

**Rising Phoenix
Toastmasters
#1316000**

Insider Information

The RPTM Club is transitioning to Hybrid meetings starting January 2023.

Dues

Don't forget to pay your
Dues. Don't delay – pay
today!

Elected Officials

Seamus Hill, President
Vicki Noethling, Vice
President Education
Marcia Williams, Vice
President Membership
Nina Oglesby, Vice
President Public Relations
Melissa Stephens,
Secretary
Roy Ganga, Treasurer
Daniel McClelland,
Sergeant at Arms

Meet every Saturday
from 10am – 11am EST

Meeting Venue: ZOOM

Meeting URL / Web Page

[https://us02web.zoom.us/
meeting/register/tZckcu2o
rDoiGtHm7xktNc96Bh3w/
QgbrleC](https://us02web.zoom.us/j/8697812345)

For more information,
visit our website
www.risingphoenix.toastmastersclubs.org

Toastmasters
International
www.toastmasters.org

CLUB NEWS

Congratulations RPTM Incoming Officers:



ROUND OF APPLAUSE

THANK YOU 2022-2023 Officers for your Amazing Leadership





Rising Phoenix Toastmasters Newsletter

June 2023 continued

Health tips for Summer



1. CITRUS

Sip lemon water throughout the day to stay hydrated and get that much needed vitamin C boost!



2. SUNSHINE

Spend some time in the sun each day (with sunscreen as needed) to get your daily dose of Vitamin C.



3. VITAMINS

Take vitamins as recommended by your health professional to boost your immune system in summer.



4. SALT BATH

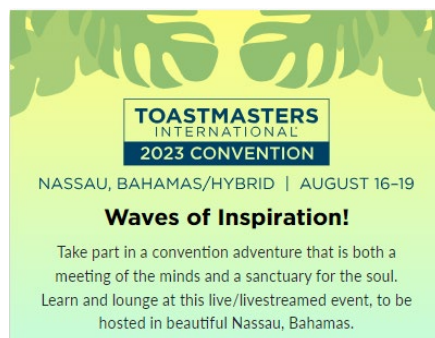
Taking a soothing magnesium bath is one of the best ways to relax and rejuvenate, while easing muscle tension and promoting sleep.

D44 ANNUAL CONFERENCE

Rising Phoenix Members showed up at District 44 Annual Conference which was held on May 5-6, 2023.



District 44 News



Don't forget to Register!

Learn more [here](#).

Meet every Saturday
from 10am – 11am
EST

Meeting

Venue: ZOOM

Meeting URL / Web

Page

<https://us02web.zoom.us/j/84458445844>
<https://us02web.zoom.us/j/84458445844>
<https://us02web.zoom.us/j/84458445844>
<https://us02web.zoom.us/j/84458445844>

For more information,
visit our website
www.risingphoenix.toastmastersclubs.org

Toastmasters
International
www.toastmasters.org

Check out the D44 Facebook Page to Stay in The Know

<https://www.facebook.com/groups/district44>

RISING PHOENIX TOASTMASTERS

