



# Bridge Builders Newsletter

June 2023

**Bridge Builders  
Toastmasters Club  
(#1944)**

**What can Toastmasters  
give you?** (See page 2)



## Club Membership

Our Bridge Builders Toastmasters Club is generously sponsored by McDermott/CB&I Storage Solutions (Plainfield), and our membership is open to **both** CB&I employees and the general community. **Guests are always welcome.**



We meet on the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Tuesdays of each month from **12:00 NOON to 12:59 PM** (online **only**).

For more information, visit our club website <https://bridgebuilderstoastmasters.godaddysites.com/>

Toastmasters International  
[www.toastmasters.org](http://www.toastmasters.org)

## Shift Change

In the hockey world, fans are familiar with seeing a shift change – where several players go to the bench to rest for a spell and other players jump onto the ice to carry forth the team’s efforts toward victory. In the Toastmasters world, there is also a shift change – at the end of June – when the next squad of club officers jumps in to lead us for the upcoming club year.

We sincerely **THANK** all of the current Executive Committee (EC) officers for the time and effort they have dedicated on our behalf these last 12 months.



OFFICER ROLE	2022-2023	2023-2024
President	Bob Bannon	Mark Baloga
VP Education	Joshua Langevin	Megan Vining
VP Membership	Megan Vining	Sharon Catania
VP Public Relations	Dick Poirier	Dick Poirier
Secretary	Christina Kapinus	Elaine Sommer
Treasurer	Jeff Garrison	Jeff Garrison
Sergeant At Arms	Megan Vining	Megan Vining
Immediate Past President	Elaine Sommer	Bob Bannon

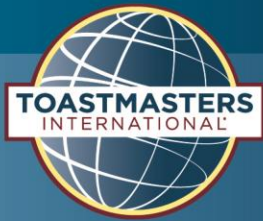
We also greatly **APPRECIATE** the willingness of the club members who have stepped up (and have been elected) to serve July 1, 2023 – June 30, 2024.

Now it’s time for **EVERYONE** to **STEP UP OUR EFFORTS** to reclaim our **DISTINGUISHED** status in the upcoming club year!

## TRUNK? What comes to mind?

While we learned about accismus (ak-SIZ-muhs) via our May 2 meeting, a more common term was the **Word of the Day** at our Spring Open House on May 16, when “Love a Tree” was the theme. That term was “**trunk**”. What various aspects of “trunk” come quickly to mind for you? Can you think of at least 4 significantly different kinds of trunk\* in 30 seconds or less? (The bottom of the next page has some examples.)

*You can learn more about accismus by reading our May 2023 Bridge Builders Newsletter.*



# Bridge Builders Newsletter

June 2023 [continued]

## Christina Kapinus



### 2022-2023 Club Secretary

**Christina Kapinus** is nearing the end of a second (nonconsecutive) term as club secretary. She first undertook that role in 2019 – just a few months after joining Bridge Builders. Across those two terms, **seventy plus meeting** minutes have been expertly recorded through her diligent efforts.

Christina also served as our President during the 2020-2021 club year and as Immediate Past President for 2021-2022. Yes, that means she has been on the Executive Committee for each of the last 4 years.

She has been a superb example of **DYNAMIC LEADERSHIP** (her chosen path) in action – as she embraced each role with **focus and enthusiasm**.

**We thank Christina for her dedication to our club!**

## Summertime Treat

### I scream, you scream, we all scream for ice cream!

After Bridge Builder **Dick Poirier** shared that double chocolate ice cream had been the source of his act of accismus, it led to wondering about the favorite ice cream flavors across our membership. Plus, in much of the Northern Hemisphere, it's **HOT** – making this the perfect time to enjoy such a cool and refreshing treat.



Special thanks to members who recently completed a quick survey! While **♥ chocolate ♥** was the most popular ice cream flavor per the survey responses, here are some of our members' other favorites:

- ♥ Anything with chunks of chocolate/candy/cookies/etc. ♥ Black cherry
- ♥ Cookie dough ♥ Daiquiri ice ♥ Mint chip ♥ Pralines 'n cream ♥ Vanilla

Survey responses led to even more wondering: Which are the most popular based on sales at Baskin-Robbins 31 Flavors (BR31)?

### 2 FUN FACTS FROM BR31 ([baskinrobbins.com.sg](http://baskinrobbins.com.sg)):

*"The top 5 selling Baskin-Robbins ice cream flavors are Vanilla, Chocolate, Mint Chocolate Chip, Pralines 'n Cream; and Chocolate Chip."*

*"The favorite Baskin-Robbins flavor of Bing Crosby and Justin Timberlake was, and is, Daiquiri Ice."*



Our Bridge Builders Club consists of **positive and supportive members** – eager to help you to achieve your specific communication and leadership goals. We will support you first as a guest – during your visits to determine whether or not our club is a good fit for your needs. Then later, as a new member, we will extend that support to accompany you all along your journey of growing your confidence and skills.

\*TRUNK (just a few of the possibilities): plant (tree trunk); animal (elephant's trunk); vehicle (car trunk); storage (steamer trunk); telecommunications, transportation, and HVAC (trunk line)

To report errors or request info, please email us at [BridgeBuildersTM@gmail.com](mailto:BridgeBuildersTM@gmail.com).