

Voices!

One Community
Many Voices

District 7 Toastmasters
APRIL 2023

LEANNA LINDQUIST, DTM

PAYING IT FORWARD

COVER STORY, PAGE 6



To Be a Better Speaker

BE A BETTER
EVALUATOR

May 10, 2023

7:15 - 9:00 pm PDT



feedbackers.toastmastersclubs.org

At our Annual Evaluation Workshop you will learn

- Why an evaluation is a speech
- What is not an effective evaluation
- How to overcome your fears

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The Countdown Begins. . .

Phyllis Harmon, DTM, PDG - Publisher/Editor

There are only two months left to this Toastmasters year! Division contests are over here in D7, and our champions are preparing for the final competitions on May 19-20, 2023. If you've not registered for the conference yet, don't delay! [Click here](#) to secure your free tickets.

But there is more to the last two months of this year than just a fabulous conference with presenters from all over the world. There are DCP goals to complete, new club officers to on board beginning the first meeting in May, and Toastmasters Leadership Institute to attend in June—just to name a few! Be sure to check out the [District 7 calendar](#) for more end-of-the-year offerings.

With *Voices!* scheduled to close at the end of this Toastmasters year, the District will have to develop a new, better outreach for sharing information. But it doesn't have to end! There is still time to accept my offer. To anyone who wants to take over the magazine. I will serve as your assistant, guide, and coach for one year as you take the magazine in a different direction. Think about what a great High Performance Leadership project it could be!

There is so much happening during these last two months to help you exercise and grow your leadership and communication muscles. And while you are taking advantage of all that your Toastmasters membership offers, don't forget to complete and submit your Pathways Levels so that your club benefits from your achievements.

As the days grow longer, the temperatures grow warmer, and the world turns brighter, have fun with it all. Grow and thrive—that's what makes all of this worthwhile!



EDITORIAL

Volume 10 Issue 10 April 2023

Publisher
Phyllis Harmon, DTM

Senior Editor
Phyllis Harmon, DTM

Associate Editor
Leanna Lindquist, DTM

Monthly Columnists
Dave Bones, DTM
David Freedman, IP3
Eldred Brown, DTM
Harvey Schowe, DTM
Jennifer Schmidt, EH2
Jim Robison, DTM
Lee Coyne, ATMS
Lorri Andersen, DTM
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Administrative Manager
Janet Cerasin, DTM
Public Relations Manager
Stephana Johnson, DL3

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VOICES!



COVER STORY

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Paying It Forward
Phyllis Harmon, DTM. PDG

EDITORIAL














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Cynthia Jones	Jill Bell	Kelly Fritz	Brinn Hemmingso		Sabrina Nelson	Mark Gutman	Natalia Kukushkina
Humorous Speech First Place Division Champions							
Division A	Division B	Divisions C	Division D	Division E	Division F	Division G	Division H
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Leanna Lindquist, DTM

PAYING IT FORWARD

Phyllis Harmon, DTM, PDG

This month Leanna Lindquist, DTM shares her Toastmasters journey. She is well-known to District leadership as a source for Toastmasters protocols, precesses, and advice. If there is a role to fill, a task that needs to be done, or someone to round out a team, Leanna's name springs readily to mind.

Why did you join Toastmasters?

My son Michael invited me to his club's annual picnic in 2009. He had joined Marylhurst Toastmasters four years earlier. As the president of The Oregon Medical Association Alliance, I was helping plan the first statewide Drug Take Back Program. I anticipated the need to speak to other volunteer organizations. Michael thought Toastmasters could help. I found the members to be as welcoming as he said. I pulled out my checkbook and joined on the spot. Fourteen years later I'm still active in the club. It's where I continue to feel welcomed, supported, and encouraged. We are destined to be President's Distinguished for the 17th year in a row. It's the kind of club that fosters long-term membership.



TOASTMASTERS
INTERNATIONAL

Leanna Lindquist, DTM
Public Relations Officer
District 7 2013-2014

TOASTMASTERS
INTERNATIONAL

*Division
Governor
of the Year*

Leanna Lindquist

Division B
2012 - 2013

For Outstanding
Service and
Exceptional
Leadership

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

It would have to be “Toastmasters changes lives.” I have seen people grow and change for the better. Become more confident and articulate. More relaxed and able to speak on the fly. Deeply shy people learn to communicate well. Businesses are formed. Promotions are earned. Friendships are made. One of the most profound changes I witnessed was when the young Ryan Avery traded in his “likes” for The World Championship of Public Speaking trophy. That is change you can take to the bank.

You have filled almost every role the District offers, from club member to District Director. What role did you enjoy the most and why?

I served as the Division B (Central) Director 2012-2013. It was a challenge as I lived in West Linn and clubs were in Eugene, Corvallis, and the Oregon Coast. I had the best team of Area Directors. Because of the distance to travel we held monthly Director phone calls on free conferencecall.com. We put on Area and Division Contests and two TLI's attended by officers from around the district. We ended the year as a President's Distinguished Division, earned a division banner, and I was honored as Division Director of the Year.

You've been in Toastmasters since 2009. What are some of the highlights of your career so far?

Number one on my list is my first Distinguished Toastmasters Award in 2012. I remember how hard I worked to earn it. One by one I marked off a detailed checklist of requirements. Some of you may remember my mentor Past District Director Scott Stevenson. He challenged me to earn a DTM and supported me along the way. I remember how it felt to stand on the stage, receive my medallion, and accept congratulations from all the DTMs who lined up to welcome me into their ranks.

In 2012 and 2015 I was honored as the District 7 Toastmaster of the Year. You could have knocked me over with a feather. It was humbling to be recognized for my volunteer efforts.

May 2014 I was elected District 7 Lt.



Jim Kokocki, DTM, PIP presents Leanna with 2015-2016 Excellence in Education award during 2016 International Convention in Washington, DC

Governor Marketing, now known as Club Growth Director. We chartered twelve clubs and earned the status of Distinguished District. A huge moment for me was to stand on the stage at the Toastmasters International Convention to share in the honor.

You work a lot behind the scenes helping members to be successful. Please tell us about what you do and why you do it.

Ever since I joined Toastmasters, members have helped me be successful. From the VP Education who signed me up for my first Ice Breaker to Phyllis Harmon who asked if I would like to work on my mystery writing skills by writing a serial for *Voices!* I pay it forward every chance I can. I often meet on Zoom with members and walk them through the TI and club websites, show them how to find resources, and navigate Pathways.

Because of the roles I've held and my years in Toastmasters I have institutional memory and loads of documents on my computer that are helpful to others.

This year I am serving as a Zoom Master Lead. We have been busy with contests and are gearing up for the conference and TLI. I serve in other contest roles. I served on several Pathways projects for members this year. If I am able to fulfill a request by a Toastmaster I will.

What are your personal plans and goals for next year?

Write the cozy mystery I have talked about for years, turn boxes of photos into scrapbooks, and use up my stash of knitting



Gary Schmidt, DTM, PIP presents Leanna with her third DTM medal at the 2016 Fall Conference at Warner Pacific University

yarn. We are starting a major home remodel in the fall. This should keep me busy for a while.

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

If you have benefitted from your club experience, care about your fellow members, and are up for a challenge, then do yourself a favor and offer to be a club officer. I just checked my offices held on the Toastmasters website. My record shows 41 years of Club Leadership and 10 years of District Leadership. Most years I hold an office in each of my three clubs. I do it to serve my club, develop different

skills, and be a role model for future officers. Holding a leadership role gives me a seat at the decision-making table for my club.

There are many leadership roles that are not elected or appointed. A great place to start is to serve on a committee. Conference, Toastmasters Leadership Institute, and Zoom Master's teams to name a few. Find a committee that allows you to gain practical experience. Chair the committee next year. It looks great on a resume and can serve as a talking point for a job interview.

Leanna has been a driving force in District 7 for many years. She was first recruited to serve as the District Education Coordinator in 2010, a role she filled for over three years and again in 2020-21. She has dedicated many years to the betterment of the members as Conference Chair, Club Coach Coordinator, Area Director, Division Director, District Public Relations Manager, Club Growth Director, Program Quality Director, District Director, Voices! columnist and proofreader, and as a Zoom Master Lead. Over the years she has earned multiple awards in appreciation for her dedication and willingness to go beyond the ordinary. {Editor}



Leanna Lindquist on becoming the 2011-12 Toastmaster of the Year recipient. Awarded by 2011-12 District Director Rose Wellman, DTM, with Phyllis Harmon, 2013-14 Program Quality Director and Scott Alexander, 2013-14 District Director in attendance.

District 7 District Leadership Committee (DLC) Report April 6, 2023

Presented by DLC Chair: Eldred Brown, DTM, IPDD

DLC Members:

Division A – Renee Taylor

Division B – Shilpa Singhal

Division C – Mark Thomas

Division D – Christine Seed

Division E – Michael Kenyon Rosenberg

Division F – Carmil Ritchey

Division G – Craig Cottle

Division H – Ryan Olson



Following the procedures set forth in Protocol 9.0: District Campaigns and Elections, the DLC has nominated the following individuals for program year 2023-2024:

District Director: Jim Robison

Program Quality Director: Suzanne Loeb

Club Growth Director: Dr. Gwendolyn Avington
Fred Bergeron

Division A Director: No nominated candidates

Division B Director: No nominated candidates

Division C Director: No nominated candidates

Division D Director: Priya Kudva

Division E Director: No nominated candidates

Division F Director: Lisa Busenbark

Division G Director: Cherise Billington

Division H Director: No nominated candidates

Please Note: Eligible floor candidates shall declare their intent to run in writing to District Director Lorri Andersen at dd@d7toastmasters.com. Intent to run must be declared no later than **May 13, 2023** (one week prior to the District Council meeting).

Coach Wooden's Keys to Success

Lorri Andersen, DTM - District 7 Director

When visiting a friend, I saw her copy of a book by Coach John Wooden. Since she played basketball in college, I thought he was her role model.

Curious, I asked, "did you follow him in your basketball sports career?" "No," she said, "he was just one of the best coaches in history." I couldn't agree with her more. He had a success theory that earned him a place in the Basketball Hall of Fame through coaching and winning 88 straight games and 10 NCAA winning championships. I have always admired him and his winning coaching style.

He had a success formula he used when he coached players personally and professionally. He also coached Bill Walton before Walton joined the Portland Trailblazers, and Walton's successful training helped him to lead his team and win the NBA championship.

I brought up this legendary coach because of his success formula. Being further curious about his coaching techniques, I researched and studied his work. If his teachings were successful, then I want to know about them. The thing I love about Toastmasters is the learning.

As leaders, which we all are, we are called on to learn. The more we learn, the more we can serve using our core values to support our District Mission.

So, what was his formula? Referencing a three-page article, I share several foundational building

blocks of his teachings. Coach Wooden felt that these key foundations would give a person a successful balance encompassing their spirit, soul, and body.

Industriousness: in other words, hard work! There's no getting around it if we want to become successful, hard work is involved. Let's say you want to learn a new language. It takes daily practice to remember how to use verbs and adjectives in a second language. Perhaps your goal is to win the District and World Championship of Public Speaking. What would be the daily and weekly effort? I think we need to count the cost before we start a goal. In that way, we know the work and time we need to invest.

Friendship: is the key to our success. This year I listened to a speech by our Immediate Past International President, Mr. Richard Peck. He said something I have heard him say before. To achieve our goals, we need to enlist the help of others. We cannot do this job alone. We are going to meet a lot of people in our Organization. Let's learn and work together. Without friends along the journey, our success becomes lonely.

Loyalty: The key building block of a strong team is trust. Without trust, the team will not last. Learn to trust others and give others the reason to trust yourself. Being loyal to your word allows trust to be built and working together as a team will benefit the end result, not one or two people. "Coach Wooden



believed it was sometimes necessary to sacrifice personal glory for the team." [1]

How does this apply to Toastmasters? Our clubs are our teams and when individuals come together in unity to achieve a result, trust can be built. Learning to trust and become trustworthy is invaluable to learn.

Cooperation: Sharing is key to success. Coach Wooden had an interesting explanation on this key foundation. "No person is an island. Working with others from a place of generosity—sharing wisdom, sharing ideas, sharing inspiration."^[1] One of the wonderful things I experience in Toastmasters is the generosity of sharing time and help. Every leader I have talked with has said the very same thing, "please let me know if I can help." I appreciated that so much! The only way I can repay that generosity is to in turn do the same. Giving allows those things that a person is working toward to come faster. Learn to work from a place of generosity.

Enthusiasm: "Success requires commitment over long periods of time, commitment with enthusiasm and an eagerness and passion towards pursuing your goals."

^[1] This key building block is what is needed when hard work becomes really hard work. It's hard to stay enthusiastic when the project or work takes a long time or is strenuous. Strenuous work isn't always physical. It can be mental as well. Perhaps you have promised you will work on a PR promotion for

your club, give a speech, or finish a membership campaign

by a certain date. Sometimes just knowing that you have to do something can feel strenuous. If you can take each person's small achievement as an accomplishment, share this enthusiasm with your team, and allow yourself to be happy, the work that needs to be done will feel lighter and not as difficult to carry or accomplish.

As I mentioned, there are three more layers and the top pinnacles of success techniques layered over the foundation. I encourage you to research the rest for yourself. When you are done, you will see how these blocks contribute toward the success of yourself personally and to the success of your team.

As you can see, we can use Coach John Wooden's success factors as we learn and grow in Toastmasters. I continue to learn and refine these key ingredients every day. It is the combination and the working of them that will make us successful. I encourage you to take the time to study them and teach them to others. These key ingredients have been shared with me by my mentors. Of course, we aren't going to learn them all at once, but we can certainly strive to do better today than we did yesterday. Let's work on these principles as we journey together.

[1] (2022, Goalcast <https://www.goalcast.com/pyramid-of-success/>)

Is Your Club Website Up to the Task?

Jim Robison, DTM - Program Quality Director

Did you know that most guests use two sources to find and visit a Toastmasters club meeting? These are the Find a Club tool at toastmasters.org and the club's own website. Given this, what are some ways to make certain your club has an effective club website to bring in guests and new members?

Here are a few ideas for you to consider (by the way, these are also criteria being used to evaluate club websites in the District 7 Club Website Contest going on right now.)

Is your club website properly listed on toastmasters.org?

Do a test. Go to toastmasters.org, click on the big yellow FIND A CLUB button, if you don't immediately see your club listed, then click on the plus sign (+) next to Search Options, type your club's name into the box (be sure you use the way the club is named in Toastmasters records), click on Submit Search. If your club does not show up, then recheck how you entered the club's name. If you cannot find your club with Find A Club, then a club officer will need to complete the meeting information in Club Central. When you find your club, click the "Visit This Website link" to verify that it connects to your club website.

Are there any issues with accessing your website?

When you visit your club website, does your browser bring up any error messages or warnings? If it does, that can create barriers to visitors. A great tool to use to check for website errors is [George Marshall's website checker](#). This tool can identify if there are certain basic errors with the website availability.

Does your website use proper Toastmasters branding?

To maintain a global product identity, it should be obvious to a visitor that your club website fits with the Toastmasters International look and feel. You should also ensure that when you reference material from Toastmasters International that you provide links to the material, instead of copying material that is available elsewhere.

Does a visitor learn about Toastmasters?

Visitors to your club website want to learn whether Toastmasters will be able to help them reach their goals. They cannot decide that if they cannot learn about Toastmasters. A good design will provide

CREATE PROMOTE ENGAGE OPTIMIZE STRATEGY ANALYZE MARKETING



opportunities for guests to learn and take them to resources that will answer further questions.

What makes your club special?

A potential member might search and view the websites of multiple clubs. They will likely visit the club that somehow appeals to them either because of the people involved or because of something that makes the club unique. If your website does not highlight anything unique, it is less likely to generate guests at your meetings. If your club has an interesting history, interesting members, fun events, or some other kind of specialty to make it unique, it is more likely to catch the interest of a potential new member.

Can a visitor easily learn how to visit your meetings?

If meetings are in person, or hybrid, this means having clear directions for finding the meeting place, including any access, or parking restrictions to be aware of. If the meetings are online or hybrid, then you should provide an easy way to access the meeting.

Can a visitor easily learn how to join your club?

Ideally, once a prospective member reads over the information on your website, they will want to join. It should be easy for them to find the membership application and learn what is expected of them to submit for membership and pay dues.

Can the website visitor easily learn what to expect in your club meeting?

Many visitors to your website will be unfamiliar with a Toastmasters meeting. Giving them a clear explanation of what to expect at a meeting can make them feel much more comfortable about visiting a meeting for the first time.

Does your website have dynamic and current content?

There are ways that you can add dynamic content to your website without requiring that someone actively update it every week. For example, you can embed

the District 7 YouTube Channel onto your site, so that visitors always see the latest video. If your club has an active Facebook, Twitter, Instagram, or other social media page, you can embed that onto your club website to show member engagement. In general, you should avoid having content that sits on your website for months, or years, referencing some event that is now in the distant past.

Does your website have attractive visuals or graphics?

It is often said that a picture is worth a thousand words. On your website, having a layout that includes photos of club events or members adds a depth of information for the visitor that can help draw their attention, and their interest. Just be careful not to make such explosive use of special effects and graphics

that it becomes visually overwhelming, which can result in a visitor losing focus on the content.

Did you proof read everything?

It could be embarrassing for an educational organization designed to help people build communication skills to have a website full of grammatical and spelling errors. Times can also be an issue. For example, a common error I have seen is to post a meeting that “Starts at 12:00AM” and ends at 1:00PM. 12:00AM is midnight, so this is a 13-hour meeting.

Is your website responsive?

Finally, it is common for potential visitors to view websites on their smartphone or tablet rather than a desktop or laptop computer. Make certain your website has a responsive format that allows it to easily be viewed and navigated on any device. Chances are if your club uses some modern web design tools and platforms like freetoasthost or WordPress your site is already responsive, but you definitely should check.

I hope you are able to make use of these points to make your club website successful in bringing new members to your club.



STEVENSON TOASTMASTERS BREAKFAST CLUB

**WEDNESDAYS
6:40-7:40 AM**

MEETING IN PERSON



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Mentoring**

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and Leadership
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PARETO PRINCIPLE AND LEADERSHIP

Applying the 80/20 rule to Toastmasters

Dave Bones, DTM - Club Growth Director

The motto for Toastmasters International, “*Where Leaders Are Made*,” is a powerful phrase and easy to remember. Consider these related questions that may not be as immediately evident. How are Toastmasters leaders made? How can we best set our budding leaders up for success?

I have found these two questions to be critically important for every Toastmasters leader. I am the first to admit that I do not have all the answers. I believe that within Toastmasters, we learn together. Through interacting, listening, and collaborating, I am grateful to have noticed a combination of unified principles I believe can enhance the growth and success of fellow Toastmasters leaders.

The first tactic for offering leadership support can be denoted as “relationships.” It has been said that once people know that you care about them, they will also be more inclined to care about what you have to say and are teaching. This includes consistently helping with skill-building, answering general questions, and being a good listener. Also, having fun and keeping a sense of humor are musts!

The trust and loyalty gained in this style can also enable drawing out of the personal growth interests of the leader being supported, to then combine with the leadership role expectations.

Another tactic for supporting leaders is to give them space to grow into their role. In this style, it might be described as both an “advisor and a

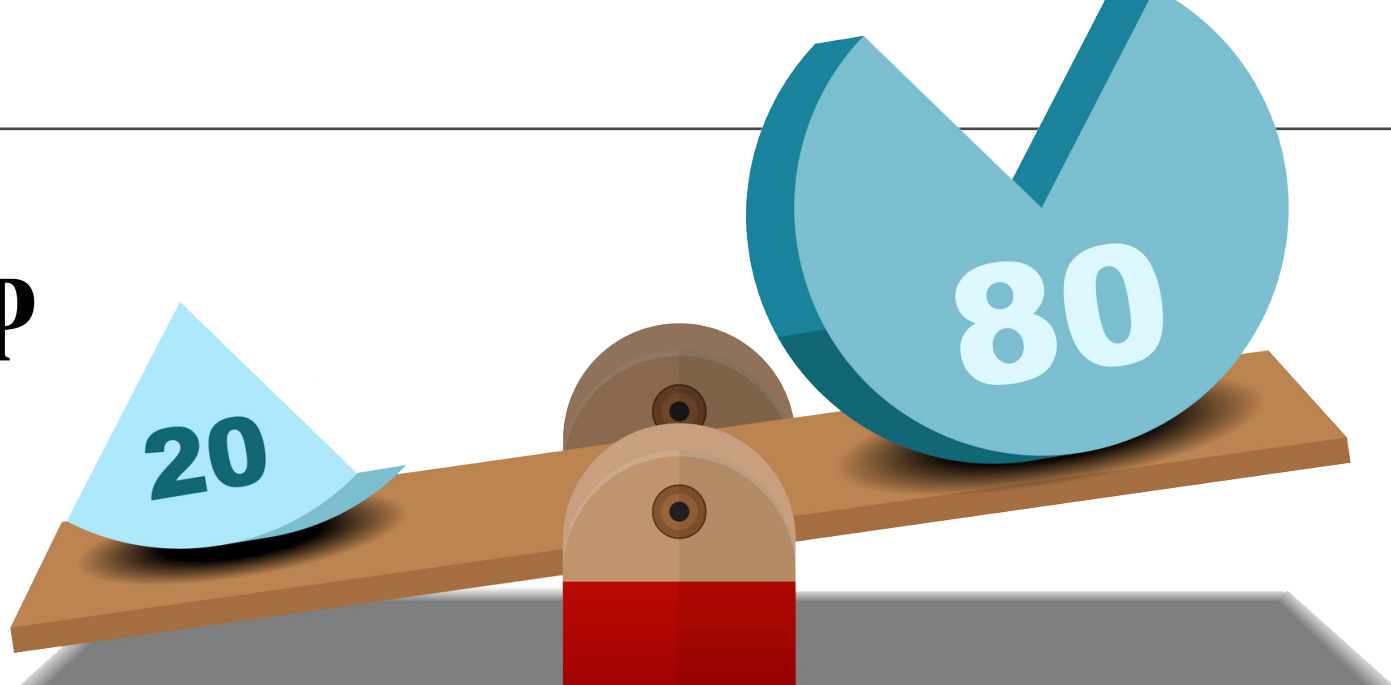
cheerleader.” This involves less one-on-one time compared to the first tactic. Facilitating more team meetings for checking in, problem solving, and collaborative contribution can be an effective alternative for developing and supporting your team of leaders.

The third, and final aspect for supporting leaders is using Pareto's principle, the 80/20 rule. In this case, it refers to prioritizing and communicating the 20 percent of tasks and skills needed for the leadership role, providing 80 percent of the value, while de-emphasizing or leaving out the rest.

Hypothetical examples using the 80/20 rule for Toastmasters leaders:

Club President:

- Interpersonal Communication:
- Leading and motivating Executive Committee (your club officers)
- Opening and closing regular meetings with enthusiasm
- Conflict management if needed
- Main contact person with your Area Director, as a member of the Area Council (see *District Leadership Handbook*)
- TI Club Mission Statement as a guide
- Understand Distinguished Club Program and Club Report:
- Education, Membership, Training, Administration Goals



- Club Business:
- Parliamentary Procedure basics
- General advising for your club members and officers
- Club Leadership Handbook as a reference

Area Director

- Main liaison of support for your clubs
- Submit two rounds of Area Director club visit reports
- Regular check ins with your main club contacts, usually the Presidents. It can also include all members of the Area Council (Club Presidents, VPE, VPM – see District Leadership Handbook)
- Support your clubs in paying both the October and April dues cycles
- Use TI District Mission Statement as a guide
- Conduct Area Contests
- Parliamentary Procedure basics helpful, especially if learned previously as a Club President
- Attend District Leader training twice per Toastmaster year

TI website basics

- District Central
- Dashboards

- Dues and Club Officer List Reports
- Work toward building new clubs:
- “How to Build a Toastmasters Club”, Item 121 from TI website
- Attend monthly District Executive Committee Meetings:

Two integrated priorities:

- We respect knowledge hierarchy through identifying and supporting 20 percent of fundamental role tasks, and leaving out the other 80 percent
- We draw out the context of the TM leader in the learning process for personal meaning, to align with the corresponding leadership role tasks

In this article, we broke down some ideas for how to build and support Toastmasters leaders, as well as the importance of personalizing and prioritizing for each role.

Here is a summary statement I created to help keep in mind all the principles offered.

“We build TM leaders through providing a fun, and supportive environment for growth, identifying personal meaning while engaging with interpersonal communication and collaborative contribution.”



**Registration
NOW OPEN!**

[CLICK HERE TO REGISTER](#)



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.

The CONFERENCE SPEAKERS



VANESSA POCHETTE
Epeolatry - Curiosity
About Words



LINDA-MARIE MILLER
Champions of Change



SETH GREENWALD
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



DENA ALT
The 5-Minute
Connection



TOM HOBBS
Your Timeless Story:
Easily Crafted



DON MARKLAND
Developing
accountably as a
leader



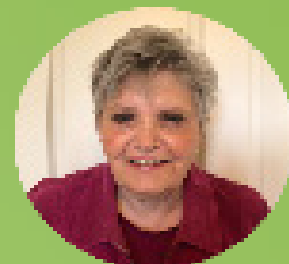
ROWAN VAN DYK
Growing Your
Leadership Tree



LUCINDA HARMAN
Go Shake the Trees -
Saying It Like It Is!



MICHAEL LINDQUIST
Feedback - The
Breakfast of
Champions



LEANNA LINDQUIST
Feedback - The
Breakfast of
Champions



2023 District

Friday - May 19, 2023

Time	Session	Presenters
6:30 - 7:00pm	Feedback - The Breakfast of Champions	Leanna Lindquist Michael Lindquist
7:00 - 7:15pm	Transition to next session	
7:15 - 9:15pm	Humorous Speech Contest	Patrick Locke, Contest Chair

Saturday - May 20, 2023

Time	Session	Presenters
8:00 - 8:15am	Opening Remarks	Stephana Johnson
8:15 - 9:00am	Keynote: Seeds of Change: the World Needs More Toastmasters	Louisa Davis, DTM
9:00 - 9:15am	Transition to next session	
9:15 - 11:30am	Annual Business Meeting	
9:15 - 10:15am	Growing your Leadership Tree	Rowan Van Dyk
9:15 - 10:15am	I am OK YOU are OK	Arthi Mangalam Jayaraj
9:15 - 10:15am	Go Shake the Trees - Saying It Like It Is!	Lucinda Harman
9:15 - 10:15am	Supercharge Your Speaking Skills with the Power of Flow	Seth Greenwald
10:20 - 11:30 am	Your Timeless Story, Easily Crafted	Tom Hobbs, DTM

7 Annual Conference

Saturday - May 20, 2023





Time	Session	Presenters
11:30 - 11:45am	Transition to next session	
11:45 - 12:15pm	DTM Ceremonny	Stephana Johnson
12:15 - 1:00pm	Lunch Break	
1:00 - 2:00pm	Developing Accountability as a Leader	Don Markland
1:00 - 2:00pm	Epeolatry - Curiosity about Words	Vanessa Pochette
2:00 - 2:15pm	Transition to next session	
2:15 - 2:40pm	Elements of Humor	Humorous Contest Winners
2:40 - 2:45pm	Transition to next session	
2:45 - 3:45pm	Champions of Change	Linda-Marie Miller
2:45 - 3:45pm	Transforming the Effects of Anger and Anxiety... One Brain at a Time	Karen Tomkins
2:45 - 3:45pm	The 5-Minute Connection	Dena Alt
3:45 - 4:00pm	Transition to next session	
4:00 - 4:30pm	Time with the Trio	Lorri Andersen, Jim Robison, Dave Bones
5:30 - 7:30pm	International Speech Contest	Patrick Locke, Contest Chair
7:30pm	Conference Ends	

Who Will Be the Next

International Speech First

Division A	Division B	Divisions C	Division D
			
Cynthia Jones	Jill Bell	Kelly Fritz	Brinn Hemmingso

Humorous Speech First



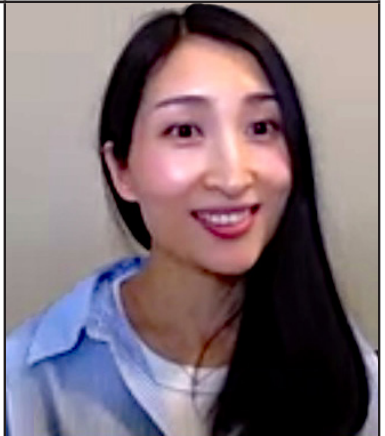
Division A	Division B	Divisions C	Division D
			
John Vallely	Ron Samia	Tiger McAndie	Brinn Hemmingson

1st District Champions?

Place Division Champions

Division E	Division F	Division G	Division H
			
Cyndi Hubb	Sabrina Nelson	Mark Gutman	Natalia Kukushkina

Place Division Champions

Division E	Division F	Division G	Division H
		HUMOROUS SPEECH CONTEST WAS NOT HELD	
Jennifer Schmisr	Paul Carson		Sally Thorpe

Join Us Online at the D7 Annual
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Combat **BURNOUT**

Eldred Brown, DTM, IPDD

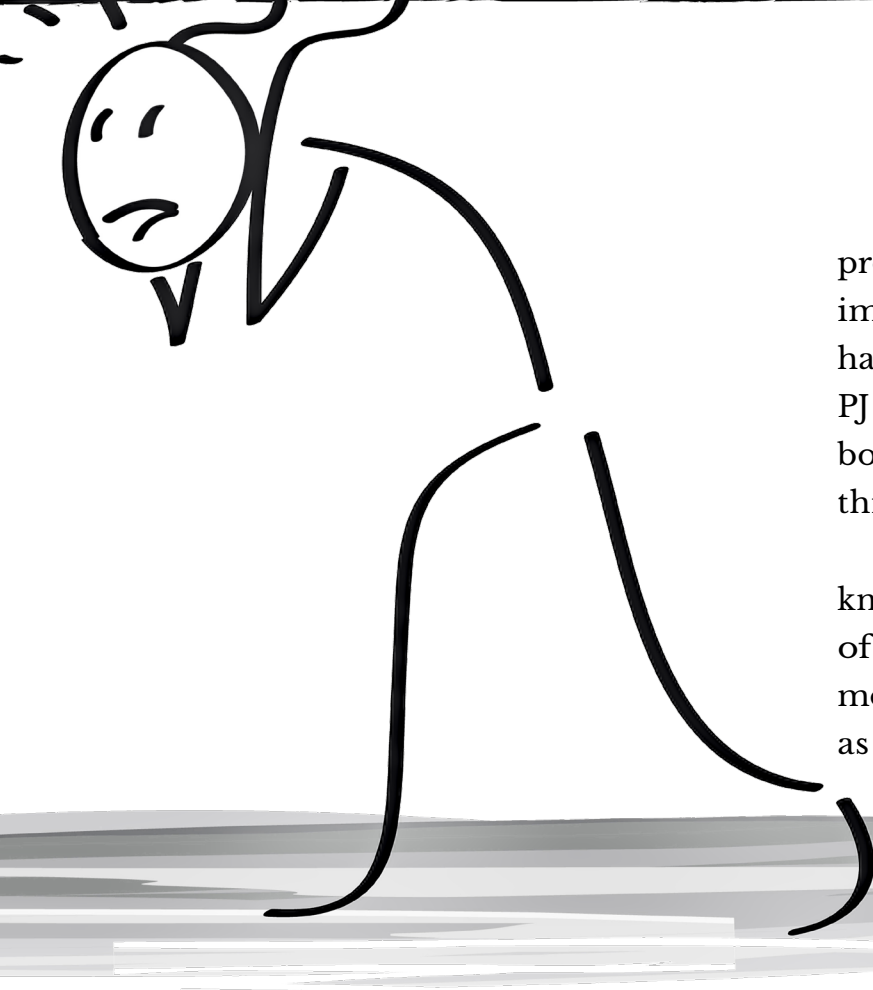
Are you on the verge of burnout? I know I am. I've been in one D7 executive position or another for almost 4 years (each of the Trio positions plus Immediate Past District Director). I'm more than ready to finish my work as IPDD on June 30 and fade back to being just a member of a club or three. How do I combat these feelings of burnout so I can keep my sanity long enough to finish the job I started? How can you battle the feelings of burnout?

First, what are the symptoms of burnout? Do you find it hard to get out of bed in the morning? Are you easily irritated by the most minuscule of inconveniences? Do you often find yourself in a mood where you don't want to do anything but sit on the couch and watch TV all day? Do you frequently have trouble concentrating (Oh, look! A squirrel!)? Have you given up on controlling your eating or getting enough exercise? My symptom is that when I'm done with my wage-earning work for the day, I really don't want to do much of anything else, especially if it's related to Toastmasters at the District level.

How do I combat this, so I remain an effective IPDD? The first thing I do is maintain my commitment to a variety of activities I enjoy. If I get too tired of working on one project, I can switch to another project that will take my mind off the project that's making me tired. Music is a huge part of my life, so I often use music to take a break from other tasks. I try to use an hour a day to practice my trombone, or I may take some time to set the texts of some of my church's hymns to music. Sometimes even listening to music helps calm my mind.

My wage-earning work for Intel also gives me a variety of projects to work on, which keeps my workday filled with activities I enjoy. I'll often work on one project for an hour before taking a break. After my break, I may shift my focus to another project that needs my attention. After alternating work on two or three projects concurrently, I may take a training course I've always wanted to take. I'm also an outspoken advocate for breaking

1% ()



up my day with a walk and/or an afternoon nap. (I need to be careful not to nap for too long, though, lest I wake up with a grogginess I need a whole hour to shake off. That can be worse than not taking a nap at all.)

It's also important to share my feelings of burnout with family and friends. I don't have any family at home, save for my cat, who's

probably so focused on sleeping or chasing imaginary mice that he doesn't care what I have to say. I have shared my feelings with PJ Kleffner and with one of my clubs, who both completely understand what I'm going through.

The last thing that keeps me sane is the knowledge that we're now in the final quarter of our program year. We're now only 2 months away from Lorri finishing her year as District Director and stepping into my

role as IPDD. Unlike my job at Intel, my role as IPDD is not a permanent job. It, too, will come to an end soon.

So, what about you? You may be experiencing some sort of burnout as you approach the end of the program year? What are you doing to keep your sanity so you can focus on finishing the year strong? Maybe you're exhausted and all you can do is limp to the finish line. That's okay, too. Whether you finish with a strong push to the end or with just enough energy to limp, what's most important is that you finish.

PEABODY MANSION MYSTERIES

EPISODE 8

Laura & Penny on the Hunt for Clues

Leanna Lindquist, DTM

In the previous episode, Laura made some observations and more warnings appeared.

"You read it this time but let me sit down first." Penny pulled out a chair and lowered herself. "Okay, now I'm ready."

Laura's voice cracked as she read, "I warned you. Back off now." "Oh Penny, I stirred up a hornet's nest."

"What do you intend to do?"

"Right now, I'm going home to put on my bathrobe and curl up on the couch with a mug of hot chocolate. Then, I need to study the photos again. I think we missed something, and we need to figure out what."

Penny pressed her hands over her eyes and sighed. "What time do you want me to report for duty tomorrow?"

"How about 8:00? I'll have tea and muffins ready."

After a night of troubled sleep Laura awakened to the sun shining in her bedroom window. The world seemed a little less scary.

After starting breakfast, Laura began reviewing the evidence. Photos of the Halloween party lay in several piles on the coffee table, many affixed with sticky notes. She thumbed through a legal pad with a list of facts and theories she had worked on over the last few days. An authoritative rap on the door broke her concentration. As Laura opened it, Penny charged in.

"Laura, get your coat. We're going to Peabody Mansion," Penny declared.

"Why are we going there?"

"To look for clues of course. Didn't your son tell you that a lot of the Peabody's personal items were still there?"

"Penny, you are brilliant."

"Was there ever any doubt?" she laughed.

"I'll fill a thermos with tea and wrap up some muffins."

When they reached the mansion, Laura pulled out the key with the red ribbon and unlocked



the front door. Something about the red ribbon tugged at her brain, but she couldn't put her finger on it.

In the dining room, they drank a quick cup of tea and ate a muffin.

"Penny, what do you think about going upstairs before we go to the basement?"

"Laura, that is a brilliant idea."

"I do have them you know."

The staircase divided the house in half. The dining room to the left and the massive living room to the right. Hand carved newel posts flanked each ornate stair railing. Brass rods held a runner in place on the wide stairs. Laura counted twenty steps to the landing. At the top, a shorter set of steps turned to the right and another to the left. Laura wondered why she had overlooked the rest of the house.

Rubbing the newel post for luck, Laura trudged up the staircase. Penny followed at a slower pace. They both stopped on the landing to catch their breaths. "Which way should we go?"

"The ballroom is on the third floor. The bedrooms must be up there. Let's see what we can find."

Laura followed Penny down the hall, peering into one room after the other. They walked into a large bedroom. The room was a time capsule. College pendants were pinned to the walls, while photos, ticket stubs, and a 1972 calendar were tacked to a bulletin board above a student desk piled with textbooks and legal pads layered in dust. "This must have been William's room."

Laura leaned in to get a better look at the pictures. "Look Penny, it's Terry's mother. She's in a lot of pictures. They look so happy. And here is the invitation to the Halloween party. Thirty years, and I'm guessing nothing has changed. I'll check out the desk, you look in the closet."

Laura opened the top desk drawer and pulled out a bundle of envelopes tied with a string. She held them for a few moments, wondering if she should read them. Her curiosity got the best of her, and she untied the string.

The top envelope had William's name written in loopy handwriting. Hearts dotted the i's. It had been postmarked two days before the Halloween party.

"Penny, listen to this.

"My Dearest William,

I can't wait to see you at the party. I have something special to tell you. I'm counting the minutes.

Love, Linda"

"I bet she planned to tell him about the pregnancy. Did you find anything?"

“Here’s his high school yearbooks and his fraternity books. We know a lot of the party guests were Williams friends, so there may be a clue in one of them.”

“Bring them, we can look for clues later. Let’s head to the basement, I have a noon hair appointment, so I need to watch my time.” Penny followed Laura down the stairs and into the dining room where they dropped off the new evidence. Laura reached into her purse and pulled out an extra-large flashlight. “Follow me, I know the way,” Laura said with enthusiasm as she waved her flashlight in the air and marched down the hall to the basement door. The door stood open as if inviting them in. Laura flipped on the light switch and with one hand on her flashlight and the other on the railing she descended into the basement, one step at a time. Her side kick followed. “Penny, the police report said that William was found at the bottom of the stairs then dragged into the wine cellar. The blood trail found by the detectives confirms it. Everyone assumed the murderer pushed him down the stairs. What if he came down here to meet someone or, on his way to the wine cellar

,he met his demise?”

“OK Miss Marple, how can I help?”

“You take the doors on the left and I’ll take the ones on the right.” Their search revealed small empty rooms with a few pieces of furniture.

“Let’s try the room at the end of the hall then I need to get to my hair appointment.” As Laura opened the door and reached for the light switch, a door slammed behind them, and the room plunged into darkness. “Penny, please don’t scream. As usual I am prepared.” She switched on the flashlight which cast an eerie glow in the hallway.

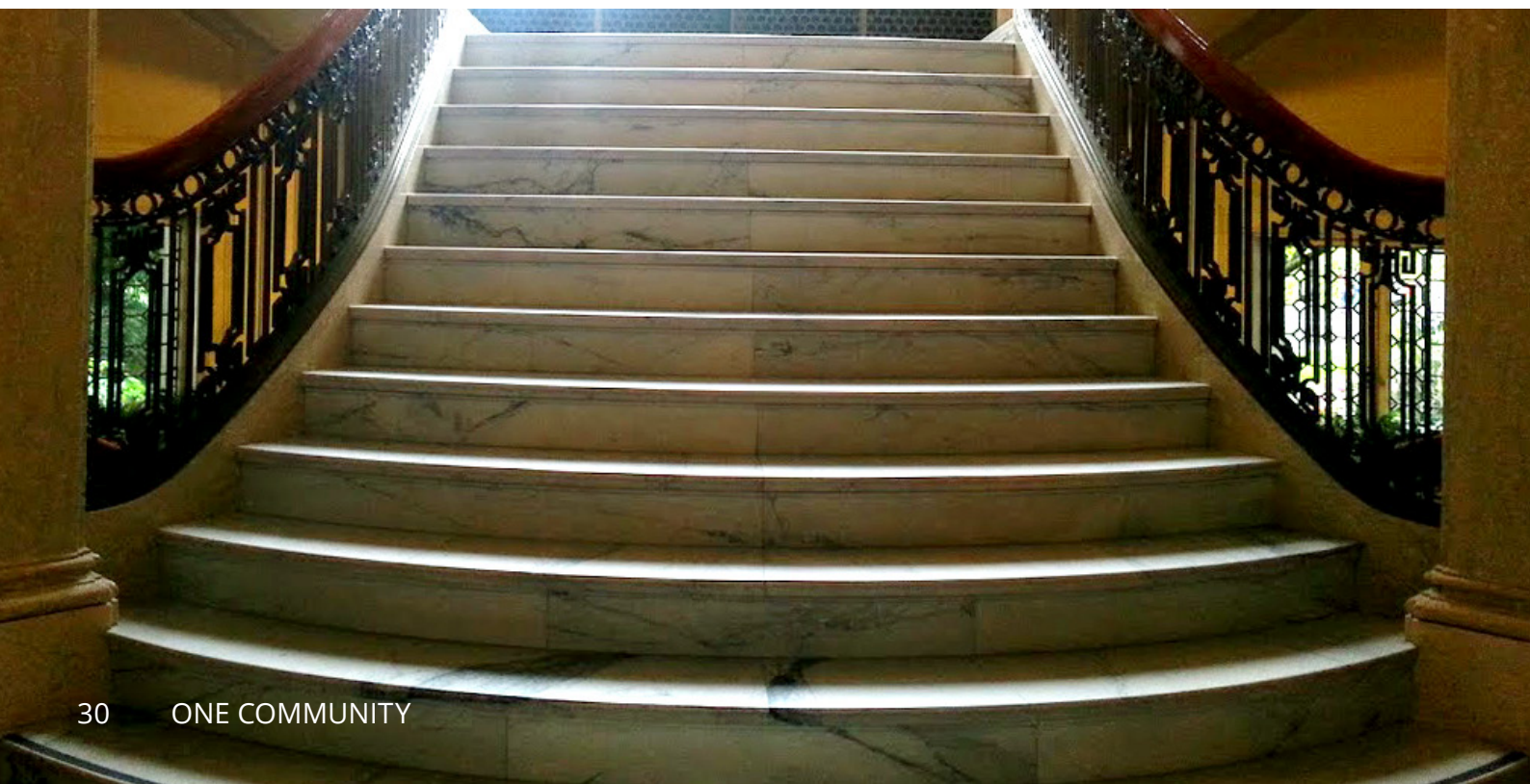
“Laura, do you think it’s the murderer? What kind of trouble did you get us into?”

Laura climbed the stairs without answering the questions. She tried the door. “It’s locked. Do you have your cell phone?”

“No. Don’t you have yours?”

“Of course, it’s right here. I’ll call my son and ask him to let us out.” Laura opened her phone and scrolled to her contact list. “Penny, there aren’t any bars.”

To be continued. . .



Prudent Proverbs 101

Lee Coyne, ATMS

*Fanfare forms a fan club.
Morph from grouchy to gregarious.
Take a peek before you tweak.
Avoid the crude lest you gather crud.
Be not a goner for the items you garner.
Philosophy often fulfills.
Defy not what you deify.
Insanity infects humanity.
Each dogma deserves a collar.
Many a cat can catapult.
Beware the herd that goes absurd.
Few can manage a ceaseless mandible.
Every angle harbors a tangent.
Pandemic ushers pandemonium.
Politics begets a loop of poop.
Deliberation over defamation.
Analyze not with shut eyes.
Show respect in retrospect.
May the feckless not grow reckless.
Endless words augur no wisdom.*

--Note. Lee spent 33 years doing therapy on East and West Coasts. He drew many of these sayings from the clients he treated along the way.

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Ready to Be Foolhardy?

Jennifer Schmidt, EH2

Appearing foolish in front of others is a fear for many people. I encourage anyone who feels this way to change their definition of foolish to foolhardy.

Foolhardy means you're taking a risk which can be seen as both foolish and brave. It's easy to be brave when there is no chance of looking like a fool. However, it's harder to show courage when there's a chance of being embarrassed. I say, "If you are worried about looking foolish, then do it with conviction and embrace being foolhardy."

There have been times during speeches when I jogged in place, contorted my face, and yelled, "Yippee!" Not conventional ways to express myself but memorable. Every audience member who listens to a speech wants to either be entertained or learn how this information is useful in their life. Doing both are the seeds of an award-winning speech. This sweet spot not only inspires giggles, but creates a purpose wrapped in a fun-filled package.

Being foolhardy can work to your advantage. Here are some tips for your next speech:

Everyone loves the foolhardy

In the movie "13 Going on 30," when actress Jennifer Garner is at her company party and no one is dancing, her character decides to dance to the song "Thriller." Her goal is to get the party moving and she chooses not to care if she looks foolish. Spoiler Alert: Everyone eventually dances because they want to experience this freedom and have fun together.

When you're speaking to the audience, forget that you're nervous and don't worry about looking foolish. Even if you do look foolish, your audience will admire your bravery. What's fantastic about any Toastmasters meeting is that this is a place to experiment, practice, and receive feedback on what your audience likes. People will usually realize you are taking a risk and support your efforts.

Audiences don't want to be bored

Have you ever gone to a lecture with a dry monotone speaker? No engagement there. In fact, if you didn't have a large caffeine-infused beverage, you would fall asleep on the spot.



Speakers who invite the audience into their topic are like welcoming them onto a carousel. They can enjoy the ride instead of being left behind on the sidelines to watch. The more an audience feels your experiences, and visualizes themselves in the situation, the more their mind will stay focused and not wander or fall to boredom.

Consider adding splashes of physical humor, puns, or surprising twists that will make your audience better understand your topic. Why are you the expert to speak about this subject? Why are you passionate about it? Share those insights and the audience will feel like they can relate and be part of the story as they enjoy the journey with you.

Know the outcome you want

When I speak, I strive for topics that are fun, interesting, and helpful, which are critical. Because speaking just to hear myself talk isn't the point of sharing ideas with an audience. Feedback from different clubs is helpful. I note what elements of a speech stand out. Did a certain facial expression make a point stick? When you get evaluations from Toastmasters it's an opportunity to know if your concepts are memorable, and if the audience could easily tell someone else what they heard from you.

If your subject is more complex, break it into bite-sized chunks of information. If you want your points to really stick, then use repetition, humor, and vocal variety to make them even more sticky. It's important to not overload the audience. If your main theme is memorable, your audience will be engaged until the end of your speech.

Marketing  Storytelling
Experience
Words

Authentic Storytelling

David Freedman, PM2

What happens when you know you're right for a part, but the role goes to somebody else? As an actor, this is very often the case with most roles. When an actor receives a call to go to an audition, he or she will receive "sides," or a small breakdown of the script which may or may not even be the final copy of the screenplay to memorize before they go for their audition.

The role will specify the age range (i.e., 30-45 years old), gender, race, and other factors that the director or producers are looking for from the actor. Although there may be some flexibility in how the role is cast, more often than not, the director has the last word in who makes the final cut. And of course, this can be very frustrating if you actually meet all of the requirements, have a great audition, and still don't succeed in nabbing the role.

One of my favorite examples of this happened to me in the past decade when I auditioned for a television series called Legit, in which they were looking for an actor who could play a character with a disability. The character in question was named Billy Nugent, and he had muscular dystrophy.

I was told that I was in the running for the part along with at least two other actors. As I'm an actor with a facial paralysis thanks to growing up with Moebius syndrome, it was incredible to think that I might have a shot at a major role on a television series. Only it didn't pan out that way. Another actor named DJ Qualls beat me to it. As far as I know, the actor doesn't have any noticeable disability in real life, but he was convincing enough in his audition that he got the part. Congratulations were certainly in order for him; the show lasted for three seasons, which I'm sure gave him a leg up when it came to finding more work later in his career.

While I hold no ill will towards DJ, I was reminded yet again that simply having the right stuff doesn't necessarily ensure that you're the best fit for the part. And while Hollywood has made strides in auditioning more actors with disabilities to play characters with disabilities, this doesn't mean that the actor meeting those requirements will get the role. In fact, it's still very common for able-bodied actors to play parts that are written for people with disabilities. The reasons vary, but



in most situations, the producers are looking for a name actor to fill the part. The challenge, therefore, is in cultivating performers with disabilities who can eventually become name actors themselves.

There are plenty of examples of this such as Peter Dinklage, Marlee Matlin, Linda Hunt, and Troy Kotsur, to name but a few. But in order for this to happen, authenticity in casting must take priority, because authenticity always matters.

As public speakers, we have an enormous advantage compared to our thespian brothers and sisters. We can create our own speeches and thus tell our own stories. And we do so with our own voices, hearts, and minds. We aren't at the whim of casting agents or producers. We don't need to worry about television or movie ratings or the politics of Hollywood. And we have the option to be honest about who we are. The key to remember is that we don't have to ask anyone's permission to tell our stories. Authenticity always matters. And no one has the right to tell your story but you. When you take the time to be true to yourself, then your personal role can become much clearer.

I acknowledge that I can't necessarily advise people on how to create their own stories as each person's situation is unique. I'm also mindful of the fact that not everyone chooses to share their story. The best advice I can offer is that the story will tell itself when it's ready. I've seen this many times when I've watched speakers both old and new take the podium and reveal parts of themselves, I would never have guessed at. Yes, it's possible some of them might embellish the truth, and especially in Table Topics, you have the opportunity to outright lie if you want to. But being able to hear someone else's story is what inspires us to tell our own. Authenticity matters not only in what we say and how we say it. It matters because it allows others into our space in a way that affirms them. It matters because it inspires people to discover or own parts of themselves, they may have neglected or thought others would shame them for. And finally, authenticity helps affirm the worth of what you bring to the table. Maybe you won't be the right person for every part, but as a public speaker, you can decide how to best use your gifts and experience to your advantage.

Tell Me a Story

Toastmasters

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WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Rose City Toasters Club	Brock	Erik
Babble-On Toastmasters Club	Budhi	Ru
Portland Club	Cabassa	David
Lebanon Toastmasters	Carlson	Mike
Unified Toastmasters Club	Chambers	Katie
Clackamas Stepping Stones	Diaz	Edith
Salmon Speakers	Duncan	Belinda
Salmon Speakers	Duncan	Kimberly
Washington Street Club	Feltz	Elizabeth
Essayons Club	Garcia-Matzumilla	Max
Beachtown Toastmasters	Gonzalez	Debriana
Corvallis Evening Group	Gonzalez	Yahir
Rose City Toasters Club	Gorham	Jacob
Liberty Talkers	Grey	Joel
Fortunate 500 Club	Gunderson	Erik
Top DOTs	Hardy	Kristie
CareOregon	Hershey	Hayley
Portland Club	Hoey	Jay
Oregon State Toastmasters	Hong	Hyunhee
Rose City Toasters Club	Jackson	Demetrius
Rose City Toasters Club	Kienholz	Dean
Salmon Speakers	Kirk	Cindy
Rose City Toasters Club	Kling	Christopher
Notary Masters	Lawrence	Judith
Downtown Public Speakers Club	McCullers	Tara
Southern Oregon Speechmasters	McLean	Ian
Salmon Speakers	Meados	Cord

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Portland Club	Norgbey	Christopher
Yaquina Toastmasters	Ottmar	Michele
Toast Of Tualatin, Lam Research	Qerimi	Dren
Babble-On Toastmasters Club	Rester	Rosalee
Waffle Toasters	Rosenthal	Emily
Corvallis Evening Group	Seddik	Mohamed
Lebanon Toastmasters	Sekiguchi	Cindy
Marylhurst Toastmasters	Smith	Dianna
The Standard Speakeasy Toastmasters	Webster	Brandi
Toast Of Tualatin, Lam Research	Wilent	Steven
Toastmasters For Speaking Professionals	Zulak	Paul

YOU ARE A WORK
IN PROGRESS. GIVE
YOURSELF THE SPACE
AND GRACE FOR
IMPROVEMENTS.

Germany Kent

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
PI1	3/2/2023	Alpha Zhao, PI1	Silicon Forest Club
PM1	3/26/2023	Anna Marum, PM1	Portlandia Club
DL4	3/27/2023	Annette Mulligan, DL4	Coachmasters Toastmasters
PM4	3/31/2023	Azara B. Tilt, PM5	MIME Speaks
PM5	3/31/2023	Azara B. Tilt, PM5	MIME Speaks
PM5	3/9/2023	Beth Hall, PM5	Professionally Speaking
PM2	3/2/2023	Brendan Foley, PM2	Silicon Forest Club
DL4	3/23/2023	Brian Mandell, DL4	CareOregon
VC1	3/7/2023	Carmil Ritchey, DTM	Clackamas Stepping Stones
DL2	3/15/2023	Cheri Redgrave, DTM	Communicators Plus
IP3	3/9/2023	Cherise Billington, IP4	Vancouver Toastmasters Club
IP4	3/9/2023	Cherise Billington, IP4	Vancouver Toastmasters Club
PM3	3/12/2023	Christine Seed, PM3	Blue Ox Club
PM4	3/11/2023	Christopher Moore, PM4	Moser Community Toastmasters
IP1	3/27/2023	Daniel S. Brewer, DTM	Notary Masters
PM2	3/27/2023	Daniel S. Brewer, DTM	Notary Masters
PM5	3/1/2023	Dena Alt, PM5	Clark County Toastmasters
EH1	3/6/2023	Eldred Brown, DTM	Babble-On Toastmasters Club
IP4	3/21/2023	Emily Cargill, IP4	At The River's Edge Club
DL2	3/24/2023	Enrique Perez, DL2	Rose City Toasters Club
PI2	3/29/2023	Erik Bergman, DTM	WE Toasted Toastmasters
DL1	3/15/2023	Jason McFerrin, DL1	Rose City Toasters Club
PI3	3/19/2023	Jean M. Baker, PI3	Noon Talkers
DL3	3/26/2023	Jean Root, DL3	Portlandia Club
EH2	3/23/2023	John E. Waters, DTM	Clackamas Stepping Stones
IP3	3/15/2023	John Hooley, IP3	Moser Community Toastmasters
PM2	3/23/2023	John Michael, PM2	Marylhurst Toastmasters
TC1	3/1/2023	Joseph Herrle, TC1	NoonTime Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
PM1	3/22/2023	Joshua Blakey, PM1	Toasting Excellence Club
PM2	3/10/2023	Jue Shi, PM2	Speakeasy Toastmasters
MS1	3/30/2023	Justine Abaunza, MS1	Toast Of Tualatin, Lam Research
SR2	3/1/2023	Kelsey Conser, SR3	Banfield Barkers
SR3	3/1/2023	Kelsey Conser, SR3	Banfield Barkers
EC1	3/5/2023	LaTosha Wilson, E1	Sporty Speakers
PM2	3/22/2023	LaVern Bentz, PM2	Notary Masters
EH1	3/23/2023	Leo Kurkoski, DTM	Blue Ox Club
PWMENTORPGM	3/26/2023	Lisa Busenbark, DL4	Portlandia Club
TC2	3/8/2023	Lisa Schupp, DTM	Toast of Corvallis Toastmasters
EC1	3/16/2023	Lori Dobbin, EC2	Sage Beaverton Toastmasters
EC2	3/16/2023	Lori Dobbin, EC2	Sage Beaverton Toastmasters
PI3	3/27/2023	Mary A. Bell, PI3	Civil Tongues Club
SR1	3/15/2023	Mason Maurer, SR1	Rose City Toasters Club
TC1	3/15/2023	Matteo Frizzell, TC1	Rose City Toasters Club
PM1	3/30/2023	Mona Salah, PM5	Mentors Of Focus Club
PM2	3/30/2023	Mona Salah, PM5	Mentors Of Focus Club
PM3	3/30/2023	Mona Salah, PM5	Mentors Of Focus Club
PM4	3/30/2023	Mona Salah, PM5	Mentors Of Focus Club
PM5	3/30/2023	Mona Salah, PM5	Mentors Of Focus Club
DL1	3/31/2023	Murali Duggina, DL2	Sporty Speakers
DL2	3/31/2023	Murali Duggina, DL2	Sporty Speakers
SR2	3/13/2023	Natalia P. Kukushkina, SR2	West Beaverton Club
EH4	3/6/2023	Nathan Beste, EH4	Nano-Mated Speakers
EH2	3/11/2023	Olivia Derridinger, EH2	Cedar Hills Club
PM3	3/18/2023	Paige Z. Pace, PM3	Clark County Toastmasters
PI2	3/26/2023	Paul L. Wallman, PI2	Portlandia Club
SR3	3/24/2023	Peter De Graff, SR3	Speakers With Spirit Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
PI1	3/13/2023	Quryynn Hale, PI1	CareOregon
VC3	3/14/2023	Rebecca McCarthy, VC3	Banfield Barkers
EC2	3/8/2023	Renee Brouse, EC2	Sherwood Town Criers Club
MS5	3/26/2023	RICHARD TAYLOR, MS5	Myrtlewood Hootowlers Club
PM2	3/9/2023	Robert B. Hall, DTM	Professionally Speaking
VC1	3/27/2023	Stephana M. Johnson, VC5	Clark County Toastmasters
EC1	3/20/2023	Teresa Schweitzer, EC1	Toastmasters of Redmond
DL4	3/23/2023	Willie Rhodes, VC1	The Standard Speakeasy

HAPPY ANNIVERSARY TO APRIL CLUBS

CHARTER DATE	YEARS	Club	CITY
4/1/1986	37	Clackamas Stepping Stones	Milwaukie
4/1/1987	36	Communicators Plus	Bend
4/1/1970	53	Early Words	Longview
4/1/1959	64	Essayons	Portland
4/1/1951	72	Gresham	Portland
4/1/1949	74	Hood River	Hood River
4/18/2013	*10*	Lebanon	Lebanon
4/1/1996	27	Noon Talkers	Portland
4/12/2022	1	Notary Masters	Portland
4/1/1935	88	Portland	Portland
4/1/1939	84	Salem	Salem
4/5/2017	6	Squawking Heads	Portland
4/5/2019	4	Toast Of Tualatin, Lam Research	Tualatin
4/2/2002	21	Toastmasters of Redmond	Redmond
4/1/1986	37	Top DOTs	Salem
4/1/1999	24	University of Oregon	Eugene
4/1/1965	58	Yaquina	Newport

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, EC4	4	EC1 , EC2 , EC3 , EC4
Allan B. Edinger, DTM	6	PWMENTORPGM , EC1 , EC2 , EC3 , EC4 , EC5
Angela Stringer, PI3	3	PI2 , PI3 , VC2
Annette Mulligan, DL4	3	DL2 , DL3 , DL4
Anthony McThrow, DL5	5	DL1 , DL2 , DL3 , DL4 , DL5
Azara B. Tilt, PM5	3	PM3 , PM4 , PM5
Bella Nissen, PI4	3	MS5 , PI3 , PI4
Benjamin Guaydacan, PI3	3	PI1 , PI2 , PI3
Beth Hall, PM5	3	PM3 , PM4 , PM5
Beth Pinchot, DTM	4	PM1 , PM2 , PM3 , PM4
Bettina K. Schempf, DTM	3	IP4 , IP5 , SR1
Biovanni Beccaria, LD4	4	LD1 , LD2 , LD3 , LD4
Brandon Marsh, EC4	9	EC1 , EC2 , EC3 , EC4 , IP3 , IP4 , IP5 , PM4 , PM5
Brent E. Smith, MS2	4	DL4 , DL5 , MS1 , MS2
Carina Corbet-Owen, DTM	3	PM1 , PM2 , PM3
Cate A. Arnold, DTM	5	EH3 , EH1 , EH2 , PM4 , PM5
Charlie Smiley, PM5	7	EH4 , EH5 , PM2 , PM3 , PM4 , PM5 , PWMENTORPGM
Cheri Redgrave, DTM	5	DL1 , DL2 , EH5 , PM3 , PM4
Cherise Billington, IP4	3	IP2 , IP3 , IP4
Christian M. Longo, TC5	4	TC2 , TC3 , TC4 , TC5
Coeli Steiner, VC5	9	LD3 , LD4 , LD5 , PWMENTORPGM , VC1 , VC2 , VC3 , VC4 , VC5
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 Johnson, DTM	9	EC3 , EC4 , EC5 , IP3 , IP4 , IP5 , PWMENTORPGM , PM4 , PM5
David R. Sessum, PM4	3	PM2 , PM3 , PM4
David Shehorn, SR5	8	TC4 , TC5 , PM5 , SR1 , SR2 , SR3 , SR4 , SR5
Dena Alt, PM5	4	PM2 , PM3 , PM4 , PM5
Donna L. Stark, DTM	9	EC5 , EH3 , EH4 , EH5 , PM2 , PM3 , PM4 , PM5 , PWMENTORPGM

TRIPLE CROWN AWARD PINS

Name	Number Earned	Awards
Emily Castle, IP5	4	IP3 , IP4 , IP5 , PWMENTORPGM
Erik Bergman, DTM	4	EH5 , PI1 , PI2 , VC4
Francis Njau, LD4	3	LD2 , LD3 , LD4
Gwendolyn Avington, DTM	6	DTM , SR1 , SR2 , SR3 , SR4 , SR5
Helen M. Grothe, DTM	3	EH4 , EH5 , PM5
Isaiah Guzman, EH3	3	EH1 , EH2 , EH3
Jacki L. Elsom, PM3	3	PM1 , PM2 , PM3
Jacqueline E. Bakke, DTM	3	MS1 , MS2 , MS3
James Kennedy, MS5	5	MS1 , MS2 , MS3 , MS4 , MS5
Jason McFerrin, DL1	3	DL1 , DL2 , DL3
Jeanne Brooks, MS2	3	MS1 , MS2 , PM5
Jesse King-Zimmerman, EH3	3	EH1 , EH2 , EH3
Jessica Baltazar, PM3	3	PM1 , PM2 , PM3
Joan Miller, PM4	4	LD5 , PM3 , PM4 , PWMENTORPGM
Joanna Johnson, MS3	4	MS1 , MS2 , MS3 , TC5
John E. Anderson, DTM	6	EC2 , EC3 , PM1 , PM2 , PM3 , PWMENTORPGM
John Hooley, IP3	3	IP1 , IP2 , IP3
Judy Chan, LD1	4	EH3 , EH4 , EH5 , LD1
Karen Brozovich, TC5	3	TC3 , TC4 , TC5
Katelyn Freund, PI5	6	PI1 , PI2 , PI3 , PI4 , PI5 , PWMENTORPGM
Kente' Bates, PM4	3	PM2 , PM3 , PM4
Kyle B. Dukelow, DTM	3	PWMENTORPGM , SR1 , SR2
Laura Taylor, LD4	3	LD2 , LD3 , LD4
Leanna Lindquist, DTM	3	SR1 , EH3 , EH4
Leo Kurkoski, DTM	3	EH1 , EH2 , EH3
Lori Farn, DL5	3	DL3 , DL4 , DL5
Louis W. Zangara, PM5	5	PM2 , PM3 , PM4 , PM5 , PWMENTORPGM
Lyle W. Schellenberg, DTM	4	EH3 , EH1 , EH2 , EH4
Mao Kenney, PM4	3	PM2 , PM3 , PM4
Marvin Walker, DTM	3	EH5 , PWMENTORPGM , VC1
Mary A. Bell, PI3	3	PI1 , PI2 , PI3
Michael K. Rosenberg, EC1	4	EC1 , PM5 , SR2 , SR3

TRIPLE CROWN AWARD PINS

Name	Number Earned	Awards
Miguel Chavez, MS2	3	DL5 , MS1 , MS2
Mona Salah, PM5	5	PM1 , PM2 , PM3 , PM4 , PM5
Neal Wilkinson, SR5	3	PM1 , PM2 , SR5
Omar Sheikh, PM4	3	PM2 , PM3 , PM4
Paige Z. Pace, PM3	3	PM1 , PM2 , PM3
Patrick Little, PM3	3	PM3 , PM1 , PM2
Patti Midland, DL5	5	DL1 , DL2 , DL3 , DL4 , DL5
Peter De Graff, SR3	3	DL5 , SR2 , SR3
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, EC2	7	DL1 , DL2 , DL3 , DL4 , DL5 , EC1 , EC2
Rip Howell, PM5	6	PM1 , PM2 , PM3 , PM4 , PM5 , PWMENTORPGM
Robert B. Hall, DTM	4	EC4 , EC5 , PM1 , PM2
Robert H. Greene, DL5	6	DL1 , DL2 , DL3 , DL4 , DL5 , PWMENTORPGM
Robert Miller, LD3	3	LD1 , LD2 , LD3
Robin Wheeler, PM4	3	PM2 , PM3 , PM4
Rudy Erbrich, EC3	4	EC2 , EC3 , LD1 , LD2
Ryan Villemeyer, SR4	4	SR1 , SR2 , SR3 , SR4
Sarah Fox, PM5	3	PM3 , PM4 , PM5
Sarah Rosenberg Brown, LD5	6	EC1 , EC2 , LD2 , LD3 , LD4 , LD5
Scott Strickland, DTM	3	PM3 , PM4 , TC1
Sean D. Tobin, LD5	5	LD1 , LD2 , LD3 , LD4 , LD5
Sebastian Clavijo-Suero, PM5	3	PM4 , PM5 , PWMENTORPGM
Selam Gebrehiwot, PM3	4	PM1 , PM2 , PM3 , PWMENTORPGM
Stephana M. Johnson, VC5	13	EH1 , EH2 , EH3 , EH4 , EH5 , PM4 , PM5 , PWMENTORPGM , VC1 , VC2 , VC3 , VC4 , VC5
Steve Mathis, PI4	3	PI3 , PI4 , PM5
Tamsen Corbin, TC5	3	DL1 , TC5 , VC4
Yahong Neiryndck, DL3	3	DL3 , SR2 , SR3



Dave Bones, TM



David Freedman, PM2



Eldred Brown, DTM



Jennifer Schmidt, EH2



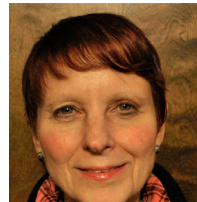
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Phyllis Harmon, DTM

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