



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

# Stay Cyber Safe!

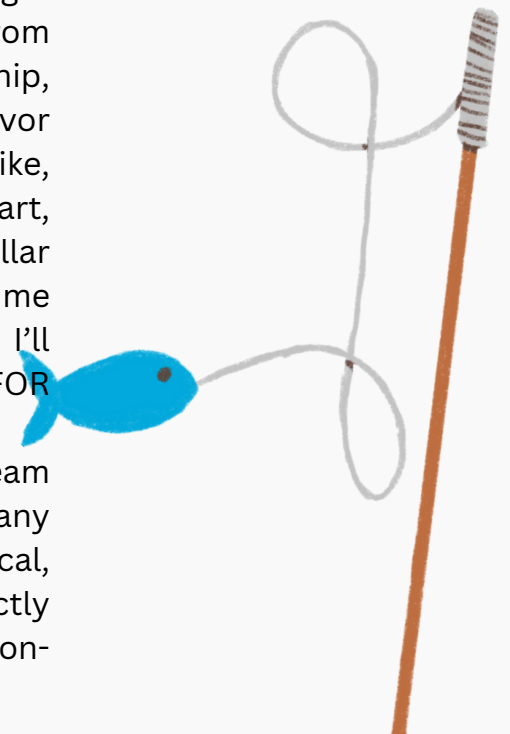
~DJ Turchon

Wouldn't it be great if instead of nefarious actions, people used their 'talents' for the greater good? Recently Toastmasters all over the world have been victims of phishing attempts. Phishing not fishing. Fishing is fun, relaxing – maybe not for the worm, an opportunity to bond with fellow fisherpeople and become one with nature.

Phishing is the fraudulent practice of sending emails or other messages purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers.

How does this scam rear its ugly head in Toastmasters? Members receive an email, text, messenger request seemingly from someone in District Leadership, asking for a favor. That favor turns out to be something like, "Hey, could you go to Walmart, get gift cards in \$dollar increments, send them to me along with the receipt and I'll reimburse you." **DON'T FALL FOR IT**

First, your leadership team would never ask that of any member. Not only is it unethical, but Toastmasters bylaws strictly prohibit the purchase of non-Toastmasters gift cards.



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# Stay Cyber Safe! (continued)

How can you spot a phishing attempt?

- Check the email address. Does it appear suspicious, mismatched, not in your contact list?
- Check the body of the email. Most phishing emails often have grammatical and spelling errors and ask for personal information.
- Do not click links or open any attachments unless you are certain they are from a trusted source.
- Trust your gut. If it seems “off”, reach out to the sender in a new email, text, or phone call. Do not reply.

What do you do if you get such a request?

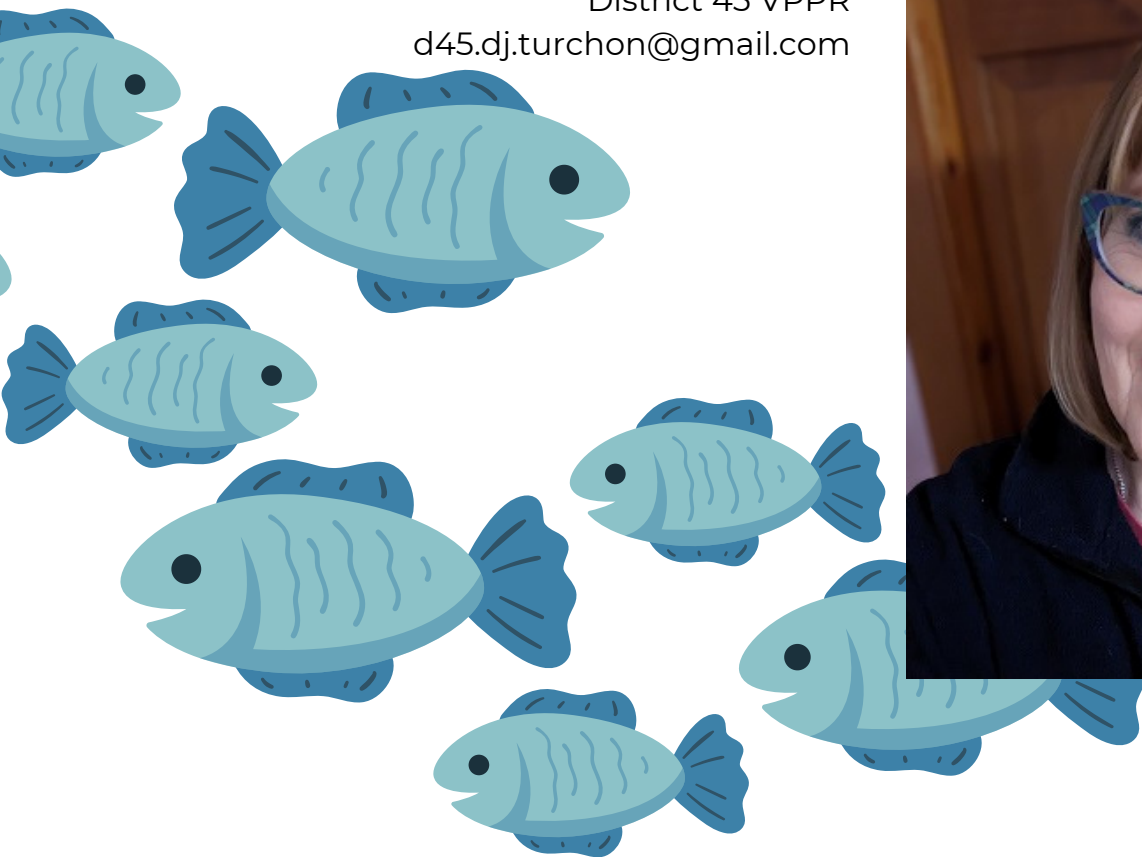
- Do NOT respond.
- Report it to your AD, Division Director, and District Director

For more information on how to recognize phishing attempts there are some resources:

- Federal Trade Commission [FTC Recognize and Avoid Phishing Scams](#)
- Cybersecurity & Infrastructure Security Agency [Phishing Infographic](#)
- Phishing [General Security Postcard](#)

Remember, not all our fellow Toastmasters are aware of these types of scams. Educate your fellow members, keep each other Cyber Smart.

DJ Turchon, DTM  
District 45 VPPR  
[d45.dj.turchon@gmail.com](mailto:d45.dj.turchon@gmail.com)



# Member Profile - Lorna Walters

Lorna joined Toastmasters in 1996 in an attempt to overcome her "extreme fear of Public Speaking". In 1998 she took a hiatus to complete a Masters Degree. Upon returning to Toastmasters in 2006 she has been an active member since.

Lorna is a member of Memorial Toastmasters Hybrid Club in St. John's, Newfoundland and was a founding member of Iceberg Alley Online Toastmasters. She has coached a club in Korea and attended clubs in Belgium and New Jersey!

This is her second DTM. In an effort to increase club membership during the pandemic, she and a team of fellow toastmasters held numerous Toastmaster meetings in various organizations in the community. This became her DTM project.

Lorna says she loves what Toastmasters has to offer and particularly loves supporting fellow members and witnessing their growth. She is excited to part of District 45 and looks forward to visiting other clubs in the District as well as meeting the Executive and other members.

Lorna loves to travel, be it in the air, water, or on 2 wheels, which she says, may just bring her to the D45 Conference in the Spring!



**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!](#)



*Congratulations!*

**DISTINGUISHED TOASTMASTER**  
TOASTMASTERS INTERNATIONAL  
TOASTMASTER

District 45  
Division C  
Memorial Toastmasters

**LORNA WALTERS, DTM**


# Member Profile - Sandra Savage

Sandra Savage joined Toastmasters in 1988 when she started speaking on stage around the world on behalf of her employer. Since then, she has joined many clubs in California and worldwide.

Sandra is currently a member of D45's Women Changemakers; she assisted in sponsoring and chartering the club. She is also a member of Advanced Leaders Lab in D96, first as a club coach, now a member; Masters of Evaluation in D1 specializing in, you guessed it, evaluations; and Promote the Possibilities in D106 for marketing and PR of a business, service and/or Toastmasters.

This is Sandra's first DTM. Her DTM project is known worldwide as "Pathways with Purpose. She is the author of the Pathways Catalog and companion decks of cards.

Some fun facts about Sandra: she was formerly a typographer, high-tech software product manager, executive chef and will soon be a published author.



**SLT 2023-2024 Weekly Messages**

District45 Toastmasters  
73 videos 9 views Updated 7 days ago

≡+ ↗ ⋮

▶ Play all    🔀 Shuffle

Our SLT will be sharing weekly messages to the district.

- Sunday: Finance Manager
- Monday: Division Directors
- Tuesday: Program Quality Director
- Wednesday: District Director
- Thursday: Club Growth Director
- Friday: Admin Manager
- Saturday: Public Relations Manager

**Get to Know Your Leaders - New Message Posted Daily!**



# First Anniversaries

ALEXEENA MATHEW - Fidelity Orators  
ASHLEY CORBEIL - Live, Speak Or Die Toastmasters  
BRIAN DAVIDSON - Fidelity Orators  
CHRISTINE GAGO - Live, Speak Or Die Toastmasters  
DYLAN RENOUF - Riverside Toastmasters  
FATEMEH PEIMAN - Women Changemakers  
FR THOMAS ISKAROUS - Bedford Basin Toastmasters  
GRACE TEMANI-CHIPUDHLA - Bedford Basin Toastmasters  
HELEN GALGAY - Bedford Basin Toastmasters  
JARED RANDALL - Greater Portland Toastmasters Club  
JESSICA CHALMERS - Greater Portland Toastmasters Club  
JOLENE HILLS - Live, Speak Or Die Toastmasters  
JON ARCHER - Woodfords Toastmasters Club  
JONATHAN PALMER - Brunswick Toastmasters  
JUDITH-ANNE SWEENEY - Women Changemakers  
JULIA PIGNY - Pomerleau Innovation Toastmasters  
KANDRA BERTIN - NoonTalkers Toastmasters Club  
KANWALDEEP BEDI - NoonTalkers Toastmasters Club  
KHALED HAMID - Wolfville Toastmasters

LAURIN BRANSCOMBE - Civil Speakers Club  
LIEFF SALONIUS - Women Changemakers  
LORI HAGGERTY - Women Changemakers  
LOUISE MIELKE SOMERVILLE - Women Changemakers  
MEG FERGUSON - Creatively Speaking Toastmasters Halifax  
MELISSA GAMARRA - Fredericton Toastmasters Club  
MELISSA MCLEAN - NoonTalkers Toastmasters Club  
MICHAEL ESTES - Live, Speak Or Die Toastmasters  
MICHELLE ROBICHAUD - Women Changemakers  
NOAH RAPAZZO - Live, Speak Or Die Toastmasters  
PERRY FERRIS - Pine Tree Toastmasters Club  
RAMAKRISHNA KONDEKAR - Nashua-Hudson Club  
RHONDA SAGE - Women Changemakers  
RUDRA ARYAL - Keene Toastmasters Club  
SABIYA FELLOWS - Fidelity Orators  
SARAH HAMILTON - Cole Harbour Toastmasters  
SHAUN SMITH - Bedford Basin Toastmasters  
SHAWN MACPHEE - Memorial Toastmasters Club  
SHUJUN QIAN - Sears-Halifax Club  
SUPRIYA NAGALLA - Women Changemakers

**OCTOBER 2023 1-YEAR ANNIVERSARY!**

Hooray!



# Speech Afire: Lessons That Set Your Life Ablaze!

On September 9th, Speech Afire Advanced Toastmasters Club hosted Stephen Clark, DTM and Sharon Joseph, DTM, both published authors, who shared their journey to getting published.

Stephen identified 4 steps that we need to consider before putting pen to paper:

1. Who is my audience/reader?
2. What is my motivation?
3. What is my big idea?
4. What is my message?

Sharon spoke about three of her books and how the books illustrate her journey from an inexperienced and nervous author to a seasoned storyteller.

Speech Afire: Lessons That Set Your Life Ablaze! is the book the Speech Afire Advanced Toastmasters Club will be publishing in March 2024. All club members are invited to submit a chapter! Join us as a member (Pathways Level 2 required) and become a published author! For more information join us at our next meeting on September 23rd at 9:30 am Eastern / 10:30 am Atlantic / 11:00 am Newfoundland time or submit an email to [speechafire@gmail.com](mailto:speechafire@gmail.com). Our website is [speechafire.toastmastersclubs.org](http://speechafire.toastmastersclubs.org) and our Facebook page is [www.facebook.com/groups/speechafiretm](http://www.facebook.com/groups/speechafiretm).

**Free Seminar**  
Register at  
[speechafire@gmail.com](mailto: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](http://Speechafire.ToastmastersClubs.org)  
Facebook: <https://www.facebook.com/groups/speechafiretm>  
Email: [speechafire@gmail.com](mailto:speechafire@gmail.com)

PHOTO BY TOA HEFTIBA ON UNSPLASH

Are you ready to embark on a new journey of giving back to Toastmasters this year? If you've been a dedicated Toastmaster, attending countless meetings, and mastering various roles, perhaps it's time to take the next step – become a coach.

You have a treasure trove of skills waiting to be shared, and a supportive team eager to provide you with fresh, innovative ideas for unforgettable meetings. Imagine Toastmaster gatherings where learning and fun blend seamlessly, making them irresistible to anyone who attends. These are the meetings that effortlessly inspire others to join, enhancing their communication skills at an unbelievably affordable price.

Much like my own passion as a Fiber Artist, where I craft unique pieces by weaving together various materials, your journey as a coach will involve working closely with a diverse group of Toastmasters, each with their own distinct qualities. Just as I collaborate with family members to create memory quilts that capture the essence of someone's life, you will work with your club members to craft an inviting and successful club experience.

By observing, brainstorming and presenting an action plan to a club's executive officers, you can help a club transform into a vibrant, welcoming community that brings joy not only to the club, but to you as a coach, and to the new members who thrive from the experience. You can do it!



So, why wait? Act today! Send me an email ([d45.clubcoachchair@gmail.com](mailto:d45.clubcoachchair@gmail.com)) to join the pool of coaches ready to help clubs succeed this year. Join me now, and together, we can match your unique skills with a club eager to embrace new ideas and elevate every meeting. Let's make every Toastmasters meeting an adventure worth the journey.

Linda Ramrath, DTM  
District 45 Club Coach Chair  
[D45.clubcoachchair@gmail.com](mailto:D45.clubcoachchair@gmail.com)



# RIVER VALLEY TOASTMASTERS

DIV C AREA 13

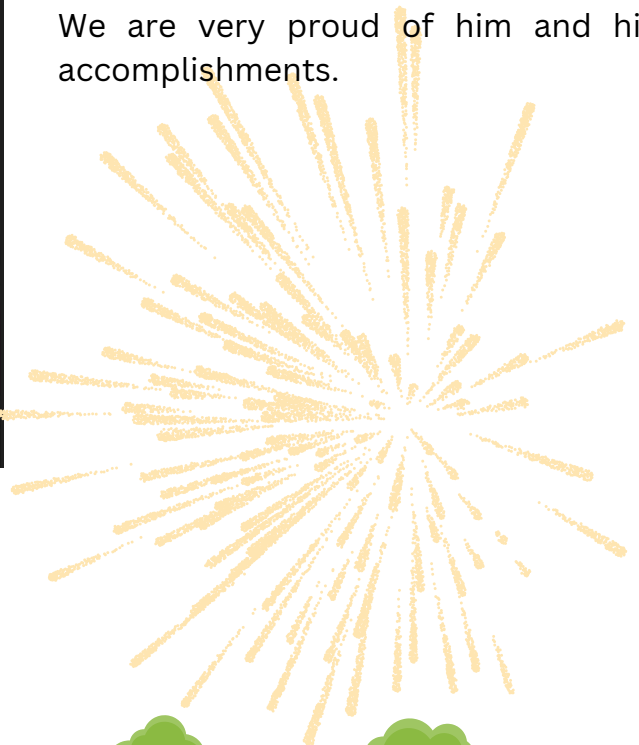


This is a picture of one of our members from India.

Aadi earned his doctorate while enhancing his leadership and communication skills with our club, River Valley Toastmasters, club 4373706, Area 13, Division C, District 45, in Florenceville-Bristol, NB, Canada.

As he lives in India, he joins our regular meetings at 3:30 AM his time. Such dedication is not often found.

We are very proud of him and his accomplishments.



## District Buzz





# ARCADIE DU GRAND CARAQUET

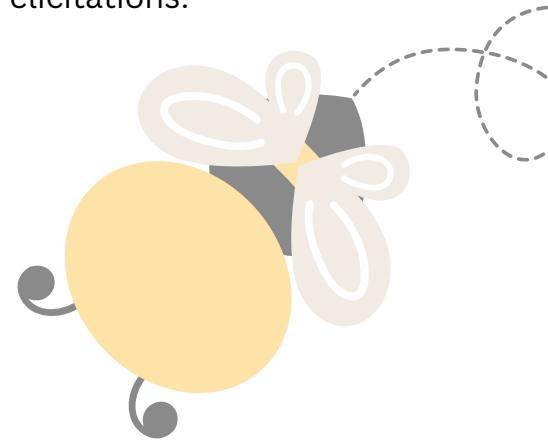
DIV C AREA 02



**Félicitations - Antoine LeGresley**  
V.P. de l'éducation, reconnu  
comme « Directeur de Division  
Distingué du Président »  
Toastmasters

Arcadie du Grand Caraquet recognizes member Atoine LeGresley, D45 newsletter translator and past Division Director for receiving President's Distinguished Division Director award!

Felicitations!



# KARNER BLUE TOASTMASTERS

DIV A AREA 12

**AUTHOR**  
EVENTS

**Linda Magoon**  
"Live Free and Hike:  
How I Found Grace On 48 Summits"

Friday, September 29th  
7:00pm

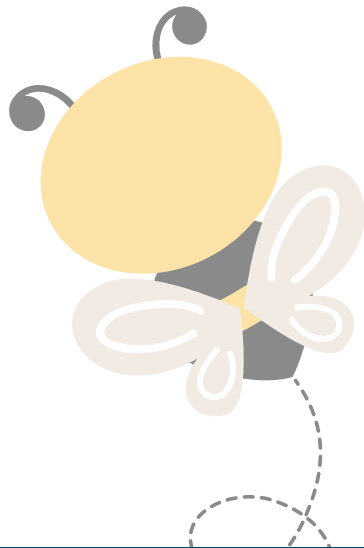
**LIVE FREE and HIKE:**  
FINDING GRACE ON 48 SUMMITS

District 45's latest published author, Linda Magoon of Karner Blue Toastmasters.

# DARTMOUTH TOASTMASTERS

DIV D AREA 11

On Wednesday, September 13th, Dartmouth Toastmasters warmly welcomed our newest member, Mona. Guiding her on this exciting journey, Paul, a seasoned Toastmaster, has graciously taken on the role of her mentor. Her induction was overseen by Lawrence, our VP of Membership.



# BRUNSWICK TOASTMASTERS

DIV B AREA 14



Brunswick Toastmasters  
Open House

# RISE AND SHINE ADVANCED TOASTMASTERS

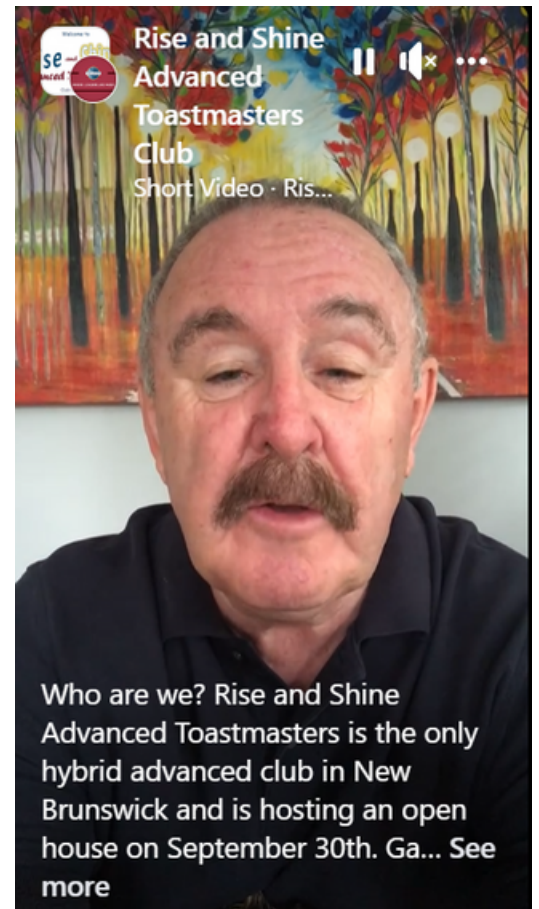
DIV C Area 02

As Rise and Shine Advanced Toastmasters prepared for an open house on September 30, members posted videos on Facebook and Youtube to promote the event. This was not only a great opportunity to promote the club and engage potential new members, but to gain a new skill.

**Click on the images to watch these videos!**



Carl Duivenvoorden, DTM



Robert VanOostwaard, DTM

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



# CONCORD TOASTMASTERS

DIV A AREA 12

This past month, Concord Toastmasters welcomed online Area Director Tina Goulet, and fellow Toastmaster Natalie Kay (from the UK) to our club meeting. Congratulations to Dale Randall, who achieved Level 5 of Engaging Humor; Ariana Ziminsky, who reached Level 3 of Effective Coaching; and Rick Dyment, who completed Level 3 of Innovative Planning.

Clockwise from upper left: Best Evaluator Ariana Ziminsky, Gregory Naigles, and VPM Rick Dyment perfect their leadership skills through different roles.



# WHITE MOUNTAIN TOASTMASTERS

DIV A AREA 15



Best Table Topic was Barbara Robinson, Best Evaluator Sheila Oranch, and Most Improved is Bob Stark. Welcome to new guests Anna and Lily. Thank you for participating!



# GREATER PORTLAND TOASTMASTERS

DIV B AREA 6



Greater Portland Toastmasters says farewell to their beloved Stacey Knight as she moves on to pursue other important goals.

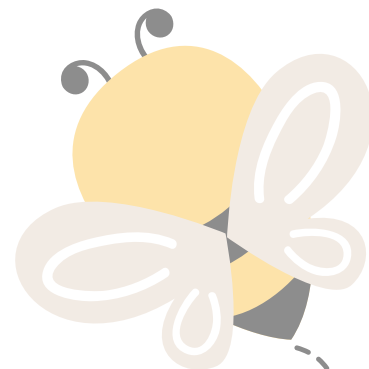


# ANNAPOLIS VALLEY TOASTMASTERS

DIV D AREA 11



Congratulations to Annapolis Valley Toastmasters on a successful Wing Welcome Event!



# HALIFAX TOASTMASTERS AT SMU

DIV D AREA 11

Nancy didn't miss a single meeting in July and also did a very informative speech. All this while she takes care of the member enrollment for the club!

Toastmaster of the month for July - Nancy Walters



## CHAMP MASTERS

DIV A AREA 08

The following Champ Masters have a solid achievement record in this Toastmasters year.

Carol Coolidge

Motivational Strategies- Levels 2 and 3 in July 2023.

Raj Rawal

Presentation Mastery - Level 2 in July 2023

Rosie Wolf William

Effective Coaching - Level 2 in September 2023  
Level 3 in August 2023

Lindsay Worley

Innovative Planning - Level 3 in June 2023

### New Members this month

Sampson Alley

Kirk Joes

Elizabeth (Liz) Rose

Congratulations to an awesome team!



## Newbie Nuggets!



### 5 Easy Tips For a Better Speech

Before you step up to the podium or onto the stage, you have to know what you're going to say. While your writing doesn't need to be professional, it helps to have some organization and a main point.



[Learn More](#)

# MEMBER ANNIVERSARIES



**ROBERT VAN OOSTWAARD**  
Rise and Shine Advanced Toastmasters

**ROBERT VAN OOSTWAARD**  
Riverside Toastmasters

*Anniversary*  
CELEBRATING

 **OCTOBER 2023**

## 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.

## 5 Year Anniversaries

ALBERT CORMIER - Spirit-Ed Toastmasters Club  
ALBERT CORMIER - Toast of the Coast Toastmasters Club  
BRYAN LUMBRA - Kennebec Valley Toastmasters  
DAVID STONEHOUSE - Saint John Club  
ELIZABETH TRIMM - Provincially Speaking Toastmasters  
JEFFREY DEREKO - Pleasant Street Toastmasters  
JENNIFER THERIAULT - Dartmouth TIC Talkers Toastmasters Club  
JENNIFER THERIAULT - Schooner Toastmasters Halifax  
LYNN LAPIERRE - NoonTalkers Toastmasters Club  
MANJU BASNET - Beyond Toastmasters  
NOELLA SAMSON - Dartmouth Toastmasters Club  
OLAYINKA AKINDELE - Memorial Toastmasters Club  
SARAH GREENING - Dal Toastmasters



**OCTOBER 2023**

## 15 Year Anniversaries

**PETER DUBE**

Maine Fab Toastmasters

**THOMAS DOWD**

The Maine Thing Advanced Toastmasters Club

**THOMAS DOWD**

Kennebec Valley Toastmasters



**OCTOBER 2023**

*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 October.

**WOMEN CHANGEMAKERS**  
1 Year

**POMERLEAU INNOVATION TOASTMASTERS**  
3 Years

**THE MAINE THING ADVANCED TOASTMASTERS CLUB**  
3 Years

**WOLFVILLE TOASTMASTERS**  
10 Years

**OCTOBER ANNIVERSARIES**

**BRATTLEMASTERS**  
16 Years

**RIVERVIEW CANUSA TOASTMASTERS CLUB**  
34 Years

**GEORGE BURTON CLUB**  
38 Years

**D45**



**NASHUA-HUDSON CLUB**

**61**

**ANNIVERSARY**  
*Celebration*  
**1962-2023**

**NASHUA-HUDSON, NH DIV A, AREA 07**



# 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 - SEPTEMBER 2023

Name	Club	Designation
Paul F. Coddington, DTM	Karner Blue Toastmasters	DL1
Donald Winn, DTM	Nashua-Hudson Club	EC1
William H. Bruns, DTM	Toast of the Midcoast	EC1
Aaron Drammeh, EH1	Pleasant Street Toastmasters	EH1
James B. Kokocki, DTM, PIP	Rising Tide Toastmasters Club	EH1
Wendell Barney, IP1	Dynamic Speakers Club	IP1
Maya M. Manseau, MS1	Atlantic Online Evaluators	MS1
Adam Burch, PI1	Penmen Toastmasters	PI1
Veerendra Nagalla, PM1	Civil Speakers Club	PM1
William H. Bruns, DTM	Toast of the Midcoast	PM1
Judy L. Bowman, PM1	The Very Best Toastmasters	PM1
Alexcia Amoah-Gyeke, PM1	Schooner Toastmasters Halifax	PM1
David Allen, SR1	Fredericton Toastmasters Club	SR1
David C. Dougher, SR1	White Mountain Toastmasters Club	SR1

## LEVEL 2 - SEPTEMBER 2023

Name	Club	Designation
William H. Bruns, DTM	Toast of the Midcoast	EC2
Susanne T. Melling, DTM	Green Mountain Toastmasters	EH2
Lesley Carter, EH2	Dartmouth TIC Talkers Toastmasters Club	EH2
Shivani Munshi Das, MS5	Civil Speakers Club	MS2
Alexander W. Campbell, PI2	Concord Toastmasters Club	PI2
William H. Bruns, DTM	Toast of the Midcoast	PM2
Anne Gilson, DTM	The Maine Thing Advanced Toastmasters Club	PM2

# LEVELING UP

## LEVEL 3 - SEPTEMBER 2023

**Celebrate Success**

Name	Club	Designation
Carl Duivenvoorden, DTM	Civil Speakers Club	DL3
William H. Bruns, DTM	Toast of the Midcoast	EC3
Shivani Munshi Das, MS5	Civil Speakers Club	MS3
Mitkumar Modi, MS4	Bedford Basin Toastmasters	MS3
Anne Hancock, DTM	Women Changemakers	PI3
Olivette M. Aviso, DTM	The Maine Thing Advanced Toastmasters Club	PM3
William H. Bruns, DTM	Toast of the Midcoast	PM3
Sergey Draganov, DTM	Woodfords Toastmasters Club	PM3
Sherry L. MacDonald, DTM	Atlantic Online Evaluators	VC3

## LEVEL 4 - SEPTEMBER 2023

Name	Club	Designation
Thomas Macisso, DL4	Blueberry Hill Club	DL4
William H. Bruns, DTM	Toast of the Midcoast	EC4
Shivani Munshi Das, MS5	Civil Speakers Club	MS4
Mitkumar Modi, MS4	Bedford Basin Toastmasters	MS4
Anne Hancock, DTM	Women Changemakers	PI4
Kelley Demers, DTM	Millyard Toastmasters	PM4
William H. Bruns, DTM	Toast of the Midcoast	PM4
Dawna-Jean Turchon, DTM	Dirigo Leaders	PM4
Michael Thompson, DTM	Schooner Toastmasters Halifax	SR4

## LEVEL 5 - SEPTEMBER 2023

Name	Club	Designation
Kelley Demers, DTM	Millyard Toastmasters	PM5
William H. Bruns, DTM	Toast of the Midcoast	PM5
Maya M. Manseau, MS1	Atlantic Online Evaluators	VC5
Jo-Ann Rheaume, MS5	Millyard Toastmasters	MS5
Shivani Munshi Das, MS5	Civil Speakers Club	MS5
William H. Bruns, DTM	Toast of the Midcoast	MS5
Dawna-Jean Turchon, DTM	The Maine Thing Advanced Toastmasters Club	EH5
William H. Bruns, DTM	Toast of the Midcoast	EC5
William H. Bruns, DTM	Toast of the Midcoast	PWMENTORPGM

# DISTRICT CALENDAR

# OCTOBER

# 2023

SUN MON TUE WED THU FRI SAT

1	2	<u>OPEN HOUSE - TrueBlue TM</u>	4	<u>D45 Leadership Masterclass</u>	6	7
8	9	10	11	12	13	<u>50th Anniversary - The Very Best TM</u>
<u>Newsletter submission due</u>	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Check the [D45 Calendar](#) for details on all events!