

One Community Many Voices

District 7 Toastmasters JANUARY 2023

Craig Cottle, DTM Have Fun, Learn Stuff Cover Story, Page 6



It's A Wonderful Life

CELEBRATION OF

LEADERSHIP

DISTRICT 7 2021-2022

JANUARY 28, 2023 10AM - 1PM

As a Toastmaster since 2009 – Cindy Laatsch considers herself a Toastmaster for Life!

Cindy enjoyed the Toastmasters experience – and has served as an Area Director, Division Director, Lt. Governor Marketing, Program Quality Director, and a Distinguished District Director in sequential years – serving District 35. The experiences gained in each role have been life changing.

As the Region Advisor for District 7 from 2019 to 2021, Cindy enjoyed the opportunities of getting to know and learn from the members and leaders in our District.

Cindy, her husband Brad, and their two dogs, Olive and Moto, split their time enjoying both Wisconsin and Florida.

KEYNOTE



CINDY LAATSCH, DTM. PDD, PRA

<u>Click Here to Register</u>

At the Edge of Certainty... Phyllis Harmon, DTM, PDG - Publisher/Editor

Step right up! Toss your hat in the ring! Everyone's a winner! I remember the carnival barkers shouting those words at passersby as they worked to entice them to part with their money on rigged, or at least unwinnable, games of chance. Every so often, someone would win one of the carney games—not often but just enough to keep the crowd interested.

When I was a kid, I wanted to join the circus and be a high-wire artist. I discovered a ghastly fear of heights that kept my feet firmly planted on the ground. Staying in my parents comfortable home with indoor plumbing and three meals a day seemed a better option than living on the road with—what was considered at the time—sketchey roustabouts. I was cautioned over and over that only persons of low repute were connected with the circus. Repute was of utmost importance to my parents, and they persuaded me to give up any thoughts of living out of a suitcase.

As I reminisce about my life over the past 70-odd years, I find that I have few regrets and a very short bucket list. I've lived on the road for months in a tent and truck camper, found my way across the seas a time or two, and worked in jobs where I was admired and respected for my skills and willingness to learn.

Which leads me to Toastmasters and my bucket list. On that list is sticking my toe into the contest pool, creating documentaries of ordinary people doing the extraordinary, and writing a book about life on the road. Will I get everything checked off my list in my time remaining? Only time will tell.

My tale could not be told without offering a word of advice as the denouement. No matter where you are on your life's journey, know that time is finite. Don't be afraid to try something new, even if it means, abandoning a comfortable lifestyle

to experience the unknown. Step onto the high wire, even if it scares you silly. For at the edge of certainty, is where life is the most delicious.



Volume 10 Issue 7 January 2023

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

VOICES!





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LEADERSHIP

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POSITIVITY

CRAIG COTTLE, DTM Have Fun, Learn Stuff

Phyllis Harmon, DTM

In this month's cover article, Division G Director Craig Cottle, DTM, shares his Toastmasters journey and glimpses into his life in general.

Why did you join Toastmasters?

In 2013, I made the decision to change the direction of my career. Instead of working in my insurance agency, I would help my wife with her essential oils business. This meant a shift to more networking and relationship building. To that end, I began looking for groups where I could network. Though I had heard of Toastmasters, I had never attended a meeting, so I decided that it would be one I'd investigate. I found just one Club that met during the day (which is what I was looking for) and arranged to attend my first meeting.

It was the meeting of the Barkley Toasters in Bellingham, Washington. They made a great first impression on me—very welcoming, friendly, and inclusive—just the kind of people I wanted to be spending time with! After attending as a guest for a few months, I joined the Club in February 2014. I was excited to be able to improve my presentation and speaking skills and appreciated the chance to work with others with similar objectives.

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

There have been many, many Aha! Moments in my Toastmasters experience. One of the first to come to mind was at my very first Toastmasters meeting, during the first Table Topics I had ever experienced. The TT Master told us that for our impromptu speaking that day we would be going around the room and speaking about one of the other members of the Club. The objective was to tell us all something about that other member of the Club that we didn't already know about them. The first person to speak began telling us about another member, Betty. She told us that Betty had actually been a spy, working in Europe to infiltrate enemy spy networks. I thought, "wow, that's pretty cool." Then Betty took a turn and told us about Paul, who apparently liked to travel regularly to South America where he was a bullfighter - and a very famous one at that, displaying skills that were unrivaled by any of the other bullfighters. I was very impressed! Paul

then took a turn to tell us about Jamie who was not only an olympic runner, but was actually an olympic world record holder in multiple events - he named each event! I was a little in shock, thinking about how accomplished all the members of this Club were! Someone told us about a member that was an astronaut and had for many years been flying into space. Another member was an important politician and was often flying off to advise and have lunch with heads of state. I'll be honest, I was a little in shock that I was in such company that day. My Aha! Moment came when one of the members got up and told the Club about me. I was surprised and wondered just what this person, whom I had never met, could possibly say about me. They began talking about me, about how I was a rock star in my younger days and had moved to a smaller, less known part of the country to escape the attention that followed me everywhere. Aha! They were making everything up! The point of the exercise wasn't to learn about each other, the point was to speak, just speak. What we said wasn't so important as how we said it, as how well we communicated our thoughts in an impromptu exercise. Thus I learned what Table Topics was all about.

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

Outside of Toastmasters I have several interests that keep me engaged in life. I have always liked doing things with my hands, and finding joy in small things that's led me to a lot of model building. I like to do the MetalEarth 3D models. As I look at the shelving in my office I have several cars, famous buildings, several types

of airplanes, small metal musical instruments, windmills, fictional and real spacecraft, and many other sundry things. I believe I've built just under a hundred of those models. I also have a small woodshop downstairs in our home where I make things like checkerboards and small wooden trucks and airplanes. I play a little guitar, I love playing my Fender bass, but some of my favorite times are when I get to play an acoustic with my daughter while she sings. And finally I ride a bicycle as much as I can. Weather permitting I try to get in a minimum of 100 miles a week. I'm a member of the Vancouver Bicycle Club. In addition to riding with them when I can, I ride several organized long distance rides a year. I've done the Seattle to Portland ride several times, and last year did the Columbia Century Challenge on the mountain roads out of St. Helens, OR.



How does Toastmasters enhance your work career?

Much of my career has been in managing and training sales people. In that role, I'm often presenting or speaking to groups of people. I thought that I was doing pretty good with it, but through Toastmasters I've learned that I could be much better than I had been. I've learned better how to prepare a speech or presentation, and how to make it easier to listen to (no filler words!). I've learned through Toastmasters the importance of storytelling and how much more engaged an audience will be to a story, no matter the topic. Even technical, specific training is better received when incorporated with a story that the audience can relate to. A lot of my work involves mentoring people, and my experience mentoring in Toastmasters has made me a better mentor in my career. The Toastmasters mentor program gave me very practical insights into how to mentor and how to help others in the ways that they're comfortable, meeting them on their ground so to speak.

You've been in Toastmasters since 2014. What are some of the highlights of your career so far?

There have been a number of highlights in my Toastmasters career to date. I served as Club President for the Club that I originally joined. During my tenure, the Club achieved Presidents Distinguished status for the first time. I've also been fortunate to have achieved Presidents Distinguished status as an Area Director, which was a great experience for me. My time in contests, both participating and organizing comes to mind as a highlight for me. Mostly in organizing and conducting, as a participant I've summed my experience up as great learning opportunities. Of course, achieving DTM was a big highlight for me; I was able to complete the last speech for DTM qualification at the last regular in-person meeting of our Club in March of 2022. That Club has elected to remain an online Club so that truly was a last in-person meeting of the Club.

However, when I think of times that I would consider the biggest highlights of my career, they revolve around the opportunities I've had to see growth in others in Toastmasters. I think of Janice who sat in the back of the room at her first Club meeting. I was able to help her get started with Toastmasters and begin to grow into leadership roles.

A big highlight for me was, after relocating and absent from that Club for a while, visiting the Club several years later and seeing Janice serving as President and doing a great job leading the Club. I was also fortunate to mentor Alicia as she stepped into the Area Director role I was vacating. The next year I asked Alicia to be an assistant to me as I served as a Division Director - and then to fill the role when, just after I was appointed, a surprise relocation prevented me from staying in the role. Alica stepped up and was named Division Director of the Year in that District. I also think of Elizabeth and her growth as she started a new Club at her workplace. I've been blessed to have mentored many new members who are just getting started with Toastmasters as well. It's exciting to me to see the growth in so many people as they get involved. In my mind those are the highlights that I most appreciate, the highlights of seeing people grow and blossom

into the best versions of themselves.

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

In making a report to the District recently I spoke of finding a new normal in Division G. Over the past couple of years the world has changed dramatically in how people get together. With an influx of online opportunities at times clashing with an innate desire to assemble with like-minded people, Toastmasters meetings are evolving. I see a number of Clubs electing to remain online for most of the meetings, at times only getting together in person for special occasions if at all. I see Clubs working on a hybrid model, a meeting that includes in-person get togethers with online participation combined. And of course, there are Clubs that are moving back to the traditional in-person Toastmasters meetings. My vision for Division G includes helping Clubs find and settle into the new normal for them, helping them become comfortable in the type of meetings and get togethers that work best for them. I envision a time when our Clubs are not "trying to recover" but have their identities firmly in place to grow in their own space as they've come to know it.

What are your personal plans and goals for this year?

In Toastmasters I have a couple of personal objectives for this year. Related to my role as Division Director, my goal is to start a new Club in Ridgefield, Washington where I live. I've been talking about it for some time but haven't made as much progress as I'd like. I'm hoping that listing it here will help me to pull the trigger on some things and get it done. On a more personal level, I would like to complete at least one Pathway, with the intent on securing a second DTM within the Pathways program.

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

When my kids were younger and heading off to school each morning I would send them off with these words: "have fun, learn stuff." That remains my advice to anyone interested in leadership roles-to have fun and to learn stuff. Toastmasters is a fun organization, I've never been to a meeting that doesn't in some way give me some joy at some level, and I can learn something every time I get to be involved in a Toastmasters activity. I have a pretty strong belief that the best leadership role in Toastmasters is Area Director. It's not so much administrative and more about getting involved and helping the Clubs directly. It's a great opportunity to meet new people and expand your Toastmasters experience outside of your home Club. It's getting to visit different Toastmasters, what could possibly be better than that? My advice is very simple, be an Area Director, have fun, and learn stuff.



Feedbackers Toastmasters



Online February 8, 2023 7:15 - 9:00 pm, PST feedbackers.toastmastersclubs.org

BONUS SESSION! *Gourmet Evaluations with Sandra Savage More info on Page 33*

Join Us at Feedbackers Where Evaluations Are the Stars

Feedbackers offers you the opportunity to become a better evaluator. If you have visited Feedbackers in the past, then you can appreciate our intense focus on evaluations. This is a skill that will serve you well. If you haven't visited us before, then this is your chance to tune in and see what we are all about.

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.





Further Thoughts on Coach Leader Lorri Andersen, DTM - District 7 Director

Last month I wrote an article on leadership skills in 2023. Almost all of us have worked in a traditional work environments where we clocked in at 8:00 and out at 5:00. We reported to a manager in the office and many of us had daily stand-up meetings where we delivered two-minute talks on what we were doing and what we had completed. Many of us now work in virtual environments where our supervisors and managers work miles from us, not in the same office location, city, or state. You may be in a position such as this. A question to consider; how does this change our leadership styles and how can Toastmasters help us in this new journey?

Before we review leadership skills, we need to examine ourselves and our focus. Are we primarily focused on helping others achieve their goals, supporting, and drawing out the capabilities of those around us? Or, are we focused on ourselves and our own goals? Can we marry the two styles together?

In the famous words of Zig Ziglar, we can achieve our goals if we help enough people achieve theirs. If the first and last is something you want to achieve, then you are on your way to becoming a Coach Leader. An effective



coach will get better results than a coach manager, even in a traditional workplace.

Here is the difference between a traditional manager versus a coach: they are seen as a superior vs seen as a guide, delegates vs co-creates, tells vs asks, drives vs



empowers, follows the rules vs engagement, and results vs growth.^[1]

Do the attributes of a coach leader sound like the kind of environment you want to work in and with people in which you want to grow and learn? I certainly do. When we are in virtual work and Zoom places, our relationships and influence are what makes the difference, and a coach leader can draw out our best. Our virtual and hybrid clubs may have felt the way many workers have felt working remotely-disconnected and uncertain. That is where certain leadership

values can inspire us to do and be our best: showing respect, hearing and valuing others, appreciating others, and helping others feel included.^[1]

The advantage we have in Toastmasters

is we have our core values to guide us and use to help others learn and grow. We can learn leadership skills and become a coach leader right here in our own club. Let's take advantage of all the benefits and transferrable skills Toastmasters has to offer and help each other succeed and grow.

In my quest for learning this month, I found Tony Robbins on the Psychology and Skills of Exceptional Leaders. I encourage you to listen to him and his definition of Leadership. In this interview he was asked, "what are the mechanics of an effective leader and how do you accomplish your goals?" He responded that he has trained himself to be positive and land successfully when things don't go well. Just as an athlete learns to strengthen his muscles daily, he trains himself daily in positivity and enthusiasm.^[2]

Consider these ideas, friends, in your clubs, and your daily lives and see the results. As always, feel free to reach out and discuss them with me. I'm glad we are on this journey together.

[1] (Thomas Nelson, 2021 Tom Ziglar)
[2] (Feb 2, 2018, Inc.)

FROM THE DESK

LEARN WITH ONLINE RESOURCES

Search

lim Robison, DTM **Program Quality Director**

The Internet can be your nemesis or it can be your greatest tool to succeed. With a little bit of exploration, you can find many, many resources to help you as a club member and as a club officer. released a new tool - Yoodli. Log into your account

Have you explored the Toastmasters District 7 website lately? We have added resources and there are plans for more in the future.

Your "go to" for everything Pathways should be the Pathways Learning Center. It is a great resource to help you get started and to get the most from the Toastmasters Education program. It includes videos and links to resources such as a Step by Step Guide for new members to enroll in Pathways and complete Level 1 (Thank you Dave Bones!).

Have you looked at the new Speech Contests **Resource Page**? This is one central location where you can locate the resources needed to conduct a speech contest and find training to serve in contest support roles (Thank you Tamsen Corbin!).

Our District 7 Club Officer Training Page includes basic information and links to more detailed resources for serving as a club officer. You can also find links to locate upcoming Club Officer Training sessions, not just in District 7, but in other Districts that you can attend.

Want some educational entertainment? Explore District 7 Toastmasters on YouTube.

Beyond our District, you should explore the

Toastmasters International website. New and updated resources are being added there as well.

Toastmasters International has recently on toastmasters.org, then use the link on your homepage to access Yoodli. Try it out. Make use of it as your own personal "Ah Counter" and for more in-depth analysis of your speeches. You can even easily share your recorded speech with other members to get their evaluation and feedback on your speech.

Looking for resources to help your club host a hybrid meeting (online and in-person)? Check out the Hybrid Meetings Resource Page.

Curious about how your club's performance compares to other clubs? Explore the Distinguished Club Status reports, dashboards and other available reports.

Have any questions about Toastmasters resources? Enter a question into your favorite search engine and you will likely find an answer. If all else fails, you can contact us in District 7 to help find an answer.

Do you have an idea for a new resource to build for the District 7 website? Let me know, or, better yet, fill out our **Beyond the Club form** to let us know your interests.

WHAT YOU DO MAKES A DIFFERENCE

Marylhurst Toastmasters will help you enhance and perfect your message!



MARYLHURST TOASTMASTERS THURSDAYS 6:30-8:00 PM CURRENTLY MEETING ONLINE MARYLHURSTTOASTMASTERS.ORG

If you have an important point to make, don't try to be subtle or clever. Use a pile driver. Hit the point once. Then come back and hit it again. Then hit it a third time – a tremendous whack.

—Winston Churchill

Corporate Programs

V

Can you relate to one of these two scenarios? First, perhaps you are in a fun community club, but are struggling to increase membership. Alternatively, you might be in a companysponsored, corporate program (club) where you feel overwhelmed with member and guest recruitment duties, on top of your already busy work schedule.

If either of these describes your situation, you are not alone. I don't claim to have the absolute definitive answers to these scenarios. However, in this article I will share both fundamental principles, as well as tips that I personally have encountered, or learned from others.

Doing the right thing at the right time

There is a fundamental issue that is critical to understand. Strategy for recruiting new members is completely different for community clubs, compared to corporate programs (clubs).

In a community club, it is the right thing at the right time, for members to invite their friends, family, and colleagues. A concerted effort in this regard has a track record of yielding success.

Dave Bones, DTM - Clu

However, for a corporate program, this is not recommended. Instead, what is needed is to develop a partnership with your company's Human Resources (HR) department to promote your program and recruit new members. If you are working toward chartering a new program, this is fundamental from the beginning. If your company-sponsored Toastmasters program currently seems more like a community club with you doing all the work, don't worry, it's not too late to make this change!

Top tips for Corporate and Community Clubs Corporate Programs (Clubs)—Priority number one is to develop the partnership with HR. Pat Johnson, DTM, PIP coined the term, corporate "program," rather than corporate "club," in her book *A Handbook for Building and Sustaining Vibrant Toastmasters Programs in Corporations*. It is part of her alternate vocabulary suggestions called, "Corporate Speak." The idea is to be able to sell the value of Toastmasters to the corporation, using language they are more familiar with. Other substitutions would be leadership roles vs. club officers and curriculum vs. manuals, paths, or Pathways.

Community Clubs

ub Growth Director

The fundamental point of Pat Johnson's book is to develop a partnership with HR, and not try to do member recruitment on your own. Further, I see using corporate speak as the means to communicate with HR, using language that they understand and care about.

In my view, certainly not speaking for Pat, I want to add an aspect that draws from her excellent principles. This is my controversial point. In practice as Club Growth Director this year helping corporate programs, there is only one relationship that requires corporate speak. This is when giving your sales pitch to HR for the reasons already stated.

You are not trying to get your HR department leader to join Toastmasters. What they want to know is if the Toastmasters program is a good fit that benefits the company. Next, they will want to know the expectations for their contribution like perhaps promoting on their intranet, including within entry level management training opportunities, and more. I don't think the next priority is to use only corporate speak with members (participants) of the club (program). **Community Clubs**—There are two priorities I have found to be beneficial in helping clubs this year. The first is quite simple. Be sure that your club's contact information is correct within your Club Central. This will allow prospective guests to find you based upon their search on the TI website Find a Club. Then, be sure to follow up with the prospect within 24 hours, if possible.

The second tip is to contact Patrick Tuohy, D7 Club Coach Coordinator (d7clubcoachcoordinator@gmail.com). There are two ways that we can help. First, we can collaborate to help you find a club coach. Second, and more immediate, we are thrilled to offer monthly mentoring directly to club leaders who want help. Patrick has a strong track record as a leader and coach. This bypasses the need to wait for a club coach assignment.

Closing Thoughts

I very much appreciate your dedication to growth, and in helping your fellow Toastmasters. Please reach out if you need anything. Wishing you the best and hoping to connect with you at a District or other event soon!

New Year Resolutions

Eldred Brown, DTM, IPDD

Have you made your 2023 New Year's Resolutions yet? If so, are you still following them? I must admit. I've never in my 51 years known what to think about making New Year's resolutions for myself. It may be a good way for me to conduct an annual evaluation of where I am, where I want to be, and what I need to do to get there.

At the same time, I observe two or three New Year's Days every year. There's the Orthodox Christian New Year on September 1, and there's the Toastmasters New Year on July 1. As much as I have invested my time and energy into Toastmasters, I often think July 1 a more important New Year than January 1. Okay. On which New Year do I make my resolutions? Do I even make resolutions?

I suppose I do make New Year's resolutions, though they're often for a different New Year. On July 1 of 2022, I resolved to devote more time to practicing my trombone and working out in the gym. How have I done? I would say my results are mixed. Not counting my two weekly orchestra rehearsals and my weekly trombone lesson, I figure I'm averaging maybe three hours per week. I would like to practice for five hours a week, but my work so often gets in the way. Same goes for my exercise routine. I would like to spend 90 minutes every Monday, Wednesday, and Friday pushing weights in the gym. I'm consistently working out on Monday mornings, and I've started to gain some consistency on Friday afternoons, but my work schedule, at least one, sometimes two, Toastmasters meetings, and a weekly church choir rehearsal always makes it hard for me to make the time for a Wednesday workout.

One resolution I made for January 1, 2023, was to conduct

an inventory of where I am on Pathways and where I want to be. I must admit that, during my years on the Trio, I kinda let my District leadership duties take up a lot of the time I could have devoted to writing and preparing speeches for my Toastmasters clubs. Even after I concluded my service as your District Director, I still kinda winged it in Pathways with no clear idea of where I was. I did spend a couple of hours of my MLK Day holiday getting caught up with my Pathways progress to identify what my next steps need to be there. I'm quite pleased with that



small achievement. Now to put my future projects on my clubs' calendars so they can hold me accountable, both for my personal development and for their DCP goals.

What can I identify as potential resolutions for my next New Year? I recently finished one year of work for Intel, and I've ramped up on my daily duties enough that I'm much more confident in what I need to do and how I need to do it than I was at this time last year. This may be a good time for me to identify objectives and key results for my second year at Intel. How can I use my current projects to help me continue to grow as a technology leader? What projects can I pursue that will challenge me to further development? What training do I need to pursue to develop new skills for my future assignments? A lot of good questions to ask myself as I embark on my second year on the job.

Now that I've enumerated a few of my resolutions for the current year, whether it started on July 1, September 1, or January

1, what about you? Have you made
resolutions for this year? Are you
still committed to following them?
Maybe you don't make New Year's
resolutions. This may be a good time,

instead, for you to identify where you are and reset your goals to keep you moving forward. Either way, the important thing is to keep your eyes focused on where you want to be in six or twelve months and to commit yourself to doing whatever you need to do to get there.

PEABODY MANSION MYSTERIES

EPISODE 5 Laura's on the Case Leanna Lindquist, DTM

In episode #4 Penny revealed some startling information about the Halloween party. The Club members visited the scene of the crime.

"You think William was your father? Why would you think such a thing?" questioned Penny."

All eyes were on Terry. Her hands shook as a tear fell down her right cheek.

"How old are you?" asked Carl.

"I turned 30 last week."

"Well, the math works out. If William is your father, why isn't your name Peabody? Why didn't you inherit this house?"

Before she could answer, Laura put an arm around Terry's shoulders. "The questions can wait a minute you're shaking like a leaf. Let's go back upstairs and get you a cup of tea." Laura helped Terry stand and when she was sure the younger woman was steady on her feet Laura walked with her upstairs. The others followed behind like mourners at a funeral.

At the dining room table, Terry accepted the tea gratefully from Laura. With a gentle nod of her head, Laura reassured Terry. "Go ahead dear when you are ready tell us why you believe William is your father," she said softly.

Terry spoke quietly, her voice breaking from time to time as she shared her story. "I never knew my father. My mother refused to talk about him, other than to say that he died before I was born. After a while I quit asking."

"About two weeks ago, while my mother was out of town, I went up to the attic of my childhood home to find some papers I had written in college. As I was pulling out boxes, I noticed a small bundle wedged between the rafters. Inside was a diary and lots of newspaper articles about the death of William Peabody."

Terry looked down at her hands. "I didn't mean to read my mother's diary, but I couldn't help myself. It was from her senior year of college. She wrote about being in love and keeping her relationship secret from her parents and her friends. Even in the diary, she kept his name a secret, only referring to him as "W." His



parents had big plans for him, and they didn't include a girl from the other side of the tracks. Once they graduated, they would be free to start their life together. She was excited to be invited to the Peabody Halloween Party. She was going to tell W. that she was pregnant."

The club members leaned forward to encourage Terry on. Penny was blunt, "Get on with it."

Terry cleared her throat. "My mother arrived at the party dressed in a 50's pink poodle skirt and saddle shoes. "W" told her that he would be wearing a devil costume. When she found him, she told him about the pregnancy. She expected him to be happy and offer to marry her. Instead, he told her to get out. She went home and cried herself to sleep that night. The next morning "W" was dead."

Everyone looked stunned. Laura saw a bead of sweat trickle-down John's forehead.

"Did you confront your mother about it?"

asked John.

"Of course not," she snapped, "I couldn't let her know that I snooped through her things."

Rich abruptly stood up and pushed his chair back. "It's getting late, and I need to get home. See you next week." He was out the door before anyone could respond.

"He was sure in a hurry," said Carl. "But I guess I need to leave too. I'm giving a speech next week and you know it takes me a while to write them."

"Are you sure you are OK to drive home after your earlier episode?" Inquired Laura. "Penny and I can drop you off."

"No, I'm fine. See you next week."

"Terry, are you OK to go home by yourself?" Laura asked gently.

"Yes, I think so. I feel better now that I told the story. Do you think you can find out what really happened to my father?"

Laura took both of Terry's hands in hers and looked her in the eye. "I promise you I will give it my best effort. Now, you go home and get a good night's sleep. Everything will look brighter in the morning."

Terry left and the others trickled behind, all except Penny and Laura.

"What a strange evening," remarked Penny as she gathered up the cups and handed the thermoses to Laura. "Do you feel like there's more to this story about Terry's parentage?"

"There are many unanswered questions. And discrepancies too." Laura pulled a pad of paper and a pen out of her purse and started to scribble. Smiling, she said, "I feel just like Miss Marple with a case to solve. Question number one. Why did Rich tell us a guest found the body, while you said a housekeeper found it? If the body was found the next morning wouldn't the guests have gone home the night before?"

"I can answer that," interjected Penny, "I read it in the paper so it must be right."

Laura raised her eyebrows as she continued. "Question number two." Laura stopped when she heard the front door open. "John, I thought you left."

"I took Clyde out to the car and came back to see if you ladies need help with your things. Sorry to interrupt, you seem to be deep in conversation."

"That's kind of you John. We were making a list of questions that need to be answered about William's death. Do you want to help us?"

"I'm not sure I have anything to add. What do you have?"

Laura reviewed her first question for John. "Question number two. "Did anyone hear Terry's mother confront William? Is the "W"in her diary William? Was there someone else at the party that night with the same initial? If Terry was William's child why didn't her mother contact the Peabody family so they could help her and she could get to know her grandparents? And then there's the biggest question of all. Was it an accident or was it murder?"

"That is quite a list you have Laura. How do you intend to find the answers to all those questions?"

"Yes Laura, how do you plan to figure it all out?" asked Penny. "You are NO Miss Marple." Laura ignored the snide comment, "I plan to visit the police station and ask to look at the official report. You can do that, you know. I image the report will shed light on things that the police might have missed."

"Laura, you are a legend in your own mind. Let's go. This old house gives me the creeps." Penny stood and marched towards the door while John grabbed the cart and followed. Laura flipped off the light switches, plunging the house into darkness.

For the second time that night Penny let out a blood curdling scream.

To be continued . . .





New Horizons Toastmasters #1360

Come for the FUN, Stay for the GROWTH!

Saturdays 8-9:30am PDT (UTC-8)

ZOOM ID: 893 8266 3333 Passcode: 1360

Come join a group where your public speaking and leadership skills will sparkle!



Supportive & Friendly 10 DTM Members Distinguished Club for 20+ Years All are Welcome

Come visit a well-established, high-achieving club committed to excellence & success.

JOIN US ON ZOOM Fridays | 6:35-7:45am PST

bit.ly/wallmasters





SPOILER ALERT- No, this is not a late article for last month, but a whole new subject. No Jimmy Stewart, angels, (with or without wings) or even holiday stories. The article's name is just a coincidence!

It is a wonderful life. Pure and simple, I have found this to be true in many aspects of my existence. No doubt about it. But I want to share with you an aspect of that wonderfulness especially as it relates to Toastmasters and some of the experiences I have had the privilege of seeing and participating in.

I was sitting down recently for coffee in "my office" in the Grove with a former Toastmaster that I have been in two clubs with. She was talking about her time in the education program and the various speech contests she had competed in through the years. I remember some of the details perhaps a little differently than she did—obviously since I was watching her deliver these messages and presentations, including the District 7 event held in Pioneer Square one Saturday many years ago where she was one of the speakers. Her background was that of a professional thespian where she had appeared as a nurse in the classic TV show MASH. Each contest, whether on the club level or higher, brought anxiety and butterflies as if she was doing this for the very first time! Her speech that day in Pioneer Square was on her 9/11 experience in New York City. Very emotional, fraught with drama and well crafted, and presented. I have had the distinct pleasure to hear this speech several times through the ensuing years and each time it has indeed been a pleasure as well as part of my wonderful life as a Toastmaster.

Another great and exciting part of that life is hearing the "Ice Breaker" speech given by dozens of new members through the years. One most memorable speech involved a county employee who had been recommended by his boss to join Toastmasters. You see he had a vital role in his department that involved not



only constant contact with the public, but as a hearings officer, the requisite ability to convey decisions and explain the reasoning for his ruling-and for that he stood in front of the club of 20 plus members that Friday afternoon. He looked calm, confident, and the first thing he did was reach into the space beneath the lectern and remove a paper bag, hold it up to his lips and begin breathing in and out. We sat stunned for just a brief minute, watching the bag inflate and deflate. I begin to think, "what a brilliant way of introducing himself as a 'newbie' by showing us all how we felt at our first public speech in Toastmasters!" He then went on to present a grand introduction to his life and reason for being there, wowing his listeners who received it with great applause.

Later, after the meeting concluded with him receiving his ICE BREAKER ribbon, he confessed the truth. It was not a well thought out and cleaver intro, but a genuine fear and need for him to go on to speak—to calm down, catch the breath he needed, and then speak. He went on through his time in the club to be a great speaker and leader, but with his increased speaking, etc., his hearings work began to interfere with the club meetings. His boss met me one morning at the local coffee shop and expressed his thanks for training him so well, and as he continued to advance in the department, and use those skills that the Toastmaster program could teach him. What a wonderful life!

That example of the change wrought through our program is just one of many positive attributes I have seen over the years. There have been great and creative stories, impassioned pleas for community action, exemplars of a change or impact upon their well-being. There have been "Jingling Johnny's," "Fig Leaves," "Windmills," "The Ring Twister" and other such observed behaviors introduced at the first speech, but by the third or fourth mere memories as they had learned and mastered the art of speechcraft.

You have heard, I am assured, of the adage of "lead, follow, or get out of the way" art of leadership. We must not forget that Toastmasters is a three-fold program, a triangle if you will, of speaking, evaluating, and leadership. Like the fire triangle that I learned as a junior fireman almost fifty years ago, if you remove one of these sides, a fire does not exist and will go out. Leadership, then, as our old motto said "Where Leaders are Made" has been an integral part of the Toastmaster experience. Not only have I grown as a leader in our program, but have watched, tutored, mentored, and coached others in that skill as well. I am thinking of a current club president who when she joined years ago would never have believed she would become an officer, little alone a president of two clubs! Yes, there was handholding, guiding, coercion, as well as bribery methods used to help this natural leader emerge. I hope and trust that she has found it as rewarding as I have to see her blossom, grow, and become an asset to all she has led and contributed to.

Leadership is unique to the individual; you

cannot stamp out a leader with a cookie cutter and make them all the same. Some of our members are natural leaders with an innate sense of direction, others will need training to find their skills hidden away within—like the sculptor who said he looked for the statue within the block of marble to emerge through his use of the hammer and chisel. A leader needs compassion, tempered with direction. Dignity with a touch of humor and selflessness.

I honestly think the makers of "Star Wars" got it all wrong. Instead of movie after movie softening Darth Vader, they should have enrolled him in Toastmasters. At least he might have learned to temper his comments and not use such a heavy hand for every situation!

Toastmasters-what a wonderful life!

Evaluation is one of our primary skills, but so many of our clubs and members spend little time honing that craft. In another lifetime, I went to a conference with two main speakers one a Brit (okay, I admit I must fly the Union Jack sometimes) and another that you might have heard about—a fellow by the name of Billy Graham. I readily admit that I was awed



and overwhelmed by the speaker-but it was not Billy Graham! I was so disappointed and miffed that I "wasted" my time listening to him as he was billed as one of the great orators of the century. He was awful (I thought) with his plain speech, simple word pictures, and just dreadful pausing and flow to his message. The other fellow, using the deep dulcet tones of the English language, meaningful and well thought out message, and of course what I perceived as a life changing call to action, was almost without words to describe it. Now, I look back and realize that the criteria I used to evaluate the two speeches were flawed. I am still working on my skill as an evaluator. I feel I still have much to learn about the art of evaluation. But I have attended both online and face-to-face clubs where the evaluations have been mediocre at best. One time I heard an evaluator bring a speaker to tears by a barrage of negative and hurtful comments, not even once mentioning anything positive or providing their thoughts on how to improve for the speaker. That is not an evaluation, but character assassination and has no place in a Toastmaster meeting.

Yet I have heard many hopeful competitors for speech contests receive meaningful and insightful evaluations whereby they could walk out the door (or sign off online) with one or two somethings to help them speak on a level of greatness and consequential presenting.

Yes, my fellow Toastmasters, we are indeed a privileged few who are doing something to improve ourselves, whether professionally or personally, to be better speakers, better leaders, and better evaluators. It is (and has been) indeed a worthwhile endeavor, a "pathway," pun intended, for us to travel on. Toastmasters has helped me grow in so many ways. It has allowed me to experiment with different styles of speaking and bring forth a message, to read an audience, to know with whom and how to communicate. You, too, can do the same. You can begin to hone the triple skills of speaking, leading, and evaluation in a friendly, safe environment like your Toastmasters club. You can even stick your toes in the pool of speech contests and get wet a little by competing in your club contest. And then maybe you, yes YOU, can enjoy the full experience of Toastmasters.



Do More of What Makes You Happy Jennifer Schmidt, EH2

Happy is the key word in Happy New Year, and I think it's time to wish everyone, including ourselves, a truly happy year. Because it seems at the beginning of January, we are encouraged to focus on what we didn't accomplish the previous year. Commercials try to make us feel bad about overindulging or not exercising enough. We may even feel guilty about how we procrastinated on our Toastmasters projects.

Of course, every list varies. But it boils down to what we didn't do, and how this year will be different, because we declare our resolutions. We could say we have new goals, but resolutions sound more serious and, well, resolute. Like we are going to march to the nearest town square, shake a large bell and publicly announce our plans to change for good. But don't we do this every year? It seems like Groundhog Day is January lst.

By February, our staunch commitments have faded and our treadmills bid us a sad adieu. But it doesn't have to be that way. Toastmaster Ralph Galantine suggested, during a New Horizons meeting, that we should take small steps toward our goals to achieve the best results. I would agree, and would add to this thought, do more of what makes you happy.

Toastmasters make us happy, or we wouldn't

participate in it. But what areas of Toastmasters would you want to do more of that would make you happier? Because there's lots of opportunities, and if you're trudging along not enjoying yourself, that's not a happy place. If you're wondering how to add small steps of joy to your Toastmasters experience, one of the following ideas may help you get there:

Become a Guest Speaker

Perhaps there's a Toastmasters club or organization where you would like to be a guest speaker. Over the years we had guest speakers from around the world visit New Horizons who were a treat to welcome. They also appreciated the opportunity to present their speech in front of a new audience. When I visited clubs to practice my contest speeches, it was delightful to hear all the different perspectives and it's helped me to strengthen my delivery.

Help Your Community

After you have been in Toastmasters for a while, it can be enjoyable to share those learning experiences with other people in the community. Last year, New Horizons gave speech feedback to an American Legion oratorical contestant. It was fun to help someone who was competing in a contest, showcase Toastmasters, and our evaluation style. Not only did it help refine our skills, but also gave us an opportunity to help the next generation.

Write for *Voices*!

Do you love writing? Obviously, I do, and it's with great pleasure to include a shout out for *Voices*! I know Phyllis Harmon, the editor of *Voices*!, makes it seem like all the content magically materializes every month. It doesn't. It must be written before it gets published. If you're thinking you would like to see your words in print, then pitch your story

idea to Phyllis. It could give you a chance to express your thoughts about Toastmasters and be part of a top-notch publication!

Feedbackers Toastmasters February 8, 2023 - 7:15-9:00 pm, PST feedbackers.toastmastersclubs.org

It's time to dish out a GOURMET EVALUATION

In this mini evaluation workshop, you will learn how to

- Focus on the message
- Relate your evaluation to a good meal

00

Offer the icing on the cake

Register here

Sandra Savage is known worldwide for her innovative workshops, including: *Pathways, Your Way – With Purpose* and *Gourmet Evaluations*. She is the author of the *Pathways Catalog* and the newly released 11 decks of path cards. A Toastmaster since 1988 and an in-depth mentor to 21 members, she has completed seven paths, held all officer roles, is a club coach, sponsor, graphic artist/marketing professional, and has recently retired from her third career.

TOASTMASTERS BLUE OX CLUB

70th ANNIVERSARY CELEBRATION

Monday, February 6th, 2023 11:30 a.m.– 12:30 pm

ZOOM LINK https://1235.toastmastersclubs.org





Please join us for our celebration of our 70th anniversary as a club. We will have a special presentation from former Toast-master's International President, Gary Schmidt!

This event is sponsored by the Blue Ox Toastmasters Club. All former and current members and any guests are welcome. Please contact Kristina Rohe VP Membership at 503.358.5318 or KERohe@BPA.gov.

ON FOUR CUTE QUADRANTS Lee Coyne, ATMS

Every January launches a brand new year. That year has certain hidden holiday corrections that lack no links on the surface.

This column says otherwise. It unveils the less obvious.

Let's divide our year into four quadrants of three months each. The holidays we will examine are New Year's Day, April Fools Day, Fourth of July, and the spookiest of all, Halloween.

Each has its own fallout.

New Year's ushers in episodes of noisemakers and drinking. Often people ignore sense and drink to excess. Some crash and die.

April Fools invites fabrication. Lies are allowed by the drove. We commit thankless pranks.

Independence Day brings out noisy firecrackers. The skies are ablaze with Roman candles as people and pets seek safety. Fear become a sideshow.

Halloween also is a conveyor of fear. Look at the symbols: ghost, witch, skeleton, black kitties. All can be intimidating.

I submit that such special day departs from the norm. We get implied approval to go over the top into excessive areas and to blatantly blame the calendar.

We can change our stripes and throw away our scripts. Test a glass of innovation! Drink up!! That may be much safer.

From Impossible to Possible David Freedman, PM2

I've stated on previous occasions that I hate creating New Year's resolutions, and this still holds true. Either the resolutions are redundant, or they end up being a waste of time. One example would be the resolution to get more exercise. I live across the street from my gym and go there five days a week, and although I need to work more on creating a healthier diet for myself, my resolution to improve my health and well-being is already taken care of, thank you very much.

Still, if those resolutions help you set goals for yourself, it's not necessarily a bad way to start the New Year. One of those resolutions has been to create my own career as a writer, and in order for me to succeed, I had to define what goals to set in order to do just that.

Throughout the past couple of years, I've realized that a lot of the limitations I've placed on myself in a number of areas need no longer apply. Those include the idea that I need to see writing as an avocation. I have a confession to make, however: Up until recently, I had a very strong love/hate relationship with money. Despite the fact that I wanted nothing more than to be a working writer and performer, I couldn't make myself believe that I was worth the money I wanted to earn. I'd convinced myself that "following the rules," such as going to college and looking for a regular job, would be the best way to support myself financially. While I will never regret obtaining two college degrees or learning the plethora of job skills that came afterwards in my chosen fields of medical and general transcription, I knew I wasn't following a true path for myself. It was only recently that I came up with an idea to motivate me to continue writing while looking for work. I call it "defining the impossible goal." The idea behind this was to take a step back and look at what was making me nervous about moving forward in my chosen professions in the first place, then redefine what I needed to do to accomplish those goals.

In this case, my goal is to make a set amount of money that, at least for the time being, might seem impossible now but could become a reality later as I work at my craft. The main purpose of this strategy was to encourage myself to continue working on various writing projects—monetizing my blog as well as writing short stories, novels, essays, and screenplays. And above all, if I didn't accomplish my goal, I'd at least make money for myself. And if I did achieve the impossible goal, then it wasn't so impossible to begin with.

In Toastmasters, the very first obstacle that people face is getting up in front of strangers and learning to speak articulately. For them, this is their impossible goal: Speak now or forever hold your peace. And many people do choose to remain silent for many reasons. They've been taught they must be quiet or that their voice is not worth hearing. They've been
told they must be obedient and not question authority rather than claiming their own power. Gently nudging them towards public speaking and allowing them to share parts of themselves is a very challenging proposition. And unlike the impossible goal I mentioned for myself, there may not be a tangible benefit to them being on stage at first, even if their long-term goals are to improve their careers or livelihoods. As Toastmasters, and particularly as mentors, it's incumbent upon us to

help newer members define what those goals are. For example, some members may wish to become Distinguished Toastmasters as it might help them further their careers as public speakers. As less than 1% of all Toastmasters become Distinguished, helping our members navigate Pathways as well as teaching them what responsibilities they have to learn in order to become expert speakers and leaders becomes even more crucial in obtaining their final goal.

When we set goals for ourselves, impossible or otherwise, there are three results that can occur. First, the goal itself enables you to perform to higher expectations. Secondly, the goal allows you to put milestones on your progress. And finally, as already noted, if you attain the impossible goal, then it wasn't impossible to begin with. If you don't make it, you can still strive toward the goal until you

YOU ALWAYS HAVE A CHOICE

achieve it. The important thing is to keep striving. To that end, create a goal that works for you, and stick to it. To inspire yourself, make sure the goal is something that you would want to achieve in an ideal situation. And above all, have fun in the process. Let the goal itself lead you to greater success, and enjoy the ride!

WELCOME NEW MEMBERS

| Club Name | Last Name | First Name |
|-------------------------------|---------------|------------|
| Notary Masters | Blankenship | Angela |
| Newberg Toastmasters Club | Bradshaw | Julie |
| Spirit Trackers | Christian | Dustin |
| Creative Communicators | Cutler | Koli |
| Yammertime | Hubbard | Katherine |
| Lake Oswego Toastmasters Club | Kittle | Diane |
| Waffle Toasters | Lee | Yilin |
| M A C Toastmasters Club | Leonard | Jacob |
| Rose City Toasters Club | Lopez | Jose |
| Rose City Toasters Club | Maurer | Mason |
| Salmon Speakers | Molano | Olivia |
| Rose City Toasters Club | Morales | Anselmo |
| Moser Community Toastmasters | Nguyen | Xavier |
| Newberg Toastmasters Club | Petersen | Amy |
| Moser Community Toastmasters | Pham | Keatan |
| Downtown Public Speakers Club | Reynoso | Monica |
| Newberg Toastmasters Club | Rosacker | William |
| NoonTime Club | Saputra | Yogi |
| Corvallis Evening Group | Sebring | Linda |
| Waffle Toasters | Shellenberger | Dan |
| Rose City Toasters Club | Sillers | Chance |
| Downtown Public Speakers Club | Sisneroz | James |
| Rogue Communicators Club | Smith | DeeDee |
| Corvallis Evening Group | St. Onge | David |
| Battle Ground Toastmasters | Tagabuel | Carlos |
| Top DOTs | Temple | Christy |
| Silicon Forest Club | Teoh | Cynthia |

WELCOME NEW MEMBERS

| Club Name | Last Name | First Name |
|----------------------------|-----------|------------|
| CareOregon | True | Ali |
| Battle Ground Toastmasters | VanRoyce | Jeremy |
| Battle Ground Toastmasters | Voronov | Yelena |
| Noon Talkers | White | Genevieve |
| Unified Toastmasters Club | Williams | Leslie |

HAPPY ANNIVERSARY TO JANUARY CLUBS

| CHARTER DATE | YEARS | Club | CITY |
|--------------|-------|----------------------------------|-----------|
| 1/29/2004 | 19 | Downtown Public Speakers | Eugene |
| 1/1/1949 | 74 | Evergreen | Vancouver |
| 1/1/1963 | 60 | Myrtlewood Hootowlers | Bandon |
| 1/15/2003 | 20 | Pearl District | Portland |
| 1/13/2016 | 7 | Portland Rotary | Portland |
| 1/1/1977 | 46 | Professionally Speaking | Vancouver |
| 1/8/2019 | 4 | Speak To Lead | Hillsboro |
| 1/4/2010 | 13 | Swan Island | Portland |
| 1/20/2011 | 12 | Testmasters | Vancouver |
| 1/1/2008 | 15 | The Standard Speakeasy | Portland |
| 1/1/1995 | 28 | Toasting Excellence | Salem |
| 1/1/1955 | 68 | Totem Pole | Vancouver |
| 1/1/1946 | 77 | Vancouver | Vancouver |
| 1/1/2018 | 4 | Wagon Tongues Oregon City | |
| 1/1/1981 | 42 | Wallmasters International Tigard | |
| 1/31/2021 | 2 | West Coast Toasties Newport | |

| AWARD | DATE | MEMBER | Club NAME |
|-------------|------------|---|-----------------------------|
| EH2 | 12/28/2022 | AbdurRashid Al-Wadud, EH5 | Capital Toastmasters Club |
| EH3 | 12/28/2022 | AbdurRashid Al-Wadud, EH5 | Capital Toastmasters Club |
| EH4 | 12/28/2022 | AbdurRashid Al-Wadud, EH5 | Capital Toastmasters Club |
| EH5 | 12/28/2022 | AbdurRashid Al-Wadud, EH5 | Capital Toastmasters Club |
| EC1 | 12/28/2022 | Albert Wright, EC2 | Capital Toastmasters Club |
| EC2 | 12/28/2022 | Albert Wright, EC2 | Capital Toastmasters Club |
| PWMENTORPGM | 12/29/2022 | Allan B. Edinger, DTM | Capital Toastmasters Club |
| IP1 | 12/22/2022 | Allen Williams, IP1 | Spirit Trackers |
| PI1 | 12/28/2022 | Andrew Chappell, Pl1 | Capital Toastmasters Club |
| PI1 | 12/28/2022 | Andrew Ryan, Pl1 | Capital Toastmasters Club |
| DL2 | 12/5/2022 | Anna Kharisova, DL2 | West Beaverton Club |
| TC3 | 12/8/2022 | Anne Coleman, TC3 | Professionally Speaking |
| DL1 | 12/28/2022 | Anthony McThrow, DL4 | Capital Toastmasters Club |
| DL2 | 12/28/2022 | Anthony McThrow, DL4 | Capital Toastmasters Club |
| DL3 | 12/28/2022 | Anthony McThrow, DL4 | Capital Toastmasters Club |
| DL4 | 12/28/2022 | Anthony McThrow, DL4 | Capital Toastmasters Club |
| PI1 | 12/28/2022 | Benjamin Guaydacan, PI3 | Capital Toastmasters Club |
| PI2 | 12/28/2022 | Benjamin Guaydacan, Pl3 | Capital Toastmasters Club |
| PI3 | 12/28/2022 | Benjamin Guaydacan, PI3 | Capital Toastmasters Club |
| EC1 | 12/22/2022 | Brandon Fulps, EC2 | Spirit Trackers |
| EC2 | 12/22/2022 | Brandon Fulps, EC2 | Spirit Trackers |
| DL1 | 12/22/2022 | Brandon Pahl, DL1 | Spirit Trackers |
| PM2 | 12/3/2022 | Carina Corbet-Owen, DTM | Vancouver Toastmasters Club |
| PM3 | 12/3/2022 | Carina Corbet-Owen, DTM | Vancouver Toastmasters Club |
| TC2 | 12/28/2022 | Christian M. Longo, TC3 | Capital Toastmasters Club |
| TC3 | 12/28/2022 | Christian M. Longo, TC3 Capital Toastmasters Club | |
| PM2 | 12/14/2022 | Christine Seed, PM2 | Blue Ox Club |
| TC1 | 12/28/2022 | Cornelius Davis, EH5 | Capital Toastmasters Club |

| AWARD | DATE | MEMBER | Club NAME |
|-------|------------|--------------------------|--------------------------------|
| TC2 | 12/28/2022 | Cornelius Davis, EH5 | Capital Toastmasters Club |
| EH2 | 12/28/2022 | Cornelius Davis, EH5 | Capital Toastmasters Club |
| EH3 | 12/28/2022 | Cornelius Davis, EH5 | Capital Toastmasters Club |
| EH4 | 12/28/2022 | Cornelius Davis, EH5 | Capital Toastmasters Club |
| EH5 | 12/28/2022 | Cornelius Davis, EH5 | Capital Toastmasters Club |
| LD1 | 12/22/2022 | Darwin Sprague, LD1 | Spirit Trackers |
| DL1 | 12/22/2022 | David Baker, DL1 | Spirit Trackers |
| EH3 | 12/17/2022 | David J. Taylor, EH3 | Lebanon Toastmasters |
| SR3 | 12/21/2022 | David Shehorn, SR4 | Clark County Toastmasters Club |
| SR4 | 12/21/2022 | David Shehorn, SR4 | Clark County Toastmasters Club |
| PM5 | 12/21/2022 | David Shehorn, SR4 | Clark County Toastmasters Club |
| EH2 | 12/21/2022 | Denise Holmes, EH2 | Washington Street Club |
| DL1 | 12/28/2022 | Donald Gosney. DL1 | Capital Toastmasters Club |
| EH5 | 12/21/2022 | Erik Bergman, DTM | WE Toasted Toastmasters |
| DL1 | 12/28/2022 | Evan Lux, DL1 | Capital Toastmasters Club |
| LD4 | 12/11/2022 | Giovanni Beccaria, LD4 | Rose City Toasters Club |
| DL1 | 12/14/2022 | Jed Burns, DL1 | Rose City Toasters Club |
| DL1 | 12/28/2022 | Jose Ortega, DL1 | Capital Toastmasters Club |
| LD1 | 12/28/2022 | Josh Jones, LD1 | Capital Toastmasters Club |
| PM1 | 12/17/2022 | Joshua Gold, PM1 | Civil Tongues Club |
| PM1 | 12/27/2022 | Josie B. Ells, PM1 | Clark County Toastmasters Club |
| PI3 | 12/8/2022 | Judah Smith, PI3 | Professionally Speaking |
| TC2 | 12/14/2022 | Karen A. Semprevivo, DTM | Civil Tongues Club |
| PI1 | 12/7/2022 | Katelyn Freund, Pl1 | Fortunate 500 Club |
| PM1 | 12/2/2022 | Kinsey Frick, PM1 | West Coast Toasties |
| PM5 | 12/1/2022 | Kinsey L. Popham, PM5 | MIME Speaks |
| IP1 | 12/28/2022 | Kyle Cochran, IP2 | Capital Toastmasters Club |
| IP2 | 12/28/2022 | Kyle Cochran, IP2 | Capital Toastmasters Club |

| AWARD | DATE MEMBER Club N/ | | Club NAME |
|-------|---------------------|---------------------------|--------------------------------|
| | | | |
| DL3 | 12/7/2022 | Laura P. Wolton, DL3 | Salem Speak and Lead Club |
| DL2 | 12/5/2022 | Laura P. Wolton, DL3 | Salem Speak and Lead Club |
| PM4 | 12/8/2022 | Lisa Garon, PM4 | Sherwood Town Criers Club |
| EH3 | 12/11/2022 | Lyle W. Schellenberg, DTM | Salem Speak and Lead Club |
| DL5 | 12/28/2022 | Mahmoud Moustafa, DL5 | Capital Toastmasters Club |
| PI2 | 12/28/2022 | Michael Deyette, Pl2 | Capital Toastmasters Club |
| DL5 | 12/28/2022 | Miguel Chavez, MS2 | Capital Toastmasters Club |
| MS1 | 12/28/2022 | Miguel Chavez, MS2 | Capital Toastmasters Club |
| MS2 | 12/28/2022 | Miguel Chavez, MS2 | Capital Toastmasters Club |
| VC1 | 12/27/2022 | Miranda Moy, VC1 | Clark County Toastmasters Club |
| MS3 | 12/2/2022 | Nathaniel Coussens, MS3 | At The River's Edge Club |
| DL1 | 12/22/2022 | Rafael Robles, DL1 | Spirit Trackers |
| DL1 | 12/28/2022 | Renee Brouse, DL5 | Sherwood Town Criers Club |
| DL2 | 12/28/2022 | Renee Brouse, DL5 | Sherwood Town Criers Club |
| DL3 | 12/28/2022 | Renee Brouse, DL5 | Sherwood Town Criers Club |
| DL4 | 12/28/2022 | Renee Brouse, DL5 | Sherwood Town Criers Club |
| DL5 | 12/28/2022 | Renee Brouse, DL5 | Sherwood Town Criers Club |
| LD2 | 12/28/2022 | Reschard Steward, LD2 | Capital Toastmasters Club |
| TC2 | 12/17/2022 | Robert Gray, TC2 | Siuslaw Tale Spinners Club |
| SR1 | 12/28/2022 | Robert Kelley, SR1 | Capital Toastmasters Club |
| LD1 | 12/28/2022 | Robert Miller, LD3 | Capital Toastmasters Club |
| LD2 | 12/28/2022 | Robert Miller, LD3 | Capital Toastmasters Club |
| LD3 | 12/28/2022 | Robert Miller, LD3 | Capital Toastmasters Club |
| LD1 | 12/1/2022 | Roberto Zavala, LD1 | Sporty Speakers |
| PM3 | 12/2/2022 | Robin Wheeler, PM3 | Marylhurst Toastmasters |
| VC1 | 12/3/2022 | Rodger Cook, DTM | Wallmasters International Club |
| PM3 | 12/3/2022 | Rodger Cook, DTM | Wallmasters International Club |
| EC3 | 12/11/2022 | Rudy Erbrich, EC3 | Gresham Toastmasters Club |

| AWARD | DATE | MEMBER | Club NAME |
|-------|------------|------------------------|-----------------------------|
| SR3 | 12/19/2022 | Ryan Villemyer, SR3 | Rose City Toasters Club |
| DL1 | 12/18/2022 | Shereen Elali, DL1 | Mentors Of Focus Club |
| EH1 | 12/28/2022 | Steven Freeman, EH1 | Capital Toastmasters Club |
| EH4 | 12/2/2022 | Susan Brenner, EH4 | Clackamas Stepping Stones |
| TC5 | 12/30/2022 | Tamsen Corbin, TC5 | WE Toasted Toastmasters |
| VC4 | 12/3/2022 | Tamsen Corbin, TC5 | WE Toasted Toastmasters |
| SR1 | 12/17/2022 | Tansy Bowermaster, DTM | Vancouver Toastmasters Club |
| EH5 | 12/15/2022 | Ted Takamura, DTM | Marylhurst Toastmasters |
| SR1 | 12/28/2022 | Theron Hall, SR1 | Capital Toastmasters Club |
| EC1 | 12/22/2022 | Tyler Raymond, EC2 | Spirit Trackers |
| EC2 | 12/22/2022 | Tyler Raymond, EC2 | Spirit Trackers |
| EC1 | 12/28/2022 | Yisra'el Corpuz, EC1 | Capital Toastmasters Club |

If I went back to college again, I'd concentrate on two areas: learning to write and to speak before an audience. Nothing in life is more important than the ability to communicate effectively. Gerald R. Ford

TRIPLE CROWN AWARD PINS

| Name | Number Earned | Awards |
|---------------------------|------------------|---|
| AbdurRashid Al-Wadud, EH5 | 4 | EH2 , EH3 , EH4 , EH5 |
| Ahren Kretlow, PI3 | 3 | PI1 , PI2 , PI3 |
| Allan B. Edinger, DTM | 6 | PWMENTORPGM , EC1 , EC2 , EC3 , EC4 , EC5 |
| Angela Stringer, PI3 | 3 | PI2 , PI3 , VC2 |
| Anthony McThrow, DL4 | 4 | DL1 , DL2 , DL3 , DL4 |
| Benjamin Guaydacan, Pl3 | 3 | PI1 , PI2 , PI3 |
| Beth Pinchot, DTM | 4 | PM1 , PM2 , PM3 , PM4 |
| Bettina K. Schempf, DTM | 3 | IP4 , IP5 , SR1 |
| Brandon Marsh, EC3 | 8 | EC1 , EC2 , EC3 , IP3 , IP4 , IP5 , PM4 , PM5 |
| Brent E. Smith, DL5 | 3 | DL4 , DL5 , MS1 |
| Carina Corbet-Owen, DTM | 3 | PM1 , PM2 , PM3 |
| Cate A. Arnold, DTM | 5 | EH3 , EH1 , EH2 , PM4 , PM5 |
| Cheri Redgrave, DTM | 4 | DL1 , EH5 , PM3 , PM4 |
| Cornelius Davis, TC2 | 7 | EH1 , EH2 , EH3 , EH4 , EH5 , TC1 , TC2 |
| Craig Johnson, EH5 | 5 | EH1 , EH2 , EH3 , EH4 , EH5 |
| Crystal Clark, DTM | 3 | DL4 , EH3 , EH4 |
| Dallas Jannett, IP3 | 3 | IP1 , IP2 , IP3 |
| David R. Sessum, PM4 | 3 | PM2 , PM3 , PM4 |
| David Shehorn, SR4 | 7 | TC4 , TC5 , PM5 , SR1 , SR2 , SR3 , SR4 |
| Dena Alt, PM4 | 3 | PM2 , PM3 , PM4 |
| Donna L. Stark, DTM | 9 | EC5 , EH3 , EH4 , EH5 , PM2 , PM3 , PM4 , PM5 , PWMENTORPGM |
| Giovanni Beccaria, LD4 | 4 | LD1 , LD2 , LD3 , LD4 |
| Gwendolyn Avington, SR4 | 4 | SR1 , SR2 , SR3 , SR4 |
| Helen M. Grothe, DTM | 3 | EH4 , EH5 , PM5 |
| Jacki L. Elsom, PM3 | 3 | PM1 , PM2 , PM3 |
| Jacqueline E. Bakke, DTM | 3 | MS1 , MS2 , MS3 |
| James Kennedy, MS4 | 4 | MS1 , MS2 , MS3 , MS4 |
| Jeanne Brooks, MS2 | 3 | MS1 , MS2 , PM5 |
| Jessica Baltazar, PM3 | 3 | PM1 , PM2 , PM3 |
| Joan Miller, PM4 | 4 | LD5 , PM3 , PM4 , PWMENTORPGM |
| John E. Anderson, DTM | 6 | EC2 , EC3 , PM1 , PM2 , PM3 , PWMENTORPGM |
| Judy Chan, EH5 | 3 | EH3 , EH4 , EH5 |
| Kente' Bates, PM4 | 3 | PM2 , PM3 , PM4 |

TRIPLE CROWN AWARD PINS

| Name | Number Earned | Awards |
|----------------------------|------------------|---|
| Lyle W. Schellenberg, DTM | 3 | EH3 , EH1 , EH2 |
| Mao Kenney, PM4 | 3 | PM2 , PM3 , PM4 |
| Michael K. Rosenberg, SR3 | 3 | PM5 , SR2 , SR3 |
| Miguel Chavez, MS2 | 3 | DL5 , MS1 , MS2 |
| Neal Wilkinson, SR5 | 3 | PM1 , PM2 , SR5 |
| Patrick Little, PM3 | 3 | PM3 , PM1 , PM2 |
| Phyllis A. Harmon, DTM | 4 | LD1 , PM5 , EH4 , LD2 |
| PJ Kleffner, DTM | 3 | EH4 , EH5 , PM2 |
| Ralph Galantine, VC5 | 3 | DL3 , VC4 , VC5 |
| Renee Brouse, DL5 | 5 | DL1 , DL2 , DL3 , DL4 , DL5 |
| Robert B. Hall, DTM | 3 | EC4 , EC5 , PM1 |
| Robert Miller, LD3 | 3 | LD1 , LD2 , LD3 |
| Rudy Erbrich, EC3 | 4 | EC2 , EC3 , LD1 , LD2 |
| Ryan Villemyer, SR3 | 3 | SR1 , SR2 , SR3 |
| Sarah Rosenberg Brown, LD3 | 3 | EC1 , LD2 , LD3 |
| Sean D. Tobin, LD5 | 5 | LD1 , LD2 , LD3 , LD4 , LD5 |
| Stephana M. Johnson, PM5 | 8 | EH1 , EH2 , EH3 , EH4 , EH5 , PM4 , PM5 , PWMENTORPGM |
| Steve Mathis, Pl4 | 3 | PI3 , PI4 , PM5 |
| Tamsen Corbin, TC5 | 3 | DL1 , TC5 , VC4 |

It doesn't matter how elegant the argument or inspiring the prose, a presentation won't move anyone if the presenter isn't visibly feeling what they are saying.

– John Neffinger

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