

The Valley

WORD

Spring & Summer 2023

Valley
Toastmasters -
Doing Well
and Doing
Good

40 Years
Of Great
Speaking



Valley
TOASTMASTERS

VIEWPOINT

2023–2024 OFFICERS

President
Keven Brown

Vice President of Membership
David Schneider

Vice President of Public Relations
Shara Merrill

Vice President of Education
Katlyn Ewens

Treasurer
Vicky Parrulli

Secretary
Madison Marano

Sergeant at Arms
Matt Bullock



Keeping That Spirit Alive

My Dear Fellow Valley Toastmasters,

Our recent 40th Anniversary celebration was a great chance to reflect. Our club boasts a long and illustrious history, with countless individuals who have honed their public speaking and leadership skills within this supportive group.

Now, it is our turn to carry the torch and ensure the continued success and growth of our beloved club. We are fortunate to be part of a community that has nurtured countless individuals, empowering them to become confident communicators and exceptional leaders. It is both a privilege and a responsibility to be entrusted with this task, and I am confident in our collective ability to rise to the occasion.

As we embark on this exciting journey together, let us remember that the success of our club lies not just in our individual achievements, but in our collective efforts. Each one of us has a vital role to play in nurturing an environment where members feel empowered, inspired, and supported. Together, we will foster an atmosphere of growth and excellence, encouraging one another to reach new heights and conquer any obstacles that may come our way.

Let us embrace this opportunity to make a difference, to make our generation of this club exceptional. Together, we can build on the foundation laid by those who came before us. With determination, dedication, and a shared commitment to growth, I am confident that our club will continue to thrive and evolve.

Thank you all for your unwavering support, and I look forward to the exciting journey that lies ahead. Together, let us seize this moment and ensure that our club's legacy remains one of excellence, inspiration, and transformation.

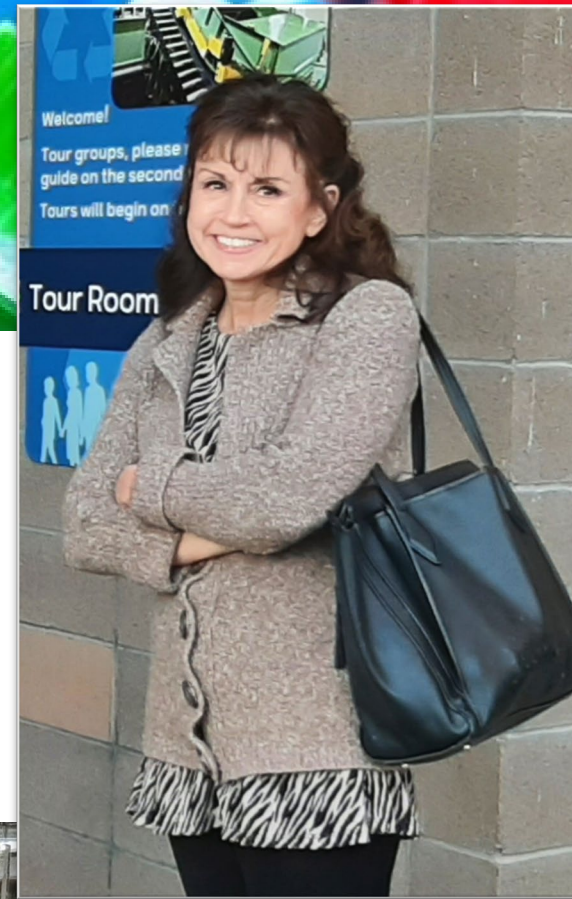
Warm regards,
Shara Merrill
Valley Toastmasters, VP of Public Relations





In a quest to deepen their understanding of recycling and environmental sustainability, several members of Valley Toastmasters embarked on a memorable visit to the City of Phoenix North Gateway Transfer Station in March. With Kathryn DeBano-Rhodes, Vicky Parrulli and Shara Merrill, led by Doug Mings and his curious 4-year-old son Nico, the group eagerly explored the inner workings of the facility.

Where it Goes



Upon arrival at the North Gateway Transfer Station, the members of Valley Toastmaster were greeted by Kevin, a guide who expertly explained the intricate process of recycling. The facility serves as a crucial hub for managing waste and recyclable materials, playing a vital role in promoting a greener and more sustainable future.

For young Nico, the visit was an eye-opening experience. His wide-eyed curiosity and infectious enthusiasm added a special dimension to the tour. Exploring the recycling plant alongside his father and fellow club members, he gained valuable insights into the importance of responsible waste management and the role recycling plays in preserving our planet for future generations.

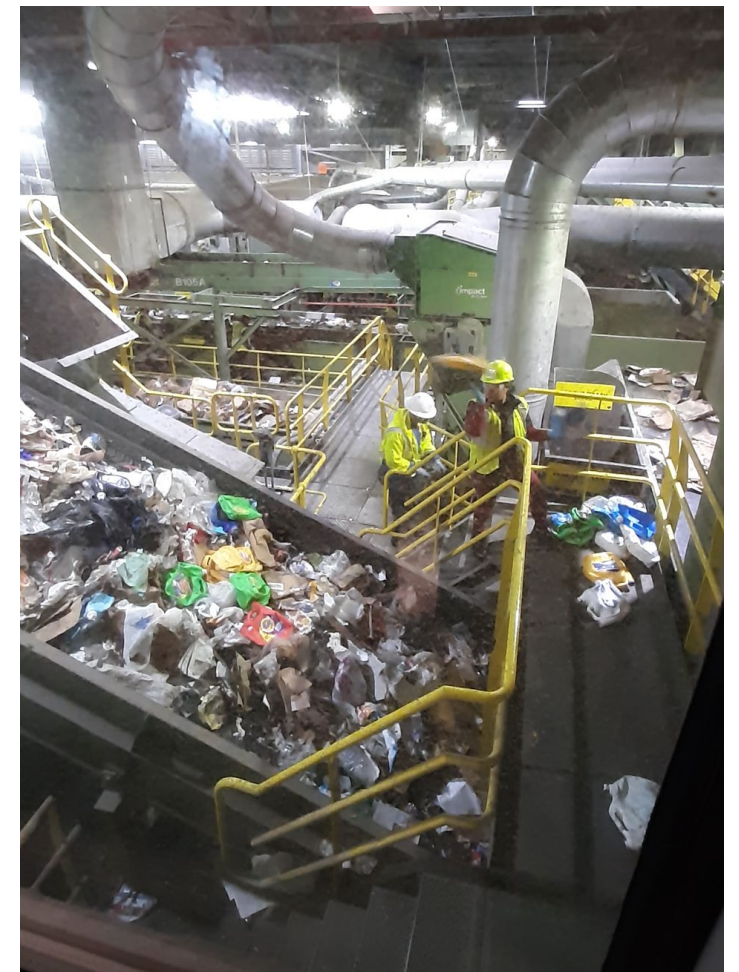
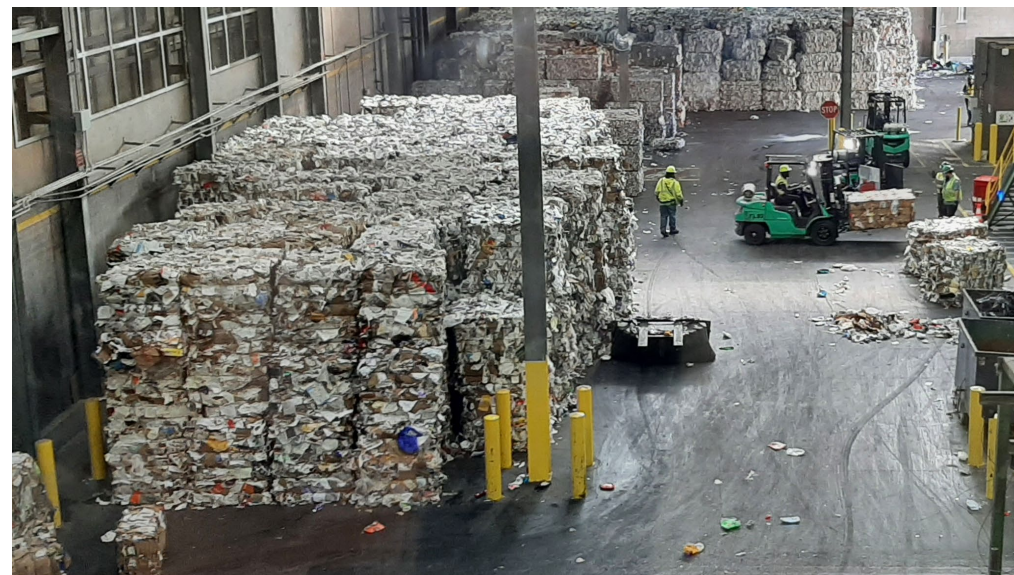
The visit to the City of Phoenix North Gateway Transfer Station left a lasting impression on the Valley Toastmasters members. Witnessing firsthand the dedication and innovation behind the recycling process ignited a renewed passion for sustainability and a commitment to promoting eco-conscious practices within their community. Armed with newfound knowledge and a heightened sense of responsibility, the group left the facility inspired to champion environmental stewardship in their personal and professional lives.

The experience at the North Gateway Transfer Station reinforced the understanding that recycling is not just a concept, but a tangible action that can make a significant difference in preserving our environment. Valley Toastmasters members are now even more determined to spread awareness and inspire others to embrace recycling as a powerful tool for positive change.

By actively engaging with the recycling process at the City of Phoenix North Gateway Transfer Station, these individuals have taken another step towards building a greener, more sustainable future. Their visit served as a reminder that small actions can have a profound impact when it comes to protecting our planet, leaving a legacy of environmental consciousness for generations to come.

The tour began with a comprehensive overview of how the transfer station operates. Kevin elucidated the importance of sorting waste properly and the significance of diverting recyclable materials from landfills. They highlighted the City of Phoenix's commitment to reducing waste and explained how the transfer station efficiently handles the collection, processing, and redistribution of recyclables.

As the group ventured further into the facility, they witnessed the remarkable machinery and equipment employed to sort, separate, and process recyclable materials. They were amazed by the sheer scale of operations and the meticulous attention to detail required to ensure the effectiveness of the recycling process. From paper and plastics to glass and metals, each material had its designated area, showcasing the commitment to maximizing resource recovery.



Happy ANNIVERSARY 40 years and COUNTING

Celebrating 40 Years of Toastmasters Excellence at Valley Toastmasters

Valley Toastmasters, a distinguished club with a rich history of nurturing public speaking and leadership skills, recently celebrated a momentous milestone—their 40th anniversary. The special occasion was marked by a grand celebration held at a venue in Sun City. Valley Toastmasters is a blended club, so current members, former members and former Walkie Talkies all joined in to commemorate this remarkable achievement.

April 1, 2023



The event was filled with warmth, camaraderie, and a deep sense of appreciation for the transformative power of Toastmasters. Vicky Parrulli and Lori Peck, two dedicated members of Valley Toastmasters, took the lead in organizing the event, leaving no stone unturned to ensure it was an unforgettable experience for everyone in attendance. Their meticulous planning and attention to detail paid off as the celebration surpassed all expectations.

The highlight of the afternoon was the presence of esteemed keynote speaker Connie Kadansky, a renowned expert in sales and communication skills. Connie's insightful speech resonated with the audience, captivating their attention and inspiring them to continue their journey of personal and professional growth. Her words served as a powerful reminder of the invaluable opportunities Toastmasters offers to individuals seeking self-improvement.

One of the exciting moments of the anniversary celebration was the introduction of the new Valley Toastmaster Speech Timer by Shara Merrill, a recent

addition to the club. The Speech Timer is a state-of-the-art tool designed to assist speakers in delivering impactful and well-timed speeches. Its user-friendly interface and helpful features garnered enthusiastic applause from the attendees, highlighting the commitment of Valley Toastmasters to embracing innovation and supporting member success.

The event also provided an opportunity for old friends and familiar faces to reconnect. Many former Valley Toastmasters members joined the festivities, reminiscing about their shared experiences and the personal growth they achieved through the club.

Valley Toastmasters stands as a shining example of the transformative power of Toastmasters International, and the 40th anniversary celebration served as a moment of reflection, gratitude, and renewed determination to empower individuals to become confident communicators and leaders. Here's to the next 40 years of Valley Toastmasters' success and the countless lives it will continue to positively impact.



COMMUNITY FIRST



[Glendale, July 8, 2023] - In a remarkable display of community engagement and social responsibility, members of the Valley Toastmasters Club partnered with nonprofit organization Market on the Move to distribute surplus food to those in need. Spear-headed by the club's president, Kevin Brown, the team of dedicated volunteers worked tirelessly to make a difference and tackle the pressing issue of food waste.

Market on the Move, renowned for its mission to reduce food waste, offers individuals the opportunity to purchase a trunk full of high-quality, remaindered food for a nominal fee of \$10. By diverting these surplus food items from landfills, the organization not only prevents environmental harm but also ensures that nutritious meals reach individuals and families facing food insecurity.

The initiative, which took place on July 8, saw community members visiting the distribution site in their vehicles, ready to contribute to the cause.

Under the leadership of Kevin Brown, Toastmasters Club President, the team of volunteers came together to lend a helping hand.

Among the dedicated volunteers were Vicky Parulli, Madison Marano, Kathryn DuBano-Rhoades, Shara Merrill and her husband Jay Hamm, all of whom exemplified the spirit of selflessness and community service. With smiles on their faces and a shared commitment to making a positive impact, the Toastmasters Club members worked tirelessly to organize and streamline the distribution process, ensuring that everyone received their share of fresh produce and grocery items.

Kevin Brown, the driving force behind the collaboration, expressed his gratitude for the opportunity to contribute to Market on the Move's mission. "We are thrilled to partner with Market on the Move and support their incredible efforts in reducing food waste," Brown stated. "By volunteering our time and resources, we aim to



Kathryn evaluates pears.

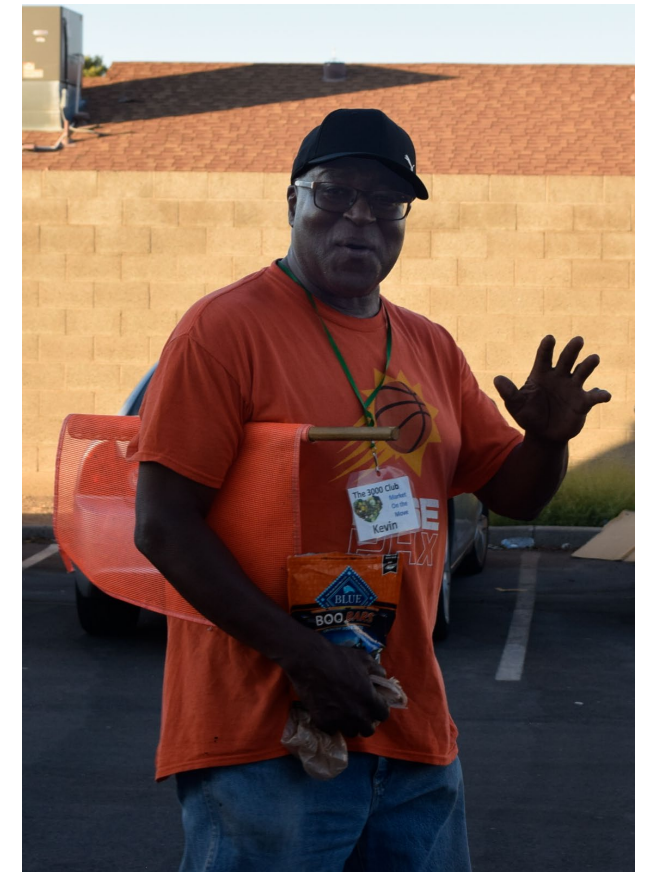
make a tangible difference in the lives of people in our community."

Market on the Move's innovative model, which purchases surplus food that would otherwise go to waste, has gained significant traction in recent years. With the support of dedicated volunteers and community organizations like Valley Toastmasters, the initiative continues to expand its reach, offering nutritious food options to more individuals and families in need.

The collaborative efforts of the Toastmasters Club and Market on the Move not only address the immediate needs of the community but also underline the importance of sustainable practices and social responsibility. By coming together and taking action, the volunteers demonstrate the transformative power of grassroots initiatives in effecting positive change.

For media inquiries or further information about the collaboration between Valley Toastmasters and Market on the Move, please contact:

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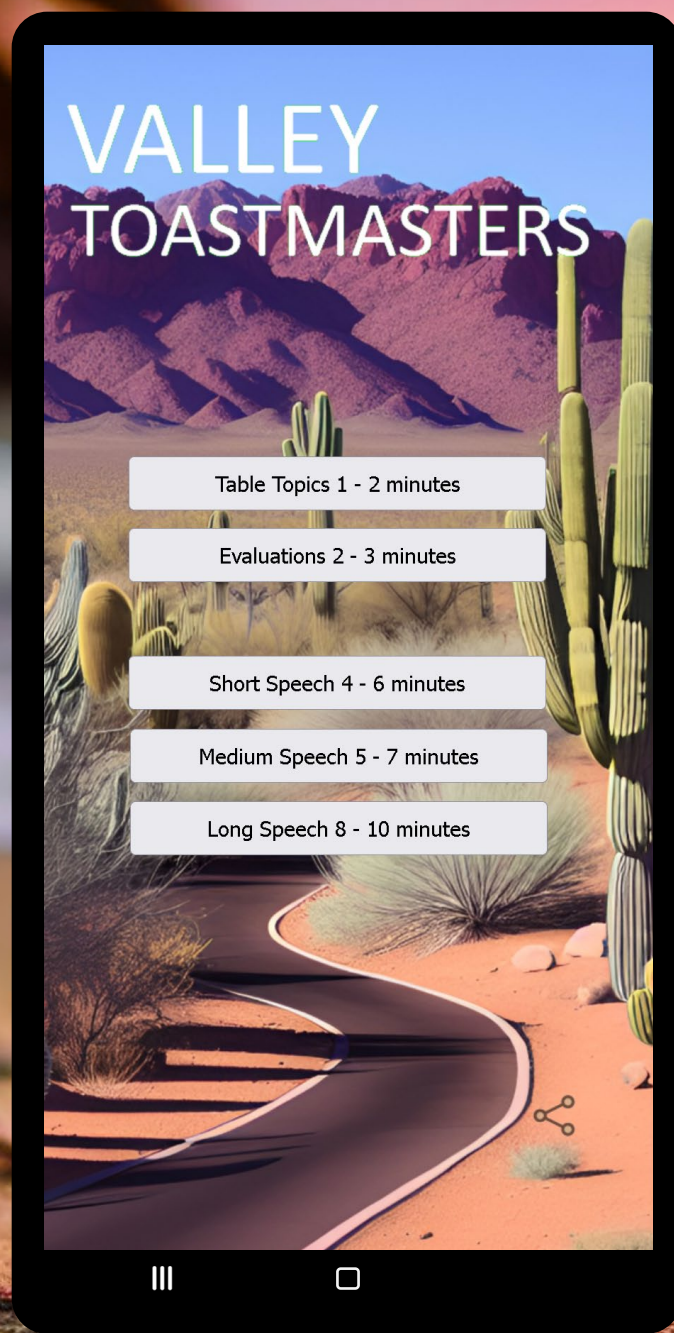
President Kevin Brown



Vicky (above) and Maddy (right) help load vehicles with groceries.

Relax. We got you.

Never worry about speech timing again with this handy timing app. The app features all the Toastmasters standard speech lengths, with appropriate warning lights that activate at just the right moment for each speech. Use during meetings, or to practice speeches on your own.



Use this QR code to get the app on your phone!



QUICK TIPS

How To **Start Your Journey**

Embarking on the Toastmasters journey is an exciting endeavor filled with countless opportunities for personal growth and development. As a beginner, it's important to approach this transformative experience with an open mind and a willingness to embrace new challenges. To help you navigate this exciting path, here are three quick tips that will set you on the right track towards becoming a confident and effective communicator.

- ▲ **Embrace the Journey:** Embrace the process of growth and improvement, allowing yourself to step outside your comfort zone and learn from each speaking opportunity.
- ▲ **Emphasize Feedback:** Value constructive feedback from fellow members and mentors, as it is an invaluable tool for honing your skills and becoming a more effective communicator.
- ▲ **Get Involved:** Take an active role in club activities, such as participating in Table Topics, serving as a functionary, or taking on a club officer role, to maximize your Toastmasters experience and accelerate your personal development.

By incorporating these three tips into your Toastmasters journey, you are well-equipped to make the most of this remarkable opportunity. Remember, it's about embracing the journey, valuing feedback, and actively engaging in club activities. With each speech, evaluation, and role you undertake, you will inch closer to unlocking your full potential as a speaker and leader. So, dive in, embrace the learning process, and seize every chance to grow. Your own Toastmasters adventure awaits!