

2021 DISTRICT CHAMPIONS



Yasmeen Telwala
Speech Evaluation Champion



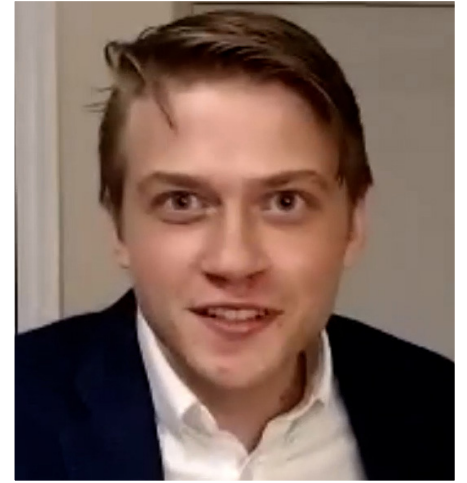
Eric Winger
International Speech Champion



Late Bloomers
Leanna Lindquist, DTM



**Re-learning How to
Drive After Pandemic**
Anil Kumar, DL5



I Have An Idea
Graham Smith, PM2

Feedbackers Toastmasters

The Evaluation Workshop Club



Join us!

July 14, 2021

7:15–9:00pm

feedbackers.toastmastersclubs.org

It's Nearly Over!

Phyllis Harmon, DTM, PDG - Publisher/Editor



Another year comes to an end. And what a year it has been! We started the year connecting with more Toastmasters online than ever before in a live Toastmasters convention. District 7 Clubs gained members from around the globe, making us truly an international District. We've turned the pandemic corner here in District 7 and are headed towards a brighter and more productive future. Soon we will transition into blended Clubs accommodating members who joined us through the magic of Zoom. We've been thrown into a maelstrom of change from which we are emerging stronger and more technically savvy. Pathways has been fully implemented with members deciding whether to embrace the program or move on to other endeavours. Transition and change are part of life. The lesson is how to deal with the new paradigm.

Our leadership team is finishing the year by planning for the next. If you've not been approached to accept an appointed position, let the incoming team know of your interest. There is always work to be done, and it only gets accomplished when members choose to be involved. If you are an event planner, leader, coach, mentor, or have the desire to learn the necessary skills to be successful in these roles, speak up! I know for a fact that you will learn more than you ever thought possible, and you will have plenty of stories to share as you complete your next Path.

And finally, as you put the finishing touches on your year, reflect on your wins and losses. Both contain important lessons. See you next year!

EDITORIAL

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Publisher
Phyllis Harmon, DTM

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Phyllis Harmon, DTM

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Leanna Lindquist, DTM

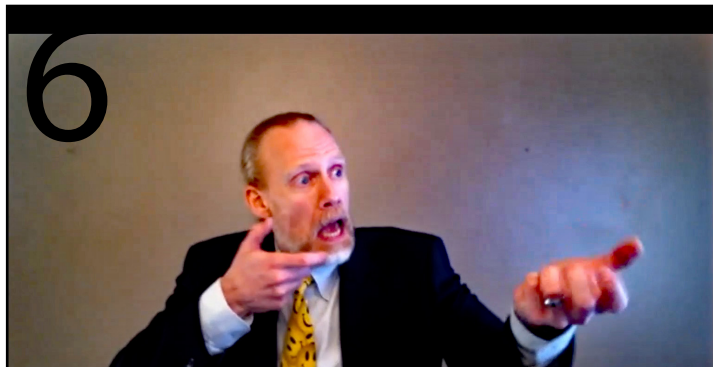
Monthly Columnists
David Freedman, IP3
Eldred Brown, DTM
Emilie Taylor, DTM
Harvey Schowe, DTM
Leanna Lindquist, DTM
Lee Coyne, ATMS
Lorri Andersen, DTM
Paul Fanning, DTM
PJ Kleffner, DTM

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Program Quality Director
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Club Growth Director
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Public Relations Manager
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PANEL DISCUSSION

Plan for Club Success!

July 14, 2021
6:30 - 7:30

**Visit the
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Dorrie Taylor, DTM


Erik Bergman, DTM


Suzanne Lomb, VCI



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Eric Winger, DTM - District 7 International Speech Champion



Yasmeen Telwala - District 7 Speech Evaluation Champion

MEET THE 2021 DISTRICT CHAMPIONS

ERIC WINGER, DTM - D7 INTERNATIONAL SPEECH CHAMPION

Please share your background history so the reader connects with you (where born, grew up, moved to Oregon)

I grew up in a farming community in Iowa, largely spending my days riding my bike, sledding, reading books, and hanging out on the street corners with my friends. Yes, you can hang out on street corners in a small town - at least until Mom calls you.

Eventually, I discovered a minor talent for problem-solving and got my Bachelor's Degree in Computer Science from Iowa State University. Chasing tech jobs, I bounced around the country writing code and screwing my head on just well enough to find a beautiful partner to marry, Melissa, then stood idly by while she gave birth to our three kids.

Our family moved to the Portland area in 2005 when I took a job at a local software company in Beaverton. It had been a difficult period in our lives as I had been laid off from my software job the prior summer. It's hard to feed a family from the unemployment line so we uprooted from Walla Walla, Washington and planted ourselves in Tigard, Oregon.

There is a happy ending. I'm still gainfully employed by the same firm, Melissa and I are empty-nesters, and the kids still speak to me - when they want money.

You are are the first Superfecta or Grand Slam winner. Winning all four District contests—International Speech, Evaluation, Humorous Speech, and Table Topics. Please share what that title means to you.

Winning the Grand Slam taught me two things - humility and humility. I have lost far more speech competitions than I've won. I would probably do well on that reality TV show, *The Biggest Loser*, because they judge you on how much you can lose. However, every loss taught me that I had something to learn. Taking these lessons to heart, I learned a lot. No matter how painful it is to lose, it teaches you that there is always more to learn even if it's just how to lose with grace and aplomb. The lesson in losing - humility.

On the flip side, I have also won all four District speech competitions which is informally known as the 'Grand Slam' of District Speech contests. I'd be lying if I didn't tell you it felt good to win that prestigious, unofficial honor. Yet, there's something to learn in winning,

too. Every competition had its share of terrific speeches. Sometimes, I would laugh or be moved nearly to tears by a competitor's speech. Other evaluation contestants were insightful and many impromptu competitors were spontaneously

eloquent. To say I was "better" than them is just wrong. The lesson in winning humility.

When did you join Toastmasters and what prompted you to do so? How long have you been a member, what club do you belong to, etc.?

I'm a member of the Silicon Forest Toastmasters Club. We meet on Wednesdays at Noon (PDT). I'm also a member of the newly-chartered PR Masters (7pm first Thursdays PDT).

Toastmasters for me began with an election. In 2009, I had been elected to be the president of our kids' elementary school parent organization without knowing how to lead a group. I mentioned this to my friend, Tom, who said,



"You should come to Toastmasters. We lead. We speak. We have fun." And I replied, "You lead. You speak. That doesn't sound like fun." But I went to Toastmasters anyway and, well, the rest is rhetorical history.

Your speech topic—what prompted you to choose the one you did?

The speech centers around me shooting out a truck window with a BB gun and my mother's forgiveness. Mom died in 2018 from Lewy-Body Disease. For most of her adult life, she carried a smooth little rock in her purse she called her 'worry stone.' She worried a lot because I was her only child and I did dumb things. Since she died, I've carried her worry stone with me. Perhaps, subconsciously, I chose this topic to thank her for all the times she forgave me.

Sadly, just a few days after the District 7 speech competition this past month, my father died unexpectedly. He was gone before I could tell him that I had won. I'd like to think he would have been proud of me—in spite of having to replace that truck window.

People always want to know how you prepared for the District contest – do you have a special routine you follow, certain lucky socks you wear or something like that?

I don't have lucky socks that I wear although I do wear my smiley face "Walmart" tie - the one on the front cover of this month's magazine. It makes me smile. Hope it makes others smile too.

I took many long walks after I wrote the rough draft of the speech. That was when I recited parts of the speech to myself and listened to the words. I worked rhetorical devices and built transitions. I captured the changes each day in a Google document.

Back the biographical info—married? Kids?

What do you do outside of Toastmasters that makes you feel complete.

As I mentioned before, I am married to a wonderful woman, Melissa, who keeps me grounded. Anyone who has heard me speak probably knows that raising our three kids was (ahem) a small challenge. When they moved out Melissa looked at me and said, "I think we have PTSD—Post Teenager Stress Disorder." We're still recovering.

YASMEEN TELWALA, DL3 - D7 SPEECH EVALUATION CHAMPION

Please share your background (where were you born, etc.)

I come from a beautiful city in the state of Rajasthan in Northern India called Udaipur. The city is nicknamed "City of Lakes" and is surrounded by the Aravali Mountains (one of the oldest mountain ranges in the world). I have been living in different parts of Asia (Japan) and Europe (Rome and Bonn) in the last 10 years. I want to thank the COVID pandemic as it offered me an opportunity to work from home and brought me back to my home city after a decade of living abroad. I arrived in Udaipur in January 2020 and that's where I am now.

When did you join Toastmasters and what prompted you to do so? How long have you been a member, which club(s) do you belong to, etc.

I was introduced to Toastmasters by my

intern in 2016 while working with UN FAO (UN Food and Agricultural organization). That was my first physical club. But soon I had to leave the city when my job contract ended. Early on I realized that with my mobile work environment, online clubs would work better for me than a physical club. In 2018, I joined the online club I am now with. I wanted to participate in speech contests but I learned online clubs were not



included in speech competitions. It wasn't until COVID happened in 2020 that all the contests had to shift online and the world seemed connected and smaller as never before. I am member of Roseburg Speakers and Storytellers Club of which I am currently VPM, In July I serve as VPE. I dedicate my success completely to my Club which is unique in the sense we have members from 10 nationalities. It gave me the type of diversity and acceptance, I have always been looking for.

Your speech evaluation included props. What prompted you to do so?

I always find it easier to follow a story when there are visual aids associated with speeches. This is something I tried and adopted myself. It helps me to keep excitement and curiosity in the audience, which keeps them connected to my speech. Therefore, I also thought to include props in the evaluation speech. It

also takes me beyond my comfort zone by being different and innovative. I have started liking these experiments and this is a new dimension I have added recently to my speeches. Props become fun in evaluation contests because they demand more creativity in a limited time as most of the time we are not

familiar with the speech and are not sure of the appropriate props that could be used.

How do you evaluate a speech (other than the props). Do you have a method or process you follow?

I have benefited a lot from the evaluation workshops that were held in our Club. I learned about several methods such as the Sandwich method. However, I find it especially useful if the evaluation is done by asking questions—What did I see? How

did I feel? What did I hear? What did I miss hearing? What is it that the speaker could have done better?

I have to admit that another thing that helped me were the evaluation winners themselves. I have an interesting story. I was a runner up in my Club evaluation contest. I made a point of learning from the winner. What is it that she did better? Circumstances kept the winner from participating in the Area contest. As runner up, I got the opportunity to do so. Again in the Area contest, I was the runner up. I learned from the Area winner what it was that made her better. Once again, the Area winner could not participate at Division level. Before I knew it, I was the Division A contestant. Imagine my surprise when I was announced the District winner!

I believe it was the continuous learning in the process, the learning from the better contestant (the more experienced one) that helped me be successful.

Also it might seem odd but I feel evaluations and Table Topics are really connected. If we master the technique of impromptu speaking—structuring our speeches in a few minutes—and couple it with observation and assessment/analytical skill, we become a good evaluator. An evaluator has to be honest, genuine with the message coming from the heart.

Back to the biographical info –Are you married? Kids? What do you do outside of Toastmasters that makes you feel complete?

I have travelled to over 30 countries in Asia, Pacific islands, Africa, Europe, US, and Australia. This explains my love for travel. I earned my PhD in 2008 when I studied the impact of climate change on the endemic plant species in Eastern Himalaya. I am an ecologist by training and work on science policy interface with intergovernmental organizations (UN). I worked as the regional lead for the Asia Pacific while I co-ordinated the land degradation program.

I am a hiking queen and enjoy running, cycling, swimming, and photography. I believe in creating happiness rather than seeking happiness. I am a minimalist and believe in very simplistic close-to-nature living. I'm not a big fan of consumerism. Farming, nature, and agriculture keeps me alive. I dream to open an organization in my city for ecological restoration in the region and Aravalis in particular.



Reflections

PJ Kleffner, DTM - District Director

I remember complaining that I could no longer read the newspaper because they kept making the print smaller. I finally relented and admitted that it was time to get reading glasses. The first time I looked at my reflection in the mirror, I was shocked! Where did all of those wrinkles come from? Why is my father looking back at me?

Reflections are like that—sometimes we don't like what we see. However, we learn in Toastmasters that our speech evaluations are how we reflect on what we did well and where we can improve. Many of us share the opinion that learning to give and receive feedback is one of the most important things we practice in Toastmasters.

As my term as District Director draws to a close, I look back at all we have accomplished during this difficult, yet rewarding year. I had it easy in one way, because we were in full pandemic

lockdown for the entire year. We started the year already meeting on Zoom, and knew that our Club meetings, speech contests, officer training, and annual conference would all be held online. The previous Trio was blind-sided by Covid-19, and had to quickly make a lot of difficult decisions that focused mainly on survival—both as Toastmasters and human beings. Yes, we did lose members and Clubs, but in spite of that, we finished the year with record numbers of educational awards, and especially DTMs. We also learned many new online meeting skills that were immediately transferrable to the workplace. These new skills also helped us maintain family and social connections.

We lost a few more Clubs after the start of the current program year, but other Clubs thrived in the online environment. Clubs that were struggling with membership suddenly had visitors and new members from around the



world. It will be interesting to see how all this shakes out as Clubs shift to a hybrid or blended model after in-person meetings resume.

Naysayers believed it would be impossible to start new clubs online—they were wrong! As of this writing, we have officially chartered six new Clubs, paperwork has been submitted for three more, and others are racing toward the finish line.

Individual members have also been busy. Our members have completed a total of 1,098 educational awards so far this year. 130 members have completed at least three educational awards to earn themselves a Triple Crown Pin. There is always a year-end rush, so I know there are more coming.

When individual members achieve educational goals, it rolls up to Clubs achieving goals. Thirty-four of our Clubs have already earned Distinguished or higher status in the

Distinguished Club Program. That means they have achieved at least five out of ten goals and met the membership requirements. I expect to see more Clubs on the list by the end of June.

We accomplished all of the above with a lot of effort and teamwork. There are so many people to thank for their contributions this year. I hesitate to name names, because I know I will overlook a lot of people. However, there are a few of you that I simply must acknowledge, starting with my fellow Trio members.

PQD Eldred Brown was responsible for all things related to our educational program, including speech contests, Club officer training (TLI), and the annual District Conference. We can all learn a few things about delegation from Eldred. He had excellent committee chairs who made it happen: Leanna Lindquist as Education Coordinator, Dr. Gwendolyn Avington as Pathways Proponents Committee Chair, Lyle

Schellenberg as Conference Chair, Kathleen Tully as Contest Chair, and Tamsen Corbin as Chief Judge. They coordinated literally dozens of other volunteers who worked behind the scenes for all of the events this year.

CGD Lorri Andersen was responsible for all things related to Club and membership growth, which was not a trivial task during a pandemic. Members of her team included Ken Coomes as Club Extension Chair, with Rodger Cook providing back up, Cleon Cox as Club Sponsor Coordinator, Paul Fanning as Club Coach Coordinator, plus Donna Stark, John Rodke and Paul Matulek on the Marketing Committee. I just finished a Zoom call with our Region Advisor and my fellow District Directors in Region 1. It appears that we will charter more new Clubs this year than any of the other Districts in the Region. Thank you and congratulations to everyone who helped make that happen.

My list keeps growing as I almost hear the Academy Orchestra reminding me to leave the stage. . . Other key members of the District Staff include Phyllis Harmon as Admin

Manager, Jamie Gould as Finance Manager, and Neal Iversen as PR Manager. I can't forget Dave Shehorn as Parliamentarian, Kathleen Tully as Realignment Committee Chair, Brian Richardson as Audit Committee Chair, Chris Angelopoulos as Webmaster, and thanks to Brenda Parsons for helping Chris transition into that role.

Finally, a huge virtual hug to Immediate Past District Director, Emilie Taylor, who has been a fabulous friend and mentor this year, who will remind you that it really does take a village.

It has been my pleasure to serve as your District Director for the 2020-2021 program year. I said earlier that I had it pretty easy because we were in lockdown for the entire year. I don't think we will ever go back to a "pre-Covid normal". My successor is going to have a lot of challenges putting the pieces back together as we make the transition to in-person meetings, plus online and hybrid meetings. It will never be the same as before. However, I will reflect on the lessons I have learned, and share those with him as a mentor and the IPDD. I'm looking forward to a great year of opportunities and regrowth.

The most dangerous leadership myth is that leaders are born—that there is a genetic factor to leadership. That's nonsense; in fact, the opposite is true. Leaders are made rather than born.

—Warren Bennis



**JUL
2021**

**Year's end
is neither an end
nor a beginning,
but a going on, with
all the wisdom that
experience can
instill in us.**

Hal Borland

Time Management from a Busy Bee

Eldred Brown, DTM - Program Quality Director



Have you ever had two jobs at the same time? Yeah, that's me right now. I'm in that crazy zone between two District leadership roles. I have to wrap up my work as your Program Quality Director, but at the same time, I'm putting everything together for the start of my term as your District Director on July 1. At times, having these two jobs at the same time feels a bit overwhelming, but time management skills I learned as your Club Growth Director are helping me to keep moving forward while still enjoying life. How do I do it?

Make a Weekly Plan

Every Sunday evening before I dive into my work week, I take the time to identify all the events I need to attend and all the tasks I need to accomplish during the week. I plot events on my Outlook Calendar, and tasks I list on my Trello board. When I wake up my computer each morning, I can then check my calendar for the day to see what events I have planned and make final micro-plans of how I'm going to attend them all. As the day progresses, I can then

open my Trello page and see what tasks I plan to accomplish. I know that, as busy as I am, if I don't plan an event on my calendar or a task on my Trello board, I will forget and leave somebody else or myself disappointed.

Follow a Routine

I can't remember the exact quote or who said it, but it goes something like this: "An ordinary person with a routine will accomplish more than a scatterbrained genius." During times when I'm looking for paying work, as I have been for the last several months, it's easy to allow my day to become unstructured. The best way to give myself the structure I need is to establish a daily routine. My routine may be different from yours. Maybe you have a job that requires you to report to a boss at a certain time each day and work through to a certain time. Maybe you're retired. Maybe you're an early bird who wakes at 5:00 every morning without an alarm clock. Or you could be a night owl like me who is most creative at midnight. Whatever works for you and your daily rhythm, plot your activities on a routine that has you doing much the same things at the same times every day.

Because so much of my work has me communicating with other people, I like to spend my mornings reading email and identifying those important messages that require my response that day. On Mondays, Wednesdays, and Fridays,

I make sure to include an hour at the local gym to get in a rigorous strength training workout. I work best the rest of the day when I take a 60-minute siesta at noon. In the afternoon, I tackle all the tasks that require my greatest focus—e.g., replying to emails, completing all the tasks on my day's to-do list, communicating with potential employers and interviewing for jobs, etc. After dinner is a good time for me to attend any evening meetings I may have scheduled, such as my Marylhurst Club meeting on Thursday nights, or finish any Toastmasters tasks I may need to finish. I also like to use this time for continuing education in my software engineering career.

This is a sneak peek into my daily routine. You will find that a different routine works for you. Whatever you do, follow a routine, and you'll find yourself a lot more productive.

Concluding Thoughts

I'm sure I could share a lot more time management ideas with you if I had the space in this article, but 700 words can go by quickly. For starters, though, a couple of good ways to gain some mastery over your time are to make a weekly plan and follow a daily routine. Doing these two things regularly will make your busy life a lot less stressful. It certainly is helping me manage the dual responsibilities of wrapping up my PQD year and preparing for my year as DD.



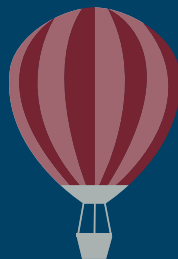
PR Masters

First Thursdays
7:00 - 8:30 pm PDT (-7 UTC)

- focused on growing PR skills
- innovative & FUN
- once a month club meetings
- open internationally

Join! Our Facebook Group
See! Our Website

Register Here!





For Immediate Release
Media Contact: Maren Zieba
VP Public Relations

PR Masters Charters

Portland, Oregon – June 11, 2021 – District 7 Toastmasters submitted charter paperwork to Toastmasters International for PR Masters Toastmasters, the newest club to join the District's growing roster of Clubs.

PR Masters was the natural outcome of a small group of Club VPs of Public Relations meeting to share ideas for attracting and converting visitors. They started meeting as a support group in mid-2020 following District 7's bi-annual leadership training.

Says Charissa Yang, Club Founder, "It's all about helping Toastmasters learn how to promote their own clubs as effectively as possible. We help each other learn and grow – and take the skills back with us to each of our own Clubs! Think of it as a mastermind of PR enthusiasts putting our brains together to tackle PR challenges facing our Clubs or small businesses."

The Club meets on first Thursdays, 7:00 - 8:30 pm PDT (-7 UTC). Visitors are encouraged to attend and discover for themselves why PR Matters. For more information, visit their website www.prmasters.club or Facebook page www.facebook.com/groups/prmastersd7

About District 7 Toastmasters

District 7 represents 134 Toastmasters clubs in Oregon, Southwest Washington and Northern California. For more information, please visit www.d7toastmasters.org.

About Toastmasters International

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Headquartered in Englewood, Colo., the organization's membership exceeds 364,000 in more than 16,200 clubs in 145 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders.

WELCOME NEW CLUBS!

Lorri Andersen, DTM
Club Growth Director

The 2020-2021 Toastmaster year will go down in history! It started like a slow hike up a steep hill. Once at the top we ran down the other side and gained momentum, moving faster every minute. In other words, we continue to run toward the June 30th finish line.

NEW CLUBS

Six clubs were chartered by June 19th. More are on the way! In January I had the opportunity to work with an amazing team at NWFSC (Northwest Fisheries & Science Center). The team included Christa Colway, Cynthia Mojica, and Lauralee Norris Grammans from Division B.

Have you heard that it takes a long time to complete the charter process? We did it in three weeks. We proved that theory wrong. Cleon Cox led the dynamic demo team. John Rodke gave an epic speech. The club chartered with 31 new members! Kamili Talley is the club mentor. We had a great time.

February 14th Friday Night Fun Masters chartered as our first Districted fully online club. They refer to themselves as “The Club with a Heart!” Michelle Aba Lim, Brian Dodd, Kevin Birdsill, and Tiger McAndie brought this club together. They went headfirst into the Covid storm and came out laughing on the other side.



CLUBS CHARTERED IN JUNE

North Eugene, a Division B community club, chartered June 1st. Crystal Clark and Juliana Leech weathered the Covid storm, hung in there, and did not give up. They met in person, then they met virtually, went back to in person meetings, then back to zoom, and now meet in a hybrid mode. They did it! Congratulations Crystal and Juliana.

PR Masters is an advanced online club. The club idea was born at the 2020 Winter TLI. It is designed to help VP Public Relations and other interested Toastmasters to learn how to market their clubs. This club was sponsored by Charissa Yang, Maren Zieba, Eric Winger, Jennifer



Schmidt, and Adam Das. They did an awesome job. The club chartered June 3rd.

Unitus Toastmasters started when I asked my HR Director if she wanted to start a Toastmasters group at work. She said no, but I could. A coworker, who happens to be a past Toastmaster, and I put on a demo meeting and chartered the club. The timing was perfect. I invited many of the interested people to my Corporate Expo with Gary Schmidt. I was told by some of my coworkers that they appreciated the meeting and keynote address by Gary. They realized the value of Toastmasters in the corporate workplace. Gary, Cindy Lattsch, Jim Kohli, Adele O'neal, and PJ Kleffner were part of the Expo. It was a great event.

Sunset Talkers, a community club in Area 91 sponsored by Daniel Brewer, has submitted their forms and chartered on June 14th.

Another club that did well before Covid, went through the full year gaining back its strength and came out strong at the other side. This club is open to new and dual members and meets on Monday night. They are looking to have beginning and advanced topics

so everyone can achieve their goals. All are welcome to join this fun group!

We are in the process of chartering our first D7 Debate Club. It is a dual membership club and will help members with needed skills at work and in the community. Several clubs are in a race to the finish line. Let's put our D7 spirit into action and help our friends!

Well done District 7 - you have **GRIT!**



Distinguished Club Program

Babble-On Toastmasters Club	President
Capital Toastmasters Club	President
Feedbackers Toastmasters Club	President
New Beginnings Toastmasters	President
New Horizons Toastmasters Club	President
NoonTime Club	President
Portlandia Club	President
Professionally Speaking	President
Roseburg Speakers and Storytellers	President
Sporty Speakers	President
Toast Of Tualatin, Lam Research	President
Waffle Toasters	President
Wallmasters International Club	President
CareOregon	Select
Cedar Hills Club	Select
Noon Talkers	Select
Portland Club	Select
Silicon Forest Club	Select
Totem Pole Club	Select
Tualatin Valley Toastmasters Club	Select
Unified Toastmasters Club	Select
Wake Up, Beaverton! Toastmasters	Select
West Beaverton Club	Select
Yaquina Toastmasters	Select
Essayons Club	Distinguished
Speakeasy Toastmasters	Distinguished
Timber Talkers	Distinguished

Wednesdays Wonderful Webinars

JULY 1	AUGUST 5	SEPTEMBER 2
Start the Year Strong Beth Pinchot, VC3 Video Replay	Create a Club Success Plan That Works Eldred Brown, DTM Video Replay	Hang onto Your Members, Stop the Revolving Door Leanna Lindquist, DTM Video Replay
OCTOBER 7	NOVEMBER 4	DECEMBER 2
Spruce Up Your Website Phyllis Harmon, DTM Video Replay	How to Attract New Members Bill Maher Video Replay	How to Hold a Club Contest Tamsen Corbin Video Replay
JANUARY 6	FEBRUARY 3	MARCH 3
Judges Training Michelle Alba-Lim, DTM Video Replay	WOW Open House Leanna Lindquist, DTM Video Replay	Succession Planning Erik Bergman, DTM Video Replay
APRIL 7	MAY 5	JUNE 2
How Being a Club Officer Makes You Stronger John Rodke, DTM Video Replay	Finish the Year Strong Beth Pinchot, DTM Video Replay	Toastmasters 101 PJ Kleffner, DTM Video Replay



**All 2021 video replays can
be located on the Distict 7
Youtube channel**

[Click here](#)

About Pathways

District 7 Video Replays

Pathways for Busy People

OnPoint
Timely Tips for Toastmasters

James Wantz, DTM
Presenter

July 13, 2020 - 7:00-8:00pm

PATHWAYS FUNDAMENTALS

Are you a new member and not sure where to begin?
Does it feel like the learning curve never ends in Pathways?

ONLINE WEDNESDAY, AUGUST 26, 2020
7:00 - 8:00 PM

Dave Bones, ACO, ALB, LD1
Presenter

TOASTMASTERS
PATHWAYS
learning experience

THE UNEXPECTED BENEFITS OF PATHWAYS

Have you been holding back from starting a path in Pathways?
Did you look and tell yourself nothing new there? That was me.
After digging again, I found the unexpected benefits of Pathways.

ONLINE WEDNESDAY, SEPTEMBER 16, 2020
7:00 - 8:00 PM

Suzanne Loeb, EC4
Presenter

TOASTMASTERS
PATHWAYS
learning experience

EXPLORING PATHWAYS ELECTIVES: EXTEND YOUR LEARNING & TRANSFORM YOUR TOASTMASTERS JOURNEY

Explore how you can select specific electives within the Pathways program to reach your personal and professional goals

ONLINE WEDNESDAY, OCTOBER 21, 2020
7:00 - 8:00 PM

Kathleen Tully, DTM
Presenter

TOASTMASTERS
PATHWAYS
learning experience

Is This the Path(way) for Me?

Presenter
Cheri Redgrave, DTM

January 20, 2021
7:00-8:00 pm

TOASTMASTERS
PATHWAYS
learning experience

THERE'S A PROJECT FOR THAT!

ONLINE WEDNESDAY, MARCH 17, 2021
7:00 - 8:00 PM

Phyllis Harmon, DTM
Presenter

TOASTMASTERS
PATHWAYS
learning experience

PATHWAYS MENTOR PROGRAM - RECIPE FOR SUCCESS

ONLINE WEDNESDAY, MARCH 31, 2021
7:00 - 8:00 PM

Dave Bones, DTM
Presenter

TOASTMASTERS
PATHWAYS
learning experience

PATHWAYS

June 16, 2021
7 - 8pm

facilitated by
Dr. Gwendolyn Avington
Pathways Proponents Committee Chair

District 7 Incentives

January - June, 2021

Program Quality Incentives Eldred Brown: pqd@d7toastmasters.org	Club Growth Director Incentives Lorri Andersen: cgd@d7toastmasters.org
Member Incentive <ul style="list-style-type: none"> • Pathways Mentor Program (all year): Complete the Pathways Mentor Program and be entered into a drawing for a chance to win a Toastmasters Core Jacket, Cardigan, or Hero Hoodie. 	Member Incentive <ul style="list-style-type: none"> • New Club Leads: D7 will award a \$100 gift card from Toastmasters International (TI) to any member who submits a new club lead that results in a chartered club by June 30, 2021. Submit leads to cgd@d7toastmasters.org. All leads will be entered into a final drawing for \$25 gift cards. Three winners will be picked. • Club Coaches: Club Coaches who bring a Club to Distinguished status or better by June 30, 2021 will receive \$50 gift card from TI.
Club Incentives <ul style="list-style-type: none"> • Distinguished by June 30: Clubs that achieve Distinguished or better status by June 30 will receive \$50 gift card from TI. 	Club Incentives <ul style="list-style-type: none"> • Source of Visitors/New Members: Clubs submit the name and source of each new visitor or member to be entered in a drawing for \$100. Two winners will be selected each month, February 1-June 1. Submit entries Here. • New Clubs: New Clubs chartered by June 30, 2021 will receive a New Club Kit (\$198 value) consisting of: Custom Club Banner (Item #322) Portable Lectern (Item #382), OR Timing Light (Item # 6931). • New Members: Clubs will receive \$15 gift card from TI for every new member January 1-June 1, 2021. To qualify, the "source" of the new member must be reported Here.

Plan for Club Success!

PANEL DISCUSSION



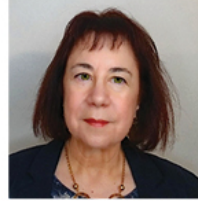
Don McAndie, DTM



Emilie Taylor, DTM



Erik Bergman, DTM



Suzanne Loeb, VC1

**July 14, 2021
6:30 - 7:30 PM**

**Visit the
D7 Calendar for
more details**



The panel will share how they get their clubs ready for the new Toastmaster year. Come and be a part of the group as we start the new year listening to their sage advice, wisdom, and recommendations.

Listen to their keys of success and be ready to discuss and ask questions.

This includes:

- New Member Onboarding.
- Club Success Plans
- Having fun!

Register Here

Pathways Proponent Committee

Dr. Gwendolyn Avington, DL1

On July 1, 2020, the door closed on the traditional educational program, and Pathways became the only available option. District 7 leaders understood there would be challenges and chose to be proactive. The Pathways Proponents Committee was formed, and Dr. Gwendolyn Avington appointed as Committee Chair. Gwen, being the true leader that she is, formed a committee of eager volunteers. Together they worked tirelessly to ease District 7 members into Pathways. At the end of the committee work, they acknowledged the work must continue in some form. Starting in July, 2021, Dave Bones, DTM will provide ongoing webinars and assistance for District 7. Look for Pathways webinars beginning in September. The dates/times will be posted on the District 7 calendar. What follows are comments each Committee member shared as the end of their work together. [Editor]

Eldred- Program Quality Director

Working with Dr. Gwendolyn Avington and the Pathways Proponents Committee has been a joy. When Gwendolyn and I started the Pathways Committee, our mission was to make Pathways more accessible to all members of clubs in District 7. Gwendolyn and her Pathways Committee embraced my vision and worked tirelessly to become a team of Pathways gurus so our one guru James Wantz could move on to other roles. Our Pathways committee empowered clubs to embrace Pathways, to get more people active in Pathways, and to earn educational awards in Pathways. Thanks to Dr. Gwendolyn and her team, our key Pathways metrics of Pathways adoption and achievement improved, so I consider our mission accomplished.

Dr. Gwendolyn Avington- Pathways Proponents Chair

Working with Eldred Brown and all the division Pathways Proponents has been my privilege. When I was asked to fill the position of District 7's Pathways Chair, I saw it as an

opportunity to help District membership learn and adopt Pathways. Also, I saw it as an opportunity to stretch my own leadership skills. The Traditional Manual program had been the learning method for over sixty years in Toastmasters and now the educational program would be replaced by a digital education program called Pathways. The challenge for Eldred, myself, and the committee was to determine how to help all District 7 members have access to Pathways' training, particularly the fundamentals of navigating this new educational program online. We used several strategies to achieve this goal (i.e., monthly Pathways' webinars, Pathways' presentations in various clubs, One-on-Ones with members, TLI Pathways presentations). Additionally, the creation of the Trio-pardy game with emphasis on Pathways for the conference, was a way to grow and learn while having fun. We grew as a team, as Toastmasters, and most importantly we gave it our all to serve as Pathways' liaisons throughout the District.



Eldred Brown, DTM



Dr. Gwendolyn Avington, DL1



Cheri Redgrave, DTM



Jim Wolak, DTM

Cheri Redgrave- Division A, Pathways Proponent

I am sorry that we needed a Pathways Proponents Committee. No educational system is perfect for everyone, but that does not mean that we should not embrace the positives. When I first saw the Pathways materials, I was impressed that technology was included. There were opportunities for podcasting and webinars. The individual progress tracking was now online. And, everything that made the old system work was still part of the program.

The Competent Communicator speeches are now a part of each Level 3. You can still earn your DTM. There are mentoring challenges to be met. And clubs to be coached.

Are there things about Pathways I would change? Of course! Change is hard. Look at Pathways as a challenge to be mastered. Technology—and the world—change every day. In order to keep current, to keep relevant, to keep contributing, you need to be open to change. Toastmasters is now Pathways. Embrace it. Hug it. Give it a kiss.

Jim Wolak- Division B, Pathways Proponent

All Division B clubs are enrolled in Pathways, with only one not actively participating. Initial confusion over the number of paths and projects was resolved by explaining that the five Pathways levels are the same in each Path (including electives); the difference is in the focus of each

member's presentations to the goal of their chosen Path. Use of the Pathways Progress chart helps clubs track member achievement in addition to being a part of the DCP program.

Adding the position of VPP (VP Pathways) helped clubs focus on Pathways' achievements as part of their overall Toastmasters learning experience. The monthly Zoom meetings held by Dr. Gwen with all Division Proponents were helpful. Her well-organized monthly Zoom sessions brought all Division Proponents together to discuss and learn from each other. Her dedication and enthusiasm fostered an atmosphere where we were able to learn from each other, adopt methods which produced an understanding of Pathways, and communicate that information to each Club's VPP.

Tamsen Corbin- Division C, Pathways Proponent

In a year filled with chaos and changes, the role of the Division C Pathways Proponent allowed me the unique opportunity to visit and speak with multiple clubs in which I normally would not have been able to. This experience led me from introducing the Pathways Education program to a newly chartered Club to promoting the Best Kept Secrets during Wednesday's Wonderful Webinars. Although there will always be questions about Pathways, it was empowering this past year to share my knowledge while cheering on the clubs within Division C.



Tamsen Corbin, TC3



Phyllis Harmon, DTM



Kathleen Tully, DTM



Beth Pinchot, DTM

Phyllis Harmon- Division D, Pathways Proponent

When I was first assigned as the Pathways Proponent member for Division D, I was uncertain what value I could add to the members of the Division. I discovered members willing to listen to my Pathways pitch. And let me say . . . I can be as enthusiastic a promoter as the next person!

Division D clubs are well established, with a long history in the traditional program. There were members who appeared reluctant to adopt a new-fangled method of doing what they had always done—give speeches and receive evaluations. I discovered early on that Division D was not swayed by over enthusiasm or micromanagement. They were a group who knew who they were and what they wanted to achieve. I found it more effective to be available to help when asked. To be willing, as the visible representative of the new program, to absorb the slings and arrows thrown at Toastmasters International. Since we were in the middle of a pandemic, visiting the clubs in person was out of the question. I was able to visit several clubs, check in occasionally with all the clubs, and keep reminding them that I was there to help. Division D, like every other Division, suffered attrition due to the pandemic, the program change, and life in general. I am pleased to report that Division D held its own despite the multiple challenges

it faced. At the end of the project work, the adoption rate was only 1% different than the year before the committee was formed. And in this environment, that was certainly a win.

Kathleen Tully- Division E, Pathways Proponent

The Pathways Proponent role provided an opportunity to support individual members, Clubs, Area, and Division leadership as a dedicated resource for the Toastmasters year. We were able to brainstorm new and creative ways to engage members with Pathways, and both provided training workshops and responded to requests for navigation training. The best moments were the “aha moments,” such as the synergies that emerged when working one-on-one with a Club officer or fellow member to guide them through the navigation process, and the member suddenly “gets it” and can navigate through Base Camp. Whether they are completing an assessment, picking a path, scanning all the levels of a specific path to see where they are headed, or to print out an acknowledgement certificate for recognition, it is wonderful to see their confidence grow.

Once trained, they are positioned to share that experience with another member. That member then becomes the resource, trainer, and guide for their fellow club members. The VPP initiative can have tremendous value for



Suzanne Loeb, DTM



Dave Bones, DTM



members and Clubs. Each Club can customize what the role means for their Club based on its specific needs. The VPP can support the VPE and VPM in their responsibilities or be a standalone Path Master who serves as a guide and resource to fellow members when they have questions or need support. The VPP can help members align their personal and/or professional goals with the Pathways education program to maximize the value and benefit they get out of their Toastmasters experience. It can even be used to “try on” on a leadership role before taking on a Club officer role. It really can be anything the Club needs it to be to ensure a challenging and satisfying experience.

Beth Pinchot- Division F, Pathways Proponent

While we all have busy lives, the Toastmasters of Division F are uniquely busy. These busy commuter Clubs are all in Downtown Portland. With members fully motivated and ready to learn, overcoming the challenges of Pathways navigation has been the biggest challenge. VPPs in this Division are most successful when they can comfortably navigate Base Camp. Rigorous and comprehensive new member onboarding, including Pathways’ instruction, members are well equipped to experience ongoing connection and success in their Club. It has been a pleasure to serve as the Division F Pathways

Proponent this year, and I strongly encourage anyone with passion for Pathways to engage in this leadership opportunity.

Suzanne Loeb- Division G, Pathways Proponent

My experience over the last year, as the Division G representative, has been overwhelmingly positive. Although there has been whining and moaning about the loss of the familiar Toastmasters manual system and the clunky online learning system, people typically settle in and make the best of it. So why do some people leave, and others stay? Those who remain love and embrace the Toastmasters culture and mission. Most of all, they enjoy being around people who are positive and share their values.

Dave Bones- Division H, Pathways Proponent

It has been an honor working with the Pathways Proponents Committee team this year. I am encouraged by the growth of the Clubs I had a chance to work with Division H. It has been special to me in connecting with those that asked for help with Pathways and Base Camp basics. As well, I learned to listen to those that still do not feel resolved in using Base Camp. The innovation this year, utilizing a Club VPP was exciting.

No Secrets Here!

Paul Fanning, DTM - Club Coach Coordinator

There is an old tale from somewhere in Europe that emerged during the middle ages about a traveler, a monastery, and a secret. As my British cousin related it to me, a weary traveler espied the twinkling lights of a monastery on a hill one dark night and decided to seek shelter and a hot meal before continuing his journey the next day.

He trudged up the steep hill to the huge oaken doors with a brass angel as a knocker and begin to announce his presence three times and patiently awaited a response. Soon the doors swung open, and two tonsured monks greeted him with only a smile and gestured him to come in and accompany them to the chambers of the abbot prior. Without a word, they left him. He was addressed by the abbot, and after the traveler explained that he wanted shelter and food, was told that this monastery was one on a vow of silence, but he was welcome. The pleasantries accomplished, he was once again led to a private cell, given food and drink, and the monks left him momentarily. The abbot appeared and asked him if there was anything further he required. The sojourner replied, yes, that he would like

a glass of water, a piece of bread and the use of the chapel. The abbot clapped his hands, asked his monks to bring the requisite items and guide him to the chapel.

Within moments of entering the chapel, loud noises were heard emanating from the doors followed by voices, trumpets and finally a rumbling sound before falling silent. The doors opened, the traveler exited the chapel and went to his cell. The monks, although on a vow of silence made their fears and concerns know to the abbot who calmed them down and promised that he would ask the man the next morning what had transpired.

The abbot got up early, met the refreshed traveler at the monastery doors and asked if he could speak with him. He nodded his assent and listened intently to the abbot. Once the abbot was through questioning him as to what he did with the glass of water, piece of bread and an onion, the pilgrim replied to the spiritual leader, "Abbot, can you keep a secret?" "Why of course I can my son." And he did!

We in Toastmasters do not keep secrets. We



do not hide the purpose of our speech craft, our art of leadership and our techniques of effective evaluations. We should be boasting of them-telling the world and celebrating the success of all with our fellow members.

We have added three club coaches in two clubs on the cusp of this program year.

- Rachael Erickson and Patrick Locke - Astoria Toastmasters Club #775, Division G, Area 83
- Birgit Schultze from an English-speaking club in Bavaria, Germany, McMinnville Toastmasters Club #6996, Division C, Area 44.

May all three coaches and their clubs be successful. Both clubs are nearly Distinguished now.

Three coaches helped their clubs achieve Distinguished status or better this year. We congratulate them on their achievements:

- Coach Cynthia Mojica - Yaquina Toastmasters Club #3880, Division B, Area 33
- Coaches Bhushan Gupta and Suzanne Loeb - Wake Up, Beaverton! Toastmasters Club #1216392, Division H, Area 93

I can not keep a secret fellow Toastmasters.

Not only do we have one more club and coach that will be added to the rolls in July, but we have requests from other clubs for coaches to help them get on their program feet again as well. We need coaches! If you feel you have the program and leadership skills to help another club be a success, then please, I beg of you, let us know of your interest. We, as well as struggling clubs, need your time, talent, and treasure! Although promising to coach a particular club may not be possible, I will guarantee that we have a club for you. Yes, it will be hard work, yes it may require blood, sweat and tears, and yes it may give you a grey hair or two. But if all your efforts produce a healthy, happy, and progressing club, it will all have been worth it. Contact coaches@d7toastmasters.org to ask us a question about coaching opportunities, the club coach program or to add your club to the prospect list.

Let's not keep it a secret. Tell your club, tell your area or division director, but remember, practice the art of public speaking and communication. Don't let it become a 1200-year-old secret!

A New Perspective

Emilie Taylor, DTM - Immediate Past District Director

A few weeks ago, I finally convinced my husband Steven it was time to take a break. He suffers from “workaholism”. . .

Road Trip! It’s been a long time since we were on the road together. It’s been 14 months to be exact. Covid was the (excuse), I mean, the reason. We packed, locked up the house, and off we went! Luckily it rained for several days before. The plants would all be okay.

We drove to the Oregon Coast, stayed there for a couple days and had a great time. One day while walking along the beautiful stretch of sandy beach, it made me think of how I view life in general. It gave me a different perspective. Let’s see, Covid, stay home, stare at computer, read emails. One’s perspective narrows. Thinking from a beach is indeed different than thinking at home!

At the coast, strolling on the beach, you have the wind blowing on your face and you hear the roaring thunder of the crashing waves. Of course, you must pay attention to those silly little sneaker waves unless you want to make the news. You are

forced to pay attention to only what demands your immediate attention such as self-existence while staring down a big wave! All of this made me think of how small my life was compared to what I was experiencing. Oftentimes we think that our world as the entire paradigm of the Universe. Yet it is only a miniscule facet of what is truly out there! Even that facet is still filtered and interpreted by our emotions, memories, and what we attach meaning to.

Ernest Hemmingway said: “Never write about a place until you’re away from it, because it gives you perspective.” I actually agreed with Ernest here. Having had a chance to be away from my role as District Director for almost a year now, I ask myself: Would I do the same things I did or do them differently? Honestly, it depends on the situation. Most of the decisions I made I stand by them because I consulted my team. When your decisions are not made in a vacuum and guided by our Toastmasters Core Values, we tend to hit the mark more closely.

Retrospectively speaking, I would spend less



time mulling over certain decisions. I would be satisfied to let them go. Decisions are made because of the need and circumstances. A decision is never made in isolation. Self-judging as to whether decisions were bad or good is a futile experiment in my opinion. Time and distance make us second guess ourselves. Is that helpful? I don't think so.

Are we able to see clearly or is our vision marred by how we feel? Perspectives change our vision of interpreting what we see.

When you are driving your car, do you put your attention to what is going on behind you? Maybe at a stop light it is ok. Most of the time, it is better to have your attention focused on what is happening in front of you. If your attention is focused on what is going on behind you then you may lose your way or end up in the ditch or head on with a logging truck. You cannot control what the driver does behind you, in front of you, or on either side. You can control your reactions to your surroundings. You can control whether you get upset if someone cuts you off or does

some silly thing. If you were deputized, you could write them a ticket. It really comes down to being in command of your reactions, self-talk, self-analysis, and self-opinion. Practice taking command of your reactions. Make your actions well intended instead of programmed auto responses. See what a difference it makes.

I will leave you with this wonderful quote from the movie adaptation of *The Curious Case of Benjamin Button*: "It's never too late to become who you want to be. I hope you live a life that you're proud of. And if you find that you're not, I hope you have the strength to start over." I hope you go and get a fresh perspective. . .

Keep looking for a different angle, to see yourself, your role, your activities from a fresh perspective! See you next month with my new column Beyond Toastmasters. You will have to wait and see what it's all about.

Back to you, fellow Toastmasters!



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Paul Fanning, DTM

From the very moment the curtain rose in the premier of George Gershwin's opera *Porgy & Bess*, the audience heard the song "Summertime" "with its classic first line "Summertime and the livin' is easy." Here in the Grove, this summer has been heralded in by the spate of graduations being held-often for the first time in over a year. Pacific University, two blocks from here, began theirs in May. Through following weekends, the junior high schools matriculated their graduates. Summer is here!

Summer was always fun for me where I grew up. It was always marked by the "big" events for the season. No one who has ever seen the July 4th Parade in Dutch Flat would ever forget it. Not that it was spectacular, huge floats, clowns, and all the other things one sees at big city parades. We did have three fire trucks: Dutch Flat, Alta and Division of Forestry. Around thirty or so marchers were decked out in their uniforms—always led by the U.S. Marine Corps color guard. The veterans, which included my neighbor NC from World War One, and a few members of the

4H, Scouts, the only church in town, and yes, the clown who was NC's son-in-law. We called him "The Merry Mortician" as he was the only funeral home director in the 25-mile radius. Dutch Flat was always a challenge for some as there are only two directions to go in town-up hill or downhill.

That evening at the Trading Post would be the great fireworks display-okay, not the biggest and best, just sparklers, a few bottle rockets and well over in ten minutes, but it was our celebration. Did I mention it was always on the Saturday which meant it might not have been on the 4th? (Joke in town, what is the date for the fourth of July?)

August was for me the highlight of summer. Not only did we have the greatest community potluck at the Community Center, an old four-room schoolhouse, but it was also the end-of-summer White Elephant sale. It was on all the surrounding communities' antique dealer's calendar as often collectables and stuff from the 1800's would show up for sale. Cash only,



no checks, and you had to haul your treasures away at the end of the two-day sale. Us kids ended up helping with set-up and take-down as well as keeping our eyes peeled for goodies. The potluck was just as fun. Did you know that there are 200 ways to prepare Zucchini? I have seen and tasted them all! Blackberries came in second for desserts, pies, breads, muffins, and everything in between! Yes, it was summertime—and the living was easy.

Do you have personal memories of summer from your childhood? The swimming pool? If I did my chores right away in the morning, I could go up to the community pool and spend a leisurely afternoon.

Now, what about your Toastmasters club? Do you experience low attendance this time of year? I think most clubs do. I have a few suggestions that might help boost your meeting attendance.

Yes, I had fun in the summertime. Why can't you have fun at Toastmasters? (Contrary to the myriad of rules we agree to when we become members, not having fun is NOT one of them.)

Does your club hold thematic meetings—where you have a theme that runs throughout the meeting for table topics, sometimes even speeches? What about a costumed meeting? Having a themed meeting makes it easy for your VPE and puts a little fun into your meetings. I have always subscribed to the idea that if you have the best show in town, people will want to attend the meeting as they are looking forward to seeing some of the potential craziness or creative ways to conduct a meeting. Free, fun, and flexible should be your goal.

Another idea that I have seen work successfully is the club picnic. In one of my clubs, we would meet at the local park at the regular meeting time, conduct the entire meeting outdoors, and hold a potluck or dessert tasting. The fun comes from gathering together outside of the stuffy meeting room, and even table topics can be different in nature. Why not have a treasure hunt? With so many clubs now receiving TI gift certificates from the incentive programs, wonderful prizes can be purchased

(which reenforces Toastmasters) and given away. Be creative.

I recently heard of a club (not in the Metro area) who took a trip to the beach for their meeting. “Sand and Surf” was the theme with prizes for the most outrageous “bathing suit”, a sandcastle making event, hots dogs or healthy food choices and emphasis of enjoying the weather.


We are seemingly emerging from our year long social distancing, etc. and this sounded to me like a good way to celebrate the return to the “new normal” we all will be facing. (You still could hold this online as well—not sure about sandcastles, but we all need a challenge or two!)

My fellow Toastmasters. You also could incorporate a membership drive with one of these ideas as well. Membership recruitment is

just not for March or September, but year-round. If prospective members see how much fun you are having, perhaps they will become infected and affected to join your club. All our clubs need a little boost now to ensure their membership growth—which leads to educational, personal, and professional growth of all the members—new ones as well as us old ones.

Think outside of the box. That’s a definition of summertime. Why can’t we do the same for our clubs as we leave our long winter of discontent and emerge into the sunshine. Remember that you can always talk with your area director for other ideas that they may have seen or heard from the clubs they serve. These ideas should be shared with all and enjoyed by all.

Have a wonderful summer! Help your club reach new heights in summer programing this



*I almost wish we were
butterflies and liv'd but
three summer days -
three such days with
you I could fill with
more delight than fifty
common years could
ever contain.* — John Keats

Frank Paulding & First Canadian Toastmasters Club #38 (Part Eight)

Harvey Schowe, DTM - District 7 Historian

Gyro Club Frank Paulding Speech: During a lunch meeting of the Victoria Gyro Club on April 21, 1936, Frank Paulding delivered the following speech about public speaking that was published in the *Times Colonist* April 21, 1936.

“Speakers are made and not born,” Frank Paulding told members of the Gyro Club during their luncheon. Frank gave the cardinal rules of speech making and speech building and added some remarks on the purpose of public speaking in general.

“Public speaking gives a new interest in life, brings growth, develops power, and gives a sense of achievement. There is nothing, no other accomplishment, that will so quickly secure a career and recognition as the ability to speak effectively. The three essentials of good public speaking,” he said, “were preparation, practice and criticism. No man was born with any special aptitude for speaking. Public speaking was an art, and like other arts it required long practice, training, and a full knowledge of technique. A plan was an essential to building a house. In practice, it often happened that the greater a man’s knowledge of his subject, the greater was his confusion in expression, unless he knew how to box and crate that idea.”

Three Elements

“Every speech has three elements, which must be kept distinct: the introduction, the body

and the peroration.”

“In writing a speech, it was well to put down the conclusion first: With the main point well in view, there was less tendency to go off onto bypaths.”

“In delivering a speech there was a danger of losing touch with the audience.

“The study of your audience can be an interesting and fascinating study,” said Paulding.

“The social business and cultural values of public speaking were immeasurable.

Culturally, by helping a man to unify his ideas and by giving him confidence and poise, public speaking could stimulate all the facilities.”

Toastmasters Magazine, June 1936 article: Victoria Toastmasters Club’s first president, James H. Hill, submitted an article on Diction in the June 1936 issue of *Toastmasters Magazine* where he wrote. “And now in conclusion: We should not regard words merely as conventional groupings of inanimate letters of the alphabet. The spoken word is a vital force. Words are living messengers. They speak for us. We should determine to send out to represent, to speak for us. We should then determine to send out, upon not only special isolated occasions but-which is the great desideratum-upon all occasions, ambassadors of whom we may be proud; set ourselves a high standard and boldly resolve that only the best shall be good enough for our use.”

Dear PR Masters!

How to find new members for a chartering club

Andrew Matthews, EH4 - PR Masters Club President

Dear PR Masters! What does that bring to mind? *Dear Abby!*, of course (which is all about newspaper therapy). Dear PR Masters! offers therapy for Toastmasters needing help with Public Relations. We would love to hear your PR-related questions. They will be answered live in a PR Masters Club meeting, and then brought to a future column in *Voices!* Here is one discussion edited from a recent Club meeting:

Scotty from Bethany writes:

I am trying to start a new Toastmasters club in the evenings. We want to be a club for new and existing members. Because of Toastmasters chartering rules, we are faced with needing to recruit new members in order to charter. We have half a dozen or so we know will join. We need to find another 10 to 14 members to join us from outside the existing Toastmasters community. We had a head of steam going into the last year but when COVID hit we lost some strong momentum. My question is this: how do you market Toastmasters to a community that may have heard of Toastmasters but either has not yet joined or joined once and may be interested in joining again. It is nice that so many existing Toastmasters are interested in joining and helping us but in terms of the magic number of 17 new members, existing members will not get us any closer to our charter number. I am interested in your thoughts!

Club member Marcy responds:

Hi Scotty, your problem isn't unique. It's one that


many Clubs are facing especially as we've moved into this virtual world. But everybody's moved into the virtual world, not just Toastmasters. One way to reach people is to find out their pain points. During the pandemic, many people have been laid off. That's a pain point. Right now, people are looking for jobs and needing transferable job skills. Toastmasters Clubs have the ability to make people more confident in having a job interview, confident in dealing with conflict situations, and more confidence as a speaker. There's a great summary of pain points on Toastmasters.org. That's going to help people out there who are struggling now.

Scotty from Bethany:

Thank you Marcy. That's great advice and that assumes that I already have the people on the hook and I'm just trying to reel them in. I'm still struggling with how to get them on the hook in the first place. We're in the Sunset / Bethany area. We are not a club yet.

Club member Maren from Tigard:

Try a Facebook group! PR Masters Club started as a group on Facebook. If you have a few people who can start a Facebook group you have a place for people to go. You can make it public or private. New Horizons Club has a public Facebook group. We have 66 Facebook group members in there and 27 actual members who join our meetings - and it works! We share lots of information there



so people can find us. Once you have a group, potential members can look through Facebook for groups in your area and find you that way. You can even target the Sunset Bethany area. Or, you can target groups that are out in the world. That's a decision you'll make as you're forming this club because if you're planning on being in person later you might want to think ahead. You may want to look for other Facebook groups related to Bethany. Find a way to make a simple Facebook post with the date, the time, and online location for now. That's one way to start attracting people.

Another option is to look for newsletters in your area. Contact those newsletters and ask "what do I need to do to feature this new club in your newsletter?"

Think about your current members and ask them to invite others. So you're inviting them—invite—invite—invite—always invite.

Club member Charissa responds:

If you are planning to meet in person after the pandemic, you can talk to the people at the venue about support. Does that venue have a newsletter with an events calendar? Will they let you post a flyer there? If it's a store location or public location can you put flyers there. If people are frequenting that location, any bit of publicity would help. You might also try local libraries near that location. People are starting to go back to libraries. You might be able to put a flyer there. Libraries often

have community calendars. Consider googling to locate other community calendars that accept event listings where non-profits are allowed to post for free. Showcase your club! What I have found is it's not any one thing that works. It is trying 10 things and every one of those 10 things brings in one person.

Club member Eric responds:

Silicon Forest Toastmasters Club had an open house in January and we ended up with something like 25 members and visitors attending which is almost double our normal attendance.

I went to every member. I asked them individually "Can you help me find groups that you're connected with that you think might be good to market to?" With each group, I created a little tiny custom flyer that I sent out to them to forward. One of the best ones was when somebody at Tektronix got that flyer and sent it to their HR department who circulated it. We got a lot of visitors from Tektronix. So it's your fellow members that can really help you spread the love. Asking someone individually just works wonderfully. Individual asks to members are more effective than group emails.

One final way to get new members is to come to PR Masters and plug your Club. PR Masters meets on first Thursdays, 7-8:30pm, www.prmasters.club/



The last webinar for the 20-21 Toastmaster year is in the can. It took a cast of characters to produce 24 webinars and create two Toastmasters Leadership Institutes. Then put them in the hands of our members.

Webinars—

Our District is rich with talent. Each presenter prepared for their role. Scripts were written and learned. PowerPoints created. Questions anticipated. At 7:00 PM all was quiet on the set. Lights, Camera, Action. The recording started and the webinar went live. The audience was spell bound by the depth of knowledge our cast possessed.

Behind the scenes was our graphic designer and videographer Phyllis Harmon. She created a theme appropriate “postcard” to market each webinar. I posted them on the District Event Calendar, Voices!, Facebook, and Eventbrite. Our webmaster, Chris Angelopoulos, kept our materials front and center on the District 7 website. Her true talent and attention to detail came out when she edited all 24 webinar

recordings. They are available on the District 7 YouTube Channel. Links to the webinars are live in each Voices! issue from July 2020 – June 2021.

Toastmasters Leadership Institute—

The major production for the year was District wide training known as Toastmasters Leadership Institute, TLI. The first one was held in December with the Sequel in January. The encore was in early June. Phyllis created a graphic to match each theme for marketing. I pulled together a committee to audition presenters. The call went out for Club officer trainers and a variety of break out session presenters. Did I tell you that, “our District is rich with talent?” Behind the scenes committee members met. Proposals were read and videos viewed.

Deadlines loomed. Talking points, bios, and photos were collected. Off they went to Phyllis Harmon who created another spectacular online program. 24 Zoom meetings were setup. Links were collected and a master sheet



generated. Each TLI required 24 Zoom Masters and 24 Room Hosts. More than 350 people, some from halfway around the world, attended. They zoomed in and out of their sessions. Most were in the right place at the right time. Phyllis Harmon edited the recorded breakout sessions and uploaded them to YouTube.

This has been a year of inspiration, perspiration, and occasionally frustration. We accomplished what we set out to do. Members were offered a variety of learning opportunities, all from the comfort of home. We hope attendees learned something of value. For all who did not attend, please check out our YouTube channel.

Thank you to our presenters, TLI volunteers, Chris Angelopoulos, and Phyllis Harmon. Without you, none of this would have been possible.

And my year as District 7 Education and Training Coordinator – **it's a wrap!**



Pass the Torch

Help Your Successor Blaze Their Own Trail

Jennifer Schmidt, EH2 - VP of Public Relations
New Horizons Toastmasters

Emerson was the name of my ghost. I replaced him in a job once and felt like I knew the guy because of the rave reviews I heard constantly from my new coworkers. I often would hear ALL the wonderful things Emerson used to do before he left for another opportunity. They were “happy” for him of course, but really missed him. They couldn’t let go of how things used to be and those same memories haunted me.

The ongoing comparison made my job impossible. No matter how hard I tried, I wasn’t Emerson and existed within his larger than life shadow. It was cold and lonely there, but it also taught me an important lesson. If you want to ensure someone doesn’t succeed, keep comparing them to the previous person.

This time I am the one transitioning out of my position as Vice President of Public Relations (VPPR) for New Horizons. Ann Kroetch is our new club VPPR starting July 1st. I had a wonderful year, learned a lot, and explored the various ways to promote our club in the new virtual environment. The icing on the cake was becoming a covergirl for *Voices!* just last month.

Last July I had no idea what the year would hold or how the pandemic would affect everything. When Ann starts, my fervent wish is that she makes the role her own and is never compared to me. While I appreciate all the accolades and I’m extremely proud of what I

accomplished, as of July 1st, the slate will be clean. Ann will have the opportunity to fill it with her own accomplishments as the club moves forward.

Toastmasters gives members wonderful opportunities to volunteer in various leadership roles and learn to manage them effectively. The final part of any role is a smooth transition to the next leader. The following steps are how I transitioned my role to Ann in hopes that she will be ready to start confidently on Day One. I believe these could also help any new leader’s process be an easier one.

Initial Conversation Sets the Tone

My first post-election conversation with Ann was the starting point. I found out how she was feeling about the VPPR position and gave her specific information about the weekly duties. Answering initial questions and giving some of the behind the scenes information gave her a more detailed picture of the role. We also discussed the fact that my way of working was my preference. She would find her own way too!

Mentoring vs. Micromanaging

One thing I emphasized in our conversation was that I didn’t want to micromanage her. As the new VPPR, she and the new leadership team would decide how to best promote the club in the future. I did share my current resources as a



reference and assured her I would be available to support her until she was ready to go on her own.

Collaboration is Key for First Official Meeting

Our club meets on Saturday mornings. That means the first of July falls only two days prior to the first official meeting. This would create a jam in permission turnover and leave the new leadership a tiny amount of time to build club excitement and advertise the meeting. We decided to collaborate on the outgoing message and work with the design tool Canva. By combining our efforts, a last minute rush was avoided and tips were shared ahead of time.

Have a Cheerful Attitude

I always try to remember that Toastmasters is a volunteer organization. Even though there are lots of professional development benefits to having a leadership role, it's a year-long commitment for most clubs. The fact that Ann took on this role says a lot about her and I am her biggest cheerleader because of her dedication to our club. I guarantee she will have both challenges and successes during her VPPR journey. My hope is her year is as fun and meaningful as my own.

FIND YOUR NEW PATHWAY TO FUN!

MEET NEW FRIENDS, ENGAGE, LEARN, AND GROW

New Horizons Toastmasters #1360

Saturdays: 8 - 9:30 AM PT (-7 UTC)

Zoom Link
Meeting ID: 868 3000 7672 Passcode: 1360

Facebook
The New Horizons Toastmasters Club of Oregon
(District 7)

Website
<https://1360.toastmastersclubs.org/>



Come for the FUN, Stay for the GROWTH!

What's Your New Normal?

David Freedman, IP3

Friday, June 11, 2021 marked the first day in over a year that I was able to go to my aquafit class at my gym. The day before, I happened to run into our instructor just after my weight-lifting workout who informed me that we'd be starting the class again. I was so relieved I gave him a huge hug and promised to show up for class, which I did—but not without some trepidation.

Like many of us, I'd noticed because of the pandemic and subsequent isolation from other people that I'd lost a step. Perhaps it was even more than one since I'd gained all of my weight back that I'd fought so hard to lose over the past few years. Although I tried to maintain something close to an exercise routine, with the multiple gym closures, the pressures of the pandemic itself, the colder weather coming in along with the holidays, the intense cravings for junk food during those times, and of course not being able to go to any of my usual activities, all of those came into play where I simply couldn't realistically maintain my normal routines. Even after the gym reopened yet again in February and the weather warmed up in March, I knew I'd have to rebuild myself back to where I was before the pandemic began. I'm now completely

vaccinated and can go to the gym unmasked. Nevertheless, it absolutely rankled that I'd have to start over, even if it wasn't completely from scratch.

I got through the aquafit class just fine but noted how exhausted I felt afterwards. When I first started taking water aerobics over a decade ago, it took me over two weeks of continued efforts before I began to feel as though I was gaining stamina after each workout. I knew that this was completely normal, and since then that extra stamina has paid off in a number of ways, including climbing stairs without exhaustion as well as going on extended walks and hikes with no aches or pains plaguing me afterwards. The hope is that in six months or less I will be back to my original healthy self and move forward from there.

But the truth is, my original healthy self was from last year. I have no idea of what my new normal will look like in terms of my health, career, or social activity. And that's a scary enough situation to be in without having to worry about how my other friends and family are doing.

I recently gave a speech with the same title



of this essay. I often write up essays based on my speeches, but there are times I need to take my own advice. Or perhaps I should look to the late great Douglas Adams in which I copied his advice verbatim into my speech, namely the words: “Don’t panic.” This past year has been insanely challenging for all of us. Indeed, it was impossible to ignore the multitude of things happening around us: The Black Lives Matter movement becoming re-energized after the death of George Floyd; the presidential elections; as well as the ongoing socioeconomic effects of the pandemic. And defining our new normal isn’t something that happens overnight. Even for those of us who are now completely vaccinated, normal still feels like it’s a long way away.

Nonetheless, I will still say the words, “Don’t panic,” and follow up with the clichés, “Be kind to yourself,” and “Take it slow.” All three of these phrases are essentially saying the same thing: Nobody else knows what’s coming, either. By taking care of yourself, you can eventually learn to take care of others. But it’s also okay to put yourself first when you’re the one who needs that health boost, time to meditate, or play video games. It’s okay to say I’m scared of what

comes next because, frankly, we’re living in scary times right now. It’s even okay to be scared of reconnecting with people after nearly a year of isolation. No one expects things to be easy right now. But perhaps most importantly, your new normal won’t be the same as everyone else’s new normal. Taking it slow might well be the best way to learn what new pace works best for you.

For myself, I don’t want to go back to working in the rat race right away. Instead, I want to continue working on my writing career and hitting the gym five days a week. Those things make up my new normal. And if that proves more therapeutic than finding a regular 40-hour-a-week job, so be it. By taking charge and defining my new normal, I take back my own power. Here’s hoping you can do the same for yourselves.

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David Freedman joined Toastmasters in 2013. He is currently a member of Babble-On and Moser Community. He is serving as VP Education and Sergeant at Arms for Babble-On.

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Gresham Toastmasters Club	Aguilar	Josue
NWFSC Toastmasters	Andral	Dolores
The Dalles Toastmasters Club	Andrews	Alicia
Toast of Corvallis Toastmasters Club	Askerooth	Risa
Rogue Valley Networking Toastmasters	Aslakson	Bryan
Capital Toastmasters Club	Bautista	Enrique
Capital Toastmasters Club	Benjamin	Anthony
Bootstrappers Club	Carlsdotter	Mori
Hopemasters	Cleaver	Chris
Talk-In-Tel	Colosimo	Michael
Salmon Speakers	Daluz	Lisa
Spirit Trackers	Dayan	William
Talk-In-Tel	Dhana	Kaajol
Will-Sher Club	Edinger, Jr.	Allan
Toast to US	Fernandez	Elisabetta
Capital Toastmasters Club	Freeman	Steven
Toast Of Tualatin, Lam Research	Garcia Martin	Jose
Sherwood Town Criers Club	Garon	Lisa
Capital Toastmasters Club	Gibson	Joshua
Mentors Of Focus Club	Gorman	Brion
Bend Chamber Toastmasters	Hagen	Brook
Oregon City Toastmasters	Halvorson	Betty Jo
Pearl District Toastmasters Club	Hansen	Kathleen
University of Oregon Club	Hawe	Nakai
Roseburg Club	Hite	Angeline
Clark County Toastmasters Club	Jacobson	Gina
Electric Toasters Club	Janardhanreddy	Rajesh
Gateway Toastmasters	Jones	Jeremy

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
3 Stripe Adidas	Kauffman	Emily
Capital Toastmasters Club	Keever-Nyberg	Austin
Clark County Toastmasters Club	Kidder	Amy
Professionally Speaking	Lee	Heather
Early Words Club	Loeb	William
Toast Of Tualatin, Lam Research	Lum	Eric
Talking Heads	Lyu	Tao
Wallmasters International Club	Marshall	Jane
Stevenson Breakfast Club	Midland	Patti
Lake Oswego Toastmasters Club	Molin-Brown	Karen
Swan Island Toastmasters	Montoro	Derek
Advisors Toastmasters Club	Murphy	Evan
AAA Towsters	Mustafa	Mariea
Waffle Toasters	Narahari	Murali
Portlandia Club	Nelson	Brik
AAA Towsters	Nelson	Sabrina
Portlandia Club	Nguyen	Ashley
Nano-Mated Speakers	Noble	Boone
McMinnville Toastmasters	Ojua	Malee
Speakers By Design	Olivier	Mariah
Hopemasters	Pickrell	Shaylie
Capital Toastmasters Club	Pratt	Reggie
Portlandia Club	Pucillo	Jen
NoonTime Club	Radicioni	Susan
Portland Rotary Toastmasters Club	Raynes	Rachel
Coachmasters Toastmasters Club	Ronlund	Isabel
Capital Toastmasters Club	Ryan	Andrew

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Bootstrappers Club	Adams	Latryska (Trish)
Roseburg Speakers and Storytellers	Bahn-Williams	Samantha
Yammertime	Bivins	Michael
Will-Sher Club	Bloomer	Deedee
Creative Communicators	Conner	Hannah
Yammertime	Dearden	Megan
Sporty Speakers	Doddigarla	Jyothsna
Creative Communicators	Farmen	Maria
Storymasters Toastmasters	Gopalarethinam	Balakumaran
Toast to US	Guy	Leisel
Yaquina Toastmasters	Huntingdon	Ellen
Mentors Of Focus Club	Hurst	Nathan
West Beaverton Club	Knight	Elissa
Roseburg Speakers and Storytellers	Motagam	Ruqaiya
Silicon Forest Club	Neiryndck	Yahong
Washington Street Club	Rachal	Jillian
Waffle Toasters	Rambo	Stephenie
CareOregon	Sands	Sharon
Vancouver Toastmasters Club	Schimmel	Barb
Totem Pole Club	Scott	Jacquelynn
Toasting Excellence Club	Smith	Megan
Tell Me A Story	Smith	Andre
Sage Beaverton Toastmasters	Thomas	Ryan
Newberg Toastmasters Club	Toscano	Mario
Daylighters Club	Wright	Hugh

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
PWMENTORPGM	5/29/2021	Avington, Gwendolyn	New Horizons Toastmasters Club
DL1	5/1/2021	Avington, Gwendolyn	New Horizons Toastmasters Club
EC2	5/25/2021	Baunach, Chris M.	Yammertime
SR1	5/14/2021	Bautista, Enrique L	Capital Toastmasters Club
PWMENTORPGM	5/31/2021	Blankenship, Tim	Encouraging Words Club
VC1	5/14/2021	Blue, Lisa B.	Wagon Tongues
DL5	5/20/2021	Bones, Dave	Liberty Talkers
DL4	5/20/2021	Bones, Dave	Liberty Talkers
DL3	5/20/2021	Bones, Dave	Liberty Talkers
PWMENTORPGM	5/13/2021	Bones, Dave	Liberty Talkers
DL2	5/6/2021	Bones, Dave	Liberty Talkers
PM4	5/26/2021	Briggs, Tom A	Wallmasters International Club
PM4	5/25/2021	Brozovich, Karen	Bend Chamber Toastmasters
PM3	5/25/2021	Brozovich, Karen	Bend Chamber Toastmasters
PI1	5/25/2021	Caloca, Paul	Mentors Of Focus Club
PI3	5/28/2021	Cody, Janna Christine	Banfield Barkers
IP2	5/3/2021	Cooper, Ben	University of Oregon Club
IP1	5/3/2021	Cooper, Ben	University of Oregon Club
TC3	5/25/2021	Corbin, Tamsen	Mentors Of Focus Club
VC3	5/18/2021	Cottingham, Dorothy	Cedar Hills Club
LDREXC	5/27/2021	Daily, Michael T.	Buckaroo Toastmasters
LD5	5/15/2021	Dickson, Yoshi	NoonTime Club
LD4	5/15/2021	Dickson, Yoshi	NoonTime Club
MS1	5/11/2021	Fitch, DeeDee	Coachmasters Toastmasters
PM1	5/22/2021	Fox, Sarah J	Professionally Speaking
PM2	5/11/2021	Freedman, David E.	Babble-On Toastmasters Club
IP2	5/16/2021	Glaser, Kristie Farley	Lebanon Toastmasters
PI4	5/26/2021	Hall, Robert B.	Professionally Speaking

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
PM2	5/18/2021	Hamilton, Linda Reed	Coachmasters Toastmasters
PM1	5/18/2021	Hamilton, Linda Reed	Coachmasters Toastmasters
VC3	5/26/2021	Harris, Elizabeth M	Toasting Excellence Club
VC2	5/6/2021	Harting, Linda	Lake Oswego Toastmasters Club
PM4	5/3/2021	Hartshorn, Aimee Louise	Roseburg Spkr and Storytellers
VC1	5/21/2021	Hemmingson, Brinn Carla	Portland Progressives
PM1	5/20/2021	Hillinger, Steve N.	NoonTime Club
PI3	5/21/2021	Hopkins, Myfanwy H	Banfield Barkers
LDREXC	5/28/2021	Inman, Naomi Ruth	Daylighters Club
PI3	5/21/2021	Ino, Ellen Miyo	Portland Progressives
TC5	5/18/2021	Jahraus, Penny M.	New Horizons Toastmasters Club
TC4	5/18/2021	Jahraus, Penny M.	New Horizons Toastmasters Club
VC4	5/18/2021	LaBier, Daryn Lee	Sporty Speakers
VC1	5/4/2021	LaPerle, Katie Tyler	University of Oregon Club
SR1	5/4/2021	LeMay, Donovan G	University of Oregon Club
VC4	5/3/2021	Lewis, Tim A.	University of Oregon Club
VC3	5/3/2021	Lewis, Tim A.	University of Oregon Club
VC2	5/3/2021	Lewis, Tim A.	University of Oregon Club
VC1	5/3/2021	Lewis, Tim A.	University of Oregon Club
PM1	5/4/2021	Livingston, James	University of Oregon Club
LD1	5/4/2021	Mare, Christopher	University of Oregon Club
PI3	5/18/2021	McDaid-O'Neill, Conor Joseph	Professionally Speaking
PI2	5/3/2021	McDaid-O'Neill, Conor Joseph	Professionally Speaking
LD1	5/19/2021	Merrill, Luke Donald	Wake Up, Beaverton!
MS2	5/10/2021	Mezentseva, Olga	Babble-On Toastmasters Club
IP5	5/13/2021	Michael, John	Marylhurst Toastmasters
LD4	5/13/2021	Miller, Joan	Civil Tongues Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
MS1	5/27/2021	O'Brien, Amy Ruth	Sporty Speakers
PM1	5/24/2021	Pariyani, Hemi	Wake Up, Beaverton!
LD4	5/24/2021	Pendergrass, Kimberly Ann	Wake Up, Beaverton!
LD3	5/19/2021	Pendergrass, Kimberly Ann	Wake Up, Beaverton!
LD2	5/19/2021	Pendergrass, Kimberly Ann	Wake Up, Beaverton!
MS1	5/24/2021	Perez, Sabrina Cherie	Wake Up, Beaverton!
PM2	5/10/2021	Peyree, Andy	Banfield Barkers
MS1	5/24/2021	Powers, Mark D.	Wake Up, Beaverton!
DL2	5/26/2021	Quan, Tracy Lynn	Yammertime
MS3	5/21/2021	Remsburg, Maryann	Coachmasters Toastmasters
TC1	5/24/2021	Rivers, Bonnie	Bootstrappers Club
DL3	5/14/2021	Rose, Jason	Capital Toastmasters Club
DL2	5/14/2021	Rose, Jason	Capital Toastmasters Club
IP2	5/20/2021	Schowe, Harvey L.	Blue Ox Club
TC2	5/10/2021	Schultz, Carol A	Speakers With Spirit Club
DL3	5/20/2021	Seed, Christine	Blue Ox Club
PM1	5/12/2021	Sessum, David R.	New Beginnings Toastmasters
LD1	5/20/2021	Shetty, Asha	Waffle Toasters
PI1	5/3/2021	Smigley, Michal	University of Oregon Club
PM1	5/18/2021	Standeven, Ernest J.	Toast of Corvallis Toastmasters
PI5	5/20/2021	Stephan, Stephanie	Waffle Toasters
EH4	5/7/2021	Stricker, Michael	Speakers With Spirit Club
MS3	5/6/2021	Svehaug, Alan R.	New Beginnings Toastmasters
EH1	5/18/2021	Swanson, Chris W.	Lake Oswego Toastmasters Club
EC1	5/24/2021	Taylor, Emilie	Wagon Tongues
MS1	5/10/2021	Tully, Kathleen	WE Toasted Toastmasters
LD5	5/2/2021	Wahlstrom, Daniel	New Beginnings Toastmasters

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	CLUB NAME
MS1	5/22/2021	Wahlstrom, Heidi	New Beginnings Toastmasters
VC1	5/17/2021	Wu, Abby	Wallmasters International Club

HAPPY ANNIVERSARY TO JUNE CLUBS

CHARTER DATE	YEARS	CLUB	CITY
6/12/2001	20	AAA Towsters	Portland
6/1/1993	28	At The River's Edge	Portland
6/30/2004	17	Capital	Salem
6/1/2000	21	Civil Tongues	Portland
6/1/1946	75	Corvallis Evening Group	Corvallis
6/30/2010	11	Dallas	Dallas
6/24/2011	10	Eco Voices	Portland
6/1/1997	24	Flying Toasters	Salem
6/1/1988	33	Fortunate 500	Portland
6/1/1996	25	Gateway	Eugene
6/28/2011	10	Hopemasters	Woodburn
6/1/1986	35	Jefferson State	Talent
6/1/1977	44	M A C	Portland
6/1/1988	33	McMinnville	McMinnville
6/1/1993	28	Moser Community	Portland
6/1/2014	7	Nano-Mated Speakers	Hillsboro
6/1/1980	41	NoonTime	Portland
6/1/2021	0	North Eugene	Eugene
6/30/2015	6	PMI Portland	Portland
6/10/2021	0	PR Masters	Portland

HAPPY ANNIVERSARY TO JUNE CLUBS

CHARTER DATE	YEARS	CLUB	CITY
6/6/2012	9	Rogue Valley Networking	Grants Pass
6/30/2005	16	Speakers With Spirit	Vancouver
6/1/1993	28	Stevenson Breakfast	Stevenson
6/14/2021	0	Sunset Talkers	Beaverton
6/1/1985	36	Talk-In-Tel	Hillsboro
6/24/2005	16	The University	Portland
6/29/2011	10	Toastmasters For Speaking Professionals	Portland
6/1/1989	32	Tualatin Valley	Hillsboro
6/1/1989	32	TV	Beaverton
6/13/2021	0	Unitus	Portland
6/12/2020	1	Waffle Toasters	Hillsboro

Being engaged in some way for the good of the community, whatever that community, is a factor in a meaningful life. We long to belong, and belonging and caring anchors our sense of place in the universe.

— Patricia Churchland

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Abaunza, Justine Orr	3	EC1 , EC2 , EC3
Ahmad, Uzma	3	PM3 , PM1 , PM2
Al-Wadud, AbdurRashid	7	EH1 , LD1 , LD2 , LD3 , LD4 , LD5 , MS5
Avington, Gwendolyn	3	IP5 , DL1 , IP4
Baker, Janet Kaye	3	EC1 , EC2 , EC3
Bones, Dave	14	LD2 , VC5 , ALS , DTM , LD5 , VC1 , LD4 , DL2 , LD3 , LD1 , VC2 , VC3 , VC4 , DL1
Brenner, Susan	3	MS5 , MS3 , MS4
Briggs, Tom	3	PM3 , PM1 , PM2
Bryan, Brenda Rebecca	5	VC1 , VC2 , VC3 , VC4 , VC5
Buratti, Brenda	3	PM3 , PM1 , PM2
Campbell, Alan L.	5	PM4 , PM1 , PM2 , PM3 , PM5
Cargill, Bryan	3	TC3 , TC5 , TC4
Chan, Judy	3	PM3 , PM1 , PM2
Chilson, Douglas K	5	TC1 , TC5 , TC2 , TC3 , TC4
Clardy, Sirgiorgio	5	DL1 , DL2 , DL3 , DL4 , DL5
Clark, Crystal	5	PM5 , PM3 , PM4 , PM1 , PM2
Corbin, Tamsen	6	TC2 , TC1 , LD4 , MS5 , VC1 , LD5
Cutler, Rodger A.	3	PM1 , PM2 , PM3
Davis, Cornelius	6	IP1 , IP2 , DL3 , DL4 , DL5 , IP3
De Graff, Peter B.	4	DL4 , DL1 , DL2 , DL3
Domogalla, Cyrene A	3	IP1 , IP2 , IP3
Douglass, Matthew	3	DL4 , DL2 , DL3
Dunaway, Nora Jane	3	PI1 , PI2 , PI3
Edson, Ronald A.	3	DL1 , LD1 , DL2
Elbert, Bryce	6	PM2 , PM1 , IP1 , IP2 , IP3 , IP4
Fanning, Paul C.	8	DL1 , DL4 , EH2 , DL5 , DL3 , EH1 , DL2 , DTM
Ferris, Margie	3	EH1 , PM1 , EH2

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Fierro, Herman H.	3	PI1 , PI2 , PI3
Fitch, DeeDee	3	PM3 , PM4 , PM2
Fraser, Scott A.	3	PM3 , PM1 , PM2
Freedman, David E.	4	IP1 , PM1 , IP3 , IP2
GaRey, Daniel J.	6	IP1 , IP2 , IP3 , IP4 , EH2 , EH3
Gutman, Mark	4	EH2 , EH3 , IP1 , IP2
Harmon, Phyllis A.	8	PM1 , TC2 , PM2 , EC5 , PM3 , TC1 , DTM , TC3
Harris, Elizabeth M	4	DL1 , DL2 , VC2 , VC1
Hawkins, Greg	3	PWMENTORPGM , PM1 , PM2
Hedgecock, Peter Doyle	3	EC1 , EC3 , EC2
Hemmingson, Brinn Carla	4	EH1 , PM1 , PM2 , PM3
Hope, Stephanie	4	TC3 , DL1 , DL2 , TC2
Hubb, Cyndi	4	EH1 , EH2 , EH3 , EH4
Jacobsen, Malaia	3	VC5 , VC4 , VC3
Johnson, Janis M.	3	IP1 , IP2 , IP3
Kellermann, Charley	4	MS1 , DL3 , DL2 , MS2
King, Stephen E.	7	PM4 , EH3 , PM1 , PM2 , PM3 , EH1 , EH2
Kosloski, Wendy J.	5	VC1 , EH1 , DL1 , EH2 , VC2
Kumar, Anil	3	PM2 , DL4 , DL5
Landolt-Hoene, Daniel	3	DL1 , DL2 , DL3
Lee, Kathy K	4	DL2 , DL3 , SR1 , DL4
Lee, Maria R.	4	PM2 , PM3 , PM4 , PM5
Lewis, Tim A.	4	VC1 , VC2 , VC3 , VC4
Lindquist, Leanna	4	VC4 , PM4 , VC3 , VC2
Lloyd, Paul	3	DL4 , DL3 , DL5
Loeb, Suzanne L.	7	EC5 , VC1 , PM4 , EC4 , PM1 , PM2 , PM3
Martin, Bianca Elena	3	MS3 , MS2 , MS1
Matthews, Mary Andrea	3	EH3 , EH1 , EH2

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
McFadden, Cheryl	3	PM1 , EH1 , PM2
Melikian, Chuck	3	EC1 , EC2 , EC3
Merge, Catherine	4	EC3 , EC1 , EC2 , EC4
Mojica, Cynthia	3	ALS , DTM , LDREXC
Moy, Miranda	4	DL4 , DL2 , DL3 , DL1
Myers, Emily Jane	4	DL5 , EC2 , DL4 , EC3
Norris, Lauralee K.	3	EC1 , ALS , DTM
Palla, Vineel Kiran	3	IP2 , IP3 , IP4
Peaker, Megan N.	3	IP2 , IP1 , IP3
Perry, Cheri S.	4	EC1 , PM1 , PM2 , LD1
Powell, Terry	3	PM2 , PM3 , PM4
Redgrave, Cheri A.	5	EH3 , EC2 , EH2 , EH4 , EC1
Ridenour, Angela	4	PM2 , PM3 , PM4 , PM5
Rodman, Rachel C.	3	PM5 , PM3 , PM4
Rone, Regina G.	4	VC1 , VC2 , VC3 , TC5
Rosenberg, Michael Kenyon	4	EH5 , PM3 , PM1 , PM2
Sarkkinen, Bert Wilfred	3	PM4 , PM5 , PWMENTORPGM
Schellenberg, Lyle W.	10	DL5 , MS3 , SR3 , SR4 , SR5 , PI1 , SR1 , SR2 , MS1 , MS2
Schupp, Lisa S.	3	MS3 , PWMENTORPGM , TC1
Semprevivo, Karen Ann	3	PM1 , EH1 , EH2
Shehorn, David A.	7	PWMENTORPGM , EH4 , LD1 , LD2 , LD3 , LD4 , LD5
Siegel Cogen, Arlene	3	DL1 , DL2 , DL3
Singhal, Shilpa	3	PM2 , PM1 , PM3
Somasundaram, Namitha	3	PM1 , IP5 , PM2
Stark, Katherine	9	SR4 , MS1 , MS2 , MS3 , EH1 , MS4 , EH2 , SR5 , EH3
Stephan, Stephanie	4	PI4 , PI1 , PI2 , PI3
Stephenson, Karen F.	3	VC5 , VC3 , VC4

TRIPLE CROWN AWARD PINS

MEMBER	COUNT	AWARD
Stricker, Michael	3	EH2 , EH4 , EH3
Strickland, Scott R.	4	EC3 , DTM , ALS , EC4
Stringer, Angela	10	LD2 , LD1 , LD3 , LD4 , MS1 , EH1 , EH2 , PM4 , MS3 , MS2
Stuart, Hilary	4	PM1 , IP3 , IP4 , IP5
Svehaug, Alan R.	6	LDREXC , ALS , DTM , MS1 , MS2 , MS3
Swan, Kim	3	TC3 , TC1 , TC2
Takamura, Ted J.	3	EH1 , MS4 , MS5
Taylor, Emilie	9	EH2 , EH3 , SR3 , SR1 , SR2 , IP5 , EH1 , MS4 , MS5
Teagarden, Blair R.	4	PM4 , PM1 , PM2 , PM3
Telwala, Yasmeen	3	DL3 , DL2 , DL1
Tham, Jamie	3	EC1 , EC2 , EC3
Tiernan, Kate	3	LD1 , LD3 , LD2
Wahlstrom, Daniel	4	DL3 , DL2 , LD5 , DL1
Walker, Marvin Lynn	4	PM5 , EC3 , EC4 , EH1
Wanek, DaWane A.	5	EC1 , EC2 , EC3 , EC4 , EC5
Wantz, James	5	SR4 , VC4 , EH3 , SR5 , EH4
Wilson, Michael A	3	EH3 , EH5 , EH4
Yang, Charissa Lois	3	IP4 , IP3 , IP2
Yoshida, Raynette	5	MS1 , MS2 , MS3 , MS4 , MS5



Andrea Matthews, EH4



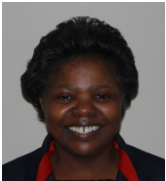
David Freedman, IP3



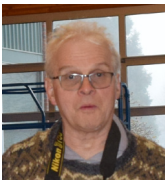
Eldred Brown, DTM



Emilie Taylor, DTM



Gwendolyn Avington, DL1



Harvey Schowe, DTM



Jennifer Schmidt, EH1



Leanna Lindquist, DTM



Lorri Andersen, DTM



Paul Fanning, DTM



Phyllis Harmon, DTM



PJ Kleffner, DTM

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