



DEBRA BURGER, PM4
Fostering a Culture
of Growth

Support Our Prison Clubs

Your Contribution Makes All the Difference



Contact Allan Edinger, Prison
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Guilt & Goals

Phyllis Harmon, DTM



EDITORIAL

It's January again. The month where new goals wash away the guilt of not completing those from the prior year. You know the ones . . . goals you committed to LAST January that turned ripe as sour gas the first week of February. Now I don't pass judgment—your unfulfilled commitments are yours alone to justify.

But, consider all the people who expected you to finish what you started. Those who counted on you. Remember the naysayers who said, in sotto-voices. "you never meant what you said?" (Wouldn't you like to grind their words into dust?) And remember all the people who looked up to you as a role model! (Are you feeling bad yet about those abandoned goals?)

Let me relieve your angst (and guilt). You still have five months to finish what you started this Toastmasters year. Remember that our year started July 1 and ends June 30. Your fellow members really are counting on you to complete your educational levels and contribute to your club's success.

The District has incentives available to help you finish the year strong. Check out PJ Kleffner's and Eldred Brown's articles in this issue to learn more. And don't forget that you can step up to leadership by nominating yourself to fill one of the executive committee positions for 2020-21.

Commit to becoming a better you, helping your club thrive, and finishing your goals this Toastmasters year. It's not too late. We are all counting on you.

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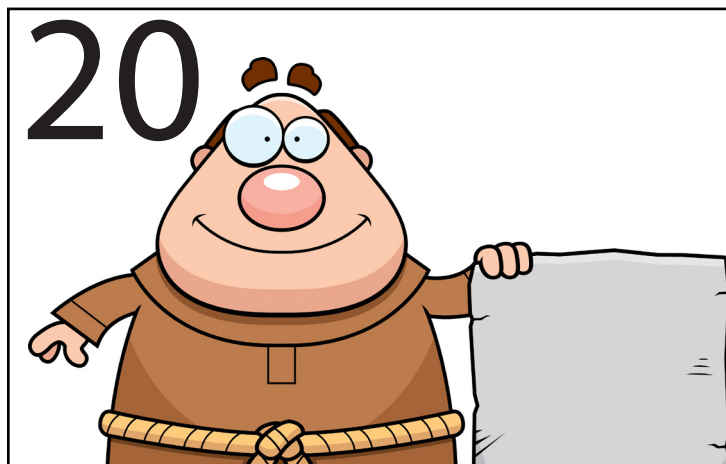
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Debra Burger, PM4

Fostering a Culture of Growth

Phyllis Harmon, DTM

January's cover story features Division C Director, Debra Burger, PM4. Debra joined Toastmasters in 2006 and is a member of Transtoasters in Salem, Oregon.

Why did you join Toastmasters?

I had to do a speech in my high school speech class. It was my first experience with public speaking. I stepped up to the lectern. All I saw were eyes staring back at me. I felt shaky. I felt myself getting warm like a thermometer. I looked down at my arms and saw red blotches. I don't even remember what I said but I started to hear the giggles and snickers from all the high school kids. Back then that really bothered me. I bolted out of the room before my speech was done.

Fast forward to my first state job. I realized that I was going to have to overcome my fear of speaking in public. I went to a Toastmasters meeting and tried not to make any eye contact so they wouldn't call on me to give a Table Topics speech. I joined Transtoasters Toastmasters in 2004. We meet in the Department of Transportation Building in Salem on Tuesdays from 12 pm to 1 pm. I thought that joining Toastmasters was all I needed to do to become a better speaker.



My first impression was that Toastmasters was a group of highly polished speakers and leaders. I was intimidated. I didn't feel like I would ever fit in. Much to my surprise, I saw people putting in time and effort to get better. So I quit Toastmasters. Yes. I quit! I had every excuse in the book, "too busy", "too much going on in my personal life". I didn't prioritize Toastmasters as an investment of time for myself to become the person I wanted to be. I avoided the growth process and I thought my speaking fears would go away on their own.

Not all change is growth, but all growth requires change.

Two years later, no surprise, my speaking fears were still there. I realized that I was going to have to control my fears or my fears would end up controlling me the rest of my life. So, I rejoined toastmasters in 2006. I decided to start applying myself to the skills not only as a speaker but as a club officer. As an officer I saw other people doing the same thing. The more effort they put in the

faster their growth. I realized that as a club officer, I needed to set the same example. It took a lot of trial and error, frustration, struggle. Looking back it was during times of struggle where I learned the most. As a leader I learned so much more than as a meeting participant.

As a Division Director looking back on my time as an area director and a club officer, there are new levels of growth at each level. There are layers and layers of communication, leadership skills to learn at each level.

What has been your greatest Aha! Moment in your Toastmasters journey so far? Why?

Communication and leadership go hand in hand. The more effectively you communicate, the more effectively you lead. The more you lead, the more you need to communicate. There are overlapping layers of skills and growth at every level of leadership if you apply yourself. When I first joined Toastmasters I did not fully understand how much I would grow as a leader and a communicator until I moved into area and division leadership.



What do you do outside of Toastmasters -hobbies, interests, etc?

I'm a Fiscal Analyst 3 for Oregon Department of Transportation.

I am enrolled in the Transportation Leadership Academy. I seek training opportunities wherever I can find them.

My husband and I are growing a business together, attending Orangetheory Fitness classes in Salem, taking Ballroom Dance lessons at Arthur Murray Studios in Salem. We read personal development books; we like to go to the beach, hike, golf, and spend time our daughter Ashley, our son Adam, and daughter-in-law, Amanda, and our 7-month-old grandson, Tristan.

How does Toastmasters enhance your work at ODOT?

Toastmasters has helped me develop project management skills. In 2017 I was selected by management to be a project manager for a large state-wide cost allocation project. Using my Toastmaster skills I was able to effectively lead the team and manage the project. For this work, in 2018 I was selected by the Director of

ODOT for a Transportation Excellence Award for Professional Achievement. I also earned a Driving Force Award.

You've been in Toastmasters since 2006. What are some of the highlights of your career so far?

- As Area 41 Director, I worked on a High Performance Leader Project, called the Yoda Project, to develop a leadership mentoring program which has slowed the attrition rates for a small pilot group.
- I was awarded Area Director of the Year.
- I also received a Shining Star Award.
- I have continue to coordinate weekly Yoda mentoring sessions and monthly leadership training for the division, which is helping grow leadership awareness for the division.

As Division C Director, what is your vision for the Division this year?

For the Division I would like to foster a growth culture

- To engage, educate, equip, encourage, empower, energize and elevate our members through fun learning programs

with a learn one, teach one, lead one approach.

- A three-legged stool approach to club growth focusing on club member recruitment, development and retention.
- Create sustainable clubs and build active member engagement to lower attrition rates to 25%.

What are your personal plans and goals for next year?

I plan to take a step back to reflect, recharge and evaluate my options. I will continue my focus on mentoring leaders to foster a leadership growth culture. I will continue to build relationships with incredible people who have seriously mentored me and helped me grow as a leader.

What would you share with those who are interested in taking on a leadership role next year?

Just do it. You don't have to know everything. You don't have to be perfect. Leading others involves first leading yourself. The comfort zone is a wonderful place but outside the comfort zone is where the magic happens. Not all change is growth, but all growth requires change. Don't think about what you could lose, focus on what you will gain. You are not alone. You don't have to do it by yourself. Reach out to like-minded people who will support you in your efforts.



Yoda Project Vision/Mission/Values

Yoda Project Vision:

To be the first choice provider of dynamic, high value, experiential communication and leadership skills development

Yoda Project Mission:

Yoda project mission is to provide a fun, engaging approach to member communication and leadership skills development, where leaders develop other leaders according to their life goals, and promote club member recruitment, development and retention through mentorship.

Yoda Project Values:

Learn One: We lead ourselves

Teach One: We teach others

Lead One: We lead leaders

To learn more about the Yoda Project, contact Debra Burger at DivC@d7toastmasters.org

Promotion Commotion

**Saturday, February 1, 2020
8:30am – 12:00pm at NWEA
121 NW Everett Street
Portland, OR 97209**

Register Here

Join us and learn how to

- Create an effective social media strategy
- Plan and promote an open house for your club
- Leverage Toastmasters International and Rotary International's partnership to benefit your club

And so much more!

Want to attend but live too far away? Join us via the web! A Link will be provided when you register.

**We look forward to seeing you on
Saturday, February 1st!**

Celebration an

Emilie Taylor, DTM

It's January 2020. Are you kidding? Where has time gone? We are now past the halfway mark of our Toastmasters year. Though January can seem dark and gloomy, it is time to shine! This year marks the 80th anniversary of District 7 Toastmasters, and it's time to celebrate!

I would like to take this opportunity to thank our leadership team for a job well done thus far! You have been the cornerstone of our District.

To our Area Directors, thank you for serving as the direct liaison between the district and your area clubs. Thank you for visiting your clubs and providing guidance, support, and resources.

To our Division Directors, thank you for supporting and mentoring your Area Directors through Division

council meetings and one-on-one support.

To Karen, our Finance Manager, thank you for keeping us fiscally sound.

To Kathleen, our Public Relations Manager, thank you for coordinating the publicity efforts and getting the word out.

To Paul Fanning, our Administration Manager and "flying squad", thank you for keeping notes and helping the District wherever necessary.

To our Sponsors, Mentors and Coaches and Club Coach Coordinator Jim Robison, thank you for spreading the Toastmasters word to help change people's lives.

Thank you to our Club Officers and Members – your clubs are having FUN and growing and thriving because of your involvement. Keep up the good work!

To all our Volunteers, thank you for sharing your time whenever we need your help.

A special shout out to Phyllis Harmon, Editor of *Voices!* Magazine, for giving of her time and mad



and Thank You!

- District Director

editorial skills, so District 7 has an online presence.

And finally, to my fellow Trio members—PJ and Eldred—thank you so very much for the time spent strategizing, solving, talking, and supporting one another. This work has been joyful and full of possibilities because of your support. We have more work to do before this year is done.

Let's make the rest of the year a successful and meaningful time. Let's finish this year strong and make it a great success!

This year—2020—also marks the 80th anniversary of District 7. Wow! I am so happy to be celebrating 80 years with all of you. Let's continue the vision of our founder Ralph Smedley—to empower individuals to become better communicators and leaders—for the next 80 years! I can't wait to celebrate 100 years in 2040!

What's next?

We are looking for candidates for the 2020-2021 Leadership Team. Please check page 29 for details. Consider growing your leadership skills by serving as Area

Director, Division Director, Club Growth Director, Program Quality Director or District Director. Enjoy your Club International Speech and Evaluation Contests. See you at the Area and Division Contests. District Speech Contests will be at the Spring Conference, April 25th. Get your tickets now.

As we look at the rest of the year... I wish you all the blessings of reaching your goals, creating new goals and reaching and stretching a bit more, all part of our growing to discover our hidden talents and treasures. Remember we are all gifts to each other.... I sincerely thank you for being a gift to me and your club! You all have made a difference in my life!

Back to you Fellow Toastmasters.

Leadership

Igniting Inspiration

District 7 Toastmasters

April 24-



Keynote
Sheryl
Roush
DTM, AS



Michael
Notoro
DTM, PIP



Pat
Johnson
DTM, PIP

ip on Fire

ion for 80 Years

rs Annual Conference

25, 2020



**Business
Meeting**



**Speech
Contests**



Food

**More
Info & Register
Here**

Deadlines, Deadlines, Deadlines – What's with all the Deadlines?

PJ Kleffner, DTM - Program Quality Director

I spent 40 years of my high-tech career in sales and marketing positions. I always hated the way management pushed us to meet our sales targets (quotas, goals, or whatever your company called them) at the end of each fiscal year. You were a hero if you were over target on the last day of the year. However, the very next day, everything reset to zero and you were a nobody again. It always felt like Sisyphus rolling his boulder up the hill, only to have it fall back down again.

Apparently, human beings need deadlines if we are to ever accomplish anything!

Toastmasters Clubs are given goals each year called the Distinguished Club Program (DCP). Areas, Divisions and Districts also have goals. If you have ever had instruction about SMART goals, you know that the “T” stands for “Time”.

We recently passed the half-way point in our Toastmasters year, so it is a good time to check our progress toward meeting our DCP goals and other deadlines which are designed to help us have a successful year.

Here are some key events and dates for your consideration:

- Evaluation and International Speech



Contests – Club level contests must be completed by February 7, Area level contests by March 13, and Division level contests by April 12. The winners at Division level will compete at the District Conference on April 25.

- Club officer training – DCP goal #9 requires that a minimum of four Club officers attend District-sponsored training twice per year. The deadline to complete the second round of training is February 28. If your Club has not met this goal yet, contact your Area or Division Director for information about local make-up sessions.
- The District 7 Annual Conference is April 24-25. [Click HERE](#) for more information or to buy your tickets now. Save \$25 on the bundled ticket for Friday and Saturday if purchased before March 2. Save \$10 on tickets for Friday night or Saturday if

purchased before April 15.

In addition to the above dates, we are announcing an incentive to submit a 1-page summary of your Club Success Plan and DCP Tracking Sheet. You can download the form [HERE](#). All Clubs that submit the completed form back to me at PQD@d7toastmasters.org by February 29 will receive a \$20 gift certificate to purchase supplies from Toastmasters.

Over the years my attitude toward deadlines has changed. I learned that they can help me set priorities and accomplish much more than I might by just “winging it” through the day. Most of us lead busy lives, and deadlines can help us figure out what is really important as we strive to find a healthy work-life balance. Let’s look at our priorities and have a great second half of this Toastmasters year.





Phew! The first half of the program year is already behind us! We're already into the second half of our year! Who would have thought it would go so quickly? Now that the first 6+ months have passed and we're looking at finishing the year strong, here are some club growth incentives to promote:

Talk Up Toastmasters - February 1 – March 31

Toastmasters love to connect, so take advantage of it. The "Talk Up Toastmasters" membership program is the chance to encourage your members to invite guests to a special meeting where prospective members can learn about Toastmasters' many benefits. Then add five new, dual or reinstated

members with a join date between February 1 and

March 31, and you'll receive a special "Talk up Toastmasters" ribbon to display on your club's banner. Qualifying clubs can also earn a special discount code for 10-percent off their next club order. (The discount code expires six months from the date of issue and is not valid with any other offer.)

Applications and payments for members with a join date between February 1 and March 31 must be received at World Headquarters or online no later than March 31. The addition of transfer and charter members does not count towards "Talk Up Toastmasters" credit.

The winning clubs will be revealed online within a few weeks of the submission deadline. Winning clubs should allow up to 10 business days to receive their award if they are located in the United States, and up to 21 business days if they are outside of the United States.

Open House Incentive-February 1 – March 31

Knowing now what your club can win through the "Talk Up Toastmasters" program, the best way to bring new members into your club is to run an open house. To support that effort, District 7 will reimburse up to \$50 of all expenses incurred in the conduct of an

A Look Ahead

Eldred Brown, DTM - Club Growth Director

open house if your club runs the event any date from now through March 31. To qualify for reimbursement, please email me the following information:

- The date, time, and location of your open house
- A list of all people, especially guests, who attended your open house
- A Request for Reimbursement form listing all expenses of your open house, together with a scanned copy of every receipt

Membership Renewal Pizza Challenge, Round 2 -Now through March 15

Membership renewals are due by April 1, and everyone loves to eat pizza! The first round of our pizza challenge was so popular that I'm bringing it back for a second round. Therefore, the first ten clubs to pay renewal dues for 80% of their membership base as of January 15, 2020, will win \$50 from District 7 to be used for a pizza party. Results will be updated through the duration of the contest. A suggestion was also made that I put a hard deadline on it, so the contest will run through March 15, 2020. This gives you two months to collect dues from your club members and submit them to World Headquarters.

If your club is one of the ten winning clubs, please pay for the pizza party out of your club treasury and submit a Request for Reimbursement together with all receipts to me

after the party. All requests for reimbursement must be submitted before April 30, 2020.

TriMet/King Bus Ads - Now through March 15

District 7's contract to display bus ads on selected TriMet and King buses runs through February 29. I also want to know how effective these ads are at drawing guests to our clubs. Any club that notifies me that a guest attended one of their meetings because of a bus ad will win \$10 reimbursement on any purchase of club supplies.

The second half of the program year is an excellent time to finish strong. Your club's participation in these incentives will help us finish strong and will even ensure that you have some fun in the process. If you have any questions, please contact me at eldred.brown.tm@gmail.com or at cgd@d7toastmasters.org.

*An incentive is a bullet,
a key: an often tiny object
with astonishing power to
change a situation*

—Steven Levitt

District 7 Toastmasters

Celebrate!
80 Years

\$35

Celebration Dinner

April 25, 2020

6:45 - 9:00 pm

McGuire Auditorium

Warner Pacific College

Register Here



DISTRICT 7 CELEBRATES A MILESTONE

April 25th, immediately following the District 7 Conference, we will commemorate 80 years as a District.

Join us for dinner as we celebrate events and members from our past.

We are looking for:

- **Former members and their contact information**
- **Photos**
- **Historical District events**

Please email to:

Leanna Lindquist, DTM

Anniversary Chair

leanna.lindquist@gmail.com

The E.N.D. is Near!

Paul Fanning, DTM

January has always been a month for reflection—reflection about the past and reflection of the future. This month has not been an exception to my rule as I have looked back upon that which has influenced certain decisions (and even not making a decision or two) in my life and career of service. To put it into simple terms that Clint Eastwood would have understood “the Good, the Bad and the Ugly.” What caused me to choose that path, or seek this direction and did I make a mistake by limiting myself in one degree or another? It was the peering into the historical that I began to glimpse the foreordained future for this year, 2020. Fellow Toastmasters, the E.N.D. is near!

Berkeley in the late 1960’s and early 1970’s was a very interesting place to visit. The University of California Berkeley was the hotbed of radical ideas, revolutionary thought, demonstrations against—well just about everything—and of course the proclamation of peace and the love culture. You did have to be careful not to engage with the Moonies or the Jim Jones People’s Temple crowd. One could wander around for hours on campus and observe different groups proclaiming their viewpoints. You wouldn’t be disappointed to see someone roving around in brown sack cloth with a huge sign saying THE END IS NEAR! PREPARE FOR THY DOOM! or similar words of prophecy and gloom. If it wasn’t the war, the bomb or the Man, it was the general

message of the beginning of the apocalypse. But there he stood, brown robe, sandals, wispy hair and scraggly beard proudly bearing his portage in sacred silence as if we KNEW what it meant. Me—a high school student—enjoyed the “adult” carnival atmosphere of plazas and forum of the campus.

Remembering those halcyon days brought my attention back to the present-and the future of 2020. I looked at my 2019-2020 Toastmasters International Program Year calendar and realized to my horror that indeed, the end is near! We’ve barely got six months to go and June 30th will be upon us in all its cataclysmic mayhem. I’ve been known to be dramatic at times, but it truly is the E.N.D.! Aha-you’ve noticed that I added dots between the letters. Well done, Grasshopper. E.N.D. stands for EDUCATION (AWARD) NULLIFICATION DAY.

To those of you who joined after September 2018, this will mean nothing to you as you have not had the option(s) of Pathways, Traditional Education Awards or a combination of both. You may wish to continue reading-or offer to be emotional supporters for those of the “old” or “traditional” education awards like the competent communicator (CC) award or the competent leader award (CL) that some of your fellow Toastmasters earned and achieved. The actual awards for this DTM “path” will cease to be awarded come July 1, 2020 and if the

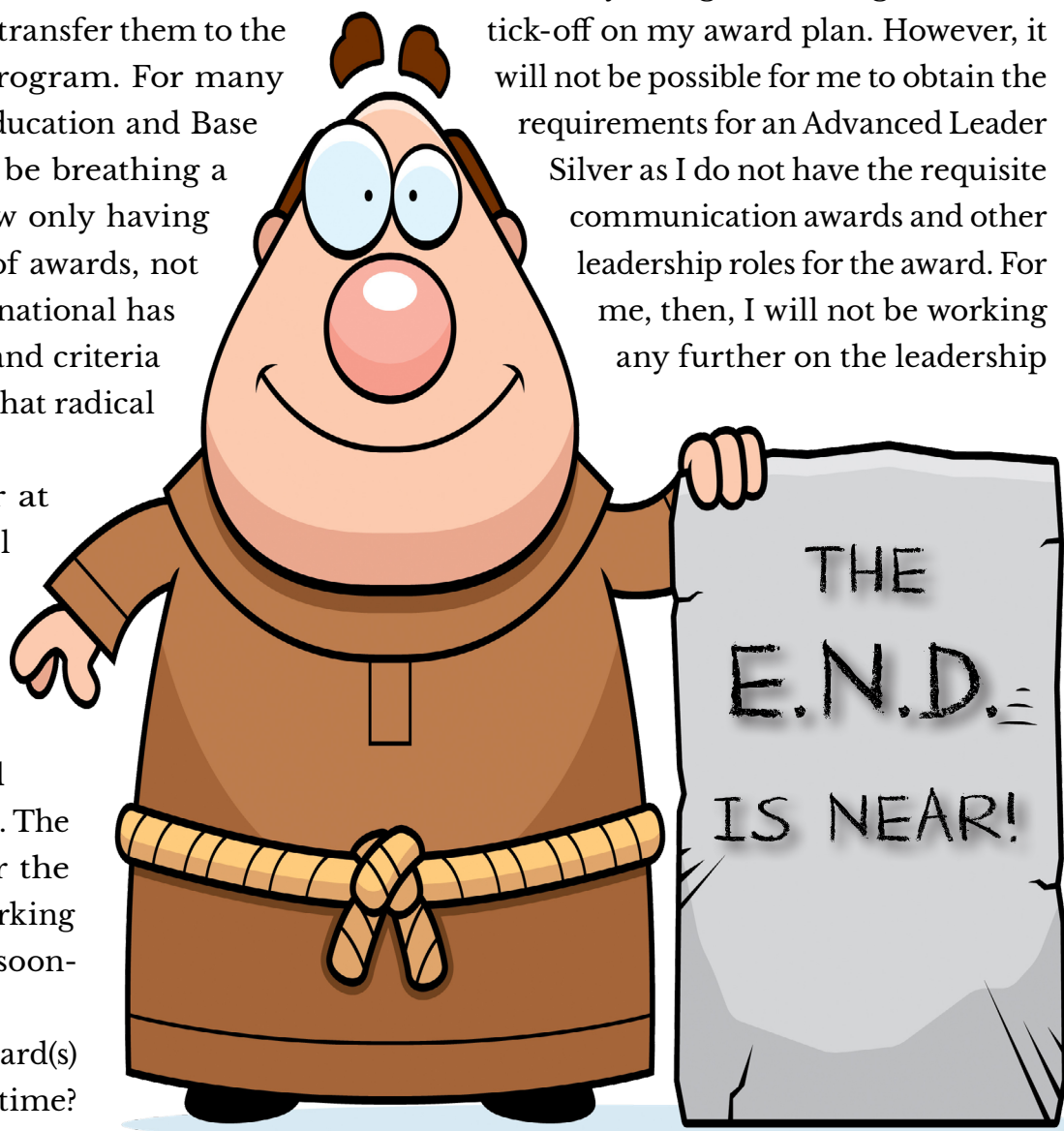
award has not been applied for no later than June 30, 2020, it will cease to be awarded by Toastmasters International. No, they won't be taking those credited awards away from anyone, you'll still hold all that you earned, they'll be available in your educational award profile, etc. It's just that you can't use them after that date to achieve DTM or transfer them to the Pathways Education Program. For many of us Vice Presidents Education and Base Camp Managers, we'll be breathing a major sigh of relief now only having to deal with one track of awards, not two. Toastmasters International has changed award names and criteria in the past, so this isn't that radical a change.

Now don't clamor at me like at a presidential press briefing! Yes, you in the back row—what would I suggest? I'm glad you asked. I have recommendations and suggestions on two levels. The first level would be for the individual currently working on one or more of the soon-to-be former awards.

Ask yourself, what award(s) am I working on at this time?

Can I successfully complete the requirements of the award(s)? Let me give you a personal example. I am working on finishing an Advanced Leader Bronze award. I am going to apply for the award in February after I have successfully completed six months as a club officer. That

is the only thing remaining for me to tick-off on my award plan. However, it will not be possible for me to obtain the requirements for an Advanced Leader Silver as I do not have the requisite communication awards and other leadership roles for the award. For me, then, I will not be working any further on the leadership



track and with limited speaking time available, any further communication track awards either. Thus, I can now decide what I want to do in the Pathways program and no longer worry about June 30th. I will have three DTMs, and four each CCs, CLs and ALBs to my credit.

On the second level, that would be what the club officers and members can do to support those individuals working on their “traditional” awards and their speech or role fulfillment. I would recommend that the VPE or a member of the educational award committee of your club do a quick survey on what members may be working on, and what they need to complete their awards. Is Toastmaster Smith working on her Advanced Communicator Gold Award? Yes, she is! What does she need? To be a mentor. With almost six months to go, this could be an easy or challenge goal-but someone may need help in their first three speeches. Thus, TM Smith will complete her award on-time and receive it providing that it is submitted prior to 30 June 2020. What about Toastmaster Jones and his Advanced Silver Award? Ah, he hasn’t served a complete term as a district officer. There would not be any way he could become a district officer next week and receive credit for an entire year of district officer service! (Note-you may have someone in your club serving as a club coach and if their club they are coaching becomes distinguished by June 30th, they could receive this credit. However, they would have to be in place now in that role.)

Toastmaster Kwan has been working on her CL award since she joined the club. She has only a few items left to do-but it seems like other people always take the roles she needs for her

projects or become the membership or special activity club chair she needs. Can you help her? Yes, of course you can. She knows exactly what she needs. Let the club members know that this is one of her objectives in Toastmasters-and that everyone can help her achieve it! Help and schedule the roles she needs. Let her be an activity or special event chair-there are always events in a club needing someone to organize them. Take the time to help her-which in the long run helps each member and club be successful and have a positive membership experience. By her achievement-the club achieves as well.

Dear friends and fellow Toastmasters. Please make a careful note that the intent of this reflection has been positive and supportive of the upcoming changes within the Toastmasters International Education Program. There’s no complaint that this is happening, but acceptance of the change, and the goal has been embracing it and moving on. I’m excited to see what the coming months and years bring to us as we continue to journey on our Pathway of personal growth and development as individuals, leaders and mentors.

Ready for the District Conference in April? Perhaps you’ll see me there, standing silently. Now excuse me, I need go and surf the web for a brown robe and sandals. My sign is painted, ready to go, and it boldly proclaims “THE E.N.D. IS NEAR!”

Leadership on Fire

Igniting Inspiration for 80 Years
District 7 Toastmasters Conference
April 24-25, 2020



Promote your business
or club in the 2020
Conference Program

Click [here](#) for more
information and to
reserve your spot in
the program

\$25



**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

First World Problems

James Wantz, DTM

“Where’s your water bottle?”

“My what?”

“Your water bottle? The one I gave you so you’d always have a water bottle with you. That water bottle!”

“I lost it.”

“YOU WHAT?!”

“I mean, it’s somewhere at home . . . I think.”

How are you supposed to drink 96oz to 125oz of water a day if you lost your bottle?!”

“I’m not thirsty anyway.”

“You’re not supposed to be! If you are thirsty, you are already dehydrated! You are NEVER supposed to be thirsty.”

“What’s wrong with being thirsty?”

“You are being abusive to your body, that’s what! Drinking 96oz of water a day - I drink twice that by the way - improves skin tone, reduces stress, speeds weight loss, cushions the brain,

improves mood, and enhances calm!!!”

“Sounds like you should drink more water.”

“Oh, sarcasm! Go ahead, ignore me! What do I care . . . it’s your funeral.”

That’s a recent (mildly exaggerated) conversation with a relative. Not carrying a water bottle is not the end of the world (though some think it is a direct cause of global warming). It is totally a first world problem (since not having regular access to clean water affects approximately 2 billion people worldwide). A first world problem is “a relatively trivial or minor problem or frustration (implying a contrast with serious problems such as those that may be experienced in the developing world)”.

Many of my problems are first world problems: lost water bottle, not liking the house I am renting (the mold isn’t paying its share of the utilities), being stranded after my yoga class because of a dead car battery (just...ugh!), not having hot water for a shower because my roommate is washing clothing (grrrr!), not having coffee waiting for me in the morning because the other roommate was late to work and didn’t make it. (How dare he not make coffee!! Wormy dog his pillow right now!!).



Of course, these aren't gigantic issues that I should go to war over. But when they all stack up within 24 hours...it makes for a very unsatisfying day. I can feel my resilience slipping. I can feel the post-holiday blues becoming black & blue as a bad attitude spreads through me like a bruise. My outlook turns dark, my smile evaporates (though it is a mirage anyway), and I start making excuses to miss my Toastmasters meetings.

When I was doing time in prison, I hated it when volunteers from the outside would come in and complain about their lives.

"Really, you are going to come into prison and complain about too many emails, office politics, and how you wish you didn't have so many distractions? Do you realize where you are?"

I was very dismissive of complainers. Now that I am on the outside I have empathy for those volunteers and their first world problems... because I have them now!

Last night I went to the monthly Capital Toastmasters meeting at Oregon State Penitentiary. I didn't want to go—I was in a bad mood all the way to Salem. Once inside, the meeting was delayed because of a slow line movement. I took the opportunity to talk with Farouk, a club member.

"Thanks for coming," he said. "How are you doing?"

"Oh, I'm struggling with several first world problems right now."

"What's a first world problem?" (His family is from Egypt.)

So, I told him. And then I told him what my problems were—and then remembered hating it when volunteers did that to me (ah, totally stepped in it!).

"Uh, sorry about that . . . I don't need to unload on you . . . in here."

"No problem, I get it." He told me about the two times he'd gone to Egypt and how he never wants to live there because of the conditions in the cities. "I mean, I really landed on my feet here. I could have been in prison in a much worse place..."

"Like Texas?"

"...no, like Egypt or Turkey."

"Oh, yeah . . . not good . . . though I've never been there."

We talked for 20 minutes—both of us laughing at my first world problems—and I felt much better. By the end of the meeting I

was very thankful I'd come. Yes, my problems are still my problems (a cold shower is still unpleasant, but at least it's not a GROUP cold shower like in prison) but getting a new perspective (or rather, a previous one) helped immeasurably.

I drove home in a much better mood than when I arrived (not the least because they let me out—always a worry when I go back). I don't say that going to prison is the best way to get over first world problems, but it certainly helped me change my viewpoint.

Now if I could only find that water bottle!



Water bottle?

WE don't need no stinkin' water bottles!



2020-21 Executive Committee Candidate Nominations Now Open

Accepting nominations for*:

- **District Director**
- **Program Quality Director**
- **Club Growth Director**
- **Division Directors: Divisions A - H**

Submit your nominations online by clicking [here](#) or contact District Leadership Chair, Adele O'Neal, dlc@d7toastmasters.org

Nominations close February 20, 2020

***For more information about the open positions, click [here](#)**

~~BAD~~

6:35 - 7:45 am - Fridays

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Join Us Any Friday

WALLMASTERS INTERNATIONAL

Toastmasters for High Achievers



BEST

Take a Minute to Improve

Dottie L

What do I do—What do I do—She’s doing it ALL Wrong!

That was my chant. My plea . . . I had a challenging team member whom I needed to course-correct and wasn’t sure how best to start the conversation. Then I remembered the wildly famous book, *The One Minute Manager*, written by Blanchard and Johnson. The personal improvement book is about a man searching to find an effective manager.

Throughout his journey, in the book, he learns many lessons in which the authors of the book called “secrets” of getting the best out of people. Spoiler alert—I’m going to give away those secrets!

Secret 1:

Always set goals with people so that you both are aligned on what is “wanted”

Secret 2:

Praise them when they are moving toward that

“Want”

Secret 3:

Gently . . . I repeat “gently” reprimand when they are not.

And this is what I needed to do to help my teammate. I also realized the book title did not give the book enough justice. These secrets are rules of the road for getting the best out of ANYONE!

You can easily replace the word MANAGER with

The one minute mentor

The one minute friend

The one minute significant other

The one minute parent

The one minute ___ “fill in the blank”.

Any symbiotic relationship worth improving and enhancing would benefit from the concepts. Regardless of the relationship you want to continually enhance, the approach to the conversation is the same for both—Praise and Reprimand. And, I think, that is the biggest secret

We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics.— Joyce Meyer

ove Your Relationships



ove, DTM

Best Way to Praise in just 1-Minute

Effective people help others to reach their full potential by catching them doing something right. "People who feel good about themselves produce good results."

Steps:

1. Tell beforehand that you are going to let them know how they are doing.
2. Do it immediately.
3. Be Specific. What DID they do right?
4. How did it make you feel?
5. Stop for a moment of silence. Let them "feel" how you feel.
6. Reaffirm you think well of them.... encourage them to do more of the same.
7. Shake hands or touch people in a way that makes it clear that you support their success.

Best Way to Reprimand in Just 1-Minute

The special ingredient to effectively managing is to focus on results. "The number one motivator of people is feedback on results."

Steps:

1. Tell beforehand that you are going to let them know how they are doing.
2. Do it immediately. [reprimand the behavior only, not the person or their worth]
3. Be specific. What DID they do wrong?
4. How did it make you feel?
5. Stop for a moment of silence. Let them feel how you feel.
6. Reaffirm that you think well of them... not of their performance.
7. Shake hands or touch them in a way that lets them know you are on their side.

NOTE: The major difference between the two: When the reprimand is over, it's over. Don't keep bringing it up.

Remember to praise often. Try doing at least one a day; like vitamins for the soul. Here is to your having better dialog in the New Year!

Dottie Love is an author and motivational speaker. She joined Toastmasters in 2013, and earned her Distinguished Toastmasters (DTM) in 2018. To find out more, visit www.DorothyElizabethLove.com

Liz & Jeff Spitzer

DATE NIGHT WITH THE SPITZERS

Leanna Lindquist, DTM

I met Liz and Jeff Spitzer when they visited Tell Me a Story Toastmasters Club several months ago. They bring humor, enthusiasm, and energy to our meetings.



Tell us about yourselves

Liz: I think that in many ways I am similar with others: like to laugh and play, relish adventure, drawn to actions that are fulfilling and satisfying, enjoy loving and being loved, and occasionally contemplative . . . More personally, I grew up in Lebanon, Oregon, a small town near the foothills of the Cascades. As a child I had a constant source of playmates; oldest of seven. Living in a small town, growing up in a large family with stretched resources and, majority of the time, being a free-range country kid provided me with stories to tell, respect for the efforts and will of many folks, and a degree of compassion. Today, I co-raise some fascinating people with my husband while trying to figure out where I'm heading in this second round of an identity/(mid) life crisis. (Because, you know, the 20s didn't seem to settle on anything.)

Jeff: I'm a husband, father, research professional and health crusader. Actually, I consider myself something of a super hero. Just like Superman, Spiderman and the Incredible Hulk (well, maybe not the Hulk), I have a mild-mannered, professional persona during the work day . . . then at night, my tie comes off and the cape goes on! Okay, I don't really wear a tie, but

you get the point. By day I work in marketing research, evenings and weekends are spent working with my coaching clients on their health goals—usually weight loss.

Liz and I both have kids from a previous marriage, five between us, so we are a big blended family! Truthfully, they aren't really kids anymore as they range from age 16 to 29. Two of our "kids" are out on their own now.

What brought you to Toastmasters?

Liz: My dear husband. (chuckling) However, no one can drag me into anything for long, so if I'm still here AND considering ideas for how to improve as a Communicator and Leader—I must be committed to this plan of his!

Jeff: Working from home, I have a tendency to become somewhat of a hermit. Toastmasters is an excuse to get me out of the house!

In addition to seeing daylight once a week, I'd been wanting to improve several aspects of interpersonal communication for a while. Things like learning to speak more concisely, gain confidence speaking in groups and improve my leadership skills. I'd always known Toastmasters could be a huge help, but timing never seemed right.

Liz was in another Toastmasters club a few years ago and I really enjoyed watching her grow and gain confidence in her speaking skills. Recently I decided to quit making excuses and find a club. Fortunately Liz was ready to dive back in as well, so we found a club that worked with both of our schedules and joined together.

What's it like being in a club with your spouse?

Liz: I admire the man my husband is, and he has a lot of fun qualities which I take delight in observing other people enjoy too. We have been together for about 13 years and I'll admit that sometimes I am callous to his humor and charm. When I see other people giggle at his wit and smile from his kindness, I feel like I am seeing him anew. When I watch him speak—table topics or prepared—I am sincerely proud of him for being willing to do something that I know makes him question if his natural deodorant will hold up or not. Additionally, I am awed by his skill. He has the ability to be a phenomenally engaging speaker that audiences will connect easily and strongly with; it's incredible and humbling! My admiration of him grows and I appreciate that we're doing something together. I enjoy being his companion through life.

Jeff: So far so good! More than anything, I really love watching Liz speak. She has such a graceful presence in front of the room and an amazing ability to captivate an audience with her stories. I so enjoy watching the room listen and react to her speeches. I get to say to myself "that's

my wife!" with an incredible amount of pride. To think that it's still so early in her speaking career is really exciting.

Do you have a word for members considering inviting their spouse to join?

Liz: Be kind. Be gentle. Be respectful and be prepared to face your Self. What could I mean? Consider this idea, you are currently a member and you are asking your partner to join a space that up to that point has been your 'territory', your 'stage.' How may their success affect your sense of efficacy and experiences with TM? Think about being prepared to bravely face that (inner) experience, if it happens, with compassion for yourself and goodwill for you both. There can be an indescribable joy in watching the person you care deeply for become the person you know they truly are and even move beyond! Now in short speak, I'd say: go for it and have fun!

Jeff: To all you husbands reading, it's a no-brainer, seriously. Not only do you get to watch your spouse grow and grow with them, it's an easy date night. That might sound lame, but it's not – it's strategic! ☐ Tuesday nights aren't just Toastmaster nights for us, it's a chance to get out of the house together, hit our favorite pho restaurant after the meeting and talk about our goals, potential speeches, the kids, everything. It's a chance to spend more one-on-one time together... without blowing up the household budget.

Shine Online!

Tips for a Better Online Presence - Part 1

Michelle Alba-Lim, DTM

As an online advocate and among the first to join the community of virtual club meetings, Michelle has seen it all. In this two-part series, she shares a wealth of knowledge on how to be your best self in front of a webcam.

Whenever I encourage people to attend online meetings, the common concerns I hear include “I’m not tech-savvy,” “I don’t want to make a fool of myself,” or simply “I don’t know how!” You don’t need to be tech-savvy to attend online meetings. In fact, sometimes being too tech-savvy can distract you (and others) from enjoying the meeting.

It’s okay to commit an occasional online faux pas. You’ll probably not go viral with 33+ million views like Professor [Robert Kelly](#) did. And after you read this two-part article, you’ll hopefully no longer be able to say “I don’t know how!”

I owe part of what follows to David Carr, founder of Online Presenters (an online Toastmasters club that meets on Monday evenings) and a consultant to companies that offer video collaboration alongside chat and project/task management tools. Also to Sheryl Roush, accredited speaker and popular presenter at Toastmasters events (onsite and online).

Here are tips to present yourself better online:

Turn on Your Webcam—If your laptop or device has a webcam, switch it on when you attend an online meeting where video is available. Most

online platforms (Zoom, GotoMeeting, Skype, etc.) have a camera icon that you can click on and off. While there are reasons to turn off your webcam, it’s generally recommended that you have it on. Attending online with your webcam off is almost like going into an onsite meeting with your face covered (unless your religion or custom requires it). Listening to a disembodied voice coming from a black screen can be disconcerting for many online attendees. Plus, what’s the point of attending online if people can’t see your facial expressions, your gestures, or your mesmerizing eyes?

Make Eye Contact—Remember that when you make “eye contact” by looking at other people in an online meeting, you are NOT making eye contact with them. What is the trick? Look directly into your computer’s webcam.

On laptops, it will be on the top center (above your screen). If you’re using a PC, the external webcam might be attached on the side of your screen. Check for the location of your webcam before you go into an online meeting. Making eye contact by looking directly into the camera requires purposeful concentration and feels

counterintuitive. Our natural tendency is to look at people while speaking. Ironically, on camera you will look like you're avoiding eye contact!

When I was learning this skill, I used to stick a bright-colored post-it with a target drawn on it, and hole cut out for the webcam as the bullseye. Now I no longer need the bullseye and am often complimented for my excellent eye contact during online meetings.

Position Your Device Properly—Have your webcam approximately at eye level. If it is higher than eye level, you will appear to be looking UP at the camera. This will usually happen only when using a PC with an external webcam mounted over the PC monitor. You can solve this by sitting on a lower chair or moving your PC to a lower table (in relation to your chair). The more common issue is with laptops where the webcam is usually below eye level. The situation is aggravated when you tilt the laptop screen up, making it look like you're looking DOWN your nose. Solution? Elevate your device.

I use an empty shoebox that raises my laptop camera to eye level. You can use whatever is handy (books, phone directories, etc.). You can do the same if you're using your smartphone. If you have a smartphone holder or stand, great! If not,



simply
lean your
phone against a

book or other object that will keep it steady and approximately at eye level.

Positioning also includes considering the distance between you and your device. For most webcams, 2-3 ft works well. If you sit too close to the webcam, your face will fill up your viewers screens and your gestures won't be visible. If you sit too far away, your facial expression will be barely visible. Plus, you will appear to be disengaged or disinterested.

In Part 2 we will explore managing “stage” lighting, background, and audio, as well as when it's a good idea to turn off your webcam. All tips that will help you shine online!

For questions about clubs that you can attend online, contact toastmaster.michelle@gmail.com

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
A-Dec Toastmasters	Aman	Kyle
Bootstrappers Club	Armstrong	Mark
Yawn Patrol Club	Beaver	Tresa
AAA Towsters	Biles	Dave
AAA Towsters	Blackledge	Bryna
Coachmasters Toastmasters Club	Blanquie	Noel
Fortunate 500 Club	Bowen	Marcia
Coachmasters Toastmasters Club	Briand	Chelyn
Coachmasters Toastmasters Club	Buhler	Brian
Coachmasters Toastmasters Club	Calcagno	Johnny
Coachmasters Toastmasters Club	Casanova	Carl
Gorge Windbags	Castro-Robles	Claudia
Eco Voices Toastmasters	Cutter	Jeffrey
Spirit Trackers	Dominguez	Phillip
Coachmasters Toastmasters Club	Fitch	Deedee
Spirit Trackers	Fleck	Larry
Coachmasters Toastmasters Club	Fleischmann	Shirley
AAA Towsters	Flores	Idalis
Sporty Speakers	Fukushima	Garin
AAA Towsters	Gilleland	John
PMI Portland Toastmasters	Gillespie	Susan
Toast of Corvallis Toastmasters Club	Gorick	Yolanda
CareOregon	Hedgecock	Peter
Eco Voices Toastmasters	Hnath	Mark
Salmon Speakers	Johnson	Adin
Vancouver Toastmasters Club	Kaatz	Kevin
Timber Talkers	Kerr	Donna
Milwaukie Talkies	Kulbe	Aaron
Yawn Patrol Club	Lopez	Jessie
Mentors Of Focus Club	McLeod	Suzanne
Coachmasters Toastmasters Club	Mulligan	Annette
Rogue Valley Networking Toastmasters	Murphy-Rouse	Andrew
Mentors Of Focus Club	Nichols	Brenda
Smooth Talkers Club	Parrish	Kyle
RA Chiptalkers	Peak	James

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Wake Up, Beaverton! Toastmasters	Perez	Sabrina
Washington Street Club	Poulton	Reece
Portland Club	Pouncil	Michael
Spirit Trackers	Prazeau	Joshua
Essayons Club	Prugue	Rodrigo
Pearl District Toastmasters Club	Rajendran	Rekhna
Coachmasters Toastmasters Club	Remsburg	Brian
Coachmasters Toastmasters Club	Remsburg	Maryann
Totem Pole Club	Riman	Elissa
Tower Toastmasters	Ruiz	Robert
Speak To Lead Toastmasters	Ruiz Garza	Jesus
Totem Pole Club	Sanders	Rebecca
Coachmasters Toastmasters Club	Sanford	Randall
Coachmasters Toastmasters Club	Schlaht	Debra
M A C Toastmasters Club	Schulberg	Rob
Coachmasters Toastmasters Club	Simich	Janiece
Spirit Trackers	Smith	Dennell
AAA Towsters	Smith	Phyllis
Toast of Corvallis Toastmasters Club	Sorte	James
Tell Me A Story	Spitzer	Jeff
3 Stripe Adidas	Sundberg	Ainsley
Coachmasters Toastmasters Club	Verdugo	Charles
AAA Towsters	Walden	Nathan
Coachmasters Toastmasters Club	Waldon	Lacey
Downtown Public Speakers Club	Whittaker	Levi
Spirit Trackers	Withrow	Jeremy
Coachmasters Toastmasters Club	Wolz	Tabitha

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
IP1	12/16/2019	Alvin, Jennifer	West Beaverton Club
IP2	12/12/2019	Avington, Gwendolyn	New Horizons Toastmasters Club
LD1	12/4/2019	Bahng, Brandon	West Beaverton Club
PM4	12/2/2019	Bennett, Karen A.	Bootstrappers Club
CC	12/9/2019	Bergman, Erik	WE Toasted Toastmasters
EC2	12/3/2019	Beste, Nathan	Nano-Mated Speakers
IP1	12/23/2019	Blaylock, Dylan	Clack-Orators Toastmasters
DL2	12/31/2019	Brewer, Robert J.	Gresham Toastmasters Club
DL1	12/31/2019	Brewer, Robert J.	Gresham Toastmasters Club
PM1	12/11/2019	Burnett, Robert D.	Toast of Corvallis
CC	12/16/2019	Castillejos, Ignacio	Sporty Speakers
CL	12/31/2019	Chu, Lani B.	Sporty Speakers
CC	12/24/2019	Chu, Lani B.	Sporty Speakers
ACS	12/12/2019	Cook, Rodger	Wallmasters International Club
LDREXC	12/5/2019	Cook, Rodger	Wallmasters International Club
MS2	12/19/2019	Cuallo-Amador, Jose de Jesus	Speakeasy Toastmasters
MS1	12/19/2019	Cuallo-Amador, Jose de Jesus	Speakeasy Toastmasters
EC2	12/31/2019	Davidson, Collin Thomas	Gresham Toastmasters Club
MS3	12/30/2019	Derridinger, Olivia	Cedar Hills Club
MS2	12/30/2019	Derridinger, Olivia	Cedar Hills Club
IP1	12/2/2019	Drebin, Patricia H	AAA Towsters
EH1	12/16/2019	Dunks, Anthea	West Beaverton Club
ACG	12/11/2019	Edgemon, Ronald	Capital Toastmasters Club
ACS	12/11/2019	Edgemon, Ronald	Capital Toastmasters Club
CC	12/24/2019	Fisher, Kelly S.	Sporty Speakers
EC1	12/9/2019	Fitzgerald, Zachary Robert	Portland Club
CC	12/4/2019	Fonseca, Anthony	RA Chiptalkers
CL	12/4/2019	Fonseca, Anthony	RA Chiptalkers
PM1	12/17/2019	Forthuber, Russell G.	West Beaverton Club
ACS	12/2/2019	Foster, Lynne R.	Downtown Lunchbunch Toastmasters
CC	12/3/2019	Friesen, Jeff E.	Swan Island Toastmasters
PM1	12/4/2019	Gushurst, Eric	West Beaverton Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EH5	12/22/2019	Hall, Robert B.	Professionally Speaking
IP2	12/16/2019	Hanssen, Kevin	Bootstrappers Club
PI2	12/17/2019	Helland, Terry	Cedar Hills Club
IP1	12/30/2019	Holland, Angela Jeanette	Downtown Public Speakers Club
CC	12/24/2019	Holser, Thomas Dana	Spirit Trackers
VC2	12/7/2019	Jackson, Jan	Liberty Toastmasters
PM2	12/4/2019	Johnson, David R.	Moser Community Toastmasters
MS3	12/2/2019	Klein, Barbie	Bootstrappers Club
PM2	12/17/2019	Krein, Adam	Transtasters
ACB	12/13/2019	LaGrande, Suzanne	Noon Talkers
IP1	12/2/2019	Lastufka, Erik	AAA Towsters
CC	12/23/2019	Leder, Ethan Austin	RA Chiptalkers
IP3	12/23/2019	Lev, David S.	Smooth Talkers Club
CC	12/31/2019	Locke, Julius Patrick	Professionally Speaking
CC	12/20/2019	Locke, Julius Patrick	Speakers With Spirit Club
PI1	12/19/2019	Malia, Viraj	Speakeasy Toastmasters
VC1	12/16/2019	Marie, Arleen Eiram	Southern Oregon Speechmasters
LD2	12/17/2019	Marsh, Brandon D.	Cedar Hills Club
LD1	12/17/2019	Marsh, Brandon D.	Cedar Hills Club
EC3	12/12/2019	McCormick, Mimi J.	Banfield Barkers
IP2	12/4/2019	Nazarenko, Larissa	Clackamas County Toastmasters
IP1	12/4/2019	Nazarenko, Larissa	Clackamas County Toastmasters
IP1	12/11/2019	Osman, Shukri	Lake Oswego Toastmasters Club
IP1	12/11/2019	Palla, Vineel Kiran	Lake Oswego Toastmasters Club
LD2	12/4/2019	Peralta, Diane Dugay	West Beaverton Club
TC2	12/12/2019	Perras, Jhoan A.	Sporty Speakers
ACB	12/23/2019	Prelegera, Felizardo Gonzaga	Marylhurst Toastmasters
CL	12/20/2019	Prelegera, Felizardo Gonzaga	Marylhurst Toastmasters
EH2	12/1/2019	Sexton, Shannon L	Babble-On Toastmasters Club
IP1	12/19/2019	Shieh, Amy	Speakeasy Toastmasters
PM3	12/11/2019	Smith, Steven	Toastmasters of Redmond
ACS	12/26/2019	Stark, Donna L.	Downtown Public Speakers Club
EC4	12/26/2019	Stark, Donna L.	Downtown Public Speakers Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
EC2	12/30/2019	Strickland, Scott	Babble-On Toastmasters Club
ACG	12/25/2019	Svensson, Christa	Astoria Toastmasters
DL2	12/22/2019	Svensson, Christa	Astoria Toastmasters
IP3	12/6/2019	Talley, Kamili	New Horizons Toastmasters Club
IP3	12/15/2019	Thomas, Mark	Toasting Excellence Club
IP1	12/2/2019	Ulrich, Alex	AAA Towsters
EC2	12/9/2019	Vaughan, William	Milwaukie Talkies
IP2	12/17/2019	Wymore, Kamala	Noon Talkers

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Adams, Becky	6	IP5 , IP1 , IP2 , IP3 , IP4 , CL
Al-Wadud, AbdurRashid	3	MS3 , MS2 , MS4
Arnold, Cate Ann	7	ACS , ACB , CL , CC , ACG , ALB , LDREXC
Bergman, Erik	4	PM5 , EH1 , LDREXC , CC
Booth, Jonathan	3	IP2 , IP3 , IP4
Carson, Paul	3	LDREXC , ALS , DTM
Chen, Karen	3	PM1 , PM2 , PM3
Christensen, Kim	3	PM1 , PM2 , PM3
Corbin, Tamsen Miller	3	PM3 , EC5 , PM4
Culp, Jason M	3	CC , CL , PM1
De Graff, Peter B.	3	VC2 , VC3 , VC4
Dent, James A.	4	VC2 , TC2 , TC3 , VC1
Douglass, Matthew	4	ACS , ACG , CL , ALB
Fanning, Paul C.	8	DTM , CL , ACG , LD4 , LDREXC , ALS , LD5 , CC
Hall, Robert B.	5	EH2 , EH1 , EH3 , EH4 , EH5
Harmon, Phyllis A.	3	EC1 , EC3 , EC2
Heitz, Nena	3	EC2 , EC3 , EH1

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Kelley, Todd D.	4	LDREXC , ALS , ACG , DTM
Kemp, Susan K.	3	IP1 , CL , ALB
Knapp, Thomas K.	4	DL3 , DL4 , DL5 , PWMENTORPGM
Lindquist, Leanna	3	PM3 , CL , CC
Locke, Julius Patrick	12	LD2 , CC , PI4 , LDREXC , ALS , DTM , ALB , CC , ACS , ACG , CC , ACG
Mathis, Steve Nathaniel	3	TC1 , TC3 , TC2
Miller, Joan	3	LD1 , LD2 , LD3
Nayak,Chinmayee	3	LD1 , LD2 , LD3
Parsons, Richard B.	3	ACG , ACS , DTM
Pinchot, Beth	3	CL , ALB , VC3
Redgrave, Cheri A.	3	IP3 , SR5 , IP2
Schellenberg, Lyle W.	3	DL1 , DL2 , VC5
Schowe, Harvey L.	4	CC , CL , PM1 , PM2
Solomon, Andrew G.	4	ALB , CL , CC , ACB
Standeven, Ernest J.	4	ALS , DTM , ACG , LDREXC
Stark, Katherine	4	LDREXC , SR2 , ACG , SR3
Strikland, Scott	3	CC , EC1 , EC2
Taylor, Emilie	4	MS3 , MS2 , IP4 , CL
Topping, Sean Phillip	4	MS1 , MS2 , MS3 , ACB
Wantz, James	3	VC3 , EH1 , EH2
Wolfe, Jane	3	EH3 , EH1 , EH2

HAPPY ANNIVERSARY TO JANUARY CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
1/29/2004	16	Downtown Public Speakers	Eugene
1/1/1949	71	Evergreen	Vancouver
1/1/1963	57	Myrtlewood Hootowlers	Bandon
1/15/2003	17	Pearl District	Portland
1/13/2016	4	Portland Rotary	Portland
1/1/1977	43	Professionally Speaking	Vancouver
1/8/2019	1	Speak To Lead	Hillsboro
1/4/2010	10	Swan Island	Portland
1/20/2011	9	Testmasters	Vancouver
1/1/2008	12	The Standard Speakeasy	Portland
1/1/1995	25	Toasting Excellence	Salem
1/1/1955	65	Totem Pole	Vancouver
1/1/1946	74	Vancouver	Vancouver
1/1/2018	2	Wagon Tongues	Oregon City
1/1/1981	39	Wallmasters International	Tigard



Dottie Love, DTM



Eldred Brown, DTM



Emilie Taylor, DTM



James Wantz, DTM



Leanna Lindquist, DTM



Michelle Alba-Lim, DTM



Paul Fanning, DTM



Phyllis Harmon, DTM

The Art of Story

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

Share ideas through
story—Learn how
at a Toastmasters
storytelling club near
you

