



Holistic Harmony Toastmasters

Club number 28677396

Tuesdays 8:30-9:30 am

[Zoom link](#)

[Harmony Toastmasters Blog](#)

Theme: Moments of Mindfulness

Date: 10/20/2026

President

Helen Josephine

VP Education

Anabel Diaz

VP Membership

Lisa Hamil

VP Public Relations

Abhijeet Joshi

Secretary

Julie Salgo

Treasurer

Parthiv Doshi

Sergeant-At-Arms

Jacqueline Maynard-Campbell

Every Tuesday

8:30 am to 9:30 am

Toastmasters International

<http://www.toastmasters.org>

The mission of a Toastmasters Club is to provide a mutually supportive, positive learning environment where every member can develop communication and leadership skills, fostering self-confidence and personal growth.

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8:30 am **Jacqueline Maynard-Campbell SAA** calls the meeting to Order, introduces the President

Helen Josephine, President, opens the meeting. Welcomes guests and introduces the Toastmaster

8:32 am **Toastmaster, Jacqueline Maynard- Campbell**, introduces the **Theme of the Meeting and the General Evaluator**

General Evaluator **Anabel Diaz** introduces the TAG team

- Timer: **Abhijeet Joshi**
- Ah-Counter: **Abhijeet Joshi**
- Grammarian/Word of the Day: **Kari Lynn Morgan**

8:35 am **Toastmaster** introduces the **Evaluators and Speakers**

Speaker 1: Julie Salgo, "My California Experience"

Presentation Mastery, Level 1, Vocal Variety (5-7 min)

Evaluator: Helen Josephine

Speaker 2: Lisa Hamil, "Mind Medicine"

Engaging Humor, Level 2, Inspire & Inform (5-7 min)

Evaluator: Parthiv Doshi

9:00 am **Table Topics Leader, Pamela McHenry**

Calls on members for impromptu speaking

Requests a vote for the Best Table Topic response

Re-introduces the Toastmaster

9:15 am **General Evaluator, Anabel Diaz, Calls on evaluators**

Evaluator 1: Helen Josephine

Evaluator 2: Parthiv Doshi

General Evaluator calls for reports:

Ah-Counter: Abhijeet Joshi

Word of the Day/Grammarian: Kari Lynn Morgan

Timer: Abhijeet Joshi

GE provides meeting evaluation and reintroduces the Toastmaster.

Toastmaster: Calls on Table Topics Master to announce the winner

Final remarks and turns it over to the President

President: Club Business and review of roles for next meeting

9:30 am **Meeting Adjourns**