

DISTRICT 45 TOASTMASTERS NEWSLETTER

CAN-AM LINK



Ignite Club Growth

Do you want to join the team igniting enthusiasm and leadership skills to Toastmasters in District 45? Do you want to take advantage of the opportunity to increase your leadership skills? If you are thinking “YES” to either or both of those questions, please get in touch with me, Linda Ramrath and I will match you up with a club struggling with low membership and in much need of your optimism and creative ideas to grow.

As a club coach, an experienced Toastmaster (Level 2 or above and has been an officer in a club) you will serve as a mentor, motivator, and guide. A club coach works closely with club officers and members to revive and revitalize clubs that may be facing dwindling membership, declining meeting quality, or other obstacles.

Ready to join the team of positive igniters? If so, below is a list of benefits

- Make a Meaningful Impact
- Sharpen Your Leadership Skills
- Expand Your Network
- Give Back to the Toastmasters Community
- Personal Growth and Recognition

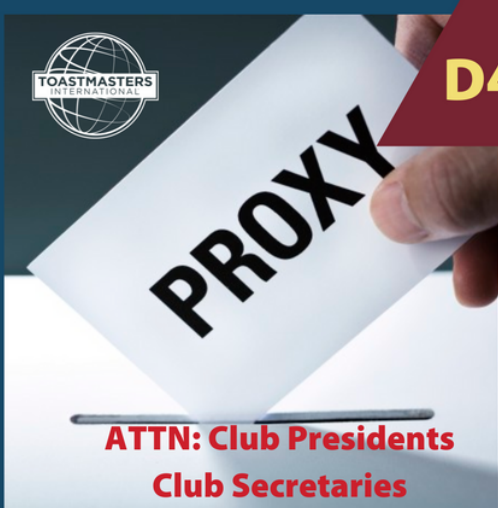
Convinced? If so, send an email to Linda Ramrath at ramrath63@hotmail.com. I will help you fill out the Club Coach Agreement and connect you with clubs in need of coaching, provide resources, and offer training to equip you with the necessary skills to excel in your role.

Linda Ramrath
Club Coach Chair, 2023-2024

IN THIS ISSUE:

<u>CLUB COACH CHAIR</u>	1
<u>PROXY VOTE DIRECTIONS</u>	2
<u>DISTRICT DIRECTOR</u>	3
<u>FIRST ANNIVERSARIES</u>	4
<u>LEVELLING UP!</u>	5
<u>TLI</u>	6
<u>OPINION</u>	7
<u>DISTRICT BUZZ</u>	9
<u>CLUB & MEMBER</u>	
<u>ANNIVERSARIES</u>	16
<u>CALENDAR</u>	17





**ATTN: Club Presidents
Club Secretaries**

TIME to VOTE!

**You can assign your proxy
and have the opportunity to
cast your votes during the
Annual Business Meeting at
the International Conference.**

International and Director Elections

Attention Club Presidents and Club Secretaries!

It is time to assign your proxy vote for the International Convention Business Meeting. As the two club officers who have a vote, you should have received an email from our current International President Matt Kinsey, DTM outlining the procedure to assign a proxy.

Video instructions can be found at [Club Proxy Assignment](#) and candidates' bios can be found at [International Officer and Director Candidates](#).

District Director Angela Chute DTM, Program Quality Director Paul Coddington DT, and Club Growth Director Sherry MacDonald DTM will all be attending the conference, interviewing the candidates, reviewing the bylaw changes, and attending the Annual Business Meeting in Person.

Club Presidents and Secretaries are encouraged to assign their Proxy votes to our D45 Leaders if they are not planning on attending the conference themselves. There are easy directions to assign your proxy vote on your Toastmasters home page.



District 45

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



D45 Division & Area Director Training

D45 Leaders discovered there's MAGIC in IGNITING Momentum and Awakening Opportunities, at this year's TRAINING.

We met our Expectations and Exceeded them!

We warmly welcomed our new TEAM members. We developed a strong foundation of communication and trust by knowing ourselves well.

Moving, participating, being honest, laughing, helped us build relationships. We're fast turning strangers into friends.

We outlined our duties as well as our destination. We replaced uneasiness with confidence. We decreased our stress levels by solidifying we are on this journey together and we are key resources for each other.



Angela Chute, District Director

We identified our communication style, how we naturally communicate and how our team prefers to communicate. We learned that understanding our Pooh friends makes us a stronger, much more fun team.

We stepped into our discomfort zone squarely facing Conflict. We shared how we view conflict then embraced tools to help us change our perspective of conflict from enemy to uncomfortable acquaintance. Discomfort Zones and conflict help us all succeed.

We started our Strategic Process prioritizing our Communication Plans, Recognition and Celebrations!

We're ready. We're one. We're looking forward to an amazing year.

Personally, I will define our year as a success, when we get to the end of the year, and we can all say, "I gave a LOT this year, more than I anticipated. AND... I gained WAY more than I gave, far more than I ever imagined."

Each one of us are DELIGHTED each of YOU, the Members of D45, are on this journey with us!

Angela Chute, DTM
District Director D45



Isabelle Campbell - Saint John Club

Jason Tucker - The Very Best
Toastmasters

Judy Bowman -The Very Best
Toastmasters

Keyla lima -
Rising Tide Toastmasters Club

Lindsay Myers - Wolfville
Toastmasters

Melissa Williams - White Mountain
Toastmasters Club

Michael Hamilton - Blueberry Hill Club

Raymond Vensel - Kennebec Valley
Toastmasters

Vaishali Sirsikar - Live, Speak Or Die
Toastmasters

Wade Bordian - 3285 Cape Breton
Toastmasters

Amara Hartshorn - Karner Blue
Toastmasters

Carolyn Nyamasege - Karner Blue
Toastmasters

Fan Wu - 3285 Cape Breton
Toastmasters

Gwen Medwid -Wolfville Toastmasters

Grant Phillips - Portsmouth
Toastmasters

Huifeng Duan - 3285 Cape Breton
Toastmasters

HOORAY!



Olivette Aviso, DTM

It is said that “when the going gets tough, the tough get going.” Well, sometimes getting those longer speeches from the Levels 4 and 5 completed can seem to be tough going because when can your 15 to 20-plus minute be given during your usual club meeting time? As it often happens, Toastmasters International has the answer!

Actually, several options are available: a club meeting given over to only speeches and evaluations or a separate meeting with only speeches and evaluations. The latter can be planned for the fifth meeting period of the month—which usually occurs once per quarter during the year. This option can also be utilized to network with another club or clubs with only a couple of speakers but not enough to make an entire meeting length get together. You could hold such a meeting online or hybrid depending on the needs of the group. All participants must give Pathways speeches and each speaker will

Getting Your Path Completed: Levelling Up!

also be an evaluator providing written evaluations for their speaker. A Toastmaster and a Timer are also needed. The organizer of the Speak-A-Thon can also get Pathways credit for organizing the event or credit for organizing an online meeting depending on your venue. Therefore, at least four to six members can get Pathways credit for Project speeches depending on the Project on which they are working. For example, Giving Social Speeches requires two short speeches whereas Preparing to Speak Professionally requires a 20 + length presentation. There is also the Evaluate the Evaluator speech that can be attached to any of the other evaluators with their permission. The options are almost endless and are limited only by your imagination! Think about it: the Club Year is just beginning. You can schedule at least one of these speak-a-thons to ensure the needs of all your members can be met. All the best!

Olivette Aviso, DTM, PD45G





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>

CAN WE BE BETTER TOASTMASTERS?

~ Simon Tremblay

The first land acknowledgement I heard was at an afternoon of holiday entertainment presented by the local L' Arche community in 2017. Recited after the singing of the national anthem, and before the first holiday carol, the land acknowledgement caught me off guard. It is a brief statement that acknowledges that the land we are working on, praying, playing on, or resting on is the traditional land of the First Nation people that calls it home. It also acknowledges that there is a treaty governing the land that we are about to employ and enjoy.

Land Acknowledgments are popping up more frequently at public gatherings: my daughter's graduation, Church services, and even on television news. It caught me off guard because it was unexpected and stirred up many questions. Do we not own the land we live on? Are we to forfeit the land to First Nations because of the actions of our ancestors?



Simon Tremblay

The Truth and Reconciliation Commission, created in 2008, was launched to investigate the widespread abuse that occurred in residential schools and affected generations of

(continued...)

The poster features a dark background with a glowing campfire at the bottom. A white banner in the top left corner contains the text: "Free Seminars Register at speechafire@gmail.com". The main title "SPEECH AFIRE ADVANCED SEMINARS" is in large white letters, with a Toastmasters logo to the right. Below the title, a list of seminars is provided with dates and topics. At the bottom, contact information for the website, Facebook, and email is listed. A small credit line at the very bottom reads "PHOTO BY TOA HEFTIBA ON UNSPLASH".

Free Seminars
Register at
speechafire@gmail.com

Add sparks to
your speaking

SPEECH AFIRE ADVANCED SEMINARS

September 9, 2023: A Journey to Becoming a Published Author

November 11, 2023: Financial Intelligence: What Is It?

January 13, 2024: Volunteerism: Making a Difference

March 9, 2024: Toastmaster Leadership: What Does It Take?

May 11, 2024: Take Charge of Your Life

Website: [Speechafire.ToastmastersClubs.org](https://www.speechafire.toastmastersclubs.org)
Facebook: <https://www.facebook.com/groups/speechafiretm>
Email: speechafire@gmail.com

PHOTO BY TOA HEFTIBA ON UNSPLASH

CAN WE BE BETTER TOASTMASTERS?

~ Simon Tremblay

First Nations persons across Canada. The recommendations of that report, published in 2015, come from an examination of the atrocities that took place in residential schools, but blossomed into a full blown examination of national conscience regarding the relationship between the First Nations persons and European settlers.

Justin Trudeau, Canadian Prime Minister, introduced the land acknowledgement to its broadest audience at a ceremony in 2016.

“Before I begin, I’d like to recognize the Algonquin Nation, on whose traditional territory we are gathering. We acknowledge them as the past, present and future caretakers of this land.” Canada has been a leader in promoting land acknowledgments, but the US has more recently adopted them in certain settings.

Do we own the land we have purchased? Yes, but we should acknowledge the history of these lands and whose they are traditionally. Should we surrender ownership of the properties we control back to First Nations? No need, since they were the first stewards of the land. Including land acknowledgments represent a concrete action we can take to make a difference. We may be unable to right the innumerable wrongs inflicted on our First Nations brothers and sisters, but we can acknowledge that they are the past, present and future caretakers of this land.

Should Toastmasters consider incorporating land acknowledgements into Zoom, hybrid or in-person meetings? As a leadership program we should do the right thing and lead others to do the right thing. Land acknowledgements are the right thing to do because they serve as a reminder of our ongoing responsibility to work towards reconciliation with our First Nations brothers and sisters, and they help us honor the First Nations people who cared for this land for centuries before we arrived. Do the right thing!

Simon Tremblay, VPPR
Charlottetown Toastmasters Club

**“We have
what we need,
if we use what
we have.”
— Edgar Cahn**

KARNER BLUE TOASTMASTERS

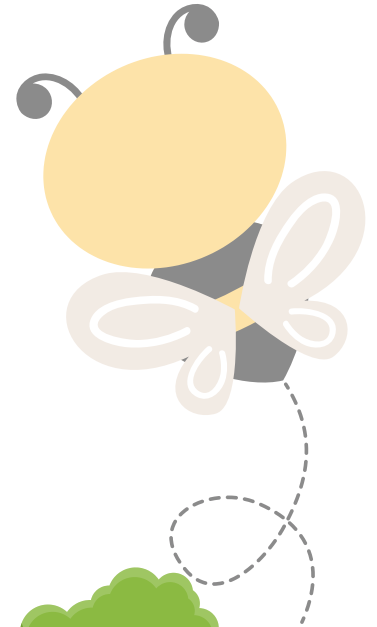
DIV A AREA 12



Karner Blue Toastmasters recently inducted its slate of officers for 2023-2024. They are from left to right: Josephine Puthota, VP of Public Relations, Melody Spear, Secretary, Wayne Ives, VP of Membership, Melinda Towne, Sergeant-At-Arms, Dean Robinson, Treasurer, Linda Magoon, President.

Paul Coddington, DTM was Master of Ceremonies. Congratulations, Officers!

Congratulations to Dean Robinson for completing Level 2 in Pathways! Congratulations to Barbara Dorfschmidt for completing Level 4 in Pathways



District Buzz



BANGOR TOASTMASTERS

DIV B AREA 5



Jim Kokocki gift

On July 9th, 2023, Bangor Toastmasters' Mary Hunter turned 100 years young! Mary is a life-long learner, active Toastmaster, and active community volunteer. She is a "glass 3/4 full" person, even when the glass is empty!

On July 5th, Bangor celebrated her birthday with a party, news media, family, current and former members, and two members of D45 Senior Leadership Team. She read chapter 9 of her book - each chapter dedicated to a decade of her life.

Mary joined Toastmasters at the age of 79 and pointed out that she was a 1-year-old when Toastmasters began.

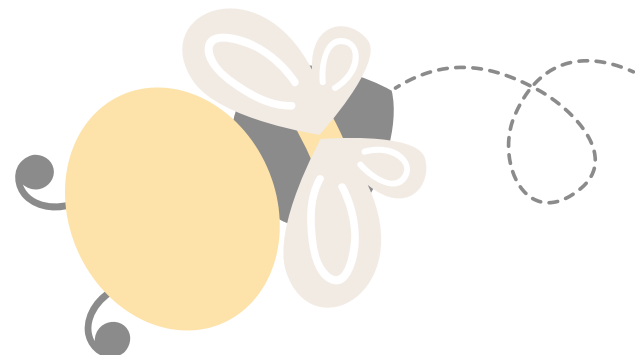
Mary is truly an inspiration. We should all aspire to be like Mary!



Angela Chute presenting award



Party group



DIVISION B AWARDS EVENT

DIV B

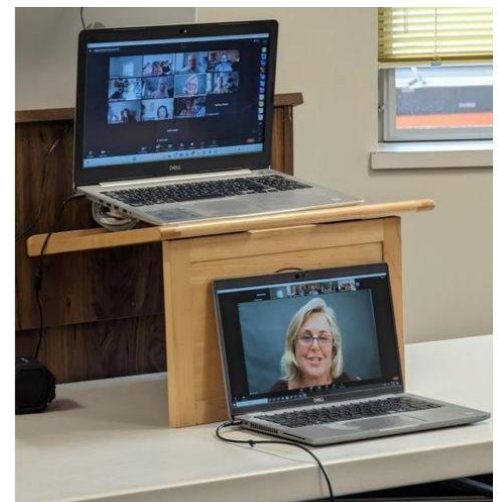
Division B held its 2nd Annual Division B Awards Event on July 11th. Members attended in person and via Zoom. Clubs represented were:

- 2211 Toastmasters
- Greater Portland Toastmasters
- Pine Tree Toastmasters
- Bangor Toastmasters
- Dirigo Leaders
- Kennebec Valley Toastmasters
- Brunswick Toastmasters
- The Maine Thing Advanced Toastmasters
- Toast of the Mid-Coast
- Blueberry Hill Toastmasters

Kennebec Valley awarded Toastmaster of the Year to Melissa Hartz, Grace E Durgin Teamwork Award to Olivette Aviso (on zoom), and a first-time award Most Improved to Tom Waddell.



Division B Director, Ivona Cookso



Online contestants



In person attendees



DIVISION B AWARDS EVENT

DIV B

Dirigo Leaders awarded Andrea Gray with the Karen A Bowen Memorial Leadership Award.

Brunswick Toastmasters was recognized for achieving Distinguished Club Status. 2211 Toastmasters was recognized for achieving Select Distinguished Club Status.

Members who competed in the speech contests received their trophies.

Humorous:

3rd Place: Sergey Draganov (on zoom)

2nd Place: Sean Macomber

1st Place: DJ Turchon

International:

3rd Place: Dave Phillips

2nd Place: Bill Bruns

1st Place: Melissa Hartz

Evaluation:

2nd Place: Greta Heimgartner

1st Place: Tom Macisso (on Zoom)

District International Speech Contest 3rd place winner Melissa Hartz received her trophy from District Director Angela Chute.

In addition, Division B awarded DJ Turchon for being the first in the District to complete the 11 Pathways Paths.

Beth Reinlander was Toastmaster of the event; Tom Macisso was the awards presenter. A FUN way to celebrate Division B Members !



Melissa Hartz came in 3rd for the District 45 International Speech Contest
She received her award from District Director, Angela Chute.



Humorous Speech 2nd place: Sean Macomber

CONCORD TOASTMASTERS

DIV A AREA 16



Bill Kiluk completes first icebreaker in Concord Toastmasters



Immediate Past President, Jennie Parisi, receives award from previous winner, Betsy Black

The Concord Toastmasters Club celebrated the beginning of the summer season with its fun annual ice cream social with 20 people in attendance. With the new slate of Concord Toastmasters Executive Committee members firmly in place for the new fiscal year, the club wants to extend its sincere appreciation for the previous members: Dale Randall, President; Sarah Chaffee, VPE; Karim Makhoul, VPM; Catherine Ryan, VPPR; Jon Kelly, Secretary; Alex Campbell, Treasurer; Richard Dymont, SAA; and Jennie Parisi, Immediate Past President. We thank you for your service and dedication.

Immediate Past President, Jennie Parisi, received the prestigious Glenn Tapley Memorial Award of Excellence from presenter, Betsy Black, on June 30, 2023. Glenn Tapley was one of the founders of Concord Toastmasters who modeled dedication and excellence.



PLEASANT STREET TOASTMASTERS

DIV A AREA 12



NAMI New Hampshire
National Alliance on Mental Illness

NAMI NH ENews | June 21, 2023

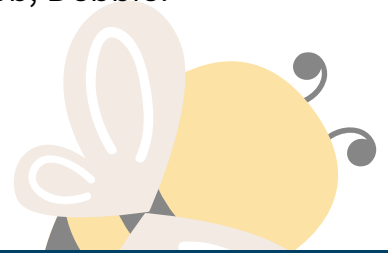
NAMI NH Annual Meeting & Award Winners

Thank you to the members, volunteers, donors, staff, and stakeholders who joined us on a beautiful June evening for the 41st Annual Meeting! We were delighted to return home to the NAMI New Hampshire office, celebrating the successes you made possible and reflecting on the challenges we've faced together. We could not do this work without you, and we thank you for all you do.

Congratulations to the 2023 NAMI New Hampshire Annual Award and NAMI Exemplary Psychiatrist Award Recipients:

- Law Enforcement**
Major Russell S. Conte (Ret.)
- Legislator of the Year**
Senator Becky Whitley
- Mental Health Supporter**
Brendan Cahalin
- Systems Transformation Leader**
Debbie Robinson

Our esteemed Pleasant Street Toastmasters Club member, Debbie Robinson, ACS, ALB, first wins the Evaluation Area Contest, then Division, and then wins first place in the District's Evaluation Contest. She never ceases to amaze us. She was on a roll with the contests...but she did not stop there. She recently received the Systems Transformation Leader Award at the Annual NAMI NH Meeting. Toastmasters has many talented members, and Debbie Robinson is an exemplary representative of what members can do with their talents! Great Job, Debbie!



THE VERY BEST TOASTMASTERS

DIV C AREA 2

The Very Best Toastmasters is kicking off their 50th year with a cruise on the Miramichi River on Monday, August 7th at 2pm at Ritchie Wharf, Newcastle! \$20 per person.

We'll be guests on the Max Aitken for leisurely cruise from Ritchie's Wharf (Newcastle) to the Rodd (Chatham) and back. Time and price to be determined. We may even have a finger food potluck and Table Topics on board!

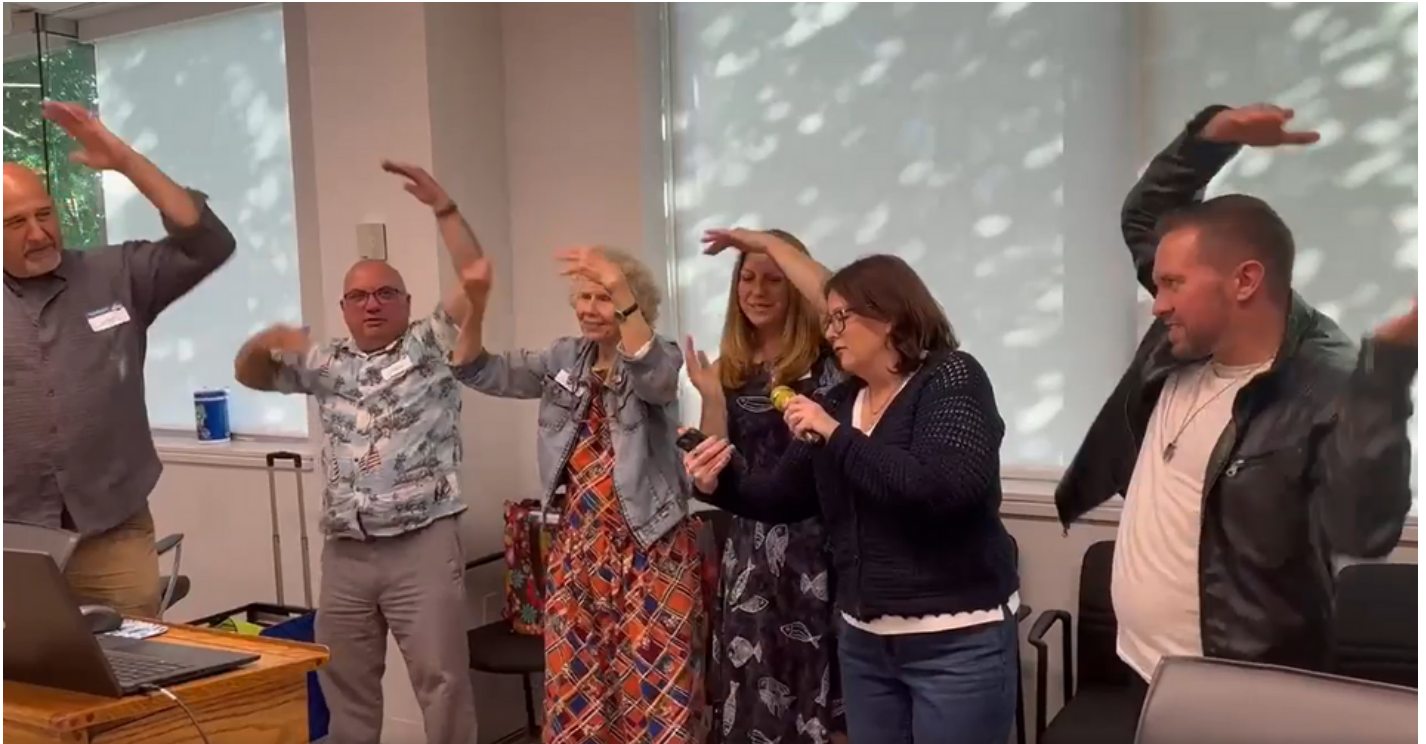
Please contact us at toastmastermiramichi@gmail.com if you are interested in attending so we can give Captain Hache our potential guest list.

We look forward to sharing some fun with you!



BLUEBERRY HILL TOASTMASTERS

DIV B AREA 10



Pictured left to right: Todd Rothstein, Tom Macisso, Carol Niles, Mary Gaucher, Susan Yturraspe, & Michael Hamilton

At a recent Blueberry Hill Toastmasters Meeting in Portland, Maine, MS5, Todd Rothstein did a Level 4 project that allowed some of us to get up and sing! We had three songs on our playlist: School's Out!, this classic shown above "YMCA." & of course, "I Found My Thrill, on Blueberry Hill (Toastmasters) of course!

Don't forget to submit your Club's
District Buzz by the 15th of each
month to d45.newsletter@gmail.com!

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
Cary Gladstone	Concord Toastmasters Club	5
Jennie Parisi	Concord Toastmasters Club	5
Kyle Morton	Sears-Halifax Club	5
Paula Tozer	Riverside Toastmasters	5
Paula Tozer	Beyond Toastmasters	5
Donna Accettullo	Bangor Toastmasters Club	10
Donna Accettullo	Pine Tree Toastmasters Club	10
Cathy Stickney	Exeter Speak-Ups Club	20

DISTRICT CALENDAR

S	M	T	W	T	F	S
<i>August</i>		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Newsletter submission due!	16	17	18	19
20	21	22	23	24	25	26
27 <u>TLL Training Sessions 1-2 (6pm ET / 7pm AT)</u>	28	29	30 <u>TLL Training Sessions 3-5 (6pm ET / 7pm AT)</u>	31		

PATHWAYS LEVELS THIS MONTH

As Toastmasters closes the fiscal year, level achievements will not be available. We will celebrate July and August achievements in September.



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