

THE RICHMOND WRAP

RICHMOND TOASTMASTERS CLUB # 1397, District 66

Publisher: Dan Yanchisin, President 804-282-9262 Editor: Chris Jordan, Editor 804-553-4251

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Club Mission

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

Officers, 7/1/01 –6/30/02
Pres: Dan Yanchisin, ATM
VPED: Milt Pritchett. CTM
VPM: Stuart Townes, CTM
VPPR: Chris Jordan, DTM
Sec.: Dick Hazel. ATM-B
Treas.: Don Wells, CTM
SAA: Jonathan Mallard,
CTM/CL

Congrats Corner

Winner - Membership contest - Ernie Rogers

Winners Circle

Winners, January 8

Speaker - Ginger Cofield

Evaluator - Jonathan Mallard

Topics - Christiana Mallard

January 22, 2002

Speaker - Ernie Rogers

Evaluator - Dan Yanchisin

Table Topics - Scott Elles

Achievements

New CTM - Stuart Townes, Jr.

Visitors:

Jeff Dickson

Sonja Lauren

Mary Keith Floyd
James Arbuckle

Scott Elles

New Members:

Scott Elles

Todd Bullivant

From the President's Pen...

. There is good news and bad news...

Milt gave us some good news on the standing of our Club. Of course, there is no question that we are the number one Club in the District. Let's face it we are the Duke of District 66. No. 1.

You say hey we are growing. We are going to achieve our goal of twenty-one members with room to share. We are averaging at least one new member a month. We have visitors at every meeting. We have dynamic meetings. There is nothing but good news about Richmond Toastmasters.

Well guys, leave it up to Dan to come up with some bad news. There are at least four members of our Club who have not attended a meeting in the last four months. That means we are not satisfying the needs of a good portion of our membership.

Yes there are many things we still have to do if we are to become a

first class club. So let's get to work.

Dan

Editor's note - Diana Canaday has classes until June.

Nancy Kuehl changed jobs. Mark Deutsch has not attended any of the meetings. #4 ? Members sometimes have other commitments that coincide with our meeting dates.

The VPED writes...

While enjoying your favorite concert, did you ever wonder what it takes to have a successful and enjoyable program? There are band members and a master of ceremonies, but there are a lot of behind the scenes, people necessary to make the concert successful. Toastmaster's works the same way. While the speakers and table topics are the main draw, you also have people who work behind the scenes to keep the program running smoothly, from the ah counter and timer to our club officers. It takes many peo-

ple to make a meeting run smoothly and we should all take an active role in our club by volunteering for the various duties. However you choose to participate, your membership and growth as a toastmaster is enhanced once you take an active role at each meeting. (Excerpts borrowed from Toastmasters *Successful Club Series*, Title *Meeting Roles and Responsibilities*)

Milt

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Opportunity Schedules
February 12, 2002

Theme – PT cruiser
TM – Cathy Keller
Inv/Last Word: Dan Yanchisin
W/H – Dan Yanchisin
TT – Dick Hazel
Speakers:

Chris Jordan
Don Wells
Nancy Kuehl
Ernie Rogers

GE – Dan Yanchisin
Evaluators

Todd Bullivant
Brenda Will
Ginger Cofield

GR/AH – Scott Elles
LP/Jester – Andrew Gibb
Timer/VC – Milt Pritchett
Alt. Speaker –
Education – Milt Pritchett

February 26, 2002

International Speech &
Table Topics Contests

Sign up for the club contests.
Stretch your comfort zone.

Thoughts to ponder...

**"Four simple steps
to overcome pro-
crastination."**

1. Tackle the Dread Set to work on the task. Time yourself for one hour.

2. Confront Your Excuses. Examine your excuses and discard them if they are not true.

3. Identify Common Fears

If you can identify the deep-seated fears that lead you to procrastinate you can confront them squarely and overcome them.

4. How To Get Things Done

Don't plunge into the job without planning how to do it effectively.

**If you want to read
the full article -
try**

www.bottomline-secrets.com/

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"How to Change Your
Life One Breath at
a Time."

The recognition of breath's intimate attachment to health and also to appreciation of life is as old as recorded history. Today the focus of virtually all the schools of physical arts - yoga, tai chi and other martial arts, even the physical conditioning techniques by the military - includes the conscious awareness and modulation of breathing."

The full article is on
www.bottomline-secrets.com/

Editor's note -
Wonderful benefits for Toastmasters in their efforts to achieve better speaking abilities.

That's all folks!