



Vermont | New Hampshire | Maine | New Brunswick
Nova Scotia | Prince Edward Island | Newfoundland and Labrador

CONGRATULATIONS

to
District 45's
FIRST

**DISTINGUISHED
TOASTMASTER**

of the Year!



LORNA WALTERS, DTM

Division C
Area 17

MEMORIAL TOASTMASTER CLUB
St. Johns, NL

D45



COACH'S CORNER ~ Linda Ramrath

How is a Chip like a Toastmasters Club Coach?

This summer, while savoring various BBQs, I stumbled upon an array of uniquely flavored chips. Who would have thought that such diversity could exist in a simple snack? Surprisingly, the same can be said about Toastmasters clubs. Each club possesses its own distinctive mission and talents, creating a vibrant tapestry of possibilities.

As a coach, you embody the spirit of a unique Toastmaster, adding your own special flavor to the mix:

Classic Chips – Honest, Direct, and Inspiring: You uplift and guide members with your authentic wisdom.

Corn Chips – Shaped for Priority Thinking: Reflect your determination to propel clubs to the pinnacle of success.

Frito Lay Corn Chips – Curly Connectors: You effortlessly forge connections and bond with others, embodying the essence of a phenomenal coach.

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COACH'S CORNER

Bean Chips – Heartfelt Interest in Growth: High-fiber bean chips, with their nurturing qualities, mirror your sincere investment in others' growth and development.

Pringles – Stacked Wisdom and Order: Your advice is structured and orderly, providing a clear path for growth and progress.

Doritos – Embracing Messiness: Fearlessly dive into challenges, knowing that any chaos can be gracefully transformed into growth – a trait of an exceptional coach.

Lay's Chips – Cultivating Excellence: Craft a culture of excellence as a successful coach, inspiring all around you to strive for greatness.

Regardless of which chip resonates with you, there's something to learn from each Toastmasters club. We're not striving for uniformity; we embrace the spice of diverse speakers, evaluators, and audiences. Roles, speeches, and evaluations foster growth for everyone present.

Ready to infuse your unique coaching flavor into the Toastmasters experience? Join our coaching team and witness how you can grow alongside a culture that thrives on encouragement and development.

In the grand tapestry of Toastmasters, every flavor – every coach – plays an indispensable role. So, what are you waiting for? Let's celebrate the richness of our differences and together, let's craft an exceptional Toastmasters journey!

Remember, you're not just a chip – you're the essence of flavor that ignites growth and success. Embrace your uniqueness, and let's make this Toastmasters year one for the books!

Linda Ramrath, DTM
Club Coach Chair



The Final Incentive Awards for 2022-2023!

Toastmasters International closed the books at the end of July. There were several membership, educational, and training awards that just had to wait until the final numbers came in for District 45 before we could determine the winners. And those clubs are:

Beat the Clock!	Award	Club
5 or more new members in May-June	\$100.00	Schooner Toastmasters Halifax #3978
	\$100.00	Spotlight Toastmasters Club #9985
	\$100.00	2211 Toastmasters #1426328
(3 or 4 new members in May-June)	\$75.00	Arcadie du Grand Caraquet #1651483
	\$75.00	Premiere Toastmasters Club #2738
	\$75.00	3285 Cape Breton Toastmasters #3285
1 or 2 new members in May-June	\$50.00	Keene Toastmasters Club #1562
	\$50.00	The Merchants Motormouths #28676219
	\$50.00	Harbourside Club #1843
Distinguished or Better Clubs	\$150.00	Toast of the Valley Club #9719 Distinguished
	\$150.00	Amoskeag Better Communicators #7347 Select Distinguished
one winner from each level	\$150.00	Keene Toastmasters Club #1562 President's Distinguished

Congratulations to all the clubs that won the drawings, and to the clubs that qualified as well!

The District leadership team thanks you for your efforts in our Dash to Distinguished campaign this Spring. L'année prochaine mes amis!

Some very special recognition goes to Memorial Toastmasters Club #3237 in St. John's, Newfoundland! They enrolled 6 new members in the month of June before officially joining District 45 for a total of 16 new members in the year. That feat certainly contributed to the club's recognition as a Select Distinguished club last year! A warm welcome to all our newly arriving members in Newfoundland!

District 45

SMEDLEY AWARD
5 NEW MEMBERS

August 1st
to
September 30th

**Add Five (5) New,
Dual
or Reinstated
Members**

**Win the
SMEDLEY AWARD**



Paul Coddington, DTM
Program Quality Director

DANILO BUCHNER- Riverview Canusa Toastmasters Club

MELISSA LIGOTTI - Blueberry Hill Toastmasters

RENEE BARSTOW - Portsmouth Toastmasters

SHARAN VUCHA - Exeter Speak-Ups Club



SEPTEMBER 2023

Hooray!

Newbie Nuggets



Ditch the Notecards!

Would you like to give a speech without notes, or at least with very few notes? "Don't memorize. Internalize." Learn how to do it in three easy steps!



Learn More!

FALL WORKSHOP!

Saturday, November 4, 2023

8:30 - 3:00 ET / 9:30-4:00 AT / 10:00-4:30 NFLD

**DISTRICT
45**



Deadline for Presenter Submissions: September 16, 2023

APPLY TODAY

OR EMAIL TOASTMASTERSD45@GMAIL.COM

CALL for PRESENTERS



Free Seminar
Register at
speechafire@gmail.com

A Journey to Becoming a Published Author

September 9, 2023

9:30 am ET / 10:30 am AT / 11:00 am NT

Add sparks to
your speaking



Stephen Clark, DTM
Published Author



Sharon Joseph, DTM
International Best Selling Author, Life Out Loud

Website: Speechafire.ToastmastersClubs.org

Facebook: <https://www.facebook.com/groups/speechafiretm>

Email: speechafire@gmail.com

PHOTO BY TOA HEFTIBA ON UNSPLASH

On September 9th, Speech Afire Advanced Toastmasters will be hosting Stephen Clark, DTM and Sharon Joseph, DTM on the subject of becoming a published author. Speech Afire Advanced Toastmasters will be extending a special offer to the attendees so if you've ever wanted to get published, now is the time!



Linda Ramrath, DTM Club Coach Chair



WEBINAR With Former Club Coaches

September 14, 2023

7:00PM ET / 8:00 AT / 8:30 NL

d45.clubcoachchair@gmail.com



Olivette Aviso,
DTM PDG



Michael Aron,
DTM



JD
Dirkschneider,
DTM

Information Corner



How Many Projects Are In a Path?

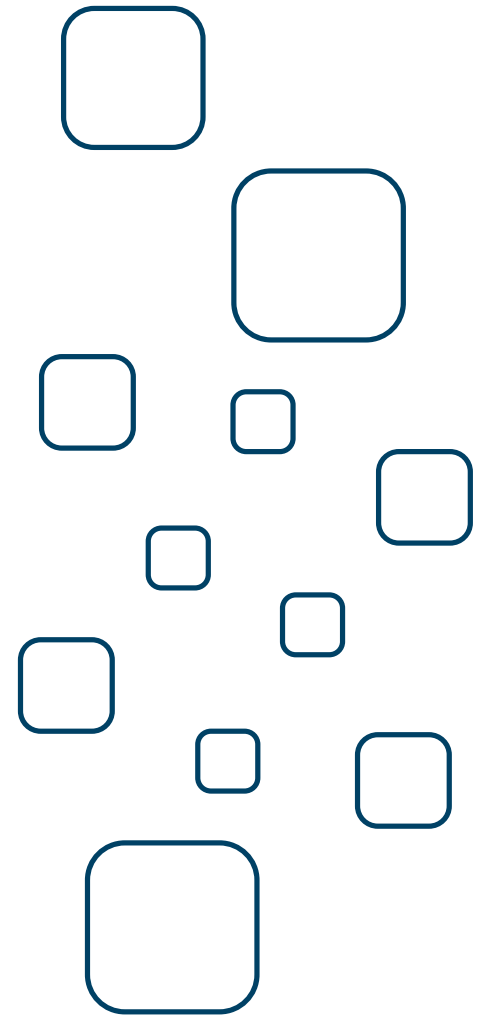
Every path has required and elective projects. Path recognition is achieved when a member completes 14 projects across all five levels—a combination of 10 required projects and four elective projects chosen from a comprehensive list covering various subjects. Most projects include at least one speech that will receive an evaluation. Though members are required to complete four elective projects, they have the option to complete as many as they would like.

Information Corner



Coming to Basecamp 2024

- You will have an easier time navigating the system, launching your path, and working through projects.
- When your completed path or level is approved, it will automatically be submitted for recognition in Club Central.
- You will be able to access Pathways on your mobile device, with a mobile app to follow in the future.
- Pathways will be friendly and accessible to our members who are Visually Impaired.
- You will be able to share your educational accomplishments directly to social media from Pathways.



Free Seminars
Register at
speechafire@gmail.com

Add sparks to
your speaking



PHOTO BY TOA HEFTIBA ON UNSPLASH

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

THE VERY BEST TOASTMASTERS

DIV C AREA 2

50th Anniversary Events, Kick-Off – Miramichi River Cruise

Members and friends boarded the Max Aitken for a river cruise on August 7th. We had glorious weather and an entertaining guide who apologized for his misuse of the three languages, English, French and New Brunswick! However, he did give Toastmasters the nod when it was time to float under the bridge, as he recalled that our Past Area Director, Yu Ming, had shared that it was good luck to sing while going under a bridge, and now he has all passengers participate in that tradition! It was a delightful time of chatting and enjoying the beauty of our area. A genuine pleasure to have Past District Governor Patricia MacNevin with us! A grand day out to kick-off our Club's 50th year!



An Afternoon of Entertainment

The Very Best Toastmasters aka Miramichi Toastmasters invites you to join us for our 50th Anniversary Gala on Saturday, October 15th at 2:00 p.m. One of our earliest members, Angus MacDonnell will reflect on our humble beginnings as the management teams at the mines started Toastmasters as the most effective way to improve communication skills. Ann McCosh, member for 30 years, will regale us with highlights through the years that she and Lucie Marlow encouraged and sustained members from all over the community, changing the business-centric culture to one of openness while being business casual. We'll also have a special guest speaker to entertain and help guests understand the extent of our organization's reach and impact.

Please join us for this 50th Anniversary Gala! If you would like to stay and enjoy the area, we can help you – contact us at toastmastersmiramichi@gmail.com

District Buzz



BRATTLEMASTERS

DIV A AREA 15

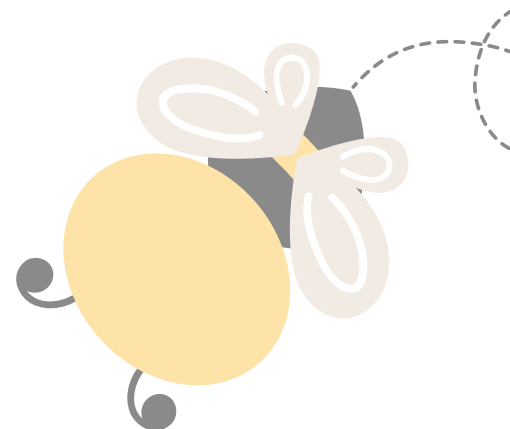
The rain stopped in time for BrattleMasters to enjoy their annual picnic in West Brattleboro, Vermont on Thursday, July 28. From left, are Chris Estes, Secretary Karen Davis, Michael Drummond, Division A Director Elise Thorsen, Lee Ives Tice, Vice President Education/Treasurer Carolyn Handy



and Sergeant At Arms Vishal Sarsani. Not pictured was former member Robbie Paley. The evening included speeches by Thorsen and Handy, table topics from Drummond, and a variety of potluck delights to accompany the hamburgers, veggie burgers and hot dogs cooked on a huge outdoor grill. Drummond did a fabulous job at his first time as grillmaster, a once-a-year role. The casual setting around picnic tables was a great opportunity for the Level 4 project - Managing a Difficult Audience - when four members were secretly assigned to interrupt or disrupt a speaker throughout her speech. The hybrid club meets "in person only" for its annual picnic. Finally, Thorsen announced the name of the new area director, Joe Reid, to much applause. (Photo by Robbie Paley)

FREDERICTON TOASTMASTERS

DIV C AREA 13



MT. WASHINGTON VALLEY TOASTMASTERS


DIV A Area 12

We hosted our latest On Tap event at The Glen House Hotel, at the base of Mount Washington. It was a beautiful day with a gorgeous view! We had fun with some Table Topics questions about our favorite things, which was the theme of one of our meetings. Members and guests shared about their favorite qualities in friends, rainy day activities, dream homes, and much more! We also shared some delicious food.

For this month's fun fact, we have a fun twist on advertising- good ol' print! In our area, the Conway Daily Sun is a popular newspaper, and has been a huge help to us when it comes to advertising. If you've got a local paper around, don't knock it until you try it! Though many prefer digital ads, print can work well, too, whether in magazine publications, newsletters, flyers, press releases, articles, or mailers. Stratifying your means of advertising can also help you get a fuller picture of your audience.




Alex Novytskyy and Sarah Plowman



Newbie Nuggets

6 Secrets for Surviving Your First Ice Breaker

Your Ice Breaker is a story about you. For this speech you can share anything about yourself that you would like. How do you prepare for the longest six minutes of your life?

 [Learn More...](#)

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



CONCORD TOASTMASTERS

DIV A AREA 12

The Concord Toastmasters welcomed a new member, Dave Holton, on August 4, 2023.

Congratulations to Rick Dymont, who completed Level 3 of his Pathway: Innovative Planning, and to Betsy Black, who completed the Motivational Strategies pathway.

All members of the Executive Committee are now alternating as Presiding Officers at the weekly meeting.



VPM, Rick Dymont welcomes new member Dave Holton

DARTMOUTH TIC TALKERS

DIV D AREA 9

Tic Talkers #9307 congratulates Jonathan Bohm for his trifecta win at our last meeting. Jonathan won Best Speaker, Best Table Topics Speaker and Silver Tongued Devil Award for using the Word of the Day, jargon, the most. Tic Talkers is a community club that meets weekly at noon (12 pm AT).

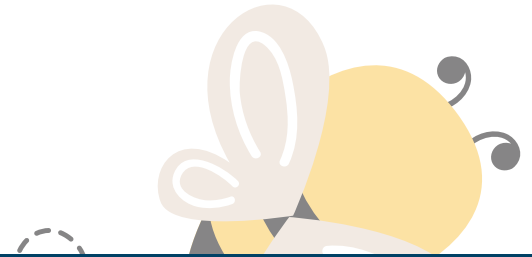


DIRIGO LEADERS

DIV B AREA 5



Dirigo Leaders had a hybrid Open House August 16th. Many guests were from the Southern Maine Market on WebEx. The event was hosted by Andrea Gray, Bill Day, and Matt Jencks. They had 8 guests who are all interested in joining Dirigo! In addition, our Division Director Ivona Cookson dialed in, giving words of encouragement.



TOAST OF THE COAST

DIV D AREA 1

Did you know you can improve your vocal variety by improving your body language? At the last Toast of the Coast meeting, Jonathan Bohm discovered how ensuring he incorporated body language resulted in improved vocal variety. Try it and see if it works for you. Toast of the Coast is an advanced club focusing on evaluation. We meet the 2nd, 4th and 5th Saturdays from 9 am AT to 11 am AT. You must have achieved at least a Level 1 to become a member. Any Toastmaster is welcome to visit. Learn how you can take your speaking and evaluation skills to the next level.



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 September.

Charlottetown Toastmasters Breakfast Club
6 Years

Provincially Speaking Toastmasters
8 Years

Pleasant Street Toastmasters
9 Years

SEPTEMBER ANNIVERSARIES

Creatively Speaking Toastmasters Halifax
12 Years

NoonTalkers Toastmasters Club
17 Years


Dal Toastmasters
18 Years

D45





Sherry MacDonald, Jim Kokocki, Crystal Cobb, Angela Chute at Convention in Nassau, Bahamas

Newbie Nuggets!




Scared of Public Speaking?

Would you like to give a speech without quaking in your shoes? It is a response that many people have when asked to give a public speech, but there are ways to counter this response.

 [Learn More...](#)

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 September.



Free Seminar
Register at
speechafire@gmail.com

SPEECH AFIRE ADVANCED



The Strategies of Financial Intelligence

November 11, 2023
9:30 am ET / 10:30 am AT / 11:00 am NT

Add sparks to your speaking



Darlene Smith, ALB, ACB
Speaker, Realtor, Business Consultant

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

LEVELING



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 - AUGUST 2023

Name	Club	Designation
Indumathi Azhagesan, DL1	Schooner Toastmasters Halifax	DL1
Anne Doucette, DTM	Riverview Canusa Toastmasters Club	EH1
Walter Power, DTM	Horseshoe Pond Toastmasters Club	IP1
Tina Goulet, PM5	Pleasant Street Toastmasters	PI1
Dorina Theriault, PM1	Arcadie du Grand Caraquet	PM1
Dana McGrath, PM1	Penmen Toastmasters	PM1
Kelechi C. Ekechukwu, PM1	Schooner Toastmasters Halifax	PM1
Ann Welch, VC1	Winning Speakers Club	VC1

LEVEL 2 - AUGUST 2023

Name	Club	Designation
Rosie W. Williams, EC2	Champ Masters	EC2
Anne Doucette, DTM	Riverview Canusa Toastmasters Club	EH2
Walter Power, DTM	Horseshoe Pond Toastmasters Club	IP2
Simon Tremblay, LD2	Charlottetown Toastmasters Breakfast Club	LD2
Patrick B. Dunne, DTM	Memorial Toastmasters Club	PM2
Frieda Musa, PM2	Memorial Toastmasters Club	PM2
Raj Rawal, PM2	Champ Masters	PM2
Kathryn Vaznis, VC2	Blueberry Hill Club	VC2

Celebrate Success

LEVELING UP

LEVEL 3 - AUGUST 2023

Name	Club	Designation
Ariana Ziminsky, EC3	Concord Toastmasters Club	EC3
Anne Doucette, DTM	Riverview Canusa Toastmasters Club	EH3
Walter Power, DTM	Horseshoe Pond Toastmasters Club	IP3
Joseph Reid, IP3	White Mountain Toastmasters Club	IP3
Richard Dymont, IP3	Concord Toastmasters Club	IP3

LEVEL 4 - AUGUST 2023

Name	Club	Designation
Dawna-Jean Turchon, DTM	Kennebec Valley Toastmasters	EH4
Walter Power, DTM	Horseshoe Pond Toastmasters Club	IP4
Deborah Kumpf, DTM	Mt Washington Valley	PM4
Tom Waddell, PM4	Kennebec Valley Toastmasters	PM4
Nancy Munroe, PM4	Blueberry Hill Club	PM4
Elise Thorsen, SR4	Savvy Speakers	SR4

LEVEL 5 - AUGUST 2023

Name	Club	Designation
Dale Randall, DTM	Concord Toastmasters Club	EH5
Patricia A. Murray, PM5	3285 Cape Breton Toastmasters	PM5
Tina Goulet, PM5	Pleasant Street Toastmasters	PM5
Carol Niles, VC5	Atlantic Online Evaluators	VC5

Celebrate Success

DISTRICT CALENDAR SEPTEMBER

2023

SUN MON TUE WED THU FRI SAT

						1	2
3	4	5	6	7 Leadership Masterclass 7pm	8	9	
10	11	12 Fall Workshop Presenter Closes	13	14 Club Coach Webinar 7pm	15 Newsletter submission due	16 Decision on Fall Workshop Presenters	
17	18	19	20	21	22	23 D45 Council Meeting 10am	
24	25	26	27	28	29	30	

Smedley Award

August 1 - September 30

Can your club add five new, dual, or reinstated members with a join date between August 1 and September 30? Accomplish this goal and you'll qualify to receive a Smedley Award ribbon, named in honor of Ralph Smedley, which you can display on your club's banner.

For updated events and times, go to the District Calendar at

<https://d45toastmasters.org>

