



## Chamber holds first Lunch & Learn in over five years!!

The Chamber held its first lunch & learn for it's members on February 21st at the Chesapeake Culinary Center.

Guests were introduced to the Board of Directors, networked and offered ways to grow our chamber!

In attendance was 2023 President Adam Jones, Provident State Bank, Secretary Cindy Whaley, Avery Hall Benefit Solutions, Board of Director David Harper, Chesapeake College, Jessica Mumbulo, Willow Construction, Stefanie Johnson, His Hope Ministries and Tony Hol, BDK Inc.

Special thanks to staff at the Chesapeake Culinary Center, they always offer such great service and delicious food!



## Do not miss our next Chamber Lunch & Learn!

Lunch & Learn dates: April 13th, August 10th and October 12th. Questions?

Email us at [info@carolinechamber.org](mailto:info@carolinechamber.org)

You can find all the event information on our website at [www.carolinechamber.org](http://www.carolinechamber.org).





# Finding Your Voice Public Speaking Tips

**The Women in Business Network kicked off  
2023 with their first lunch & learn!**

Tidewater Toastmasters Club members Terri Abramovich and Katie Theeke presented *Find Your Voice* to the Women in Business Network on February 28, 2023 at the Chesapeake Culinary Center.

Their presentation focused on 10 Tips for Successful Public Speaking to help us better present our thoughts and ideas verbally as well as on our websites and social media.

They offered great insights on this somewhat scary subject and our audience did a stellar job on their impromptu speaking challenge. Several even shared some helpful insights of their own! We are appreciative of the effort that they put into helping us improve our public speaking skills.

Toastmasters is an organization that helps its members improve their public speaking skills, build leadership skills, gain self-confidence, and enjoy unlimited personal growth.

For more information about the Tidewater Toastmasters Club visit their website at [tidewater.toastmastersclub.org](http://tidewater.toastmastersclub.org).



L-Katie Theeke, R-Terri Abramovitz

Terri Abramovitz has been a Toastmasters member and leader since 2014. Over the years, she rarely misses a meeting, has held many club officer roles, written and delivered over 120 speeches, mentored fellow members, and competed in multiple speech contests. Because of Toastmasters, Terri achieved other goals in her life, like becoming a TEDx speaker coach.

Outside of Toastmasters, Terri is a recently retired Information Technology professional. During her 30-year career, she loved solving problems through technology to simplify people's jobs. During those 30 years, Terri became a licensed private pilot, earned her MBA, raised a family, and became a competitive bodybuilder. Currently, she enjoys photography, genealogy, and staying fit.

**"You can speak well if your tongue can  
deliver the message of your heart."**

**-John Ford**