

## Meet the D7 Trio

Page 6





# You can change lives



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# No Regrets

Phyllis A. Harmon, DTM  
Editor/Publisher



I love the beginning of a new Toastmasters year. We get an opportunity to build on the lessons learned from the prior year and use them to plan for future success. It's like breathing fresh, spring air with just a hint of moisture—full of promise and anticipation.

I like waving goodbye mentally to the prior year and focusing on what's ahead. I promised myself years ago that I would not get stuck in “what if” land, where shoulda, coulda, and mighta been are the tarpits and quicksands of past regrets. They bog us down and hold us fast, stuck reliving what we cannot change.

You cannot change the past but you can take what you learned and shape an entirely different future. Great leaders know that. They learned by experiencing failure and disappointment—then reassessing and moving on.

You can do that for yourself and your club. If last year didn't live up to your expectations, reassess and do something about it. Now's the time to take your club's pulse using the Moments of Truth module. I love that module! It gives every member an opportunity to be heard. The suggestions for change become the goals for this year's club success plan.

It is the beginning of a new year. A whole year of promises to keep and lessons to learn. What are you waiting for?

## EDITORIAL

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# VOICES!



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# Meet the D7 Trio

Phyllis Harmon, DTM

*I asked our 2019-20 District 7 Trio (the top three District leaders) to answer questions about themselves and their vision for the District. In the following pages you will learn more about the three people who were elected to guide the members of District 7 towards success.*

**Emilie Taylor, DTM - District Director**

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

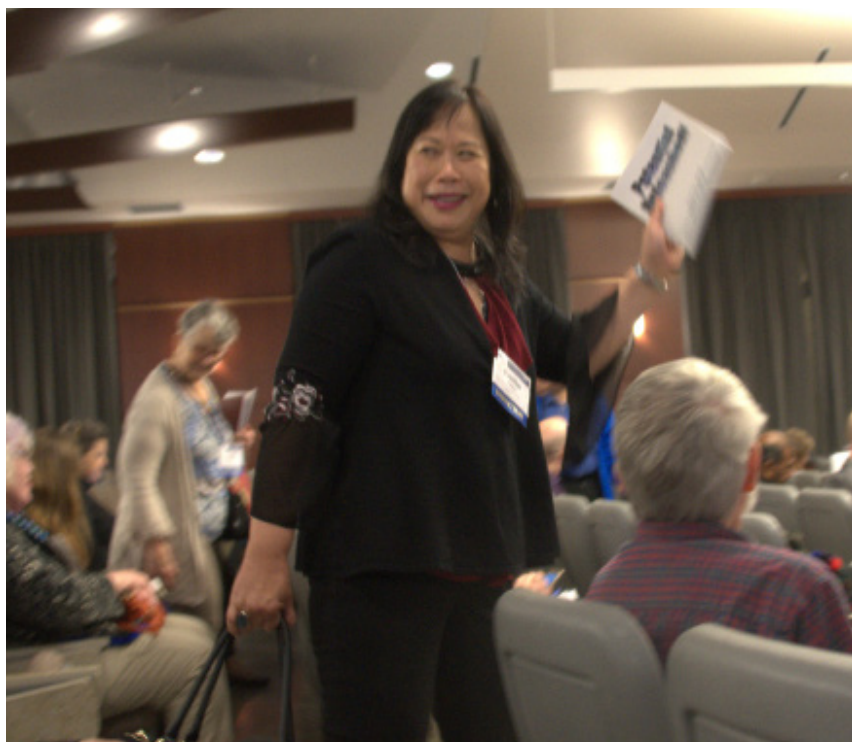
I joined Milwaukie Talkies Toastmasters Club in April 2014. I joined for the wrong reason—I needed friends. My brother suggested that I check out Toastmasters. I can honestly say he was right. I found friends, the ones that support and care about me and my growth. When I first stepped into the club, I found a warm and supportive environment. Members of Milwaukie Talkies were glad to see me. They welcomed me with smiles and a guest packet. Char, a long-time member of the club, sat next to me and explained what the club was about. She was the real reason I came back and joined the club. Clapping for everything was something I had to get used to. Now I am the biggest cheerleader in my club meetings.

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

Tough question. I had never thought of my Aha! moment until now. I think it came when I realized that developing confidence is the greatest by-product of joining Toastmasters. You can't teach confidence. You can however develop confidence by regularly taking on roles in meetings and giving speeches. The more I stepped up in speaking and leading, the easier it got as I became more comfortable in my own skin.

### ***What is your vision for the District as the Program Quality Director during 2019-2020?***

As your District Director for 2019-2020, I would like to see our District become Distinguished. A Distinguished District to me is an affirmation that we are a quality and excellent District. I know in my heart we can achieve this goal this year.



To achieve this goal, we need to start at the club level. As members, we are the heart of District 7. We all have a part to play in the quality and success of our clubs. I truly believe that individual goals align with club goals. A positive member experience can only be had when our clubs are vibrant, fun, engaging, supportive and truly a learning laboratory where members thrive. I challenge you to make sure your clubs are the best there is so no one leaves. Or if a member leaves, the reason has nothing to do with club experience.

I also challenge you to spread the Toastmasters word. We need to share the transformative power of Toastmasters by building new clubs. Wouldn't it be grand to have a club in your own place of work? Let us know where to build these clubs. The District will provide resources for this to happen.

### ***What incentives and recognition are you planning for the year?***

We have many incentives planned this year. More details will come soon.

For members, when you submit a club lead that turns into a kickoff meeting, you will receive a Toastmasters Polo Shirt worth \$42. For clubs, when you conduct an Open House, you will be reimbursed up to \$50 for expenses.

I encourage you to continue earning educational awards such as the Triple Crown, Distinguished Toastmasters Award, and continue to level up in Pathways.



## Cate Arnold, DTM - Program Quality Director

### *Why did you join Toastmasters?*

I originally joined Toastmasters in 2003 when a Toastmaster spoke at a city committee I was a member of. I saw it as an opportunity to become a better speaker. I was a stay-at-home mom who was always out in my community working with different non-profits and volunteer organizations. For the next five years, I was very involved and became a pretty good speaker. In 2008, I thought I'd mastered Toastmasters. Life was busy so I quit. After five more years I realized I was getting rusty and rejoined in 2013. When Storymasters chartered in 2015, I joined. From that club, Phyllis Harmon sat down with me to look at how far I was from earning my first DTM. Somehow, even serving as an area governor back in the day, I never got what the DTM was or why we should all be working on it. This time I could see how much it was like earning the Boy Scout Eagle award or the Girl Scout gold award. My son and daughter gained so many skills in those programs. I did the same by finishing my first DTM and setting my sights on earning another one.

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

I've had many aha moments. I think the most valuable three for me are:

1. The speaking skills I've gained are directly

applicable not just for speaking in front of audiences but in all types of dialogues including one-on-one conversations, phone calls, interviews, etc.



2. How powerful to learn that is safe, and you can feel good when you give and receive effective feedback. There are good leadership skills to learn.
3. If we focus on treating our leadership roles as opportunities for growth by setting objectives and then seeing how we do: both our own assessment as well as feedback from people we worked with on what went well and what we can improve.

### *What is your vision for the District as the Program Quality Director during 2019-2020?*

My hope is that we all recognize our potential for learning leadership skills within Toastmasters, from club officers and mentors to District Leadership positions. I hope that our

leaders support one another in learning these skills and that we find meaningful ways to use our skills to strengthen our clubs. As PQD, I am responsible for ensuring that we have formal training through TLIs and that we conduct our Annual District conference next spring. Beyond that, I hope to support ongoing learning efforts with additional training and mastermind groups to help our leaders develop the soft skills needed to inspire, support, and guide their teams and clubs.

### ***What incentives and recognition are you planning for the year?***

The biggest incentive/recognition is already defined by Toastmasters International: to be Distinguished Clubs, Areas, Divisions, and District. The incentive to be Distinguished is that if we are using the program correctly, our clubs will get stronger, be fun, successful, and sustainable with dynamic meetings where members grow and recognize it, which is the greatest outcome we could have.

**Eldred Brown, DTM - Club Growth Director**

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

I joined Toastmasters in May of 2009. I was unemployed at the time and regularly attending Cleon Cox's Job Finders Support Group. At a few of these meetings, Cleon recommended Toastmasters to me as a way to improve my ability to ace the job interview. After checking out three Monday night clubs, I chose the Toastmasters club At the River's Edge. Though the club was small, I was impressed with the warm welcome they gave me and with how they

encouraged me to keep coming back without making a high-pressured sales pitch to join. I joined after my second meeting with them.

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

The greatest Aha! moment was the night that Jerry Kleffner recommended that I pursue the role of Area Governor. I had never thought of myself as a leader, and my short time as a non-commissioned officer (NCO) in the Marine Corps made me question whether I really had the personality to be a leader. I had been to a few District 7 events and was better known outside my club than most, so I guess Jerry saw something in me that I hadn't seen yet. I enjoyed my two years as an Area Governor so much that I ran for Downtown Division Governor and got elected.

### ***What is your vision for the District as the Club Growth Director during 2019-2020?***

I plan to expand the Toastmasters organization by building new clubs in areas underserved by Toastmasters, especially the Metro area business community, central and southern Oregon.

I plan to strengthen our process of building new clubs and rebuilding struggling clubs by building up our teams of club sponsors, mentors, and coaches. I also want to offer our sponsors, mentors, and coaches the training and ongoing support they need to be most effective in their service.

I plan to revive the Club Fitness Program for clubs with 13-19 members, smaller clubs often not given the support they need because they're not eligible for a club coach.



---

### *What incentives and recognition are you planning for the year?*

The first incentive, which I started at summer TLI, is the New Club Leads Incentive. Anyone who offers me a new club lead that results in a kickoff meeting will be awarded a snazzy Oxford shirt from Toastmasters International. I already have one person who has cashed in on this incentive.

A second incentive I am rolling out now will recognize those clubs who start the year strong by conducting an open house before the start of the next renewal cycle. Any club that runs an open house before Labor Day will receive \$50 from District 7 to help with the event.



## Open House Incentive Recipients

*Congratulations to the clubs who responded to the Open House Incentive for 2018-19*

Clark County TM Club -  
Event date: April 14, 2019

Chanticleers TM Club -  
Event date: April 28, 2019

WE Toasted TM Club -  
Event date: May 23, 2019

Toastmasters of Redmond -  
Event date: June 6, 2019

Clackamas County TM -  
Event date: June 26, 2019

Toast of Tualatin  
Event date: June 27, 2019



Happy New Toastmasters Year!

I'm Emilie Taylor, and I'm honored to serve as your District Director.

My decisions will be guided by three questions:

- Does it make for a better member experience?
- Will it support clubs in achieving excellence?
- Will it allow us to grow more quality and sustainable clubs?

Two phrases you will hear often:

- Members are the heart of District 7. The cornerstone of my leadership is supporting you. When you have the tools to thrive, you and your club will be successful. Engaged members, learning and growing at each meeting (using the core values of integrity, respect, service, and excellence), are the heart of District 7.
- Own it and grow from it. When we own our fears and shortcomings and share them with each other, we can achieve more than we thought possible! By helping each other, we strengthen our lives and those we share.

I have the deepest faith that you will step out, step forward, and step up on your journey towards who you were meant to be. Cate, Eldred and I wish you a wonderful year full of new beginnings and growth!

Warmest regards,  
Emilie Taylor, DTM  
District Director

**MEMBERS ARE THE HEART OF DISTRICT 7**  
**OWN IT AND GROW FROM IT**





**Molalla**  
Toastmasters



**Buckaroo**  
Toastmasters

**Same great club with a brand new name!**

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

**Join Us!**

**Guests Always Welcome!**

# 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 Leadership Through Courageous Evaluations

Cate Arnold, DTM

Program Quality Director

From serving in the District 7 Trio last year, I've learned several valuable leadership lessons. Today let's talk about performance evaluations which can be broken down into three points:

- Maximizing leadership skills by serving as leaders in our clubs and District
- Creating a plan for success
- Evaluating how it went

Evaluations take courage, concentration, and reflection. The leadership learning that comes from them are huge.

Imagine you worked on your speaking skills by giving a speech where the only criteria was to speak for 5 to 7 minutes. You get up, speak about whatever, and sit down. There is no formal evaluation. You aren't going to learn nearly as quickly as you could without speech objectives and relevant feedback. You also don't get to practice one of the greatest skills you can develop—learning to enjoy constructive feedback.

Opportunities start with club officer roles and move to higher levels through the Toastmasters Leadership Pipeline. In each role, we start by understanding the objectives of the position. What are we trying to achieve for the club, area, division, District? This is like looking at the objectives of a speech. Then we plan it. What are we going to try to do to achieve it? Then

comes the actual practice and doing. And then the toughest part, the evaluation.

For most of us, evaluations are the most valuable, but the hardest part, the courageous part of any endeavor. Being willing to reflect and get feedback from the people we worked with on what went well, what didn't, and what we would do differently next time. Although Pathways now includes a 360-degree evaluation as part of the High Performance Leadership project in Level 5, there is no formal evaluation offered or required of leaders.

I hope you will do it anyway, that you will use the opportunity to learn the most you can from serving in leadership roles, recognizing the role's objectives, doing your best to execute them successfully, and gaining the self-confidence and courage to ask for feedback.



## T.E.A.M.

Eldred Brown, DTM  
Club Growth Director

**T**ogether **E**veryone **A**chieves **M**ore. As I was preparing to step into my new role through the months following my election, the most common bit of advice I received from my mentor and from many other advisors was, “Do NOT do the Club Growth Director work alone. Build a team to whom you can delegate most of your work.” Following this advice, I made my first top priority the assembly of a team, the District 7 Marketing Team. I am pleased to announce that I have this team mostly assembled. Please allow me to introduce to you your District 7 Marketing Team.

- Club Extension Chair (qualifies new club leads and sets up kickoff meetings): Rodger Cook, ACB, ALB
- Club Sponsor Coordinator (coordinates and supports our new club sponsors): Cleon Cox, DTM
- Club Mentor Coordinator (coordinates and supports our new club mentors): Leanna Lindquist, DTM
- Club Coach Coordinator (coordinates and supports our club coaches): Jim Robison, DTM
- Club Fitness Program Coordinator (coordinates and supports our club advisors for clubs with 13-19 members): Jim Dent, DTM

I’ve also been blessed with a team of marketing professionals from three divisions—call them Division Club Growth Directors, if you will.


- Division A (Southern): Larry West, DTM
- Division C (Capital): Jennifer Thomas, ACS, ALB, VCI
- Division G (Northern): Anne Coleman, ACB, CL

I am still looking for a person with experience in cold call sales to lead our Club New Source Research Committee. If that describes you, and you have the time to take on this role, please let me know. I am also looking to complete our team of division marketing representatives (one from each division). Division Directors, if you know a marketing expert in your division whom you would recommend, please send them my way.

With this team, I am confident we can build more new clubs and strengthen more existing clubs throughout our District than I could ever hope to do alone. (Thank you so much to all who joined my team when asked to step up!) In addition to the work for which each member of our team will be responsible, we will work together to brainstorm and develop new club growth initiatives and incentives for our District and for all of you, our members.

This leads me to the two incentives I’ve





already rolled out in our District. The first, which I unveiled at TLI, is the New Club Leads Incentive. Any member of a club in District 7 who offers our marketing team or me a new club lead that results in a kickoff meeting will be awarded a snazzy shirt from the Toastmasters International shop. I'm pleased to announce that we already have one person who cashed in on this incentive and earned herself a Toastmasters shirt. Beth Pinchot, Area 76 Director, submitted a lead that resulted in a July 10 kickoff meeting at the Nike Tech Ops facility in Hillsboro. Congratulations, Beth!

Another of the goals of our District is to build membership in our existing clubs. The best time to start work on this is at the beginning of the program year. I am excited to roll out our Start the Year Strong Open House Incentive along side Toastmasters International The Smedley Award contest which starts in August and runs through September,. Any club in District 7 who runs an open house before Labor Day (September 2), will qualify to receive reimbursement from District 7 up to \$50 of all expenses related to the event. To claim reimbursement, simply submit to me the following:

- Your club's name
- Location, date, and time of your open house

- A roster of all who attended
- A completed District 7 Reimbursement Voucher

I am looking forward to the rest of the new year, I am excited to work with such an awesome marketing team to build new clubs and strengthen existing clubs throughout our District. Will you do your part? Please feel free to contact me at [eldred.brown.tm@gmail.com](mailto:eldred.brown.tm@gmail.com), or call me at 503-367-8440.

**“TEAMWORK IS THE ABILITY  
TO WORK TOGETHER TOWARD  
A COMMON VISION. THE  
ABILITY TO DIRECT INDIVIDUAL  
ACCOMPLISHMENTS TOWARD  
ORGANIZATIONAL OBJECTIVES.  
IT IS THE FUEL THAT ALLOWS  
COMMON PEOPLE TO ATTAIN  
UNCOMMON RESULTS.”**

**– ANDREW CARNEGIE**



# 2019-2020 District 7 Toastmasters

**Emilie Taylor, DTM**  
District Director

**Cate Arnold, DTM**  
Program Quality Director

**Eldred Brown, DTM**  
Club Growth Director

**Division A Director**  
Michelle Alba-Lim, DTM

**Division B Director**  
Abraham Alfaro, PM2

**Division C Director**  
Debra Burger, PM4

**Division D Director**  
Dawnette Hale, DTM

**Area 21 Director**  
Nina Heitz, DTM

**Area 31 Director**  
Todd Keiser, AC, CL

**Area 41 Director**  
Lisa Davis, ACB, ALB

**Area 51 Director**  
Jonathan Fost, CC

**Area 22 Director**  
Kevin Birdsell, ACS, ALB

**Area 32 Director**  
Lisa Schupp, PI3

**Area 42 Director**  
Baron Robison, ACG, CL

**Area 52 Director**  
Thuy Tran, ACS, CL

**Area 24 Director**  
Steven Dickson, CC

**Area 33 Director**  
Cynthia Mojica,  
ACS, ALB

**Area 43 Director**  
Mark Thomas, IP1

**Area 53 Director**  
Deanne Englund, LD1

**Area 35 Director**  
Rachel Rodman, PM1

**Area 44 Director**  
Randall Thomas,  
ACS, CL

**Area 54 Director**  
Traci Parker, DL2

**Area 45 Director**  
Eric Pashia, LD2

**Area 55 Director**  
David Freedman, ACS

# masters Executive Committee

**Karen Sempervivo, DTM**  
Finance Manager

**Kathleen Tully, DTM**  
Public Relations Manager

**Paul Fanning, DTM**  
Admin Manager

**Division E Director**  
**Carmil Ritchey,**  
ACG, ALB

**Division F Director**  
**Hillarie Hunt, DL5**

**Division G Director**  
**Patrick Locke, DTM**

**Division H Director**  
**Lorri Anderson, DTM**

**Area 61 Director**  
**Tamsen Corbin, EC4**

**Area 71 Director**  
**David Silver, CC**

**Area 81 Director**  
**Linda Otton, CC**

**Area 91 Director**  
**David Bones, ACB, CL**

**Area 62 Director**  
**Paul Caloca, CC**

**Area 72 Director**  
**Scott Strickland,**  
ACG, ALB

**Area 82 Director**  
**Wendy Yan, DL3**

**Area 92 Director**  
**Anil Kumar, IP3**

**Area 63 Director**  
**Cathy Harris, CC, ALB**

**Area 73 Director**  
**Chad Albright, EC5**

**Area 83 Director**  
**Kathy Boyer, ATMS, CL**

**Area 93 Director**  
**Theo Kersjes, ACS, ALB**

**Area 64 Director**  
**Katherine Stark, ALB**

**Area 74 Director**  
**Andrea Mathews, MS4**

**Area 84 Director**  
**Robert Hall, DL5**

**Area 94 Director**  
**Namitha**  
Somasundaram, IP2

**Area 65 Director**  
**Nadine Elbitar, LD2**

**Area 75 Director**  
**Kamili Talley, IP2**

**Area 95 Director**  
**Kat Iverson, LD1**

**Area 76 Director**  
**Beth Pinchot, VC2**

**Area 96 Director**  
**Naomi Inman,**  
ACB, ALB

# Club Quality is the Foundation for

Kathleen Tully, DTM - P

Welcome to the new Toastmasters year! Let's talk PR for your club. Are you thinking "Wait. What? It's only July. Do we really need to start promoting the club right now?" And my response is Yes! Absolutely!

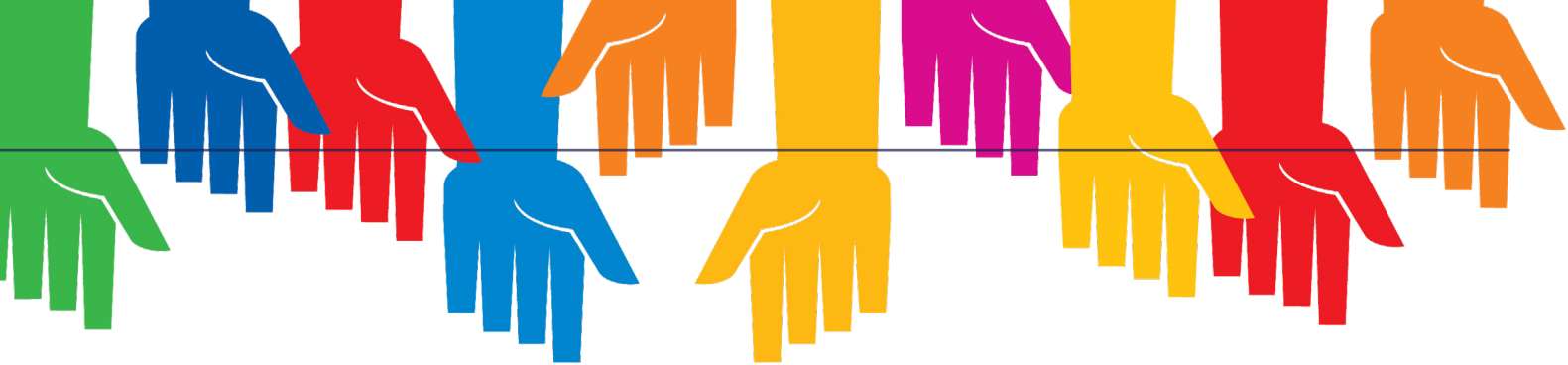
The stand-out best way to begin promoting your club is with current club membership! Everyone has heard the saying "a bird in the hand is worth two in the bush." It's much easier to invest your valuable time and energy in creating the best possible member experience to retain current members than it is to recruit new ones.

The beginning of the new Toastmasters year is the ideal time to re-evaluate, refresh, and reinvigorate your Toastmasters club. Where to start? Before you start thinking about promoting your club outside, it's time to look inside your club. What is your club doing well? What aspects of your club are contributing to the club's success? Are club members working together to provide a quality club experience each week? Great! Celebrate that. Then, as with any speech evaluation or general evaluation, look for areas of improvement. What can the club do better to make it stronger and generate positive impact on its members? Member feedback on why they

participate can guide and inspire investment in this effort!

- When evaluating the club quality, take some time to consider the following:
- Are members greeted and acknowledged as they enter the meeting room?
- Is the room arranged and ready for the meeting to begin?
- Are the meetings well organized with appropriate supplies at the ready?
- Does each member have a name tent or badge for easy recognition?
- Is there an agenda to provide focus and serve as a road map for the meeting?
- Do members sign up for meeting roles well in advance?
- Is the environment supportive, fun, and engaging?
- Do the club meetings include creativity and variety?
- Are members giving speeches that are well prepared and informed by the Toastmasters education program?
- Are they finishing up manuals in the legacy education program or well on their way in the Pathways program? Or both?





# For Future Growth and Promotion

## Public Relations Manager

- Do speech evaluators give helpful evaluations that are informative and provide specific suggestions for improvement/growth?
- Are club and member milestones celebrated?
- Are members encouraged to participate in a structured mentoring program within the club?

These are just some of the questions to consider as you begin the new Toastmasters year. Toastmasters International has many valuable resources available to help in this process. Take some time to explore the Resources tab on the Toastmasters International home page. Look at the Moments of Truth (MOT) handout which provides detailed worksheets and best practices. The MOT chart provides an “at a glance” overview for general discussion. Both documents are helpful tools for guiding the evaluation process. The Resources section also includes the Logos, Images, and Templates link which provide options for name tents, meeting agendas, club business cards (including a new vertical card option this year!), club newsletters, and more.

If your club uses a FreeToastHost website provided by Toastmasters International, use the meeting agenda option to customize an agenda for the weekly meetings and make it easy for members to sign-up for meeting roles in advance. Take advantage of the time-saving feature that allows speakers to add speech details and their introduction; these can then be printed by the Toastmaster directly from the agenda.

Don't forget that *Toastmaster* magazine offers ideas on a variety of topics that can help a club enhance their meetings. You'll find many ways to incorporate fun into weekly meetings in this article.

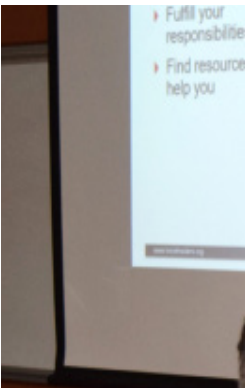
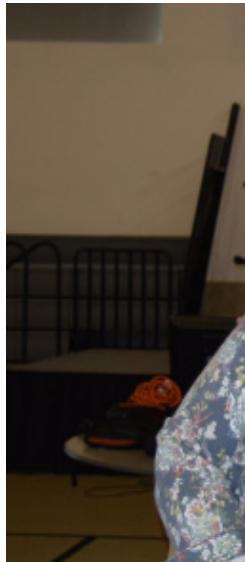
The club evaluation process may seem daunting, but club officers and members can make it fun! Be creative. Think outside the box. The opportunities are limited only by your imagination. Club quality lays the foundation for future growth and impactful promotion. NOW is the time to start planning and implementing changes that will make your club even more successful in 2019-2020!



# Toastmasters Le The Leade

More TLI pictures can be found [here](#).

June 22, 2019 - C





# Leadership Institute Partnership Pulse Camp Withycombe







**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

# Polar Bear vs Harp Seal

James Wantz, DTM

I don't want to prepare for my speech. I want to play video games. I am hooked on games that regularly feature "new" content to keep me engaged. It works. I engage with them like a starving polar bear who's just spotted an unconscious & overweight harp seal. Game on! (Granted, I have more in common with the harp seal than the polar bear...but this is my metaphor, and I'm working it.)

For the last two weeks I've played video games instead of preparing for a big presentation to a group of students at a community college. Each night I stare at the blank page that is supposed to be my outline. I pick up a pen. I put the pen back down. I look out the window. I pick the pen up again. I throw it across the room...as my cat sprints out of the way...and grab my video game controller. The Hive Queen will die tonight!!

Four hours later it's bedtime. I successfully avoided preparing for the speech for another day. I did however succeed in getting the exotic weapon I've been after for weeks to finally drop after assaulting the stronghold for the 15th time in a row! Now that's an accomplishment! Ultra rare.

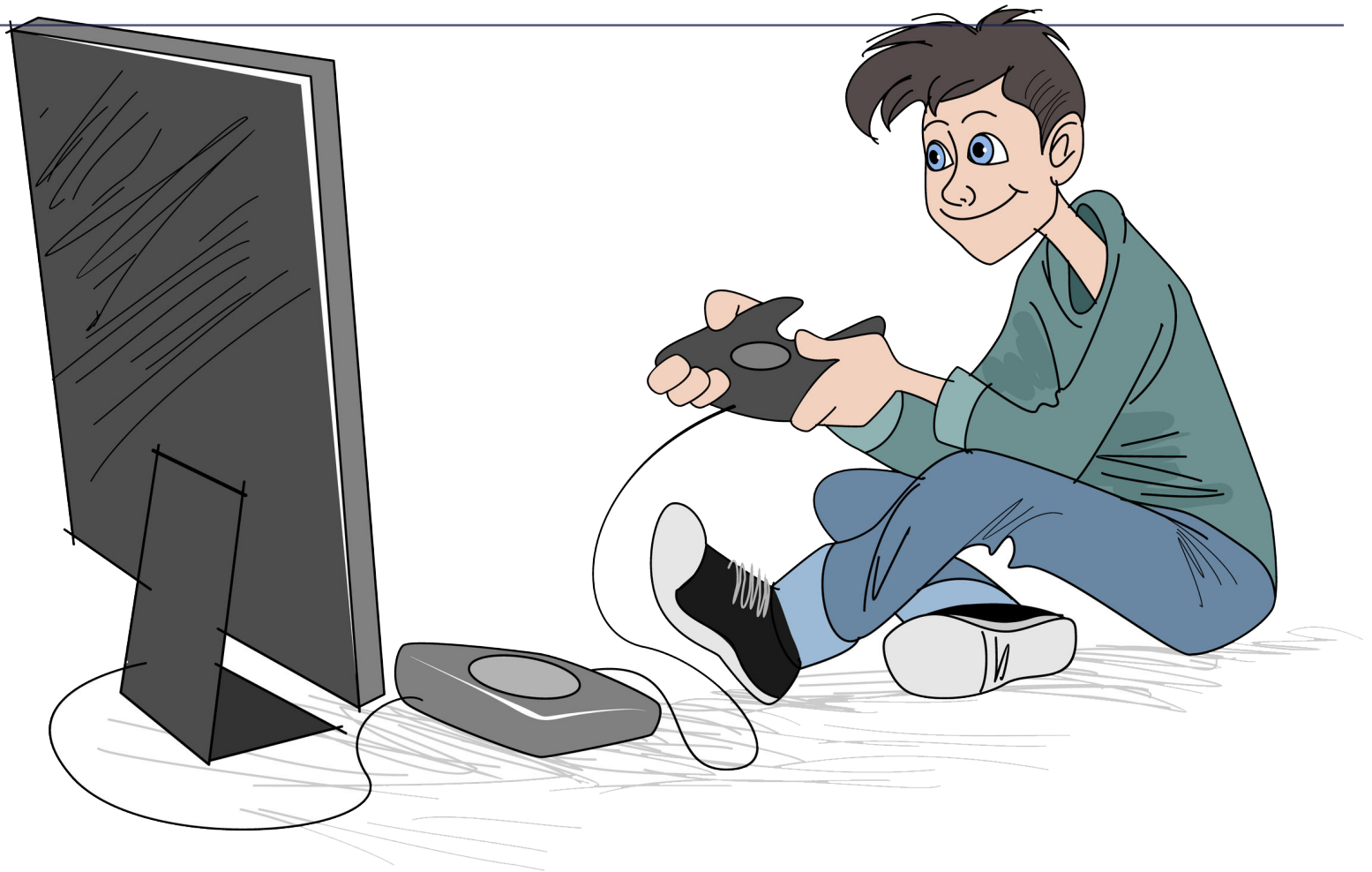
I don't lack motivation - I lack motivation for projects that I'm not motivated to do. If there is a project that resonates with me then I'm ripping into seal flesh every chance I get. If, however, the project is unappealing or constantly changing

(like the speech to the students) then it is very difficult to invest myself in making the equivalent of a salad instead of feasting on succulent seal flesh (video games, that is - thought I'd better reintroduce the metaphor since I was getting hungry).

So how do I make a project I am not motivated to do...something I will do? Make it my own! If I hate the material I am going to present then my audience will either dislike it, dislike me, or fall asleep. None of those outcomes are good for a public speaker (unless you are a harp seal and a polar bear is eyeing your love handles while shaking a bottle of A-1 steak sauce).

I want to be invested in a project. I want to be invested in Toastmasters. I really want to be engaged with projects in Toastmasters. So...when it starts to feel like eating salad (boring, so boring) I toss in some chunks of seal meat (make that a Cobb salad). I look for places to insert humor into my speeches. I look for ways to twist a common cliché around so that it isn't common at all. I sprinkle on a story or two of being the youngest of six and forced pureed peas by my oldest sister, or the time I almost set the neighbor's trees on fire with bottle rockets at 3am. I want to keep my audience interested (whether with words or images) but more important, I want to keep me interested.





I gave that presentation yesterday - and I put my own spin on it! Turned out I wasn't talking to students only. There were teachers, administrators, tech support staff, and one parole officer (not mine) in attendance. We talked about favorite books, favorite teachers, and video games! I told them about me— subject I am somewhat knowledgeable about—and I asked them what their stories were. I gave them their first Russian language lesson, shared my struggles with depression in school, and pitched Toastmasters. I did this all while covering the main topic: Assuring Success (through education).

I find that turning a project into something I want to do means that I invest it with what has meaning to me - and this is the very reason I am no good at "conventional" sales (if I don't have a good personal relationship with the product - I don't want to sell it). Audiences love

stories - and not always the ones that end happily (those always seem fake to me). I prefer gritty stories, stories that let me get to know the person talking, stories that resonate with the challenges I've faced in life, and stories about the eternal struggle between polar bears and harp seals.

Next time you lack motivation to do something - ask yourself, "Am I engaged with this project? How can I make this more meaningful for me?"

I'm going to keep playing video game—that darn Hive Queen keeps coming back—but I know that if I am playing games every night it is because I am avoiding something I don't want to do. (Come to think of it, that Hive Queen looks a little like a harp seal). By turning a dreaded project into something I own I am able to see it through to the end—and not kill myself in the process. Now, where did I put that controller...?

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### Feather Communicators

# Rising from the Ashes Like a Phoenix, and Soaring Like an Eagle. . .

Michelle Alba-Lim, DTM

On March 31, 2018, Toastmasters International suspended Feather Tongues, the club named after the iconic bronze eagle at Seven Feathers Casino Resort. With only one member (Kevin Birdsell) remaining after organizational upheavals at the casino, Club 0827361 seemed beyond resuscitation. Kevin felt extremely frustrated. “I was puzzled why former club members did not seem interested in recreating the Toastmaster experience and making a difference in their lives and the lives of others. I felt all alone and

wondered if I should give up. However, I deeply believed that there were people at work and in my community who wanted a place where they could become better speakers and leaders. So I soldiered on.”

Kevin’s military training and experience in Iraq kicked in. Instead of surrendering, he reached out to former members for help. I was in the Philippines when he finally managed to reach me. We started meeting on Zoom. Kevin in Canyonville; me in Manila.





It was an arduous struggle. When a club is suspended, it loses access to Club Central. We pleaded with Toastmasters International for former members contact information so we could reach out to them. Finally, World HQ acquiesced and sent the membership directory dating back to club charter in 2005! That helped bring back a few members. The club needed to have at least eight members before it would be reinstated. We hit that number by July 2018 and we were finally back in good standing.

The next hurdle was assigning coaches for a club in a remote rural area like Canyonville. We invited Arlynn McMahon to coach from Lexington (Kentucky). Club Growth Director Cate Arnold understood the power of online attendance so eventually Arlynn and I were official coaches. In addition to adding a charming southern flavor to our meetings, Arlynn served as club webmaster. Using FreeToastHost, she created an upbeat and informative [website](#). She made sure that we had unusual meeting themes that lent themselves to thought-provoking, yet fun, Table Topics. Some examples: Time Travel, A Bud Wiser, and Three Guys Walk Into a Bar and...

We decided to meet weekly (instead of alternate weeks). We changed the meeting day from Friday to Monday. Using a project from

the Facilitating Discussion advanced manual, Kevin proposed that we change our name Feather Tongues to Feather Communicators. His proposal was unanimously adopted. In March, we moved from the Seven Feathers Casino to the Myrtle Creek Public Library.

The FUN Factor is huge in our meetings. Sometimes, we get carried away. Like when a new member chose “flatulent” as Word-of-the-Day. Although Merriam-Webster also defines this word as “pompously or portentously overblown” we laughed so hard throughout the meeting that we were all at risk of the common definition!

We are big on spontaneity. Some weeks ago, as Tiger Mcandie and I were driving down to Myrtle Creek, Facebook reminded that it was Kevin’s birthday. Without a moment’s hesitation, we swung by Ray’s Food Market, bought a cake, and surprised Kevin. Karen Chen from Canada and Arlynn McMahon from Kentucky joined us in singing “Happy birthday!” Laughter erupted when the cake flew off the plate <https://youtu.be/wddK7rteqN8>.

After we adjourned, we had an impromptu picnic in the park.



# Good Leaders are LOVED

Dottie Love, DTM

“Speaking like that you need to consider a remedial English class. If you want to move up in the organization and manage others like I’m doing, then consider that class because you won’t cut it speaking like that,” said my boss.

That comment was the first thing out of my manager’s mouth after I had finished my presentation on how I single-handedly identified and rectified a data programming issue that had plagued our department for months. My manager was holding in her hands the proof that I was smart enough to fix the problem when no one else had. But instead of “Good job!” or “Way to go, Dottie”, I was insulted, because of my thick accent.

In all fairness, she had recently transferred from our New York office to one in the deep-south. And Southern slang could be challenging for Northerners. Apparently, my manager didn’t speak Southern.

But she was the department’s leader. And in that moment had unfortunately defined the lens in which I saw and experienced her. That encounter happened over 25 years ago and I

still can remember where we were, the outfit she wore, and how awful she made the situation. To me, she went down in history on the side of Bad leadership.

When you think about good leadership, does the list below comes to mind?

- Leaders provide direction and clarity
- Leaders give us confidence
- Leaders help us improve our skills
- Leaders support us

Whenever I ask someone to describe someone who they believed to be a good leader, I never get responses like: They have a Master’s Degree. Love those Armani suits they wear. Or, she/he is an amazing brown-noser! Not at all. Typical responses aren’t about the person’s skills and possessions, but rather what the leader has done to support and encourage.

When leaders ensure the interactions with others are engaging, constructive and supportive; we honor them. When they don’t; we suffer... and we remember. So I ask you, what leadership impression do you want to leave on others? One who is weak willed, ineffective, or a tyrant? Or





do you want be known for something better.

Joel Manby is one of my favorite authors and in his book, *Love Works*, he gives incredible advice about being a leader who cares!

Leaders are not born; they are made. Tap into every opportunity to guide others and do it from the heart; creating an everlasting impression of good.

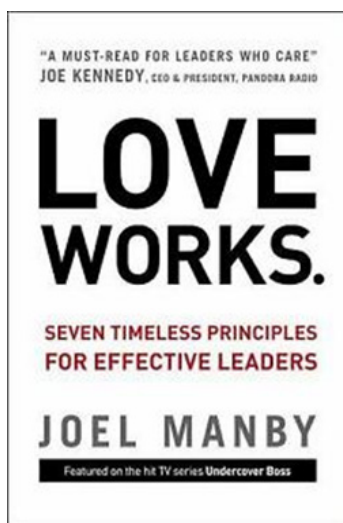
Lucky for us, Toastmasters Pathways program provides continuous education to allow you to sharpen not only your public speaking but also your leadership skills. Each of the eleven Paths helps to build a variety of skills. Figure out what you need most then marry that to any of the Pathways that can assist you.

For details on the Pathways program, click [here](#) to download *Paths and Core Competencies*

Happy leading!

*Dottie Love is an author and motivational speaker.*

*She joined Toastmasters in 2013, and earned her Distinguished Toastmasters (DTM) in 2018. She is currently a member of Sporty Speakers and TV Toastmasters. To find out more, visit [www.DorothyElizabethLove.com](http://www.DorothyElizabethLove.com)*



**Treating someone with love regardless of how you feel about that person is a very powerful principle. . .It can make us great spouses, great parents, and great friends. Great leaders too.**

**— Joel Mandby**

# Three Ways Your Attitude Affects Others

James Dent, DTM

Have you ever struggled with keeping your attitude positive? Have you ever seen others who struggle with keeping their attitude positive—even people in leadership roles, or people trying to work in Pathways? The pressure of leadership, personal issues, and life in general will impact your mood, energy, and attitude. Your attitude matters more than you probably realize. When left unchecked, your attitude can damage your relationships and trust with your fellow club members—and their trust in you.

Without speaking a word, your attitude may permeate from your facial expressions and/or body language. Even when you think you are doing your best to hide it and that no one sees it, they will see your body language. Reflect upon your past actions for the past week, past month, or past year. Also reflect on how you perceived the attitude of your leaders for the same time periods, and how it affected your attitude. Keep a check on your own attitude and how it may affect others.

1

## Your Attitude Affects Others' Attitudes

Attitude is contagious—especially when you are in a leadership role. Positive or negative your team will soon adopt your attitude. Over time, your attitude sets the tone for the other members and indicates what is and is not acceptable. Think about how the outward attitude of the members who complain about Pathways can be contagious and cause others to adopt the same attitude without ever logging into Pathways.

Even if you don't think your attitude will impact other members, it will.

## 2

### Your Attitude Sets the Level of Excitement and Passion

Think about the times where you felt your team lacked passion or enthusiasm. Then take a long, honest look at how passionate or enthusiastic you were at the time. If you are being honest, you will remember that you were struggling to activate your passion and enthusiasm.

If you aren't truly excited and passionate about what your team has been charged with, how can you possibly expect them to be? If you try to make yourself sound excited and passionate, many will likely pick up on the fake attitude signals. No one wants to be a part of a team where the leader isn't truly excited and passionate about what they are doing.

## 3

### Your Attitude Communicates What Is and Isn't Possible

If you approach something as possible or you approach it as impossible—so it shall be. When a leader is publicly expressing something is impossible, especially in front of their team, they become a vision blocker or bottleneck. This negativity will usually result in whatever is being attempted to fail.

Conversely, if you approach something as possible and rally your team around that attitude of it being possible, daring to dream or imagine it is possible, then you and your team will more likely accomplish it.

*Jimmy Dent joined Toastmasters in April 2010. He is a member of two online clubs and four regular clubs, two of which are in District 7. Jim has served in all seven club officer roles, served as a District Area Director three times, and several other District roles. Jim has presented at various TLIs and conferences in other Districts before moving to District 7 this past April. He has earned his DTM twice and has recently completed his 2nd Path and expects to complete his Pathways DTM this coming year.*





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# WHERE TM and CCTV CONVERGE

B. Lee Coyne, ATMS

For four years the folks at CCTV in Salem played host to Toastmasters as guests. We were honored to have our very own Phyllis Harmon serve as my co-anchor.

The revolving cast covered authors and salespeople and dozens of diverse other jobs. Ethnicity varied. Public speaking style was individual.

Yet each had a message to get across.

What made each t.v. talk show rather unique was that it was entirely unscripted. Let us imagine a half hour version of our prized Table Topics. Venture into the unknown.

Reflecting back a bit, I detect a pattern at work. Two C's are involved: Comfort and Content. Unless our guest is comfortable overall, the content part will falter!!!

Each guest has a distinct past, and that is the path we pursued. We began with creating a visual image of one's hometown and the influence of family in shaping the future career. I term this as "follow-the-dots". For many of us our school years had an impact. Perhaps a particular teacher had a crucial role in shaping our destiny. So why not offer them credit in retrospect?

Virtually every human being sustains some



*B. Lee Coyne, James Wantz, Phyllis Harmon: Stage Psychology episode*

vital speed bumps along that journey. This enriches our very character! We must find a way to overcome barriers. And that can provide an inspiration to others. They readily identify with the game of setback followed by comeback.

It's like throwing a lifeline to a person who is in real danger of drowning. We all grow up confronting moments of rescue. At other times we can become the rescuer. Such is the formula for strife and survival.

Everyone on this planet must face the unplanned and inexplicable. Material emerges for 1001 future speeches.

Deeply we delve.

*Note: Lee first honed his interview skills as an investigative reporter in Queens, N.Y. back in the distant 60's.*

# It's All about ME!

Paul Fanning, DTM

I've got a simple exercise for you—call it homework if you like—to kick off the 2019-20 Toastmasters International Program Year. Are you ready?

Okay, let's begin. Take a piece of plain paper and draw a circle on it-as big as you want. Add two to three more circles.

*Done? (Oh, you're not done yet? I'll wait. . . ).*

Now simply draw a big dot in the center of your circles. Set the

paper aside and continue reading.

Television has been both praised and cursed for the variety of programs that it presents to us. One of these genres has been “dysfunctional families” and I'm sure you've watched at least one sometime in the last twenty years. One of my favorites has been “The Middle” about a struggling mother-father and three children who are all but resigned to their circumstances and fate. Sue, the only daughter has high hopes and aspirations-yet never quite makes the grade or is able to rise to that bar she has set for herself. (Here's where your homework comes in-and you thought I'd wandered off once again.) She sits down and comes up with a plan which she calls “The Year of Sue”. Everything she does, encourages her family to become involved in as well as using her boyfriend as a sounding board is all about “SUE”. She becomes the center of her universe and she creates a binder for her special year and puts together a scrap book to record her triumphant “me-first” year.

Put your paper on your desk or table and begin to complete your homework. Label the first big circle with “family”, another with “friends”, and the third with “employment”. Good job. Now that huge dot in the center-label it “ME”. CONGRATULATIONS! You have now created your very own “YEAR OF ME”





where you are the most important of all the creatures in the world. Crazy sounding of course, but that's what Toastmasters is all about. YOU are the reason we exist. Without you, your dreams, aspirations, goals, successes and "learning experiences" (I won't call them failures) our clubs can't thrive, our areas aren't supporting your club, our divisions and District don't need to offer training opportunities, speech contests and the list goes on. No one else is successful either. You see, it truly is all about you-or rather, all about ME. We are an organization, a confederation and united body of MEs.

Follow Sue's example. Look at your drawing with the ME label. Sit down tonight and think through what it is that you want to accomplish this year in Toastmasters. Don't plan for anybody else but you-that is ME. Challenge yourself to begin a new Path. ME. Finish that DTM you started but just haven't the time to work on. Once again, it's ME. Write that ultimate speech that you've always wanted to deliver. Hey—it is ME! Step out of your comfort zone in leadership? It's all about ME!

Obviously if your MEs are successful, everything else will begin to fall into place with your club, area, division, District and Toastmasters International.



And  
yes, your  
ME may  
help someone  
else reach out,  
stretch and achieve  
their status of ME.

Are you done? Got it all  
down on paper? Fantastic! Then cue  
the confetti, the balloons, the white doves flying  
into the sky and the fireworks. Celebrate the  
ME. Officially, the "YEAR OF ME" has begun.  
Congratulations in advance... and may it all be  
about ME!

Juan Coronel

## Experience Growth through Toastmasters

Leanna Lindquist, DTM



*Juan Coronel recently joined Toastmasters. I first met him when he helped with event takedown at the annual Conference. I saw him again at TLI where he was the volunteer coordinator. Once again he helped with takedown. He was one of the last people to leave. He didn't hesitate when asked to chair the 2020 Annual Conference. I am excited that he will join Feedbackers, one of my clubs.*

**Tell us about Juan:** Hello Fellow Toastmasters. My name is Juan Coronel. I grew up in a small town called Naselle, in Washington state. After 9/11, I joined the ranks of the United States Army, where I served six honorable years as a Military Police Officer. Following the military, I received two degrees from Portland Community College—one in General Studies and the other in Business Management. I currently work as a Regional Sales Coordinator with Materials Testing & Inspection. My days are filled with attending events, networking, site visits, community outreach, and studying economic development.

**Hobbies?** Outside of work I spend my time doing physical activities such as hiking, trail running, and lifting weights. I'm also a huge fan of anything that has to do with strategy; chess, literature, audio books, and things of that nature. Comedy also brings joy to my life.

**What brought you to Toastmasters?** In my career I often find myself talking in front of large groups of people. Over the years I have heard about Toastmasters from various conversations. Now

that I am publicly speaking in front of large crowds daily, I think it best I hone this skill.

**What have you gained?** Toastmasters has allowed me a safe space to practice speaking in front of a community. The feedback from my fellow Toastmasters has given me the opportunity to adjust my stage presentations for a better outcome and crowd response. The Toastmasters clubs have all been extremely welcoming, and the friendships have been an added bonus.

**Share your District 7 experience and ideas:** I have had the honor of working with some great people throughout my life, and it is my hope to continue to grow these life experiences here in District 7. I understand that the annual conference is one of the staple events for our District, and I am honored to be a part of the team of individuals who will bring this event to life. Events like the conference can be complex. Our strategy is to be prepared for any challenge that may present itself. I believe communication and humor are the key to our success.



## The Global Village

Michelle Alba-Lim, DTM

When I mention online attendance to people who have never experienced a blended club meeting, the usual response is disbelief, followed by “Is it a REAL Toastmasters club?”

Yes, blended clubs ARE real Toastmasters clubs!

Blended clubs hold meetings in the same way that brick-and-mortar clubs do. Members deliver speeches, give evaluations, answer Table Topics. They recognize member achievements, hold open houses, and celebrate birthdays and anniversaries.

Oregon Communicators recently held an open house themed “Celebrations.” Club President Jared Hall opened the meeting in person. Brian Dodd served as Toastmaster from British Columbia. Tiger Mcandie posed Table Topics questions from Sutherlin. Michelle presented the results of her HPL project online. Everyone sang “Happy birthday!” as Jared blew his candles. Onsite members and guests enjoyed chocolate cake <https://youtu.be/LEOcVS83mo>

By the time you read this, Oregon Communicators will have held a joint 8th

anniversary celebration with Royal Roads Toastmasters. Nothing unusual for clubs to celebrate their anniversaries jointly. What’s unusual is that Royal Roads Toastmasters meets in Victoria, British Columbia while Oregon Communicators meets in La Pine, Eastern Oregon. On July 18, Royal Roads Toastmasters and Oregon Communicators will connect through Zoom!

Online attendance is an amazing way to extend our connections beyond our physical location. With online connections, the world - and Toastmasters - is indeed one global village.

For questions about online attendance for your club, contact [toastmaster.michelle@gmail.com](mailto:toastmaster.michelle@gmail.com)



# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Babble-On Toastmasters Club	Angelopoulos	Chris
Tabor Toastmasters Club	Atherton	Colleen
West Beaverton Club	Avilala	Sameera
Moser Community Toastmasters	Baird	Casey
Vancouver Toastmasters Club	Ballah	Eloise
Testmasters	Baltazar	Olivia
Mentors Of Focus Club	Bashoury	Maya
Toastmasters For Speaking Professionals	Beck	Kate
Speak To Lead Toastmasters	Bhat	Sonali Jayavanth
A-Dec Toastmasters	Black	Garry
A-Dec Toastmasters	Boggs	Kayla
PMI Portland Toastmasters	Brown	Molly
Portland Progressives	Brzuskiwicz	Jessica
Toast of Corvallis Toastmasters Club	Burnett	Robert
NuScale Toasters	Byrne	Harry
A-Dec Toastmasters	Cain	Tim
Southern Oregon Speechmasters	Cisneros	Rigoberto
New Beginnings Toastmasters	D'Abreau	Peter
Clackamas Stepping Stones Tm Club	Dale	Ryan
Swan Island Toastmasters	De La Torre	Karen
Tualatin Valley Toastmasters Club	Dhoni	Pan
Sage Beaverton Toastmasters	Fine	Chienmei
Totem Pole Club	Fink	Joseph
Transtasters	Freitas	Anna
Daylighters Club	Galeana	Ana-Lucy
Gresham Toastmasters Club	Galkovski	Dmitri
Smooth Talkers Club	Gann	Joseph
Wagon Tongues	Garber	Jennifer
Civil Tongues Club	Gavand	Kavita
Newberg Toastmasters Club	Hage	Lucinda
Downtown Public Speakers Club	Hall	Jackie
NuScale Toasters	Hall	Lynn
Tower Toastmasters	Henderson	Catherine
Banfield Barkers	Hopkins	Myfanwy
Advisors Toastmasters Club	Jones	Kelly

# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Sage Beaverton Toastmasters	Karchi	Asha
Silvertongues	Kasachev	Anna
Roseburg Club	KENT	ANDREW
Storymasters Toastmasters	Killeffer	Cindy
Communicators Plus	Kingdon	Jesse
Toastmasters of Redmond	Kowing	Crystal
Communicators Plus	kulk	Ilene
Speak To Lead Toastmasters	Kumar	Prateek
Corvallis Evening Group	Kumar	Vikas
Barnhart Toastmasters	Lattion	Tammy
WE Toasted Toastmasters	Lee	Deborah
Fortunate 500 Club	Lin	Sylvia
Encouraging Words Club	Lockhart	Madeline
Gresham Toastmasters Club	Lommasson	Nathan
Toast Of Tualatin, Lam Research	Luong	Tom
Marylhurst Toastmasters	McNees	Virginia
Fortunate 500 Club	Ming Chen	Lee
Mentors Of Focus Club	morgan	cynthia
Cascade Micro-Toasters	Newton	David
Portlandia Club	Ordonez Nieto	Jenny
Speak To Lead Toastmasters	Pedro	Erick
Toast to US	Perius	Brenda
Sunrise Toastmasters Club #1492	Pharr	Terrence
Tualatin Valley Toastmasters Club	Rada	Hemasundera
Cascade Micro-Toasters	Rao	Rekha
Clackamas Stepping Stones Tm Club	Ritchey	Mark
Walker Talkers Toastmasters Club	Rodriguez	Debbie
Pearl District Toastmasters Club	Rubino	Suzi
Clackamas Stepping Stones Tm Club	Rutis	Dawn
New Horizons Toastmasters Club	Savchak	Mykhailo
New Horizons Toastmasters Club	Savchak	Oksana
Cascade Micro-Toasters	Seela	Swati
Corvallis Evening Group	Severns	Firiel
Marylhurst Toastmasters	Smith	Graham
Toast of Corvallis Toastmasters Club	Stringer	Angela

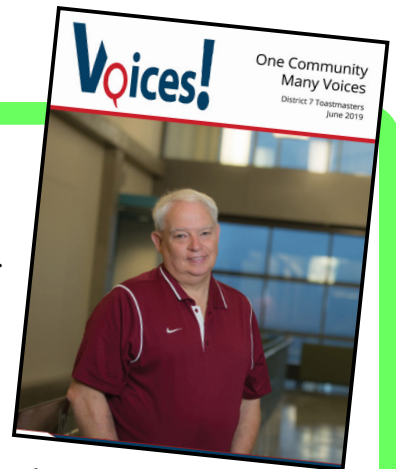
# WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Pearl District Toastmasters Club	Tedeschi	Megan
Corvallis Evening Group	Uebel	Sarah
Sage Beaverton Toastmasters	Wainwright	Randall
Civil Tongues Club	Weaver	Lindsay
Toastmasters of Redmond	Weimer	Alayna
Sunrise Toastmasters Club #1492	Wilson	Kiley
Battle Ground Toastmasters	Wolfe	Kim
Moser Community Toastmasters	Wuepping	Andre
The University Club	Zalamov	Alex
A-Dec Toastmasters	Zemke	Chris

## 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.





# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	6/20/2019	Andersen, Lorri	Daylighters Club
LD1	6/26/2019	Achor, Robert Tom	Tabor Toastmasters Club
PI1	6/28/2019	Adkisson, Erica	Banfield Barkers
EC5	6/25/2019	Albright, Chad A.	Tower Toastmasters
MS5	6/25/2019	Albright, Chad A.	Tower Toastmasters
MS4	6/20/2019	Albright, Chad A.	Tower Toastmasters
EC4	6/20/2019	Albright, Chad A.	Tower Toastmasters
EC3	6/17/2019	Albright, Chad A.	Tower Toastmasters
MS3	6/17/2019	Albright, Chad A.	Tower Toastmasters
EC2	6/17/2019	Albright, Chad A.	Tower Toastmasters
EH1	6/17/2019	Albright, Chad A.	Tower Toastmasters
MS2	6/17/2019	Albright, Chad A.	Tower Toastmasters
MS1	6/17/2019	Albright, Chad A.	Tower Toastmasters
IP2	6/21/2019	Bailey, Emi Y	Flying Toasters Club
VC1	6/3/2019	Benston, Caity	The University Club
CC	6/11/2019	Berglund, Steven	Milwaukie Talkies
ALB	6/24/2019	Birdsell, Kevin	Feather Communicators
PM5	6/17/2019	Blankenship, Tim	Encouraging Words Club
VC1	6/16/2019	Brookins, David Joseph	Tabor Toastmasters Club
SR2	6/14/2019	Brown, Eldred Lewis	Marylhurst Toastmasters
EC2	6/10/2019	Brown, Eldred Lewis	Babble-On Toastmasters Club
PM4	6/18/2019	Burger, Debra Ann	Transtasters
DTM	6/18/2019	Canton, Mary S.	New Horizons Toastmasters Club
ACG	6/18/2019	Canton, Mary S.	New Horizons Toastmasters Club
ALS	6/18/2019	Canton, Mary S.	New Horizons Toastmasters Club
CL	6/17/2019	Carlson, Laura L.	Newberg Toastmasters Club
DL1	6/28/2019	Chakkedath, Ajith	Speak To Lead Toastmasters
ALB	6/12/2019	Chea, Chankrisna	Speakeasy Toastmasters
VC3	6/6/2019	Chen, Karen	Feather Communicators
VC2	6/6/2019	Chen, Karen	Feather Communicators
VC1	6/6/2019	Chen, Karen	Feather Communicators
LD3	6/25/2019	Collier, Jill	Gresham Toastmasters Club
LD2	6/25/2019	Collier, Jill	Gresham Toastmasters Club
LD1	6/25/2019	Collier, Jill	Gresham Toastmasters Club

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
VC2	6/4/2019	Costello, Andi	Vancouver Toastmasters Club
IP1	6/21/2019	Cowan, Katie Lynn	Newberg Toastmasters Club
SR3	6/17/2019	Croteau, Lachlan P	Babble-On Toastmasters Club
CC	6/19/2019	Cutts, Matthew E.	Essayons Club
CC	6/20/2019	Dale, Kristine Ann	Clackamas Stepping Stones
EC1	6/25/2019	Davidson, Collin Thomas	Gresham Toastmasters Club
ACG	6/30/2019	Davis, Cornelius	Capital Toastmasters Club
LD1	6/29/2019	Desai, Soham Jayesh	Speak To Lead Toastmasters
TC1	6/18/2019	Doering, Elizabeth	Professionals of Portland
CC	6/26/2019	Dudman, Joseph William	Yammertime
ACB	6/23/2019	Durfee, Mary	Downtown Public Speakers Club
IP2	6/10/2019	Eichler, Josh L.	A-Dec Toastmasters
CC	6/30/2019	Feb, David	Capital Toastmasters Club
IP4	6/17/2019	Franko, Tana Louise	Newberg Toastmasters Club
CC	6/7/2019	Fritz, Kelly Ann	Newberg Toastmasters Club
IP1	6/25/2019	Galkovski, Dmitri	Gresham Toastmasters Club
EH1	6/28/2019	Gautam, Sudhir	Jefferson State Toastmasters
IP2	6/25/2019	Gotter, Lenny L	Portland Progressives
DL1	6/12/2019	Grace, Martin	The Dalles Toastmasters Club
SR5	6/3/2019	Grijalva, Christina Guerra	Communicators Plus
PI4	6/19/2019	Gunness, Michele	Yammertime
IP2	6/20/2019	Hand, Teal	Speakeasy Toastmasters
CC	6/24/2019	Harper, Sarah	Speakers With Spirit Club
DL2	6/14/2019	Hartford, Nick Paul	3 Stripe Adidas
DL1	6/14/2019	Hartford, Nick Paul	3 Stripe Adidas
PM2	6/10/2019	Hernandez, William Daniel	West Beaverton Club
PM1	6/10/2019	Hernandez, William Daniel	West Beaverton Club
PM1	6/3/2019	Hickey, Thomas E.	Sunrise Toastmasters Club #1492
CC	6/4/2019	Hiller, David C.	Timber Talkers
CL	6/6/2019	Hills, Ronda Marie	Columbian Club
CC	6/6/2019	Hills, Ronda Marie	Articulators Toastmasters
CL	6/6/2019	Hills, Ronda Marie	Articulators Toastmasters
IP2	6/19/2019	Hoffman, Amber M.	Yammertime
CL	6/11/2019	Hollis, Theresa	Milwaukie Talkies

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
CC	6/11/2019	Hollis, Theresa	Milwaukie Talkies
TC1	6/7/2019	Hope, Stephanie	Swan Island Toastmasters
ACB	6/15/2019	Howard, Eric W.	Toast to US
PM1	6/19/2019	Howatt, Drenda Mary	Clackamas County Toastmasters
CC	6/28/2019	Hsu, Benjamin T.	Electric Toasters Club
DL3	6/17/2019	Huff, Ben	Newberg Toastmasters Club
ACG	6/28/2019	Hupp, Frank E.	Articulators Toastmasters
CL	6/22/2019	Hupp, Frank E.	Astoria Toastmasters
ACG	6/21/2019	Hupp, Frank E.	Astoria Toastmasters
CC	6/21/2019	Hupp, Frank E.	Astoria Toastmasters
ACS	6/14/2019	Hupp, Frank E.	Columbian Club
CC	6/14/2019	Hupp, Frank E.	Articulators Toastmasters
CL	6/14/2019	Hupp, Frank E.	Articulators Toastmasters
CC	6/6/2019	Hupp, Frank E.	Columbian Club
CL	6/6/2019	Hupp, Frank E.	Columbian Club
TC2	6/25/2019	Hyndshaw, Amanda Kathleen	Gresham Toastmasters Club
TC1	6/24/2019	Hyndshaw, Amanda Kathleen	Gresham Toastmasters Club
EC3	6/18/2019	Innes, Kat	Mentors Of Focus Club
ACB	6/26/2019	Johnson, Bill	Gresham Toastmasters Club
ACG	6/28/2019	Johnson, Janis M.	Walker Talkers Toastmasters
DL1	6/28/2019	Jois, Poorvaja	Speak To Lead Toastmasters
IP2	6/29/2019	Kahl, Thomas Joseph	3 Stripe Adidas
IP1	6/28/2019	Kahl, Thomas Joseph	3 Stripe Adidas
CL	6/9/2019	Krys-Rusoff, Deidra M	NoonTime Club
MS3	6/13/2019	Kryzanek, Lorelei P.	Communicators Plus
MS2	6/12/2019	Kryzanek, Lorelei P.	Communicators Plus
MS1	6/11/2019	Kryzanek, Lorelei P.	Communicators Plus
SR2	6/8/2019	Kulikov, Nik	Silvertongues
DL2	6/2/2019	Kumar, Anil	Toast to US
DL1	6/26/2019	Li, Beverly F.	Electric Toasters Club
CC	6/28/2019	Lincoln, Frederick	Capital Toastmasters Club
CC	6/18/2019	Locke, Julius Patrick	Early Words Club
CC	6/14/2019	Locke, Julius Patrick	Speakers With Spirit Club
CC	6/12/2019	Locke, Julius Patrick	Early Words Club



# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
LD1	6/11/2019	Locke, Julius Patrick	Speakers With Spirit Club
CL	6/6/2019	Locke, Julius Patrick	Early Words Club
ALB	6/4/2019	Locke, Julius Patrick	Speakers With Spirit Club
ACG	6/3/2019	Locke, Julius Patrick	Early Words Club
LD1	6/6/2019	Luttrell, Nicholas D	McMinnville Toastmasters
MS4	6/14/2019	Matthews, Mary Andrea	Portlandia Club
IP1	6/13/2019	Matulac, Paul Emmett	Washington Street Club
ACG	6/11/2019	McAndie, Donald	Feather Communicators
EC2	6/17/2019	McCormick, Mimi J.	Banfield Barkers
CC	6/28/2019	McKennie, Angela	Columbia Sq Squawking Heads
CC	6/24/2019	Messmer, Marie Anabelee	Bootstrappers Club
VC1	6/4/2019	Monigold, Jason	Corvallis Evening Group
PI2	6/3/2019	Neufeld, Jeffrey	Storymasters Toastmasters
TC2	6/1/2019	Obritschkewitsch, Kristine Jean	Sunrise Toastmasters Club #1492
IP1	6/4/2019	Olson, Ryan K	Speakeasy Toastmasters
CC	6/26/2019	Palla, Vineel Kiran	Lake Oswego Toastmasters Club
CL	6/5/2019	Pashia, Eric	Bend Chamber Toastmasters
EC2	6/1/2019	Pfau, Eric	Sunrise Toastmasters Club #1492
IP1	6/12/2019	Philips, Justin J	Tabor Toastmasters Club
CC	6/5/2019	Pinchot, Beth	PMI Portland Toastmasters
PM1	6/10/2019	Powell, Terry	Toast Of Tualatin, Lam Research
CC	6/14/2019	Prussic, Timothy Robert	Columbian Club
CC	6/28/2019	Raheem, Yacoub Tiedje	Columbia Sq Squawking Heads
CC	6/14/2019	Ritchey, Carmil W.	AAA Towsters
CL	6/12/2019	Ritchey, Carmil W.	AAA Towsters
DL5	6/23/2019	Rodke, John Russell	Gateway Toastmasters
DL4	6/6/2019	Rodke, John Russell	Gateway Toastmasters
EH1	6/10/2019	Rosenberg, Michael Kenyon	Toast Of Tualatin, Lam Research
IP1	6/25/2019	Sbisa, Sally J	Gresham Toastmasters Club
CL	6/5/2019	Scarborough, Mark A.	Ilwaco Toastmasters
IP2	6/25/2019	Seed, Kevin	Portland Progressives
CC	6/25/2019	Sheikh, Omar	Lake Oswego Toastmasters Club
PM3	6/14/2019	Smith, Robert D.	Clackamas Stepping Stones
EC1	6/11/2019	Souriyamath, Angel	Chanticleers Toastmasters Club

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
ACS	6/20/2019	Sparks, Michael D.	Spirit Trackers
CL	6/29/2019	Stark, Donna L.	Downtown Public Speakers Club
CL	6/26/2019	Stark, Donna L.	Gateway Toastmasters
ALB	6/28/2019	Stark, Katherine	Buckaroo Toastmasters
CL	6/28/2019	Stark, Katherine	Buckaroo Toastmasters
SR3	6/18/2019	Stevens, Eudine	The Dalles Toastmasters Club
TC1	6/25/2019	Stoffer, Debbie	Gresham Toastmasters Club
IP4	6/14/2019	Taylor, Allen G.	Oregon City Toastmasters
DTM	6/27/2019	Taylor, Emilie	Buckaroo Toastmasters
ACG	6/27/2019	Taylor, Emilie	Buckaroo Toastmasters
CL	6/20/2019	Taylor, Emilie	Buckaroo Toastmasters
ACS	6/20/2019	Taylor, Emilie	Buckaroo Toastmasters
DL5	6/4/2019	Taylor, Seth H	MIME Speaks
DL4	6/4/2019	Taylor, Seth H	MIME Speaks
ACG	6/24/2019	Thomas, Jennifer Ann	Bootstrappers Club
CL	6/28/2019	Thompson, Sharon	Sage Beaverton Toastmasters
PM1	6/12/2019	Trimble, Abbie	Tabor Toastmasters Club
PM1	6/4/2019	Vacheresse, Monica	The University Club
PM1	6/3/2019	Vacheresse, Monica	The University Club
MS1	6/26/2019	Vandenbroucke, Amy	Yammertime
LD1	6/1/2019	Vandewettering, Brian M	Liberty Talkers
EC1	6/11/2019	Vaughan, William	Milwaukie Talkies
ACG	6/27/2019	Voth, Sarah E.	Encouraging Words Club
LD2	6/18/2019	Wahlstrom, Daniel	New Beginnings Toastmasters
ALB	6/6/2019	Weber, Richard	Banfield Barkers
VC3	6/12/2019	Welsch, P. Michael	Dallas Toastmasters
DTM	6/8/2019	Welsch, P. Michael	Dallas Toastmasters
ACG	6/8/2019	Welsch, P. Michael	Dallas Toastmasters
ALB	6/25/2019	Wesson, Jim T.	AAA Towsters
CL	6/12/2019	Wesson, Jim T.	AAA Towsters
CC	6/12/2019	Wesson, Jim T.	AAA Towsters
VC1	6/12/2019	Westbrook, David E	Storymasters Toastmasters
ACB	6/25/2019	Weymouth, Kathryn F.	Tabor Toastmasters Club

# HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
PM3	6/11/2019	Winn, Barbara L.	Flying Toasters Club
DL3	6/28/2019	Yan, Wendy	Early Words Club
CC	6/19/2019	Yang, Charissa Lois	Yammertime
CL	6/15/2019	Zavala, Roberto	Sporty Speakers
EC1	6/18/2019	Zeitzwolfe, Heather A.	Moser Community Toastmasters
PM1	6/28/2019	Zhuang, Amy	Speak To Lead Toastmasters

Achievement happens when we pursue and attain what we want. Success comes when we are in clear pursuit of why we want it. —Simon Sinek





# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Adkisson, Erica	3	TC1 , TC2 , PI1
Alba-Lim, Michelle	5	VC5 , DTM , PM3 , PM2 , EH4
Albright, Chad A.	12	MS1 , MS2 , EH1 , EC2 , MS3 , EC3 , EC1 , MS5 , EC5 , PWMENTORPGM , EC4 , MS4
Al-Wadud, AbdurRashid	3	CL , MS1 , CC
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 , PM2 , ALB , ACG , PM3 , CC
Berkompas, Zachary Matthew	4	DL3 , DL5 , DL2 , DL4
Bird, Summer Thomas	4	VC1 , VC2 , VC3 , VC4
Birdsell, Kevin	3	ACS , CL , ALB
Blankenship, Tim	3	PM5 , PM3 , PM4
Brown, Eldred Lewis	4	EC2 , EC1 , SR1 , SR2
Burger, Debra Ann	3	PM2 , PM3 , PM4
Canton, Mary S.	5	ACS , ALS , ACG , DTM , LDREXC
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
Chea, Chankrisna	3	ALB , CL , EC1
Chen, Karen	3	VC1 , VC2 , VC3
Clough, Deborah E.	4	ALB , CL , EC1 , EC2
Collier, Jill	3	LD1 , LD2 , LD3
Corbin, Tamsen Miller	8	MS2 , MS3 , EC4 , MS4 , PM2 , EC3 , PM1 , PWMENTORPGM
Croteau, Lachlan P	3	SR1 , SR2 , SR3
Crouch, Eddy Marie	5	VC4 , VC2 , VC1 , VC3 , VC5
Davis, Lisa	3	CL , ACB , ALB

# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
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
Eichler, Josh L.	3	CL , IP1 , IP2
Fanning, Paul C.	12	ALS , DTM , LDREXC , EC3 , LD3 , EC5 , LD1 , EC2 , ACS , LD2 , EC4 , PWMENTORPGM
Fisher, Kelly S.	3	CL , DL1 , DL1
Franko, Tana Louise	3	IP4 , IP2 , IP3
Gautam, Sudhir	5	VC2 , VC3 , VC4 , VC5 , EH1
Grijalva, Christina Guerra	3	SR3 , SR4 , SR5
Gunness, Michele	3	PI3 , PI2 , PI4
Hale, Charles	3	EC1 , EC2 , EC3
Hale, Dawnette S.	4	EC1 , EC2 , EC3 , EC4
Hall, Robert B.	4	DL3 , DL5 , DL2 , DL4
Hamilton, Christina L.	3	IP3 , IP1 , IP2
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 , DTM , ALS
Hills, Ronda Marie	5	ALS , DTM , CL , CC , CL
Howell, Shawn Patrick	3	PM2 , PM3 , PM4
HOY, NOBUKO	3	TC1 , CC , CL
Huff, Ben	3	DL3 , DL1 , DL2
Hupp, Frank E.	9	CL , CL , CC , CC , CL , CC , ACS , ACG , ACG
Hutton, Lisa F.	4	ACS , ALS , DTM , ACG
Innes, Kat	3	EC1 , EC3 , EC2
Johnson, David R.	3	EC2 , ACB , ALS
Kersjes, Theo	5	ALB , EC1 , EC2 , ACB , ACS

# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Kleffner, Paul J.	3	CL , VC2 , ACB
Kryzanek, Lorelei P.	3	MS2 , MS3 , MS1
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	10	CC , LD1 , CL , CC , CC , CC , CC , CL , ACG , ALB
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
Matthews, Mary Andrea	3	MS3 , MS4 , MS2
McCormick, Mimi J.	4	EC2 , 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
Parker,T raci	3	ALB , DL1 , DL2
Pashia, Eric	3	LD1 , CL , LD2
Pence, Brian Eric	3	ALB , ACB , CL
Peterson, Kevin	3	PM3 , PM1 , PM2
Peterson, Vanessa	3	DL4 , DL2 , DL3
Pinchot, Beth	3	VC1 , VC2 , CC
Pitkin, Amber	3	DL3 , DL1 , DL2



# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Pugh, Crystal D.	7	ACG , MS1 , PWMENTORPGM , EC4 , EC3 , MS2 , MS3
Redgrave, Cheri A.	5	DTM , SR3 , IP1 , SR4 , ALS
Ritchey, Carmil W.	3	CC , CL , ACG
Robison, James Craig	4	DL4 , DL3 , EC1 , EC2
Rodke, John Russell	5	ACG , DL2 , DL3 , DL5 , DL4
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 , MS2 , CL , PI3
Schweitzer, Connie L.	3	EC4 , EC2 , EC3
Seed, Kevin	3	IP1 , ACS , IP2
Semenchalam, Rakesh	3	IP1 , IP2 , IP3
Semprevivo, Karen Ann	6	CL , ALB , LD1 , EC3 , EC2 , LD2
Serhan, Marvin T.	5	VC2 , VC4 , VC5 , CC , VC3
Shaw, Jo Anna	5	VC2 , VC3 , VC4 , ALS , DTM
Shehorn, David A.	3	IP2 , IP3 , IP4
Smith, Robert D.	4	PM2 , VC1 , VC2 , PM3
Smithrud, Carolyn F.	3	LDREXC , ALS , DTM
Sparks, Michael D.	3	ACB , ALB , ACS
Spiegel, Nick	3	ALB , CC , VC2
Stark, Donna L.	4	EC2 , EC3 , CL , CL
Stark, Katherine	3	SR1 , CL , ALB
Stevenson, Scott	10	CL , CC , VC2 , CL , CC , CL , VC5 , VC3 , VC4 , VC1
Sullivan, Brian	3	PM1 , PM3 , PM2
Takamura, Ted J.	3	ALS , DTM , LDREXC
Talley, Kamili	3	CL , IP2 , IP1
Taylor, Emilie	9	IP2 , LDREXC , DTM , ACS , ACG , ACB , ALS , IP3 , CL

# TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Taylor, Seth H	4	DL2 , DL3 , DL4 , DL5
Thomas, Doug	4	IP2 , IP1 , IP3 , IP4
Thygesen, Erica L.	3	VC3 , ACG , VC4
Tully, Kathleen	7	DL5 , DL2 , ALB , CC , ACS , DL3 , DL4
Walker, Marvin Lynn	4	CL , EC1 , PM2 , PM3
Wantz, James	4	SR2 , PM5 , SR3 , VC2
Waters, John E.	5	IP1 , DL3 , DL2 , IP2 , IP3
Welsch, P. Michael	10	VC2 , PI2 , PI1 , VC1 , VC3 , ACG , DTM , LDREXC , PI3 , ALS
Wesson, Jim T.	3	CC , CL , ALB
West, Larry J.	5	PM1 , PM2 , PM3 , PM4 , PM5
Wilson, Michael A	4	IP1 , IP2 , IP4 , IP3
Winn, Barbara L.	3	CC , PM3 , PM2
Yan, Wendy	3	DL1 , DL2 , DL3

# HAPPY ANNIVERSARY TO JULY CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
7/1/1981	38	Advisors	Portland
7/8/2013	6	Downtown Lunchbunch	Hillsboro
7/13/2011	8	Oregon Communicators	La Pine
7/5/2002	17	Speakers By Design	Portland
7/30/2014	5	Sporty Speakers	Beaverton
7/1/2017	2	Yammertime	Portland



*Cate Arnold, DTM*



*Dottie Love, DTM*



*Eldred Brown, DTM*



*Emilie Taylor, DTM*



*James Dent, DTM*



*James Wantz, DTM*



*Kathleen Tully, DTM*



*Leanna Lindquist, DTM*



*Lee Coyne, ATMS*



*Michelle Alba-Lim, DTM*



*Paul Fanning, DTM*



*Phyllis Harmon, DTM*



# From Cold Calls to Club Growth

August 5, 2019 - 7 - 8:30 pm

Join Past International Director, Jim Kohli, DTM and learn how to use cold calls to grow



- New Clubs
- Self Confidence
- Career Skills

Cold calling can seem intimidating—calling strangers and inviting them to collaborate with you may seem scarier than doing your first Ice Breaker—but think about the benefits you’ve already received from that first step. This experience will be even more intense and the benefits just as valuable!

Jim Kohli will walk you through a process, tools, best practices, and practical scenarios to help you get started on this activity that will help you and help District 7. I hope you can join us!

Dial by your location

+1 669 900 6833 US (San Jose)

+1 646 558 8656 US (New York)

Meeting ID: 706 260 489

Join URL: <https://zoom.us/j/706260489>