

INSIDE THIS ISSUE

Handling Over the Gavel

Meeting with a Difference

Executive Team Building Event

SCTMC First Area Director

Club Officers Training (COT)



Sugar City Toastmasters Club, 4617742 NEWSLETTER

Volume 5, Issue 1

July to September 2020

Mark Your Calendar

Meeting August 3

Theme: **Emancipation**



Dress in your emancipation colors



First Round COT

August 5th

Semi-annual Membership Dues

September 25

District Conference

May 2020 - Aruba

Birthday Shout Outs

TM Shamara July 14
TM Xavier-Jon July 29
IPP Lesley August 5
TM Gaylene August 11
TM Golda August 11
Pres. Pauline Aug 12
TM Tevince August 25

SCTM Club Website

<http://sugarcity.toastmastersclub.org/>

Handing Over the Gavel

Poised for Success

The Gavel sounded and it was final, the 2018-1019 term was over and the 2019-2020 Toastmaster year began. Sugar City Toastmasters club was off to a new and exciting term; its fifth year. To celebrate the auspicious occasion Toastmasters convened for the annual Blue Carpet event at Railway Bar and Grille. Members and guests came to celebrate the accomplishment of the club, the outgoing executive and members and witness the installation of the new executive board. It was a night filled with pride and fun for all the members, everyone was in celebration mode.



SCTMC members and guests celebrating at the annual Blue Carpet Affair

There was much to celebrate, the club earned its 4th consecutive President's Distinguished status and members earned their educational and leadership goals; TM Eartha Cassius obtained her ACG, TM Sheryl Bass attained a triple crown award through the completion of her Competent Communication projects, TM Juliet Constantine secured her CC in only nine months and TM Grace Carr successfully completed her CC at the Award ceremony by presenting her final project titled "Anatomy of the Dash." A total of four Toastmasters successfully completed their Level One Pathways Projects and a five achieved their Competent Communicator Awards thus exceeding the Club's educational requirements.



Members receiving awards and certificates from past VPE Querida (L-R) TM Juliet Constantine, TM Marilyn Johnson, TM Neika-Gaye

New Executive members 2019 - 2020 (L-R) Treasurer Ludencia, President Pauline, VPE Sheryl, VPPR Gillian, IPP Lesley, SAA Imani, VPM Querida

After the recognition and awards the new executive members were inducted to their posts and the gavel was literally and figuratively passed on. Each executive held the gavel and pledged their commitment to the office and the members they were elected to serve. At the end President Pauline gave her induction speech and called on her committee, the members, members-in-waiting and supporters to remain committed. Commitment was the word of the evening and everyone responded with a resounding COMMITTED! It was a passover like no other. The club is poised for another year of success.

by TM Rohanda Devent

Executive Team Building Event

Paint, Connect and Commit

The new executive began their term with a team building event proposed, planned and executed by President Pauline. Madame President invited her team, her mentor TM Eartha and her mentee TM Sabina to a surprised rendezvous at Caribelle Batik. The team arrived to a welcome like no other; the lookout was set up by Ms. Sue the artist and President Pauline. President Pauline explained to her team that like singing painting is a passion of hers and she wanted to share her interest with her team in the form of a team building event.

The idea of the exercise was to work together to create one amazing painting where each piece can function as a beautiful piece of art on its own. The event began with an icebreaker called "two truths, one lie" where each member wrote their two truths and one lie about themselves on a piece of paper and held onto it until the end of the day. The team joked, shared experiences and ideas, painted quite territorially in some cases, ate and connected. At the end of the day, each person shared their two truths and one lie and the rest of the team tried to detect the lie, this created quite a conversation. Before dispersing President Pauline reminded the team that "the success of the team is determined by each person's commitment," her mantra for the 2019-2020 term.



Executive Team Building Exercise

New Member Welcome

We would like to give a big Sugar City Welcome to our Newest Toasties:

**TM Avonis Abraham, TM Dr. Jacqueline Austin, TM Kayla Farrell
TM Juan Pablo Lynch, TM Mary Bryant, TM Desiree Simon
TM Jackie Ferracho-Williams, TM Sanjana Manek Chuganey**

We are so happy to have you a part of our Club
This brings our Club Membership to **38 Members!** Go SCTM!



Did You Know?

CARIBBEAN TOASTMASTERS DISTRICT 81

LAST LAP TO DTM!

9 More Months To Complete DTM in the Legacy Program

FINISH LINE AHEAD

We can do it!

For more information contact pqd@caribbeantostmasters.com

DISTRICT 81 Caribbean Toastmasters

May 2020 Conference Fee Payment Schedule

Aruba!

Embrace the Change

EXPERIENCE THE CARIBBEAN
the open spirit, ocean, beach, drink and papaya!

May 27-May 31
Pier score table
www.caribbean.toastmasters.org

Pay before Jan. 11th
\$160US & FREE island tour!

Pay Jan. 11th— Feb. 15th
\$160US island tour not included

Pay after Feb. 15th
\$190US island tour not included

For more information contact the Conference Planning Committee at conference@caribbeantostmasters.com

Members Celebrating Emancipation Day

Theme: Our Emancipation Story
WOE: Cultivate



TM IPP Lesley, TMOE; TM Valencia, Speech Evaluator (top);
TM Jackie, Grammarian (bottom), TM Xavier-Jon, Table Topics Master

Sugar City Toastmasters Club Newsletter

Meeting with a Difference

Our first meeting for the Toastmasters year on 6th July 2019 was a memorable one. Both guests and members were taken up by the ambiance of the room as it was decorated with quotes and other symbolism that depicted our word of the evening-**commitment**. The theme of the meeting was “getting to know you.” We started with the Table Topics session in the form of Bingo! Not the regular bingo as you would imagine, this version allowed members to go around the room interacting with each other sharing what they felt comfortable and confident to share! It was quite a thrill to find out that our members are closeted nudists, aspiring comedians and race car drivers, singers and dancers. We definitely got to know each other.



Members and guests at SCTMC first meeting



The Word of the Evening "Commitment"



President Pauline and AD Eartha

The rest of the meeting carried on with VPPR Gillian presenting on Effective Evaluations to encourage the members to be more confident and take on speech evaluations roles. She presented on what speech evaluation is, how the presentation is to be evaluated and how to present the evaluation. VPPR Gillian then play a three-minute video and allowed members to evaluate the presentation and present their evaluations. At the end of the session members were more confident in taking on the role of Speech Evaluator.

Then it was time for the prepared speeches. The speeches were quite fitting with our theme as all of the prepared speeches were ice breakers from our new members; TM Shakiema Wilson “Fight of my Life,” TM Elvira Pemberton “Better Late than Never,” and TM Juan Carlos “Pablo.” Then the new executive members introduced themselves, their office and responsibilities that they have committed themselves to; to ensure that we meet all of the club’s objectives. The executive’s theme for the 2019-2020 year is “the success of the team is determined by each person’s commitment. What this means is that, the executive as well as all of the members will work together to effectively take Sugar City Toastmasters club to the goal of President’s Distinguished Club; for the onus doesn’t only rely on the executive members. Such commitments include coming to meetings regularly, paying our dues, taking roles in meetings, working together as a team, encouraging each other to complete projects. The meeting ending on a high, filled with excitement and anticipation, ready to take on the year ahead with each member committed to take the club into its fifth year as a Presidents Distinguish Club! President Pauline closed the meeting by inducting new members and toasting Sugar City’s own TM Eartha Cassius as our Area Director.



Ice Breaker Speeches: (L-R) TM Shakiema Wilson, TM Elvira Pemberton, TM Juan Lynch



President Pauline recognizing AD Eartha

Sugar City Toastmasters Club First Area Director

My Journey to Area Director



AD Eartha Cassius

I jumped at the opportunity to join Toastmasters when I heard that there was a club being formed. I had learnt of Toastmasters the previous year and had put it on my bucket list. All I wanted to do was speak, improve my speaking skills and that was it. I had no intention of being on any executive committee. None of that exec stuff was for me. I was just going to focus on building my communication skills.

True to my word, when the first executive was being elected, I was nominated as Secretary and in keeping to my commitment, I publicly voted for the other nominee. The official Charter ceremony of Sugar City Toastmasters Club was about a month later, on 30th March. This was an auspicious occasion and I was happy to be just a Charter member and I delighted in the opportunity to present a speech in public. As the club continued to grow and decisions were made, I realized that I had a voice. I realized that because I was not on the executive my voice appeared more critical than supportive. I decided that I had to be on the next executive to show that I was committed to the program, and I also believed that Sugar City Toastmasters Club was capable of being a President's Distinguished club.

I supported the club in all its activities and our first outside steps were major, not even a year old and we were asked to assist the Regional Security Systems (RSS) in Debating Skills Protocol (May - July 2016). This really opened up our members' eyes to the possibilities of the support that we could provide our community. By this time, I was hooked on Toastmasters, I had completed my Competent Communicator manual (CC) and had begun working on my Advanced Communicator Bronze (ACB). I was allowed to present 2 speeches from each of the two manuals outside of the club. I grasped the opportunity to talk about Toastmasters to the RSS members from the Speaking to Inform manual. New opportunity, different audience, nervous as can be but it was over in 5 - 7 minutes. Hhhhmm...I actually enjoyed it.

The new Toastmasters year started, I was still working on my ACB and my Competent Leader (CL) and true to promise I was serving on the executive, not as Secretary as I had committed myself to, but there was another member who had refused to budge to another executive role other than Secretary and I had to consider the role of Vice President Education (VPE). At the nominations meeting all executive positions were filled except for President. President was not my desire. We called our present Immediate Past President (IPP) Lesley Broadbelt who was actually a patient at the hospital to ask her if she would consider switching her nomination from VPE to President as I preferred the role of VPE. The VPE role was much more than supporting the President. It involved learning and implementing the Toastmasters educational programme, which intrigued me.

I was successfully elected VPE and I quickly formed a committee, Team Ed, comprising TMs Zeva Alcendor and Pauline Slack. It took a lot of work and true to Team Spirit they were always willing to go along with my crazy ideas. What I learnt most as VPE is that members' achievements have to be recognized and celebrated. Most of all, always be ready to step up and present a speech because "A Toastmaster is required to wear many hats" and very often the occasion presents itself when one is just not enough. I was also encouraged by our first Area Director Rosanna Browne-Harrigan who is a dual member of SCTM club and Anguilla Toastmasters Club to "get myself on the agenda and lead by example". This perspective enabled me to earn the first triple crown designation for the club. I had to double up on roles and find speeches at the drop of a hat to ensure that the agenda was filled, I was able to earn my Advanced Communicator Bronze (ACB), my Competent Leader (CL), and my Advanced Leader Bronze in one Toastmasters year.

After my term as VPE ended, I was very happy to be a supportive regular club member and worked on my Advanced Communicator Silver (ACS) and continued to be a mentor to my protégées. I obtained my ACS in June 2018 and in my opinion additionally received the sad news that I had to go straight to the new Toastmasters educational program "PATHWAYS". I was very disappointed in not getting the opportunity to pursue my Advanced Communicator Gold (ACG). However, I didn't make the rules so if this was how it was going to be, so be it. True to form I went to PATHWAYS, did my assessment and was given the option of two PATHS. I was intrigued by the PATH of Innovative Planning and persevered in completing my first level and was awarded the designation as a Level One Innovative Planner (IP1) in March of 2018.

Before moving on to the next level, I was off island and decided to check in with one of my protégées, Querida Finch who was the VPE at that time. Querida informed me that the club was in need of an Advanced communication award to attain President's Distinguished status. By this time, I had also learnt that it was possible to complete my ACG and I had until June 2020 to do so. Immediately, I took PATHWAYS off the stove. I ordered three advanced communication tracks. I only needed to complete two but just in case I did not connect with one the way that I wanted, I had another option. Manuals arrived and I commenced working on my ACG. I took my manuals everywhere with me and I kept looking for opportunities to speak outside the club as I had four opportunities to do so.

Sugar City Toastmasters Club Newsletter

It was completely nerve wracking. The thought that Sugar City would not accomplish President's Distinguished was unbearable. I pushed myself real hard as this was a short window of time to complete 10 speeches. Hard work reaps great rewards. By the second week of June, I had successfully completed all 10 speech projects and Sugar City certainly had President's Distinguished in the bag.

The morning of my final speech presentation I realized that I had an email from the District inquiring about me being an Area Director. The email also had a yellow banner warning me that it could be spam. I believed it was spam so I tried to contact the District through our current Club Growth Director, Sonia Monrose, DTM to warn them that their email was hacked. The email mentioned that they got my email address from her. I telephoned her and we realized that we had never communicated by email so we both agreed that it was spam. Later in the evening I presented my final speech, when I finally got a chance to check my phone I realized that I had a few missed calls from CGD Sonia. I sent her a quick message to let her know that I would return her call once I got home. When we finally spoke she confirmed to me that the email was not spam and that I should respond. I was so embarrassed that I did not respond until the following morning confirming that I would be interested in being an Area Director. Me? Area Director! What did I do differently to earn this designation? I am certainly not sure, but I did ask God to direct my path. Therefore, I will follow his direction and just try. I truly believe that in life "things only are impossible if we do not try", Here I am, trying, learning and enjoying my Toastmasters journey. I hope to see you on the next leg.

VPE Corner



Pathways – the New Toastmasters Educational Program

Pathways is the new self-paced video and tutorial training program to help members achieve their individual communication and leadership goals. There are ten paths with five core competencies each. Which Path will you choose?

FIVE CORE COMPETENCIES	10 PATHS
<p>It is important to note that each member using Base Camp will have the opportunity to select from many electives to extend their learning. With the addition of electives, members have the flexibility to cover all core competencies within each path.</p> <p>1 PUBLIC SPEAKING</p>	<p>The primary core competencies represented in each path are listed in order of emphasis next to the path name.</p> <p>Dynamic Leadership 1 2 3 5</p> <p>Effective Coaching 1 2 4 5</p> <p>Innovative Planning 1 4 2 5</p> <p>Leadership Development 1 2 4 5</p> <p>Motivational Strategies 1 2 3 5</p> <p>Persuasive Influence 1 3 2 5</p> <p>Presentation Mastery 1 5</p> <p>Strategic Relationships 1 2 3 5</p> <p>Team Collaboration 1 4 2 5</p> <p>Visionary Communication 1 3 2 5</p>
<p>2 INTERPERSONAL COMMUNICATION</p>	
<p>3 STRATEGIC LEADERSHIP</p>	
<p>4 MANAGEMENT</p>	
<p>5 CONFIDENCE</p>	

Team Publix (VPPR Gillian, TM Rohanda, TM Avonis, TM Maruquia and TM Juliet) proudly release our first issue of the newsletter. We would love to receive submissions from members for subsequent publications. Photo credits: club members. Editor in Chief: VPPR Gillian Carmichael-Branford

VPPR Committee – Team Publix



Our mission this year is to boost member participation and expand our reach to non-members as well.

What we have done so far:

- Launched our YouTube Channel
- Re-energized our Facebook page by hosting online contests, games and WOD challenges
- Facilitated our first Facebook Live Events (August 17)
- Hosted our first in-house fund raiser; Raffle Congrats President Pauline
- Radio show

Coming soon:

- Quarterly Newsletters
- More Facebook Live
- Treasure Hunt

by TM Avonis Abrams



Happy Independence Sugar City Toastmasters

First Round Club Officers Training

First round of COT hosted by AD Eartha was a huge success as club officers and members gather for an informative and interactive session. Along with AD Eartha, AD Dr. Austin and CDG Sonia Monrose presented on leadership styles, Pathways and going beyond 10 DCP goals.



SCTMC Officers and members