

CAPITAL NEWS

CAPITAL TOASTMASTERS #693720

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A TOASTMASTERS INTERNATIONAL CLUB NEWSLETTER

A COMMUNICATION AND LEADERSHIP DEVELOPMENT ORGANIZATION FOR BETTER LISTENING, THINKING, AND SPEAKING SKILLS

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President	Christian Longo
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VP – Membership	Mike Deyette
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Capital Toastmasters

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Meeting Information

Day: 2nd Wednesday, Monthly

Time: 6 – 8 PM, Members

Next Meeting Dates

July 8th

August 12th



@CapitalToastmastersSalemOR

MONTHLY THEME:

Community, Family, and Accomplishment



from the PRESIDENT

It's awards banquet time!

It's a time when we finally get to stop to reflect on the accomplishments of the club and our members who have stepped up and taken our mission to heart. We are proud of our membership and we look forward to expounding on that while among our families and friends enjoying association and a good meal.

This year as a club, we have enjoyed a ton of success, in a large way due the participation and drive of our membership. The top Toastmasters measure of success **was** the *President's Distinguished Award*, an award Capital Toastmasters has won every year but one since 2008. This year, Toastmasters introduced a new top award called the *Smedley Distinguished Award*, which is only awarded to clubs which meet every goal Toastmasters sets for clubs.

I'm proud to announce that **we are the first recipient of this award within District 7.**

The hard work is evident in our club by the amount of interest we have generated around our community. For the first time in our club's history, **we have instituted a waiting list for membership.** The average size of a Toastmasters club is about a dozen members. We currently have 86 members, with enough on the waiting list to push us over 100. While we'd love to embrace everyone wanting to join us, we want to ensure education opportunities and mentorship space for all of our members, which we feel we can only do if we keep our numbers below 80.

Speaking of, pay attention to what our VPs have to say on the next pages about all of the guests and members who have participated in the facilitation of classes. This has been a tremendous thing to witness this year. We are proud of all who stepped up to both lead and learn (Over a dozen different facilitators and 100+ different students!).

Thank you to all of our members and those behind the scenes (family on both sides of the wall) who are have steadfastly supported all of us. You are why we work so hard for this club.

Toastmasters International's Vision

Toastmasters International empowers people to achieve their full potential and realize their dreams. Through our member clubs, people throughout the world can improve their communication and leadership skills, and find the courage to change.



from the VP – EDUCATION

Well, since it's banquet time I wanted to give some shout outs to all those who have made this first half of the year such a huge success for the club, and made me shine:

- Lee Hays and Gunnar Vachon for *Speechcraft*.
- Jesse and Gunnar for *Speechcraft*.
- Christian Longo, Lee Hays, and Carl Alsup as coaches of *The Speech*. Along with all 7 of the judges!!
- Jason Christner for *Table Topics* Workshop.
- Andy Chappell and **Bill Gallagher** for *Overcoming Stage Fright*.
- Devin Rose for *Make the Walls Crumble*.
- Albert Wright, Christian Longo and Jesse Spratt for *Mission, Vision, Goals*.
- **Jackson Miller** and **students** from Linfield College for *Finding your Narrative*.
- Travis Asbill, Lee Hays, **Molly Chan**, and **Kyle Robinson** for *Speechcraft*.
- **Joe Gantt** and **students** for *Debate*.
- Christian Longo, Emmanuel Tenorio, myself, Mike Kinsey, along with **Mike Bellinger** and **Robert Williams** for *Communication and Leadership Class* for the VT Auto (Automotive Industry Training Program).
- Lee Hays and Dustin Bryant for *From Survival to Leadership*.
- All the people who step up each week for *Speech by Pass*, both in English and Spanish.

Wow that's quite a list. Thank you for all the support. This club doesn't function without all of you teaching, and more importantly, taking these classes.

MEETING THEMES

June
Community

July
Inspiration & Creativity

BANQUET GUESTS

Eric Rasor – Soaring Heights
 Victoria Meridith – Soaring Heights
 Sam Keator – All Ireland Cultural Society
 Toni Parque – Oregon Cure
 Buchi Asemota – Our Streets
 Jackson Miller – Linfield College
 Jim Robison – Past District 7 Director
 Gwendolyn Avington – Imm. Past District 7 Director
 Cheryl Myers – Former Secretary of State
 Nina Volkova – Behavioral Health Services Institution Manager
 Carol Seibel – SUDs Counselor
 Jamie Breyman – Asst. Superintendent



from the VP – PUBLIC RELATIONS

You've seen above what our President and our VP-Education had to mention regarding our successes and all that's been happening so far this year. That cannot be possible without the community support that we have in this club. Capital Toastmasters has a long history of community support and engagement, but there has been a heightened interest and participation this year.

Last year, I remember we made a plan to develop "Toastmasters" contacts instead of borrowing guests from other clubs. We enjoyed those guests and were grateful for the other clubs who let us use some of their contacts, but we were limited in how much we could do with them.

The list of the above classes and accomplishments come from accomplishing that initial goal of developing those Toastmasters contacts and having more engagement with our existing and new supporters. In the Education list, the outside guests who helped with the classes are in **bold**. That is what has made our club so dynamic and contributed to so much interest that we had to start a waitlist for prospective members. I want to highlight some of those who led to that and give thanks to the following:

Sam Keator from the All-Ireland Cultural Society and **Mary Carey's** diligent efforts that brought us Bill Gallagher.

Jackson Miller for the students that he has brought in, one of which wants to become a carded volunteer when she graduates.

Jim Robison for sharing our Newsletter with Molly Chen, which sparked her interest in our club.

Joe Gantt for always bringing students in to teach us British Parliamentary Debate, as well as all of the college and university teams that come from all over the country to debate in our yearly tournament.

Katie Dwyer for working with us through Chemeketa Community College to bring our Communication and Leadership class to VT Auto.

Shout out to **Oregon Cure** and **Deborah Clough** for connecting us with Toni Parque, who brings a valuable presence to our underrepresented Spanish speaking group. And to **Allan Edinger** for connecting us with Sahara Medina, who will be co-facilitating a Spanish Speechcraft class this month.

There is more in the works and I know that the rest of the year will bring even more great meetings and classes, with engagement with those in the community outside of these walls. Who take the time out of their busy days to demonstrate that our members matter and that there is a buy-in in their growth.



Recent FB Posts:

Deniz Aydiner as Toastmaster of the Month
Lee Hays & Gunnar Vachon for joining the executive team

What have you been up to? Let us know so that we can post it!

Messages from Loved Ones

We asked members to ask their friends and family for a message of what they have seen in their loved one since they joined Toastmasters. The following pages are some of those messages received. I hope that you enjoy the feedback that was shared with us.

Josiah,

Joining Capital Toastmasters has made a huge difference in your confidence and communications. The growth in your speaking skills, clarity, and presence is truly noticeable. Keep up the great work – your improvement is inspiring to see! I'm proud of you son!

-Mom



I am so proud of Nick. He has shown such growth. Toastmasters has been a wonderful organization, showing him and others the importance of manners, speaking skills, and being their best self. I am very grateful for the effort Toastmasters invests in our loved ones. I am overjoyed with the improvements he has made.

God has been guiding Nick on his spiritual journey. He has helped others who have been hurt, praying with them, and encouraging them. I heard from someone that had been released that Nick had helped him, and it warmed my heart. I am eager to see what else Nick can do with this new mindset. Thank you, Toastmasters, and thank you God.

-Mom

More Messages from Loved Ones

Luther,

Because you had to work for it, never giving up when you struggled, the confidence of your leadership role changed you for the better in a positive way.

-Mom



Lee,

In the last year and a half of Lee being in Capital Toastmasters, I have seen a person, a grown adult, showing growth in his character to step up with his actions and not words. I have seen him this way, no matter what he has or is going through mentally or physically. He's keeping his thoughts together.

He has been in this club and tells me about the activities and all the other things he's been doing. In there, he's been in many ways, what he cannot physically be for many people. From his family and friends, to anyone he cares about, I'm glad he has found things like Capital Toastmasters, which he is happy about. He has told me a lot of cool events, and I specifically remember him talking about the Car & Bike Shows. I think that a lot of things like that are beneficial and have helped him stay busy.

-Daughter

Messages from Loved Ones Continued

Gunnar,

In the last year, I've seen your confidence grow immensely. I still can't believe the changes I've seen in you. You've gotten better at speaking and communicating, and I attribute this to Toastmasters.

-Mom



Jacob,

He has a more positive outlook, takes responsibility for his actions and is committed to staying clean and sober. He seems a lot less angry than he used to. And is keeping a positive attitude. He's been busy keeping a job, and is providing for himself.

- Brother



2026 Calendar

2026 EVENTS

Elections	May 12
Banquet	June 10
All Day Debate	October 12
Holiday Party	December 9

2026 Meetings / Themes

June 10:	(BANQUET) Community
July 8:	Inspiration & Creativity
August 12:	Mental Health
September 9:	Favorite "Quotes"
October 14:	Scary Topics/Hot Topics
November 11:	Giving Thanks
December 9:	(HOLIDAY PARTY) Holiday Memories

2026 Classes

Speechcraft	May 19 – July 7
Debate (Professor Gantt)	May 20 – July 15
Financial Literacy	July 24 – August 12
Speechcraft	August 18 – October 13
Neuro Divergent Workshop	September 1 – September 25
Non-Profit Workshop	September 1 – September 29
Survival to Leadership Workshop	October 2 – October 23
Leadership Mindset Workshop	October 30 – November 6

2026 Fundraisers

At-Cost	BBQ	July 17 (Fri)
3 rd Qtr	BBQ	Sept 5 (Sat)
4 th Qtr	Item Fundraiser	November 10 (Tues)

**SHOUT
OUT!!**

Shout out to one of our new members and Vice President of Uhuru Sasa Cultural Club for raising the bar with his “Rob Reports.” In this, he informs his club’s members on what is happening within Uhuru Sasa, while tying it to the club’s African-American culture and its roots.

June Birthdays

Brian Hessel
Emmanuel Tenorio
Nicholas Myers
Dustin Bryant
Raymond Eddings

June 1st
June 16th
June 18th
June 21st
June 28th

We wish these members happy birthdays this month!

The Mission of Toastmasters International

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality.

Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding and contribute to the betterment of mankind.

It is basic to this mission that Toastmasters International continually expand its worldwide network of clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.

Club Mission

The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self-confidence and personal growth.

A Toastmasters Promise

As a member of Toastmasters International and my club,
I promise...

- To attend club meetings regularly.
- To prepare all of my speech and leadership projects to the best of my ability, basing them on projects in the Competent Communication, Advanced Communication or Competent Leadership manuals.
- To prepare for and fulfill meeting assignments.
- To provide fellow members with helpful, constructive evaluations.
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow.
- To serve my club as an officer when called upon to do so.
- To treat my fellow club members and our guests with respect and courtesy.
- To bring guests to club meetings so they can see the benefits Toastmaster's membership offers.
- To adhere to the guidelines and rules for all Toastmasters educational and recognition programs.
- To maintain honest and highly ethical standards during the conduct of all Toastmasters activities.