

**2022-2023
District 7 Speech
Champions**
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Taking Stock. . .

Phyllis Harmon, DTM, PDG - Publisher/Editor



In reviewing my goals list for 2022-2023, I see there are several items I no longer need to worry about and a few still pending:

- District Annual Conference - Done
- International Speech video/forms sent to Toastmasters - Done
- Pathways Levels 1, 2, 4, 5 completed and sent to clubs - Done
- My two clubs on the cusp of President Distinguished - Almost Done
- TLI training the first weekend in June - Scheduled to attend
- Eleven issues of Voices! - Done!!!
- June issue of Voices! - In the "thinking about" stage
- Publication of conference/contest videos - Soon to be available on Community Television and/or District Youtube channel

I am feeling pretty good about the number of items I crossed off my list so far for this year.

Looking back, the year has been productive and much has been accomplished. Not just by me, but by an entire squadron of Zoom Masters, Directors, members, and our wonderful Public Relations Manager. From my perspective, we have worked together to make this a stellar year of cooperation and member enrichment. Certainly, we have had our challenges but we kept our focus on what was really important—learning, community, and having fun. I think this year has been the best since we were plagued with shutdowns, layoffs, and a country in turmoil.

There is one more month in this Toastmasers year, and I am committed to keeping my focus on finishing what I started, fulfilling my club promises, and finishing the year stronger than when I started. Sometimes all it takes is a look back at what's been accomplished to move forward with a smile and a new resolve. See you at the finish line on June 30th.

A handwritten signature in black ink that reads "Phyllis".

EDITORIAL

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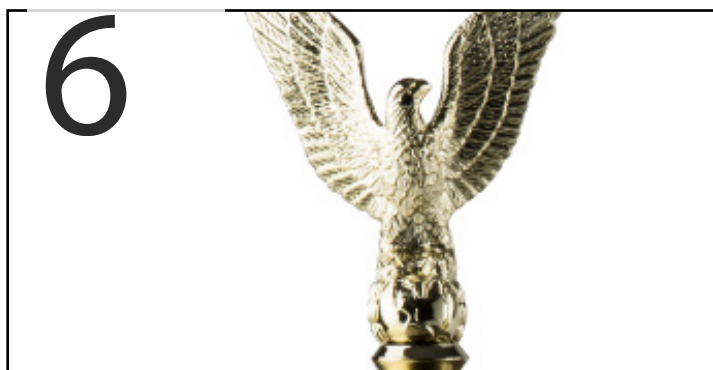
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VOICES!



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Meet Natalia Kukushkina, SR2, West Beaverton Toastmasters, District 7's 2022-23 International Speech Champion. Her powerful speech, Russians, won the hearts of the judges with its emotional and timely message. She is competing for a regional spot on her way to the finals at the Toastmasters International Convention in the Bahamas this August.

Please share your background

Originally, I am from Russia and was born and raised in the town named Norilsk located as far in the North as you can imagine. Far North is really an amazing place: I saw polar lights, polar night, and polar day, extremely low temperatures, the original house of Chuckchi (one of the native tribes in the north), and the most unique thing - the first Sun appearance after 6 months of the polar night.

As a child I had many interests: ice skating,

gymnastics, acting and music. I attended music school for 8 years playing cello, piano, and I sang in a choir. After my graduation from music school, I sang in a girl band with my friends (a lot like The Andrews Sisters trio).

When I turned 17, I moved to the city of Nizhny Novgorod (it is about a four hour drive from Moscow) to study Mathematics and Computer Science at the State University. The education I received changed the way I thought, perceived information and, most importantly, it taught me



2022-2023 DISTRICT 7 SPEECH CHAMPIONS

Phyllis Harmon, DTM

how to learn!

I met my husband at the University. I was an outstanding student. He was too busy at work and asked me to help with his exams—many times! After my graduation, we started dating and married in 2007.

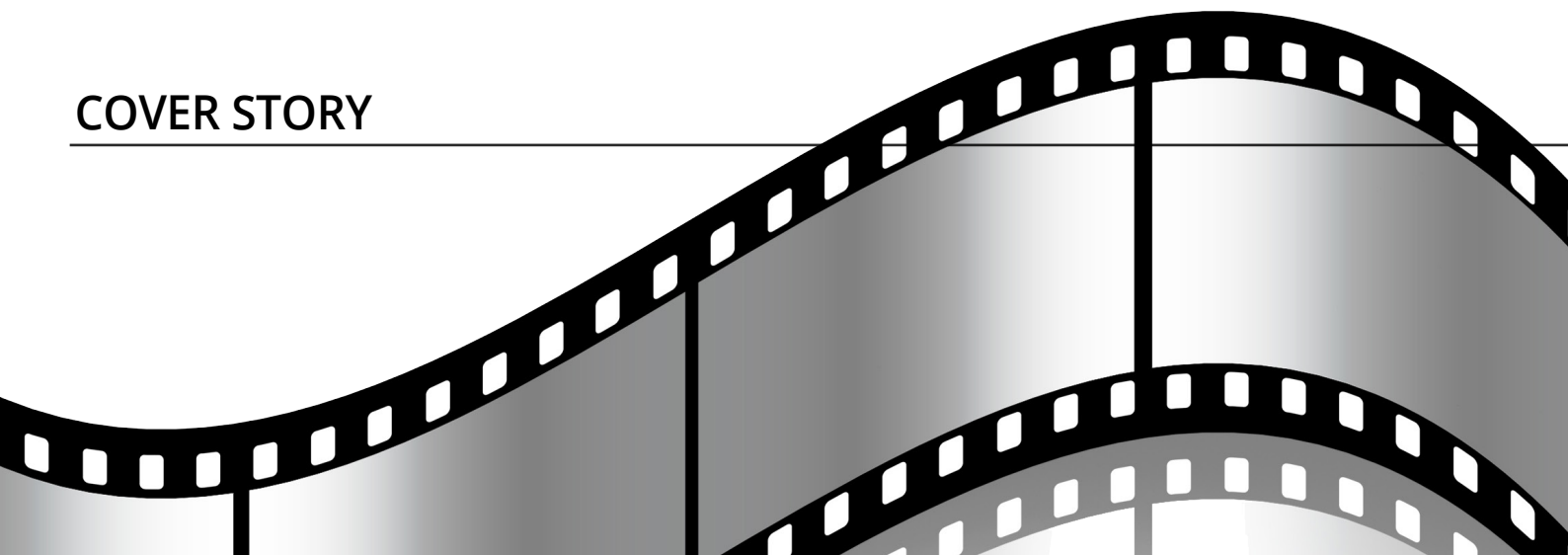
My husband was an exchange student at Lincoln High school in Portland, Oregon when he was a teenager. Since then, he did everything he could to move to the US. In 2008 he returned from his business trip to Portland and shared some amazing news—he received a job offer from Intel and we were moving to the United States—in two weeks! It was quick and easy: just the two of us, several suitcases and two sets of downhill skis. We never regretted our decision because Oregon is an amazing place to live.

What does the title of District 7 International Speech champion mean to you?

The title of District 7 International Speech Champion means to me that my message was delivered, received, that I was heard, that people around me shared the same values of humanity. And that means the world to me.

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

During the pandemic I lost a good chunk of my English language communication skills. I started to look for a place where I could get back what was once mine. I really enjoy reading and thought that a good book club would help me fulfill my goal. However, last June I learned that the Toastmasters club existed—it was the day my



son delivered his first public speech! The lady who sat next to me said, “What a small world. My fellow Toastmaster’s daughter is attending this school too.”

I got very interested in what Toastmasters was all about and she gave me a link for the next West Beaverton Toastmasters club meeting! After the very first visit I knew I found what I was looking for, that my passion to speak freely, to possess all language skills naturally was met with the right environment of Toastmasters!

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

Initially, I was working on a speech titled *Who is the most important person in your life?* for this contest. It was almost ready when it struck me that it had been a year since the war began and I wasn’t able to think about anything else. All of the emotions and thoughts that I wasn’t able to deal with a year ago came to me again and the song *Russians* was the soundtrack that seemed to surround me.

My main rule for choosing a topic for my speeches is “Write about what you care about the most,” and it became obvious right away what the topic for this particular speech should have been.

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

like that?

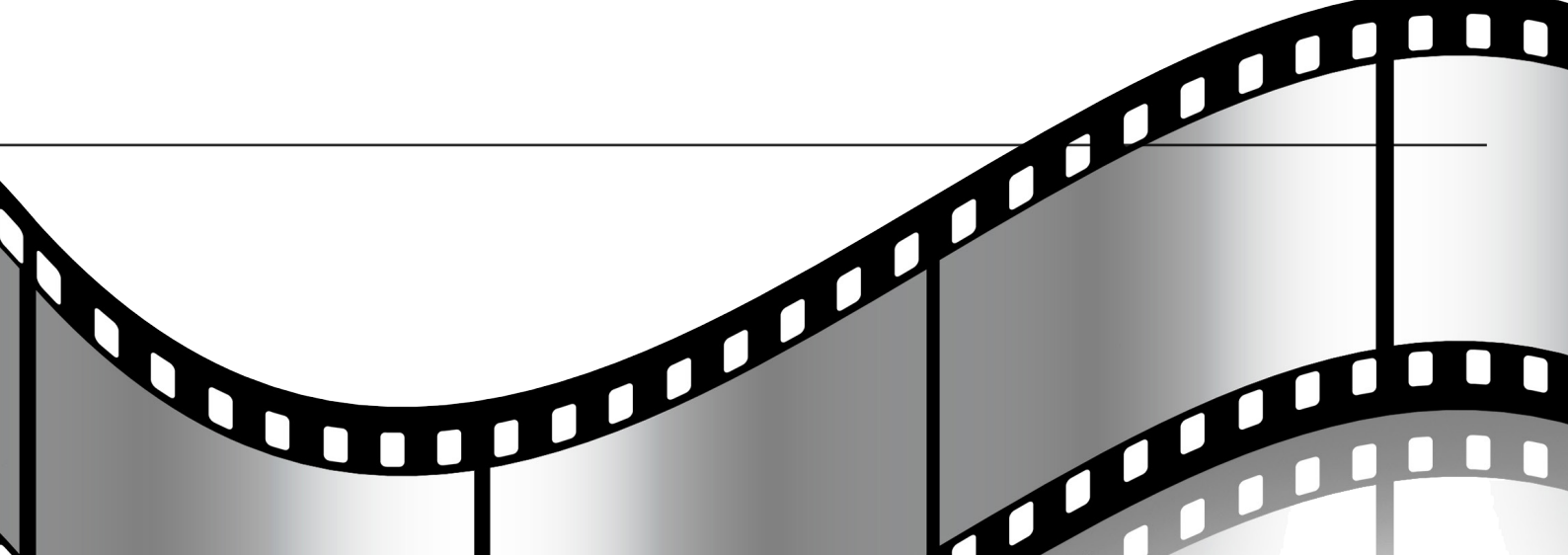
I don’t have a particular routine or a lucky charm but I have a checklist to follow before each performance. This checklist is based on real events of a huge struggle!

- Reboot the router
- Restart your computer (at least 2 hours before the contest begins)
- Keep your dog away from the door
- Turn off the door bell
- Silence your phone or any other devices with audible notifications
- Turn off all apps with notifications on your computer
- Keep your hair away from your mic

Your audio was really clean and crisp. What information can you share about preparing to speak virtually?

Thank you for your feedback on my audio. It is very important to me to have high-quality audio, video, lighting, and background because no matter how great the speech is technical issues and unwanted distractions can ruin it. I really recommend getting as much feedback as you can on your audio, video, Internet connection, and background. And do as many tech checks as our superior Zoom Master Ellen Ino will let you!

Back to the biographical info—married? Kids?



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

My husband and I have been married for 15 years and we have two beautiful kids: a 13-year-old son and a 9-year-old daughter. We are a family of adventurers who travel a lot and have many different interests and hobbies. For example, my husband has a private pilot license and flies Cessnas, my son is a DJ and last month he performed at the Hops game, my daughter is a State championship swimming gold medalist.



We are really passionate about any form of travel and active leisure: water sports (kayaking, wakeboarding, knee boarding, and my personal favorite is paddle boarding), hiking, camping, fishing, and biking. We have lots of friends with similar hobbies and we travel together very often. I also have a younger sister who lives in North Carolina with her husband. By the way, they both watched the Division Contest until the very end. She is a very special person to me.

I love gathering my family and friends in our house and making a feast for them. When I have time I immerse myself into reading or walking. Thanks to audio books I can merge these two pleasures,

and encouraging thought on competing in the International Speech Contest

If you can't decide whether to participate in the Toastmasters Contests, I encourage you to do so. It doesn't matter how far you go, you will get an enormous amount of support from your club (and any other Toastmasters club you ask for help). Keep a polished speech in your pocket and—most importantly—you will meet amazing people as you travel this extra mile in your Toastmasters journey.

Please share with our readers an inspirational



Meet Paul Carson, DTM, CareOregon, District 7 Humorous Speech Contest Champion. In his award-winning speech, It's Not the Years, It's the Mileage, Paul led us through a very funny look on growing older.

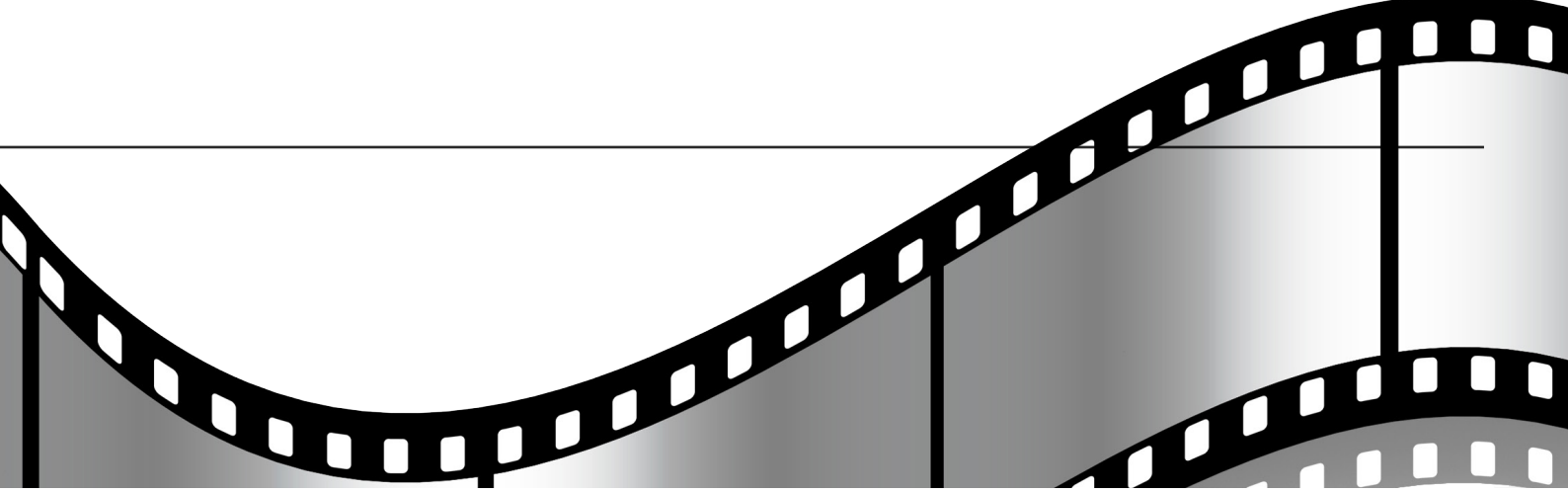
Please share your background history

I'm a native Oregonian though I spent a lot of time back east in New York. Eventually I found I missed the Oregon wilderness, so I moved back here. Though it took coming back to Oregon to meet my future wife (who's from New York)! Funny part is, we were both living in New York at the same time just a couple of blocks apart, but we never met there.

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

I joined Toastmasters in fall of 2009. I didn't really know what it was all about, but the emphasis on communication really hooked me. I do a lot of training and development presentations, and it's a good idea to make sure you're not falling into bad habits or becoming boring. Toastmasters is a great way to keep trying out new approaches, getting feedback, and working to make sure your delivery isn't stale.

A humorous outlook on life is a gift. Please tell us about your sense of humor, what causes you



to laugh, and how you translate your gift into an award-winning speech

I've always loved comedy. I grew up with tons of comedians on TV all the time, which probably influenced me a lot. I think our brains like comedy because it's often about hearing something unexpected, which wakes us up and intrigues. If I'm doing a presentation and there are parts that are potentially boring, adding a little humor is a good way to increase the odds that the audience will remember those parts. Humor helps engage the memory. I think I tend to like humor that makes fun of institutions or people that take themselves too seriously or that juxtaposes things in a surreal way.

On the old TV show *M*A*S*H*, the surgeons made fun of everything as a way of coping with the horrors of war. I think comedy is like that. The world right now can be a pretty scary place, and comedy can be a great comfort to cope with all of those things we can't control. For me, humor started out as a defense mechanism as a kid, then evolved into my outlook on the world—a helpful reminder to not take life too seriously. Things are a lot less scary if you find a way to poke fun at them and laugh a little. A lot of my speech is about our bodies failing us as we get old. That's a scary reality! But being able to laugh about a common shared experience helps it be less frightening. We're all going to die, eventually, so rather than be terrified of

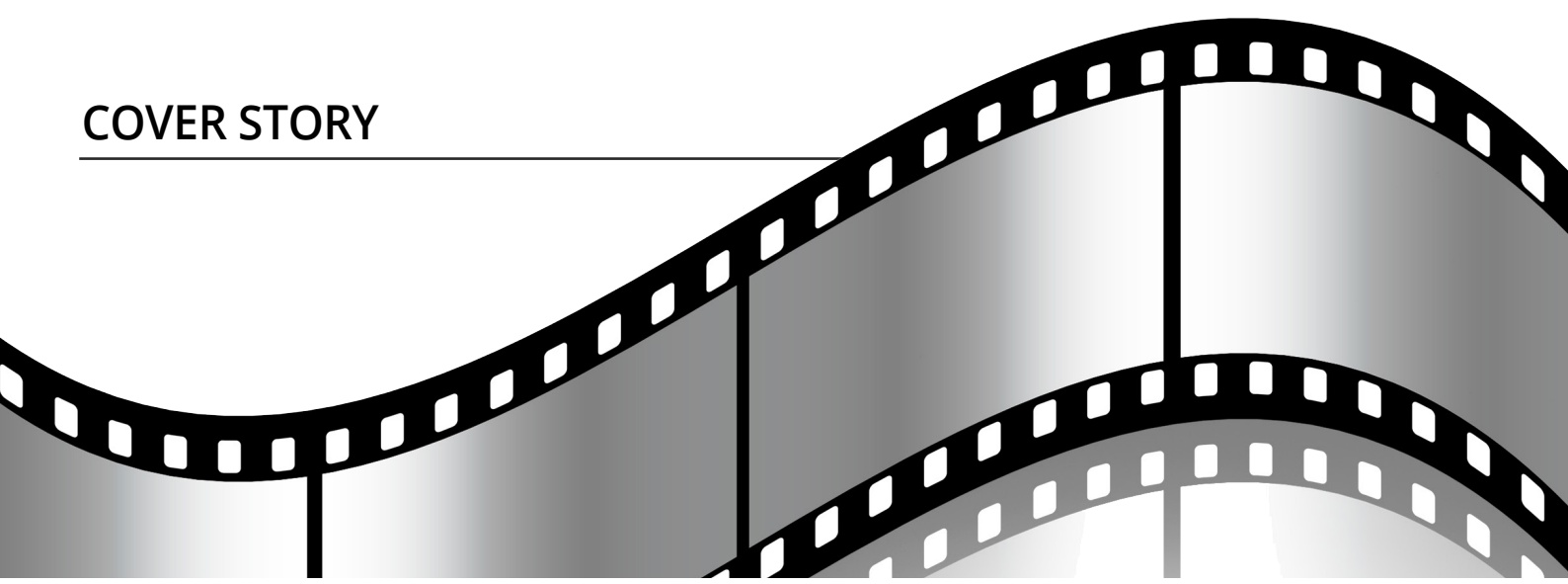
that, why not own it as inevitable and have fun while we can?

This competition was not your first. What prompts you to compete?

Big secret: Speech contests are fun! For a while Toastmasters stopped having the Humorous contests. I think the last time I competed was back in 2013 or 2014. So, when I heard the Humorous Contest was coming back, I was thrilled and had to get in there. It's so much fun to hone a speech with different audiences and experience all the creativity and laughter from so many other talented contestants! Humor is as important as exercise or diet for me. It helps my mood and keeps me feeling buoyant as I navigate the craziness of life.

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

I'm married with a 14-year-old son. As I mentioned in my speech, I became a father much later in life than most guys do. I think that was good in some ways, because I was a little more mature and responsible than if I'd become a dad in my twenties. I love the outdoors, and I'm also a rabid science fiction and movie fan. My side gig is writing crazy fantasy suspense novels, so if you know any publishers looking for juicy content, send 'em my way.



Please share with our readers an inspirational and encouraging thought on competing

It's never too late. Don't let fear keep you from trying something. Life's full of naysayers, but plenty of people only blossom and find their bliss a little later in life—"adulting" keeps us pretty busy. It's never too late to take another shot at your dream or pet passion. Regrets are the worst, but the worst regret is for things you never tried. Take a shot, no matter what it is. You'll probably succeed if you just keep at it and don't give up. Plus, you'll definitely learn something about yourself by trying, and probably have a lot of fun along the way.



The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.

~Howard Cosell

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Defining Customer Service

Lorri Andersen, DTM - District 7 Director

What are your experiences and thoughts on good customer service? Have you had one of these experiences:

You're in the grocery store checkout line with one checker. The person in front of you has a large cart and the checker calls for a price check. You stand patiently, at first, as you wait with a few items in your hands. By the time you get to the checkout, you are in no mood to smile when the checker says, "thank you for shopping with us today."

Or you're at the bank on a Friday afternoon.

There are one or two tellers and the people being served at the counter have issues that take longer than a normal transaction. You look to the window on your left and see someone is quietly counting money. You gaze at them, hoping they will look up and beckon you to their open window, and the next thing you know, they close their window displaying a sign, next window please.

Now standing in line when we don't want to does not necessarily mean the service needs to change, although it often feels that way. At

the financial institution where I work, one of the key indicators on our company's scoresheet is our Membership Feedback scored through our customer service surveys. We also have internal surveys, as well, where back-office teams are graded on their performance to one another. A few years ago, we had an initiative to read a book by Ron Kaufman, *Uplifting Service*.^[1] I encourage you to read this great book that defines the why and the how of customer service. Equally enjoyable and rather humorous, is his YouTube video on how he defines the five levels of service. From outstanding



down to. . . well, you get the picture.

Here are some questions and comments to ask yourself and think through as you define your own levels of customer service. How would you define inspiring or unbelievable customer service? Do you want to work around people that give that kind of service? Is their communication friendly? What makes them stand out? Why do you like doing business with them? Do they go above and beyond expectations? Do you learn from them?

A key point I liked is Ron Kaufman's concepts on relationships and how people with inspiring customer service impact others. Remember that when someone gives exceptional service the next time they serve, they must give more to make their next service one step higher and better. It's like an escalator, you need to take another step to stay on top. To make another impact and "to stay UP, we must keep stepping UP. Give your member or customer a DESIRED level of service, and when you can, give them even more."

Let's think about this in terms of Toastmasters. What can we do to provide surprising and unbelievable service? There may be things we can do personally and inside our own club. If you are not already part of your next year's Team, ask to join it so you can get involved in your club's Moments of Truth and Club Success Plan. Think about how you may be able to help your club move forward to the next level.

Learn to "Think Strategically." The Harvard Business Review^[2] suggests we learn how by seeing the big picture. This is more in terms from a management perspective, but the thought is interesting when it comes to Toastmasters. In Toastmasters we look at the unique experience for each guest and member to see the big picture. A phrase I often say at work and in Toastmasters, "at the end of day, it's all about the member." This is our focus when it comes to inspiring service.

I like to say inspiring service brings forward a 'can do' spirit, delivering on our promises, having fun, and celebrating success^[3] but the real bottom line of our inspiring service comes from our Toastmaster core values of Integrity, Respect, Service, and Excellence. When these core values are at the source and center of our interactions and communications, our customer service will always rise to the next level. Thank you for all you do, I am glad we are on this journey together.

^[1]Ron Kaufman, 2012, Evolve Publishing, Inc

^[2]Harvard Business Review Press, Boston, Massachusetts.

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^[3]2023, Unitus Community Credit Union Shared Values

Lessons Learned: S

Jim Robison, DTM - Pro

As I prepare to serve District 7 next year as the District Director, I am thinking back on what I learned (or reinforced) while serving as Club Growth Director and Program Quality Director and how to make best use of those lessons as I move forward.

1. **Call people.** It is easy to write up an

email, hit send, and assume that the recipient not only received the email but read it in detail and fully understood what you were expressing in the email. Unfortunately, email is a highly unreliable means of communication. Yes, when you exchange information with others, and everyone reads the emails, it can be efficient. As a means of communicating and coordinating between individuals it can work quite well. But, if you send a blast of messages to many people, you can bet that a portion of those people do not even get the email. It might be blocked by the mail server. The address might be wrong.

The email might get screened out to a SPAM folder. The recipient might just not recognize how important your message was and leave it unread.

If you send an email to someone and don't see a response, a follow up phone call can ensure they get the information. Also, if you are asking for a decision of some kind, or asking for volunteers to help, for example at a contest, a phone call is far more likely to get a response than an email.

2. **Information posted online** stays there and needs to be updated.



Spreading the Word

Program Quality Director

It is surprising how many times I have looked up meeting information for a club only to discover that the information I found was outdated and inaccurate. If you have ever wondered why visitors are not finding your club, try doing an online search to see what comes up. It is possible that an old Meet-Up listing still shows up with old meeting information, or maybe the listing on toastmasters.org needs to include missing details. I have surprisingly found clubs where their own webpage has conflicting information about where or even when they meet. If any details about your meeting changes you will need to do a thorough scrubbing of places where your meeting information appears.

3. **Provide multiple paths to your information**

My most frequent answer to many questions is “It’s on the District website.” If you want someone to find information about your club, your meeting, or anything else, you need to make it easy to find, and consider multiple ways that people can find it. For District events, it is not enough to have the event listed in the Events Calendar, and to have the event posted in a banner at the top of the website, we need to also provide big buttons for people to click on from the

home page and put links in social media and in emails that are sent out. Even with that, someone will say they can’t find it. The point is, just put it in as many places as you can.

4. **Recruit great people!** I was fortunate this year to have many capable volunteers take roles. Ellen Ino as the District Zoom Master provided outstanding support to the entire district. Tamsen Corbin as District Chief Judge and Patrick Locke as Contest Chair ensured that we had a successful contest season. Phyllis Harmon did a tremendous job coordinating the District Annual Conference. Bill Hernandez made certain we would have successful Toastmasters Leadership Institutes. I also need to mention Bob Hall as our Webmaster, Ayu Anantya as our Education Committee Chair, and Eldred Brown leading the Tech Tuesdays. Not to mention, there are those people who work in the background supporting all the others. People like Leanna Lindquist. Getting great people to take on tasks relieved me of a tremendous amount of stress and ensured our District members received great support.

I look forward to making use of these lessons to help support District 7 in the coming year.

3 BEST PRACTICES FOR A THRIVING

Dave Bones, DTM - Club Growth Director

Are you like many other Toastmasters who wonder what that “golden ticket” is for a thriving club? Maybe you are like me, and you get a sense that just one more bit of information can unravel this coveted knowledge. I don’t know if we ever find a guaranteed strategy for success. In my 13 years as a Toastmaster, and in my current role as D7 Club Growth Director, I am excited to share three best practices that I have observed throughout my many interactions with clubs and members.

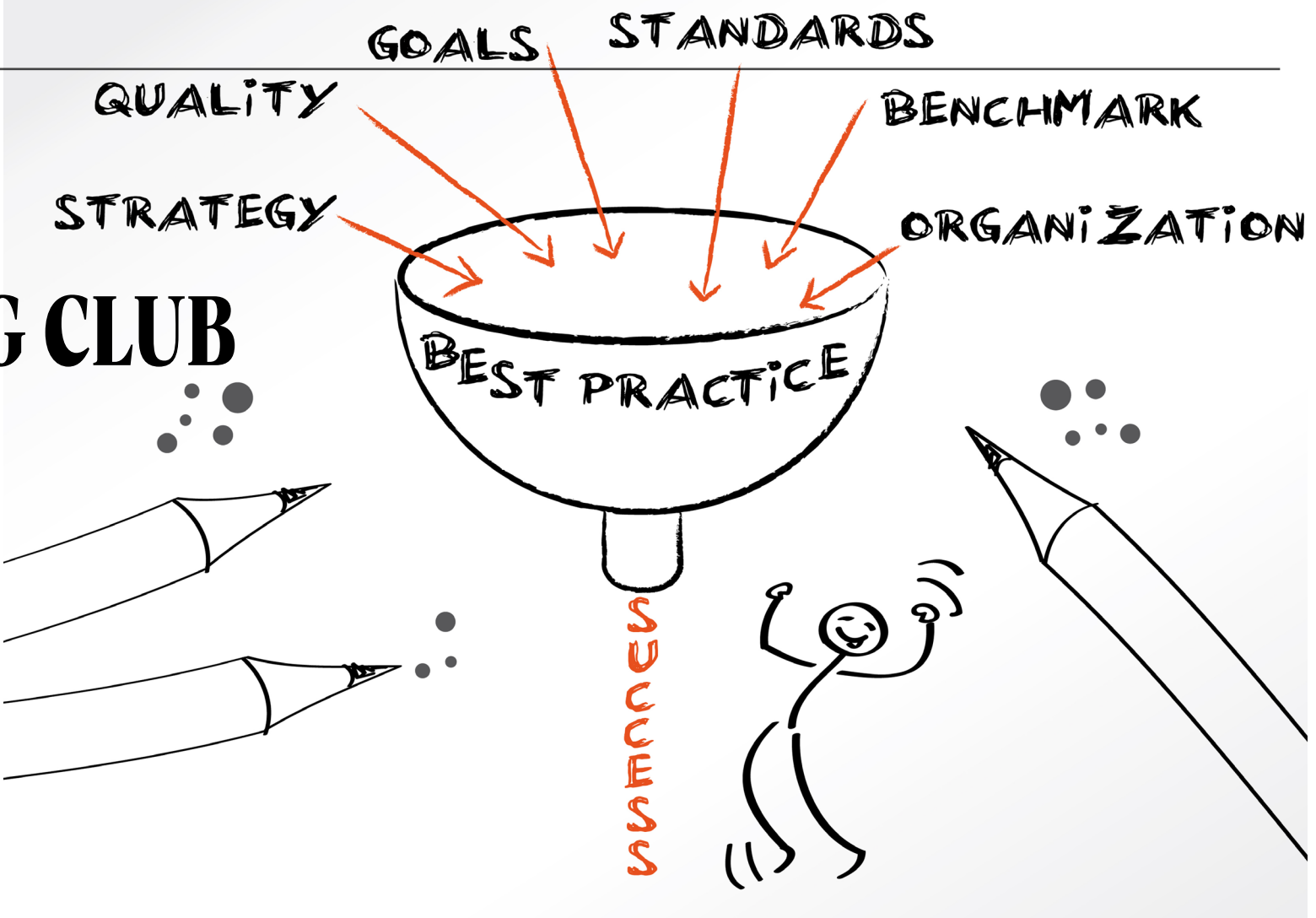
1. Keep meetings upbeat with enthusiasm and APV, “Always Provide Value.”

This is facilitated by the President at the beginning of every meeting and the VPE who ensures that meetings have a clear agenda. It is helpful to confirm roles ahead of time. If you struggle with advanced role commitment, consider filling the Toastmaster and speaker roles, and establish a theme at the end of the prior meeting. Allow the VPE to fill in the other roles during the week. Get your members to agree on this procedure as standard practice. It is APV that is the guiding principle for both tactics previously mentioned. When the President sets a positive and enthusiastic tone, that engages and prioritizes guests, it creates a culture

where the meeting “feels” great. Members often don’t remember what was said but do remember how they felt. When you provide an agenda for every meeting it shows that you value their time.

2. Identify what makes your club unique and express this on your club website.

Every club I have attended is unique. When asking a guest to join your club do you say something like, “we are glad you came,” which is positive and makes the guest feel good. “If you decide to join Toastmasters, you could join our club or any club,” this comment needs improvement. It implies that your club doesn’t have anything unique to offer, and I guarantee that nothing could be further from the truth. I know of one club that made an important discovery. Many of their members are “immersed” in helping within their local communities. That makes them different from other clubs. Step one is to identify what makes your club unique. Step two is to make sure that it is included on your club website. They could post a 30 – 45 second testimonial video that describes passion for community outreach and how it integrates with their weekly Toastmasters club experience.



3. Set your club officers up for success through effective training. This is an important lead measure for a thriving club. Being clear on the why and how to implement this concept is critical. I have noticed that there is a false dichotomy that occurs on this topic, as it relates to Toastmasters Leadership Institute Training (TLI), which is the cornerstone for all Toastmasters club officers training throughout the world. It is either that “we resent being told that we have to attend training twice a year,” or “we see TLI as a way to train new club officers, but more experienced club officers don’t need it.” Have you ever struggled with this “either/or” perspective like me?

What if there were a third alternative? Perhaps the modified perspective could be, “At the two required trainings we learn best practices to enable the ideal balance of delegation/collaboration, contributing to each of the seven fundamental club officer roles for a successful club in Toastmasters.” Does that feel any different? To me, this perspective does not demand that I agree with everything that was presented or implies that my clubs’ priorities must be the same as every other club. Consider this as an opportunity to contribute to the discussion and learn something new.

District 7 Club Website Contest Results

Congratulations to our Winners of the District 7 Club Website Contest!

1 First Place – \$150 – Sunrise Toastmasters

2 Second Place – \$100 – Notary Masters and Sporty Speakers

2 Third Place – \$75 – Moser Community Toastmasters and Tabor Toastmasters

40 Honorable Mentions – \$50 - noted below in alphabetical order

Babble-On Toastmasters	Noon Talkers	Toasting Excellence
Blue Ox Toastmasters	Noontime Toastmasters Club	Toastmasters for Speaking Professionals
Civil Tongues Toastmasters	North Eugene Toastmasters	Top DOTs
Clackamas Stepping Stones	Portland Progressives Toastmasters	Tualatin Valley Toastmasters
Clark County Toastmasters	Portland Toastmasters	Unified Toastmasters
Columbian Toastmasters	PR Masters	Waffle Toasters
Communicators Plus	Professionally Speaking	Wake Up, Beaverton!
Corvallis Evening Group	Roseburg Speakers and Storytellers	Washington Street Toastmasters
Feedbackers	Sage Beaverton	WE Toasted Toastmasters
High Noon Toastmasters	Salem Speak & Lead	West Beaverton
Jefferson State Toastmasters	Sherwood Town Criers	Yammertime
Lake Oswego Toastmasters	Silicon Forest Toastmasters	Yawn Patrol
Marylhurst Toastmasters	Tell Me a Story	
Nano-Mated Speakers	Toast of Corvallis	

Advertising support can be in the form of direct advertising set up by District 7, or reimbursement of advertising expense for advertising that your club purchases. In either case, the advertising must include the clubs website with the intent to drive potential members to your club meetings. This could be a great opportunity for a club to take advantage of an advertising special.



Judging criteria was based on this concept: that the website helped serve the club by bringing potential members to the club. Websites could also serve an important function in the operation of the club, such as communication among members, preparing agendas, etc, but that was not the primary focus of this website contest.

The Toastmasters Work Ethic

Eldred Brown, DTM, IPDD

Only those who dare to fail greatly can achieve greatly

~ Robert F. Kennedy

In the 14 years I've been in Toastmasters, I've identified a unique work ethic that has made many people successful in Toastmasters, in their careers, and in life. I call it the *Toastmasters Work Ethic*. Consistent with the triads we love to use in our speeches, I have organized my analysis of this work ethic into three main tasks. They do follow a sequence of sorts, so it works best to apply these sequentially.

1. Take charge of your growth

You are responsible for your growth, personally, in Toastmasters, and in your career. Do not expect other people to take charge of your growth for you. You know best what you want to achieve and what you need to do to achieve it. Others can offer you valuable insight on what lies on the road ahead of you and on strengths you have but don't know yet, but only you have the power to decide what to do with those insights. Take responsibility for yourself and

remind yourself daily that "if it is to be, it is up to me."

2. Seek challenges

Don't be afraid to take on challenges that appear too big for you at first. You will receive guidance from those who have taken on the challenges before you. Listen to their advice and follow their recommendations. You don't have to know what to do as long as you surround yourself with mentors who do. Don't be afraid to fail or to make mistakes, for in failures and mistakes you will see opportunities to grow.

3. Acknowledge your mistakes and learn from them

Let's face it. If you seek challenges and risk-taking challenges that are too big for you, you will make mistakes. You will embarrass yourself at times. I've embarrassed myself a few times. What defines you, though, is



not that you make mistakes, but how you recover from your mistakes. Do you stay down in the dirt and wallow in self-pity? Or do you get up, brush yourself off, and try again? No person can achieve true success in life without cultivating the latter attitude. You made a mistake? Good! What can you learn from it? Examine what you did that failed. Evaluate the mistakes you made. Do again what you did that failed, but this time don't repeat the mistake you made before. Thomas Edison is said to have failed a thousand times before finally producing a light bulb that worked. When asked about this, he said, "I didn't fail a thousand times. The light bulb was an invention with a thousand steps."

I can't guarantee that this Toastmasters Work Ethic will make you successful with every employer. Some simply won't value it and what it brings to their workplace. But I have found

that this work ethic is the only way I can truly experience growth in any area of my life. I have used it to grow in my Toastmasters journey. I have used it to grow as a music director and musician. I have used it to grow in my career as a software engineer. By following the three steps I define above, take charge of your growth, seek challenges, and learn from your mistakes, you can also grow as a person, Toastmaster, and professional.

Every great cause is born
from repeated failures
and from imperfect
achievements.

~ Maria Montessori



Come What May

Jennifer Schmidt, EH2

“It’s hard to believe, but the contest season is officially over for 2023!” In October I told my mentor, Leela Seeber, that competing in both the International and Humorous Speech Contests was my plan for the year. I admit, it was ambitious to do both. I had never attempted two different speech contests at the same time, but it seemed like a good challenge.

Then a personal tragedy occurred in late November and my broken heart didn’t feel like competing. I wasn’t even sure I could. I wasn’t in a humorous or inspiring mood. But I had already promised and something inside urged me to push through. In December, I competed alongside seasoned Toastmasters: Bill Maher, Joe Harper, and Cleon Cox. Just getting through both contests was my goal at the time. I relied on my passion for Toastmasters to keep me going. It did and I found myself moving on to February’s Area 63 contest.

Between contests I visited several Toastmasters clubs, and the different audiences gave me lots of helpful feedback and perspective. I practiced and refined my speeches to strengthen my message and enhance my delivery. This additional practice helped me to win again in February as I would move on to the Division E contest in both

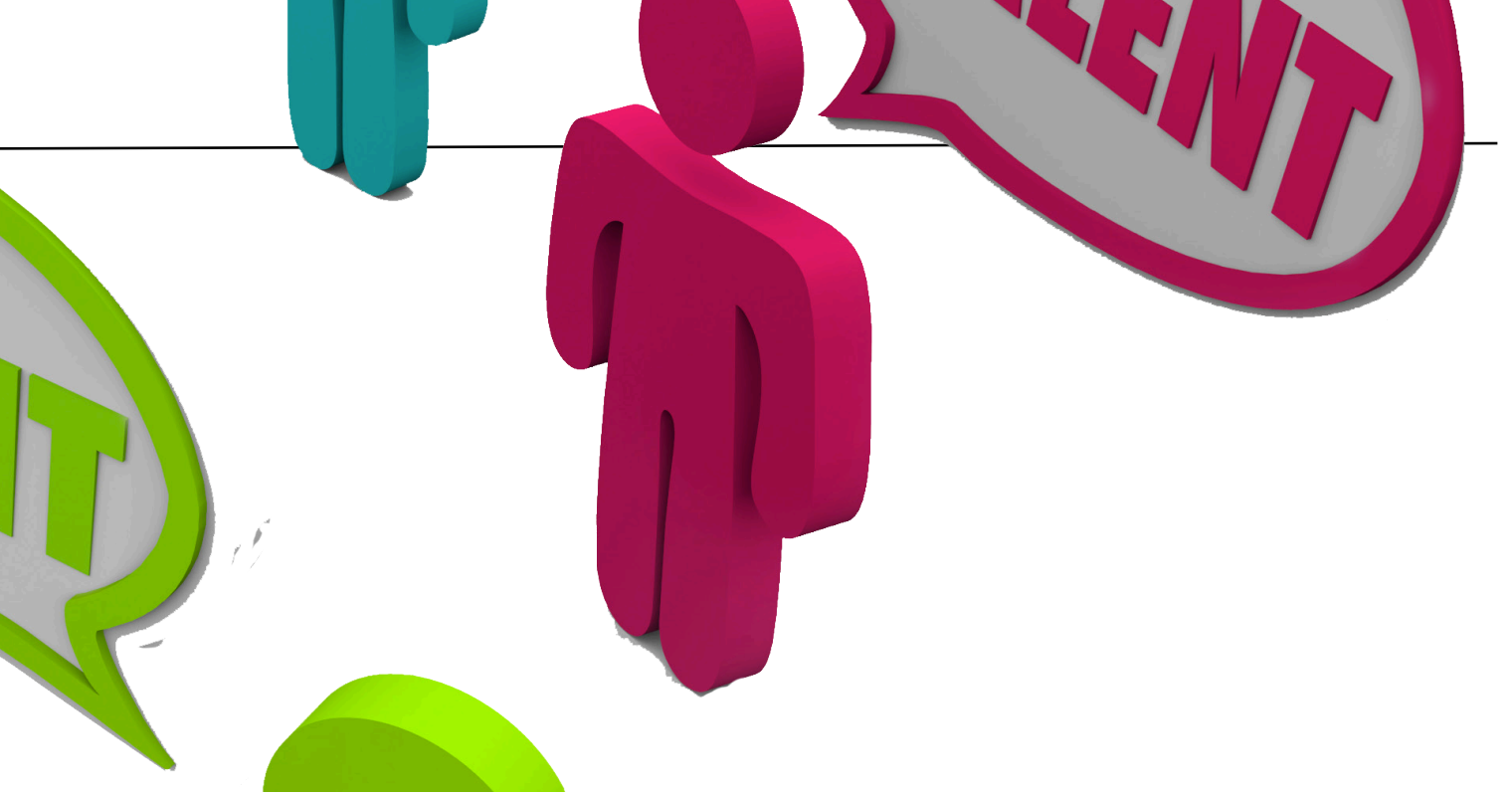
categories. This was always a possibility since I was competing in both contests, but when it happened, I was truly grateful for the opportunity to present both speeches at the Division level.

This was also the last Division contest which was held at the end of April. Until that contest arrived I had over two months to practice, edit, and practice more. I even added a prop for the Division contest based on the feedback I received. This was something I have never done before, but admittedly, the risk of using a prop made my humorous speech even more fun.

I won 1st in the Humorous and 2nd in the International Speech Contests, I was both shocked and thrilled. This was the best I had ever done. It meant I would compete in the District Contest for the first time. Considering my hesitation in December, it surprised me more than anyone that I made it this far.

My victory was even sweeter because I took a chance when it was hard. I could have chosen not to try, and everyone would have understood – except me. That inner nudge (or push) that I have, is persistent and usually refuses to take “no” for an answer.

One thing was true. I certainly got the challenge



I longed for in October. I learned more this year than in any previous contest season. The biggest lessons were:

- **Try when you don't feel like it**

I found that my feelings will always present a good argument for not doing something and they are often one-sided. The reasons may be perfectly valid, and if I listen to them, the result will always be that my goals won't get accomplished. There is a big difference between not feeling it and literally not being able to do something. Every time I tried and succeeded despite my feelings; it was worth it. The process was hard. I found out what I could do and I moved forward in spite of how I felt. Moving forward turned out to be the best choice.

- **One contest at a time**

I always want to do my best at every contest. I only think about one contest at a time. I don't think about the Division contest when I'm competing at the club level. I am thinking about the club contest. I think about the audience and what their takeaway will be after listening to me. If I routinely think ahead, I miss out on the present and that robs me from enjoying each moment. Learning from each

contest and audience is the best approach for me to stretch and grow.

- **Practice and support are key**

Consistent practice is the best way to get my speeches down pat. I feel good when I can start at any point and know exactly what I'll say next. Practice helps with sounding more natural too. Emphasizing a word here, changing the tone there, and each little subtle shift that makes the speech truly part of me. The support I receive from my home club New Horizons Toastmasters Club has been invaluable.

In addition to Leela, Bill, Joe, and Cleon, others who have supported me throughout this process include: Maren Zieba, Penny Jahraus, Dr. Gwendolyn Avington, Ralph Galantine, Jordan Burnett-Rainey, Kamili Talley, Barbie Klein, Gloria Cox, Zachary Rios, Huei-Hua Lin, Krikor Gazarian, Jonathan Abuyan, Rebek, Val, Charissa Yang, Michael Kenyon-Rosenberg, Lisa Busenbark, Maria Mendoza, Ellen Ino, Leanna Lindquist, Patrick Locke, Tamsen Corbin, PJ Kleffner, and many Toastmasters clubs, including, Yammertime, Feedbackers, Silicon Forest, and Toastmasters Professionally Speaking.

Prioritize Your Fears

David Freedman, PM2

How do you come to terms with the things you fear most?

When I was much younger, bullying was a very real concern for me. Growing up with Moebius syndrome, a very rare neurological disorder which caused my face to be bilaterally paralyzed, I dealt with many people who simply didn't know what to make of me. It was extremely common for people to underestimate me or be condescending, particularly with regards to the fact that my speech impediment was quite severe, making it difficult for me to communicate with people effectively. And of course, this made me a ripe target for bullies. To this day, I still sometimes feel a frisson of anxiety whenever I speak up, even though I know that I'm respected by my friends and peers. "Who are you to make these points?" my internal critic will growl at me. Or: "Shouldn't you let other people lead the way? You're not ready for these responsibilities." This despite the fact that I've taken on many different leadership roles, especially over the last decade of being involved in Toastmasters. While I've had these anxiety-ridden moments much less often as an adult, they're still a reminder of how

much I endured as well as where I've ended up today. I know that those fears are largely baseless, but it took time to reach the point where I could essentially wad those thoughts up and throw them into the mental shredder, at least temporarily.

One of the things that I learned in the worst possible way was to prioritize my fears. In other words, if I'm not good enough to speak up, how do I make things work for myself in the classroom as a student, let alone as a writer? Better I keep quiet for a while until I know what I'm doing, or at least to ensure I don't get bullied further. To say this attitude had a deleterious effect on me was an understatement. When you don't feel you have a voice, it's hard to believe that anything will work out well for you. Worse, when you really start to believe your fears, the end result is you look at the worst possible outcomes rather than focus on the goals you'd rather achieve. But sometimes prioritizing your fears can have the opposite effect. There have been many people who claim that when you start your day, you should focus on the thing or project that you most fear, get it done, and then the rest of your day will go more smoothly. In large part



I agree with this sentiment, particularly since once you've completed your project, the anxiety you've built up toward it generally dissipates much more quickly. Nonetheless, learning to let go of that fear starts by recognizing what caused it in the first place.

I'm sometimes not sure which fear is more prevalent for me: fear of success, or of failure. The fear of failure I can at least understand because of past experiences, but I also know through many positive outcomes that failure is an important learning mechanism, while success is the endpoint by which you achieved what you set out to do. Preparing for success often entails painstaking work and preparation for projects or outcomes in which failure occurs frequently before succeeding at one's goals. But in order to get to that point, you have to face both fears head-on. Sometimes it comes down to a simple question: What is it you truly fear more, failing at a project or not seeing the end results that could benefit you in a positive way? While on the surface both points sound similar, if you can't envision success for yourself to begin with, or you're never satisfied with the results, what does success look like for you to begin with? If you've reached

your goal, if it wasn't completely satisfactory, you can always start again and work toward a different outcome. If you've failed, you can track the steps you took until you arrive at another way to solve the problem.

Perhaps the best way I can describe prioritizing my fears in a positive light is to look at it like a Toastmasters speech. You have the introduction, which includes the question or topic you want to share with the audience. Then there's the body of the speech with (ideally) three points that you want to share with the group. Then finally you have the conclusion and call to action, except that last part is really more up to you rather than your audience. What are the fears you have to face today? How can you parse them down to be more manageable? And finally, what will happen if you follow through on your actions? In practice, no fear is so insurmountable as long as we can look it square in the eye and then work our way through as best we can. Even if you don't immediately come to terms with your fear, you can at least identify it and know what it represents to you before making any decisions on what to do next.

The Problem with Beanie Babies

Paul C. Fanning, DTM

I have crossed many borders and frontiers in my life—some actual manned border posts and others the imaginary line on the map. Growing up in Northern California, the most frequent “border” I traveled across (and back) was the border between California and Nevada. The border station or agricultural control post was some twenty miles from the Nevada state line on Interstate 80 by Truckee, a true “spot on the road” to the land of the ringing of slot machines, the “Biggest Little City in the World,” and Verdi, the site of the very first armed train robbery in the United States.

Each state wanted to control the numerous bugs and evasive species of plants that could innocently cross the line into the other state. This was a pain in the neck (and more) as at first they only had one lane that all vehicles stopped at. And yes, our family’s first trip to Reno and grocery shopping turned out to be a disaster as we had bought oranges—those pesky round fruits that harbored so many beasties and nasty things (which caused us to bid them a fond farewell as we officially entered California). That was eventually resolved by a “locals only” lane that allowed one to whiz through the checkpoint with literally “the forbidden fruit.” Whilst the border station did not have guard dogs and officers with machine guns, they were suitably armed with the most lethal weapon in their arsenal, always in their left-hand pocket.

Yes, indeed, the pen was mightier than the sword—and a ticket is a ticket with the fine payable to the State of California or Nevada.

On a more serious note, as an adult, I did cross between Israel and Syria twice in the 1990’s, and there were men with grim faces, no sense of humor, and armed with semi-automatic weapons coupled with a determined dislike of “the other side” who looked upon us tourists as interlopers in the “peace” process. Flitting in and out of England, Italy, Mexico, and Canada was a breeze, an easy practice until one fateful day.

Living in Alaska, and serving the whole state, often involved driving (when I could, and if there were roads) with the need to get from western Alaska to southeast Alaska by going through Canada. These were the strangest borders I have ever crossed. If one was heading back to Anchorage from Haines, you drove up to this little kiosk about a mile out of Haines with a mere red and white arm (then) Her Majesty’s Customs officer (only one in the phone booth sized shack) would raise by hand. I did it so often that she even recognized me! No border station on either side of the Alaska lines, but about twenty miles from the Alaska border was a very modern post, with rest rooms, parking, etc. And, of course, several excise and customs officers on duty as they checked you in on one side and checked you out on the other and sent you on your merry way. Happy motoring, eh! No RCMP Mounties there



either, just the green of customs instead of the gleaming brown boots, red serge tunic,

and Stetson hat—a uniform I rarely ever saw worn in Canada itself. Mounties are famous for “always getting their man,” or so they say, but this one day we discovered that the Customs and Excise men (and woman) are just as tough and formidable!

It had been an uneventful trip into Canada and down to Haines, just miles of tundra until we hit British Columbia and green trees into Alaska again. We were a party of four. I was the junior man on the totem pole and “getting” the privilege of doing the driving. Nice sedan with road dust and three near retirement passengers as well looking very much like the kid taking gramps and two grannies out for a ride. Except we had a marked vehicle and were in uniform. This was normally a quick, one day home trip—smooth sailing with the wind at our backs—and a mere nod of the head at the control station.

There, in the overhang, stood two excise men with their hands on their hips. I knew this was not the day for a brief chit-chat or road conditions brief as they motioned for me to stop. One officer went to my door while the other officer went to the passenger side. Thoughts flooded my mind—had the Russians invaded Alaska, or were we at war with Canada? I knew

that they had blockaded our marine ferry boat at Saint George, but. . . The officer indicated I should roll my window down in the rather balmy 40F degree weather, and it was not the usual “welcome to Canada, eh” but “step out of the car—all of you. Pop the boot for me.” Thank goodness my English background translated the boot to the American, i.e., trunk, at once. Then I started feeling guilty for no reason at all. The usual Canadian smiling, friendly, and politeness had vanished, and four hardened criminals now lined up before the two men. Next, we were told to identify our luggage and have it next to us ready to be inspected. My superior, a veteran of far many more crossings than I (who had been rolling through the checkpoint for-ev-er) started to speak but an upraised Canadian hand silenced him.

It was then that I began to believe someone was playing a prank on us—perhaps someone at Haines or the gas station/post office/restaurant in Haines Junction (Canada) where we had bought gas. The officer reached into his tunic pocket and pulled out 3 x 5 cards and handed one to each of us. They were emblazoned with the Canadian crest, Customs and Excise wording, and I began to read mine. My boss began to laugh, as did I

as we read that it was a declaration form for the export of Canadian goods and the need to pay an excise tax on said goods and we would be fined and/or imprisoned for falsifying this declaration.

At that point, the senior customs man looked at each one of us with his steely, piercing eyes, and asked us “Do you have more than two Canadian Beanie Babies in your possession?” Beanie Babies? The kid’s stuffed toys? Were they kidding? Clearly by their facial expressions and body movement they were not!

You see that was at the height of the Beanie Babies craze in the 1990’s. Some of these toys were made in both the US and Canada and were so marked on their body tags—the Canadian, by law, of course, in French and English. The rarer pieces were those made in Canada, bringing on the collector’s market double or more than the price of the US ones. And Canada was fearful that the Americans would come over the border, buy up all the precious Canadian-tagged varieties, and sell them in the US leaving the poor Canadian children with no Beanie Babies to buy.

I found out later that this was a fad in all the stores in Anchorage, and the collector’s stores advertised “Wanted: Canadian Tagged Beanie Babies” and were willing to pay handsomely for them. But back to the story at hand.

Perhaps the officer thought we had not heard him, or his Canadian-Scottish brogue, but he asked us again if we had any Canadian-tagged Beanie Babies. Sadly, we all said, no. We were then allowed to re-enter the car after stowing our bags back in the “boot” and tootle off to the good ole USA where you could buy as many Beanie Babies as your heart desired. No cheery farewell was issued, just that grim determination to stop

the next vehicle—and perhaps, they could get their babies, er man once and for all.

Dear reader, you may think this to be a tall tale, or even a downright lie, but it is the truth. On my next trip to Haines, I was solo, and I stopped for gas at Beaver Creek, another wide spot in the road where they sold all things Canadian, including Beanie Babies—but limit two per customer. Yes, I bought two going to Haines, and two coming back from Haines, but thank goodness, no one stopped me at the customs and excise post. As you may know, the bottom finally dropped out of the Beanie Babies market, and I managed to buy a dozen in the Yukon on sale—no sign restricting them now and used them as giveaways to the native villagers. The customs men had returned to being their old, friendly selves and waved me through.

The Mounties were after more interesting criminals than I, and usually got their man, but the customs and excise chaps had not got me.

Somewhere in some far flung and remote excise post there might be a poster with my face (and side view) with big lettering “WANTED: FOR ILLEGAL EXPORT OF CANADIAN NATIONAL TREASURES” on it, and surely by now the statute of limitations has long since expired since the great Beanie Babies caper. No pair of shiny silver bracelets and big, ugly men asking me, “Whatcha in for?” in the prison yard.

“O Canada, eh?”

A Salute to Seniors

Lee Coyne, ATMS

Did you know that May is Older Americans Month? That's the one bracket we all can fall into should we survive. It is also a time honored opportunity to do a reminiscence talk about the legacy left by our grandparents. Here's an overview of just what we might cull from their Yesterdata (that's our new word for memoirs of that earlier era):

- What was their best subject?
- Their main extra curricular?
- What about their 1st car ever?
- Let's learn about dating ventures.
- How did courtship go forward?
- What was that first job like?
- Favorite, least favorite boss?
- Bringing up their first baby?
- Hobby to gain relaxation?

The old stereotypes of elderly sitting in rocking chairs and watching the world go by is inaccurate these days. You might like to describe your prediction of post retirement.

Let me mention a magazine article I once wrote called "Project Emeritus." It suggested that retired folks could likely recycle their knowledge to curious high school kids. That linked youth and elders.

We Toastmasters can emerge as welcomed classroom guests. Every future May that well may happen—sowing new seeds for those morrows to come.



Tell Me a Story

Toastmasters

Tuesdays - 7:00-8:15 pm

Meeting Online



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

DISTINGUISHED CLUB PROGRAM

Club Name	Distinguished Status
Babble-On Toastmasters Club	President
Capital Toastmasters Club	President
CareOregon	President
Corvallis Evening Group	President
Fortunate 500 Club	President
Professionally Speaking	President
Rose City Toasters Club	President
Silicon Forest Club	President
Sporty Speakers	President
Waffle Toasters	President
Tell Me A Story	Select
Toast Of Tualatin, Lam Research	Select
West Beaverton Club	Select
Gresham Toastmasters Club	Distinguished
Toastmasters For Speaking Professionals	Distinguished

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Portland Club	Alexander	Ty
Rose City Toasters Club	Almahmood	Mohammed
Yammertime	Andrade	Aby
Arlington Toastmasters Club	Angeli	Courtney
Blue Ox Club	Bacon	Jesse
Lake Oswego Toastmasters Club	Baker	Alexis
Clark County Toastmasters	Balayn	Romina
Waffle Toasters	Banga	Balbinder
Audacious Orators	Bennett	Niya
Capital Toastmasters Club	Borchers	Joseph
Sunrise Toastmasters Club #1492	Bradley	Monica
Storymasters Toastmasters	Brown	Judith
Southern Oregon Speechmasters	Butterfield	Courtney
At The River's Edge Club	Cahalane	Corey
Swan Island Toastmasters	Carreno	Andrea
Babble-On Toastmasters Club	Chen	Mu-Yin Molly
Top DOTs	Clancy	Ian
Arlington Toastmasters Club	Clark	Dick
Capital Toastmasters Club	Clement	Brian
Portlandia Club	Crawford	Celia
Silicon Forest Club	Dai	Xuezeng
West Beaverton Club	deAvila	Anton
West Beaverton Club	Diaz	Marlenne
Capital Toastmasters Club	Diaz-Guillen	David
Sporty Speakers	Duffy	Kari
Audacious Orators	Duncan	Kyla
Salem Speak and Lead Club	Elkington	Leo

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
West Beaverton Club	Fasuyi	Christine
West Beaverton Club	Feldman	Justice
North Eugene Toastmasters	Ferguson	Cheryl
Walker Talkers Toastmasters Club	Filary	Steven
Rose City Toasters Club	Fire	Steven
Coachmasters Toastmasters Club	Frey	Emily
Arlington Toastmasters Club	Frinell	Mark
Creative Communicators	Furgison	Nathan
CareOregon	Gammon	Laura
West Beaverton Club	Garrett	Antonio
Rose City Toasters Club	Gawith	Joshua
McMinnville Toastmasters	Gilman	Shawn
Creative Communicators	Goff	Ryan
Arlington Toastmasters Club	Golden	Susan
Swan Island Toastmasters	Gonzalez	Maria
West Beaverton Club	Gracey	Katherine
Jefferson State Toastmasters	Gutman	Maximiliano
Silicon Forest Club	Hagoski	Brad
Corvallis Evening Group	Hammon	Brian
Speakeasy Toastmasters	Heineck	David
Rose City Toasters Club	Henry	Rodney
Unitus Toastmasters	High	Richard
Jefferson State Toastmasters	Hoffer	Roger
Tabor Toastmasters Club	Hutcherson	Buck
Toast to US	Huynh	Sara
West Beaverton Club	Idlebird	Dywanda
Rose City Toasters Club	Inge	Shabazz

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Portland Club	Jackson	Franteece
Audacious Orators	Jenkins	Carrie
Capital Toastmasters Club	Johnson-Hendrickson	Jordan
West Beaverton Club	Joiner	Karina
Unitus Toastmasters	Ketzenberger	Lizzie
Capital Toastmasters Club	Kinsey	Michael
North Eugene Toastmasters	Kintz	Damion
Capital Toastmasters Club	Kirk-Varekla	Martin
Nano-Mated Speakers	Kmiec	Jeff
Jefferson State Toastmasters	Land	Acacia
West Beaverton Club	Latorre	Alvaro
Salem Toastmasters Club	Lauretta	Jasmine
Audacious Orators	Lawrence	Christopher
Fortunate 500 Club	Lee	Jen
Sporty Speakers	Lee	Michelle
Creative Communicators	Lindauer	Andre
Capital Toastmasters Club	Lopez-Minjarez	Petronilio
Capital Toastmasters Club	Luna-Benitez	Gerardo
CareOregon	Manley	Rachael
Walker Talkers Toastmasters Club	Maradana	Chaitanya
Capital Toastmasters Club	Mendez	Alexander
Banfield Barkers	Mendoza	Faith
Toastmasters of Redmond	Meyer	Jessica
Babble-On Toastmasters Club	Michel-Midelfort	Elin
Capital Toastmasters Club	Mikhay	Paul
Swan Island Toastmasters	Miller	Mark
Capital Toastmasters Club	Moore	David

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Capital Toastmasters Club	Muhammed	Malik
Tell Me A Story	Muldrew	Maggie
Marylhurst Toastmasters	Naismith	Kyle
Capital Toastmasters Club	Nees	Myles
Portlandia Club	Nosler	James
Capital Toastmasters Club	Nyburg	Ryan
Capital Toastmasters Club	Olmstead	Danny
Yawn Patrol Club	Overwater	Alan
Rose City Toasters Club	Payne	Terry
Hood River Club	Podolak	Corrie
CareOregon	Porter	Regina
Unitus Toastmasters	Price	Tasha
Creative Communicators	Qualls	Stefoni
Yaquina Toastmasters	Raguso	Clarissa
Arlington Toastmasters Club	Riggs	Shannon
Capital Toastmasters Club	Rodriguez-Lanz	Carlos
Yammertime	Romeo	Kathleen
MIME Speaks	Ryan	Jackson
Babble-On Toastmasters Club	Saddler	Kevin
Essayons Club	Sautter	Kyle
AAA Towsters	Scabareti	Tom
Flying Toasters Club	Scully	Sue
Capital Toastmasters Club	Shabazz	Mikal
Professionally Speaking	Sorensen	Daniel
Yawn Patrol Club	Springel	Alec
Arlington Toastmasters Club	Stanley	Nicholas
Unitus Toastmasters	Sweetland	Terran
Arlington Toastmasters Club	Taylor	Louis

WELCOME NEW MEMBERS

Club Name	Last Name	First Name
Capital Toastmasters Club	Thorsen	Nels
Clack-Orators Toastmasters	Underwood	Lauren
Capital Toastmasters Club	Vesa	Benjamin
Electric Toasters Club	Whitaker	Ryan
CareOregon	White	Zachary
Will-Sher Club	Widemark	Amanda
Capital Toastmasters Club	Williams	Michael
Silicon Forest Club	Yan	Leslie
Silicon Forest Club	Yang	Ting

HAPPY ANNIVERSARY TO MAY CLUBS

CHARTER DATE	YEARS	Club	CITY
5/1/1956	67	Chanticleers	Portland
5/28/2003	20	Creative Communicators	Salem
5/1/1979	44	Electric Toasters	Portland
5/1/1964	59	High Noon	Salem
5/1/1946	77	Oregon City	Oregon City
5/1/1948	75	Roseburg	Roseburg
5/14/2009	14	Spirit Trackers	Madras
5/13/2015	8	Storymasters	Portland
5/1/1996	27	Timber Talkers	Beaverton
5/29/2007	16	WE Toasted	Lake Oswego

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
EC4	4/20/2023	Albert Wright, EC4	Capital Toastmasters Club
PM1	4/11/2023	Andrea Summerlin, PM1	Yaquina Toastmasters
DL5	4/20/2023	Anthony McThrow, DL5	Capital Toastmasters Club
PI3	4/27/2023	Bella Nissen, PI4	Lake Oswego Toastmasters Club
PI4	4/27/2023	Bella Nissen, PI4	Lake Oswego Toastmasters Club
LD4	4/10/2023	Bernadette A. Montes, LD4	New Beginnings Toastmasters
VC2	4/21/2023	Brenda Buratti, VC2	NoonTime Club
PM4	4/12/2023	Charlie Smiley, PM5	Toast to US
PM3	4/12/2023	Charlie Smiley, PM5	Toast to US
EH4	4/12/2023	Charlie Smiley, PM5	Toast to US
EH5	4/12/2023	Charlie Smiley, PM5	Toast to US
PM2	4/12/2023	Charlie Smiley, PM5	Toast to US
PWMENTORPGM	4/12/2023	Charlie Smiley, PM5	Toast to US
PM5	4/17/2023	Charlie Smiley, PM5	Toast to US
TC4	4/20/2023	Christian M. Longo, TC5	Capital Toastmasters Club
TC5	4/20/2023	Christian M. Longo, TC5	Capital Toastmasters Club
MS1	4/26/2023	Christopher Kling	Rose City Toasters Club
VC1	4/12/2023	Coeli Steiner, VC5	Toast to US
VC2	4/12/2023	Coeli Steiner, VC5	Toast to US
VC3	4/12/2023	Coeli Steiner, VC5	Toast to US
VC4	4/12/2023	Coeli Steiner, VC5	Toast to US
VC5	4/12/2023	Coeli Steiner, VC5	Toast to US
LD3	4/12/2023	Coeli Steiner, VC5	Toast to US
LD4	4/12/2023	Coeli Steiner, VC5	Toast to US
LD5	4/12/2023	Coeli Steiner, VC5	Toast to US
PWMENTORPGM	4/12/2023	Coeli Steiner, VC5	Toast to US
IP3	4/12/2023	Emily Castle, IP5	Toast to US

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
IP4	4/12/2023	Emily Castle, IP5	Toast to US
IP5	4/12/2023	Emily Castle, IP5	Toast to US
PWMENTORPGM	4/12/2023	Emily Castle, IP5	Toast to US
SR1	4/12/2023	Erik Brock	Rose City Toasters Club
LD4	4/28/2023	Francis Njau, LD5	Cedar Hills Club
SR2	4/18/2023	Frank Polehn	Capital Toastmasters Club
PWMENTORPGM	4/11/2023	Heather Randol, TC5	Sunrise Toastmasters Club
EH3	4/14/2023	James C. Robison, DTM	Portland Progressives
DL2	4/26/2023	Jason McFerrin	Rose City Toasters Club
DL3	4/26/2023	Jason McFerrin	Rose City Toasters Club
MS3	4/2/2023	Joanna Johnson, MS3	Flying Toasters Club
MS1	4/26/2023	Joshua Gawith	Rose City Toasters Club
LD1	4/10/2023	Judy Chan, LD1	New Beginnings Toastmasters
TC5	4/26/2023	Karen Brozovich, TC5	Bend Toastmasters
LD2	4/19/2023	Laura Taylor, LD4	Sherwood Town Criers Club
LD3	4/19/2023	Laura Taylor, LD4	Sherwood Town Criers Club
LD4	4/19/2023	Laura Taylor, LD4	Sherwood Town Criers Club
EH2	4/25/2023	Leo Kurkoski, DTM	Blue Ox Club
EH3	4/26/2023	Leo Kurkoski, DTM	Blue Ox Club
IP4	4/30/2023	Leo Kurkoski, DTM	Blue Ox Club
EH4	4/11/2023	Lisa Y. Wheeler, EH4	Friday Night FUN Masters
DL5	4/3/2023	Lori Faren	Coachmasters Toastmasters
PM5	4/17/2023	Louis W. Zangara, PM5	Toast to US
PM2	4/17/2023	Louis W. Zangara, PM5	Toast to US
PM3	4/17/2023	Louis W. Zangara, PM5	Toast to US
PM4	4/17/2023	Louis W. Zangara, PM5	Toast to US
PWMENTORPGM	4/17/2023	Louis W. Zangara, PM5	Toast to US
VC1	4/28/2023	Marvin Walker, DTM	Newberg Toastmasters Club

HONORING EDUCATIONAL AWARDS

AWARD	DATE	MEMBER	Club NAME
PWMENTORPGM	4/28/2023	Marvin Walker, DTM	Newberg Toastmasters Club
VC2	4/12/2023	Miranda Moy	Clark County Toastmasters
PM4	4/27/2023	Omar Sheikh, PM4	Lake Oswego Toastmasters Club
DL3	4/26/2023	Patti Midland, DL5	Stevenson Breakfast Club
DL4	4/26/2023	Patti Midland, DL5	Stevenson Breakfast Club
DL5	4/26/2023	Patti Midland, DL5	Stevenson Breakfast Club
PM5	4/12/2023	Rip Howell	Toast to US
PM4	4/12/2023	Rip Howell	Toast to US
PM3	4/12/2023	Rip Howell	Toast to US
PM1	4/12/2023	Rip Howell	Toast to US
PM2	4/12/2023	Rip Howell	Toast to US
PWMENTORPGM	4/12/2023	Rip Howell	Toast to US
SR1	4/18/2023	Ryan Hekker	MIME Speaks
SR4	4/3/2023	Ryan Villemeyer	Rose City Toasters Club
LD1	4/25/2023	Sandra Winfree, LD1	CareOregon
PM5	4/12/2023	Sebastian Clavijo-Suero, PM5	Toast to US
PM4	4/12/2023	Sebastian Clavijo-Suero, PM5	Toast to US
PWMENTORPGM	4/12/2023	Sebastian Clavijo-Suero, PM5	Toast to US
VC2	4/12/2023	Stephana M. Johnson, VC5	Clark County Toastmasters
VC3	4/12/2023	Stephana M. Johnson, VC5	Clark County Toastmasters
VC4	4/20/2023	Stephana M. Johnson, VC5	Clark County Toastmasters
VC5	4/20/2023	Stephana M. Johnson, VC5	Clark County Toastmasters
PM1	4/6/2023	Susy D. Wagner, PM1	Southern Oregon Speechmasters
TC1	4/28/2023	Ted Takamura, DTM	Marylhurst Toastmasters
PM1	4/24/2023	Yuvaraj Gopalakrishnan, PM1	Communicators Plus

TRIPLE CROWN AWARD PINS

Name	Number Earned	Awards
AbdurRashid Al-Wadud, EH5	4	EH2 , EH3 , EH4 , EH5
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	4	IP4 , IP5 , SR1 , SR2
Brandon Marsh, EC4	9	EC1 , EC2 , EC3 , EC4 , IP3 , IP4 , IP5 , PM4 , PM5
Brent E. Smith, DTM	5	DL4 , DL5 , DTM , 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
Daniel S. Brewer, DTM	5	IP1 , IP2 , PM2 , PM3 , PM4
Dave Hardenbrook, EH4	3	EH2 , EH3 , EH4
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	
Emily Castle, IP5	4	IP3 , IP4 , IP5 , PWMENTORPGM
Erik Bergman, DTM	4	EH5 , PI1 , PI2 , VC4

TRIPLE CROWN AWARD PINS

Name	Number Earned	Awards
Francis Njau, LD5	4	LD2 , LD3 , LD4 , LD5
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
Jason McFerrin	4	DL1 , DL2 , DL3 , DL4
Jeanne Brooks, MS2	3	MS1 , MS2 , PM5
Jennifer Baker, MS2	3	MS1 , MS2 , PWMENTORPGM
Jennifer M. Wood, LD1	3	LD1 , PM1 , PM2
Jessica Baltazar, PM3	3	PM1 , PM2 , PM3
Joan Miller, PM5	5	LD5 , PM3 , PM4 , PM5 , 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
LaVern Bentz, PM3	3	PM1 , PM2 , PM3
Leanna Lindquist, DTM	4	SR1 , SR2 , EH3 , EH4
Leo Kurkoski, DTM	4	EH1 , EH2 , EH3 , IP4
Linda Leis, DTM	3	EH1 , EH2 , EH3
Lisa Schupp, DTM	3	EC3 , SR1 , TC2
Lori Faren	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

TRIPLE CROWN AWARD PINS

Name	Number Earned	Awards
Michael K. Rosenberg, EC1	4	EC1 , PM5 , SR2 , SR3
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, EC4	5	EC2 , EC3 , EC4 , LD1 , LD2
Ryan Villemyer, 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	
Steve Mathis, PI4	3	PI3 , PI4 , PM5
Tamsen Corbin, TC5	3	DL1 , TC5 , VC4
Terry Helland, IP2	3	IP1 , IP2 , PM5
Yahong Neiryck, DL3	3	DL3 , SR2 , SR3



Dave Bones, TM



Lee Coyne, ATMS



David Freedman, PM2



Lorri Andersen, DTM



Eldred Brown, DTM



Paul Fanning, DTM



Jennifer Schmidt, EH2



Phyllis Harmon, DTM



Jim Robison, DTM

Marylhurst Toastmasters



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