



# TOASTMASTERS INTERNATIONAL NEWSLETTER

Club Number 7226837

Toast of Anthem RVA

June 2019

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- Congratulations
- Preparing for your Ice Breaker
- Announcements
- Reminders
- Tools You Can Use
- Pathways

## MEETING SCHEDULE

See detailed [meeting schedule](#)

## CLUB REMINDERS

### Member Dues

Sign up for meeting roles prior to scheduled meetings

### Club Officers

**President**  
Adam Burch

**VP Education**  
Michael Caro

**VP Membership**  
Wana Reyes

**VP Public Relations**  
Shaquana Smiley

**Secretary**  
Open

**Treasurer**  
Karen Isaacs

**Sergeant at Arms**  
Open

### Website:

<https://toastofanthemrva.toastmastersclubs.org/>

### Email:

[toastofanthemrva@anthem.com](mailto:toastofanthemrva@anthem.com)

## Toast of Anthem RVA Club News

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### Club Mission

*We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.*

### Congratulations!

**New Officers** -- The following members were officially elected as the new Officers of our club during the May 30<sup>th</sup> meeting. They will step in effective July 1<sup>st</sup>. Help us give a warm welcome to them as they begin their new role!



Dante Washington  
President



Wana Reyes  
Secretary



Michael Caro  
VP Education



Joshuah Pursley  
VP Membership



Adam Burch  
President



Lindsey Worrix  
Secretary



Michael Caro  
VP Education



Wana Reyes  
VP Membership



Karin Patil  
VP Public Relations



Karen Isaacs  
Treasurer



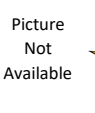
Emma Esperanza  
Sergeant at Arms



Shaquana Smiley  
VP Public Relations



Karen Isaacs  
Treasurer



Helena Bradshaw  
Sergeant at Arms

### Big Thank You!

A great big thank you goes out to our **previous officers** listed below. Thank you for your unwavering dedication, resulting in our Club's inception. Thank you for the inspiration you've given to our members and fellow co-workers. Your efforts are appreciated!

### Moving through the Pathway!

**Michael Caro** is our first member to complete "Level 1" of his chosen Pathway in Education. **Congratulations Michael!**

### Membership Campaign Winners!

Congratulations to our winners listed below! More details [here](#)

#### Category

1. **Bring a Guest to Meetings... and the Winner is Tess Sherzey!**
2. **Meeting Roles...and the Winners are Michael Caro, Helena Bradshaw and Brian Grande!**

**Prizes will be distributed at our July 25<sup>th</sup> meeting. It's going to be a GREAT meeting; you won't want to miss it! More Details to come!**

### PREPARING FOR YOUR ICE BREAKER SPEECH

**What are you waiting for; begin your journey now! Sign up for a Speaker Role in the next meeting. continued on next page**

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**PREPARING FOR YOUR ICE BREAKER SPEECH**

**What are you waiting for; begin your journey now! Sign up for a Speaker Role in the next meeting.**

The first speech project you will complete as a new member is your Ice Breaker Speech.

By now you've heard speeches by club members and have probably participated in Table Topics. This is your opportunity to give your first prepared talk and "break the ice." 4-6 Minute Speech

You will introduce yourself to your fellow club members and give them some information about your background, interests and ambitions. You may use notes during your speech if you wish. Read the entire project before preparing your talk.

**OBJECTIVES:**

- To begin speaking before an audience.
- To discover speaking skills you already have
- To discover skills that need some attention

**RESOURCES TO HELP- Click on links below:**

- [The Ice Breaker](#)
- [Ice Breaker Speech Outline Worksheet](#)
- Contact VP, Education, Michael Caro at [michael.caro@anthem.com](mailto:michael.caro@anthem.com) with any questions

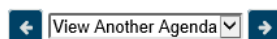
**Sign-Up for meeting roles a few days prior to the meeting time.**

Take on a meeting role -- Each role adds value to your learning experience and helps you improve your communication and leadership skills. **Click below to learn more about meeting roles**

[SPEAKER – EVALUATOR – TIME – TABLE TOPICSMASTER – GENERAL EVALUATOR – TOASTMASTER – GRAMMARIAN – AH-COUNTER](#)

**How do I sign up for meeting roles?**

Go to <https://toastofanthemrva.toastmastersclubs.org/> . Login by clicking on "Member Login"; Once logged in, click on "Members Only", then click on "Meeting Agendas". You can select meeting dates by clicking the down arrow next to "View Another Agenda"; next click "Sign Up" by the respective role .



Contact Michael Caro at [michael.caro@anthem.com](mailto:michael.caro@anthem.com) if you are unable to login.

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Toast of Anthem RVA Club #7226837  
2015 Staples Mill Road  
Richmond, VA 23230

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### ANNOUNCEMENTS

**ROLE MODEL CHALLENGE CONTINUES** – Issued by VP, Education - Effective April 25<sup>th</sup> - The first member to fill all meeting roles will be awarded a unique handcrafted one of a kind prize! One credit per role per meeting - See role descriptions "[A Toastmaster Wears Many Hats](#)"

**IMPORTANT! - Stay tuned for more details to come on our upcoming July 25<sup>th</sup> meeting! You don't want to miss it!**

### REMINDERS

**MEMBERSHIP DUES! – Important Information regarding your Dues for Members that Joined in February** - On April 1st, the new Semi-Annual Dues Schedule started (April – September). In order to bring your membership in line with the current Dues schedule you will need to pay \$15 dues for August and September (\$7.50 +\$7.50=\$15). This payment will need to be paid no later than June 7<sup>th</sup>. If you haven't already done so, please contact Karen Isaacs to arrange for payment.

**SUMMER OFFICER TRAINING is July 13th at Capital One.**  
Info is available on the [D66 website](#).

### TOOLS YOU CAN USE

PROVIDED BY <https://www.toastmasters.org>

Use these online resources to enhance your Toastmasters experience.

- [Public Speaking Tips](#) / [Video Library](#) / [Toastmaster Magazine](#) / [Leadership Articles](#)
- [Club Experience](#) / [Education Program](#) / [Region Maps](#)

### Benefits to signing up for PATHWAYS

PROVIDED BY <https://www.toastmasters.org>

Pathways helps you learn communication and leadership skills that you need to succeed. It gives you:

- The opportunity to build up to 300 unique competencies
- 11 specialized learning paths to choose from
- Online content, so that you can learn anytime, anywhere
- Real-world, transferable skills

Visit <https://www.toastmasters.org> and [start your Pathways Journey](#)

#### 12 paths are available to you

- Dynamic Leadership
- Effective Coaching
- Engaging Humor
- Innovative Planning
- Leadership Development
- Motivational Strategies
- Persuasive Influence
- Presentation Mastery
- Strategic Relationship
- Team Collaboration
- Visionary Communication
- Humorous speaking