Voices!

One Community
Many Voices

District 7 Toastmasters
March 2020

Carmil Richey, DTM

Not Just About Leadership and Communication

Cover Story

2020-21 District Officer Nominated Candidates

Support Our Prison Clubs

Your Contribution Makes All the Difference

Contact Allan Edinger, Prison Liasion, for more informaton

aedinger3@comcast.net

Got Toilet Paper?

Phyllis Harmon, DTM

I heard on television today that Costco won't take back unused toilet paper when the Covid-19 panic subsides. My goodness! What is the world coming to when a major grocery chain (who takes back almost everything) refuses to take back hoarded goods?

I've been giving this problem considerable thought. What could be done with all that paper? Like some, you could put it on Ebay with a hefty markup (of course that window is only open during the panic). I've always wanted a soundproofed room for creating videos. Rolls nailed to the walls should work (though I doubt they'd do double duty as a green screen!). Or, for the unendowed, a roll stuffed here or there could make all the difference.

And just think about portable furniture. Consider light-weight chairs on the patio (best used in sunny climates) or decorative legs on a home-built desk. No sense in purchasing one of those expensive sit-to-stand workstations. Add or remove rolls of paper until you get the height ju-u-u-st right!

Of course, you could use them as a mattress for the in-laws once social distancing guidelines are revoked. Guaranteed they won't overstay their welcome. On a smaller scale, make them into cabbage roses for a beautiful floral display (take the sheets off the roll first—duh!). Draped across the table as a table covering for your next sit-down meal, toilet paper would make for interesting table dialogue and as serviettes (how practical)!

As you can see, there are many uses for unused toilet paper beyond the obvious. My fervid brain continues to invent new ideas! Whatever you do with your stash, just know that it loses it's value once the panic has ended. By the way (I hate to ask) . . . can you spare a roll or two or thirty?

EDITORIAL

Volume 6 Issue 9 Mar 2020
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Voices! is published monthly by District 7 Toastmasters. First issue published August 2014. Submit articles or contact us at voices@d7toastmasters.org

VOICES!

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FIELD NOTES

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COLUMNS

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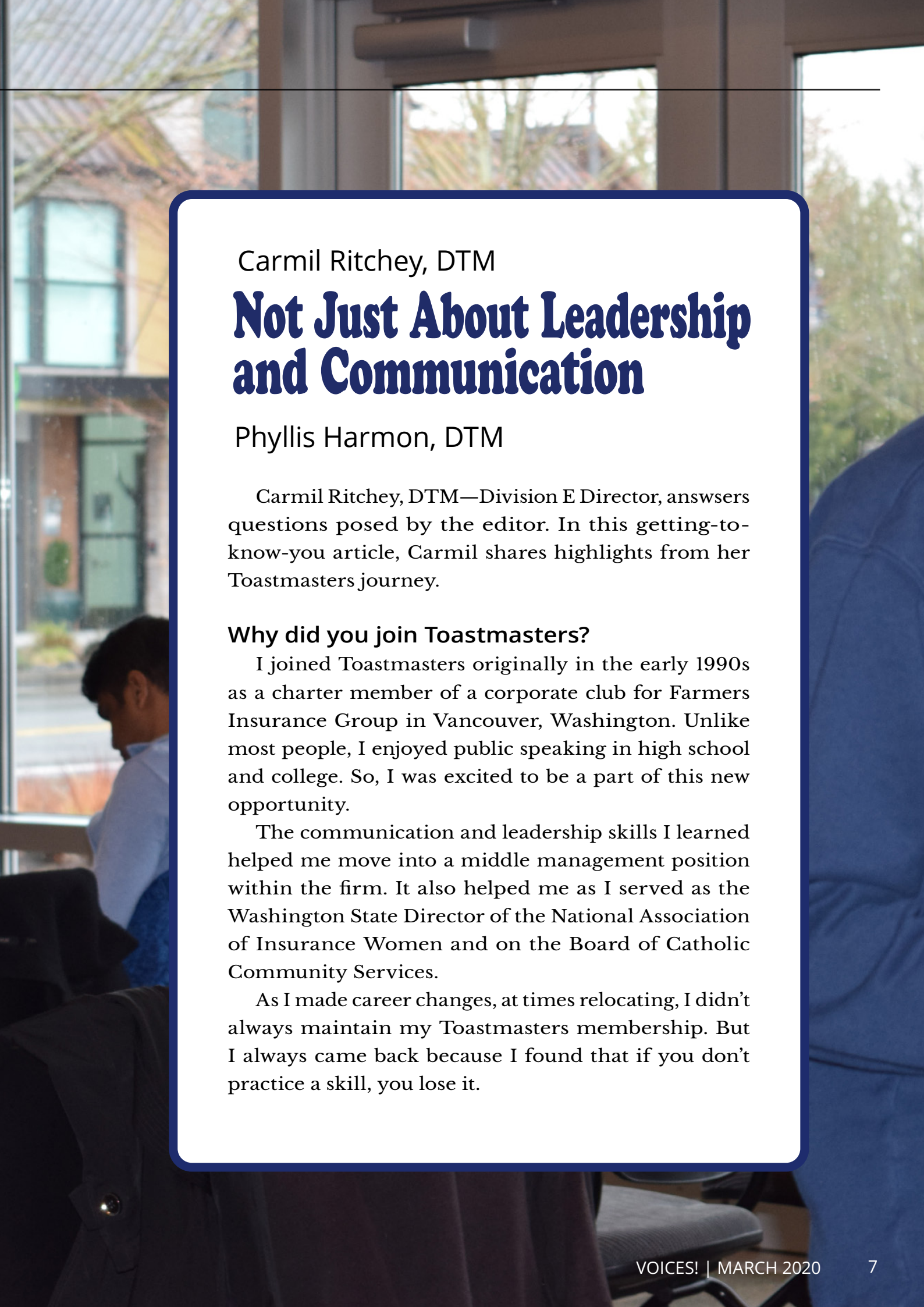
TOASTMASTERS
Carmil Ritchey, DTM



Carmil Ritchey, DTM

Not Just About Leadership and Communication

Phyllis Harmon, DTM

Carmil Ritchey, DTM—Division E Director, answsers questions posed by the editor. In this getting-to-know-you article, Carmil shares highlights from her Toastmasters journey.

Why did you join Toastmasters?

I joined Toastmasters originally in the early 1990s as a charter member of a corporate club for Farmers Insurance Group in Vancouver, Washington. Unlike most people, I enjoyed public speaking in high school and college. So, I was excited to be a part of this new opportunity.

The communication and leadership skills I learned helped me move into a middle management position within the firm. It also helped me as I served as the Washington State Director of the National Association of Insurance Women and on the Board of Catholic Community Services.

As I made career changes, at times relocating, I didn't always maintain my Toastmasters membership. But I always came back because I found that if you don't practice a skill, you lose it.

I last joined Toastmasters in 2003 and have maintained my membership continuously since then. Currently I belong to Clackamas Stepping Stones and to AAA Towsters, a corporate club for AAA of Oregon/ Idaho.

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

The biggest Aha! Moment has been the realization that I have so many dear friends among my Toastmasters family. People who have supported me during my job hunt, through the loss of my father, and through everyday challenges at home and at work. Membership in Toastmasters for me is more than developing communication and leadership skills- much more.

What do you do outside of Toastmasters—hobbies, interests, etc.?

Outside of Toastmasters I enjoy painting with both watercolors and acrylics. I spend time promoting my children's book, "The Adventures of Pine Cone the Cat". My husband and I like to go antique shopping. We also love to travel, primarily taking road trips throughout the United States sometimes with our dog Bandit.

How has Toastmasters enhanced your work at AAA?

Belonging to Toastmasters has helped me in many ways. It has allowed me to lead meetings effectively. It has helped me to present information confidently to large groups. It has given me the skills to lead discussion groups. It has helped me to become an active listener whether interacting with employees, colleagues, or our members.

Belonging to AAA Towsters has enhanced my work at AAA by allowing me to get to know team members from across the organization—people I may otherwise have never met.

You've been in Toastmasters since 2003.

What are some of the highlights of your career so far?

Serving as Area Director in 2016-2017 was one of the most challenging and rewarding parts of my Toastmasters career. Visiting all the clubs in my area multiple times was enlightening. You learn every club has its own personality and way of doing things, yet they are all moving forward and living the mission of Toastmasters International. Conducting officer training and speech contests tested my ability to plan and manage projects. After successfully completing these events, I felt so gratified.

Another highlight was the privilege of mentoring 3Stripe Adidas Toastmasters in 2019 during the first year after they chartered. The energy and professionalism of that club made my mentor visits a joy. Seeing them achieve distinguished status their first year was wonderful.

Helping AAA Towsters get out of suspended status and become a distinguished club last year was definitely a highlight. From 7 members we have grown to a healthy club of 23 members.

Perhaps the biggest personal highlight was receiving my Distinguished Toastmaster Award in September of 2019 after all these years.

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

My vision for the members of Division E is to feel supported and well informed by their leadership team. I would like for them to know that their Area and Division Directors are a resource they can come to for answers, information, and help throughout the year.

What are your personal plans and goals for next year?

My personal goals include getting prepared for retirement in the next few years. That includes eliminating debt, planning where my husband and I would like to live during retirement, and dreaming about road trips to come.

. . . every club has its own personality and way of doing things, yet they are all moving forward and living the mission of Toastmasters International

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

When Emilie Taylor, District Director, approached me about stepping up to fill the vacant role of Division E Director, I was hesitant. I had just taken on a new position at AAA. I was worried that I wouldn't have the bandwidth to take on this role. What I've found is that you have support. You are not alone. The personal growth is worth stretching yourself.

ONLINE: THE NEW NORMAL

Emilie Taylor, DTM - District Director

This has been a crazy week in the world due to Covid-19 (or what we know un-affectionately as the Coronavirus). Corona means "crown." All I can think of is "Triple Crown"—our educational award for earning three different levels in Pathways or awards in the traditional program.

In District 7, things have changed drastically. First, we can no longer meet in person—all Area, Division, and District events have to be online until June 1, 2020. This means our remaining division contests will have to be online.

Second, our District Annual Business Meeting, a big part of our District Conference—where we elect the 2020-2021 District Leadership Team, will now be online as well.

Finally, many clubs are requesting help to get online access and training on how to conduct Toastmasters online meetings.

The world is filled with panic and fear. There is so much to think about in our own lives.

It seems the most often used word after Covid-19 is actually ONLINE. Let's look at it as an acronym and make sense of it with Toastmasters in mind.

Open-hearted Optimism/Opportunity. We look for ways to connect with open hearts to all. There are opportunities to call and check on friends and family. We are forced to be closer to home and find ways to occupy ourselves. How about ideas on communicating more effectively? Perhaps we can share Toastmasters' ideas with others and give them an opportunity to improve their communication skills. We now have opportunities to take our raft into the stream and bring some friends with us on the river of self-improvement and personal growth!

Nimble "quick and light in movement; agile." As a Toastmaster, I have learned to be quick. Table Topics has taught me how to come up with answers that are organized and thoughtful in a very short time. We need to be nimble and thoughtful as we adapt to other means of communication. At least for a while, face to face 6 feet apart in social situations will be the new normal. In our case, no physical meetings or gatherings. We can however be close to one another by phone, Skype or Zoom! This will test our nimbleness. We have to put our oars in the water and adjust for the rapids that may come our way.

Laugh/Light. We make our meetings FUN. Even online, we can laugh and have fun. The fact that we do not have to be the carrier or receiver, brings some comfort. Physicality shouldn't limit us. We as Toastmasters can be light hearted as we continue forward from where we are. It is easy to fall prey to all of the fear out there and in the media. We strive to be safe and put on our life jackets by staying home. We know in the rafting example, by wearing our life jackets, we can travel the river with more confidence.

Illuminate/Imaginative. Ideas and imagination help us see the goal to continue our meetings and grow in our leadership and communication skills. While the rest may be huddling in the darkness, we are sharpening our minds. Our shared imagination and ideas will be that splash of fresh water that wakes us up on our journey forward!

New Normal. Online meetings will be our New Normal for the time being. We will learn and we will help each other adapt. Online meetings will become more important to our "New Normal." Blended Clubs may now become an easier path and will open our Toastmasters Community to new members. And, adoption of Pathways, being online, may become easier for those who resisted previously. Those that know Pathways will be the rafting guides for those who do not. We applaud all of you in advance for stepping forward in advance and sharing what you know. This will help all of us on our forward journey. Thank you!

Effective/Energy. We will have more fun because we will think of ways to bring our energy and enthusiasm into our meetings and life in general. Our energy steers our raft in the direction we wish to go. Pointing it toward our goals of growth and learning will move us forward. What we put into our journey we will get out. I urge all of us to use our energy in positive ways. Each club is a raft that we share! Find and share ideas with us that will bring fun to our situation.

I am impressed by the response from our Leadership Team. The Mock Online Evaluation Contest was a success. Our Division Directors stepped up in a big way to learn the ropes and how to paddle. Our Area Directors have continued their outstanding service to our Area

Clubs. And our Club Officers have continued their excellent service to help members navigate these unchartered waters.

As we go through this period, let's remember that we have our Toastmasters Community. This is the time to reach out to our members, call and say hello and tell each other that you care.

The District has provided access to online meetings. We have paid additionally for this online service. Club Presidents and VPEs were sent links to reserve their meeting times on the expanded Zoom Meeting platform. Please let your clubs know that they have this platform to use at this time, or at least up to June 30, 2020. The 2020-2021 team will have to decide whether to continue to offer this service to our clubs after that time. PJ, Eldred and I are here to see this through. We are thinking of you.

Be your best, do your best, help others as you can. This is much bigger than Toastmasters. What we learn in being ONLINE will also help us and our community. The river flows and yet there are surprises around each bend. The trip makes us have some trepidation and fear and that is normal. Try to think of this as a shared rafting trip. We will find as we grow and row that we will find confidence and thrills. Go with the flow and turn the right directions and let the currents take us to our goal.

Spring is here, the sun is out, work in your gardens, smile and wave to others and say "I Love You! to all you can.

District Annual Business Meeting is now Online. Saturday, May 9, 2020, from 10AM to 12 PM. More information will follow in the weeks to come regarding proxy and voting.

District 7 Incentives

Earn Rewards for You and Your Club!
Check out the fabulous District incentives
Take advantage of one or all of them
Earn $$, food, and apparel
Visit the District 7 website for more information

Talk Up Toastmasters (International program) Through March 31

Every club that adds five (5) new members to their club—transfer and charter members do not count—will receive a "Talk Up Toastmasters" ribbon for their banner and 10% off their next purchase through the Toastmasters Store.

New Club Banner Incentive Through June 30

Every new club that charters will receive a club banner (value of $100).

New Club Leads Incentive Through June 30

Everyone who submits a new club lead that results in a demo meeting will receive $50 credit on any apparel purchase through the Toastmasters Store.

Open House Incentive Through June 30

Every club that runs an open house qualifies for reimbursement of up to $50 of all expenses incurred by the event.

The deadline has been extended due to the Covid-19 virus outbreak

Membership Renewal Pizza Challenge Through March 31

The first ten (10) clubs to submit renewal dues for at least 80% of their membership base as of January 15 will win $50 reimbursement for a pizza party.

Area Director Club Visit Incentive Through May 31

The first ten (10) Area Directors to submit reports for 100% of their clubs will receive $50 credit on any purchase through the Toastmasters Store

1-Page Club Success Plan Through March 31

The first 75 Clubs that submit their 1-page Club Success Plan to the PQD will receive a $20 voucher to purchase items from the Toastmasters International store.

Download the form HERE, complete it and send it to PQD@d7toastmasters.org.

PEP 25 – Pathways Enrollment Project Through June 1

The first 100 Clubs with 100% of their members enrolled in Pathways will receive a $25 gift card from your choice of Office Depot or Fred Meyer.

Contact us at: trio@d7toastmasters.org

Trying Times

PJ Kleffner, DTM - Program Quality Director

"The only thing we have to fear is fear itself." When President Franklin D. Roosevelt uttered those words in 1933, he was addressing a nation that was in a panic over the extreme measures needed to overcome the Great Depression.

When I was young, the threat of total nuclear annihilation was what triggered our fear and anxiety attacks. In addition to routine fire drills, we also practiced assuming the position to save ourselves in case of a nuclear attack by those commies that were lurking around every corner. We knelt by our desks, heads down, with one forearm protecting our eyes and the other protecting the back of our neck, while our little behinds were sticking up in the air. As an adult with a better grasp of physics, I now realize that those measures would do little to help us survive a nuclear blast. The only good they would do was to put us in a better position to facilitate kissing our butts goodbye.

When I was a little bit older, but still during the Cold War, I remember hearing a radio interview where the speaker told us that it would not be a massive nuclear explosion that would get us. Antibiotic-resistant, microscopic critters would lead to the demise of all human beings. We've managed to keep developing new antibiotics to stay one step ahead of the ever-evolving bacteria, but they don't do any good against viruses.

That brings us to the coronavirus pandemic which is dominating the news. We've seen its effect at the grocery store, sporting events, and yes, even our Toastmasters meetings. Remember the good old days when the only thing on your mind was fear of public speaking? Now I'm thinking, "Did the Toastmaster just cough into that hand I'm shaking?" "Did that person sitting next to me just come from visiting their sick parent at the nursing home?" "Will I run out of toilet paper?"

The things that are really keeping me up at night are how to finish our Division contests online, and how to schedule an in-person District Conference when we don't know for sure when the social distance restrictions will be lifted. As a chronic planner, all the uncertainty fuels my anxiety levels. Unfortunately, fear and anxiety often develop a reinforcing feedback loop until they take on a life of their own and prevent us from thinking and acting rationally. The only solution is to plan, plan, plan! Yes, plan, then make contingency plans, and then contingencies for the contingency plans.

With all the uncertainty, I'm reluctant to give you any dates, but I'll go out on a limb. I can tell you with 100% certainty that the District 7 Conference will NOT happen as planned on April 24-25. We are currently trying to secure a venue for June 5-6, but stay tuned! We will update the D7 Events Calendar and the Conference website when we have new information. Meanwhile, my advice comes from the British World War II poster. . . "Keep calm and carry on".

District 7 Toastmasters 2020-2021 District Officer Nominated Candidates

The District Leadership Committee (DLC) has nominated the following candidates for the District 7 election to be held on May 9, 2020.

District 7 Director	PJ Kleffner, DTM
Program Quality Director	Eldred Brown, DTM
Club Growth Director	No Nominated Candidates
Division A	Cheri Redgrave, DTM
Division B	Crystal Pugh, MS5
Division C	No Nominated Candidates
Division D	Rudy Erbrich, ACB, CL
Division E	Paul Caloca, DL3
Division F	No Nominated Candidates
Division G	No Nominated Candidates
Division H	Anil Kumar, DL3

There is still time to run for a D7 leadership role!

If you are interested in running as a floor candidate for one of the District 7 offices listed above for 2020-2021, please contact DLC Chair, Adele O'Neal, at dlc@d7toastmasters.org no later than May 2.

COVID-19 and Club Growth

Eldred Brown, DTM - Club Growth Director

WOW! I can't say I've experienced a time this crazy since September of 2001. The coronavirus epidemic has forced the cancellation or postponement of everything from our District 7 annual conference to my weekly church services. We're all making adjustments! Even our International Board of Directors and the staff at World Headquarters are scrambling to adapt to an ever-changing landscape. Having given you that background, please allow me to share with you some of the adjustments that have been made at the District and International levels to foster club growth and membership retention during this public health crisis.

Membership Renewals

This pandemic couldn't have hit us at a less opportune time in the lives of our clubs than our spring membership renewal period. Recognizing this, our International Board of Directors has extended the due date for membership renewals to April 30. You now have until April 30 to pay your dues so you can continue receiving the benefits of full participation in the Toastmasters educational program. Your clubs now have an extra month to pay dues to remain clubs in good standing. You will remain eligible to compete in your Division speech contest if you haven't paid dues before April 1. Your access to Pathways Base Camp will also not be interrupted on April 1 if you haven't paid your dues yet.

Area Director Club Visits

Online participation in club meetings has become the only alternative for most of our District's clubs due to the social distancing rules announced by Governors Jay Inslee (Washington) and Kate Brown (Oregon). Our International President, Deepak Menon, has asked me to encourage our Area Directors to continue conducting club visits, online if necessary. The experience of conducting online club visits can be valuable as a way for your Area Directors to observe how creative and positive clubs can be with this transitional time and allow them to lend a hand in a supportive role as needed. If your club decides or has decided to move its meetings online to comply with

social distancing requirements, please let your Area Director know so he/she can log on to one of your club meetings and conduct your club visit that way. If your club needs access to an online meeting platform, please let your D7 Trio know so we can connect you with one.

New Clubs

Even in this changing economy where so many people are working from home, I'm still supporting the efforts of those in our district who are working to sponsor new clubs and working with companies to build partnerships that will generate leads for new clubs. If your employer is looking to reap the benefits of participation in the Toastmasters program or you know of a company or community group that's open to becoming the home for a new Toastmasters club, please submit your lead to me (cgd@d7toastmasters.org or eldred.brown.tm@gmail.com) with the person's name and email address. The New Club Leads Incentive is still going, so if your new lead results in a demo meeting, even an online demo meeting, you will qualify for a $50 purchase of the apparel of your choice at the Toastmasters International Shop.

The coronavirus pandemic has led to a lot of (hopefully short-term) changes in our society and social lives. I understand the stresses you're all feeling from these rapid changes and tightening restrictions, for I'm feeling them too. Rest assured, though, that Emilie, PJ, and I are doing the best we can to continue pursuing our mission to build new clubs and support all clubs in achieving excellence even during this public health crisis. We are here for you. Feel free to ask us for any support your club needs to adapt to this ever-changing social environment.

Stay well.

When you can't control what's happening, challenge yourself to control the way you respond to what's happening—That's where your power is!

Leadersh

Igniting Inspirat

District 7 Toastmaste

~~April 24~~

~~Warner Pacific Univers~~

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~~

Postponed until June, 2020 due to Covid-19 Coronavirus

~~ity~~ Portland, Oregon

Business Meeting

Speech Contests

Food

More Info & Register Here

District 7 Toastmasters

Celebrate!

80 Years

$35

Celebration Dinner

~~April 25, 2020~~
~~6:45 - 9:00 pm~~
~~McGuire Auditorium~~
~~Warner Pacific College~~

Postponed until June, 2020 due to Covid-19 Coronavirus

Register Here

Postponed until June, 2020 due to Covid-19 Coronavirus

DISTRICT 7 CELEBRATES A MILESTONE

~~April 25th,~~ immediately following the District 7 Conference, we will commerate 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 Girl with the White Hair

Paul Fanning, DTM

This story is the result of The Better Speaker Series #274 "Selecting Your Topic" which any club can conduct for its members.

I don't know why, but I awakened with a start in the middle of the night last week. Yes, I was under the warm and toasty covers, it was fairly quiet, yet I could not fathom why I awoke so suddenly. Perhaps it was my dinner exacting its revenge on me? No, not that. Or was it quite possibly watching the last forty-five minutes of James Cameron's Titanic? Aha. That must have been it—hearing in my dreams the screech and groaning of the metal rendering as the ship's aft portion fractured off, the shrieking of the doomed passengers and the eventual plunging into the cold and relentless depths the two halves of the jewel of the White Star Line fleet.

I have always had an affinity for the White Star Line, its pennant of red with the five-pointed white star emblazoned on it fluttering from ship after ship, always named with the ending of "ic". Famous, of course, for the Olympic class of three passenger ships, fast engines, huge in length and breadth, elegant and safest built to date called the Olympic, Britannic, and Titanic. Two ended up on the ocean floor after sinking, and the Olympic was holed below the water line when she collided with a Royal Navy ship. Eventually, the demise of the White Star Line as a company came about with the forced merger with her rival and even more famous Cunard Lines of the RMS Queen Mary and RMS Queen Elizabeth liners. I can blame my grandmother for my fascination and historical interest in ocean liners and the tragedy of the RMS Titanic, soon to be remembered again after 108 years since she sailed to the United States, never to arrive and never to be seen again for decades.

My grandmother (never grandma or other less-than-formal titles) was born near London in the year 1906, a full six years before the Titanic's

fateful voyage. Being born in England in the Edwardian era, a time when medical care was not that advanced, she lost her mother at childbirth and her father never remarried despite having eight children. When she was around eight or nine, she sat behind a girl in school who always covered her hair. (My grandmother to her final days took great pride in her hair.) This again being an age when one was polite and pretended to ignore the obvious or unusual about someone, dearest May finally succumbed to her curiosity and asked the question, "and why do you cover your hair?" The girl, thin, tall and always appeared pale in complexion, replied simply by letting her cover reveal the secret that is hid so well. Her hair was white. Lamb's wool white. Not a blonde that was so light it appeared white, it was w-h-i-t-e, period. Now dear reader, you and I are not bound by the confines of another age, and we would be asking a thousand questions of this odd appearance of the girl's hair. It took some time for my grandmother to wheedle out the story of the unique and stark appearing coiffure that sat before her every day. Wouldn't you like to know the story? I know that I did!

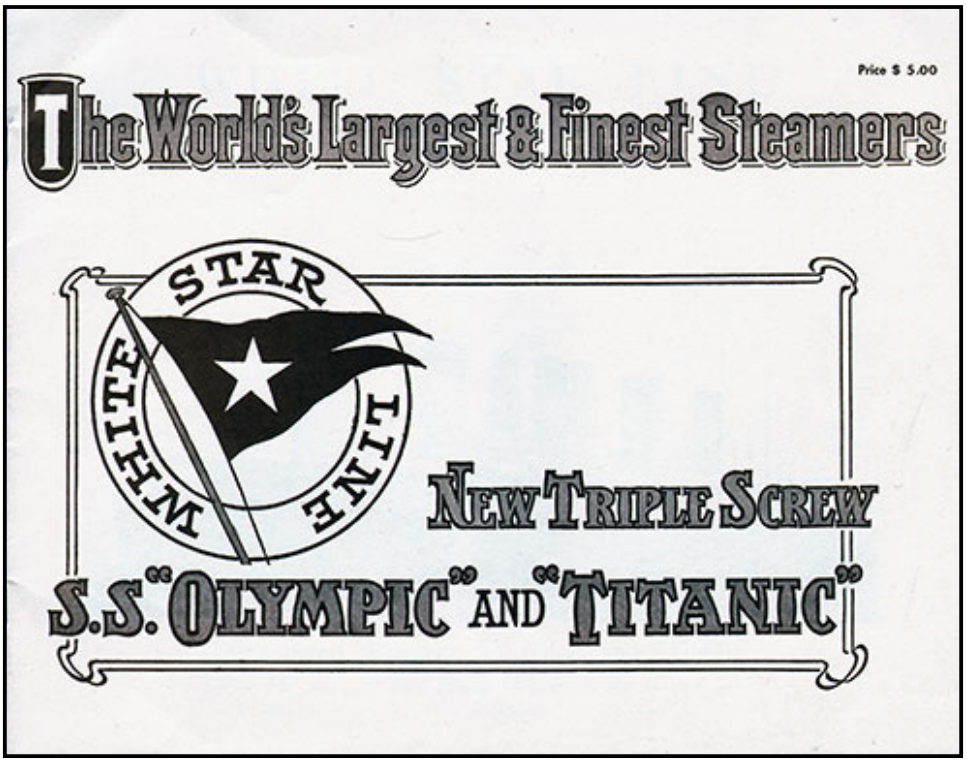
Thus, the story unfolded with the revelation that the girl who sat there was an orphan, losing mother, father, and brother in 1912. Grandmother May lost her mother in 1910, so she had an understanding, empathy and sympathy for this poor child.

Alas that wasn't the whole story. More unfolded in the days that followed. She was living with a spinster aunt, a cold, prim, and proper woman with no time for an active eight-year old. Rather than string this out for the next two or three months, I will synthesize it down for us all.

Mary, for that was her name, had a loving mother and father and a little brother of about 2-years old. Their father, a banker by trade, was asked to take-up a post in a British-owned bank in New York City and was invited to bring the family with him and live in the Americas. He counted himself lucky to book passage on the

newest ocean liner on her maiden voyage to "the States" in April 1912, the Royal Mail Ship Titanic leaving from Southampton. Their household goods were to accompany them in the hold as well as their motor car. They themselves, while not first class, at least had second class tickets and a spacious cabin, dining room and amenities available to them. They boarded at Southampton, perhaps waved goodbye to friends and father's co-workers, anticipating their new life in New York.

You can now guess what transpired next. A few days of nice weather, then turning to the traditional North Atlantic route towards Canada where ice bergs had been sighted by previous ships. Full speed ahead went Commodore Edward Smith, captain and master of the Titanic, to their watery grave as over 1500 passengers and crew members died on the evening of April 15, 1912. Mary remembers last seeing her father help her mother and little brother into a lifeboat. She somehow had become separated from her mother in the crush of the crowd, and was placed in another boat and given to the safety of a crew member who kept telling her not to worry as the other boat would be next to them shortly. She never saw her mother or little brother again. Her boat was rescued later in the morning, and she frantically looked for her family among the 720 survivors on the RMS Carpathia. They weren't to be found. Landing in America, as an orphan with no relatives in the U.S., she was returned to Britain and an aunt was eventually found to take her in. She slept poorly at night, wouldn't go to the seaside for holiday, and hated hearing the steam whistles of the railway engines as they reminded her of the Titanic's mournful cry for rescue. One morning, she was horrified when she looked into the mirror and discovered that her hair had turned pure white during the night. Forever more, she would bear that mark of her life radically changed from one of a new hope in the Americas to horror of the tragedy near Newfoundland aboard the Titanic.



Grandmother would never see Mary again after the completion of that term, but she would always be remembered to her as the shy, troubled pale-haired girl who sat ahead of her in class and the passing on of her account to her family and especially her grandson while he grew up. And now, fellow Toastmasters, I bequeath this tale to you, the legend of "The Girl with the White Hair."

Is Your Club Considering Throwing in the Towel?

Leanna Lindquist, DTM

Before you do, take a moment to read how my club turned itself around. Club #6869 has been around since 1988. It's had at least two different names prior to becoming Tell Me a Story. In January 2017, the club was in deep trouble. Our usual attendance was down to 3-4 members. We all had to fill multiple roles at each meeting. When a visitor wandered in, the look on their face told us they wouldn't be back.

We knew we had two options; throw in the towel or rebrand, rename, and start fresh.

February 2017 Tell Me a Story was born. In a few short months we took a club on the verge of collapse to Select Distinguished by:

- Changing the name to Tell Me a Story
- Refocusing as a storytelling club
- Planning good meetings with all the elements
- Inviting members from other clubs to fill roles
- Bringing in speakers from other clubs
- Creating flyers for each meeting advertising our speakers which were
    - Posted on Facebook
    - Emailed to other clubs
- Supporting our new members

Historically, the club had been Presidents Distinguished three times, no years were consecutive. We achieved Select Distinguished in 2017. In 2018 and 2019, we were Presidents Distinguished. This year we are well on our way to maintaining that trend. It is now part of the club's DNA.

How are we able to continue this success for multiple years? Excellence. The dictionary says, "excellence is the quality of being outstanding or extremely good." Every week we work to hold excellent meetings.

What constitutes an excellent meeting? Roles filled in advance. All speeches are from manuals or Pathways. We evaluate all speakers and all aspects of the meetings. Like our members, our meetings are a work in progress.

Guests are crucial to the club's well being —guests that convert to members. We welcome them and provide a name tent and guest packet. Visitor forms are handed out and collected for follow up before the next meeting. Guests are introduced, invited to participate in Table Topics, and asked to give their impressions at the end of the meeting. When guests visit our club we want them to have an excellent experience.

A key ingredient to a successful club is well-trained club officers. We place a high value on officer's training. Officers owe it to themselves and the members to understand their roles and carry them out. Our members have the opportunity to participate in speech contests. Once a year we go out after a meeting for food and libations. We enjoy one another's company and the comradery we share every week. A successful club is work. In my opinion it's worth the effort,

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

Join us online during the Covid-19 social distance protocols at zoom.us/j/941916617

Opening night is here, there is a packed house of paying patrons, and I am one of three actors facing fourteen performances over 3 weeks. I am waiting in the wings for my cue to enter the stage. I know that when I walk on stage I can show no hesitancy, discomfort, or lack of confidence. They paid good money and are expecting to see a good performance, not my hesitation or fear.

At my cue, I enter the stage in character without a hint or trace of fear. I feel all those pairs of eyes swivel to lock onto me. I rely on my routine to get me through this performance. The play is on!

Stage fright is real. I face it every time I walk in front of an audience, conduct a training session, or give a speech at my home club. Before every performance I had a routine; it helped me get into character and set aside my fear. Every seasoned actor and accomplished speaker has a routine—some practical: don't drink milk or eat dairy products before speaking because it creates mucus in the throat and blocks vocal projection—and some quirky: yawn three times before walking on stage because it increases the oxygen flow to the brain.

My theatre routine was to walk the stage before performances. I'd silently run through all my lines, my movement, and key moments in my head—putting myself into my character before I entered the space.

Although I don't do theatre anymore, I have a routine for when I give speeches. Before a speech I also walk the room. I want to know what the sight lines are, if there are obstacles between me and the audience, and where the timing lights are. When I am introduced it is past time to find out that a part of my talk won't work because of a potted plant or that the lectern cannot be moved as I'd hoped. Knowing the space before the speech allows me the flexibility to adjust and be in command the moment the audience sees me.

Prep Time Makes the Difference

James Wantz, DTM

As more clubs are encouraged to have virtual meetings (especially with club meetings being cancelled due to health concerns) it is important to develop a virtual routine. When I do a zoom meeting or teleconference, I also have a routine. I check all my equipment: computer, microphone, & camera—before the meeting (I don't want my laptop to update 5 minutes into my presentation —yeah, that's happened!).

Next, I remove distractions from in front of the camera. The biggest distraction is the background behind me. I've found that using a folding screen is the best way to block out my messy room. I simply put the screen behind my chair and, voila!, clean sightlines without laundry baskets!

Lastly, I sign on early—about 5-10 minutes or so. I do this because it helps me get into a meeting mindset and I don't feel so rushed. Once I am signed in, I mute my microphone to be sure there are no extraneous sounds to disrupt the start of the meeting.

Of course, there are issues that will complicate meetings (like my cat walking across my keyboard or loudly insisting that it is dinner time when I am talking) but with a regular pre-meeting routine, you can minimize the effect those interruptions will have. . . like feeding the cat 15 minutes before the meeting.

As a speaker, develop a pre-speech routine. Find what works best for you—how you empower yourself, how you psych yourself up, and how to use your stage. Once you become comfortable before a talk, you will present yourself as being, looking, and sounding more confident. And confidence is its own reward.

James Wantz, DTM, came to Toastmasters after many years in theatre. He is currently a member of two clubs and was an early adopter (and cheerleader) of Pathways. He can be reached at wantzjames@gmail.com

Spring into Action with Table Topics

Lee Coyne, ATMS

Hear those birdies tweet. Lo. . . the daffodils peek from that soil below. Spring has sprung into action!

Springtime means a new beginning. Innovation and creativity is in the wind.

What new ideas might bud and blossom? An ideal collection of garden variety topics for this season's Table Topics menu.

- New food recipes. Yes, something to chew over.
- New movies you liked. Cinema suggestions?
- New friends you've lately acquired. What elements bore you fruit?
- New car you've wanted. A chance to fantasize.
- Tell us what attracts you.
- New policies for DC crowd. If you were an advisor to the President, what innovations would you recommend?
- New homes for homeless people. Where would you go to make it happen?

You can certainly build on this list of speech seedlings. Then let us march forward!

Lee Coyne created a myriad of theme meetings as president of several Toastmasters clubs over the years. He is currently writing a book for children on cleaning up the oceans.

Embrace Your Moment

Yusuf Arifin

Shoulders shaking. Heart racing. Eyes fluttering. My first speech before my peers was one of complete unfamiliarity. I wasn't sure if all the members would actually listen to what I had to say, or laugh me off the stage. What if I was just a bad speaker in general? Would I still be allowed into Future Stars?

Thoughts and questions like these flooded my mind in the days leading up to the big day. I had practiced my speech until I could recite it in my sleep, but nothing helped calm my nerves. I walked onto that stage for the first time feeling clammy and scared enough to run away.

That first speech was one of many that have shaped who I've become as a person. Sure, my first speech as a tiny 5th grader was short and really basic, but the experience was so much more than just a few minutes of me running my mouth. It was a cornerstone in my path to becoming an officer of one of the most influential clubs of my life.

Four years later, as a freshman in high school, I'm already experiencing the benefits of going to Future Stars. Most notably, the leadership skills I've acquired. Who would've thought that me from the past—a shy, timid kid—would evolve into someone much more outspoken and obnoxious?

Even outside of school and in extracurriculars, I'm now able to pass down the teachings I have received. One of the biggest satisfactions as my role as Club President is seeing our new members develop and grow into much better communicators, speakers, and evaluators. Person by person, our club is growing a community of hard-working, intelligent young people.

I simply cannot state enough how much of an impact Future Stars has had on my personal life. Everything I've heard and observed, from funny guest speakers to intense officer meetings, has taught me to stay true to what I believe in no matter what. Our coaches have consistently taught us that our age and talent shouldn't matter. It's about the effort we put in.

So to that kid who fears public speaking like death: Embrace your moment. Everyone wants to hear you speak. With that motivation and mindset, the possibilities to grow are endless.

BurnsMasters Toastmasters: 90

Marv Serh

When Marv Serhan was asked to serve as the sponsor for a new corporate club in Vancouver, Washington, he elected to apply a project management focus on how that club establishment and charter process would take place. This is the first of a four-part Voices article that will outline many of the key tasks, milestones and deliverables that helped the BurnsMasters club achieve charter status in less than 90 days. All projects are team efforts and this club-charter initiative was certainly that with Patrick Locke, DTM, Bob Hall, EH5, and Greg Hawkins, MS3 coming aboard as co-sponsor and mentors to support this new-club launch initiative.

Here is a continuation of the task/deliverable listing from Part I of the BurnsMasters new-club project plan:

Identify and coordinate all activities through the local "champion" for this new club initiative.

Of all the 40+ employees at Burns & McDonnell Vancouver, only one had previous Toastmaster experience. He (Jeff Bourgeois) led the charge to investigate establishing a local, corporate club. In late August 2019 he approached the lead sponsor to request guidance on next steps to make this club become a reality. He stated:

"Marv, it was nice to meet you today. We are looking forward to starting a Toastmasters club of our own here at Burns and McDonnell, but we are just in the beginning steps. We have been talking about setting up a demonstrating meeting to tell our co-workers about Toastmasters, what to expect and then gauge interest in forming a corporate club. You mentioned doing a demo meeting here at our office too. That could be a great way to show people what a club is all about and how a meeting is run. Thanks again for your support." Jeff Bourgeois, PE Burns & McDonnell

Having a local champion to coordinate, plan, and disseminate information throughout the company is an absolute must. Jeff ultimately became the 'Interim President' and eventually, the first-term president of BurnsMasters. The lead sponsor coordinated all activities and communications through Jeff. His commitment, timely support of project initiatives, leadership, and professional example motivated others on his team to contribute to the success of the club's early charter.

Schedule and conduct an "Orientation" meeting for all employees that can attend.

0 days to Charter Status (Part 2)

nan, DTM

Now that the decisionmaker is fully informed and invested in the value of Toastmasters within his organization, and the 'champion' (Jeff Bourgeois) has been identified, the lead sponsor's next challenge will be to sell the concept to all potential club members, i.e. Burns & McDonnell employees. This orientation meeting is essentially a sales pitch to share the significance of the Toastmaster learning experience and illustrate how enhanced communication skills will directly benefit the members of a company. At BurnsMasters there were 19 participants at this orientation meeting. The survey that followed had close to that number committed to join the club. Obviously, the presentation was well-received.

Note and this is important: This orientation presentation cannot be a canned talk. It must be delivered with authenticity, sincerity, spontaneity, clarity, plenty of examples, and crafted in such a way as to involve the audience. That involvement will create energy, enthusiasm, and help to illustrate how the Toastmaster program will lead to immediate learning. At BurnsMasters, the exercise involved impromptu speaking (table topics) followed immediately by informal evaluations – demonstrating how to offer constructive feedback. The participants immediately realized the significance of this learning approach, found it challenging, and enjoyable as well. But they also recognized the session to be a friendly environment within

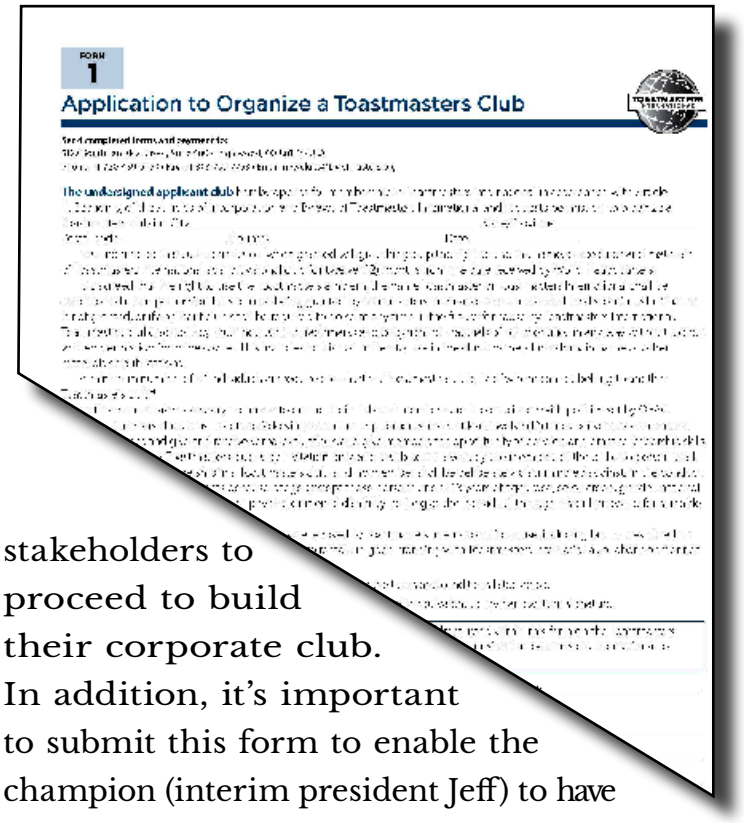
which to learn. Here is what the champion wrote afterwards:

"Marv, thanks again for coming to our office today to give us an introduction to Toastmasters. I have had numerous people say that they enjoyed your presentation and are interested in joining based on what you said. I think the best thing I've heard this afternoon was from someone on the fence to join. He said he got nervous when you did the impromptu speech questions, even though he didn't get called on. And since he got nervous, he knew Toastmasters was something he needed to do." Jeff Bourgeois, PE, BurnsMasters 'Champion' Senior Civil Engineer, Burns & McDonnell.

Again, this orientation session is critical to jumpstart a new club initiative. Do it well and people will want to know more. Do it poorly, and it could derail your initiative.

Submit to TMI the "Application to Organize a Toastmaster Club" Form #1

Note that this form and payment should not be submitted to TMI until the lead sponsor and club champion are confident there is ample interest, energy, and commitment by all key


FORM 1

Application to Organize a Toastmasters Club

stakeholders to proceed to build their corporate club. In addition, it's important to submit this form to enable the champion (interim president Jeff) to have access to Pathways. That access can be shared with club members prior to the club achieving charter status.

Sponsor/Mentor team selection and leadership Rules of Engagement (ROE)

Per TMI two sponsors and two mentors can be involved in the new-club establishment process. However, it is essential that the lead sponsor take charge of his/her new club implementation team by specifically outlining

each person's responsibilities (either in writing or verbally [preferably both]) and direct their activities throughout each phase of the project. It must be clear that sponsor/mentor involvement requires action, contribution, and commitment. The sponsors/mentors are a team that has a leader, and that leader is the lead sponsor. Note that on occasion, problems result in sponsor, mentor, or coaching endeavors because this team-organizational responsibility matrix and ROE are not addressed up front. The lead sponsor should not assume anything; be specific to ensure your team fully understands your vision and requirements to manage the project. No such challenges applied to the sponsor/mentor team supporting BurnsMasters. Every member had a role to play and they performed their respective duties exceptionally well. Members were highly experienced, motivated and willingly performed their respective duties. Here's the team:

- Lead Sponsor: Marv Serhan, DTM (Past club president and Area Director)
- Co-Sponsor: Patrick Locke, DTM (Division G Director, club president, past Area Director)
- Mentor: Bob Hall, EH5, (Area 84 Director, President Professionally Speaking TM-3091)
- Mentor: Greg Hawkins, MS3 (Secretary, Professionally Speaking TM-3091)

Part III will offer additional project tasks used to sponsor and prepare the BurnsMasters Toastmasters club in Vancouver, WA to achieve charter status in a timely manner.

Marv Serhan, Captain, U.S. Navy (Retired) has been a member of Toastmasters since 1999. He earned DTMs in 2007 and in 2020. He is the founder and past-president of Professionally Speaking TM-3091 in Vancouver, WA. As Area 81 Director within Division G, Marv was selected as the District 7 Area Director of the Year for the 2018-2019 cycle. If you have questions, Marv can be reached at marv@marvserhan.com. His website is www.marvserhan.com

Leadership on Fire

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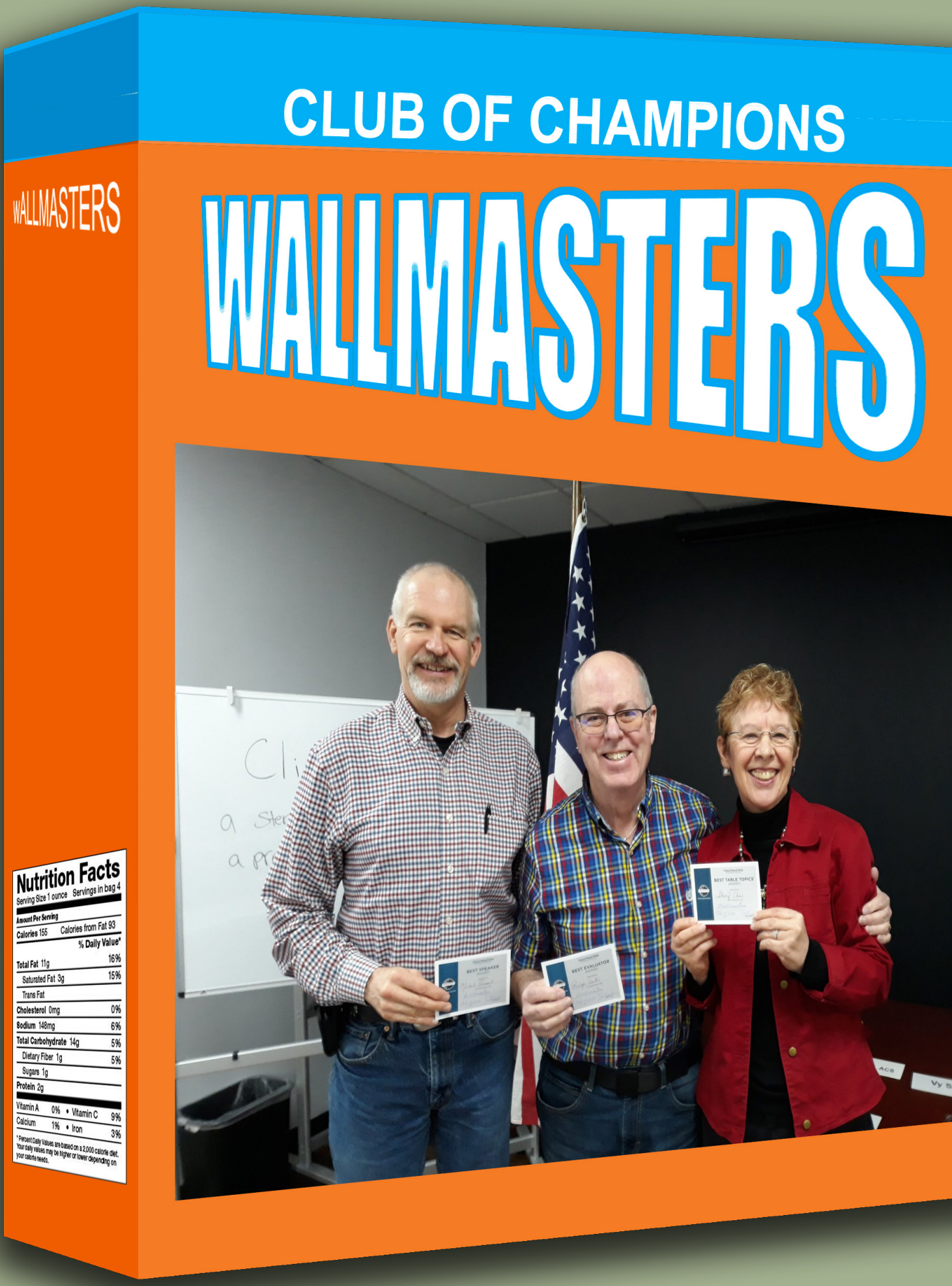
Coachmasters: Joining the Family

Maryann Remsburg

In the Toastmasters International family, a new member has officially joined the fold, Coachmasters, who weekly meets on Mondays in Lake Oswego, celebrated their chartering during their February 10th meeting with members and guests, including distinguished dignitaries from District 7, Emilie Taylor, the District 7 Director along with PJ Kleffner, Carmil Ritchey, and Eldred Brown celebrated with the group and led the charter ceremony. The dignitaries recognized the new group as a whole and presented each charter member with their certificate, The dignitaries officially installed the Coachmasters leadership team into their positions and then gifted the new club with a banner featuring our name; Coachmasters Toastmasters. Installed officers are Maryann Remsburg, President; Annette Mulligan, VP of Education; Elizabeth Borelli, VP of Membership; Janiece Simich, VP of Public Relations; Lori Faren, Secretary; Randall Sanford, Treasurer; and DeeDee Fitch, Sergeant of Arms.

This club began as a vision of Carl Casanova of New Vibe Training to help coaches, as well as others in helping professions, to develop as public speakers and enhance their skills for life and business, The leadership team began to form as they prepared for the kick-off meeting on September 16th, which was the start of their weekly meetings. By mid December, twenty members were in place to begin the chartering process. Since then, four more members have been added. Coachmasters would like to say a huge thank you to our sponsors, Kathleen Tully and Bob Pugh, who have been generous with their time and wisdom in helping this young club grow and develop. Bryan Cargill has been another pillar of support in mentoring our continued forward growth.

Mondays at noon join us at Coachmasters. We meet at Our Savior Lutheran Church, 15751 Quarry Road in Lake Oswego. The club is known for its positive energy, friendliness, and commitment to growing as speakers in a community of support and encouragement. While many speech topics are of interest to those in the coaching community, many professions are represented and welcomed for their broad range of contributions to the group. Come join in the fun of the new Coachmasters Club and see just how exciting growing in your public speaking skills can be!


CLUB OF CHAMPIONS
WALLMASTERS
WALLMASTERS
Nutrition Facts
Serving Size 1 ounce Servings in bag 4
Amount Per Serving
Calories 155 Calories from Fat 93
% Daily Value*
Total Fat 11g 16%
Saturated Fat 3g 15%
Trans Fat
Cholesterol 0mg 0%
Sodium 148mg 6%
Total Carbohydrate 14g 5%
Dietary Fiber 1g 5%
Sugars 1g
Protein 2g
Vitamin A 0% • Vitamin C 9%
Calcium 1% • Iron 3%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

WALLMASTERS INTERNATIONAL

Toastmasters for High Achievers

6:35 - 7:45 am - Fridays

CoLab

11481 SW Hall Blvd Ste 201

Tigard, Oregon 97223

cleon.cox@frontier.com

Join Us Any Friday

Teach L♥VE No

Dottie Love, DTM and L

The sound of breaking glass catapulted Leeza into the living room where her five-year-old daughter, Leah, was playing. Shards of blue, broken glass scattered the floor. Her daughter, innocent-looking, stood within a foot of the mess.

"I didn't do it, Mama!" burst from her mouth.

As Leeza cleaned up the mess, she felt the strong desire to understand not how the vase was broken, but why her daughter would lie about it. Leeza asked why.

Her daughter muttered, "Because when I tell the truth you get mad … and I don't like that."

Recovering quickly, Leeza thought smugly – no problem. This is an easy fix. "Tell you what. From now on, you tell me the truth and I won't get mad. How's that sound?"

"Promise?" asked her daughter.

"Absolutely"

We all have asked ourselves: Why do they lie? Don't they trust us? You should know that lying is not human nature. Lying is a learned habit or, better said, we teach our children to lie. Deep breath …

Leeza is not only a dear friend but a fellow Toastmaster and author of the book, Connected Parent Empowered Child. Having spent time with her and her kids, I've seen firsthand how powerful her tools and teachings are.

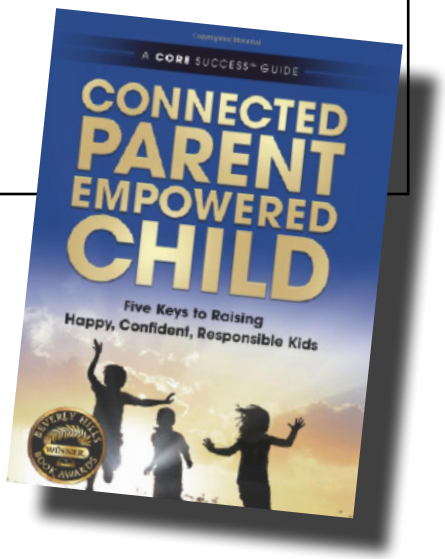
According to Leeza, teaching children how to be honest is not a one-shot deal, but a process. Believing your children will help them feel trustworthy and know that you are dependable, no matter what. Finding alternative responses to anger and using more impactful tools grows your parenting toolbox. Applying consequences instead of punishment helps nurture behavior that feels good and teaches to respect others and grow into their full and positive potential.

t Lying to Kids

eeza Carlone Steindorf

How to Stop Training Your Children to Lie	
Tip #1: Believe your kids	We are taught that kids want to push our buttons, make our lives hard, or will say anything to get what they want. Maybe sometimes. But never should we stake our entire relationship with them on these falsehoods. Believe your children and let them know you do. When you think they are lying, give them the benefit of the doubt and tell them so. This builds trust in you and confidence in your faith in them. If you believe in their honesty, they will learn to as well (even if it takes time) and grow the courage to tell the truth.
Tips #2: Dismiss anger as a tool	Anger is not a sign of strength, but of helplessness. When you are sure and solid in your perspective and decisions, there's no need to be angry. You may not like what has happened, but anger becomes superfluous (small statement, big job). • Dance of Anger a book by Harriet Lerner is an amazing tool. • Strength Without Anger videos by Raun Kaufman give huge insights into revamping your anger code. Be honest about your disappointment, sadness, or frustration. Not using anger as your tool of choice will have a far reaching impact, with encouraging honesty.
Tip #3: Identify the consequences	Punishment imposes restrictive, painful or unrelated actions to an event. Consequences are directly related and are educational, intending to train desired and useful behavior. Parenting Success Blueprint free online webinars that explains how to engage effective consequences. (Highly Recommended)

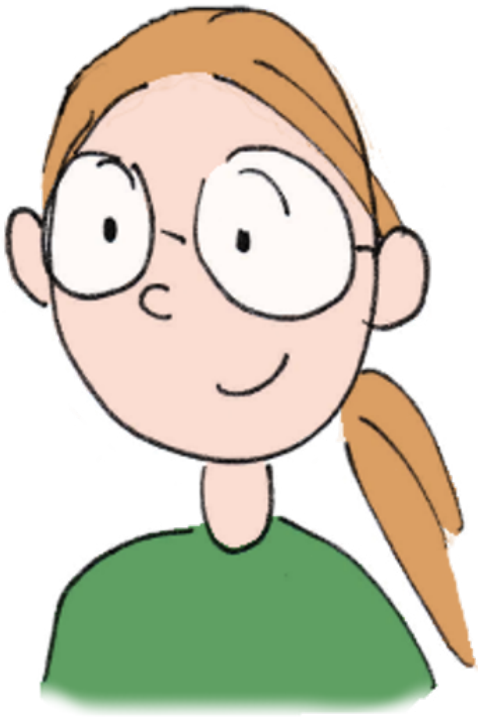
Tips from Author Leeza Carlone Steindorf



Summer Bird

Doodle Magic!

Leanna Lindquist, DTM



Summer Bird is a member of Toasting Excellence. Her fellow club member Lyle Schellenburg says she is a fun member of the club. She is also a serious member and has completed her 1st path. She is a story teller.

Tell us about Summer

Life is always busy. I regularly post short stories and cartoons on my website, summerbirdstories.com, and every few months I sell some of my cartoons. To both inspire and distract myself, my six children all do a number of activities for school, church, and work. I volunteer as a co-chair for the Salem chapter of Willamette Writers (a non-profit group that seeks to help local authors build their community, craft, and career).

Author, illustrator, cartoonist, tell us about your work

I write short stories that explore the vast expanse of my own imagination, and I love to doodle. My doodling magically morphed into cartoons just over two years ago. I get my best ideas when I'm attending my kids' school concerts. I sit and scribble as I listen. Luckily, I currently have four in choir and orchestra so I generate lots of ideas.

Right now, I'm at that point in my creative career where I'm finally brave enough to send things to more places and gather more rejections. It's part of the process, but I much prefer it when something actually sells.

I like what I do, and I think I'm getting better at it. I enjoy trying new things. Lately, I've been working on YouTube videos where I tell one of my stories while I paint a watercolor

illustration. Luckily, my husband is good at video editing.

What inspires you?

I have some really great mentors who check in with me and encourage me. It is so valuable to have someone to turn to when I have questions or feel overwhelmed. Sometimes creative work can be discouraging. It's good to not be alone on the journey.

What brought you to Toastmasters?

My dad is in Toastmasters, and originally he suggested it would be good for my oldest son. I came along to the meetings as well, and I thought it would be a good thing for me, too.

How do you use your Toastmasters skills outside your meetings?

As a co-chair in Willamette Writers, I introduce speakers once a month at our meetings. I do a lot less stumbling over my words now! I also feel less anxious meeting new people and dealing with social gatherings.

Choosing an Online Platform

Weighing Pluses, Minuses, and Interesting Points

Michelle Alba-Lim, DTM

Isn't it amazing how quickly circumstances can change?

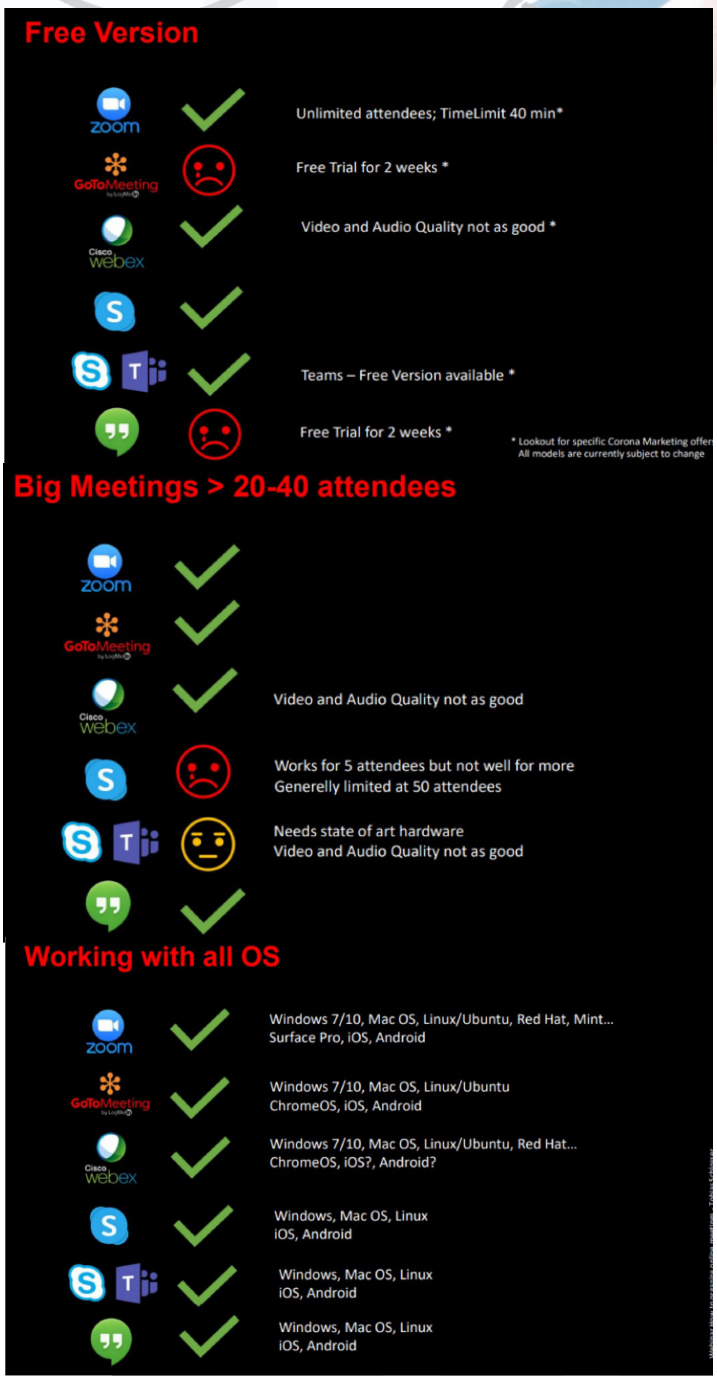
A few weeks ago, clubs with online attendance were the rare exception rather than the rule. I felt like a voice in the wilderness when I'd post or speak about online attendance. Many gave me quizzical looks when they saw my "Ask me about TOASTMASTERS ONLINE" button.

Now, more and more are exploring online meetings. I've been bombarded with emails, messages, and calls from people needing help with shifting their clubs from onsite (physical) to online (virtual) meetings.

Exciting times, indeed! Yet confusing and even stressful for some.

A question I'm frequently asked is "What online platform should we use?" Fortunately, the saying "When the student is ready, the teacher will appear!" is apt. During a recent webinar organized by District 108, I was asked to speak about the HOW and WHY of online meetings. Ahead of me, District 95 Director Tobias Schlosser spoke about ONLINE PLATFORMS. He gave an excellent comparison of various options.

If a picture is worth a thousand words, here are 'three thousand words' from District Director Schlosser:



Based on these slides, Zoom is clearly the BEST online platform. From extensive personal experience, I concur with DD Schlosser's observations, namely:

- Zoom's FREE account can be used for 40 minutes before it times out. Clubs can take a short break then start the meeting again. Unlike other platforms that offer a FREE two-week trial period, after which you need to start paying!!
- Zoom is better with groups of 20-40 (and of course we are all aspiring for that!).
- Zoom is more versatile and works across the widest range of operating systems.

To watch the entire webinar, click here

Despite COVID19 pandemic being the darkest cloud in over a century, it has a silver lining. People are more willing to try out new strategies, learn new techniques, and explore new ways of doing things. If you haven't tried online meetings yet, I hope this article has moved you a step closer to doing so. Start by choosing the right platform. For me, that means Zoom!

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

Online Community Clubs

Singapore Online English Toastmasters Club
Agora Online Toastmasters Club
Bowh Alkalima For Ladies
The Pros and Comms Collective
Netizens
Buddies
Toastmasters Without Borders
Tongue Twisters
Competitive Communicators
Go Beyond
Witty Birds
Witty Storytellers Online
DJ & MC Toastmasters
Diversity Toastmasters Club
Objectivist Voices
The Art Of 400 Online Toastmasters Club
Great White North Online

The clubs listed above as well as others can be found on the Toastmasters International website at toastmasters.org/Resources/Online-Clubs-List. [editor]

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Columbia Square Squawking Heads	Ajana	Younes
Tualatin Valley Toastmasters Club	Ajgaonkar	Priya
CareOregon	Akers	Autumn
CareOregon	Anderson	Cheryl
Pearl District Toastmasters Club	Anderson	Timothy
Jefferson State Toastmasters	Atto	Terry
Moser Community Toastmasters	Bailey	Richard
Columbia Square Squawking Heads	Bell	Jeneen
PMI Portland Toastmasters	Berg	Carin
Professionally Speaking	Bhaskar	Lauren
Clark County Toastmasters Club	Block	Charles
Gresham Toastmasters Club	Boggs	Sandra
New Horizons Toastmasters Club	Calamar	Adam
Platt Electric Supply	Calhoun	Jessee
Coachmasters Toastmasters Club	Cargill	Bryan
Beachtown Toastmasters	Carolyn	Nguyen
CareOregon	Castillo	Jessica
Pearl District Toastmasters Club	Cecil	Ronald
Babble-On Toastmasters Club	Clough	Alberta
Corvallis Evening Group	Collett	Tina
Sporty Speakers	Comstock	Sean
Myrtlewood Hootowlers Club	Cowles	Stephen
Roseburg Club	Daniel	Jim
Myrtlewood Hootowlers Club	Day	Jackie
Myrtlewood Hootowlers Club	Dean	Robin
Creative Communicators	DeSantis	Jodie
Transtoasters	Elsbree-Kraft	Sayla
Electric Toasters Club	Finn	Matthew
CareOregon	Freeman	Freeman
CareOregon	Fry	Scott
University Toastmasters Club	Gallardo	Tatiana
Salem Toastmasters Club	Giron	Jordy

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
CareOregon	Gol	Mandar
Marylhurst Toastmasters	Gordon	Joanne
The Dalles Toastmasters Club	Grace	Martin
Evergreen Club	Grey	Larry
CareOregon	Gullam	Elizabeth
Roseburg Club	Haggin	Shawn
AAA Towsters	Hardmon	Tracy
Clark County Toastmasters Club	Harris	Elizabeth
Salmon Speakers	Hefely	Hannah
Jefferson State Toastmasters	Hill	Ethan
Gresham Toastmasters Club	House	Janeen
WE Toasted Toastmasters	Hunt	Teresa
Tualatin Valley Toastmasters Club	Islam	Mazharul
Creative Communicators	Jacobson	Jen
Jefferson State Toastmasters	Jennings	Sera
Communicators Plus	Johnson	Jacob
Fortunate 500 Club	Kibert	Evan
Toast Of Tualatin, Lam Research	Klingenberg	Justine
Creative Communicators	Kutsev	Pavla
Lebanon Toastmasters	La Coste	Joseph
New Horizons Toastmasters Club	Lal	Harbans
University Toastmasters Club	Lawrence	Bernard
Babble-On Toastmasters Club	Lemense	Todd
Tell Me A Story	Lemieux	James
Speakeasy Toastmasters	Li	Peng
New Horizons Toastmasters Club	Lin	Huei-Hua
University Toastmasters Club	Lindsay	Marilyn
Newberg Toastmasters Club	Marshall	Alexander
Wallmasters International Club	martin	Bianca
Babble-On Toastmasters Club	McCoy	Joshua
Essayons Club	McGrath	Michael
Sage Beaverton Toastmasters	McGregor	Gavin
Babble-On Toastmasters Club	Miller	Aurora

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Marylhurst Toastmasters	Morgan	Alexandra
Tualatin Valley Toastmasters Club	Nair	Vinayak
Babble-On Toastmasters Club	Nonnarath	Kombai
Tualatin Valley Toastmasters Club	Obaida	Md Abu
Coachmasters Toastmasters Club	Oddo	Amita
Sherwood Town Criers Club	Orzechowski	Brennan
Corvallis Evening Group	Park	Deok-Hie
Smooth Talkers Club	Pence	Brian
Clark County Toastmasters Club	Phelps	Dawn
MIME Speaks	Popham	Kinsey
Myrtlewood Hootowlers Club	Procetto	Geri
CareOregon	Ragatz	Jeannie
M A C Toastmasters Club	Rask	Elliot
CareOregon	Riley Bennett	Aja
Tell Me A Story	Rinaldi	Joshua
Communicators Plus	Roby	Shelly
Lake Oswego Toastmasters Club	Rosenblad	Johnny
Portland Club	Ryan	Nora
WE Toasted Toastmasters	Savage	Rocky
Professionals of Portland Toastmasters	Seyler	Athan
Babble-On Toastmasters Club	Shambry	David
Beachtown Toastmasters	Shanti Ariel	Kathryn
Pearl District Toastmasters Club	Sharp	Lieghti
CareOregon	Shukla	Yatin
Talk-In-Tel	Singaravelan	Santharaman
Toast to US	Smiley	Charlie
Talk-In-Tel	Stenderup	Pinping
AAA Towsters	Stoffregen	Marc
WE Toasted Toastmasters	Tang	Josephine
New Horizons Toastmasters Club	Taratula	Olena
Wagon Tongues	Taylor	Emilie
Myrtlewood Hootowlers Club	Taylor	Renee
Myrtlewood Hootowlers Club	Taylor	Richard

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
MIME Speaks	Tilt	Azara
Speakeasy Toastmasters	Valamehr	Jonathan
Coachmasters Toastmasters Club	Vashutah	Carl
Toastmasters of Redmond	Wheeler	Monica
Evergreen Club	White	Charlene
Gresham Toastmasters Club	Wittren	Jodie
Myrtlewood Hootowlers Club	Workhoven	Deeanne

FYI

Has your club moved to online meetings during Covid-19?

If so, be aware that there are trolls ready and waiting to disrupt your club meeting, However, with a few adjustments you can stop them from joining you. The following message was posted on Facebook from Shery Roush, DTM.

Sheryl Roush
CAUTION! If you're holding virtual meetings, check your settings. Trolls have been Zoombombing public meetings by sharing their screen and playing disturbing, pornographic, or violent content.
A few simple settings changes will prevent this.

- **Change screen sharing to "Host Only."**
- **Disable "Join Before Host" so people can't cause trouble before you arrive.**
- **Enabling "Co-Host" so you can assign others to help moderate.**
- **Disable "File Transfer" so there's no digital virus sharing.**
- **Disable "Allow Removed Participants to Rejoin" so booted attendees can't slip back in.**

#ZOOM #Virtual

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
VC2	2/3/2020	Adrian, Valerie	Clackamas County Toastmasters
DL4	2/19/2020	Akers, Traci	Audacious Orators
DL3	2/19/2020	Akers, Traci	Audacious Orators
DL2	2/19/2020	Akers, Traci	Audacious Orators
PM1	2/19/2020	Alderson, Susan	Audacious Orators
PM2	2/15/2020	Ard, Michael T.	Sherwood Town Criers Club
PM1	2/14/2020	Ard, Michael T.	Sherwood Town Criers Club
IP2	2/7/2020	Barrientos, Carlos Juan	Dallas Toastmasters
IP1	2/7/2020	Barrientos, Carlos Juan	Dallas Toastmasters
IP2	2/18/2020	Basile, Emily Love	At The River's Edge Club
DTM	2/17/2020	Bergman, Erik	WE Toasted Toastmasters
CL	2/24/2020	Bhagavatula, Anil	Liberty Talkers
EH2	2/26/2020	Bird, Summer Thomas	Toasting Excellence Club
IP1	2/6/2020	Bolding, Vance Jerome	Essayons Club
ACS	2/15/2020	Broad, Simon J.	Moser Community Toastmasters
IP2	2/27/2020	Campbell, John	WE Toasted Toastmasters
IP1	2/6/2020	Carn, Emmet Karier	Essayons Club
DL2	2/6/2020	Chakkedath, Ajith	Speak To Lead Toastmasters
DL2	2/6/2020	Child, Andrew J	NuScale Toasters
DL1	2/6/2020	Child, Andrew J	NuScale Toasters
CL	2/13/2020	Clark, James	Capital Toastmasters Club
PM1	2/26/2020	Clark, Tara Cutler	Sherwood Town Criers Club
ALB	2/25/2020	Colway, Christa M.	Yaquina Toastmasters
ACB	2/25/2020	Colway, Christa M.	Yaquina Toastmasters
CC	2/18/2020	Conway, Jonathan	At The River's Edge Club
LD1	2/19/2020	Corbin, Tamsen Miller	WE Toasted Toastmasters
VC3	2/2/2020	Costello, Andi	Vancouver Toastmasters Club
IP3	2/13/2020	Davis, Steve	Sherwood Town Criers Club
CC	2/21/2020	Delavar, Katja	Politically Incorrect Toastmasters Club
MS3	2/4/2020	DeLeon, Tammy Lynne	Toast of Corvallis Toastmasters Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
MS5	2/19/2020	Derridinger, Olivia	Cedar Hills Club
CL	2/26/2020	Dickson, Steven M.	VA SORCC Toastmasters
TC3	2/7/2020	Dickson, Steven M.	VA SORCC Toastmasters
TC2	2/7/2020	Dickson, Steven M.	VA SORCC Toastmasters
TC1	2/7/2020	Dickson, Steven M.	VA SORCC Toastmasters
VC3	2/26/2020	Dorzab, Erich W	The Dalles Toastmasters Club
EC1	2/2/2020	Fabbrocino, Michael	Lebanon Toastmasters
ACB	2/12/2020	Fanning, Paul C.	Feedbackers Toastmasters Club
ALB	2/12/2020	Fanning, Paul C.	Feedbackers Toastmasters Club
VC3	2/7/2020	Fasone, Hollie Lynn	Gresham Toastmasters Club
PI1	2/24/2020	Fitzmaurice, Mark	Silicon Forest Club
ACB	2/7/2020	Fox, Haley	Audacious Orators
DL2	2/3/2020	Freitas, Anna	Transtoasters
LD2	2/19/2020	Grace, Martin	The Dalles Toastmasters Club
LD1	2/15/2020	Grace, Martin	The Dalles Toastmasters Club
PM1	2/5/2020	Hall, Elizabeth Helen	Professionally Speaking
EC4	2/28/2020	Harmon, Phyllis A.	Feedbackers Toastmasters Club
DL3	2/26/2020	Harvey, Joshua David	Toast to US
LDREXC	2/28/2020	Hennick, Sharon D.	Myrtlewood Hootowlers Club
PM3	2/9/2020	Horenstein, Dorice	Toastmasters For Speaking Professionals
PM2	2/9/2020	Horenstein, Dorice	Toastmasters For Speaking Professionals
TC2	2/18/2020	HOY, NOBUKO	Clackamas County Toastmasters
ACB	2/12/2020	Illera, Iris	Sherwood Town Criers Club
VC2	2/7/2020	Jacobsen, Malaia	MIME Speaks
DTM	2/11/2020	Johnson, David R.	Moser Community Toastmasters
ACG	2/5/2020	Johnson, David R.	Fortunate 500 Club
DL1	2/6/2020	Johnson, Joanna	Flying Toasters Club
CC	2/18/2020	Jones, Craig	Sage Beaverton Toastmasters
PI1	2/13/2020	Karter, Alex	Swan Island Toastmasters
EH2	2/28/2020	Kerns, Caroline	Creative Communicators

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
LDREXC	2/19/2020	Kersjes, Theo	PMI Portland Toastmasters
CC	2/10/2020	Kirsch-Mahaffey, Chris A	West Beaverton Club
PI2	2/5/2020	Krawczyk, Amal	Professionally Speaking
EH3	2/5/2020	Lehnerz, Larry	Yaquina Toastmasters
MS3	2/27/2020	Lemense, Todd	PMI Portland Toastmasters
MS2	2/27/2020	Lemense, Todd	PMI Portland Toastmasters
MS1	2/11/2020	Lemense, Todd	PMI Portland Toastmasters
ALB	2/22/2020	LeVine, Susanne	Liberty Talkers
ACB	2/13/2020	Lindquist, Michael David	Feedbackers Toastmasters Club
CL	2/3/2020	Locke, Julius Patrick	Early Words Club
IP2	2/19/2020	Marking, John	NuScale Toasters
CL	2/12/2020	McCollum, Bernice	Stevenson Club
CL	2/12/2020	McCollum, Bryce	Stevenson Club
IP2	2/3/2020	McLellan, Joseph Q	Toastmasters of Redmond
TC1	2/6/2020	Meyer, Caleb Antocha	Essayons Club
EH2	2/1/2020	Midghall, Michael J.	West Beaverton Club
MS1	2/21/2020	Miezejeski, Colleen Marie	3 Stripe Adidas
LD1	2/20/2020	Molina, Jorge Andres	NuScale Toasters
MS1	2/19/2020	Mulligan, Annette Marie	Coachmasters Toastmasters Club
CL	2/18/2020	Murozono, Etsuko	Electric Toasters Club
EC3	2/22/2020	Nikula, Joyce	Newberg Toastmasters Club
VC3	2/27/2020	Nixon, Scott	Bend Chamber Toastmasters
IP5	2/5/2020	Norris, Lauralee K.	Yaquina Toastmasters
IP4	2/5/2020	Norris, Lauralee K.	Yaquina Toastmasters
VC3	2/19/2020	Ochsner, Terry	Professionally Speaking
IP1	2/20/2020	Parker, Kellie Laree	NuScale Toasters
DL3	2/13/2020	Parker, Traci	Swan Island Toastmasters
PM2	2/21/2020	Parra, Sanae	3 Stripe Adidas
PM1	2/21/2020	Parra, Sanae	3 Stripe Adidas
LD4	2/28/2020	Pashia, Eric	Bend Chamber Toastmasters
ACG	2/19/2020	Pence, Brian Eric	Smooth Talkers Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
LD3	2/21/2020	Peralta, Diane Dugay	Feedbackers Toastmasters Club
VC2	2/28/2020	Peterson, Mike G.	Creative Communicators
EH1	2/11/2020	Redgrave, Cheri A.	Communicators Plus
IP4	2/11/2020	Redgrave, Cheri A.	Communicators Plus
SR1	2/18/2020	Remsburg, Brian Thomas	Coachmasters Toastmasters
LD2	2/28/2020	Rivoli, Barb	Creative Communicators
DL5	2/20/2020	Robison, James Craig	Portland Progressives
EH4	2/25/2020	Rosenberg, Michael Kenyon	Toast Of Tualatin, Lam Research
EH3	2/25/2020	Rosenberg, Michael Kenyon	Toast Of Tualatin, Lam Research
EH2	2/25/2020	Rosenberg, Michael Kenyon	Toast Of Tualatin, Lam Research
IP3	2/19/2020	Rydlun, Fredrik	Bend Chamber Toastmasters
IP2	2/6/2020	Rydlun, Fredrik	Bend Chamber Toastmasters
ALS	2/26/2020	Sandwick, Jean K.	Wallmasters International Club
DL3	2/19/2020	Schellenberg, Lyle W.	Bootstrappers Club
PM2	2/10/2020	Schowe, Harvey L.	Blue Ox Club
CL	2/24/2020	Schupp, Lisa S.	Lebanon Toastmasters
VC2	2/24/2020	Schupp, Lisa S.	Lebanon Toastmasters
PM2	2/3/2020	Schweitzer, Teresa L	Toastmasters of Redmond
EC4	2/20/2020	Semprevivo, Karen Ann	Portland Progressives
LDREXC	2/10/2020	Semprevivo, Karen Ann	Blue Ox Club
IP5	2/13/2020	Shehorn, David A.	Clark County Toastmasters Club
PM2	2/6/2020	Silver, David M	Essayons Club
PM1	2/6/2020	Silver, David M	Essayons Club
VC1	2/13/2020	Simmons, Shannon Michelle	Swan Island Toastmasters
MS1	2/6/2020	Smith, Tiffani R	Barnhart Toastmasters
EC1	2/6/2020	Smith, Tiffani R	Barnhart Toastmasters
IP3	2/1/2020	Somasundaram, Namitha	Speakeasy Toastmasters
ACG	2/11/2020	Sparks, Michael D.	Spirit Trackers
PM1	2/7/2020	St John, Petra	Milwaukie Talkies
CL	2/4/2020	Steele, James P.	Toast of Corvallis Toastmasters
ACS	2/14/2020	Stein, Bill	Toast of the Region Club
CC	2/8/2020	Stoddard, Anderson J	Ilwaco Toastmasters

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
LD1	2/6/2020	Strawn, Darin J.	RA Chiptalkers
VC5	2/11/2020	Stricker, Michael	Speakers With Spirit Club
PM5	2/12/2020	Sullivan, Brian	Smooth Talkers Club
MS3	2/28/2020	Takamura, Ted J.	Marylhurst Toastmasters
CC	2/27/2020	Test, Cindy S.	High Noon Club
ACS	2/12/2020	Tham, Jamie	Silicon Forest Club
MS4	2/27/2020	Topping, Sean Phillip	Nano-Mated Speakers
LD4	2/26/2020	Toye, Douglass Craig	Sherwood Town Criers Club
DL2	2/18/2020	Turull, Albert	Gateway Toastmasters
VC1	2/7/2020	Tuttle, Debbie A.	Milwaukie Talkies
CL	2/7/2020	Walker, Linda Lucille	Newberg Toastmasters Club
DL3	2/7/2020	Wang, Sigi	MIME Speaks
ALS	2/13/2020	Ward, Jill M.	Wallmasters International Club
DTM	2/13/2020	Ward, Jill M.	Wallmasters International Club
LDREXC	2/12/2020	Ward, Jill M.	Wallmasters International Club
IP4	2/26/2020	Waters, John E.	Buckaroo Toastmasters
SR3	2/25/2020	Wilkinson, Neal	MIME Speaks

One learns from books and example only that certain things can be done. Actual learning requires that you do those things.

– Frank Herbert

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Abbott, Nichole Danae	3	EC1 , EC2 , EC3
Adams, Becky	6	IP5 , IP1 , IP2 , IP3 , IP4 , CL
Akers, Traci	4	DL1 , DL2 , DL3 , DL4
Al-Wadud, AbdurRashid	3	MS3 , MS4 , MS2
Arnold, Cate Ann	7	ACS , ACG , ALB , LDREXC , ACB , CL , CC
Baker, Jennifer L.	3	IP1 , IP2 , IP3
Bergman, Erik	6	PM5 , EH1 , LDREXC , CC , ALS , DTM
Bird, Summer Thomas	3	EH2 , VC5 , EH1
Booth, Jonathan	3	IP2 , IP3 , IP4
Caloca, Paul	3	DL1 , DL2 , DL3
Carson, Paul	3	ALS , DTM , LDREXC
Chambers, John	3	LD2 , LD3 , LD4
Chen, Karen	3	PM3 , PM1 , PM2
Christensen, Kim	3	PM1 , PM2 , PM3
Cook, Rodger	3	LDREXC , ACS , ALS
Corbin, Tamsen Miller	4	EC5 , PM3 , PM4 , LD1
Cottingham, Dorothy	3	MS3 , MS4 , MS5
Culp, Jason M	3	PM1 , CC , CL
Davis, Eric Samuel	3	CC , ACB , ACS
De Graff, Peter B.	3	VC2 , VC3 , VC4
Dent, James A.	4	VC2 , TC2 , TC3 , VC1
Derridinger, Olivia	4	MS2 , MS3 , MS4 , MS5
Dickson, Steven M.	4	CL , TC1 , TC2 , TC3
Douglass, Matthew	4	ACS , ACG , CL , ALB
Fanning, Paul C.	10	DTM , CL , LDREXC , LD4 , ACG , ALS , LD5 , CC , ALB , ACB
Fasone, Hollie Lynn	3	VC1 , VC2 , VC3
Grace, Martin	3	DL2 , LD1 , LD2

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Hall, Robert B.	5	EH2 , EH1 , EH3 , EH4 , EH5
Harmon, Phyllis A.	4	EC1 , EC3 , EC4 , EC2
Harvey, Joshua David	3	DL1 , DL2 , DL3
Heitz, Nena	3	EC2 , EC3 , EH1
Johnson, David R.	4	PM2 , PM1 , ACG , DTM
Kelley, Todd D.	4	LDREXC , ALS , ACG , DTM
Kemp, Susan K.	3	IP1 , CL , ALB
Knapp, Thomas K.	4	DL3 , DL4 , DL5 , PWMENTORPGM
Kumar, Anil	3	IP4 , DL3 , IP5
Lee, Rusty	3	VC3 , VC4 , VC5
Lemense, Todd	3	MS2 , MS3 , MS1
Lin, Amy	3	IP1 , IP2 , IP3
Lindquist, Leanna	4	PM3 , CL , CC , CC
Locke, Julius Patrick	14	PI4 , CC , LD2 , CC , LDREXC , ALS , DTM , ACS , ACG , ALB , CL , CC , ACG , ACS
Marsh, Brandon D.	5	LD1 , LD2 , LD3 , LD4 , LD5
Mathis, Steve Nathaniel	3	TC1 , TC3 , TC2
McKinney, Brad A	4	EC1 , EC2 , EC3 , EC4
Midghall, Michael J.	3	EH1 , MS3 , EH2
Miller, Joan	3	LD1 , LD2 , LD3
Nayak, Chinmayee	3	LD1 , LD2 , LD3
Nixon, Scott	3	VC3 , VC1 , VC2
Parsons, Richard B.	3	ACG , ACS , DTM
Pence, Brian Eric	3	ACS , CL , ACG
Peralta, Diane Dugay	3	LD1 , LD2 , LD3
Pinchot, Bethj	3	CL , ALB , VC3
Pugh, Crystal D.	3	MS4 , EC5 , MS5

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Redgrave, Cheri A.	5	IP2 , IP3 , SR5 , IP4 , EH1
Rosenberg, Michael Kenyon	3	EH2 , EH3 , EH4
Schellenberg, Lyle W.	4	DL1 , DL2 , VC5 , DL3
Schowe, Harvey L.	4	CC , CL , PM1 , PM2
Schupp, Lisa S.	5	VC1 , PI4 , VC2 , CL , ACG
Semprevivo, Karen Ann	6	LD3 , ALB , ALB , LDREXC , EC4 , CC
Solomon, Andrew G.	4	ALB , CL , CC , ACB
Stampflee, Tiffany A	4	LD2 , LD3 , LD4 , LD5
Standeven, Ernest J.	4	ACG , LDREXC , ALS , DTM
Stark, Katherine	4	LDREXC , SR2 , SR3 , ACG
Stgrickland, Scott	3	CC , EC1 , EC2
Takamura, Ted J.	3	MS1 , MS2 , MS3
Taylor, Emilie	4	MS3 , IP4 , MS2 , CL
Topping, Sean Phillip	5	MS4 , MS1 , MS2 , MS3 , ACB
Walker, Linda Lucille	3	CC , PM1 , CL
Walker, Marvin Lynn	3	EC2 , CL , PM4
Wantz, James	3	VC3 , EH1 , EH2
Ward, Jill M.	4	ACG , LDREXC , ALS , DTM
Wolfe, Jane	3	EH1 , EH2 , EH3
Wolfe, Norman	4	PM3 , LDREXC , PM4 , PM5

Membership renewals must be received by Toastmasters International no later than April 30. Don’t be left behind.

HAPPY ANNIVERSARY TO MARCH CLUBS

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

CHARTER DATE	YEARS	CLUB	CITY
3/25/2013	7	Audacious Orators	Wilsonville
3/31/2004	16	Babble-On	Portland
3/29/2001	19	Battle Ground	Battle Ground
3/17/2003	17	Bend Chamber	Bend
3/5/2017	3	Cascade Micro-Toasters	Beaverton
3/1/1999	21	Clark County	Vancouver
3/30/2010	10	Coastmasters	Crescent City
3/13/2012	8	Columbia Communicators	Portland
3/31/2010	10	Liberty Talkers	Beaverton
3/1/1980	40	Lunch Bunch	Eugene
3/4/2011	9	Milwaukie Talkies	Milwaukie
3/1/1993	27	New Beginnings	Vancouver
3/14/2017	3	Politically Incorrect	Vancouver
3/3/2010	10	Professionals of Portland	Portland
3/3/2014	6	Salmon Speakers	Vancouver
3/27/2006	14	Smooth Talkers	Lakeview
3/1/1991	29	Southern Oregon Speechmasters	Medford
3/1/1954	66	Sunrise Toastmasters Club #1492	Portland
3/8/2019	1	Talking Heads	Portland
3/1/1988	32	Tell Me A Story	Portland
3/1/1999	21	The Dalles	The Dalles,
3/30/2015	5	Toast to US	Tigard
3/7/2006	14	Walker Talkers	Beaverton
3/1/1986	34	West Beaverton	Beaverton

Dottie Love, DTM

Eldred Brown, DTM

Emilie Taylor, DTM

James Wantz, DTM

Leanna Lindquist, DTM

Leeza Carlone Steindorf

Maryann Remsburg

Michelle Alba-Lim, DTM

Paul Fanning, DTM

Phyllis Harmon, DTM

PJ Kleffner, DTM

Yusuf Arifin

Commit to Your Continued Growth!

Renewal period extended until April 30, 2020 due to Covid-19

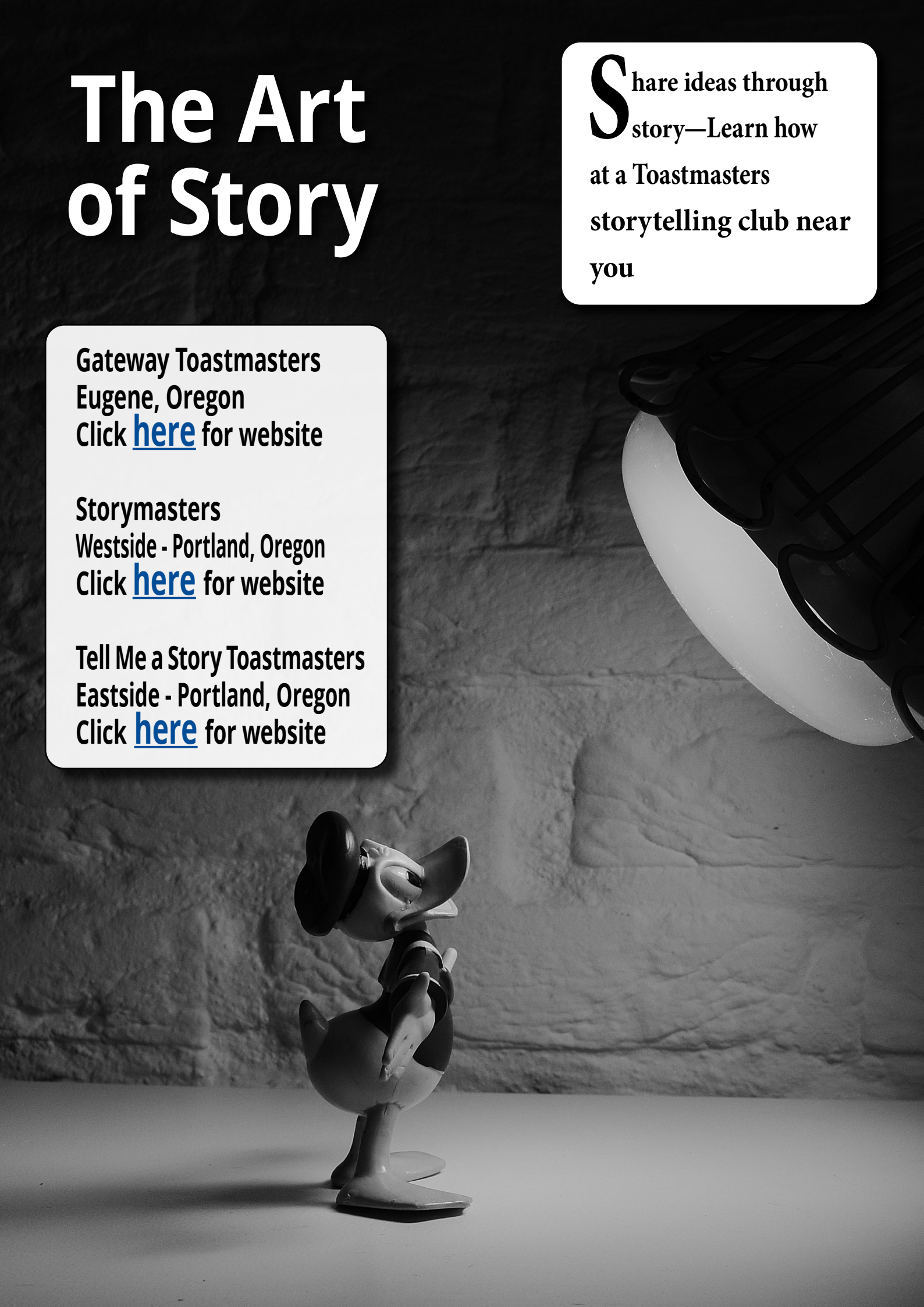
The Art of Story

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

Gateway Toastmasters
Eugene, Oregon
Click here for website

Storymasters
Westside - Portland, Oregon
Click here for website

Tell Me a Story Toastmasters
Eastside - Portland, Oregon
Click here for website



Now accepting new members to train as TV Toastmasters hosts

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