Voices,

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One Community Many Voices

District 7 Toastmasters FEBRUARY 2023

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District 'Of the Year' Awards

Page 18

Night at the Oscars!

Online March 8, 2023 7:15 - 9:00 pm, PST

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Memories are made of this...

Phyllis Harmon, DTM, PDG - Publisher/Editor

As I reminice over the lapsed years, I fondly remember passages from past speeches, events, and goals attained. My first DTM brought me an overwhelming sense of accomplishment, only surpassed by my first year in the Trio when we achieved every goal set for us by Toastmasters International.

I recall the early morning setups and late evening teardowns for in-person gatherings—they bring a smile to my face. I remember my first year as District Education Coordinator staying up to the wee hours putting together binders of session information for the room volunteers, and then delivering them three hours later to the designated rooms. And then there were the District potlucks I initiated during my second year in the same role. They were a great success. Attendees loved contributing and sharing their favorite dishes. We ended up recruiting potluck coordinators and volunteers who managed the entire food distribution process. I miss those days. I hope they are not lost forever.

Like drops of water creating a deep pool of fond memories, the strangers who became friends as we worked together, will forever hold a soft spot in my heart. Travelling up and down the District helping at Area and Division contests was a wonderful learning experience and a great deal of fun! I will never forget setting up borrowed studio cameras and filming the contest speeches for television. It was hard work but so very worthwhile as I learned a new set of skills. There are many more memories of the years gone by that lay in wait for a quiet moment to flood my mind and bring me joy. I look forward to reliving those moments!

As we make the commitment to ourselves and our fellow club members during this dues renewal cycle, think back on your own achievements, fond memories of

days gone by, and the deep friendships you have made in this Toastmasters world of ours. I look forward to making more memories with you as we continue on this journey together.

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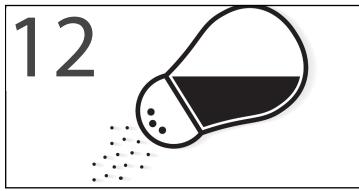
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COVER STORY



Speechless. A Toastmaster is seldom at a loss for words, yet that was the case for Bob Hall, DTM, when he heard his name called at January's Celebration of Leadership as the District 7 2021-22 Toastmaster of the Year.

"I was speechless," he recalls. "I choked up a little bit, and then I found a few words of gratitude. I was really humbled to get singled out. A lot of people in the District have done a ton of work and deserve a lot of credit."

Hall, 67, jokes that he suffers from "volunteer elbow," a condition that causes his arm to shoot up reflexively whenever someone asks for help. That led him to serve as an Area Director a few years ago, where District Director Lorri Andersen watched him lead a "Happy Birthday" singalong for a member at a club they were both visiting. The next thing he knew, he was saying yes to her request to coordinate Toastmasters Leadership Institute (TLI).

He didn't stop there: Hall became the District's Webmaster too. As he puts it, "The elbow sprang into action." As if that wasn't enough, Hall also serves Division G as Area 84 Director.

Andersen says it was Hall's courage, wisdom and experience that first caught her eye. "He's the kind of person when he does a job, he will do his best. I could sense that Bob was the right



person for the job. I asked him, he said yes, and he did a fantastic job with TLI." When it came time for the District Trio to choose the Toastmaster of the Year, "We looked for the person that really helped bring our District to the next level, and we unanimously named Bob."

Hall's IT background prepared him well to be Webmaster, but he admits that serving as TLI Coordinator was a stretch. He had to build and manage a team to recruit 30-plus speakers, Zoom masters for 10 rooms and all the volunteers behind the scenes. "Pulling it all together was a fairly big ask. But I had a team. It wasn't a solo effort."

His Toastmasters journey started while he was in the Air Force in the 1980s, but his participation was off-and-on due to reassignments. He rejoined in civilian life while working at UPS in 2016. What drew him back to Toastmasters was the chance to address something he felt he lacked. "I was never very comfortable putting myself forward," he says. "I worked in the background and never took credit for anything. It really impacted my career. I wanted to give it one more shot and learn how to speak up for myself. That's why I took on the Toastmasters project – not just for myself but for other people like me who had been passed over."

His first project was to help charter one of the earliest online clubs, Virtually Speaking, for UPS employees across the United States and in Costa Rica. This was before Covid-19, so the corporate club was on the cutting edge in

terms of virtual meetings. To gain experience about how a good club should work, he joined Professionally Speaking in Vancouver, which became his home club. His sponsorship of Virtually Speaking helped him earn his first Distinguished Toastmaster award.

Now retired, Hall wrapped up his career as a Solutions Consultant at UPS working in IT on national and international transportation systems, where he applied his two science degrees, a BS from Cornell University in Statistics and Biometry and an MS from Boston University in Computer Information Systems.

For Hall, stepping up as a leader brought him first and foremost "a lot of self-confidence. I don't feel uncomfortable to pick up the phone and call anyone. I can talk to anybody about any subject. That was something I lacked in my career. You have to speak up for yourself if you're going to be successful as a leader. Toastmasters gave me the ability to do that."

Speaking of self-confidence, he will soon test

himself in a very different way. On April 6 he will start at the California-Mexico border and hike the Pacific Crest Trail (PCT) to Canada – a trek he expects to take six months at about 15 to 20 miles per day. He hatched the idea last year while hiking a stretch of the trail near Ashland. On a whim he applied for one of the rare PCT permits —not expecting to be among the lucky few to be picked—and won the lottery. With permit in hand, he asked himself, should I do this? Could I do this? He says with a laugh, "There's nothing to stop me except the voices of reason. I don't want to look back and say I had an opportunity and didn't do it."

He's preparing to hike in conditions ranging from desert heat to mountain snow, planning recipes and logistics, and practicing mountaineering skills such as self-arrest with an ice axe. Despite the physical challenge, Hall says that the strength to complete the hike "is more mental than physical. Only 25 percent finish, mostly due to mental mistakes." In his backpack one luxury he'll carry is a copy of Toastmaster magazine for selfies along the way. He plans to post videos he shoots along the trail on his YouTube channel.

One thing that sustains Hall in Toastmasters is the change he sees in new members as they participate. "People come in to do their Icebreaker and they're a bag of nerves. Maybe they do their first Table Topics, and it's 20 seconds long. Six months later they are ready for leadership roles in the club. It's a transformative experience in people's lives."

He is one project away from earning his second DTM and is eyeing either a club sponsorship or a Speechcraft as the final piece. "Everybody's got a story to tell, and every life is fascinating," he notes. "People need to know how to tell their story, and Toastmasters is a great vehicle for that."

Erik Bergman, DTM, is VP of Education at WE Toasted Toastmasters in Lake Oswego.



Servant Leadership Lorri Andersen, DTM - District 7 Director

In my recent study of Coach Leadership, it felt like I was back in graduate school. I loved those days. I'd come straight home from work and dive into reading. Now, working from home, I can save the commute time and start reading sooner.

During those studies, I was convinced I had to find the key that was missing from so many team dynamics. Researching High Performing Teams became my passion. It seemed at times like I was searching for the needle in a haystack. Along with High Performing Teams, came the natural progression to understanding Servant Leadership. Robert Greenleaf, who was considered the father of Servant Leadership, found inspiration and revelation for this theory after reading the book, Journey to the East, by Herman Hesse. What interested Greenleaf in this book, is that the servant in the story took on the role of the "motivator, teacher, and guide." It was the servant himself who was the leader. Servant Leadership is based on the principle that the leader must serve to all who follow them^[1].

There are 10 behaviors that a true leadership servant should exhibit: listening,

empathy, healing, awareness, persuasion, conceptualization, foresight, stewardship, a commitment to the growth, and building community.^[2] This sounds so much like Toastmasters, doesn't it?

As you read about this leadership style, ask yourself is this something you want to consider? You may think it sounds reasonable and expected in Toastmasters, but how does it work in your career and other commitments? Does it sound good on paper and yet not practical in real life?

If you are interested, intrigued, and you want to learn how it works, you can get your start in Servant Leadership right in your own club. Begin by taking your next role. Listening and commiting to the growth of people are basics in Toastmasters and very necessary in Servant Leadership. You can tell people what they did right and how to take their speaking to the next level.

Even more so, you can learn Servant Leadership as a club officer. I like all the officer roles although the first one I had has become one of my favorites, the VP Membership. I say



in club officer training that if you are a friendly person and you like people, you will make a great VP Membership. Of course, those personality traits go a long way and help with much else, including Servant Leadership. As a club officer you can learn many Servant Leadership traits, such as empathy, in addition to listening skills and commiting to the growth of people.

I appreciated what Larry Spears, author of Practicing Servant-Leadership: Succeeding Through Trust, Bravery, and Forgiveness had to say about listening and empathy: "Leaders have traditionally been valued for their communication and decision-making skills. Although these are also important skills for the servant-leader, they need to be reinforced by a deep commitment to listening intently to others. The servant-leader seeks to identify the will of a group and helps to clarify that will. He or she listens receptively to what is being said and unsaid. Listening also encompasses hearing one's own inner voice. Listening, coupled with periods of reflection, is essential to the growth and well-being of the servant-leader.

Empathy: The servant-leader strives to understand and empathize with others. People need to be accepted and recognized for their special and unique spirits."^[2]

This does sound like Toastmasters! We can learn these skills naturally just by attending our own club meetings.

Our International President, Matt Kinsey, DTM, is a great example of a Servant Leader. I have seen and heard him display these characteristics when he was speaking and leading. He talked about leading from the heart and living it.

When a Toastmaster listens intently and puts the needs of others first, they are displaying and living Servant Leadership. What are your ideas about servant leadership? Please send me a note and share your thoughts. I am glad we are on this journey together.

^[1](Clayton, M., 2016, April 16, "Robert Geenleaf:Servant Leadership", www.pocketbook.com,Feb 16,2022, https://www.pocketbook.co.uk/blog/2016/04/26/ robert-greenleaf-servant-leadership/)

^[2] (Spears, Larry. "Practicing Servant-Leadership: Succeeding Through Trust, Bravery, and Forgiveness", San Francisco, CA., www.josseybass.com, 2004)

SPICE UP YOUR LEARNING EXPERIENCE

Jim Robison, DTM - Program Quality Director

Have you been a Toastmaster for some time? Have you thought about how to provide some extra challenge to your Toastmasters experience? You might consider joining an advanced or specialty Toastmasters Club.

What is an Advanced Toastmasters Club? It is a Club where all members are required to already be members of another Toastmasters Club before joining. The purpose of an Advanced Toastmasters club is to help members focus on particular skills or to bring together a group dedicated to a common thread of interests in Toastmasters.

There are four Advanced Toastmasters Clubs in District 7 and others working to charter. Those prospective clubs may be great opportunities for you to participate and help build a new experience.

While most advanced clubs are also specialty clubs, a specialty Toastmasters Club may or may not also be an advanced Toastmasters Club. Specialty clubs are created with a particular focus or group in mind. Some clubs were formed to help an identified group of people feel more comfortable practicing their speeches while other clubs focus on a particular skill to develop. For example, if you want to improve your evaluation skills, Feedbackers is the place to go. If you want to build debate skills, then check out Virtual Virtuosos. Take a look at the advanced and specialty clubs in District 7 and see if any catch your interest.

With the transition of so many clubs meeting online, or in hybrid form, it is possible to bring together members from all around the world. There are now clubs in District 7 who have memberships that span the globe. A club in southern Oregon (Roseburg Speakers and Storytellers) has members in six countries! This has opened up the opportunity to have specialty clubs that bring together people with a common interest who otherwise would not have enough people in one area to support a club.

In addition to the prospective clubs listed in the table on the next two pages, I have heard there is interest in organizing a bi-lingual English/Spanish club. Several years ago, Los Bilingues Toastmasters was part of District 7.

If you have an idea for a new Advanced or Specialty club that you believe could draw members contact the District Club Growth Director, <u>CGD@d7toastmasters.org</u> about pursuing it.

DISTRICT 7 TOASTMASTERS ADVANCED & SPECIALTY CLUBS

Club Name Club Website	Club Focus	Meetings (all times are Pacific Time Zone)	Advanced Club
Babble-On Toastmasters Club www.babble-ontm.org/	Babble-On Toastmasters was formed specifically to be a comfortable and welcoming environment for members of the LGBTQ community to gain leadership and communications skills.	Sundays 3:45pm hybrid online and at The Q Center, Portland.	No
Coachmasters 7510642.toastmastersclubs.org/	We have a high percentage of coaches in the group, but you definitely don't have to be a coach to join us.	Mondays at Noon, online.	No
Feedbackers Toastmasters Club http://feedbackers.toastmastersclubs. org/	"We understand that learning how to evaluate a person's performance requires practice. In Feedbackers, you are part of an evaluation team. Each speaker receives 4 evaluations. Speakers can ask for specific areas they would like evaluated: Vocal Variety, Gestures, Emotional Impact, and Project Evaluation just to name a few. Our members practice giving effective evaluations that are actionable, specific, and useful. Each of the 4 evaluators receive feedback from the General Evaluator so they too can improve."	Meets online 2nd Wednesdays 7:15pm.	No
Find Your Voice 2714463.toastmastersclubs.org/	Find Your Voice is a unique club in that we specialize in practicing extemporaneous speaking skills. We dedicate the 2nd Monday of the month to a special format in which we extend our table topics out to increase our practice of off-the-cuff speaking and spontaneous speech.	Mondays at Noon, online.	No
Friday Night FUN Masters fridaynightfunmasters.toastmastersclubs. org/	"Do you wish you were funnier? Friday Night FUN Masters is a specialty club for Toastmasters who want to incorporate humor into their presentations."	First and Third Fridays each month 6:30pm.	No
Liberty Talkers https://libertytalkers.net/	Liberty Talkers was formed specifically to be a comfortable and welcoming environment for participants to practice and develop their conservative political statements.	Thursdays 5:30pm online.	No
Notary Masters www.notarymasters.org	Notary Masters is dedicated to individuals who are Notaries Public from anywhere in the United States.	First and Third Thursdays 9:30am.	No
Portland Progressives http://www.progressivestoastmasters. org/	Portland Progressives was formed specifically to be a comfortable and welcoming environment for participants to practice and develop their progressive political statements.	Thursdays 6:30pm	No
PR Masters http://www.prmasters.club/	"An online-only club focused on Public Relations! This club is for you if:You want to help promote your club and grow its membership; You are interested in sharing, improving, and encouraging PR skills. You can attend online monthly. You have previous Toastmasters experience (dual membership required)."	First Thursday every month 7pm online only.	Yes
Speakers with Spirit https://speakerswithspirit. toastmastersclubs.org/	Speakers with Spirit was formed specifically to be a comfortable and welcoming environment for members of the Christian religious community to gain leadership and communications skills.	Thursdays 6:45pm	No
Storymasters https://4649162.toastmastersclubs.org/	Storymasters is focussed on perfecting storytelling.	Thursdays 7pm.	No

DISTRICT 7 TOASTMASTERS ADVANCED & SPECIALTY CLUBS

Club Name Club Website	Club Focus	Meetings (all times are Pacific Time Zone)	Advanced Club
Tell Me a Story Toastmasters https://6869.toastmastersclubs.org/	This club focuses on crafting and presenting personal narratives. Members practice using a variety of story- telling techniques to move their audiences to action.	Tuesdays, 7:00-8:15 pm. The club meets online weekly. The members meet each quarter in person to hone their face-to- face presentation skills	No
The Creatives Club Toastmasters Prospective Club Contact Suzanne Loeb, suzanneloeb@outlook.com - https://www. thecreatives.club/	Are you an artist, writer, musician, video maker, or instructor who creates and delivers online content? The Creatives Club is a Toastmasters club dedicated to people who want to put their best work online. We know that our lives online are here to stay. So be part of a group dedicated to nurturing, motivating, and being our best online.	Prospective	Yes
The Podcasters Toastmasters Prospective Club Contact Fred Bergeron ormondtm@yahoo.com	A club for podcasters	Prospective	Yes
Toastmasters For Speaking Professionals http://tsp.toastmastersclubs.org/	"Toastmasters for Speaking Professionals is a fun, challenging and supportive niche club for aspiring speakers, professionals and entrepreneurs who are committed to developing their speaking and leadership skills, so they can craft their message, command higher fees and reach wider audiences, while inspiring others."	2nd and 4th Tuesday of each month noon.	Yes
TV Toastmasters http://7512.toastmastersclubs.org/	"You not only benefit from the proven communication and leadership development program but also gain valuable hands-on experience with video/television presentations and production. TV Toastmasters is a learn-by-doing club where members gain skills in a no-pressure environment."	Meetings are currently on hold. Contact Mitch Priestley at mitch.priestley@live.com	Yes
Virtual Vitruosos (placeholder name) Prospective Club: Contact David Freedman at <u>ideaguy3000@gmail.com</u>	Debate. The purpose of this club is to provide a fun learning environment to practice and develop debate skills.	4th Friday each month 7pm online.	Yes



5 REASONS TO RENEW YOUR MEMBERSHIP



MEMBERSHIP RENEWALS NOW OPEN FOR APRIL 1 - SEPTEMBER 30, 2023

CONNECT WITH YOUR CLUB TREASURER

Thoughts on Focused Com Dave Bones, DTM - Club Growth Dire

I will bet you would agree how useful email can be in communication. It allows us to send messages 24/7, regardless of the time or time zones. It is convenient in being able to reach multiple recipients. But, how about when there is a sensitive topic? Anybody else out there notice this to be less effective for maintaining harmony and clarity?

Certainly, having been lost in a quagmire within an email thread, cc'd (copied) to many participants, I have been painfully aware that I was misunderstood, and everything was as "clear as mud." Have you been there before? I can see you nodding, yes.

One-on-one communication can be much more effective in those more complicated scenarios. As suggested in this article's title, it allows talking about what is important—not the unfocused or unrelated minutiae.

From an emotional perspective, it allows for talking about values, needs, and feelings if there is a conflict that relates to any or all of these. Since this is more personal, a cc'd email thread is not conducive.

You might be saying, "But, what about keeping everyone in the loop?" This is a valid

point. What I suggest is that once the conflict or issue is resolved, then one person can update the rest of the group within the cc'd email thread as appropriate.

A Toastmasters example could be recruiting for your Area Contest by including 20 members as cc'd within the email message thread. It might be like this fictional dialog.

"Hello Toastmasters, I need to fill roles for one ballot counter, two judges, and one timer. The contest is on Wednesday, February 22nd at 7 PM Pacific, please arrive 60 minutes early. Please let me know if you are available. I am happy to reciprocate for your contest. Thanks! Dave Bones."

Here is the reply, which is cc'd to all 20 recipients: "Dave, yes, I can fill any one of your roles, but you should have given more notice!"

The person replying to my role requests reacted defensively and without much tact. Have you ever then sent a "reply all" with an email like this? I have made this mistake, and it has never gone well. Whether you try to deescalate, or to try to "correct" the person's behavior, the

munication

other 20 recipients don't need to be reading every response.

In this example, calling on the phone would be a good option, to try to deescalate the situation. The one-on-one conversation might go something like this:

"Hi, thanks for taking my call. I just wanted to check in because I was confused (feeling) by your email response to me, which you cc'd to all the recipients. I was grateful for your offer to help, but was a bit thrown off (again, a feeling) when you said that I should have given more notice (advance scheduling as their important value), ending with the explanation point. Were you wanting more advanced notice, and maybe dealing with a hectic schedule of your own? I am guessing that you were feeling frustrated (asking about their feelings) when I offered only a few days' notice. Did I get any of this correct?"

With a response that uses the language of feelings and values and tries to draw a person out, you can help to deescalate, and gain better harmony between us. Maybe the person was having a bad day, and now we can have a better



friendship because of the time taken to resolve this. By talking about what is most important, namely feelings and values, this is possible. It simply would not have been possible with the 20 recipient cc'd email thread. Certainly, there is a balancing act of quantity vs. quality in communication.

A final thought—Something to keep in mind during misunderstandings is to take the time to communicate the underlying values and feelings one-on-one. As Toastmasters, we always can take the time to support each other with mutual growth as our common bond.

FIELD NOTES

DISTRICT 7 TOASTMASTERS 2



Division Director of the Year Suzanne Loeb, DTM



Area Director of the Year Dr. Gwen Avington, DTM



District 7 Toastmas Bob Hall,

2021-2022 Spirit Awards

Club Growth Director Awards

Ayu Anantya, DTM Tamsen Corbin, DTM Carol Thomas, DTM (Posthumous)

Program Quality Director Awards

Michael Kenyon Rosenberg, EC1 Lakeitha Ruffin , MS1 **Katherine Stark, DTM**

District Director Awards

Jamie Gould Ellen Ino, DTM Leanna Lindquist, DTM Graham Smith Lou Webb Award Adele O'Neal, DTM



021-2022 'OF THE YEAR' AWARDS



ter of the Year DTM



Dick Moser Award Ray Fox, PM5



Herb C Stude Award Dave Bones, DTM



Rookie of the Year Award Stephana Johnson. PM5

FIELD NOTES





Presidents Day, February 20th, saluted all 46 chief executives of our USA. Each had their own strengths and weaknesses during the times they each served.

Some were vice presidents who moved up a notch when their president was killed. These were Lincoln, Garfield, McKinley and Kennedy. Several assumed the presidency due to death of the predecessors. Check off those names of John Tyler, Warren G. Harding and Harry Truman.

Grover Cleveland points to two separated terms broken up by Benjamin Harrison. He was designated as No. 22 and 24.

One president later became a Chief Justice after leaving office. That man was William Howard Taft. He also weighed in at 350 lbs.

Who was our first dark horse compromise candidate? None other that James Knox Polk who won the top spot when two rivals could not break a deadlock at a contentious convention.

Let February fervor guide us to do some historic research for a timely speech. The White House Blues await that silver lining!

Confidence

Joining Toastmasters allows people to build the skills they need to become more confident public speakers and stronger leaders in every area of their lives.

> Daniel Rex, Chief Executive Officer Toastmasters International







KEYNOTE LOUISA DAVIS, DTM International Director

SATURDAY, MAY 20TH 8:15 - 9:00 AM

Seeds of Change: the World Needs More Toastmasters

A Toastmaster since 2002, International Director Louisa Davis has held a number of high-profile leadership positions within Toastmasters and has attained the Distinguished Toastmaster designation multiple times. She was the 2018-2019 District 96 Toastmaster of the Year and served as District 96 Director when the pandemic hit in 2020.

J CONFERENCE SPEAKERS



VANESSA POCHETTE Epeolatry - Curiosity About Words



LINDA-MARIE MILLER



SETH GREENWALD Champions of Change Supercharge Your Speaking Skills with the Power of Flow



ARTHI MANGALAM JAYARAJ I am OK YOU are OK



KAREN TOMPKINS

Transforming the Effects of Anger and Anxiety... One Brain at a Time



DON MARKLAND Developing accountably as a

leader



MICHAEL LINDQUIST

Elements of Evaluations



DENA ALT The 5-Minute Connection



ROWAN VAN DYK

Growing Your Leadership Tree



LEANNA LINDQUIST

Elements of Evaluations

TOM HOBBS Your Timeless Story: **Easily Crafted**



LUCINDA HARMAN

Go Shake the Trees -Saying It Like It Is!

Tough Times Eldred Brown, DTM, IPDD

The last six months have been a difficult time for my employer as we attempt to get back on track after losing our way 6-7 years ago. First, there was the announcement last November that we needed to look for every way we could to reduce our costs. We wanted to keep as many employees as we could, but we also acknowledged that we would have to let some people go. Yup. Layoffs. Even a leader in our Intel-based Toastmasters club was cut loose to look for opportunities with other employers. At least he's still maintaining his active membership in our club, which we greatly appreciate. It's painful and stressful to no longer have a job, though.

Thankfully, Intel has finished this round of layoffs and promises that they have no current plans to cut its workforce. However, the company has announced other cost-cutting measures that we're all going to have to suffer together. We're losing all our bonuses for this year, and our executives and managers have all been asked to take cuts to their base salaries. That will require all of us to adjust our lifestyles to reduced income. I don't think anybody's happy about that. I suppose it's better, though, to take a pay cut if that's what it takes to keep my job. As I shared in a speech I gave to my Intel Toastmasters club a couple of days after the grim announcement, I have to examine my personal budget and determine where I can cut expenses. Will I need to uproot myself and move to a cheaper apartment? Will I need to trade my car in for something cheaper, or even for TriMet passes? Will I have to withdraw from a Toastmasters club or two? Should I anticipate more layoffs? How long will this



storm last, and what will Intel look like after it's all done?

As for Intel's future, I did find this article published by Patrick Moorhead on *Forbes.com* reassuring: "Intel's Future Is Prettier Than Its Past Quarter And Guide" (forbes.com). Intel hired its current CEO, Pat Gelsinger, two years ago with the promise that he, a former Intel engineer himself, would lead our once proud corporation back to the

prominence we enjoyed before losing our leadership position in the computer chip market to mismanagement and execution failures. Turnarounds take time, though—usually no less than five years—and we're only two years in. It's going to be rough. There are going to be some

> bad quarters, some bad years. I believe Pat has a good vision for our company, though, and we just need to stick it out and do what it takes to achieve

his vision.

I will have to cut my discretionary spending this year, but I think I can survive without making more drastic changes. I think I'll be able to stay in my current home. I don't anticipate having to sell my car. I anticipate the sale of another big-money item to be made final this summer, which will give me a much-needed boost of income. Things don't look as bad for me as they may have at first, if Intel doesn't cut its workforce any more than it already has. I anticipate that this will continue to be a rough year for the Intel Corporation, my current employer, but I appreciate how transparent our executives have been in keeping us informed about everything they need to do to cut costs. I don't envy them for all the bad news they have to share (much like a speech I delivered early in my Toastmasters career where I pretended to lay off a valued member of my company) but they have so far done an amazing job at sharing their bad news with empathy and grace.

(DISCLAIMER: Everything I've shared has already been made public through news outlets such as the Oregonian/OregonLive.com and Forbes magazine. The above merely reflects my responses to what has been shared in the news.)



In the previous episode Terry revealed a family secret and Laura began her investigation.

For the second time that night Penny let out a blood curdling scream. Laura flipped the lights back on. "Penny, what are you screaming about now?" She pointed out the window. The full moon shone on a skeleton strapped into the passenger seat of a car.

"Sorry about that Penny," chuckled John. "It's just Clyde.

Four days later in Penny's dining room...

Penny ushered Laura into the dining room where she set a stack of notebooks and folders on the table. "Penny, you won't believe what I found at the historical society," Laura said excitedly as she opened a folder and pulled out a stack of photos. "When I told them I was researching the death of William Peabody they offered to copy all the party photos for me."

Penny leaned over and picked up the first one. "Laura, that's me dressed as Cleopatra. Didn't I look stunning? I had forgotten there was a photographer that night." Penny quickly flipped through the others making occasional comments. "This is quite a find. Will it help you figure out if William was murdered?"

"I already have that answer." Laura pulled out another photo and laid it down in front of Penny. "Tell me what you see?"Penny picked up the photo and studied it closely. She raised her eyes to Laura, a smile spreading across her face. "There are two devils."

Laura reached into her bag, pulled out a magnifying glass, and handed it to Penny. "Of course, we can't see their faces because they are wearing masks. But look carefully at the devil who is talking to the princess, and then look at the devil who is talking to the girl in the poodle skirt. Tell me what you see."

Penny looked through the magnifying glass, moving it from one devil to the other and back again. "Their costumes are the same, but their shoes are different. Is that significant?"

Laura grinned as she picked up a sheet of paper. "You bet it is. This is a list of all the items found on William's body. Shoes: black loafers. The devil



talking to Terry's mother is wearing black lace up shoes."

They looked at each other and both said, "It wasn't William." Each woman wore a look of satisfaction.

"Terry's mother wasn't rejected by William after all. We need to find out who was wearing the other devil costume. We have our work cut out for us. I have notes from the police for us to review."

"I'll get tea and cookies to fortify us, then we can get down to business."

When Penny returned with the refreshments, Laura was busy writing. "What are you working on?"

"A list of discrepancies, or rather questions. The first one is, when was the body found? And by whom? The police report says it was found by a guest the night of the party. Rich said, when he answered the call, there were costumes coming out of the woodwork." Laura looked straight into Penny's eyes. "Were you there at that time?"

"No, my husband had an early flight out the

next morning, so we left before 9PM. I didn't hear about the death until the next afternoon."

"The story you told the club was that the body was found the next morning by a housekeeper. Why two conflicting stories?"

Penny stared down at her hands. Her brow furrowed; she was clearly shaken. "Oh Laura, you found out. I try so hard to keep it secret. When I can't remember the exact details, I fill in the blank with whatever comes to me, just like Table Topics. It doesn't do any harm. You know how I get excited by a good story."

Laura raised her eyebrows. "Is it possible there were just the two devil costumes that we saw in the photos and not three as you had said?"

"Yes, I suppose so. I don't see that it really matters. Nobody knows but you and me. Anyway, what did you find at the police station?"

"More questions than answers, I'm afraid. Do you remember Rich said that the body had been moved?"

"Yes, I do."

Laura held up a page. "This is the report from the detective assigned to the case. And I quote, "The body of William Peabody was found at 10:19 pm by Andrew McCallister in the wine cellar at Peabody Mansion. McCallister, a friend of William's, had gone to the wine cellar for a bottle of wine where he found William lying on his back. He called out to him and shook him, but there was no response. He went upstairs to the library and called the police." Laura paused and took a long sip of tea. "I think I found something that the police missed." "Miss Marple to the rescue," grinned Penny.

"There was a copy of the guest list in the police report. Next to each name was the type of costume worn." Laura leaned forward, "Penny, William was the only one identified as wearing a devil costume. There is no mention of a second devils' costume."

"So, devil number two could be the murderer. That is, if it is murder."

"Oh, it's murder alright, and the police knew it all long. Peabody Sr. didn't want the negative publicity so the whole thing was quietly swept under the rug." Laura pulled another page from the folder. "It was obvious from a small blood trail, that the body had been rolled over and dragged into the wine cellar. The killer was most likely hoping the body wouldn't be noticed for a while. According to the autopsy report, William did not fall down the stairs. There was no bruising, bumps, or scrapes that would have been present if someone had fallen down a steep set of stairs. He died from blunt force trauma to the back of the head. My theory is that devil number two came uninvited, encountered William downstairs, killed him, drug his body into the wine cellar, and left before the police arrived. Oh, it is most definitely murder. And it's up to us to find the murderer."

At the Peabody Mansion prior to the next Toastmasters Meeting. . .

Laura dragged the cart, one step at a time, up to the front door and unlocked it. "I'll turn on the lights and turn up the heat. It will be warm in no time," she said, as the blazing chandelier brought the dining room to life.

Penny busied herself setting up the banner.

Laura opened the crate. Staring up at her from inside, handwritten on a sheet of paper, was a message. Laura sucked in her breath, "Penny," she said with a shaky voice. "Look at this."

Penny took the note and read it out loud. "If you know what's good for you, forget about William Peabody." The color drained from her face and she dropped into the nearest chair.

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

now meeting online

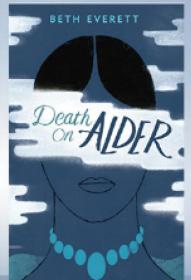
Come join a group where your public speaking and leadership skills

will sparkle!

SPECIAL GUEST EVENT Oregon writer Beth Everett

Mystery novel reading and interview





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Thrill of a Lifetime! Paul C. Fanning, DTM

That first whiff of hot motor oil, the smell of gasoline, and the odor of burnt rubber, coupled with the roar and throbbing of the engine mesmerized me. I was hooked, forever to be enthralled by racing for fame, fortune, and trophies. Well, perhaps not fortune, but. . . did you know that I was a race car driver in the 1960s? My career, as it was, was not successful nor long lasting. In fact, I only participated in one race, never to finish as I crashed after a mere two laps. As the famous radio commentator Paul Harvey would say, "and now. . . the rest of the story!"

No, the car I drove was not a formula one vehicle, nor a NASCAR muscle car, but a quarter midget racer. These were a quarter size of the adult cars, with a gas motor that could reach 45 mph and had been very popular from the 1940s through the 1980s. (Jeff Gordon, former professional stock car racing driver, who is the Vice Chairman for Hendrick Motorsports, drove one as a kid.) The age restriction was 8-16 years old, on an oval or figure eight formal track with numerous hay bales on the sides. Of course, you had pennant streamers galore, the stands, the obligatory loudspeaker, and chatty announcer. And let us not forget the snack stand, the drawing card for every kid there whether driver or in the viewing stands. I still am not sure how I ended up at the track that day but believe someone my dad knew had suggested I may have had "the need for speed" and should come out and see what it was all about. (I thought, "Gee, how hard could it be going around in circles?") We arrived early in the cool of the morning, met the man who would be my guide and sponsor for the day, and sat watching the various kids like me begin to get ready to race and hone their track skills.

Remember, these were smaller versions of a true race car, not with a lawn mower engine, but a real gas pedal, brake, and fairly simple to use with an "on" toggle switch on the hood. They looked like the metal race car in the older Monopoly game with the oval hood. That is what they looked like, but kid sized. Since this was before fire suits and protective gear, we had a helmet, a pair of gloves and our street

clothes. No fancy patches and sponsor logos, no personalization on the helmets as they belonged to the association. And loads of hay bales. This track was a figure eight with the farthest loop having the car entry point, stands in the central portion of the eight, and the two-story announcer booth with the snack bar on the bottom floor. I sat there, watching, seeing what techniques the various drivers used during the practice races until the man walked up to me and asked—fateful words to an eleven-yearold—"You ready for the briefing?"

Briefing? I had not even sat in a car yet—but I guess the super smile and wide grin on my face

said "YES, YES," while the terrified look on my father's shouted out "NO, NO!" I, of course did the right thing and asked my dad. Okay—that was not true—I was up and out of the stands with the man heading for "my" race car for the thrill of my life.

I sat in the driver's seat, my heart thumping, barely hearing the instructions he gave except "belt

in, these aren't toys but real race cars." I, or my father, was assured later that the safety rules were given in detail, the "what if" worst case scenario happened and where was the fire extinguisher. You understand it was like listening to the teacher on a Charlie Brown special: "whah, whah, whah." Ten minutes of excitement, anticipation, and glory and I was finally strapped in, gloves on and helmet secured in place. He pointed out one last time where the motor switch was, I turned over the engine and tested the brakes and gas pedals. Alone on the track, under the watchful eyes of the officials and the near-comatose, white-faced figure of my father, I drove around the track slowly—I would have called it no more than tootling. No distractions, no other drivers, just me, the wind whipping by (at 15mph) and my face still in an ever-widening grin. To me, this was easy, and this was 100% FUN. No pressure, right? I could see in the months to come that I would be a good—no scratch that—a great driver with a shelf (or two) full of trophies, medals, and ribbons. Such the stuff dreams are mock race. They all thought I could handle it and that this would test my mettle as a future driver. Me, a racer? What kid my age would turn that opportunity down? It really did not matter that I had no more than ten minutes of theory, safety rules, and five minutes of driving practice. I WAS READY!!!!

There we three were. I sadly do not remember what color my car was. We were lined up on the starting line. The flagman stood there, ready to drop the flag (no light system then) while my ever-nervous father sat dazed in the stands. Down went the flag! We were off!

> That engine sound, the smells, the adrenaline coursing through my veins, and now a contest for first place all made me concentrate harder and get a genuine feel for my

machine. That is when I discovered two realities of being a race car driver. Number one to win, you have to be the fastest, and number two—win at any cost. I made the first loop of the figure eight in second place, found the gas pedal and could smell victory. That is when number two came into play. Here I was,

Remember that I said my dad's face had that look of horror and "no" on it? I got to see it again after my test lap as the man told me the officials needed to test a couple of novices in a not even classed as a novice but ahead of the third driver who decided he wanted to win, and to do so, he would have to overtake little ole me. He must have watched Ben-Hur a time or two as

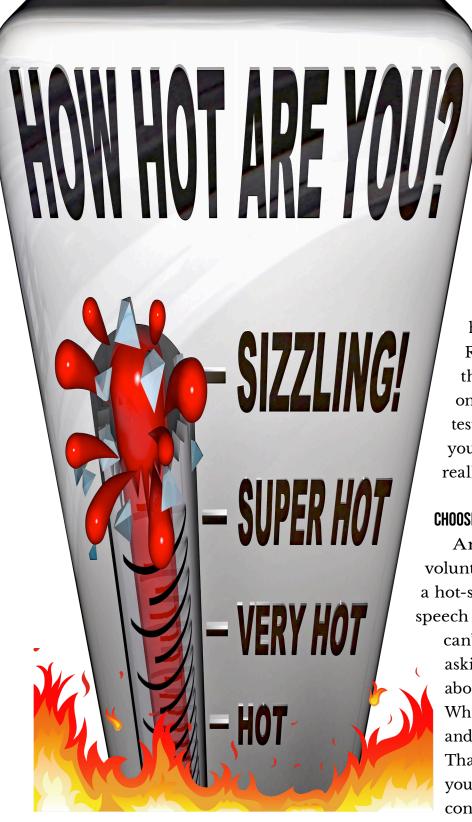
made of!

he began to bump into me, trying to force me out of the way. Over the sounds of the engines he (hopefully) did not hear what I was yelling at him, but I could see not only my sponsor, but the officials perk up. Me, with a lap under my belt, really did not have the skills to challenge this attempt at usurping me from my second place, and in the flash of a second, he caught my rear tire. I felt the uneasy wobble in the rear and began to lose control of my car. The hay bales loomed up all too quickly as I smacked head-first into them and burrowed deeply. I did manage to flip the on/off switch and shut down my engine and began to scramble out of my car-madder than a wet hen. Yet I saw at once that the "Klipper Kidd" had spun out of control and was now wedged into a bale on the opposite side. Sorry-no dramatic scenes of pit crew, sirens, fire, and rescue trucks, but the sponsor running over to me while the officials gathered around the other car. The man immediately asked how I was, then proceeded to tell me how impressed he was that my first reaction was to switch off the motor so as not to start a fire. He assured me that I was not at fault for the crash, nor was there any damage to his car, but cause was assigned to illegal and improper practices on the other kid's part.

Deliberate "bumping" of another vehicle was prohibited. He was disqualified for the day for unsafe driving and was going to be suspended. A crew of volunteers rescued old Betsy from her hay bales, and she was being prepared for another race. I was sent to the waiting area. But I knew the truth. My career, such as it was, was over. I can hear over the years the words "he could have been a contender," but it just was not to be. My dad came up to me while I sat cooling down and burning off the adrenaline and told me there was no more racing for me. Perhaps he could see dollar signs as he contemplated the destruction of one of these \$1,500 cars, me in a wheelchair or worse. Dejected, we went back home in complete silence as visions of the trophies and acclaim as a driver faded away. However, no matter what anyone could say, I could hold my head up high, because I had been a driver, in a race, and survived a crash unscathed. I still had a smile on my face.

Nothing was ever said again about becoming a race-car-quarter-midget-as-it-was driver. A little thing called the Viet Nam War interfered next as my father headed overseas and barely (physically and mentally) came home again.

He would not let me get my driver's license at 16 because I believe he still thought I would be a speed demon addicted to the smell of gas and oil, the throbbing engine, and that excitement and thrill of driving a mini-race car. And I am sure he was right. Years later, I loved driving a fire pumper with full lights and siren, the crescendo of the gears and brakes upon arrival. All because of a cool spring morning years before when I was a race car driver. I was a contender. Nobody will ever take that away from me as long as I live and breathe.



Make Your N

You're passionate and have a burning desire to speak to an audience. This often occurs when there is an open speaking slot, and you have a spark of an idea that could easily become an impassioned hot-seat speech. But what if your date with destiny is fraught with doubts of imperfection? Great! It wouldn't be a hot-seat speech if you were prepared. Remember, courage is easy when there is no risk. Like love, bravery is only found when you take a chance to test your mettle. If you're ready to make your speech hot, here's some ideas to really make it sizzle.

CHOOSE A RELATABLE TOPIC

Anxiety often increases when volunteering at the last minute to give a hot-seat speech. But just because your speech is unpracticed, doesn't mean you

can't have a relatable topic. Begin by asking yourself what you are passionate about that could interest your audience. What is easy to discuss with your friends and family? What is engaging for them? That's your topic. For example, perhaps you love your dog, but your slippers are constantly being chewed up by him.

ext Speech Hot, Hot, Hot!

Jennifer Schmidt, EH2

Describe how this irritates you. Mention how much you love your little fur baby, but that your feet are cold and the drool is not appreciated. Explain what you did or did not do to solve the problem. This is a topic that would interest dog owners and everyone who knows a dog owner. People without dogs will also relate to the pros and cons of any relationship. This will give you a topic that is understandable, relatable, and universal. Added bonus is the fun your audience will have imagining the angst of your slobbery slippers.

THINK ABOUT THE STRUCTURE

A hot-seat speech should have a basic structure to give your audience the ability to follow your story. Going back to the dog example, after you introduce your dog and the situation, then share how you tried three different ways to solve the problem of his chewing habit. If the audience is facing a similar situation this can help them. The rule of three is often used because it is easier to remember. Too few examples and your speech may seem incomplete. Too many will often overwhelm your audience with information. For instance, did you give your dog a chew toy in the shape of a burglar wearing slippers? Or perhaps you had to lock your slippers away or send your dog to obedience school. Each example will give you an opportunity for your story to progress with honesty and humor.

CONCLUDE WITH A STRONG CALL-TO-ACTION

Every audience who listens to you will ask themselves, "How does this help me?" They want to hear the solutions that will ultimately make their life easier. They want to gain value from your story. This is when you can use storytelling to explain what helped you and the steps they could take to achieve similar results. Even if they can't relate to your exact example, they can listen to how you approached the problem. Understanding how to analyze a problem can be just as helpful and inspire them to take the next step in their life. You can achieve this by offering ideas and providing additional resources they could utilize later.

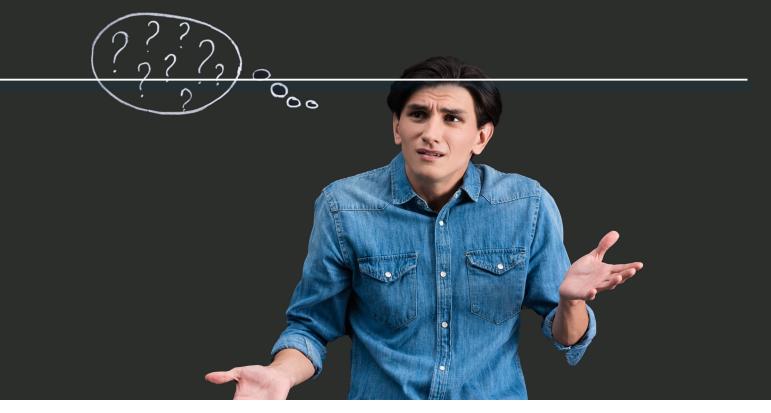
The main benefit of your hot-seat speech is after you are finished, you'll know what worked and what didn't. The more you volunteer and choose to jump into the hot seat, the easier it gets, just like Table Topics. Also, it can prepare you for other situations when bosses spontaneously want your opinion, or you are asked to say a few words at an event. The more you practice, the more your hot-seat speech could become a warm and cozy spot for your newfound confidence.

Wha'd You Say??? David Freedman, PM2

Does your message leave your audience clueless? Consider eliminating euphemisms, slang, and expletives from your presentations. Here are some solutions to help you bring greater clarity of vision to your next speech.

Euphemisms are one form of speech that can trip people up when they least expect it. One of my least favorite euphemisms is the word "neurodivergent." This is a non-medical term defined as "differing in mental or neurological function from what is considered typical or normal (frequently used with reference to autistic spectrum disorders); not neurotypical." There are several problems with using this word, however. First, not everyone who falls under this category wants to be called neurodivergent. For example, an individual with autism may simply want to be referred to as a person rather than referred to as a label. Secondly, the word "neurodivergent" can be applied incorrectly to other people who may look or sound different due to various disabilities. My own facial paralysis was caused by a congenital neurological disorder called Moebius syndrome. Unfortunately, this condition has been mistaken for Down syndrome on numerous occasions, meaning that I've had to correct individuals who might otherwise believe I'm less capable than other people. When you're creating a speech, keep in mind that many people may not necessarily know what a euphemism refers to. If the word in question requires a definition, don't be afraid to add it in. If the euphemism is potentially harmful or insulting, leave it out.

Something else to watch out for in a speech is slang. If euphemisms distort the meaning of what you're trying to say by disguising it as something else, figures of speech can be even more confusing. Imagine that you're new to this country with little to no command of the English language. Someone says to you that you're very "laid back." You wonder why they're talking this way when you're standing perfectly straight, not realizing that they're commenting on you being relaxed. Or maybe you hear about someone "being fired." To us, this means that someone was let go from a job. To a person from a war-torn country or who otherwise thinks you're talking about using a gun or are near an open flame, the meaning might be completely different. Knowing your audience is the key. Be concise in your speech. If a word or phrase needs to be explained, whether it's a technical phrase or street slang, be sure to define it.



Finally, let's talk about expletives, otherwise known as swear words. Ordinarily in our speeches, we strive for politeness as well as brevity. However, in Toastmasters we have a particular style of speaking that is often best used for boardrooms or other professional venues. For people coming into Toastmasters who might be used to more informal environments where the speech is more relaxed, learning to interact on a professional level may prove challenging. Yes, sometimes expletives can be used to punctuate a point, and again, depending upon the audience, it might even evoke laughter or, at the very least, cause people to pay attention a bit more. However, the reverse can also happen. By using expletives, even if the person is highly educated, the audience may perceive the individual as being less intelligent or capable than they expected. Depending on the language being used, others may take offense. Even if the language you're using is relatively mild, keep in mind that what you say and how you say it affect people's perception of you. If you're prone to using expletives, look for ways to express the topic in clearer language that emphasizes the points you want to make. There's always another way to express yourself that focuses the attention on the topic at hand rather than on

how offensive you might appear to others.

Here is a final note about clarity. Growing up with my facial paralysis, speech therapy was of paramount importance in order for me to speak more clearly. I've commented in past articles about the irony of a person with a speech impediment teaching others how to create great speeches, but there's some truth to this as well. I have lived with euphemisms about disabilities my entire life. Believe me, there's nothing worse than coming to school with people believing you're less capable than others when you're trying to prove differently. Learning how to speak clearly isn't simply about becoming more educated. For many of us, it's a survival mechanism that allows us to move forward with our professional and personal lives, even if we doubt our own abilities to be clear and concise with other people. When we talk about avoiding the use of euphemisms, slang, and expletives in our speech, it's not so much about taking words and phrases out as it is learning how to add in those that allow the audience to connect with us on a more personal level. Take the time to create clear, concise speeches with a focus on relatable language and references. Your audience will thank you for it.

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Toastmonsters	Berryman	Rachel
Essayons Club	Bohnert	Michael
Toastmonsters	Bryant	Megan
Portland Club	Bucher	Margeaux
Civil Tongues Club	Cameron	Sonja
Essayons Club	Capley	Wendy
Portland Rotary Toastmasters Club	Castaneda	Nic
Silicon Forest Club	Cheng	Katrina
The Dalles Toastmasters Club	Clough, Jr	Raymond
Corvallis Evening Group	Cordier	Shelley
Sherwood Town Criers Club	Correia	Joel
Communicators Plus	Cutz	Cody
Toastmonsters	Fegurgur	Jessica
Southern Oregon Speechmasters	Flury	Mark
Toastmonsters	Ganini da Silva	Douglas
Toastmonsters	Garcia	Eder
Toastmonsters	Garcia	Matt
CareOregon	Graham	Margaret
University of Oregon Club	Gurian	Sydney
Sherwood Town Criers Club	Hansen	Hannah
Civil Tongues Club	Hawk	Jess
Toastmonsters	Horrocks	Chelsea
Yawn Patrol Club	Hubbel	Julia
Professionally Speaking	Hurtado	Carolina
Toastmonsters	lannacone	Kristin
New Beginnings Toastmasters	Jay	John
Toast to US	Jones	Shona

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Toastmonsters	Kirby	David
Speakers By Design	Kirsch	Benjamin
Salem Toastmasters Club	Kuenzi	Franklin
Toastmonsters	Lammers	Al
Fortunate 500 Club	Lepesh	Abram
MIME Speaks	Lu	Brian
Rose City Toasters Club	Luevano	Javier
Toastmonsters	Moua	Chee
Toastmonsters	Murphy	Jessica
Toastmonsters	Natividad	Monica
Rose City Toasters Club	Noelke	Victor
Tell Me A Story	Oakley	Jenna
Coachmasters Toastmasters Club	Oakley	Jenna
Sunrise Toastmasters Club #1492	Paladugula	Pradeep Kumar
AAA Towsters	Parker	Molly
Toastmonsters	Price	Kyra
Toastmonsters	Rembsburg	Greg
Silicon Forest Club	Rich	Jennifer
New Horizons Toastmasters Club	Rios	Zachary
Toastmonsters	Rudnicky	Chris
Sherwood Town Criers Club	Saikia	Jonali
Encouraging Words Club	Schultz	Megan
Sporty Speakers	Shah	Khyati
University of Oregon Club	Slonecker	Chandra
University of Oregon Club	Smith	Lucinda
Toastmonsters	Solly	Jeremy
University of Oregon Club	Steeb	Elizabeth

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
University of Oregon Club	Stepherson	Dylan
Toastmonsters	Subramanian	Кааvya
Salmon Speakers	Tham	Ann
Tell Me A Story	Totaro	Pamela
Toastmonsters	Tsang	Samuel
Toastmonsters	Vilaychack	Phetsamay
Toastmonsters	Wilson-Tarter	Ysis
Toastmonsters	Xiu	Lichen
Toastmonsters	Yamamoto	Ellie
Silicon Forest Club	Zhen	Wendy

HAPPY ANNIVERSARY TO FEBRUARY CLUBS

CHARTER DATE	YEARS	Club	CITY
2/20/2019	4	3 Stripe Adidas	Portland
2/1/1953	70	Blue Ox	Portland
2/11/2008	15	Buckaroo	Molalla
2/1/1955	68	Cedar Hills	Portland
2/1/1982	41	Encouraging Words	Longview
2/14/2021	2	Friday Night FUN Masters	Sutherlin
2/1/1995	28	Mentors Of Focus	Wilsonville
2/9/2016	7	MIME Speaks Corvallis	
2/1/1964	59	Oregon State Corvallis	
2/1/1973	50	Salem Speak and Lead Salem	
2/20/2001	22	Unified Ashland	
2/11/2009	14	Wake Up, Beaverton! Beaverton	
2/1/1992	31	Washington Street Portland	

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
EH2	1/6/2023	Alan R. Svehaug, DTM	New Beginnings Toastmasters
DL3	1/16/2023	Annette Mulligan, DL3	Coachmasters Toastmasters
EC1	1/20/2023	Brandon Marsh, EC4	Cedar Hills Club
EC2	1/20/2023	Brandon Marsh, EC4	Cedar Hills Club
EC3	1/20/2023	Brandon Marsh, EC4	Cedar Hills Club
PM1	1/18/2023	Brendan Foley, PM1	Silicon Forest Club
DL1	1/8/2023	Cheri Redgrave, DTM	Communicators Plus
EH5	1/8/2023	Cheri Redgrave, DTM	Communicators Plus
PM4	1/8/2023	Cheri Redgrave, DTM	Communicators Plus
VC2	1/11/2023	Christa M. Colway, VC2	West Coast Toasties
PM1	1/10/2023	Christina Clay, PM1	CareOregon
PI1	1/6/2023	Craig Fronek, Pl1	Southern Oregon Speechmasters
PWMENTORPGM	1/5/2023	Cynthia L. Jones, DTM	Southern Oregon Speechmasters
SR5	1/24/2023	David Shehorn, SR5	Clark County Toastmasters Club
PM3	1/10/2023	Dena Alt, PM4	Clark County Toastmasters Club
PM4	1/10/2023	Dena Alt, PM4	Clark County Toastmasters Club
PM2	1/10/2023	Dena Alt, PM4	Clark County Toastmasters Club
IP1	1/21/2023	Diane Jarrett, IP1	Tualatin Valley Toastmasters Club
EH1	1/4/2023	E. N. Lumpkin, EH1	Encouraging Words Club
PI3	1/5/2023	Eileen McLellan, PI3	Communicators Plus
TC2	1/3/2023	Emily Crouse, TC3	Clark County Toastmasters Club
TC3	1/3/2023	Emily Crouse, TC3	Clark County Toastmasters Club
PM1	1/4/2023	Eva Lucini, PM1	Professionally Speaking
PM2	1/12/2023	Evelyn Seibel, PM2	CareOregon
LD2	1/20/2023	Francis Njau, LD3	Cedar Hills Club
LD3	1/20/2023	Francis Njau, LD3	Cedar Hills Club
SR5	1/29/2023	Gwendolyn Avington, SR5	New Horizons Toastmasters Club
EH1	1/23/2023	Helen Rabold, EH1	CareOregon

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
MS3	1/4/2023	Jacqueline E. Bakke, DTM	Noon Talkers
MS2	1/4/2023	Jeanne Brooks, MS2	Professionally Speaking
PM1	1/10/2023	Jennifer Yocom, PM1	The Standard Speakeasy Toastmasters
PM1	1/5/2023	Jessica Baltazar, PM3	Toastmasters of Redmond
PM2	1/5/2023	Jessica Baltazar, PM3	Toastmasters of Redmond
PM3	1/5/2023	Jessica Baltazar, PM3	Toastmasters of Redmond
IP4	1/10/2023	Jill Bell, IP4	Corvallis Evening Group
MS1	1/26/2023	Joanna Johnson, MS2	Flying Toasters Club
MS2	1/26/2023	Joanna Johnson, MS2	Flying Toasters Club
PM1	1/19/2023	Karen Molin-Brown	Lake Oswego Toastmasters Club
LD3	1/30/2023	Kelly Fritz, PM1	Newberg Toastmasters Club
PM1	1/30/2023	Kelly Fritz, PM1	Newberg Toastmasters Club
PM4	1/8/2023	Kente' Bates, PM4	Vancouver Toastmasters Club
PM1	1/6/2023	Kevin Wood, PM1	Southern Oregon Speechmasters
EC2	1/24/2023	Kyle Hedquist, EC2	Salem Speak and Lead Club
SR1	1/20/2023	Leanna Lindquist, DTM	Marylhurst Toastmasters
EH3	1/11/2023	Leanna Lindquist, DTM	Feedbackers Toastmasters Club
MS3	1/8/2023	Lyn Ayers, MS3	Vancouver Toastmasters Club
PM3	1/16/2023	Marilyn Lindsay, PM4	Unified Toastmasters Club
PM4	1/16/2023	Marilyn Lindsay, PM4	Unified Toastmasters Club
PM2	1/26/2023	Mary Cooke, PM2	Lebanon Toastmasters
PI3	1/18/2023	Michael Ernest, PI3	Clark County Toastmasters Club
РМЗ	1/10/2023	Michael Wilson, PM3	Southern Oregon Speechmasters
PI1	1/20/2023	Misty Buckley, Pl1	Unified Toastmasters Club
LD1	1/5/2023	Patty Sherin, LD1	Toastmasters of Redmond
LD2	1/12/2023	Phyllis A. Harmon, DTM	Tell Me A Story
EH4	1/17/2023	PJ Kleffner, DTM	Babble-On Toastmasters Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
EH5	1/17/2023	PJ Kleffner, DTM	Babble-On Toastmasters Club
VC5	1/16/2023	Ralph Galantine, VC5	New Horizons Toastmasters Club
PM1	1/3/2023	Regina Rone, DTM	Unified Toastmasters Club
EC1	1/25/2023	Renee Brouse, EC1	Sherwood Town Criers Club
SR1	1/16/2023	Robert Pugh, DTM	Coachmasters Toastmasters
PM5	1/25/2023	Sarah Fox, PM5	Professionally Speaking
TC1	1/22/2023	Scott Strickland, DTM	Babble-On Toastmasters Club
DL2	1/30/2023	Shalini Prabha, DL2	West Beaverton Club
PM1	1/5/2023	Stephanie K. Odell, PM2	Toastmasters of Redmond
PM2	1/5/2023	Stephanie K. Odell, PM2	Toastmasters of Redmond
IP1	1/21/2023	Syrena M. Glade, DTM	Tualatin Valley Toastmasters Club
IP3	1/11/2023	Teresa Lavagnino, IP3	CareOregon
TC1	1/13/2023	Vickie Kennedy, TC1	Siuslaw Tale Spinners Club
VC3	1/12/2023	Virginia McNees, C3	Marylhurst Toastmasters
LD1	1/17/2023	Wendy Patton, LD1	Gresham Toastmasters Club
EH1	1/5/2023	William Martin, DTM	Communicators Plus
EH2	1/5/2023	William Martin, DTM	Communicators Plus
TC3	1/3/2023	Yuri Poudayel, TC3	Electric Toasters Club

Tell me and I'll forget; show me and I may remember; involve me and I'll understand. - Chinese proverb

TRIPLE CROWN AWARD PINS

Name	Number Earned	Awards
AbdurRashid Al-Wadud, EH5	4	EH2 , EH3 , EH4 , EH5
Ahren Kretlow, PI3	3	PI1 , PI2 , PI3
Albert Wright, EC3	3	EC1 , EC2 , EC3
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 Guaydaca, PI3	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, SR5	8	TC4 , TC5 , PM5 , SR1 , SR2 , SR3 , SR4 , SR5
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, SR5	5	SR1 , SR2 , SR3 , SR4 , SR5
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
Joanna Johnson, MS2	3	MS1 , MS2 , TC5
John E. Anderson, DTM	6	EC2 , EC3 , PM1 , PM2 , PM3 , PWMENTORPGM

TRIPLE CROWN AWARD PINS

Name	Number Earned	Awards
Judy Chan, EH5	3	EH3 , EH4 , EH5
Kente' Bates, PM4	3	PM2 , PM3 , PM4
Lyle W. Schellenberg, DTM	3	EH3 , EH1 , EH2
Mao Kenney, PM4	3	PM2 , PM3 , PM4
Michael K. Rosenberg, EC1	4	EC1 , 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, EC1	6	DL1 , DL2 , DL3 , DL4 , DL5 , EC1
Robert B. Hall, DTM	3	EC4 , EC5 , PM1
Robert Miller, LD3	3	LD1 , LD2 , LD3
Robin Wheeler, PM4	3	PM2 , PM3 , PM4
Rudy Erbrich, EC3	4	EC2 , EC3 , LD1 , LD2
Ryan Villemyer, SR3	3	SR1 , SR2 , SR3
Sarah Fox, PM5	3	PM3 , PM4 , PM5
Sarah Rosenberg Brown, LD3	3	EC1 , LD2 , LD3
Scott Strickland, DTM	3	PM3 , PM4 , TC1
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

In the absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia. -Unknown

CONTRIBUTORS



Dave Bones, TM



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Jim Robison, DTM

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

Tell Me a Story Toastmasters Tuesdays - 7:00-8:15 pm Meeting Online



hare ideas through story—Learn how at Tell Me A Story Toastmasters <u>Click here</u> for more information on joining us for an online meeting