasters Club
ALS	5/29/2019	Johnson, David R.	Moser Community Toastmasters
DL1	5/22/2019	Jones, William Charles	McMinnville Toastmasters
CC	5/24/2019	Kenny, Pierce G.	Speakers By Design
CC	5/11/2019	Killion, Ginger E.	Daylighters Club
IP2	5/11/2019	Kittelson, Austin	Salmon Speakers
IP1	5/11/2019	Kittelson, Austin	Salmon Speakers
MS1	5/18/2019	Klein, Barbie	Bootstrappers Club
LD2	5/14/2019	Klupenger, Chris	Mentors Of Focus Club
DL2	5/7/2019	Knapp, Thomas K.	Liberty Talkers
LD1	5/8/2019	Koenig, Will	Transtasters

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
IP1	5/8/2019	Lev, David S.	Smooth Talkers Club
EC3	5/13/2019	Lowmaster, Philip J.	I.R. Speaking Toastmasters Club
PM1	5/20/2019	Maertín, James	Portland Club
ALB	5/15/2019	Mahmoud, Moustafa	Capital Toastmasters Club
DL1	5/22/2019	Mathew, Elza	Speakeasy Toastmasters
IP2	5/11/2019	McCauley, Genyssa	Salmon Speakers
IP1	5/11/2019	McCauley, Genyssa	Salmon Speakers
PM4	5/4/2019	Moran, Samuel H.	Tell Me A Story
DL2	5/14/2019	Myers, Emily Jane	Sporty Speakers
PM2	5/18/2019	Negre, Jean-Sylvain	Tmstrs For Speaking Prof
PM1	5/17/2019	Negre, Jean-Sylvain	Tmstrs For Speaking Prof
MS1	5/13/2019	Neufeld, Zihan	Storymasters Toastmasters
ACB	5/17/2019	Nissen, Bella	Mentors Of Focus Club
PI3	5/24/2019	Nolen, Kitty L.	Mentors Of Focus Club
ACG	5/7/2019	Nye, Gregory Allan	Spirit Trackers
TC1	5/19/2019	Obritschkewitsch, Kristine Jean	Sunrise Toastmasters Club #1492
DL2	5/20/2019	Parker, Traci	Swan Island Toastmasters
SR1	5/31/2019	Paul, Benjamin	Electric Toasters Club
TC1	5/14/2019	Perras, Jhoan A.	Sporty Speakers
PM2	5/23/2019	Pitz, Pat John	Silicon Forest Club
ACB	5/1/2019	Poudayel, Yuri	Electric Toasters Club
DL1	5/27/2019	Pratt, Maxwell Angus	Portland Progressives
EC2	5/30/2019	Quinn, Avahleen	Moser Community Toastmasters
CC	5/23/2019	Rall, Christopher	Tabor Toastmasters Club
EC1	5/20/2019	Reitman, Daniel R.	Portland Club
ACB	5/2/2019	Renshaw, Teresa Hsiao	Encouraging Words Club
PM1	5/20/2019	Reynolds, Marsha	McMinnville Toastmasters
CC	5/20/2019	Reynolds, Marsha	Will-Sher Club
ACG	5/2/2019	Robison, Baron L	Flying Toasters Club
CC	5/12/2019	Rockwood, John S.	Sunrise Toastmasters Club #1492
DL3	5/30/2019	Rodke, John Russell	Gateway Toastmasters
PM1	5/24/2019	Ryall, Trevor Paul	Tmstrs For Speaking Prof
IP1	5/10/2019	Rydlun, Fredrik	Bend Chamber Toastmasters
IP1	5/26/2019	Samet, Hanna	Vancouver Toastmasters Club

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
VC4	5/9/2019	Schellenberg, Lyle W.	Bootstrappers Club
EC2	5/23/2019	Schmidt, Gary	Clackamas Stepping Stones
EC4	5/23/2019	Schweitzer, Connie L.	Milwaukie Talkies
IP1	5/15/2019	Seeber, Leela Angelina	New Horizons Toastmasters Club
IP3	5/28/2019	Semenchalam, Rakesh	PMI Portland Toastmasters
IP2	5/28/2019	Semenchalam, Rakesh	PMI Portland Toastmasters
IP1	5/23/2019	Severson, Elin	Sage Beaverton Toastmasters
CL	5/21/2019	Shortt, Judith L.	Downtown Lunchbunch
ACB	5/27/2019	Siegel Cogen, Arlene	Tmstrs For Speaking Prof
SR1	5/10/2019	Smith Thrasher, Samuel Jefferson	Noon Talkers
EC3	5/30/2019	Stark, Donna L.	Gateway Toastmasters
EC2	5/30/2019	Stark, Donna L.	Gateway Toastmasters
SR1	5/30/2019	Stark, Katherine	Buckaroo Toastmasters
IP1	5/19/2019	Straube, Jake Michael	Vancouver Toastmasters Club
VC3	5/12/2019	Stricker, Michael	Speakers With Spirit Club
PM1	5/11/2019	Stuchiner, Rafael	Salmon Speakers
CL	5/10/2019	Talbot, Sarah	Yawn Patrol Club
PM1	5/3/2019	Theobald, Kevin	Silicon Forest Club
IP4	5/13/2019	Thomas, Doug	Early Words Club
IP3	5/13/2019	Thomas, Doug	Early Words Club
IP2	5/3/2019	Thomas, Doug	Early Words Club
SR2	5/21/2019	Thomas, Edward	Smooth Talkers Club
DL5	5/23/2019	Tully, Kathleen	WE Toasted Toastmasters
IP1	5/11/2019	Vasilyeva, Olya	Salmon Speakers
VC3	5/1/2019	Wagner, Loren	The Dalles Toastmasters Club
EC1	5/24/2019	Walker, Marvin Lynn	Newberg Toastmasters Club
PI1	5/13/2019	Wallman, Paul L.	Portlandia Club
ALB	5/6/2019	Waterer, Frank	Toastmasters of Redmond
LD1	5/16/2019	Wenick, Georgina E.	Oregon Communicators
PM5	5/18/2019	West, Larry J.	Grants Pass Toastmasters
ACB	5/9/2019	Whitney, A. Denise	Noon Talkers
PM2	5/31/2019	Winn, Barbara L.	Flying Toasters Club
IP5	5/19/2019	Wolfe, Jane	Vancouver Toastmasters Club
CC	5/24/2019	Wymore, Kamala	Noon Talkers

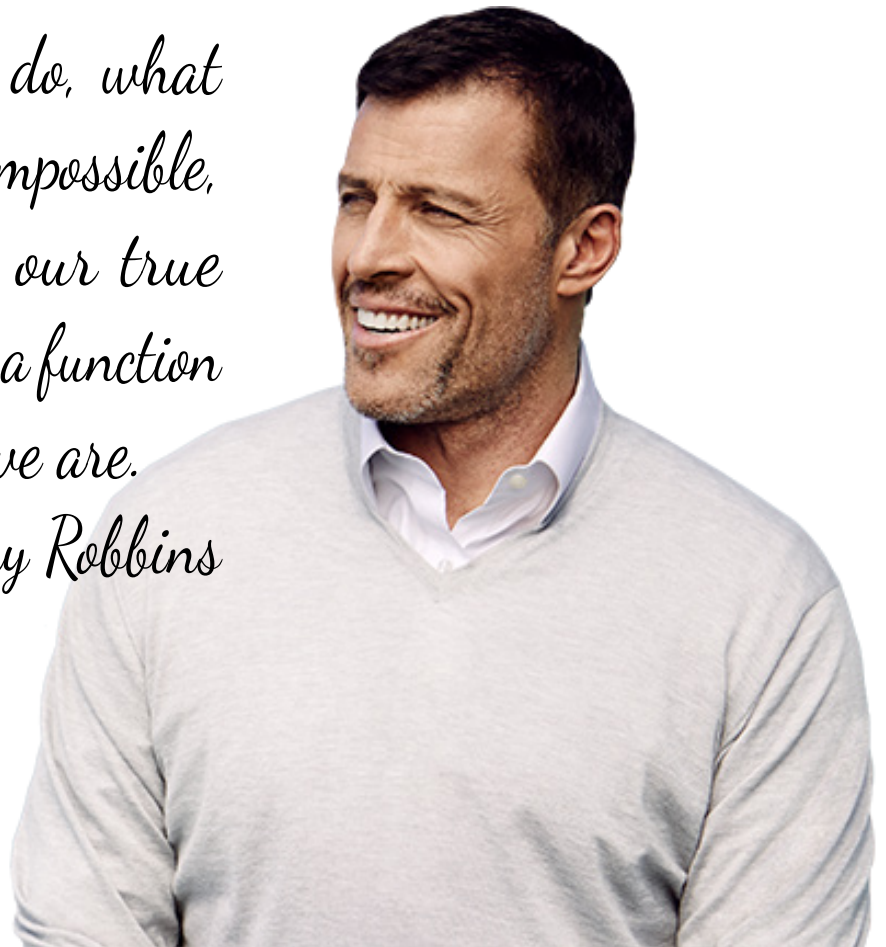


# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
PM1	5/20/2019	Xiu, Rulin	Portland Club
DL2	5/24/2019	Yan, Wendy	Early Words Club
DL1	5/24/2019	Yan, Wendy	Early Words Club
IP3	5/31/2019	Zangara, Louis William	Toast to US
IP3	5/16/2019	Zavitkovski, Caroline	MultCo Toasties
IP2	5/16/2019	Zavitkovski, Caroline	MultCo Toasties
IP1	5/16/2019	Zavitkovski, Caroline	MultCo Toasties
ACB	5/11/2019	Zenczak, Shannon	Tell Me A Story
TC2	5/16/2019	Zuschlag, Theodore F	Corvallis Evening Group

*What we can or cannot do, what we consider possible or impossible, is rarely a function of our true capability. It is more likely a function of our beliefs about who we are.*

*– Tony Robbins*



# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Alba-Lim, Michelle	5	VC5 , DTM , PM3 , PM2 , EH4
Al-Wadud, AbdurRashid	3	CL , CC , MS1
Amundson, Marlys M.	3	ACB , CL , LD1
Bakke, Jacqueline E.	3	LD2 , LD3 , LD4
Balasubramanian, Kaushik	4	ALS , DTM , SR1 , LDREXC
Bergman, Erik	6	PM4 , ACG , PM2 , ALB , PM3 , CC
Berkompas, Zachary Matthew	4	DL3 , DL5 , DL2 , DL4
Bird, Summer Thomas	4	VC1 , VC2 , VC3 , VC4
Cargill, Bryan	3	TC2 , TC1 , ACS
Carlson-Trippy, Kathy	3	CL , PI1 , PI2
Carr, Jeffrey E.	4	MS1 , MS2 , MS3 , MS4
Case, Jalene G	3	PM1 , LD1 , PM2
Clough, Deborah E.	4	CL , ALB , EC1 , EC2
Corbin, Tamsen Miller	8	MS3 , MS2 , MS4 , EC4 , PM2 , EC3 , PM1 , PWMENTORPGM
Crouch, Eddy Marie	5	VC2 , VC4 , VC1 , VC3 , VC5
Davis, Lisa	3	CL , ALB , ACB
Drew, Kimberly A	3	PM1 , PM3 , PM2
Economy, Dean G	3	EC3 , EC1 , EC2
Edgemon, Ronald	4	ALB , LDREXC , ACB , CL
Edinger, Allan B.	7	CC , ACB , DL1 , DL2 , DL3 , DL4 , DL5
Fanning, Paul C.	12	ALS , DTM , LDREXC , EC3 , LD3 , EC5 , LD1 , LD2 , EC2 , EC4 , PWMENTORPGM , ACS
Fisher, Kelly S.	3	CL , DL1 , DL1
Gautam, Sudhir	4	VC2 , VC3 , VC4 , VC5
Grijalva, Christina Guerra	3	SR3 , SR4 , SR5
Hale, Charles	3	EC1 , EC2 , EC3
Hale, Dawnette	4	EC1 , EC2 , EC3 , EC4
Hall, Robert B.	4	DL3 , DL5 , DL2 , DL4
Hamilton, Christina L.	3	IP3 , IP1 , IP2

# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Harmon, Phyllis A.	4	VC4 , VC3 , ACB , VC5
Heitz, Nena	4	PM3 , EC1 , PM5 , PM4
Hendricks, Lisa Sylvia	3	LDREXC , ALB , VC2
Hills, Dennis B.	3	LDREXC , ALS , DTM
Howell, Shawn Patrick	3	PM2 , PM3 , PM4
HOY, NOBUKO	3	TC1 , CC , CL
Hutton, Lisa F.	4	ACS , ALS , DTM , ACG
Johnson, David R.	3	ACB , EC2 , ALS
Kersjes, Theo	5	ALB , EC1 , EC2 , ACB , ACS
Kleffner, Paul J.	3	CL , VC2 , ACB
Kumar, Anil	5	IP3 , DL1 , DL2 , PM1 , IP2
Lambert, James A.	4	TC1 , TC2 , TC3 , PWMENTORPGM
Lee, Maria R.	3	PM1 , ACG , DTM
Leis, Linda K.	3	ALS , ACG , DTM
Lindquist, Leanna	3	PM1 , VC1 , PM2
Locke, Julius Patrick	4	CC , CL , CC , ACG
Loeb, Suzanne L.	4	CC , EC3 , EC1 , EC2
Love, Dottie	5	DTM , ACS , ACG , DL1 , LD1
Lowmaster, Philip J.	3	EC1 , EC2 , EC3
Maas, Lieve	3	IP3 , IP1 , IP2
McCormick, Mimi J.	3	CC , EC1 , CL
McNellis, Tony A.	3	DL2 , DL1 , DL3
Meekisho, Anna M.	3	IP1 , CL , CC
Mills, Pam	3	ALS , ACG , DTM
Moran, Samuel H.	4	PM2 , PM1 , PM4 , PM3
Ng, Ean H.	4	LDREXC , ALS , DTM , DL2
Nissen, Bella	3	CL , MS1 , ACB
Nolen, Kitty L.	3	PI1 , PI3 , PI2
Nye, Gregory Allan	4	ACB , ACG , ACS , LDREXC



# TRIPLE CROWN AWARD PINS

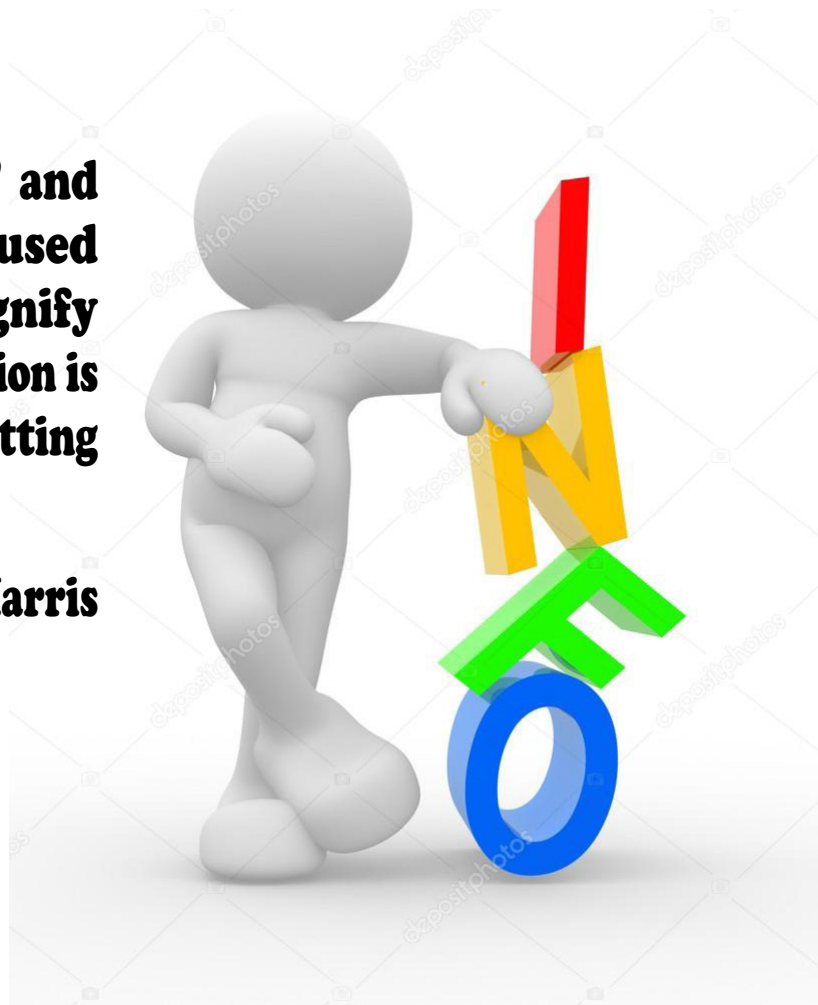
MEMBER	COUNT	AWARD
Parker, Traci	3	ALB , DL1 , DL2
Pence, Brian Eric	3	ALB , ACB , CL
Peterson, Kevin	3	PM3 , PM1 , PM2
Peterson, Vanessa	3	DL4 , DL2 , DL3
Pitkin, Amber	3	DL1 , DL2 , DL3
Pugh, Crystal D.	7	ACG , MS1 , PWMENTORPGM , EC4 , EC3 , MS2 , MS3
Redgrave, Cheri A.	5	DTM , SR3 , IP1 , ALS , SR4
Robison, James Craig	4	DL3 , DL4 , EC1 , EC2
Rodke, John Russell	3	DL2 , ACG , DL3
Rodriguez, Alvaro	3	IP1 , IP2 , IP3
Rone, Regina G.	3	TC3 , CL , TC2
Schellenberg, Lyle W.	5	VC3 , VC2 , VC4 , VC1 , LDREXC
Schmidt, Gary	3	EC1 , CC , EC2
Schupp, Lisa S.	4	MS1 , CL , PI3 , MS2
Schweitzer, Connie L.	3	EC4 , EC2 , EC3
Semenchalam, Rakesh	3	IP1 , IP2 , IP3
Semprevivo, Karen Ann	6	CL , LD1 , EC3 , ALB , EC2 , LD2
Serhan, Marvin T.	5	VC2 , VC4 , VC5 , CC , VC3
Shaw, Jo Anna	5	VC3 , VC2 , VC4 , ALS , DTM
Shehorn, David A.	3	IP2 , IP3 , IP4
Smith, Robert D.	3	PM2 , VC1 , VC2
Smithrud, Carolyn F.	3	LDREXC , ALS , DTM
Spiegel, Nick	3	ALB , CC , VC2
Stevenson, Scott	10	CL , CC , VC2 , CL , CL , CC , VC5 , VC3 , VC4 , VC1
Sullivan, Brian	3	PM1 , PM2 , PM3
Takamura, Ted J.	3	LDREXC , ALS , DTM
Talley, Kamili	3	IP2 , CL , IP1
Taylor, Emilie	5	IP2 , LDREXC , ACB , ALS , IP3
Thomas, Doug	4	IP1 , IP2 , IP3 , IP4

# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Thygesen, Erica L.	3	VC3 , ACG , VC4
Tully, Kathleen	7	DL2 , DL5 , CC , ALB , ACS , DL3 , DL4
Walker, Marvin Lynn	4	CL , EC1 , PM2 , PM3
Wantz, James	4	SR2 , PM5 , VC2 , SR3
Waters, John E.	5	IP1 , DL3 , DL2 , IP2 , IP3
Welsch, P. Michael	7	VC2 , PI2 , PI1 , VC1 , PI3 , ALS , LDREXC
West, Larry J.	5	PM1 , PM2 , PM3 , PM4 , PM5
Wilson, Michael A	4	IP3 , IP1 , IP2 , IP4
Zavitkovski, Caroline	3	IP1 , IP2 , IP3

**The two words ‘information’ and ‘communication’ are often used interchangeably, but they signify quite different things. Information is giving out; communication is getting through.**

**— Sydney J. Harris**



# HAPPY ANNIVERSARY TO JUNE CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
6/1/1997	22	Flying Toasters	Salem
6/1/1985	34	Talk-In-Tel	Hillsboro
6/1/1977	42	M A C	Portland
6/1/1988	31	McMinnville	McMinnville
6/1/1996	23	Gateway	Eugene
6/1/1950	69	Grants Pass Toastmasters Club 852	Grants Pass
6/1/1988	31	Fortunate 500	Portland
6/1/2000	19	Civil Tongues	Portland
6/1/1993	26	Moser Community	Portland
6/1/1978	41	Jantzen	Portland
6/1/1993	26	At The River's Edge	Portland
6/1/1946	73	Corvallis Evening Group	Corvallis
6/1/1993	26	Stevenson	Stevenson
6/1/1989	*30*	TV	Beaverton
6/1/1992	27	Sandy Club #8848	Sandy
6/1/1980	39	NoonTime	Portland
6/1/1989	*30*	Tualatin Valley	Hillsboro
6/1/2014	*5*	Nano-Mated Speakers	Hillsboro
6/1/1986	33	Jefferson State	Talent
6/2/2017	2	Articulators	Warren
6/6/2012	7	Rogue Valley Networking	Grants Pass
6/12/2001	18	AAA Towsters	Portland
6/22/2017	2	Barnhart	Beaverton
6/23/2017	2	Coastal	Coos Bay
6/24/2005	14	The University	Portland
6/24/2011	8	Eco Voices	Portland
6/28/2011	8	Hopemasters	Woodburn
6/28/2018	1	Asante	Medford
6/29/2011	8	Toastmasters For Speaking Professionals	Portland



# HAPPY ANNIVERSARY TO JUNE CLUBS

CHARTER DATE	YEARS	CLUB	CITY
6/30/2002	17	Leader's Edge	Vancouver
6/30/2010	9	Dallas	Dallas
6/30/2015	4	PMI Portland	PORTLAND
6/30/2004	*15*	Capital	Salem
6/30/2004	*15*	Liberty	Salem
6/30/2005	14	Speakers With Spirit	Vancouver

**One of the  
most sincere  
forms of respect  
is actually  
listening to  
what another  
has to say.**

**Bryant H. McGill**





*Cate Arnold, DTM*



*Donna Stark, DTM*



*Emilie Taylor, DTM*



*James Wantz, DTM*



*John Rodke, DTM*



*Kwesi Millington, ALB, ACG*



*Lauralee Norris, IP3*



*Leanna Lindquist, DTM*



*Lee Coyne, ATMS*



*Michelle Alba-Lim, DTM*



*Paul Fanning, DTM*



*Phyllis Harmon, DTM*



*Rufino Ayala, ACB*





**Congratulations on a year of growth!**  
**The race is almost over - keep going and finish strong**

