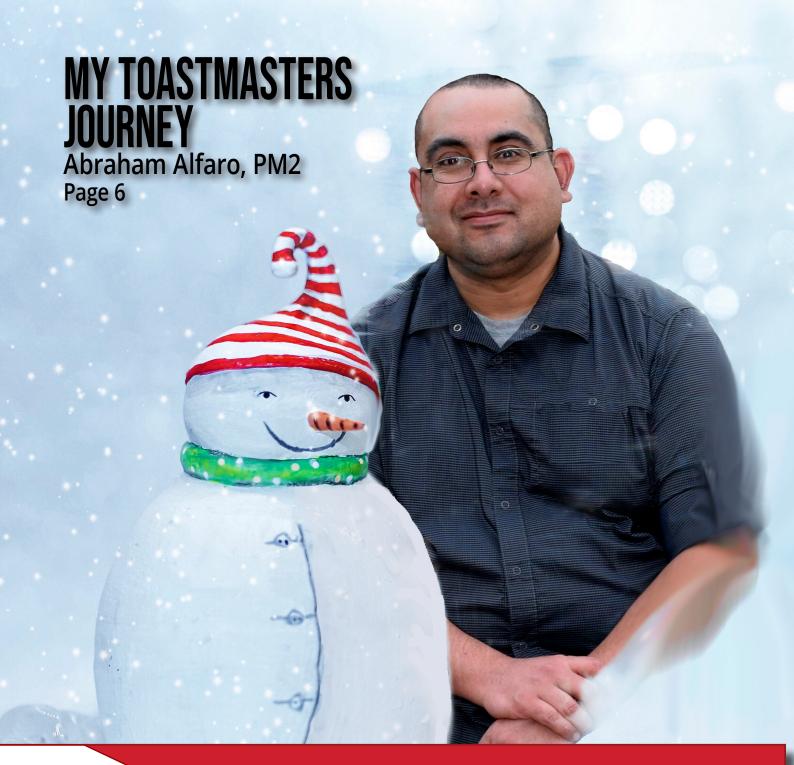


One Community Many Voices

District 7 Toastmasters
December 2019



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Feature Article Title Here



Season's Greetings Wishing you a season of warmth and good cheer!



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VOICES!





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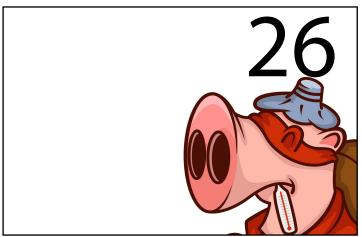
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MY TOASTMASTERS JOURNEY

Abraham Alfaro, PM2

December's spotlight is trained on Division B Director Abraham Alfaro. In this month's article, Abraham shares highlights of his Toastmasters journey.

I joined Toastmasters in 2012 when I was broke, unemployed, and houseless. Someone suggested I attend a Toastmasters meeting to develop my interviewing skills and thuild my confidence.

My first impression of the meetings I attended, as I bounced around western Oregon looking for work, were of groups of people working hard to be better tomorrow than they were yesterday. That atmosphere of self-actualization (along with the people I have met along the way) keeps me coming back every week.

In Toastmasters, I have had many moments of growth and sudden bursts of realization. One of my "A-ha Moments" came while reading *Confessions of a Public Speaker* by Scott Berkun, a book I would not have pulled off the shelf if I hadn't been in Toastmasters. At one point, Berkun discusses his theory for the origin of glossophobia, the fear of public speaking. He thinks it derives from an atavistic response an individual has to having multiple sets of eyes watching them. We start feeling like we are being hunted by pack predators







when in fact we are probably the safest person in the room.

Outside of Toastmasters, I have other hobbies. My mechanic would likely say that one of them is taking my car in for repairs. I am currently running a Dungeons & Dragons campaign for some friends and coworkers. (Is it still a hobby if it stresses me out and caused me to spend over \$300 so five OTHER people could have a good time?) I also have a life coach under whose influence I'm considering taking up playing the piano.

Some highlights of my career in Toastmasters include winning a few contests, though I've not yet made it to the District stage. I've also been a two-time Club President, an Area Director, and a two-time Division Director. I was also Rookie of the Year for 2017-2018 (co-winner) which I can tell you from personal experience only gets you more requests to volunteer to serve in a District

capacity, not fewer.

I also emceed the 2017 District 7 Table Topics contest where I had to patter for 12 minutes while technical issues were sorted out and the Sergeant-at-Arms located the first contestant so she could get mic'd up. That was. . . interesting. Patter in this context (for those who don't know) means to talk about something interesting to fill time and keep the audience entertained. Use it as your Word of the Day this week!

As the current Division B Director, I have had to simplify my vision for this year due to outside forces. My plan had been to recruit Toastmasters from around the Division as a cadre of leadership candidates to strengthen our pool of talent and build successful clubs by sharing club customs between groups, but Division B has been shrinking these past three years. We're in danger of falling below minimum requirements, so my vision has shifted to maintaining the



clubs we still have. Julianna Leach and Crystal Pugh are working on chartering North Eugene Toastmasters. I believe Eugene and Corvallis can both support more clubs than they currently have, but we're not attracting enough interest to create them.

As this is my second year as Division B Director, a role I cannot fill again immediately, I have decided to focus my energy in competing, particularly for the World Championship.

I'm given to understand that an upcoming Toastmasters Convention will be held in San Antonio, Texas. It would be nice to represent District 7 in my hometown.

If you are interested in taking on a leadership role, I have a strategy to offer you: find a mentor and three role models. In my secret little Toastmasters heart, I know I have achieved good things as President and Director, but I feel I could have done so much more if I'd only known how.

If you want to be a more effective leader than I was, find yourself a mentor and three role models. Your mentor will be your guide through the basics of your post while your three mentors should be split between:

- Someone senior to you who you want to emulate
- A peer who you think is better at the job than you are
- A subordinate who is doing your old job better than you did.

Again, this is a hard-earned strategy for me because I didn't discover it until way too late in my term. I made so many mistakes and left so much undone because I didn't know how to reach out and ask someone to guide me through it. Find a mentor and three role models.

The Gifts of Toastmasters

Emilie Taylor, DTM - District Director

The holiday season for me is a time for reflection. As I look back, I realize I am not the same Emilie I was around this time last year. I experience tremendous growth day by day, thanks to Toastmasters.

What are the gifts I have received?

COURAGE: Courage only comes when we learn not to procrastinate. Procrastination for some can be an unconscious fear. Fear of not being good enough, not getting the right idea across. What are your fears? Loving ourselves despite what others have said in the past (or worse yet, what you think you think others think about you) takes courage. However, loving ourselves and letting ourselves know that is is normal to have some fear. This is the step that moves us through the thin veil of fear and brings us past procrastination, self-doubt, and self-sabotage. Courage brings confidence.

CONFIDENCE: Confidence, are you kidding? I remember spending more time coming up with a good list of excuses for not doing the tasks in front of me than actually getting in line and doing my best with what I had and what I had learned to date. That could be the icebreaker speech, or yes, even writing this article! Showing up every time we are asked to do a role in our club meetings builds confidence. Confidence building is the biggest by-product of being a Toastmaster. Toastmasters is our safe learning school where we can try, fail, get up and try

again on stage or off. The people applauding you are doing so mentally and physically. Through clapping they are saying: "It is OK, you are OK, I have been there. We all have been there." For the new Toastmaster: "Oh, this is what I have to do. They did ok and did not melt down. Maybe I can do the same."

excellence is not perfection. One of our 4 core values in Toastmasters is Excellence. We become better at what we do ---speaking and leading--- by practicing. I have learned that what we perceive as perfect is not to someone else. Our self-image is not perfected and thus we will miss the bullseye. Hey, hitting the target by aiming for the bullseye is OK. You have plenty of times to step forward, step up and may I say step past fear, and perfectionism to reach exponential personal growth. What a gift!

PERSON-TO-PERSON COMMUNICATION:

This gift can be illusive. Toastmasters is an exchange of gifts. What you say, how you say it, how it is received and the feedback. Most of the time it is about ourselves. We have something to say and immediately we are in the defense mode so deeply that we do not actually hear what the other is saying for the feedback mode. Again, in Toastmasters we are in a volunteer group that is here for all of us to learn effective communication. When we are communicating, are we spewing forth words and seeking defense? Or, are we really trying to find the words, pause,



listen, pause some more... then reply not with defense but with love for the other and empathy? Whether you are experienced or inexperienced, this gift is ongoing work to receive, yet most rewarding.

KEEPING RULES AND LETTING GO OF **RULES:** There are good rules in communication and developing leadership and communication skills. Toastmasters provides some good rules based upon time tested and real world testing. Many Toastmasters use these rules to communicate within their work and personal rules and find them most gratifying gifts! The letting go of some rules are the personal rules of how we think things are to turn out. That usually can come down to the fact that everyone of us has their own rules that were learned before we reached the ripe old age of 7. We are our own self and learning new rules that are effective and efficient in the communication world through Toastmasters is a gift we can accept and make great changes in our lives.

ACCEPTENCE AND GRATITUDE: Receiving a gift is great, giving a gift gives us joy. Acceptance of the gift is acceptance of self. You fellow Toastmasters are a gift of Life in this world. You have received this gift of Life. Acceptance of the gifts of learning, growth and sharing is what

makes our world happier and more fulfilling.

I love you all and I wish you the many gifts of Toastmasters and the other gifts of Life and of Love. These gifts are mirrored upon us. As we give, it is reflected back to us as a mirror. It can be enhanced or diminished in proportion to what we are sending out. Think with loving intentions to all this holiday season! Better yet give this gift out daily!

Now for the commercial...

Toastmasters is the perfect gift to share with others. This world can be cynical and we have a choice to make it less so. How many people do you see every day? How many business cards have you shared? See a shy person? Have you shared a gift, a conversation as to how Toastmasters may have made some changes in your life and your story? Holding back your gift and hoarding it will not make you feel any better. Remember the gift you gave to a child or a friend and how it warmed your heart? Hey, it's cold and wet outside. We are all children in this world. Go out and warm some hearts? Share the gift. It is not work, it is giving opportunity to change lives. Love to you all!

Back to you Fellow Toastmasters, and Merry Christmas and Happy New Year!

HOLIDAY MUSINGS

PJ Kleffner, DTM Program Quality Director

The connection between food and holidays was clearly reflected in the theme for our last two meetings at Babble-On Toastmasters. Last week it was "Dinner" and this week "Desserts". I'm trying to pace myself, but we're about halfway between Thanksgiving and Christmas as I write this, and it feels like I'm losing the battle. As I told someone this afternoon, "My fat pants are now my regular pants."

Big holiday meals are a tradition for most of us. My mother grew up on a farm in Wyoming in the era when girls took sewing and home economics classes so they could grow up to be good housewives and homemakers. My mother excelled in this regard. She made a lot of our clothes when I was young, and she could turn out an amazing feast that was fit for a king. We couldn't fit all the food and people around the kitchen table, so we started having our holiday meals in the living room. My father put a 4 x 8-foot sheet of plywood on the table, which my mother cleverly decorated with tablecloths.

One Thanksgiving when I was about ten years old, everyone was gathering to eat, and I happened to be the only other person in the kitchen as my mother was transferring a huge turkey from the pan to a serving platter. The turkey hit the platter and slid right off onto As she picked the turkey up and put it back on the platter, she turned to me and growled, "Keep your mouth shut. What they don't know won't hurt them." In that moment, my illusions of the perfect homemaker were shattered, but I was secretly amused as I watched my somewhat germophobic older brother eat turkey that had been on the kitchen floor minutes earlier.

It occurred to me that "what they don't know won't hurt them" is a lesson we learn in Toastmasters. If we make a mistake, or leave something out during a speech, the audience doesn't know – unless we tell them! In most cases, they have no idea what we meant to say or do, so they have no idea that we messed it up.

Another memorable Thanksgiving was a bit more catastrophic. My father managed a butcher shop, and he brought home a couple of the old butcher blocks when they bought new ones. It was a bit crowded with both of them in our kitchen and my mother mentioned that we should move one of them to the basement. Without our knowledge, or asking anyone to



help, my pre-teen younger brother decided to move one of them. Keep in mind that these things probably weigh 200-300 pounds.

Our basement stairs had a few steps down to a landing, then a right turn and a very long and steep set of stairs the rest of the way down. He managed to get the block down to the landing without incident. We become aware of his ill-conceived plan when we heard the incredible crash, and he came running up the stairs shouting, "Daddy, you've got a leaky water pipe in the basement." Prior to this moment in time, we had an old-fashioned, double-wide concrete laundry sink mounted on the wall at the bottom of the stairs. It was smashed to bits, and all of the

pipes were torn out of the wall. The pipes were broken and spewing water all over the basement. We still laugh about his understatement and how he immediately assigned the problem to our father. Fortunately, my brother wasn't injured and our father was fairly handy with plumbing and other household repairs.

For the most part, I have fond memories of childhood holidays, and learned a lot about life along the way. I often wonder how we, and my parents, survived some of the crazy things we did. In closing, I wish all of you the very best for whatever holiday traditions you observe, and look forward to seeing you next year.

The Gift of Toastmasters

Eldred Brown, DTM - Club Growth Director

Remember that scene toward the end of A Charlie Brown Christmas when Linus and Lucy and all the neighborhood kids give Charlie Brown the gifts of a decorated Christmas tree and of song? Remember that look on Charlie Brown's face when he realizes he finally has the support, short-lived as it may be, of all his friends? "It (he) just needs a little love."

Now think about the support we give each other in Toastmasters and the confidence we draw from that support. Think of how life changing this has been and can be for so many people. At the annual Christmas party of my home club, the Babble-On Toastmasters, we focused Table Topics on testimonials of what Toastmasters has done in the lives of each of our members. One person talked about how Toastmasters helped him grow as an actor and performing musician. Another shared how Toastmasters helped her find her calling as a mentor to others. A third spoke on how his former employer recently hired him to evaluate new employees' sales presentations. We heard about how a member can now express himself with more confidence in work meetings, how another no longer clams up when asked to speak, and how yet another has eliminated negative self-talk from his vocabulary. The testimonial that stood out most to me was how one of our members found her voice in Toastmasters. What

does this all mean? As one of our marketing brochures advertises, Toastmasters is a place where you can find your voice.

During this holiday season, one of our cultural traditions is the giving and receiving of gifts. What greater gift can we Toastmasters give to our fellow Toastmasters than the gift of feedback that is true, that is helpful, and that is kind? What greater gift can we give to those who are not yet Toastmasters than the message that Toastmasters can help them find their voices? So many people need to acquire skills in communication and leadership that can help them ace the job interview and land their next job, that can help them expand their skills in the performing arts, that can even help them retain their mathematical skills while they're speaking. Toastmasters can help them gain these skills. What are we doing to get the word out?

As we approach the holidays, let us consider what gifts we give each other. We Toastmasters have many special gifts we can give others: the gift of a listening ear, the gift of a kind word

aptly spoken, the gift of an invitation to a Toastmasters meeting or open house. Let us consider what we can give others and be generous with our gifts.

Merry Christmas, and happy holidays to all of you!



B. Lee Coyne, ATMS

Last Christmas my dear wife Carmela, also a longtime Toastmaster leader, passed away from sleigh ride. His suit must be well suited to engage dementia. She had once been an area governor in the art of chimney transit. And his bag of in suburban Salem. Carmela actually died goodies has to be adequately light enough so that on Christmas Day. Her TLC is sadly missed, the poor deer are not destined to the Emergency mistletoe and all.

meandering trail. Yet we also can choose to be Plans A and B as a backup not to falter. Christmas resilient and let the past propel the present. Santa's Season is an ideal time to shine out. sleigh does not go on its own. It requires eight hearty reindeer all pulling in the very same direction.

That world trek entails a roadmap lest Mr. Claus in resounding applause. wind up in the Lost & Found Department.

Yes, old St. Nick must dress properly for the Room for hernia treatment. Every Toastmaster All of us must sustain losses along life's speech and evaluation made likewise requires

> Your audience probably won't garner you with kisses precisely. But the equivalent shall come

Merry Communications everyone...





ARE YOU LOOKING TO

- ✓ Hone your funny bone?
- Unleash your creativity?
- ✓ Mesmerize your audience?
- Open yourself to new learning?
- Reach out of your comfort zone?

Join FRIDAY NIGHT FUN MASTERS! Friday Night Fun Masters is the FIRST advanced, blended, traveling, community club in District 7. For more information or to sign up as a CHARTER member, email fridaynightfunmasters@gmail.com, check out our Facebook page https://www.facebook.com/fridaynightfunmasters/ or join us at https://www.facebook.com/groups/fridaynightfunmasters/!

Calling All Candidates - Accepting Nominations th 2020-2021 District Leadersh

A District's success depends on the quality of its leadership. This is the time of year when we begin the process of identifying qualified leaders for the 2020-2021 Toastmaster year.

Serving as a District leader is a great responsibility and an exciting opportunity. Your term of office is filled with chances for you to renew your perspective, practice teamwork and develop your capacity to translate values and strategies into productive actions.

Members of the District team depend on you to help them develop their own goals and achievements. Clubs see you as a facilitator to their success. You instill a sense of enthusiasm, fidelity and responsibility throughout the District.

If you are ready to use the skills you have learned in Toastmasters to take your leadership experience to the next level, please consider one of the District positions. Here is a <u>link</u> to the District leader competencies for each role.

The Process

The D7 Nominating Form (found here) can be used to nominate yourself or someone else for one or more District offices. You may send an email to Adelel O'Neal, District Leadership Chair (dlc@d7toastmasters.org), to announce your candidacy.

The following positions will be elected during

the District 7 Spring Conference at the Annual Business Meeting April 25, 2020:

District Director

As the District Director, you are responsible for directly administering and overseeing the District's day-to-day operations, finances and human resources. Fortunately, you have a team of District leaders to help you fulfill these responsibilities. You must empower your District leadership team members to work together toward the District mission, while supporting each one in his or her development as a leader. Together with your District leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To serve as District Director, you must have served at least six consecutive months as a club president and at least 12 consecutive months as a program quality Director, club growth Director or division Director, or a combination thereof at the time vou take office

Program Quality Director

As the program quality Director, you are responsible for all aspects of education and training within the District. This includes supporting quality club programming efforts,

rough January 15, 2020

p Nominations Now Open

promoting the Distinguished Club Program and planning, organizing and executing the District conference. You are also responsible for promoting and supporting club quality and member retention. Together with your District leadership team, you participate in District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To be program quality Director, you must have served at least six consecutive months as club president and at least 12 consecutive months as a program quality Director, club growth Director, division Director or area Director. Once you serve as program quality Director for a full year, you may not be re-elected to the same office for a succeeding term.

Club Growth Director

As the club growth Director, you are responsible for all aspects of marketing, club building and club-retention efforts within the District. This includes defining an overall marketing strategy for the District, developing outreach and retention efforts with existing community and corporate clubs and penetrating new markets. Additionally, the club growth Director supports challenged clubs and helps them to become Distinguished. Together with your District leadership team, you participate in

District Leader Training, Mid-year Training and online training via the District Leader Tutorials on the Toastmasters International website. To be club growth Director, you must have served at least six consecutive months as club president and at least 12 consecutive months as a program quality Director, club growth Director, division Director or area Director. Once you serve as club growth Director for a full year, you may not be re-elected to the same office for a succeeding term.

Division Director

As division Director, your job is to lead and support the division through the supervision and support of the area Directors. One of your primary goals as division Director is to ensure that each club achieves its mission and fulfills its responsibilities to its members. To achieve this, you coordinate division activities, set division goals and assist in the training of area and club leaders. To serve as division Director, you must have served at least six consecutive months as a member of a District council. The division Director may be re-elected to one succeeding term.



Living in Forest Grove has its advantages. It's a small community with rich roots deep in Oregon history, almost hiding the vast Pacific University campus in its midst. A quiet town which seems to come alive with the hustle and bustle of any university community during Pacific's graduation cycle or the world renown Concours d'elegance Car show, coming alive with visitors, families and friends in the late spring and summer.

In the fall, on occasion, one may hear the roar of the crowd, the announcements and music wafting through the air from the sports complex stands. Normally, however, Forest Grove turns into a sleepy little town nestled in the beginnings of the Cascade Range and one wonders whether the sidewalks do roll up or not by seven o'clock! At least my favorite coffee shoppe (and "office") does.

Yet one of its pluses is also one of its drawbacks. It's a town one can walk through, marvel at the tree lined streets, the brick walkways on campus...and the most horrendous and perilous sidewalks I have ever trod upon or seen. Many of these broken, missing, or uplifted pavement-front properties are now vacant where a family

home once stood. The city does not maintain the sidewalks and it's the responsibility of the owner to do so. Sadly, they either no longer own the property or have passed on.

Walking to the grocery store is especially fraught with danger this time of year with the leaves covering missing areas or cracks causing a misstep or two on the journey. Don't ask me about the ice and snow either. One (and I include myself in this category,) is required to pay more attention as to where one walks rather than the beautiful scenery surrounding them.

I was astounded and delighted one day to see a bad section of sidewalk had been removed and a new, clean crack-free walkway put in its place. And then I noticed them-little paw prints now immortalized in the concrete. At first, I thought, who would have let their dog walk here? Couldn't they see the obligatory yellow CAUTION tape fluttering in the breeze? Perhaps the dog had just run unaccompanied onto the wet cement? I peered closely, and instead of what I had believed to be canine paw prints, instead the small impressions were from a young racoon. I had often glimpsed a racoon family in the neighborhood peering at me from their tree,



or the rarely seen possum and the millions of squirrels bounding about on their business, but, AHA Watson-Here's the proof-the game is afoot!

We in Toastmasters are in the business of making impressions too. Think about that for one second. What impression does your club make? Is it "set in concrete" like the paw prints of the racoon? What impression upon visitors and new members does it portray?

Amazingly, Toastmasters recognize the importance of "first impressions" that a club makes in the Area Director Club Visit Report. They ask about the ease of finding the club meeting location, the friendliness of the members and greeters, and especially, is this setting easily identified as a Toastmasters meeting? I took the time to review about three years of these area visit reports for clubs that have now closed their doors and or ceased to be a Toastmasters club in good standing. Three salient points emerged from this unofficial study that I wish to share with you about "impressions".

First, those clubs who are no longer with us (sniff, sniff) did not welcome guests to their meeting. One of the reports I reviewed had been written in my first cycle of visits as an area director. I had arrived early, walked in the door-and was not even greeted, questioned as to whether I was even in the right meeting or introduced to other members. I sat alone in the back of the room, wondering what I had got myself into, cursing silently the district director who had cajoled me to be an area director. It was nothing like the training video! Finally, at the end of the meeting, I was asked if I was interested in joining Toastmasters. Not at that club. Other successful clubs had one or two greeters at the door, welcoming members and guests into the meeting room, introducing other members and club officers, and the experience was 180 degrees from club number. First impressions count-the smiling face, the open and welcome handshake, etc. We are all in Toastmasters to grow, progress and assist each other in our personal and professional development. Be friendly-make it fun-and be willing to take the risk of meeting someone new!

The other key element I discovered-which did not come as a surprise-was the "secret" club meeting. No, I'm not talking about the challenge of a corporate club and the need for going through security, etc., but the community club

that meets in the "XYZ" building-a wonderful, 15-story edifice with dozens of meetings rooms-but which one? No signs posted, no one standing at a door-it's like the adage says-if you have to ask-then you may not want to join! Let's make it easy for visitors to find where we meet. Signage is a must, and once again that friendly welcoming face and anything you can do to guide potential new members to your meeting locale will be to your advantage. (I'm sure our District Public Relations Manager Kathleen would tell you to keep your club website current with your meeting location as well.)

The last impression or key would be simply to have the "best show in town" when you meet. What do I mean by that? Simply quality, planned and dynamic meetings are without a doubt a definite draw to a potential visitor. If they can see that people are truly interested in each other's development, that evaluations are

meaningful and affirming with great coaching tips sprinkled in, and that one can have fun doing it, I believe then you will have a successful, quality and distinguished club. That doesn't men that your meetings can't still have an element of spontaneity, but that you are aware of the personal time limitations of each of the members and that the time they spend in your meeting is worthwhile and uplifting as well as helping them achieve their personal goals. Don't get me started about Table Topics or thematic meetings!

Ergo, fellow Toastmasters, what imprint does your club leave in the freshly laid concrete? Weak? Faintly visible? Or the bold and determined "prints" of a quality and successful club? You can make the difference in your club-you be a "first impression" even if your club is not at that level yet. Help your club succeed with the Toastmasters Education program. Be a leader, be bold, and make an impression!

Distinguished Goals Hembers Dy December Be Distinguished by December and earn a banner, timing lights, or table

Be Distinguished by December and earn a banner, timing lights, or table top lectern. To qualify, your club must increase membership by 5 new, dual, or reinstated members and earn 5 distinguished club goals.

Submissions must be received by 12/31/2019 to qualify

Toastmasters Beyond the Club

What do Toastmasters do now that there aren't great opportunity to showcase the Toastmasters speech contests and a conference in the fall? They plan other events! Gateway Toastmasters recently hosted a Tall Tales Showcase, inviting the public to attend and other clubs to participate. With speakers from Gateway, Yawn Patrol, and Downtown Public Speakers, the event drew a good-sized crowd that enjoyed stories of suspense and intrigue.

When Toastmasters get together, they have a good time. If having fun isn't reason enough, there are other benefits to holding events with other clubs. There's the opportunity to hear speakers you don't get to see on a regular basis. The speakers get to experience new (and larger!) audiences. Special events are also a

program and market your club to potential new members.

Participation in Toastmasters not only improves your speaking and leadership skills, it provides opportunities to meet and learn from other Toastmasters. How can your club team up with other clubs? Could you participate in a local parade or tabling event? How about putting on a speaking or educational event for the community? Even a pizza night to socialize will expand your contacts within the Toastmasters community.

Toastmasters – where leaders (and friendships) are made!



Speakers sharing their Tall Tales and Spooky Stories included John Rodke, Kim Solonika, Mark Scott Lavin, and Abraham Alfaro



Need help with your next speech?

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

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 #	
Your Relationship to Organiza	TOASTMASTERS	





Contact Eldred Brown, DTM Club Growth Director-elect eldred.brown.tm@gmail.com For more information

My Good Deed

James Wantz, DTM

don't say this to blow my own horn. Nope, I am worth a damn!) saying this because the end of the year is fast and positive energy as I can muster (January is such a downer!).

I can't be certain if the naughty/nice list is a myth (like Santa...oops, trigger warning). Better 25th, I figure. However, I didn't always think this way. While young, my family heated the house with a wood stove. When Christmas came, my mom confronted me about my bad behavior over the past year.

we can."

"You're what?"

"Santa gives coal to bad kids...that's what you always said. And coal burns hotter & longer than wood." I smiled my best smile.

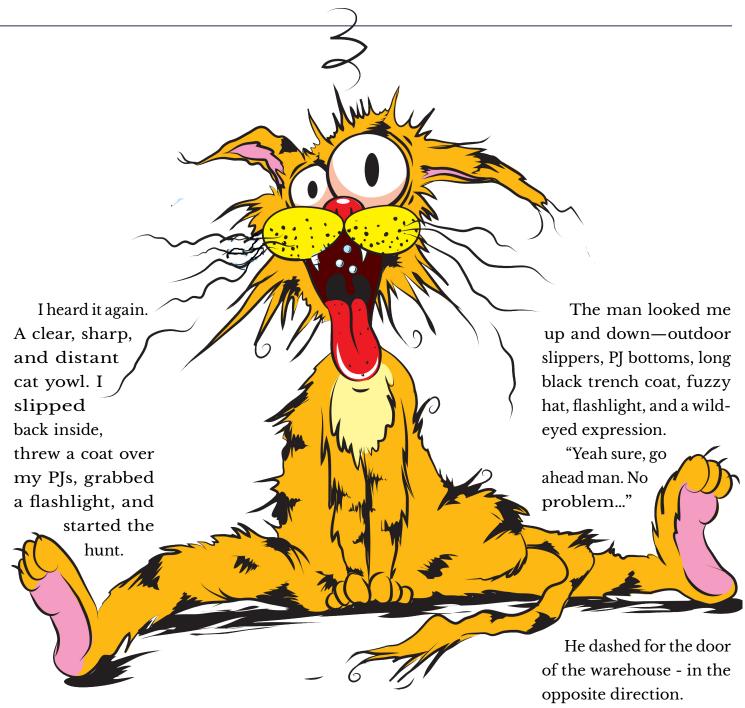
"You are too clever by half," she muttered. "That's not how it works...there's a coal shortage this year. Santa is giving out more chores instead."

of the incarcerated. (They need to switch to train track - lots of noise!)

I rescued a 6-month-old kitten last week. I coal though - hopes and dreams just don't heat

Enough of that! Back to the kitten. Yep, sweet approaching. I want to end with as much goodwill adorable Swift went missing (yep, that's her name...I prefer cat names that are emblematic of the cat in question: Dash, Sprint, Scritch, Silent, Squeak, Chewy, etc. - all names for the strays in my backyard over the years). I hadn't seen Swift to be safe than holding a stocking of coal on the for 3 days, and I was beginning to get that sinking feeling when one of the strays disappears. I never know exactly where they go...but many of them do go (to wonderful accommodations at the Cat Hilton, no doubt). The strays that are fractious or downright nasty I don't mind them going "But Mom, I'm trying to get as much coal as AWOL, but I get depressed when my favorites - those that purr when I hold them - disappear without leaving a note.

I was up early that morning (because I was dreading a visit to the dentist) when I decided to check a few of the spots Swift frequented over the months: under the office trailer, behind the fence, under the porch. No cat to be found. As I stood on the front porch of the house I rent Those who know me read this little interaction (in the middle of an industrial zone) I thought like an oracle fortelling my future (...in prison). I could hear a distant yeowl. I waited for the But you would be wrong!! There were no coal cement trucks, traffic, and trains to quiet (in the stoves in the prison I was in; there were giant back of the house is a cement company, in front boilers that burned on the hopes and dreams is a roofing company, and across the street is a



Fifteen minutes later, and after searching three businesses, I heard the cat hollering to be let out of a dumpster on top of a flatbed truck. After rounding the fence and storming across the parking lot, I shocked a man getting out of his pickup truck with my sudden appearance.

"Hey there!"

"Holy s#%t! Where did you come from?"

"Next door. One of the cats I feed sounds like it is trapped in that dumpster. May I go over there and let it out?" Swift must have heard my voice - she was shouting nonstop.

Swift shrieked again...louder.

"Hold on there, I'm coming!"

The top of the dumpster was completely open and the sides were 5 feet high, but the door was shut. I fought with the strap that secured the door - I'd forgotten my glasses and could not see the release mechanism. Finally I yanked in the right spot. The cat shriek reached a crescendo right before I opened the door, and I began to wonder what cat it was. Swift has such a quiet meow - so delicate and high pitched. This berserk animal was wailing!

Swift burst out of the empty dumpster, wailed a few times and sprinted to the house...actually the backyard since that is where I feed them. I met my frantic kitten a few minutes later - I had to take the long way around - while she was frantically dashing between the food bowl, the water dish, the other cats, and my outstretched hand. After 3 days trapped in a dumpster, she was thinner than ever. But she was Swift - in movement and attitude. The other cats weren't all that impressed she was back (but cats are

never impressed with anything). I, however, was ecstatic.

As I sat by, watching and waiting for the Swift kitten to slow down enough to be held, I decided that I used to be a cat. In a former life I was most definitely a cat...and I would still be one had the Council of Cats not demanded that I be incarnated as a lowly human whose task would be to care for my cat overlords. It is true: I am a cat servant...and I love it!

What does this all have to do with Toastmasters, you ask? Well, everything! Toastmasters helped me perfect my persuasive speaking skills so I could rescue trapped cats. Toastmasters helped me learn about leadership so that I could be a better servant to my cats. Toastmasters has kept me on the straight and narrow (ok...maybe not straight) and out of trouble so I can be around for my cats. And Toastmasters gives me a soapbox from which to wax eloquent about the superiority of

cats (the members of my home club can attest to that).

After rescuing Swift, and getting a gold star for the day on the (feline) naught/nice list, I had no trouble at all going to get tortured by my dentist... who, coincidentally, is a dog owner (figures!).



Join Friday Night Fun Masters as a Charter Member!

Michelle Alba-Lim, DTM

Ready to start a new chapter in your Toastmasters experience? Willing to stretch out of your comfort zone and explore online attendance? Want to fast track your educational goals, or help fellow Toastmasters achieve their goals?

Help create another first in D7!

Join Friday Night Fun Masters as a charter member! Fill out the charter membership application here_and email it to toastmaster. michelle@gmail.com. We will cap charter membership at 20 members so hurry and send in your charter membership application.

Friday Night Fun Masters will be the first advanced, blended, community, travelling club in District 7. And while we have no way of verifying for sure, it will probably be the first in the world, too!

How will Friday Night Fun Masters (or FNFM, for short) be different from other clubs in D7?

- 1. FNFM will hold regular club meetings ONCE A MONTH, so you can easily fit it into your schedule. You can attend club meetings IN PERSON* or ONLINE https://zoom.us/j/548624624
- 2. Each month, FNFM will meet at DIFFERENT VENUES* along the I-5 corridor. We will find venues that are convenient, comfortable, and conducive to Toastmasters meetings. Want to help?
- 3. In addition to monthly meetings, FNFM will hold online learning or coaching sessions.

Members will brainstorm and create a list of fun, entertaining, yet educational topics. Get involved!

Interested? Mark your calendars for FUN and FELLOWSHIP on FIRST FRIDAYS of the month. Our next meeting will be on Friday, January 3, 2020.

Physical venue will be at Elmer's, 1440 NW Mulholland Dr, Roseburg, OR 97470 (from I-5, take exit 125 – Garden Valley Blvd).

Or join us ONLINE at https://zoom. us/j/548624624 6:30-8:30 p.m. (first half hour for meet-and-greet; gavel at 7:00 p.m.)

Friday Night Fun Masters will focus on having FUN and FELLOWSHIP while FULFILLING personal and professional goals. Each meeting will be planned as an EVENT (open house, party, demo, speakathon, learning session with special speaker, fun debate, etc.) Opportunities abound to complete HPL projects. Step up and do one!

Once again, Friday Night Fun Masters will be the first advanced blended travelling community club in D7. If you want to be part of history-in-the-making, fill out http://bit.ly/chartermembershipFNFM and email it to fridaynightfunmasters@gmail.com, text me 714-273-0743, or join us on Facebook https://www.facebook.com/fridaynightfunmasters/

For questions about online attendance for your club, contact toastmaster.michelle@gmail.com



WALLMASTERS INTERNATIONAL

Toastmasters for High Achievers



Have More Successful Projects

Dottie Love, DTM

While mentoring a club member, she asked what more could be done about starting an improvement project at work. She wasn't sure of the best way to launch and track it. Since I had earned my High Performance Leadership (HPL) award by creating a program to help Toastmasters members earn awards faster, I was sure a HPL was an excellent way for her to launch and deliver the project.

Toastmasters International created the HPL as an action-learning program designed to help you develop your leadership skills and organize more effective projects for your community, church, or professional group. Your project, in



fact, can be almost anything, so long as it is legal, ethical and socially responsible, and your activities are not represented as being endorsed by Toastmasters International. More here.

Examples of HPL Projects

- Organize Community Fair
- Conduct a Blood Drive in 2020 NOT a Candidate for a HPL Project
- Bike from Seattle to New York someday
 - Time is not specific
- Achieve a Pathways award in 6 months
 - Does not involve coordinating a team

A 2020 Growth Goal

If you want to launch an improvement idea and need help, consider doing a HPL Build your leadership talents all while either supporting District 7 Toastmasters or your community. And when you do, earn your High Performance Leadership certificate.

Actual High Performance Leadership (HPL) Project Overview

	HPL Project Steps	How John Did It
1.	Select a project to exercise leadership	Start a Wrestling Booster Club at local high school
2.	Recruit a "Guidance Committee" to mentor you	John asked the school's athletic director to help, since the director's understanding of the sports program would be invaluable. John also asked a Toastmasters member whose opinions he highly regarded. John asked his wife who knew him best.
3.	Form an "Action Team" to help	John met with the other parents and formed an action team. The parents were eager to rally behind him and he quickly discovered the high enthusiasm so many of them had for the team. They named coordinators for transportation, concession-food sales, and for providing food before and during matches, as well as for other fund-raising efforts.
4.	Document the plan: Goals you want to accomplish, timeframes, success criteria	From the athletic director, John learned about the wrestling team's debt, annual losses and the costs involved in running such a program. This gave him a starting point and how far they needed to go.
5.	Work the plan: Meet periodically with your team and guidance committee to 'fine-tune' the plan	John held periodic meetings with both the "Guidance Committee" for oversight and the "Action Team" for setting/accomplishing goals.
6.	Review the "Results and Lessons Learned" with your team / committee	The school's wrestling team won the county championship after only a month. From there they went on to win two regional championships and sent two wrestlers to the state championship.
7.	Submit to TI the written evaluations and signatures of members of Guidance Committee	Earned his award by using the HPL Guide here

Brian Cargill, TC2

COMMUNICATION IS PARAMOUNT

Leanna Lindquist, DTM

Tell us about Bryan

Similar to our experience at Toastmasters.

I studied journalism at the University of Oregon because I wanted to get a better understanding of interviews and learn how to tell where I am constantly asking questions of my relationship with photography clients to not only better assist them, but to help of their business.

Emily. We met our senior year of college in well as continue to develop my portfolio. I also the same video production class. We've been enjoy being able to give back to the Toastmasters together for about 5 years and have just recently community with photos that can be used as announced our engagement with a hot air promotional materials for future events and balloon ride this past August. We will be getting social media. married in 2021.

What brought you to Toastmasters?

When I first moved to Portland I did not know a lot of people, I was seeking a supportive

This month's focus is on Bryan Cargill who joined community. Toastmasters has filled that need Toastmasters in 2015. Brian can be seen at District for me. I'm fortunate to have the privilege to call events this year with his camera and very large lens. many Toastmasters my friends. I've been active in various clubs across Portland such as Moser Community Toastmasters, Feedbackers, and I spent much of my childhood on the soccer At the River's Edge over the course of the past fields in Tacoma, Washington learning how to 4 years. Last year I was Area 53 Director, I am compete and the value of consistent practice. thankful to the clubs in my area who that giving me the opportunity to visit and provide support. They made my job easy by being welcoming, engaged and communicative.

a strong story. My education translates well into You were seen at TLI photographing the freelance video production that I do today the entire event. Tell us about your

Photography is a relatively new skill for accurately convey the message and personality me. I've actually been a videographer for the past 7 years. I've been wanting to increase my I moved to Portland to follow my now fiancée, abilities, especially in event photography, as

How have you used the skills you learned in Toastmasters to build your own business?

I use Toastmasters every single day in my

business, from interpersonal relationships, to directing talent while on a shoot, to leading workshops—communication is paramount. Toastmasters has provided me the opportunity to connect with individuals who are able to use my services to grow their business. In the near future I plan to lead trainings for corporate marketing departments teaching them the fundamentals about multimedia production and content marketing strategies.

What advice do you have for clubs to 1. Auto-Enrollment attract and retain millennial members like yourself?

There is no one size that fits all as my demographic of millennials has various needs like any generation before and after me will. But I do have some thoughts about how the Toastmasters organization could increase the 2. Mentorship accessibility of club materials, day-to-day meeting management and streamlining the recruiting process.

Attraction:

- 1. Create a Toastmasters App
 - Able to run a meeting using software
 - payments to the club within an app- Easily view your Toastmasters progress
- 2. More Online Clubs with Convenient Meeting of my background and positive experience with Times
 - from the convenience of their own home
 - Less overhead
 - Ability to practice connecting with people me, my website is: www.bryancargill.com around the globe and speaking on camera



Retention:

- - Subscription based structure for signing up for Toastmasters
 - This will help people understand that there are terms to the Toastmasters season and will alleviate the extra step of calling for dues every 6 months
- - Mentor can reach out to mentee and keep a status report on what they are doing and if the club is still a good fit for them
 - Have someone to come to when they are having challenges and know that someone is depending on them

Most Important tip: Run quality meetings We need to make it possible to make where members are feeling supported, growing and engaged.

Thank you for the opportunity to share some Toastmasters. Invite your friends to come to People like to be able to connect with others your next club meeting; you never know who might join!

If you'd like to view my work and learn about



You are Invited!

Online Entrepreneurs Toastmasters Club



Bryan Cargill is inviting you to a scheduled Zoom meeting.

Topic: Online Entrepreneurs Toastmasters Meeting

Time: Jan 15, 2020 06:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

https://zoom.us/j/5614463938

Meeting ID: 561 446 3938

One tap mobile

+16699006833,,5614463938# US (San Jose)

+19292056099,,5614463938# US (New York)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 929 205 6099 US (New York)

Meeting ID: 561 446 3938

Find your local number: https://zoom.us/u/ac3dhsusT7

---BONUS---

- Club Business:
- Name of Club
- Officer Elections
- External Small Group Meeting
- Mission and values

Benjamin F. Medofsky Part III

Harvey Schowe, DTM

After selling Vols Candy, Ben Medofsky began investing in apartment properties and according to Glenn Meek, past District 7 Historian, Jewish people in Europe sent him funds for investing in real estate.

After serving as secretary for the Bnai Brith lodge for six years, he entered the real estate business full time.

He became a member of the Oregon Apartment Association and was elected sergeant-at-arms 1935 to 1936 and again in 1939. In 1935, he was chairman of the taxation committee. His organization was seeking ways to reduce real estate taxes. He gave talks during the association's meetings such as speech about apartments on November 8, 1940.

Ben became a member of the Abraham Lincoln public speaking club that was established in 1921. Founders of this club was Frank Boynton and Eugene Brookings, a public speaking and business law instructor for Oregon Institute of Technology. Eugene Brookings, an attorney, supported the women's suffrage movement. This club met at the YMCA building. On December 13, 1931, Toastmasters International officials during a San Diego meeting approved a charter for a Portland, Oregon club. Ben joined this club in 1934 and remained a member of the club until the mid 1950s. In 1944, he was elected president of the club.

In 1932 he attended meetings and became

chairman of the Public Forum a public speaking organization that was founded in 1905. Rabbi Stephen A. Wise and C. Erskine S. Wood, a prominent attorney were founders of the forum. Members of the public are provided an opportunity to give a talk on a topic of public interest for five minutes. On October 30, 1932, Ben invited five candidates for mayor to speak at the forum with 500 people in attendance.

Tom Burns a Socialist gave speeches at the forum since it was founded. During January 1937, Tom Burns, Ben Medofsky and others debated before Portland Mayor Carson and the city council on a proposal banning all forms of gambling in Portland. Ben Medofsky argued for regulated gambling while Tom Burns argued that legalized gambling provided a revenue source for government.

Other civic activities included serving on city commissioner Bean's 15-member committee studying the City of Portland sewer system during July 1936. In 1941, he participated in Red Cross blood drives. He frequently wrote letters to the editor for the Oregonian newspaper. His letters covered a variety of topics such as how to keep warm in winter and the beautiful sunrise, The sunrise he wrote about inspired him saying that Happiness is within me and I am the Master of my Fate. Each day a new beginning. "Happy Day". A term he used for the rest of his life.

Club Name	Last Name	First Name
Coastmasters	Adams	Trudy
Oregon City Toastmasters	Ahmann	Susan
PMI Portland Toastmasters	Albert	Anthony
BurnsMasters	Alkhaqani	Hibatullah
BurnsMasters	Barth	Derek
Corvallis Evening Group	Bell	Jill
The Toast of Old Town	Bogolubov	Azadi
Gorge Windbags	Bolanos	Briseida
Lake Oswego Toastmasters Club	Borecki	Linda
Bend Chamber Toastmasters	Bossert	Monet
BurnsMasters	Bourgeois	Jeff
Daylighters Club	Brewer	Daniel
Beachtown Toastmasters	Campbell	Cindy
RA Chiptalkers	Campos	Hezekiah
Portland Club	Cantwell	Bruce
Rogue Valley Networking Toastmasters	Casey	Andre
BurnsMasters	Chrstians	Katherine
BurnsMasters	Cockrell Bhaskar	Lauren
Gorge Windbags	Cortez	Josefina
Talking Heads	Cruz	Mika
Jefferson State Toastmasters	Curtis	Scott
Toastmasters For Speaking Professionals	Davidson	Ali
Mentors Of Focus Club	Delessert	Tatyana
RA Chiptalkers	Dowd	Jonhenri
Wonderful Oregon Wordmasters (WOW)	Elliott	Sharon
Bootstrappers Club	Endicott	Philip
NuScale Toasters	Engilis	Elizabeth
Jefferson State Toastmasters	Faryl	Catie
Cedar Hills Club	Fraser	Janet
Storymasters Toastmasters	Fromuth	Mark
Pearl District Toastmasters Club	Fronczak	Heather
Platt Electric Supply	Fry	Geoffrey
Clark County Toastmasters Club	Gable	Michelle
Storymasters Toastmasters	Gubbala	srinivasa.rao
Arlington Toastmasters Club	Gueck	Sharon

Club Name	Last Name	First Name
Civil Tongues Club	Haberstich	Tristan
Daylighters Club	Hagnas	Rochelle
BurnsMasters	Haidle	Chad
Nano-Mated Speakers	Hamilton	Catherine
BurnsMasters	Harris	KC
Wagon Tongues	Hays	Jane
Corvallis Evening Group	Herrera	Elizabeth
Clark County Toastmasters Club	Hinz	Harrison
BurnsMasters	Hockaday	Edward
Corvallis Evening Group	James	Trinity
BurnsMasters	Joshi	Poonam
BurnsMasters	Juarez Galeana	Alfredo
Transtoasters	Justice	Robert
Sporty Speakers	Kelley	Ben
Wallmasters International Club	Keonjian	Camille
Silvertongues	Kerns	Dustin
MultCo Toasties	Kettner	Chris
Speakeasy Toastmasters	Kolla	Praneetha
Professionally Speaking	Krawczyk	Amal
Wallmasters International Club	Kremm	Justin
BurnsMasters	Kulakevich	Mikhail
BurnsMasters	Kulikovskiy	Viktor
Encouraging Words Club	Langdon	Cristy
Noon Talkers	LaPore	Amanda
MIME Speaks	Lawson	Stephanie
Cedar Hills Club	Lee	Kathy
RA Chiptalkers	Liello	Marcus
Pearl District Toastmasters Club	Lipson	Julie
BurnsMasters	Madigan	Ryan
Salmon Speakers	Martinez	Mariah
Salmon Speakers	Martinez	Michelle
BurnsMasters	McBroom	Alan
Toastmasters For Speaking Professionals	Mclaughlin	Kurt

Club Name	Last Name	First Name
Portland Club	McManus	Philip
Pearl District Toastmasters Club	Miller	Jenna
Tabor Toastmasters Club	Mohley	Richard
West Beaverton Club	MOORE	PATRICK
Pearl District Toastmasters Club	Nallakrishnan	Indira
West Beaverton Club	NOACK	SPENCER
BurnsMasters	Nye	Rick
Oregon City Toastmasters	Oakley	Amy
NuScale Toasters	Overton	Brenden
RA Chiptalkers	Paulino	Aldo
Electric Toasters Club	Peace	Lea
Yammertime	Perez	Mayra
Essayons Club	Porter	Collin
BurnsMasters	Puhl	Matthew
Columbia Square Squawking Heads	Rodrigues	Northon
Pearl District Toastmasters Club	Rodriguez-Gonzalez	lvan
WE Toasted Toastmasters	Rozos	James
BurnsMasters	Saechao	Chio
Silicon Forest Club	SARIPALLI	SATYA
Marylhurst Toastmasters	Sayre	Rebecca
New Horizons Toastmasters Club	Schmidt	Jennifer
Bootstrappers Club	Seo	Scott
BurnsMasters	Shapovlaova	Oxana
Silicon Forest Club	Shi	Jue
Platt Electric Supply	Simmons	Joshua
Professionals of Portland Toastmasters	Srinivas	Preethi
Buckaroo Toastmasters	Stepanoff	Tanya
Wake Up, Beaverton! Toastmasters	Stewart	Joshua
McMinnville Toastmasters	Stockdale	Erica
Portland Club	Sylvester	Cory
Bootstrappers Club	Thomas	Tieausha
Toasting Excellence Club	Thomas	Whende
Rose City Toasters Club	Tonkin	Joshua (Lonewolf)

Club Name	Last Name	First Name
Essayons Club	Vaughn	Eric
Rose City Toasters Club	Vetor	Jeff
Yammertime	Vidal	Jaime
BurnsMasters	Weber	Tristin
Battle Ground Toastmasters	Williamson	Blaine
At The River's Edge Club	Winn	Elisabeth
BurnsMasters	Wong	Oriana
Jefferson State Toastmasters	Woodbury	Jen
Evergreen Club	Wright	Bernice
Feather Communicators	Yasmeen	Telwala
New Horizons Toastmasters Club	Zieba	Maren
Mentors Of Focus Club	Zuo	Zhiheng (Mary)

HAPPY ANNIVERSARY TO DECEMBER CLUBS

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

CHARTER DATE	YEARS	CLUB	СІТҮ
12/1/1987	32	Rogue Communicators Grants Pass	
12/1/1979	*40*	Arlington	Portland

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EC3	11/7/2019	Angel, Mario Rodolfo	Milwaukie Talkies
EC2	11/7/2019	Angel, Mario Rodolfo	Milwaukie Talkies
LDREXC	11/18/2019	Arnold, Cate Ann	Transtoasters
PM4	11/18/2019	Baker, Jean Margaret	Noon Talkers
IP2	11/24/2019	Baker, Jennifer L.	New Horizons Toastmasters Club
EC1	11/26/2019	Baunach, Chris M.	Yammertime
LD2	11/11/2019	Bautista-O'Reilly, Coeli	Toast to US
PI1	11/7/2019	Berglund, Steven	Milwaukie Talkies
EH1	11/1/2019	Bergman, Erik	WE Toasted Toastmasters
TC1	11/13/2019	Burnett-Rainey, Jordan	New Horizons Toastmasters Club
VC1	11/20/2019	Coates, Sammi L.	Noon Talkers
CL	11/18/2019	Culp, Jason M	A-Dec Toastmasters
CC	11/18/2019	Culp, Jason M	A-Dec Toastmasters
PM1	11/4/2019	Culp, Jason M	A-Dec Toastmasters
VC3	11/26/2019	De Graff, Peter B.	Clark County Toastmasters Club
VC2	11/26/2019	De Graff, Peter B.	Clark County Toastmasters Club
VC1	11/25/2019	Deepthi, Madhava	Tower Toastmasters
DL1	11/22/2019	Devine, Casey	Wallmasters International Club
IP1	11/25/2019	Elde, Cameron J	Salmon Speakers
PM3	11/19/2019	Fang, Teresa	Portland Club
CL	11/17/2019	Fanning, Paul C.	Feedbackers Toastmasters Club
CC	11/16/2019	Fanning, Paul C.	Feedbackers Toastmasters Club
VC2	11/27/2019	Fasone, Hollie Lynn	Gresham Toastmasters Club
VC1	11/27/2019	Fasone, Hollie Lynn	Gresham Toastmasters Club
ACB	11/22/2019	Foster, Lynne R.	Downtown Lunchbunch
ACS	11/6/2019	Fraser, Scott A.	VA SORCC Toastmasters
PM3	11/19/2019	Hammond, Sharon Rebecca	Corvallis Evening Group
EC3	11/22/2019	Harmon, Phyllis A.	Wallmasters International Club
EH1	11/13/2019	Heitz, Nena	Grants Pass Toastmasters Club
EC3	11/13/2019	Heitz, Nena	Grants Pass Toastmasters Club
SR2	11/26/2019	Herzig, Maya Xolal Yammertime	
EC1	11/18/2019	Howard, Sarah High Noon Club	
EH1	11/17/2019	Hutton, Lisa F.	Marylhurst Toastmasters

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
IP1	11/25/2019	Jaqua, Sean R	Tower Toastmasters
ALB	11/29/2019	Kemp, Susan K.	Oregon State Toastmasters
EH1	11/8/2019	Kerns, Caroline	Silvertongues
EC3	11/14/2019	Kersjes, Theo	PMI Portland Toastmasters
DL1	11/7/2019	Kimberly, Charlie	Milwaukie Talkies
DL4	11/14/2019	Knapp, Thomas K.	Liberty Talkers
DL3	11/30/2019	Kumar, Anil	Feedbackers Toastmasters Club
IP1	11/22/2019	Lee, Pam	Toasting Excellence Club
IP2	11/11/2019	Lev, David S.	Smooth Talkers Club
CC	11/18/2019	Lindquist, Leanna	Feedbackers Toastmasters Club
ACG	11/30/2019	Locke, Julius Patrick	Speakers With Spirit Club
TC1	11/25/2019	Loo, Elizabeth Emily	Tower Toastmasters
EC3	11/25/2019	Marksthaler, Jeffrey Robert	Portland Club
SR1	11/4/2019	Marshall, Rachel	Toastmasters of Redmond
СС	11/12/2019	Mason, Alexis R.	Clark County Toastmasters Club
IP1	11/13/2019	McCowan, Suzie	West Beaverton Club
LD3	11/28/2019	Miller, Joan	Civil Tongues Club
VC2	11/5/2019	Monigold, Jason	Corvallis Evening Group
VC1	11/13/2019	Muralidharan, Narendran	West Beaverton Club
ACS	11/6/2019	Parsons, Richard B.	Rogue Communicators Club
LD3	11/1/2019	Pashia, Eric	Bend Chamber Toastmasters
PM1	11/6/2019	Perrott, Valerie	Downtown Public Speakers Club
VC1	11/8/2019	Peterson, Mike G.	Silvertongues
VC3	11/18/2019	Pinchot, Beth	PMI Portland Toastmasters
DL2	11/22/2019	Powell, Kelly Lynn	Wallmasters International Club
IP3	11/26/2019	Proust, Gabrielle C.	Yammertime
IP1	11/25/2019	Reimche-Vu, Micah	Salmon Speakers
PM1	11/27/2019	Rethnasamy, Kumar	Marylhurst Toastmasters
CL	11/22/2019	Rone, Regina G.	Smooth Talkers Club
VC1	11/22/2019	Sandwick, Jean K.	Wallmasters International Club
ACS	11/14/2019	Sarsten, Samuel Christian Spirit Trackers	
DL2	11/20/2019	Schellenberg, Lyle W. Toasting Excellence Club	
IP2	11/22/2019	Schock, Dorothy Jean	Wallmasters International Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
IP4	11/14/2019	Semenchalam, Rakesh	PMI Portland Toastmasters
IP1	11/14/2019	Simco, Heather	Toastmasters For Spkg Prof
IP1	11/18/2019	Smillie, Chiaki Ishimura	Noon Talkers
DL1	11/18/2019	Speaks, Sheree	Lebanon Toastmasters
DTM	11/14/2019	Standeven, Ernest J.	Toast of Corvallis Toastmasters
ALS	11/14/2019	Standeven, Ernest J.	Toast of Corvallis Toastmasters
LDREXC	11/11/2019	Standeven, Ernest J.	Toast of Corvallis Toastmasters
ACG	11/6/2019	Standeven, Ernest J.	Toast of Corvallis Toastmasters
ACG	11/20/2019	Stark, Katherine	Buckaroo Toastmasters
SR3	11/13/2019	Stark, Katherine	Buckaroo Toastmasters
VC2	11/5/2019	Stephenson, Karen F.	Corvallis Evening Group
CL	11/14/2019	Svehaug, Alan R.	New Beginnings Toastmasters
PM2	11/22/2019	Tambe, Christian	Talk-In-Tel
PM1	11/22/2019	Tambe, Christian	Talk-In-Tel
CL	11/25/2019	Taylor, Emilie	Buckaroo Toastmasters
MS3	11/5/2019	Topping, Sean Phillip	Nano-Mated Speakers
MS2	11/5/2019	Topping, Sean Phillip	Nano-Mated Speakers
MS1	11/5/2019	Topping, Sean Phillip	Nano-Mated Speakers
LD2	11/14/2019	Vandewettering, Brian M	Liberty Talkers
VC3	11/17/2019	Wantz, James	New Horizons Toastmasters Club
LD1	11/26/2019	Webb, Hank Melvin	Yammertime
IP1	11/20/2019	Wymore, Kamala Noon Talkers	
DL5	11/14/2019	Yan, Wendy Early Words Club	
MS1	11/25/2019	Zsoldos-Dollens, Ildiko Tower Toastmasters	
LD3	11/6/2019	Zuber, Michaela Downtown Public Speakers	

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Adams, Rebecca	5	IP4 , IP1 , IP2 , IP3 , CL
Arnold, Cate Ann	7	LDREXC , ACS , ACG , ALB , ACB , CL , CC
Bergman, Erik	4	PM5 , CC , LDREXC , EH1
Booth, Jonathan	3	IP2 , IP3 , IP4
Carson, Paul	3	ALS , DTM , LDREXC
Chen, Karen	3	PM1 , PM2 , PM3
Christensen, Kim	3	PM1, PM2, PM3
Corbin, Tamsen Miller	3	PM4 , EC5 , PM3
Culp, Jason M	3	CC , CL , PM1
Dent, James A.	4	TC2 , TC3 , VC2 , VC1
Douglass, Matthew	4	ACS , ACG , CL , ALB
Fanning, Paul C.	8	CC , CL , ALS , LDREXC , LD4 , DTM , ACG , LD5
Hall, Robert B.	5	EH5 , EH3 , EH1 , EH4 , EH2
Harmon, Phyllis A.	3	EC3, EC1, EC2
Heitz, Nena	3	EC3, EH1, EC2
Kelley, Todd D.	4	ALS , ACG , DTM , LDREXC
Kemp, Susan K.	3	ALB, IP1, CL
Lindquist, Leanna	3	PM3, CC, CL
Locke, Julius Patrick	10	ACG, LD2, PI4, CC, CC, LDREXC, ALS, DTM, ACS, ALB
Miller, Joan	3	LD3 , LD1 , LD2
Pinchot, Beth	3	VC3 , CL , ALB
Redgrave, Cheri A.	3	IP2 , IP3 , SR5
Schowe, Harvey L.	3	CC , CL , PM1
Solomon, Andrew G.	4	CC , ACB , CL , ALB
Standeven, Ernest J.	4	LDREXC , ALS , DTM , ACG
Stark, Katherine	4	ACG , SR3 , LDREXC , SR2
Taylor, Emilie	4	CL, MS2, MS3, IP4
Topping, Sean Phillip	3	MS1 , MS2 , MS3



Donna Stark, DTM



Dottie Love, DTM



Eldred Brown, DTM



Emilie Taylor, DTM



James Wantz, DTM



Leanna Lindquist, DTM



Lee Coyne, ATMB



Michelle Alba-Lim, DTM



Paul Fanning, DTM



Phyllis Harmon, DTM



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