

Voices!

One Community
Many Voices

District 7 Toastmasters
NOVEMBER 2022



Ready. . . Set. . . Goals!

Jeff Spitzer, EC3 • Cover Story - Page 6

Santa on Trial!

Online

December 14, 2022

7:15 - 9:00 pm, PST



Feedbackers Toastmasters

Feedbackers.toastmastersClubs.org

Click Here to Register

Join Us at Feedbackers Where Evaluations Are the Stars

Santa Claus is in trouble. He is charged with breaking and entering. Who would accuse Santa of such a crime? Who will testify on his behalf? Who will testify against him? Will the jury find Santa guilty or innocent? His trial is December 14th. Will all be resolved in time for him to deliver toys to all the good little girls and boys?

Join us and see if the jolly old man gets off. Interested in attending our meeting? Email: leanna.lindquist@gmail.com. As a guest, you can volunteer to evaluate on the spot, or simply observe. Feedbackers Toastmasters Club, an evaluation specialty club of 20 years, meets online once a month. We apply the power of practice, technique, and feedback to elevate our evaluations. Then we take our learnings back to our home clubs to raise the evaluation level, and most importantly our own speaking level.

We welcome all Toastmasters to our meetings, as guests or members. If you are a Toastmaster curious to take your evaluations to the next level, this one's for you.

Join Us!

Zoom Changes, Oh My!

Phyllis Harmon, DTM, PDG - Publisher/Editor



Toastmasters Leadership Institute is happening this next weekend, December 2nd and 3rd. I know that a lot of work has gone into making this event one to remember. We continue to hold events online—a hold over, side effect of the pandemic and all that's entailed for the past couple of years.

The District is upping its game with a new platform, Zoom Events, which promises a better, richer experience for the attendees. Since this is our first attempt at using it for a mass event, it's ease of use is still to be determined. I do know that Ellen Ino and her cadre of Zoom Masters have been working diligently behind the scenes to make it so. Ellen has gone beyond the call of duty, diving in and learning the intricacies of the platform so that you and I can focus on the presentations. The Zoom Masters have spent hours being trained and getting ready for TLI.

If all goes as planned, we attendees will not run into any issues when joining. Of course, that is always the sticky part. We have gotten several messages about having a current copy of Zoom Meeting (free or paid version) on the device we plan to use for attending TLI. Those who never open an email from the District may find themselves unable to log in. I anticipate that Ellen and her team will be very busy behind the scenes getting people logged in and resolving connection issues.

Let's give them a hand by paying attention to the instructions being shared—update your Zoom app to the current version and experience the new platform with an open mind and generous heart. See you at TLI.

EDITORIAL

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VOICES!



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As we wind down 2022, many of us are thinking about our plans for the New Year: a fresh start, a blank slate, another chance at that “new you.” This is the year I’m going to... lose weight... quit smoking... save money... get in shape... find a new job... finish a path in Toastmasters... ” Any of this sound familiar?

Not only would I wager that most of you have, at some point in life, made a New Year’s resolution similar to the above, but I’d double down that some of them have been started and re-started multiple times!

As a wise person once said, “I’m awesome at {quitting smoking | losing weight | changing jobs}, I’ve done it at least 50 times!”

If you are anything like the roughly 30% of Americans who pledged a New Year’s resolution for 2023, then this article is for you. If you did not make a resolution, this article is still for you!

As humans, we are pretty good at talking

ourselves into delaying things we believe are difficult. Behavior change may be among the most difficult, so it’s easy to understand why we tell ourselves, “I’ll start tomorrow... or Monday... or next month or next year.” If we are honest with ourselves, we will realize that the truth is the chance for a new beginning is available to us in every moment.

That said, I admit that there is something about turning the calendar to a new year that can be motivating and there is nothing wrong with using that motivation to get something new kick started in our lives.

Something you may have realized by now, for most of us, motivation alone is not enough. Depending on which unscientific study you believe, most people will quit their New Year’s resolution somewhere between mid-January and the end of February, and the percentage that actually successfully complete the goal they set

Ready. . . Set . . .Goals!

Jeff Spitzer, EC3



for the year is less than 10%.

Regardless of the actual date people quit, it's clear that the vast majority who set a new years' goal do not succeed. Was it due to lack of motivation? Personally, I don't think so.

I love Mel Robbins' quote that "Motivation is Bullsh!#@t" because it's never there when you need it. Isn't that the truth? Where is motivation when we are laying in our warm bed on a cold winter morning, talking ourselves out of getting up early to exercise? Where is motivation when we procrastinate writing the Toastmasters speeches that we promised ourselves we'd do?

Public gyms and Toastmasters clubs are full of motivated people in January. It's motivation that gets them started, but it's a solid plan and a clear 'why' that keeps them committed.

With that in mind, I'd like to share with you some of my favorite tips for successful behavior change. For each tip, I'll give examples under

the lens of both a healthy lifestyle and a life in Toastmasters. While I offer some suggestions, know that I only offer them as examples to add context. Each of us should think about how we can implement the general concept in a way that is personally meaningful. Certainly not because this Jeff guy told you so!

Before we jump in, let me acknowledge that some of you may read this article and say, "Jeff, this is all basic – I know this stuff." Yes, you would be right about that. However, there is a big difference between knowing and doing. Unless you can honestly say that you are applying these concepts consistently, then there is still something here for you.

Know Your 'Why'

Create a clear and urgent need for the goal you are pining for. Yeah I'd love to have a body like Dwayne "The Rock" Johnson,

1

but it's not important enough for me to put in the work required to get that body. You may want to stand on an international Toastmasters stage, but until you know WHY and create a clear action plan to get there, it will remain a dream and not a reality.

Keep It Small

When making behavior change, it is often important to keep it small. The biggest mistake I see, as a health coach, is when people try to make too big of a change too quickly. Success is built on small, incremental steps done consistently.

This might sound counter-intuitive, but if you are trying to exercise more, the last thing you should set yourself up for is going from your couch to visiting the gym 6 days per week. If that's the expectation you set, you may consider yourself a failure if you go 4 times that week, easily leading to feeling discouraged. Instead, commit to going 1 time per week.

Better yet, don't go to the gym at all. Commit to 1 pushup per day, 1 sit-up or 1 jumping jack. It may sound silly, but that's also kind of the idea. Make it so small that it's almost laughable. You can always do more than the minimum, so start slowly and build from there.

In Toastmasters, it's the same principle. If you completed 1 speech last year, then don't start this year telling yourself you must do 12 speeches or complete an entire new path. How about committing to 2 speeches this year? The

idea is to set yourself up for success and build upon that success, slowly and sustainably.

Create an Environment that Encourages Success.

In my opinion, this tip is the most important; I cannot stress this enough. Most of us think that we lack willpower, when in reality, we just need to create an environment that does not require heroic amounts of self-control to succeed.

If trying to lose weight or eat healthy, get the tempting food out of your house! Those salty and sweet snacks that you cannot resist like chips, cookies, etc – give them away or throw them away then stop buying them! If they are in your house, they will get eaten.

Next, replace those foods with healthy options. If you live with other people and don't want a fight on your hands, at least get those foods out of sight. If you walk past a plate of cookies every time you go in the kitchen, chances are you will eventually pick one up (or a couple handfuls in my case). Instead, put them in a cupboard, the garage or somewhere out of sight. You'll be surprised how quickly you forget about them. Out of sight out of mind really does work.

Also, surround yourself with like-minded people who will be



allies on your journey. If your existing peer group is not living lifestyles that you want to emulate in your health journey, seek out some sort of club that will. Facebook Groups, Meetup and other websites can help you find groups of people who are on a similar journey – or better yet – already living a lifestyle you want for yourself.

In your Toastmaster's life, this could take many forms depending on what you identify as the primary culprit holding you back. If you have difficulty finding time to write your speeches, schedule the time in your calendar. If you find yourself getting distracted when you are trying to write a speech, find ways to remove the distractions. This could be finding a quiet spot in your home away from common distractions. Maybe you can go to a library or coffee shop? Perhaps it's the internet or your phone that distracts you. Leave your phone in another room. Disconnect the internet or use

a browser extension to block social media and other websites that call to you.

One great benefit of Toastmasters is that it comes with a built-in peer network of people who have similar goals and also want

to see you succeed. Tap into them! Create a speech brainstorm session with other members of your club or pair up with an accountability partner. Your club-mates want to see you succeed, so talk with them and find ways to support each other on your journey.

Be S.M.A.R.T.!

Whatever your goals are, be sure they are SMART! You may already be familiar with the SMART acronym, but I'll give it to you here just to be annoying. Each of these apply to both your overall goal "Lose 20 lbs by Memorial Day" or "Complete a TM path by December 31" as well as each step along the path to your overall goal "Do two pushups per day" or "Spend five minutes brainstorming on speech ideas." Your goals must be:

Specific: You must be very specific about what you want to accomplish and write it down. An example of a bad goal would be to "exercise more". A specific example would be (remembering to start small): "Do two pushups per day while waiting for my coffee to brew."

Measurable: Create a way to measure success. Otherwise, how will you know if you are making progress? In the above examples, you can easily determine if you did two pushups or if you spent 5 minutes brainstorming.

Achievable: Make sure it's something you can actually accomplish. If your goal was set at doing 100 pushups per day and you currently do zero, that's a tough hill to climb. If you gave

4



one speech last year and you set a goal of 10 this year, same thing. Start small and advance slowly.

Relavant: Your goal must be important to you. You must know why you are doing it. Why may be the most important element. If you don't have a strong why, then you are more likely to let other things get in the way. As a kid you probably asked your parents "but why???" an annoying amount. You should be asking yourself the same question. Again, this applies to your overall goal as well as each step. So, while I encourage you to start super small, that tiny step must also be meaningful to you.

Time Bound: Finally, you must specify where and when you will complete your micro and macro goals. If you are trying to lose weight, how much and by when? Then do the same for each step along the way. Same for your TM goals, do specifically what by specifically when.

Get a Coach

I can tell you all day what to do, but until you uncover and understand why you aren't doing the things you tell yourself you want to do, you are not likely to make sustained long term progress. This is where a coach can help.

I spend most of my time as a health coach not talking about food at all. The vast majority is spent helping clients navigate difficult situations in their lives and untangle the web of lies they tell themselves. All the reasons why they aren't good enough, don't have what it takes and cannot succeed. Thoughts lead to feelings and feelings lead to actions. We are often our own worst enemy in this regard, so it is vital to start thinking about ourselves in ways that lead to positive feelings about ourselves that

in turn lead to positive actions and ultimately successful outcomes.

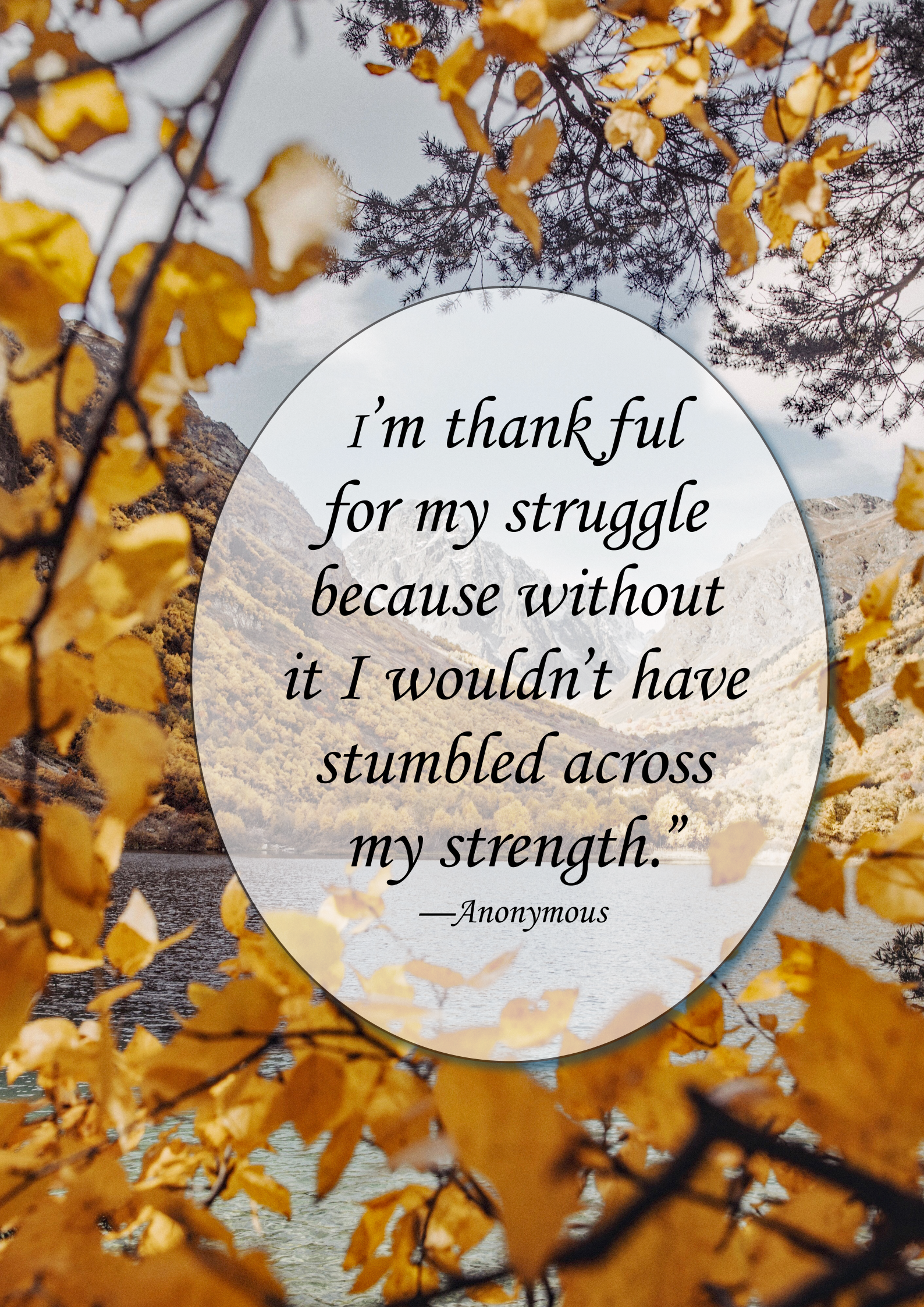
Fellow Toastmasters, whether you make a New Year's resolution or not, I hope that you found a useful nugget somewhere in this article. If you are hungry for more, of course feel free to get in touch with me. For those wanting more, there have been many books written on the subject of behavior change and habit formation. I've not read them all, but of what I have, I highly recommend the book *Atomic Habits* by James Clear. In my opinion, it is the bible of behavior change.

Now get to work!

A Toastmaster of three years, Jeff fancies himself something of a superhero, working in Market Research by day and moonlighting as a Health Crusader by night. Just like Superman, Spiderman and the Incredible Hulk (well, maybe not the Hulk), Jeff has a mild-mannered, professional persona during the workday, having spent over 20 years working with his research clients to craft solutions to accomplish their consumer insights needs.

At night, however, his tie comes off and the cape goes on! Okay, he doesn't really wear a tie, but you get the point! Trained and certified as both a life and nutrition coach, Jeff spends his evenings and weekends helping his coaching clients with their health goals – primarily weight loss. Working with Jeff requires clients to dig in to uncover and face the limiting beliefs, unhealthy habits and especially that nemesis that lives in their head, as these are the real perpetrators who have prevented them from living a healthier lifestyle.

Father to many, husband to one, Jeff and his wife Liz are members of Tell Me A Story Toastmasters Club.



*I'm thankful
for my struggle
because without
it I wouldn't have
stumbled across
my strength."*

—Anonymous



THOUGHTS ON BEING GRATEFUL

Lorri Andersen, DTM - District 7 Director

I hope each one of you had a wonderful Thanksgiving.

There is much for which we can be thankful— families, work, and our Toastmaster Clubs.

Did you know that being thankful and grateful can help you live a better life? Research from Harvard Medical School found that giving thanks can make you become healthier, happier, more positive, and have a better well-being¹. I have many things for which I am thankful. We have a strong District 7 Team. I love to visit Clubs and say hello. I feel at home making new friends and being with the people I know.

I grew up with a large family of aunts, uncles, cousins, kids, and dogs. We all gathered for Thanksgiving. There were so many of us that my dad rented the local fire station to fit everyone into one place. I keep the tradition alive as I celebrate Thanksgiving with my

immediate family, brothers, sisters, nieces, nephews, and dogs. We don't need to rent the fire hall anymore, but our gatherings are sometimes quite large. To see everyone and catch up with their lives gives me an appreciation and happiness as I participate in this family tradition.

I am thankful for all the transferable skills I have learned and continue to learn in Toastmasters. We take for granted the critical listening and thinking skills vital to the workplace that we use weekly in evaluations and Table Topics. Did you know how to pull a meeting together and create an effective agenda before you came to Toastmasters? It was evident to me, before I joined, that I needed those skills. We use them every time we serve as Toastmaster. Our core values of integrity, respect, service, and excellence help us build interpersonal skills; such things never grow out of style. We build self confidence



UL

and self esteem through our involvement with our groups, learn how to ask good questions, and build and present effective formal and informal presentations. There is accountability with every meeting and role in which we prepare. There is continual learning, answering, and thinking on our feet, organization, management, teamwork, and the list goes on. I haven't touched upon leadership learning opportunities. There is a lot for us to be grateful for. I love the fact we are in a lifelong learning organization.

During the Holiday season, not everyone can attend a gathering or meet with friends and families. Some may want a warm and happy gathering but feel their expectations fall short of perfection. During those times, many have found that volunteering and service is a way to 'keep the sun shining' even in the winter months.

Here are some ways to generate thankfulness and gratitude

- Write a thank you card to a Toastmaster friend and express your appreciation for their friendship and work in the club
- Make a phone call to say thank you
- Invite someone to coffee and celebrate the season
- Choose a new club to visit
- Be positive and grateful

John F. Kennedy said "We must find time to stop and thank the people who make a difference in our lives."

I am thankful for each of you in this great District!

[1](08/14/2021, Harvard Research)

TLI Moves to Zoom Events!

Jim Robison, DTM - Program Quality Director

Toastmasters Leadership Institute on December 2nd and 3rd will be District 7's first ever event run on the Zoom Events platform. This means a big learning curve to figure out how to set it up, how to configure everything, and how to provide the best experience for our members.

The exciting part is the opportunities it will provide. We can better prevent 'Zoom bombers' from disrupting the event. The Event Lobby will allow you to move around within the event as if you are moving from room to room in a live conference. There will even be an Expo where you can visit virtual booths to learn about District activities.

You don't need to wait until December 2nd to start experiencing the event, you can go to the event lobby by registering right now: [Register Here](#).

When you register you will receive a virtual ticket that gives you access to the event lobby. In the lobby you can learn about all the sessions and speakers, including, for many, short videos explaining what you will learn in the session. You can select a Track to view those sessions

that apply to your specific officer role. You are required to attend at least one of the sessions in your Track to earn credit for officer training but may choose any sessions during the other breakouts. You can bookmark the sessions you plan to attend to create your own itinerary. This itinerary can be downloaded as an .ics file to import into your own calendar.

Q: I've already been through officer training, why should I attend?

A: TLI is far more than just basic club officer training. This year we are offering a new option. The sessions identified as "electives" will also apply as credit for officer training for relevant officer roles. Think of them as advanced officer training if you already had the basic officer training. You will have the opportunity to 1) refine your skills and get pointers on how to perform your officer duties, 2) learn about working together as a team, 3) learn how to best help members of your club succeed, 4) develop additional skills that can not only help you in your club role, but help you in your career, 5) meet other Toastmasters and have fun!

oom events

Q: But my club is a closed club, so the officer training does not fit. A: Not true. The officer training still applies for a few reasons.

1. There are tasks that all clubs must complete regardless of the type of club.
2. Many of the sessions provide skills development that goes beyond the club officer role, helping build skills that you can use in your career.
3. We have a session dedicated to the specific needs of closed or corporate clubs to meet your needs.
4. Attending helps you to build familiarity with Toastmasters and become integrated into the broader Toastmasters community for growth and support.

This is our first District event being conducted on the Zoom Events Platform. To use this, all participants are required to have a Zoom account, either free or paid. If you already have a Zoom account that you use, then no problem, you are ready. If you do not have a Zoom account you can easily sign up for a free account [by clicking here](#). (Note: the first question asked is for your

year of birth to confirm age.)

Requiring a Zoom account ensures that all participants have, at the minimum, a verified email address. Registration with a Zoom account controls distribution of the event and session links which greatly reduces the likelihood of “Zoom Bombers” disrupting the event, as actually did happen at our last TLI.

Our team is working hard to create a great event with multiple options to learn many new skills.

In addition to a wonderful keynote speaker, we have 37 Toastmasters providing 34 individual training sessions covering all officer roles plus electives for a variety of leadership skills, planning, speech development, Pathways, club building, etc.

Join us on December 2nd and 3rd for TLI. [Register Here](#).

Toastmasters Leadership Institute

The Culture of Communication

Friday, December 2, 2022

6:00-6:15 PM	TLI Opening & Networking
6:15-7:15 PM	Round 1 Training - 9 Breakout Sessions to choose from
7:30-8:30 PM	Round 2 Training - 9 Breakout Sessions to choose from
8:30-9:00 PM	Friday Night Fun: Treasure Hunt and Challenge

Saturday, December 3, 2022

9:00-10:00 AM	Opening and Keynote: Journey to the Stars
10:15-11:15 AM	Round 3 Training - 7 Breakout Sessions to choose from
11:30-12:30 PM	Round 4 Training - 9 Breakout Sessions to choose from
12:30-1:00 PM	Finale: Recognition of Educational Awards

[Click Here to Register](#)



THE CULTURE OF
COMMUNICATION

WE WILL MOVE YOU

TLI 2022

December 2 & 3

Mark Your Calendars.

Register at

d7toastmasters.org



[Click Here to
Register](https://d7toastmasters.org)



Community th

Dave Bones, DTI

What are some of your favorite aspects within Toastmasters? Is it developing more confidence and overcoming a fear of public speaking? Perhaps your motivation is in communication, leadership, or other presentation skills for a promotion or other career opportunity. Finally, it could be that you joined just to meet new friends!

Another point to consider is what has fundamentally enabled the longevity of this international organization since 1924, and how to continue. Drawing from its mission statements, as well as my own experience in Toastmasters, I believe it is the value of community, with contribution as its greatest means to accomplish this.

A Toastmaster mentor of mine shared his thoughts about why someone joins and why a long-term member stays. He said that many join for specific skills related to either professional or personal goals. As these goals are met, often they continue to stay to continue practicing those skills, but also to help others on the same journey. I agree, another way of saying this is “growth is our common bond within our Toastmasters community.”

In my experience, this growth requires the following.

First, a supportive environment—evaluations

are the number one way to learn how to do this. Prior to Toastmasters, many of us were familiar with a “critique.” But a Toastmasters evaluation is so much more than a list of things done wrong. Offering validation of a member’s strengths, as well as direction to positively enhance a presentation, demonstrates how we offer support in Toastmasters.

Second, having fun is critical for longer-term growth. This can be accomplished by coming up with creative ideas for meeting planning or being willing to offer a good laugh while learning together.

Finally, Toastmasters offers a “testing ground” to develop skills and take chances. It is when we stretch that we grow. We develop further confidence through this process and face our fears together.

Contribution is the other side of the coin to building and maintaining our community. You might ask, how can I contribute? As a member, knowing that every meeting is a team effort is so helpful. When you attend meetings regularly or communicate if unable to attend on a given day, it makes a huge difference in your contribution to your Club.

If you are a Club officer, your leadership role is foundational to the success of your Club.



Through Contribution

TM - Club Growth Director

Please know that asking for help when needed is beneficial to your team. As a Club leader, fellow members will most likely ask you Toastmasters questions. When you take the time to learn about your role and answer questions, you become an even greater asset to your members.

Perhaps you are a newer District officer, wanting to know how to further contribute. Depending on your leaders and seeking a mentor who has already done your role can be beneficial. At this stage, you will be given the opportunity to help others by answering their questions. Your willingness to lead by example can help empower others.

There is one outstanding challenge that we Toastmasters and contributors may face. It is work / life / Toastmasters balance. I must admit, this is a lesson that I am trying to learn more about! That said, I can offer a couple of tips.

First, using a mathematical analogy, I recommend “reducing fractions” through integrated goals, rather than “addition” of more and more separate tasks. An example in my work / life / TM is that I want to empower others, enhance creativity, and develop resilience facing adversity. With this perspective, leading my Club Growth Director teams and providing educational presentations while facing a deadline, enables all three of my goals that positively affect

all areas within this balance.

Second, be open to unintended life lessons in your Toastmasters journey. In the work / life / TM balance, it can seem that you are off track as you experience overload and are unable to complete all your intended tasks. Maybe there is a TM deadline that was not met. However, what if in this process, you mentored a fellow Toastmaster in need which granted you the opportunity to become a better listener to a close friend, or family member? This is the type of lesson that may not have been originally intended. However, this unique experience in Toastmasters perhaps allowed for this life-changing lesson.

A big part of the motivation for me to help build our community is to offer the same opportunities that I have been granted in my years as a Toastmaster. What brings us together from so many backgrounds, communities, and life experiences? As mentioned earlier in this article, I believe that growth is our common bond. Fellow Toastmasters, your contribution absolutely matters. This is true whether you are challenging yourself on a new task, taking on an extra role, or just showing up to a meeting on a day that would be easier not to. Together, one day at a time, this is how we grow within our community.

Thanksgiving Memories

Eldred Brown, DTM, IPDD

During this holiday season, I want to reflect on some of the Toastmasters experiences for which I have reason to be thankful. I am reusing a story from my time on the Trio as the then Program Quality Director, which I think does the job rather well.

We got this

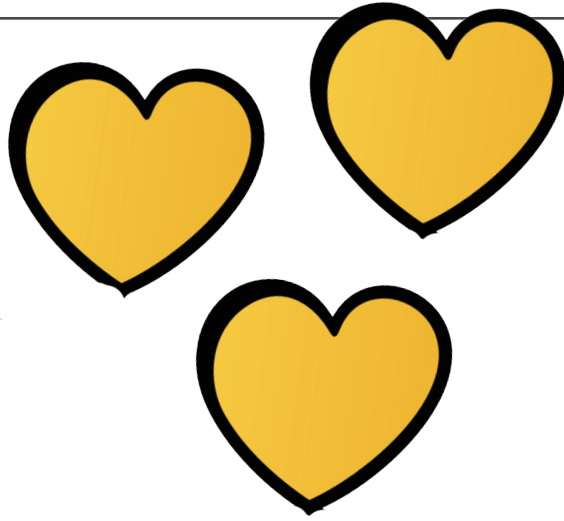
It's never easy to bury a parent, no matter how long they've lived. I had to take some time away from all my other responsibilities to do just that after my mother died of COVID-19 in mid-November (2020). As soon as I heard the news from my aunt, I emailed my three committee chairs, Leanna Lindquist, Gwendolyn Avington, and Lyle Schellenberg, to let them know. I reassured them that I trust them totally to do the work assigned to them, but it was still reassuring to me to read Leanna's reply, "We got this. Take whatever time you need." That's what

I wanted and needed to hear.

One of my goals as your Program Quality Director was to appoint the right people to lead the committees under my watch, give them the training and direction they need, and let them do their thing. I want to be active in helping them with their work, but I don't want to control them. For me, being able to trust the leaders on my team is of the utmost importance. Knowing that they have the resources to successfully do their work while I'm away and unable to help is a measure of success I value highly. I have the right people in the right leadership roles.

Let's start with Leanna and the work she did planning and coordinating all our presenters for TLI. There were a couple of little things I wanted to include in our TLI, but my mom's passing disrupted my participation in Leanna's planning so that we ended up not implementing the little

Thankful  grateful



things I hoped to see. Even so, Leanna did a fabulous job planning our Amp It Up event, getting the right presenters in the right time slots, and coordinating the event with little input from me.

At the same time, our Pathways Chair, Gwendolyn, did an amazing job preparing her TLI presentation on Pathways mentorship and coordinating a couple of Pathways training sessions from her team. Having attended Gwendolyn's TLI session, I can vouch for her that she gave an excellent presentation that covered everything I would have wanted to see in a presentation on mentorship. If what Suzanne Loeb presented as the model speech for the Feedbackers Club's evaluation contest was the same session she presented at TLI, and if Tamsen Corbin's session was what she delivered at a D7 webinar weeks earlier, then I can't imagine either of their TLI presentations

was anything less than awesome.

And Lyle, our Conference Chair... Even without me because I was on the road, Lyle and his committee made big strides toward a powerful spring conference by deciding upon a theme, Rise to the Challenge, and letting me know what support they needed from me. I couldn't have asked for anything more than what Lyle's Conference Committee gave me!

One of my most important tasks as a District Trio leader is to surround myself with strong leaders who know what is needed from them and can motivate their teams to deliver what our district needs to be successful. It's never easy to bury a parent, but I'm happy that when I needed to bury my mom, I had a team of leaders who could carry on without me and lead our program quality efforts effectively in my absence. I really can't thank Leanna, Gwendolyn, and Lyle enough for the work they did while I was gone.

ateful  blessed

PEABODY MANSION MYSTERIES

EPISODE 3

Cast of Characters

Leanna Lindquist, DTM

In Episode 2 we learned about the suspicious death that took place in the mansion thirty years ago. Carl has something to hide. Rich comes to the rescue. . .

Penny let out another blood curdling scream. Laura turned just in time to see John Hall, a club member and chiropractor, walk through the door carrying a full size skeleton. A stranger followed close behind.

“Penny, enough of that screaming,” she hollered. “I swear that woman is afraid of her own shadow. She should know it’s a prop for John’s speech,” Laura muttered under her breath. She hurried down the hall dragging a dining room chair. As she drew closer, she saw Carl slumped onto Rich who strained to support his stout frame. She took Carl’s wrist and checked for a pulse. It was a little fast, but strong. “Carl? Carl, can you hear me? It’s Laura. You need to sit down. I brought you a chair.” Carl’s eyelids fluttered open as Rich and Laura lowered him into the chair.

“What happened?” Carl asked as he squinted and rubbed his face.

“You passed out. Good thing I was here to

catch you, or you might have ended up at the bottom of the stairs with a broken neck.”

“Carl, when was the last time you had something to eat?” asked Laura.

“I guess at breakfast.”

“Rich, get my purse. Carl, you were white as a sheet. Did something happen?”

“No, I guess it was the strain of the stairs on my bad knees.”

“I think it’s more than that. Are you diabetic Carl?”

“Not that I know of.”

“You need to mention it to your doctor. Here comes Rich.” He handed Laura her purse.

“That thing weighs a ton. What do you have in there?”

“Just a few things that might come in handy.” Laura rummaged in her purse and pulled out a granola bar. “I like to be prepared.”

“Eat this, Carl. And don’t forget to call your doctor.”



“Thank you, Laura,” he said, looking down at the granola bar in his hand.

“Rich, you stay with Carl and make sure he eats then join us for the meeting.” Laura turned around and marched down the hall.

Carl unwrapped the granola bar and took a bite. “Is Laura always that bossy?”

Rich laughed. “Yes, she is. I guess that’s why she always gets things done. I hear she was one heck of a nurse in her day too.”

“Good to have her on our side.” Carl finished the bar and announced, “I feel much better. I guess I just needed some food. I’m Table Topics Master tonight. I guess we better get out there. What’s your role?”

“I’m evaluating John and his skeleton.”

“His what?”

“Let’s go and he will tell you all about it.”

When they walked into the dining room five pairs of eyes turned toward them.

“You are late, AGAIN.” She raised her

eyebrows in disapproval. “Take your seats and let’s get started.” Club president Penny Harris gaveled the meeting to order. She read the Club Mission Statement and asked the stranger to introduce himself.

“Hi, I’m Mark Baxter.”

“Welcome Mark. How did you hear about our Club?”

“I saw your notice in the paper,” Mark replied. “I’ve meant to join a club for a long time. This night works for me so I thought I would give it a try.”

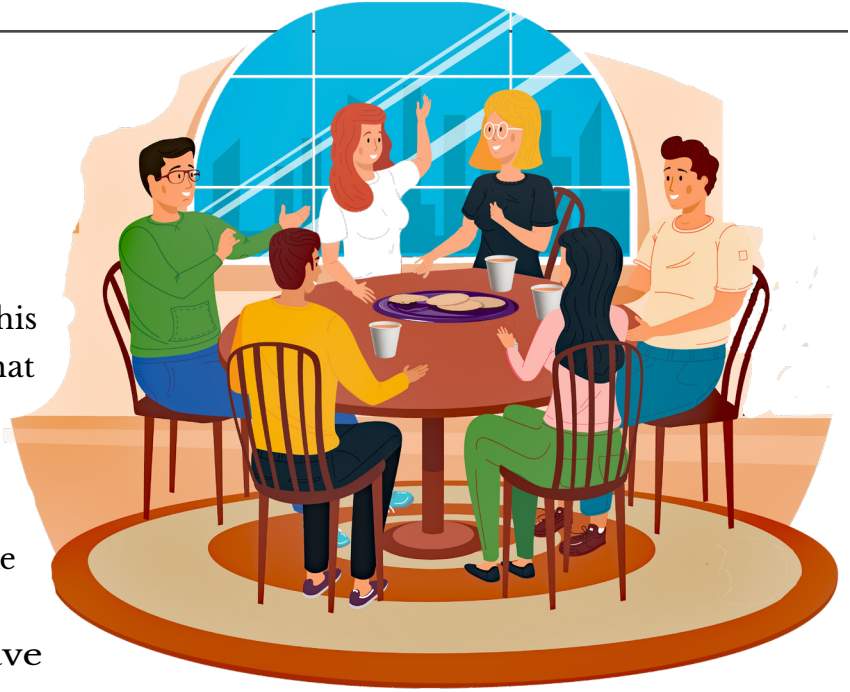
“We are delighted you found us.”

John and his skeleton Clyde were introduced. After his speech a robust round of Table Topics ensued followed by evaluations. The meeting got off to a rocky start but proceeded without a hitch. Everyone pitched in to put the supplies away in the crate.

“It’s finally warm in here,” said Laura. “Let’s enjoy some goodies and get to know Mark.” Laura reached into her purse and pulled out a container of snickerdoodle cookies, followed by two thermoses of hot tea, Styrofoam cups, and napkins.

“So that’s why your purse was so heavy. We can always count on you to be prepared,” said Rich as he took the lid off the cookies and passed around the napkins. Laura poured steaming cups of tea and settled back in her chair.

“Mark, tell us about yourself,” Laura said as she dunked a snickerdoodle in her tea.



Mark shuffled in his chair and rubbed his hands on his pant legs. “I’m not sure what you want to know. I grew up in Indiana, went to college at the U of O, and I sell insurance. I thought Toastmasters might help me with sales.” His hands relaxed like a burden had been lifted.

“Are you married? Do you have children?” blurted Penny.

“No to both questions.”

Laura jumped in to fill the uncomfortable pause. “Do you have any questions for us?”

Mark cleared his throat. “I was wondering about this house. I hear there was a murder here.”

Penny, known as the goddess of local history, jumped right in. Her voice took on an air of authority. “Thirty years ago, this Halloween, William Peabody and his parents hosted a lavish costume party.” Penny recounted what everyone already knew about the Halloween Party. Rich passed the cookies to Terry. He leaned over and whispered, “You better take two, you know how long winded Penny is once she gets wound up.”

It was William’s senior year of college. He was an only child, and his parents never denied him a thing. Guests dressed as movie stars, TV characters, and monsters. It was quite late when the last guests left. The next morning William didn’t come down for breakfast. He wasn’t in his room.

The poor housekeeper found him at the bottom of the stairs still in his costume. They called an ambulance right away, but he had

been dead for a while. He broke his neck.” She reached for her cup of tea and took a long swallow.

“That is quite the story. It must have caused a lot of excitement. What do the police think happened?” Mark asked as he leaned towards Penny.

She cleared her throat and wiped her mouth with a napkin. “The police never solved the crime. No suspect. No reason why he was murdered, if indeed he was murdered. Many think it was an accident. William liked to lord his family’s money over his friends. Cars, fancy clothes, travel, this house, he had it all and he didn’t let anyone forget it. The party was just another way to show his friends how much better he was than they were. He belittled some of them for not spending the money to rent costumes. He embarrassed several guests that night, including the wait staff.”

“How do you know all this?” Mark said with skepticism in his voice.

“I was one of the guests.”



Origins . . .

Phyllis Harmon, DTM, PDG

In September 1620, the Mayflower, with 102 passengers and 30 crew, set out for America. The journey took over two months, much longer than originally anticipated. During the crossing, the passengers suffered from seasickness, hunger, and thirst. The ship arrived in the Cape Cod area in November 1620 and anchored in what was later known as Provincetown Harbor. On December 25, 1620, the ship moved further south to what is now known as Plymouth Bay, Massachusetts. The winter was harsh and the passengers remained on the ship until February 1621. Only one person died on the journey, but since their arrival, forty-five of the original 132 people died of scurvy, starvation, and unhealthy shipboard conditions.

The Mayflower was not the first ship to land on the shores of America. Europeans had been fishing and trading in the area since the early 1600's. Several of the local Wampanoag peoples had been captured as slaves or human exhibits and taken back to England. Between 1616 and 1620, the indigineous peoples, who had lived in the area for 10,000 years, were nearly wiped out by Euopean diseases during the time known as the "Great Dying."

The settlers, during their exploration of the shoreline, dicovered Patuxet. It was one of the abandoned villages (because of the Great Dying) where several of the captured natives once lived. They reinhabited the village and renamed it Plymouth, Massachusetts.

The colony was down to 53 people. With their numbers dwindling, food scarcities, and lack of knowledge of how to survive in the new environment, the colonists were facing extinction.

In March 1621, the colony was visited by two

English-speaking, Wampanoag men, Samoset and Tisquantum, who befriended the colonists and taught them how to hunt, plant crops and how to get the best of their harvest, saving the colonists from starvation.

The colony's first harvest provided a bumper crop assuring their survival. They decided to hold a three-day festival of prayer inviting their benefactors to join them.

Edward Winslow, one of the colonists, recorded the festival in his diary:

"Our corn did prove well, and God be praised, we had a good increase of Indian corn. . . Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together, after we had gathered the fruits of our labors; they four in one day killed as much fowl, as with a little help beside, served the company almost a week, at which time amongst other recreations, we exercised our arms, many of the Indians coming amongst us, and amongst the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed on our Governor, and upon the Captain and others. And although it be not always so plentiful, as it was at this time with us, yet by the goodness of God, we are so far from want, that we often wish you partakers of our plenty."

And so the first Thanksgiving survived without college football, adult beverages, and Hallmark movies. The tradition of celebrating the end of the harvest and giving thanks for the blessings of the earth was signed into law as a national holiday on December 26, 1941 by President Franklin Roosevelt. It has only been in recent years that Thanksgiving has morphed into a secular holiday which marks the beginning of the holiday shopping season.

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I am **NOT** a Dinosaur

Paul C. Fanning, DTM



I think there must be something organically wrong with me—or at least I feel there must be. Perhaps a round of expensive tests will resolve my feeling of dread that I sense at times. Better yet, an overly paid therapist might do the trick.

I do not know the answer, nor have the training to definitively declare me of sound mind. Yet IT is there, gnawing away at the back of my brain, forcing me to postulate or even wonder whether, indeed, I have turned into a dinosaur. Yes, me, a modern dinosaur, walking on two legs, but with a small brain with limited functions. Thus, a has been, soon to be discarded and hopefully admired from afar in picture books and dusty museums, a distant memory.

I do have a love of movies. Michael Crichton penned the book *Jurassic Park*, and I read it when it first came out in 1990 before the movie in 1993. How, I often wondered, did a brilliant surgeon like Crichton craft such a tale of re-creating dinosaurs sixty-five million years after their demise came about? He did it to “relax” from his daily job, to eventually become more famous in his “hobby” than his avocation. But to me, the sum of the incidents in the book and movie were all rolled into one with the major scene at

the climax of the movie in the island’s visitor’s center where the banner “When Dinosaurs Ruled the Earth” comes fluttering down to be trampled upon as the T-Rex defeats the Raptors allowing our heroic characters to escape. The end. Roll credits.

But that is not the dinosaur I am referring to, or feel I am becoming. No, not at all. I am not suddenly growing a bigger head, developing a taste for raw (and somewhat bloody) meat, waving my little stumpy T-Rex arms before me. No, I am talking about what one develops into when one becomes a Toastmasters dinosaur—truly a more chilling and fearful thought than a physical metamorphosis. The Greeks referred to it as “ametanoia,” or a lack of changing one’s mind—either spiritually or psychologically. It is the process whereby one is aware of the need to change, but refuses, and by doing so, hardens the mind (or brain) until one is so far behind in progress and thought they just stagnate and become totally useless. Unable to function within normal parameters becomes a dinosaur and cannot see the huge meteor come crashing to earth and renders all life void. Thus, a Toastmasters dinosaur is one that cannot



adjust to the changes to the program, or see the technological progress before them, and utters the world's worst phrase "we've never done it that way before" or similar words to that effect. Might as well try to use those little arms to pick things up, or even grab a cup of coffee. (Do you know why dinosaurs do not use drive through windows? Their arms cannot reach the food nor dig into their pockets for change.)

For you see, I have lost my "joy" in Toastmasters. For some reason, I find myself being placed "on the back burner" of the Toastmasters world. I am not working on any education programs to improve myself. Do not think that I believe for one single moment that I had "arrived" and was so perfect and wonderful in my speechcraft, or evaluations or leadership that there was nothing that any could teach me.

No, that really is not the issue. There are plenty of tools and methods I could still learn to

improve myself. No, I found myself at T-Rex arm's length away from many areas of the Toastmasters experience. I think I just became inured to the changes and latest programs because I was not committed to wanting to try them out. Oh yes, I survived the first changes in the early 2000's and found them making sense and became challenged to learn. Then we hit Pathways-which I sort of liked, but it came out earlier to our District than we thought it would and were a little unprepared and not ready for the resistance we faced. (Resistance was futile.) Now, four DTM's later, I have become a ho-hum Toastmaster. My brain has been slowly turning into stone or concrete, allowing the blood flow to cease its coursing through my veins, and I am rapidly becoming dull and lifeless. I am functioning yes, but barely.

Take leadership as another example for my theorem. In the last two years I have gone from being involved at the District, Division,

and Club levels to barely being a Club member. (There are those who even suggest that I am not even a good member at all.) I look around me, know what experiences I have had—for even bad experiences can be good teachers—and know there are needs, but I come up with 1001 excuses for not doing anything. I loved being a Club Coach, I loved being the District Club Coach Coordinator, and loved helping coaches achieve their Club Coach completion status. I have never been motivated by trophies or awards, thus the certificates and “badges” (earned more than enough in the Scout program) are not that exciting to me. But, a nice note, a thank-you, or even a nod will go a long way with me. Yet here I am, my “little arms” are snugly set by my side. I am not reaching out. I am becoming comfortable not “being” or “doing” anything.

It is easy for me to class myself as a “TM Dino” as my social media skills are lacking, and I continue to struggle giving speeches online through Zoom or other platforms. But I do not want to be one deep down inside. I want to still enjoy the fellowship of the Club meetings, live or online. I still like to speak and want to continue to improve. (I must, or I should say I get to speak before a conference next year delivering a thirty-to-forty-five-minute multi-media presentation.) Plus, I believe I may still have leadership skills that could prove to be useful to Toastmasters, Clubs, and the District.

So here I am. Perhaps I am like the old, retired fire horse still wanting to pull the engine to the next fire, or the ex-president who misses the

limelight and the adrenaline rush of his former office, but I believe I need to stop turning green (or mottled brown), begin to exercise those limbs and s-t-r-e-t-c-h them out and begin a new leaf, a new chapter in my Toastmasters life book of experiences. The sad knowledge of all of this? I know I am not alone in this thought process.

Thus, dear reader, if I pick up the gauntlet for a renewed view on Toastmasters, its need for leadership, as well as new methods, will you do the same? I believe I have told this story many, many times in Club meetings about my first day as a public information officer for disaster services and what happened when the microphones were shoved in my face for comment—and I strung my best sputtering and non-communicatory expressions together. The worst critics were not my boss, nor co-workers, but my Sunday School class. That is why I needed Toastmasters. I never want to fall back to that level ever again. I am not a dinosaur. I will change. No block head for me.

Sorry, friends, but I need to cut this short and run to the grocery store. For some inexplicable reason, I have been craving steak tartar of late. Or maybe a nice red, juicy package of hamburger meat. I also have a penchant for short-sleeved shirts, too. Care to join me for a fast bite?

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has. - Epictetus



Thankful for Toastmasters

Jennifer Schmidt, EH2

Thanksgiving is a time when many people slow down and reflect on what they are most thankful for in their lives. This can include family, friends, and civic organizations like our Toastmasters Clubs.

Seventeen years ago, when I visited my first Toastmasters meeting, I showed up on a Tuesday evening with no idea what to expect. I do remember that everyone was super friendly, and tons of applause was a big part of the meeting. Becky, the Club President, stood out the most because she was running everything, which was well-organized and on time.

I admired Becky's enthusiasm. She was the heart of our Club and our biggest cheerleader. When she wasn't working at her full-time job, she spent most of her free time working on Toastmasters. She especially loved attending the Toastmasters conferences and seemed to know everyone in attendance.

One day, Becky asked me if I could help her organize the Toastmaster supply locker at our meeting location. She told me how much she appreciated my help as we filed everything that was in disarray. It seemed no one else had the time to help her. The hours flew by as we sorted, labeled, and chatted about Toastmasters, and life in general. Like two happy Toastmasters

elves, everything looked professionally organized when we were finished.

Not long after that day, Becky and her husband decided to retire to Florida. Our second in command, Mark, the VP of Education, also moved to California. Everyone was sad that both Becky and Mark left. It wasn't until they were gone that the Club became defunct. Why? Just like a precarious game of Jenga, Club success was dependent on two key people instead of the entire Club. On top of that, we lost our meeting room, and virtual meeting platforms like Zoom didn't exist then. It was sad, but a great lesson I have never forgotten.

The rest of us took Becky and Mark for granted. After all, we were a well-established Club, had a great meeting space, and it all seemed effortless. When we arrived at the meetings, everything would go well, so easy peasy. We assumed (never a good idea) that nothing would change, we could rely on our Tuesday night meeting and that it would always be there. A welcoming place of clapping and laughter.

I didn't realize the details involved until I was physically organizing paperwork. Becky didn't seem to need much help, and if she did, Mark would pick up the slack, with the rest of us



helping when we were asked. It's easy to forget the only way Toastmasters meetings function is through the dedication of time, energy and commitment. People who give of themselves, because they care, are not always a guarantee. I loved all the great things that Becky and Mark did for our Club, but that big gaping hole left behind in our hearts was never the same. We were lost.

If I could go back in time, I would thank Becky and Mark more for all they accomplished as leaders of our Club. But since I don't have a time machine, the best

I could do today is thank the people who are leading my current Clubs which include, New Horizons Toastmasters: Penny, Ralph, Jordan, Cleon, Barbie, Tracy, Joe, and Leela and PR Masters: Matthew, Marcy, Adam, Charissa, Maren, Bob and Fred. These leaders strive to build up our members because they know life changes will occur. Setting up Clubs to live on, even without them leading, is a huge challenge. Seeing Clubs thrive beyond their term will ultimately be their legacy of leadership.

It's not easy being a leader of a Club, and I appreciate what all these Toastmasters

contribute for the good of the organization. It's easy to forget showing appreciation but it's so important to do it on a regular basis, and not take people for granted. Thank you all so much for giving your time, creativity, and heart for the members and guests of these Toastmasters Clubs!

P.S. A special shout out to Phyllis for taking the lead in creating *Voices!* This fantastic digital magazine gives me the chance to thank everyone here including her.

Importance of Being Thankful

David Freedman, PM2

Over the course of my nine years in Babble-On Toastmasters, I created two “traditions” that we’ve managed to maintain in our Club. The first tradition started when I took on the role of the Timer and came up with the saying, “We like to start on time, end on time, and have a good time.” Several people in my Club have used that quote ever since, and it always adds a touch of humor to the role of the Timer since time is crucial in everything we do.

The second tradition happened almost accidentally. Somehow, without intending to, I became the Toastmaster for many of our Thanksgiving meetings. Rather than reciting the origin of Thanksgiving, my goal was to simply ask each member and guest present what they were most thankful for. Again, to keep us on track and within the meeting time limit, I instructed them to do so in one to two sentences. Taking my own advice, I thought I’d share a few things I’m thankful for in bite-sized bullet points:

I’m thankful that we’re not in isolation anymore. It’s been well over a year since the Covid-19 vaccines came out, but I’ll never take for granted the value of being in large groups again.

I’m thankful for my family. This year will be the first time in a long while that I won’t be able to spend time with my family since we’re all celebrating in different places this year, but I keep them in my heart always.

I’m thankful for my hobbies, namely, video games and books, both of which I have scads of. Because frankly, it’s nice to come home to something that you enjoy, especially when you’re hard at work (or in my case, working hard to find a job), and it’s also nice to lose yourself in another world when it’s absolutely necessary.

I’m thankful that my Toastmasters Clubs are still active. Quite a few Clubs have shuttered over the past couple of years, no thanks to the pandemic, so it’s nice to know that I have two Clubs that I can come home to – three, if we can get our debate Club, Virtual Virtuosos, accredited in the next year.

I’m thankful for my health. I grew up with a number of disabilities, and one of the things that keeps me motivated to maintain my health is constant exercise, either by going to the gym five days a week or walking everywhere.

I’m thankful for having a good sense of



humor. I recently started the Pathway “Engaging Humor” as part of my continuing education in Toastmasters since humor can be an incredible way to break the ice in tense situations, not to mention it’s enormously helpful when performing on stage.

And perhaps most importantly, especially given the events over the past few years, I’m thankful for our country’s freedom of speech. I can’t stress enough how important that freedom is in our lives that we have the right to state our piece without fear of reprisal, though again using wisdom in what you say on the job makes a great deal of sense.

Giving thanks sounds so easy when we do it at this time of year, but it’s also a dicey proposition if we’re in dire circumstances. If you can’t find work, if you’ve lost a family member, or if you’re looking at losing your home, being thankful is far more challenging. Giving thanks for the things you have is certainly vital, but what happens when you see people who don’t share the same prosperity you do? Do you volunteer at a soup kitchen or give money to organizations that give back to the community

in a positive way? Does your workplace give notice or incentives to further pay it forward? And what happens if you’re the one in need and no help is forthcoming? Perhaps the most damning thing that can be said about this time of year is that, for all that we’re thankful for, our good fortune often comes at someone else’s expense, intentionally or otherwise. For those of us who’ve learned the value of reciprocity, and perhaps what some people call karma, paying it forward is not just a mantra but a necessity borne out of one’s life experience. Thus giving thanks becomes just as much about what we’ve accomplished during the year as well as what we’d least desire to experience in our lives. And that’s always a fragile balance to maintain, no matter how well off you are.

When you’re with your loved ones this holiday season, remember that giving thanks is a necessary and wonderful blessing that can also become an incentive for change. Creating traditions that resonate with the community, especially by empowering others to do their best, gives us many more reasons to be thankful for what we have.

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Lake Oswego Toastmasters Club	Allred	David
Clack-Orators Toastmasters	Artmann	Nancy
Nano-Mated Speakers	Autrey	Brent
Capital Toastmasters Club	Avila	Kirk
Creative Communicators	Aydee	Ivonne
Toast of Corvallis Toastmasters Club	Bennion	Julie
Rose City Toasters Club	Burns	Jed
Capital Toastmasters Club	Cid	Emanuel
MIME Speaks	Concepcion	Audrey
Rose City Toasters Club	Cotto	Carlos
Clark County Toastmasters Club	Crookham	Tim
Corvallis Evening Group	Crum	Richard
Sherwood Town Criers Club	de Olde	John
Corvallis Evening Group	Del Rosario	Cielo
Professionally Speaking	Deleon	Nick
Tualatin Valley Toastmasters Club	Duarte Cardoso	Chantel
Salem Toastmasters Club	Duncan	Carl
Portland Rotary Toastmasters Club	Dunham	Ethan
Audacious Orators	Dutro-Seaman	Jessica
Vancouver Toastmasters Club	Duvauchelle	Darrell
Capital Toastmasters Club	Farrukh	Daa'im
Talking Heads	Flood	Skyler
Capital Toastmasters Club	Frazier	Scott
Spirit Trackers	Fulps	Brandon
New Horizons Toastmasters Club	Gazarian	Krikor
AAA Towsters	Glover	Alyssa
Capital Toastmasters Club	Guaydacan	Benjamin

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
University of Oregon Club	Harff	Avery
Unitus Toastmasters	Hart	Summer
Downtown Public Speakers Club	Hathcock	Robyn
MIME Speaks	Hekker	Ryan
Sunrise Toastmasters Club #1492	Hughes	Kamran
NuScale Toasters	Jackson	David
Hopemasters	Johnson	Tyrque
Rose City Toasters Club	Johnson	Dustin
Squawking Heads	Jones	Curtis
Talking Heads	Koester	Renee
Audacious Orators	Largay	Michelle
Salem Toastmasters Club	Lerma	Maria
Squawking Heads	Long	Jackson
AAA Towsters	Lovenburg	Melody
Talking Heads	May	Robert
Nano-Mated Speakers	Mitchson	Gavin
Bend Toastmasters	Moran	James
Totem Pole Club	Navia	Jaime
WE Toasted Toastmasters	Nolan	Will
Clean Water Toastmasters	Nys	Rachael
Hopemasters	Oldham	Missy
Clackamas Stepping Stones Toastmasters	Olivera	Miladi
Spirit Trackers	Rhodes	Zhivago
University of Oregon Club	Rogers	Brady
Toastmasters of Redmond	Rogers	Eric
Rose City Toasters Club	Samson	Marvin
Toastmasters of Redmond	Sandoval	Evelia

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
University of Oregon Club	Schneck	Cameron
University of Oregon Club	Serrano	Nancy
Notary Masters	Shannon	Phillip
Spirit Trackers	Sprague	Darwin
Tell Me A Story	Staehli	Susan
University of Oregon Club	Ta	Thu
Communicators Plus	Taylor	Justin
Salem Toastmasters Club	Tharp	Darren
Terpmasters	Tschirhart	Skylar
Liberty Talkers	Vezinet	Holly
Southern Oregon Speechmasters	Wagner	Susy
Rose City Toasters Club	Witten	Ben
Spirit Trackers	York	Nicholas
Silicon Forest Club	Zhou	JoJo



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HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
VC4	10/24/2022	Alan Campbell	Siuslaw Tale Spinners Club
PI3	10/31/2022	Angela Stringer	Lebanon Toastmasters
VC2	10/30/2022	Angela Stringer	Toast of Corvallis Toastmasters Club
PM3	10/19/2022	Anil Kumar	Toast to US
PM3	10/27/2022	Azara B. Tilt	MIME Speaks
LD1	10/16/2022	Ben Witten	Rose City Toasters Club
PM1	10/13/2022	Beth Pinchot	Waffle Toasters
PM2	10/13/2022	Beth Pinchot	Waffle Toasters
PM3	10/13/2022	Beth Pinchot	Waffle Toasters
PM4	10/13/2022	Beth Pinchot	Waffle Toasters
PM3	10/9/2022	Brook Hagen	Bend Toastmasters
DL2	10/19/2022	Caitlin Hill	CareOregon
VC5	10/14/2022	Caity Benston	Clackamas Stepping Stones
MS1	10/13/2022	Carlos Cotto	Rose City Toasters Club
IP2	10/20/2022	Cherise Billington	Vancouver Toastmasters Club
PM3	10/27/2022	Chukwudiebube Atagbuzia	MIME Speaks
EH1	10/25/2022	Cornelius Davis	Capital Toastmasters Club
LD3	10/6/2022	Crystal Anderson	Vancouver Toastmasters Club
DL4	10/25/2022	Crystal Clark	Siuslaw Tale Spinners Club
EH2	10/14/2022	D. S. Church-Hoskins	Myrtlewood Hootowlers Club
EH2	10/4/2022	Dave Hardenbrook	Babble-On Toastmasters Club
SR1	10/27/2022	David Shehorn	Clark County Toastmasters Club
SR2	10/27/2022	David Shehorn	Clark County Toastmasters Club
EC2	10/23/2022	Diane Forsberg	Salem Speak and Lead Club
EC3	10/23/2022	Diane Forsberg	Salem Speak and Lead Club
EC1	10/17/2022	Elizabeth M. Harris	Portland Progressives
SR1	10/28/2022	Etherington I. Will	WE Toasted Toastmasters

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
SR3	10/27/2022	Ganapathy Natarajan	MIME Speaks
EH1	10/27/2022	Ganapathy Natarajan	MIME Speaks
PM5	10/14/2022	Geri Procetto	Myrtlewood Hootowlers Club
LD3	10/9/2022	Giovanni Beccaria	Rose City Toasters Club
PM1	10/18/2022	Hua-Ching Liao	MIME Speaks
PM3	10/20/2022	Jacki L. Elsom	Clark County Toastmasters Club
PM1	10/1/2022	Jacki L. Elsom	Clark County Toastmasters Club
PM2	10/1/2022	Jacki L. Elsom	Clark County Toastmasters Club
IP2	10/17/2022	James A. Hootsmans	Squawking Heads
DL2	10/3/2022	Jean Root	Portlandia Club
MS1	10/5/2022	Jeanne Brooks	Professionally Speaking
IP1	10/12/2022	Jodie Wittren	Gresham Toastmasters Club
TC1	10/18/2022	Karen A. Semprevivo	Blue Ox Club
MS1	10/14/2022	Kellie M. Murphy	Toast of Corvallis
LD2	10/21/2022	Khanjan Shah	Waffle Toasters
IP1	10/25/2022	Kinsey L. Popham	MIME Speaks
IP1	10/25/2022	Linda Holden	Timber Talkers
EH2	10/11/2022	Lyle W. Schellenberg	Toasting Excellence Club
LD1	10/13/2022	Mark Henry	Waffle Toasters
LD1	10/16/2022	Marvin Samson	Rose City Toasters Club
PM1	10/27/2022	Neal Wilkinson	MIME Speaks
PM2	10/27/2022	Neal Wilkinson	MIME Speaks
IP1	10/14/2022	Nuchanath M. Aumpradithpun	Feedbackers Toastmasters Club
DL3	10/2/2022	Ralph Galantine	New Horizons Toastmasters Club
EC3	10/3/2022	Raynette Yoshida	Tell Me A Story
DL4	10/14/2022	Renee Taylor	Myrtlewood Hootowlers Club
DL5	10/14/2022	Renee Taylor	Myrtlewood Hootowlers Club
TC1	10/8/2022	Robert Gray	Siuslaw Tale Spinners Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
SR2	10/9/2022	Ryan Villemeyer	Rose City Toasters Club
PM4	10/9/2022	Scott Strickland	Babble-On Toastmasters Club
DL5	10/30/2022	Sharon Hennick	Myrtlewood Hootowlers Club
DL4	10/14/2022	Sharon Hennick	Myrtlewood Hootowlers Club
PM3	10/19/2022	Sharon Sands	CareOregon
PI1	10/13/2022	Sheila Amarga-Lee	Waffle Toasters
PWMENTORPGM	10/27/2022	Stephana M. Johnson	Clark County Toastmasters Club
EH1	10/22/2022	Stephana M. Johnson	Clark County Toastmasters Club
EH2	10/22/2022	Stephana M. Johnson	Clark County Toastmasters Club
EH3	10/22/2022	Stephana M. Johnson	Clark County Toastmasters Club
EH4	10/22/2022	Stephana M. Johnson	Clark County Toastmasters Club
PI4	10/28/2022	Steve Mathis	Professionally Speaking
PI4	10/5/2022	Wadi Yakhour	Professionally Speaking

An education isn't how much you have
committed to memory, or even how much you
know. It's being able to differentiate between
what you know and what you don't.

– Anatole France

TRIPLE CROWN AWARD PINS

Name	Number Earned	Awards
Allan B. Edinger	5	EC1 , EC2 , EC3 , EC4 , EC5
Angela Stringer	3	PI2 , PI3 , VC2
Beth Pinchot	4	PM1 , PM2 , PM3 , PM4
Bettina K. Schempf	3	IP4 , IP5 , SR1
Brandon Marsh	5	IP3 , IP4 , IP5 , PM4 , PM5
Brent E. Smith	3	DL4 , DL5 , MS1
Cate A. Arnold	5	EH3 , EH1 , EH2 , PM4 , PM5
Craig Johnson	5	EH1 , EH2 , EH3 , EH4 , EH5
Crystal Clark	3	DL4 , EH3 , EH4
Dallas Jannett	3	IP1 , IP2 , IP3
David R. Sessum	3	PM2 , PM3 , PM4
David Shehorn	4	TC4 , TC5 , SR1 , SR2
Donna L. Stark	9	
Giovanni Beccaria	3	LD1 , LD2 , LD3
Gwendolyn Avington	4	SR1 , SR2 , SR3 , SR4
Helen M. Grothe	3	EH4 , EH5 , PM5
Jacki L. Elsom	3	PM1 , PM2 , PM3
James Kennedy	3	MS1 , MS2 , MS3
Joan Miller	4	LD5 , PM3 , PM4 , PWMENTORPGM
John E. Anderson	6	EC2 , EC3 , PM1 , PM2 , PM3 , PWMENTORPGM
Judy Chan	3	EH3 , EH4 , EH5
Michael K. Rosenberg	3	PM5 , SR2 , SR3
Patrick Little	3	PM3 , PM1 , PM2
Robert B. Hall	3	EC4 , EC5 , PM1
Rudy Erbrich	3	EC2 , LD1 , LD2
Sarah Rosenberg Brown	3	EC1 , LD2 , LD3
Sean D. Tobin	5	LD1 , LD2 , LD3 , LD4 , LD5
Stephana M. Johnson	8	EH1 , EH2 , EH3 , EH4 , EH5 , PM4 , PM5 , PWMENTORPGM
Steve Mathis	3	PI3 , PI4 , PM5

HAPPY ANNIVERSARY TO NOVEMBER CLUBS

CHARTER DATE	YEARS	Club	CITY
11/1/1950	72	Astoria	Astoria
11/1/1957	65	Beachtown	Lincoln City
11/1/1986	36	Columbian	Warren
11/21/2006	16	Portland Progressives	Portland
11/13/2003	19	Sherwood Town Criers	Sherwood
11/1/1982	40	Tabor	Portland
11/1/2000	22	Will-Sher	Willamina

We cannot seek
achievement for ourselves and forget about progress
and prosperity for our community. . . Our ambitions
must be broad enough to include the aspirations and
needs of others, for their sakes and for our own.

—Cesar Chavez

CONTRIBUTORS



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Phyllis Harmon, DTM



**District 7 Toastmasters
Annual Conference**

Seeds of Change ~

Growing New Leaders
May 19 - 20, 2023

MARK YOUR CALENDARS

International Presenters

Humorous Speech Contest

**Distinguished
Toastmasters
Recognition**

Annual Business Meeting

Storytelling Workshop

Three Tracks -

- **Personal Development**
- **Communications**
- **Leadership**

International Speech Contest

Tell Me a Story

Toastmasters

Tuesdays - 7:00-8:15 pm

Meeting Online



Share ideas through story—Learn how at Tell Me A Story Toastmasters
[Click here](#) for more information on joining us for an online meeting