

DISTRICT 45 TOASTMASTERS NEWSLETTER

CAN-AM LINK



INTRODUCING

2023-2024

D45 LEADERSHIP TEAM



Angela Chute, DTM
District Director



Paul Coddington, DTM
Program Quality
Director



Sherry MacDonald, DTM
Club Growth
Director



DJ Turchon, DTM
Public Relations
Manager



Sharon Joseph, DTM
Admin
Manager



Cecilia Dahl, PM1
Finance
Manager

WELCOME TO OUR NEW TOASTMASTERS YEAR!

Angela Chute, DTM3,
District Director D45

Let me introduce your Senior Leadership TEAM!

D45 is ready to burst out of this pandemic. We're ready to Name and Claim our Personal, Professional and Toastmasters GOALS. We're ready to help the member to our right and reach out to the member on our left as we polish our strengths and join together to make our weaknesses irrelevant. We are looking forward to getting to know YOU!

We're ready to Ignite Momentum and Awaken Opportunity!

You will have so many opportunities to get to really know each one of us this year as we invite YOU to join us adding many hands to make light work together!

It's going to be a great year!

I'M LOOKING FORWARD TO AN ENERGY PACKED YEAR!

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**ANGELA
CHUTE,
DTM**

Your 2023-2024
District Director

HELLO!

Get Ready!

Let's *Ignite Momentum, Awaken Opportunities!* (D45 Theme this year!) as we win our professional, personal and Toastmasters goals together!

I live in Midcoast Maine, in a log home, with my husband Kevin and daughter Alyssa. Our homestead is on a private dirt road, surrounded by woods, trails, gardens and a growing orchard. Pups, Max, Emma and Rain, along with flock of chickens and turkeys, keep us moving and laughing.

I am looking forward to meeting YOU, connecting with you, and adding value with everything we do this year.

Stay tuned, it's going to be a FUN year!



SUMMER 2023

TLI Training Sessions



**EVERY CLUB MUST HAVE
4 EXECUTIVES ATTEND
ALL SESSIONS TO GET
CREDIT**

SESSIONS 1 & 2
June 12, 20 and Aug 28

SESSION 3, 4 & 5
June 14, 22 and Aug 30

**MORE DETAILS
ON WEBSITE**
D45TOASTMASTERS.ORG

Ignite Momentum
AWAKEN OPPORTUNITIES



**PAUL
CODDINGTON,
DTM**



D45 PROGRAM QUALITY DIRECTOR 2023-2024

HELLO!

I am pleased and honored to be the District 45 Program Quality Director this year. This September, I will celebrate my 19th year as a Toastmaster, and I have learned to appreciate in the past several years, just how special our District 45 is. While I live in Concord, NH and my hometown is Rochester, NY, I have made many friends with Toastmaster members from around the world!

My work at the New Hampshire Department of Transportation involves planning, scheduling, and conducting public hearings on proposed highway projects. So I am always a Toastmaster, even when I'm working!

I am excited about my new role in District 45 and truly look forward to helping you in your Toastmasters journey, no matter where it takes you!

Ignite Momentum



LINDA
RAMRATH,
DTM



D45 CLUB COACH CHAIR 2023-2024

I look forward to helping District 45 with talent management in my new role as Club Coach Chair. I hope to help Toastmasters looking for leadership opportunities and clubs which need more members to thrive. If you are looking for a fun and educational challenge, I hope to hear from you!

I live on both sides of the Connecticut River; Keene, NH and Bernard, VT with my husband and 17-year-old rescue, Rocky. I am an avid fiber artist and enjoy seeing the mountains on my husband's Honda Goldwing motorcycle.



**SHERRY
MACDONALD,
DTM**

Your 2023-2024
Club Growth
Director

HELLO!

I am excited to spend the next year as your Club Growth Director!

Glace Bay on Cape Breton Island is where I grew up. I have wonderful childhood memories of that time.

After completing a Bachelor of Computer Science Degree, I moved to Halifax to start my career. I live in Eastern Passage, a suburb of Halifax with my partner Mike. I have been blessed with two children who are now 28 and 26, who live close by.



Toastmasters connects us, but is only one aspect of everyone's life. This year, I'm looking forward to learning more about you, through District activities and club visits.

Let's enjoy this year of fun, learning and growth!



**DJ
TURCHON,
DTM**

Your 2023-2024
Public Relations
Manager

GREETINGS

I am coming to you from the wee small town of Benton, Maine, known for its annual Alewife Festival! I live with my husband Tom and mom Jeanie (known as the "Happy Hugger" and also a Toastmaster), two senior dogs, and two senior cats.



When not in Toastmasters (I belong to five clubs, two of which are corporate clubs), I enjoy volunteering with a senior dog rescue (year round) and boating with my husband on the many lakes in Maine (warm months only).

This is my second round as Public Relations Manager and I look forward to serving you, the members - because it is all about YOU!

Ignite Momentum



**CECILIA
DAHL, PM1**

Your 2023-2024
Finance Manager

AHOY!

I am Cecilia Dahl your new Finance
Manager!

I am a member of Brunswick Toastmasters
and live in Boothbay, Maine. For six months
each year (the coldest ones), my husband
and I pack up our two mini Golden-Doodles
"Saylor" and "Champ" and sail south on our
classic restoration sailboat "Ring of Kerry" (a
Hans Christian 41T cutter). We like to spend
our winters cruising the Bahamas or Coastal
Florida and are equally thrilled to return to
Maine each Spring.



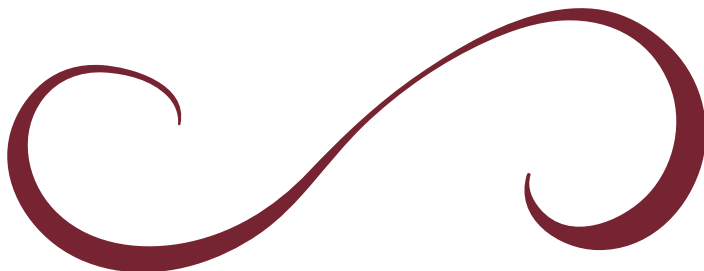
I love that my club is good at running
hybrid meeting because it allows me to stay
active all year.

Looking forward to meeting you!!



**LOOKING
FORWARD
TO MEETING
YOU**

Ahoy!



d45toastmasters.org

**WHAT'S YOUR
STORY**

YOUR NAME HERE

tell us your story - submit to info@d45toastmasters.org

**THE
TOASTMASTERS
JOURNEY IS
WHAT YOU
MAKE IT!**



**SHARON
JOSEPH,
DTM**

Your 2023-2024
Administration
Manager

HELLO!

Coming to you from the fabulous city of Ottawa, Ontario Canada!

I am a member of Speech Afire Advanced Toastmasters Club in Division C. Fun Fact: I talk to my dogs and plants as if they are human!

I am very excited to be your Admin Manager for the 2023-2024 Toastmasters year. It is my honour to serve the members of this awesome District and I look forward to connecting with friends of old and friends to be!

Always remember that the Toastmasters journey is what you make it and you have your hands on the best self-development program, bar none!



Elise Thorson

Division A Director

Savvy Speakers

Montpelier, VT

enthorsen@gmail.com



Hi! I'm Elise Thorsen, your Division A Director!

I am a member of Savvy Speakers and live near Montpelier in Vermont. Luckily for me, the area is well-stocked with beautiful day hikes, one of my favorite hobbies.

Division A abounds with enthusiastic members and leadership talent -- as Division Director this year, I look forward to investing in these qualities and growing them even more. Let's have a fantastic, fun year!



Ivona Cookson

Division B Director

The Impediments

Augusta, ME

d45.ivona.cookson@gmail.com



I am SO excited to be your new Division B Director for the 2023-2024 Toastmaster Year!

I currently reside in Litchfield, Maine and a member of two clubs. On a personal note, while I love staying in to read a good book or play with my dogs, I also enjoy fun outdoor challenges with my son, including participating in Color Runs and exploring caves. I also love fantasy adventures such as Murder Mysteries. Fun Fact: My name was once legally Strawberry Shortcake! Ask me about it!

I am looking forward to working with such great talented and FUN people. Let's all jump in with both feet and strive for excellence! As Bill Murray once said, "Whatever you do, always give 100%. Unless you're donating blood". Let's Go!



Dave Stonehouse

Division C Director

Saint John Toastmasters

Saint John, New Brunswick

tm.davestonehouse@gmail.com



Hello!

I'm delighted to serve District 45 this year as Division C director.

I am a member of Saint John Toastmasters in New Brunswick. When not working, being a Toastmaster or spending time with my family, I volunteer with L'Arche Saint John, part of an international organization creating inclusive communities by serving adults with intellectual disabilities.

The photo to the right is of me and my father back in the 70s, when he taught flying lessons. He was a Toastmaster too.



**LEGACY
TOASTMASTER!**

Jenny Theriault

Division D Director

Dartmouth TIC Talkers

Dartmouth, Nova Scotia

jenny.theriault@gmail.com





Hello Toastmasters!

I live in Bedford, Nova Scotia with my husband Jason, 11-year-old daughter Stella, and our pets Alice (cat) + Draco (snake). I am a member of Dartmouth TIC Talkers Toastmasters, an online lunch time club.

I am an avid reader and often wish I could shirk all work, home, and life responsibilities to read. I mostly can't get away with that so my work around is to carry a book with me at all times to sneak in a few pages or paragraphs any chance I get. I also enjoy (leisure) family bike rides, beach days in the summer, and movie nights.

I am looking forward to my role as Division D Director this year. I envision a healthy division as one where all members are setting goals for themselves and then working toward achievement.





Antoine LeGresley,
IP4, LD2

Translation Facilitator

Arcadie du Grand Caraquet
Grande-Anse, New Brunswick
alegresley@hotmail.com

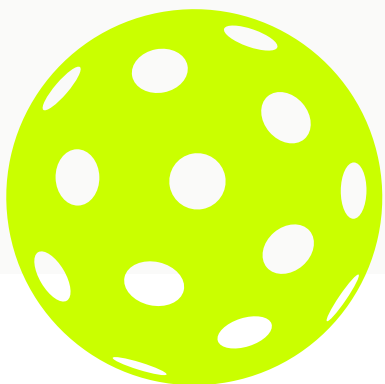


Hello!

I am from Grande-Anse New Brunswick and I graduated in civil engineering from Université de Moncton in 2005. I am a member of Arcadie du Grand Caraquet, the only French club of District 45. I joined Toastmasters in the Fall of 2019 and with less than a year with Toastmasters I accepted the role of Area Director for 2020-21. I also did it again in 2021-22 and I was Division C Director in 2022-23.

When I am not in Toastmasters, I like to play pickleball (about 3-4 times a week) with my friends. This is including tournaments (about one per month) all around New Brunswick.

I am involved with the French Newsletter since February 2021. I decided to get involved with the Newsletter to make sure French members could read the Newsletter in their language.




Sarah Chaffee

D45 Newsletter Editor

Concord Toastmasters

Concord, NH

President (Former VPE & VPPR)

 sarah.matthews.chaffee@gmail.com



I am taking up the reins as your new newsletter editor- which does not confer expertise so I will be looking for your feedback and recommendations.

When I am not editing newsletters, I prefer puttering in my garden in Concord, NH, or basking on the dock at my Calais, VT camp, or visiting my granddaughter Eleanor in Hollis, ME.

The rest of my life is spent commuting to Andover, MA where I make money as a fundraiser for a college to pay for all the aforementioned fun stuff, or for the gas that takes me all over New England! I am always up for a quick day trip to wherever with my husband John.

Do you have an article idea or member profile - get in touch!





**ANDREA
GRAY**



D45 CONFERENCE CO-CHAIR 2023-2024

HELLO!

I am from Hampton Maine, just a hop away from Stephen King's home in Bangor, Maine. I love to travel, read, and spend time with my amazing nieces. My next big trip is a Transatlantic Mediterranean Cruise.

I am a newer member of Toastmasters joining Dirigo Leaders, a Corporate Club, last year. I love to try new things so I went to the conference in PEI, and after being hugely inspired, agreed to be Conference Co-Chair for the May 2024 Conference!

I'm looking forward to bringing the FUN like we had in PEI!

Jennifer Bonnevie

CC,CL, ALB, PI5, DL5, TC3, IP4, EH2

Conference Co-chair

East Coast Online Advanced Toastmasters

Cole Harbour, Nova Scotia

d45.jenniferbonnevie@gmail.com

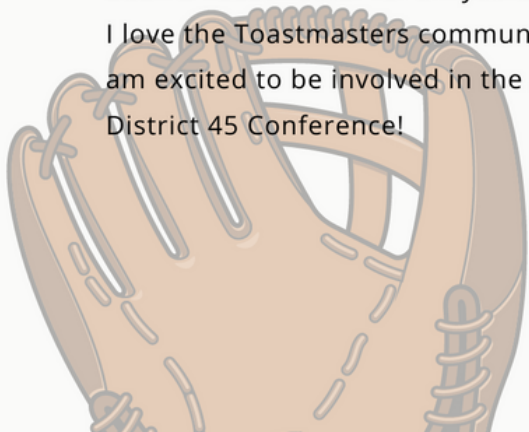


I live in Cole Harbour, Nova Scotia with my husband and two rescue dogs, Colby and Nico. We enjoy camping and softball in the summertime. I work in training and development at a private financial planning firm. I am also a university student working towards my BBA in Project Management. My volunteer efforts include being a mentor to young women in finance through the community group LeadHER Financial.



I am a member of two clubs and have been a Toastmaster for six years.

I love the Toastmasters community and am excited to be involved in the 2024 District 45 Conference!



Important News from the International President

Dear Toastmaster,

I am writing to inform you of an upcoming change to the cost of your Toastmasters International membership dues. Starting with the October 2023 renewal period, your semiannual international membership dues will increase to \$60 USD. However, if you renew prior to August 1, 2023, during the next renewal period, you will be able to do so at your current membership rate.

The Board of Directors came to this difficult decision after carefully analyzing increased operational costs since the last dues increase seven years ago (with COVID-19 impacts and inflation being major contributing factors). This update will enable us to continue supporting and enriching your personal growth journey with Toastmasters.

An exciting update that this change will support is a robust set of improvements to the Pathways learning experience. Since Pathways first launched five years ago, most of the feedback we've heard from members like you is that while the educational content is exemplary, the online platform where content is accessed presents many challenges and frustrations.

I'm thrilled to share that we are already in the process of migrating Base Camp to a new Learning Management System (LMS) provider to address these issues. The new LMS platform will improve your experience and include enhancements:

- You will have an easier time navigating the system, launching your path, and working through projects.
- You will be able to access Pathways on your mobile phone, with a mobile app to follow in the future.
- When your completed path is approved, it will automatically be submitted for recognition in Club Central.
- Pathways will be accessible to members who are Visually Impaired.
- You will be able to share your accomplishments across social media platforms, including LinkedIn.
- The World Headquarters team will be able to refresh content more frequently.

This LMS platform transition will empower you to get more out of your learning experience, and the Board of Directors and World Headquarters staff will continue to develop innovative ways to better support you on the road to success.

Important News from the International President

I invite you to learn about other changes, updates, and progressive steps for Toastmasters International by viewing today's [Board Briefing](#). For questions about the membership dues increase, including how this may impact chartering a club, please view the [Dues Increase FAQ](#) page.

Toastmasters continues to be the best and most cost-effective way to become a confident communicator and inspiring public speaker or leader. As a 20-year member myself, I can attest that there is simply no substitute for the Toastmasters club experience, and I continue to find inspiration in the personal success and transformation stories of my fellow Toastmasters members from around the world. I send you warm wishes as you progress toward your next milestone!

Respectfully,

Matt Kinsey, DTM
International President 2022–2023
Toastmasters International



- David Dougher - White Mountain Toastmasters Club
- Christopher Hayden - Fidelity Orators
- Frieda Burger - Wolfville Toastmasters
- Renee Greenwood - Sears-Halifax
- Akintunde Odeniyi - Schooner Toastmasters Halifax



Suzanne Nowinski - Bangor
Toastmasters Club

Andrea Gray - Dirigo Leaders

Megan Evans - 2211
Toastmasters

Kossi Dzefi - Fidelity Orators

Rama Logachandru - 2211
Toastmasters

Milana Sultanbekova - Provincially
Speaking Toastmasters

Janice Ellsworth -
Confederation Club

Sean Winslow -Fredricton
Toastmasters Club

Andre Dufour - NoonTalkers
Toastmasters Club

Shivani Munshi Das -Civil
Speakers Club

Beth Rhinelander - Kennebec
Valley Toastmasters

Sarah Plowman - Mt.
Washington Valley Toastmasters

Kyle Vereb - BrattleMasters

Phui Lim - Toastmasters of
Gretaer Burlington

Darlene Tidd - Fredricton
Toastmasters Club

Dean Knowles Maravell -
Keene Toastmasters Club

Christie Green - Saint
John Club

MORE!



TLI WHAT IS IT? WHY SHOULD I ATTEND?

Toastmaster Leadership Institutes are upon us!

TLIs are for all club officers to receive valuable, free training moving into the new Toastmasters year. When clubs have 4 or more club officers in attendance at TLIs clubs earn points towards the Distinguished Club Program, and more importantly, trained club officers lead to member and club success.

Fittingly, SUCCESS is the theme for the upcoming TLIs. Two train the trainer sessions were held in May to help facilitators for the TLI sessions prepare for their presentations. Sessions include information and sharing for all club officer roles in club officer breakout sessions, a session all about success in pathways, planning ahead for success with ideas for club planning, successful meetings, and more! Attending TLIs increases excitement for club meetings, offers new ideas to try in our clubs, and builds knowledge to ensure quality meetings and member achievement.

Be sure to mark your calendar now and we hope to see YOU there!

Session 1 & 2

- August 28

Session 3, 4 & 5

- August 30

**TLI's are not just for club officers.
Any member can attend!**

<https://d45toastmasters.org/tlis>

KARNER BLUE TOASTMASTERS

DIV A AREA 12

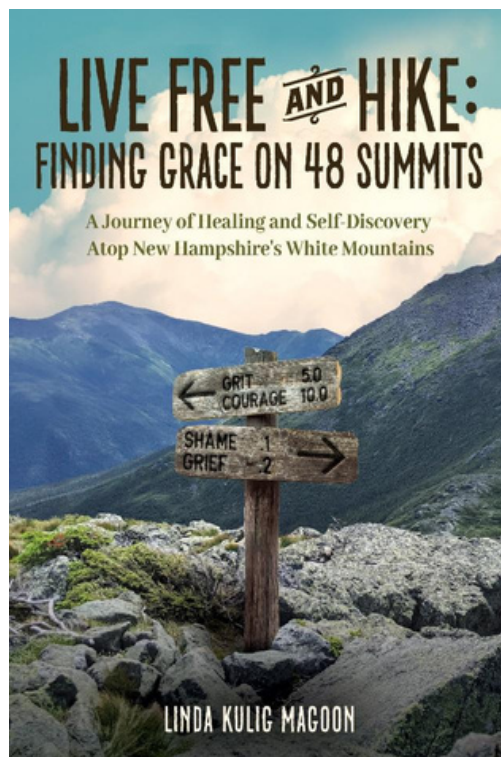


Congratulations to Tod Leedberg for completing Level 2 of the Innovative Planning Path.

A founding member of Karner Blue Toastmasters, Tod is assisting our new members by giving educational speeches and leading by example. Linda Magoon, Vice President of Public Relations, congratulates Tod.

Linda Magoon recently published her book, *Live Free and Hike: Finding Grace on 48 Summits*.

In her mid-50s and recently divorced, Linda set a goal to summit all 48 of New Hampshire's peaks 4,000-feet and higher. Neither age, lack of experience, nor unforeseen life events would prevent her from attempting her goal. For more information, visit her website at www.lindamagoon.com or follow her on Facebook at Linda Kulig Magoon Author.



District Dirt



MT. WASHINGTON VALLEY TOASTMASTERS

DIV A AREA 12



In the Valley, warmer weather has finally arrived, and with that came Club Elections. Our election was held on schedule in May and our officers look forward to attending TLI in June! We had a new member join our club this month! He is a returning Toastmaster who previously helped create a club in our area. We were all very happy to meet him at our Open House earlier this year, and are even more delighted to have him as a member.

We also had one of our remote Toastmasters visit us from Vermont! She led the meeting that evening as the Toastmaster, and we had a wonderful time. Many of us, especially our newer members, had never met her in person before! It was a special reunion for our club.

As you go about town this summer, remember to have some Toastmasters Business Cards on hand! One of our members was at an artist's fair over the weekend, and got to talking to some of the local vendors about our club. She was able to hand out the card with all the club's information on it. Business cards are simple, and makes meeting information easy to access. Make plenty and remember to resupply them often, you'll run out sooner than you think!

District Dirt

CONCORD TOASTMASTERS

DIV A AREA 16



Concord Toastmasters was represented well by club member Jon Kelly for his presentation at the District 45 Conference. Jon attended and presented virtually through Zoom, placing third in the Humorous Speech Contest.

Congratulations Jon!

On June 2nd, club president Dale Randall, DTM inducted and installed its newest member William (Bill) Kulick as a new Concord Toastmasters member.

Triple Crown Achievements!

Shoutout goes to Sarah Chaffee, VPED having achieved Presentation Mastery levels 1-5! AND to Paul Coddington, DTM who achieved MS5, TC1, VC5, EH5, TC2 & 3.



Concord Toastmaster wraps up the year with multiple members achieving one or more levels this year: Ariana Ziminsky, Betsy Baker, Betsy Black, Cary Gladstone, Catherine Ryan, Dale Randall, Evania Verley, Ingrid Dinter, Karim Makhoul, Laura Magzis, Paul Coddington and Sarah Chaffee.

District Dirt

MILLYARD TOASTMASTERS

DIV A AREA 16



We inducted our newest officers for Millyard Toastmasters! Congratulations to Cindy Sarvai -President, Kelley Demers - VP of Education, Alison Marcotte - VP of Membership, Seth Shermen - VP of PR, Paula Hanley - Secretary, Ron Houle - Sargent at Arms & Cynthia Bailey(not shown) - Treasurer.

We all work together as a team for the clubs success - and as Presidents Distinguished for at least 6 years in a row - I'm proud to say - we are a successful club who works together as a team!

Here's to our new officers and another year ahead!

RISING TIDE TOASTMASTERS

DIV C AREA 4

Rising Tide Toastmasters club has become adept at managing hybrid meetings with about 50% of attendees in person, and 50% online.



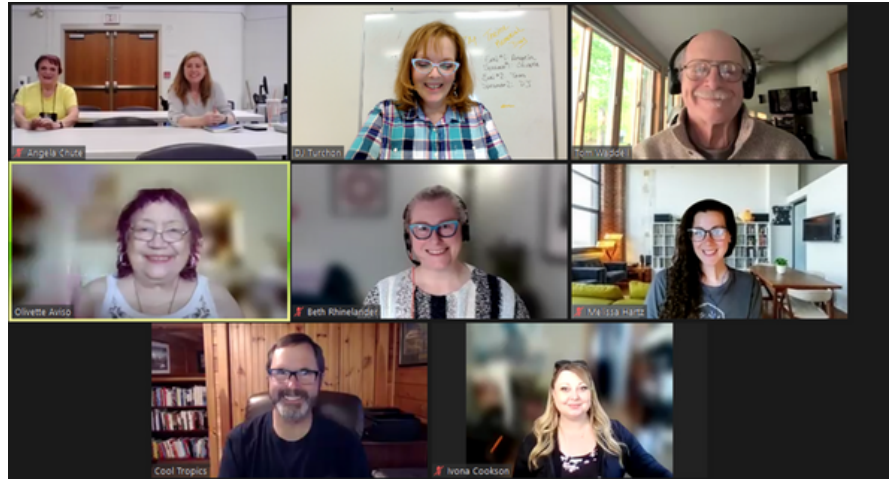
District Dirt

KENNEBEC VALLEY TOASTMASTERS

DIV B AREA 14



Kennebec Valley Toastmasters' Jeanie G. Davis at their recent Hybrid meeting. She is almost 90 years young and actively working Pathways.



GREATER PORTLAND TOASTMASTERS

DIV B AREA 6

Induction of new officers!

District Dirt



Happy
Anniversary

CLUB ANNIVERSARIES

Clubs celebrating any 5th anniversary of their club charter are recognized. Once a club has reached the half-century mark, every anniversary is included and celebrated. The following clubs are celebrating significant anniversaries in the month of May, June and July.

Portsmouth Toastmasters (May) - 64 years
Dartmouth Toastmasters Club (May) - 60 years
Concord Toastmasters Club (June) - 35 years
Champ Masters (July) - 10 years
Rise and Shine Advanced Toastmasters Club (July) - 10 years

MEMBER ANNIVERSARIES

Each month we will celebrate those members who are celebrating an anniversary in that month. 5th, 10th, 15th etc. anniversaries will be recognized. The following are celebrating their anniversary in June.

Name	Club	# of Years
Gina Lemcke	Millyard Toastmasters	5
Darlene Jones	Harbourside Club	5
Lynn Eylund	George Burton Club	5
Dennis Adams	Woodfords Toastmasters Club	10
Iva Roger de Coverley	Toast of the Valley Club	10
Sara Wagner	Millyard Toastmasters	15
Steve Breault	Amoskeag Better Communicators	25
Lawrence Wood	Keene Toastmasters Club	25

PATHWAYS LEVELS THIS MONTH

Every month, members who have achieved designations in Pathways are recognized. Some members, however, are not getting the recognition they deserve because of the privacy settings they have chosen. Get the recognition you deserve. Change your setting to this consent to YES in your profile on the Toastmasters International website.



LEVEL 1 - June 2023

Name	Club	Designation
Anthea Plummer, DL4	Women Changemakers	DL1
Sabiya Fellows, EC1	Fidelity Orators	EC1
Darlene M. Tidd, EC1	Fredericton Toastmasters Club	EC1
Jennifer L. Bonnevie, EH2	Cole Harbour Toastmasters	EH1
Michael Aron, DTM	Keene Toastmasters Club	PM1
Sarah Chaffee, EH1	Concord Toastmasters	EH1
Brian Davidson, IP1	Fidelity Orators	IP1
Angela M. Chute, DTM	Kennebec Valley Toastmasters	LD1
Nidhi Gupta, MS1	Winning Speakers Club	MS1
Anne Hancock, DTM	Women Changemakers	PI1
Taylor Remy, PI1	Keene Toastmasters Club	PI1
Allison Hunter, PM1	Bedford Basin Toastmasters	PM1
Lori Haggerty, PM1	Women Changemakers	PM1
Raymond J. Savoie, DTM	True Blue Toastmasters	PM1
Grace Temani-Chipudhla, PM1	Bedford Basin Toastmasters	PM1
Layne C. Wyatt, PM2	The Very Best Toastmasters	PM1
Rudra Aryal, PM1	Keene Toastmasters Club	PM1
Dan H. Tufts, PM1	Spirit-Ed Toastmasters Club	PM1
Sue Flower, LD4	Charlottetown Toastmasters Breakfast Club	TC1
Kenneth Dodd, VC1	Fidelity Orators	VC1
Catherine Brown, VC1	Brunswick Toastmasters	VC1
Deepak Nainiappan, VC5	Schooner Toastmasters Halifax	VC1
Lorelei Grecian, VC4	Riverview Canusa Toastmasters Club	VC1
Anastasia V. Persico, VC1	Women Changemakers	VC1

LEVEL 2 - JUNE 2023

Name	Club	Designation
Sandra L. Savage, TC2	Women Changemakers	DL2
Anthea Plummer, DL4	Women Changemakers	DL2
Carl Duivenvoorden, DTM	Civil Speakers Club	DL2

LEVEL 2 - JUNE 2023 continued

Name	Club	Designation
Katharine K. Mann, EH2	Brunswick Toastmasters	EH2
Jennifer L. Bonnevie, EH2	Cole Harbour Toastmasters	EH2
Danilo A. Buchner, LD2	Riverview Canusa Toastmasters Club	LD2
Angela M. Chute, DTM	Kennebec Valley Toastmasters	LD2
Antoine Legresley, LD2	Arcadie du Grand Caraquet	LD2
Hollee Howden, LD3	Exeter Speak-Ups Club	LD2
Anne Hancock, DTM	Women Changemakers	PI2
Bob Bechtold, DTM	MDI Toastmasters	PM2
Aadi B. Shankar, PM2	River Valley Toastmasters	PM2
Layne C. Wyatt, PM2	The Very Best Toastmasters	PM2
Gary Belding, DTM	Civil Speakers Club	PM2
Philip Elwood, PM2	Spirit-Ed Toastmasters Club	PM2
Dawna-Jean Turchon, DTM	Kennebec Valley Toastmasters	PM2
Janice Pynn, SR3	East Coast Online Advanced Toastmasters	SR2
Pierrette Hache, DTM	Arcadie du Grand Caraquet	TC2
Deepak Nainiappan, VC5	Schooner Toastmasters Halifax	VC2
Lorelei Grecian, VC4	Riverview Canusa Toastmasters Club	VC2

LEVEL 3 - JUNE 2023

Name	Club	Designation
Thomas Macisso, DL3	Blueberry Hill Club	DL3
Anthea Plummer, DL4	Women Changemakers	DL3
Alison Hogan, IP3	The Very Best Toastmasters	IP3
Sue Flower, LD4	Charlottetown Toastmasters Breakfast Club	LD3
Hollee Howden, LD3	Exeter Speak-Ups Club	LD3
Cary Gladstone, MS3	Concord Toastmasters	MS3
Janet Leary-Prowse, MS3	Pine Tree Toastmasters Club	MS3
Ashitha Nayak, MS3	Sears-Halifax Club	MS3
William Shaw, PM3	MDI Toastmasters	PM3
Melissa L. Hartz, PM3	Kennebec Valley Toastmasters	PM3
Janice Pynn, SR3	East Coast Online Advanced Toastmasters	SR3
Linda M. Rummenie, DTM	The Very Best Toastmasters	TC3
Denise Haché, VC3	Arcadie du Grand Caraquet	VC3
Deepak Nainiappan, VC5	Schooner Toastmasters Halifax	VC3
Lorelei Grecian, VC4	Riverview Canusa Toastmasters Club	VC3

LEVEL 4 - JUNE 2023

Name	Club	Designation
Anthea Plummer, DL4	Women Changemakers	DL4
Barbara D. Dorfschmidt, EC4	Karner Blue Toastmasters	EC4
Pattie Abrams, DTM	True Blue Toastmasters	EH4
Karina Sanford, LD4	Sears-Halifax Club	LD4
Aanchal Gupta, LD4	Winning Speakers Club	LD4
Sue Flower, LD4	Charlottetown Toastmasters Breakfast Club	LD4
Ralph Jeans, PM4	3285 Cape Breton Toastmasters	PM4
Henry Chung, PM4	MDI Toastmasters	PM4
Stephane Parent, DTM	Charlottetown Toastmasters Breakfast Club	TC4
Linda M. Rummenie, DTM	The Very Best Toastmasters	TC4
Deepak Nainiappan, VC5	Schooner Toastmasters Halifax	VC4
Lorelei Grecian, VC4	Riverview Canusa Toastmasters Club	VC4
Carol Niles, VC4	East Coast Online Advanced Toastmasters	VC4



LEVEL 5 - JUNE 2023

Name	Club	Designation
Winniefred Kwak, EC5	George Burton Club	EC5
Heather Perkins, DTM	Toast of the Coast Toastmasters Club	IP5
Darlene Jones, PM5	Harbourside Club	PM5
Linda M. Rummenie, DTM	The Very Best Toastmasters	TC5
Deepak Nainiappan, VC5	Schooner Toastmasters Halifax	VC5

MENTORSHIP PROGRAM - JUNE 2023

Name	Club	Designation
Karen Caldwell, DTM	Sears-Halifax Club	

DISTRICT CALENDAR

S	M	T	W	T	F	S
<i>July</i>						 1
2	3	 4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

For updated events and times, go to the District Calendar at
<https://d45toastmasters.org>



THANK YOU FOR SUBMITTING