

District 45 Toastmasters Newsletter

CAN-AM LINK



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FINDING A CLUB MADE EASY

PUBLIC RELATIONS MANAGER LESLEY CARTER



I have great news for you!! We are creating a marketing opportunity for your clubs through Meetup. This will allow potential members to more

easily search by day and location to find our clubs. This has been successful in many districts across the globe.

Think about this... if we are having a hard time finding club meetings in our district then how are potential members finding them? I think I may have found a solution.

Starting November 1, District 45 is piloting a new program to sponsor a district Meetup account that will be accessible to all clubs in the District! Meetup is a website where people go to look for events and groups with interests similar to their own. Think of it as the digital equivalent to your library's upcoming events bulletin board.

Just think about it!

A place to see all our club meetings on the same calendar and a website where people who are looking to improve their skills in public speaking can easily locate District 45 Toastmaster clubs without ever hearing about Toastmasters before!

It is easy to setup recurring meetings in Meetup. When people join a Meetup group, they are automatically notified of events that happen in that group.

Many of our district 45 Toastmasters clubs have used Meetup to successfully attract new members to their meetings. The problem with Meetup however is that it is not free for a group. This is why the district is purchasing a six-month subscription to Meetup on behalf of our clubs and in return the clubs can use the Meetup service provided by the district, free of charge. Someone in your club can join as an individual using your club account. Then once the District group is active, you can ask to be made an event organizer for the district group.



Make sure your club takes advantage of the Meetup project as soon as it opens November 1! We will have a form to track everyone's success attracting members through the Meetup portal and if we see positive results the program will get extended so make sure your club gets started as soon as possible.

You will be able to find all the information you need to get started on the district website including videos

Meetup will give the district a digital bulletin board to see all club meetings and events in the District:

- a bulletin board that is managed by the clubs and members and not the district
- a bulletin board that will empower potential guests looking to improve their public speaking skills by providing a mechanism to easily find meetings in our district.

<https://d45toastmasters.org/pr>

MEETUP PILOT PROJECT

RECOGNIZING ACCOMPLISHMENTS

Everyone appreciates recognition for his or her accomplishments. It's particularly important to remember this in Toastmasters because everyone is a volunteer. The following are some suggestions from leaders in Region 9 for ways in which you can recognize the efforts of Toastmasters in your club.

- ✓ Show a personal interest in team members' development after a special achievement, asking them how you can help them take the next step to success.
- ✓ Feature a Toastmaster of the Month. Honor the recipient in the club bulletin and honor the recipient throughout the month at a series of events.
- ✓ Send a letter to every team member at the conclusion of a program thanking them for their contribution.
- ✓ Say thanks to your team members when they have done something well or have done something to help you.
- ✓ When a member presents an idea or suggestion, thank her or him for the concern and initiative.
- ✓ When discussing team members' ideas with other people or peers, make sure that you give credit to the appropriate person.
- ✓ Give special assignments to Toastmasters who have shown initiative.
- ✓ Create group awards to recognize outstanding teamwork.
- ✓ Write a letter of praise to Toastmasters to recognize their specific contributions and accomplishments.
- ✓ Ask a Toastmaster to help you with a project you consider to be especially difficult but which provides real challenge.
- ✓ Recognize educational accomplishments as soon as the member achieves a designation. Present them with their Certificate of Completion for a Level or Certificate of Proficiency for a Path. If you're meeting online, present the certificate virtually and then mail it to them with a congratulatory note.
- ✓ Ask your team members how you can best show your appreciation - what would they like.



PARLIAMENTARY MINUTE

In the October issue, we discussed how to make a motion. There are four types of motions:

- Main – to introduce business
- Subsidiary – to change or take action on the main motion
 - Most common – amendment
- Incidental – deals with rules and parliamentary procedure
- Privileged – handles personal matters
 - Such as: can't hear, don't understand, too cold, adjourn

Handling a Main Motion

Let's review the proper procedure for handling a main motion which has been made and seconded during the meeting.

- Once seconded, the Chair repeats the motion and asks for discussion. Only during discussion can other motions be made to change the main motion or do something with it. Each member who wants to discuss must be recognized by the Chair. The maker of the motion has the first right to provide arguments in favor of their motion. The Chair has the responsibility to recognize persons on both sides of the issue, preferably in alternating order if their position is known.
- The Chair should not discuss or introduce business. The Chair should only discuss business if he or she gives up the chair to another (vice-chair, etc.). This should not become a general practice and only be used if the Chair feels they have vital discussion concerning the issue before the group. On the other hand, the Chair may provide information previously unknown to the members without giving up the chairmanship if it is given in a factual and neutral matter and allowing the members to discuss its implications and decide how the information should affect its decisions.
- If the Chair gives up the chairmanship to discuss a motion, he or she should not take the chairmanship back until the matter is decided, and then must wait for the invitation of the person who assumed the chairmanship in their place.

- Bringing the discussion to an end:
 - 1) The Chair can ask for a vote if (s)he has asked for more discussion and there is none.
 - 2) A member can call out "Question," which means they are ready and asking for a vote. The call for the question carries no legal weight – it is only a suggestion. If more discussion is offered, the call for the question is ignored. The Chair states, "*The question has been called. Is there any further discussion?*" If there is none then... "*Seeing none, we will proceed to vote.*"
 - 3) A member can move "The Previous Question." In this case the member is moving to end discussion and move to a vote. This motion requires a second and, since it curtails the right for further discussion, takes a two-thirds vote to pass.
- After discussion, the motion must be voted on unless another motion has done something else with it; e.g. – lay on the table, postpone indefinitely, postpone to a certain time, refer to a committee. The Chair states, "*We shall now proceed to vote on the motion to...*" and restates the motion (as amended, if amended) so all understand what they are voting on. If a counted vote is not required, the Chair calls for a voice vote: "*All in favor of the motion say 'aye.' All opposed 'nay'.*"
- After the vote, the Chair must announce the outcome: "*The motion is carried/lost.*" If a gavel is used, one tap of the gavel follows the Chair announcement.

In the December issue, we will discuss amendments.



Parliamentary Procedure at a Glance
(Based on *The Standard Code of Parliamentary Procedure* by Alice Sturgis)

Principal Motions (Listed in Order of Precedence)

TO DO THIS	YOU SAY THIS	May You Interrupt Speaker?	Must You Be Seconded?	Is The Motion Debatable?	What Vote is Required?
*Adjourn the meeting	"I move the meeting be adjourned"	NO	YES	YES (RESTRICTED)	MAJORITY
*Recess the meeting	"I move that the meeting be recessed until..."	NO	YES	YES**	MAJORITY
Complain about noise, room temperature, etc.	"I rise to the question of personal privilege"	YES	NO	NO	NONE
Postpone temporarily (Table)	"I move that this motion be tabled"	NO	YES	NO	MAJORITY (REQUIRES TWO-THIRDS IF IT WOULD SUPPRESS)
End debate	"I move to vote immediately"	NO	YES	NO	TWO-THIRDS
*Limit debate	"I move that each speaker be limited to a total of two minutes per discussion"	NO	YES	YES**	TWO-THIRDS
*Postpone consideration of an item to a certain time	"I move to postpone this item until 2:00pm..."	NO	YES	YES**	MAJORITY
*Have something referred to committee	"I move this matter be referred to..."	NO	YES	YES**	MAJORITY
*Amend a motion	"I move to amend this motion by..."	NO	YES	YES	MAJORITY
*Introduce business (the Main Motion)	"I move that..."	NO	YES	YES	MAJORITY
*Amend a previous action	"I move to amend the motion that was adopted..."	NO	YES	YES	MAJORITY
Ratify action taken in absence of a quorum or in an emergency	"I move to ratify the action taken by the Council..."	NO	YES	YES	MAJORITY
Reconsider	"I move to reconsider..."	YES	YES	YES**	MAJORITY
Rescind (a main motion)	"I move to rescind the motion..."	NO	YES	YES	MAJORITY
Resume consideration of a tabled item	"I move to resume consideration of...?"	NO	YES	NO	MAJORITY

*Amendable

**Debatable if no Other Motion is Pending

FALL EXTRAVAGANZA

Success through Networking and Collaboration

Our 2022 Fall Extravaganza will be held on November 19th starting at 9 am ET/10 am AT. The event kicks off with a presentation by our keynote speaker Pres Vasilev. This will be followed by a series of presentations and recognition of clubs and members who achieved success from May 1 to June 30, 2022. Our current DTMs will also be recognized at this event. The agenda is as follows:

ET Start Time	Saturday, November 19	AT Start Time
8:30 am ET	Virtual Lobby Opens	9:30 am AT
9:00 am ET	Welcome	10:00 am AT
9:05 am ET	Keynote Speaker Pres Vasilev <i>How to Uncover the Glory of Your Story</i>	10:05 am AT
10:05 am ET	Break	11:05 am AT
10:15 am ET (choose one)	Donna Accettullo <i>How to Craft and Present a Speech</i> Von Eric Tandoc <i>The Art of Giving and Receiving Feedback</i>	11:15 am AT (choose one)
11:05 am ET (choose one)	Michael Thompson <i>The Glove</i> Marcia Rogowsky <i>Finding Your Authenticity</i> Isabelle Campbell <i>To React or not to React, that is the Question</i>	12:05 am AT (choose one)
11:30 am ET	Awards Ceremony	12:30 am AT
11:45 am ET	Lunch	12:45 am AT
12:15 pm ET	Patricia O'Reilly, Region 9 Advisor <i>Saying Yes to Opportunities</i>	1:15 pm AT
12:45 pm ET	Leadership Panel Response	1:45 pm AT
1:20 pm ET (choose one)	Jennifer Bishop-Smith <i>Around the World</i> Robert Maguire <i>Robert's Rules</i>	2:20 pm AT (choose one)
1:45 pm ET	Closing Remarks	2:45 pm AT

Here's a summary of the presentations that will be presented. This event is sure to inspire and educate you.



How to Uncover the Glory of Your Story™

Pres Vasilev, our keynote speaker is the 2013 World Champion of Public Speaking. He is the author of the popular online training program “How to Master Compelling Storytelling.” Join Pres Vasilev’s interactive storytelling workshop as he reveals his most powerful storytelling secrets. Engage in a dynamic discussion and learn how to craft your own compelling stories.



The Art of Giving and Receiving Feedback

Von Eric Tandoc has been a Toastmaster since 2015. In his presentation, participants will get to know more why feedback

is important in their workplace, career, and in Toastmasters. Participants will learn how to give feedback and how to receive feedback. One goal of this presentation is to avoid losses of members in Toastmasters because of giving wrong feedback.



What Good Looks Like: Crafting a Winning Speech

Donna Accettullo is the President of Pine Tree Toastmasters and VPE Bangor Toastmasters. She is

a former language arts teacher. Her workshop will present a template to organize your speech as well as engaging rhetorical devices and elements that make your speech memorable.



The GLOVE

Michael Thompson belongs to three local clubs – Schooner, Toast of the Coast, and East Hants. Within Toastmasters there is a lot of training and advice on how to deliver an effective

evaluation; but very little on how to gather the material upon which to base that evaluation. This short workshop will introduce you to the GLOVE methodology and provide you the materials you will need to be prepared to deliver an effective evaluation.



Finding Your Authenticity

Marcia Rogowsky is currently serving as Division A Director. This workshop explores the reality of being an expert and being able to

rise up and overcome the feeling of not being ready. Come ready to explore your self-confidence. Remember, Toastmasters is a safe place for all imposters and phonies to learn, practice, and gain confidence.



To React or Not to React: That is the Question!

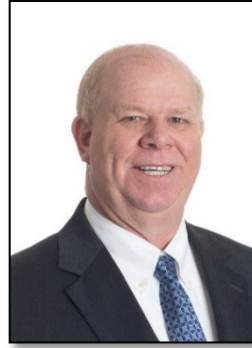
Isabelle Campbell joined the Saint John Club recently. Her presentation will help people see how connected their emotional resilience is to the way they react versus respond to things that happen to or around them. It will look at what emotional resilience is, how our reactions present themselves, why we should care about mastering reactions, and finally, what steps to take to gain that mastery. Strong emotional resilience is the key to happiness!



Saying Yes to Opportunities

Patricia O'Reilly, DTM, is the current Region 9 Advisor hailing from Ireland. Patricia says, "Everyone can benefit from Toastmasters on a personal and professional level because in

Toastmasters you develop your communication, leadership, and listening skills in a safe, non-judgmental environment". Patricia believes that every Toastmaster should step up and stretch themselves by taking on leadership roles within the organisation. In this presentation, Patricia will discuss leadership opportunities and the benefits of saying YES to those opportunities.



Leadership Panel Response

Tom Goodwin is a past District 45 Director and a member of two clubs in District 45 - Mt. Washington Valley Toastmasters and ABC Toastmasters. Tom and the panelists will be discussing

their leadership journeys, both within Toastmasters and with outside organizations and how Patricia's presentation fits in their leadership journey.



Around the World

Jennifer Bishop-Smith joined and quit Toastmasters no less than three times before joining Civil Speakers corporate club in 2019. The "Around the World"

program it was implemented at Civil Speakers. After the first six months, it was deemed a resounding success and it's an award that the club has adopted every year since. This presentation will discuss the challenges of Civil Speakers, how they implemented the program and will show results. The chat function will be used to interact with the audience throughout the presentation.



Robert Knows....Robert's Rules of Order

Robert Maguire is a member of Harbourside Toastmasters. He is a Past President, Current VPE, and a member since 2018. In

this presentation, Robert will provide an overview of the most common uses of Robert's Rules of Order in a Toastmaster meeting.



A DAY OF CELEBRATION
OCTOBER 21, 2022

District 45's Day of Celebration was held on Friday, October 21st. We had four quizzes that tested participants' knowledge of Toastmasters and of District 45. We had four inspiring new Toastmasters who spoke about their MyWhys – why they joined Toastmasters and what they hope to get from their membership. We had representatives from the two



clubs in formation (Changemakers which is ready to charter and a French club at the Canada Revenue Agency in Charlottetown). There was also a President's panel of three Immediate Past Presidents who led their clubs to



Successful Club Presidents

Talking about clubs in formation

President's Distinguished Club status last year. They spoke about how they inspired their members to success. The highlight of the event was Past International President Lark Doley's presentation Inspiration. Lark talked about *How to Inspire – the Four Cs* which are:

- **Connect** to develop a trusting relationship
- Model the **Core Values** (Integrity, Respect, Service and Excellence)
- **Communicate** clearly and frequently and as Toastmasters recommends:
 - First – LISTEN with BOTH ears!
 - Second – Think BEFORE speaking
 - Third – Ask open-ended questions to gain understanding and empathy
 - Last – Speak thoughtfully, speak positively
- Show you **Care** through motivation, encouragement, and support



Lark also talked about the importance of quality clubs, what makes a quality club and resources to help your club be successful.



INCENTIVES **AWARDS**



Club Lead Incentive – Provide a club lead (with specific contact information) that results in a new club formation. Be given the first right to sponsor or mentor the club AND be awarded a

Toastmasters Core Jacket, Cardigan, or Hero Hoodie (your choice).

Track Your Success – This initiative is to track member engagement outside of the club along with member recruitment activities for the September 1, 2022 to November 30, 2022 period. The completed form must be submitted by December 10, 2022. The form



can be downloaded from our website at <https://d45toastmasters.org/recognition>. It is an Excel spreadsheet which will automatically calculate and total your club’s points. You only need to enter the number of members achieving/participating in the stated events. First place will receive a basket of varied goodies worth \$150 US; 2nd place - a basket of varied goodies worth \$100 US; and then 4 club names will be randomly drawn from the remaining entries for a basket of varied goodies worth \$50 US each.



Pathways Mentor Program - Complete the Mentorship Path by June 30, 2023 and receive a Mentor pin and recognition card.

The Darlene Dunn Outstanding Mentor Award – presented at the annual conference. This award recognizes a member who has exhibited the heart and soul of what Toastmasters mentorship: “Encouraging success of others before self”. Any member may nominate a mentor. All nominations must include a 200--500-word essay, focusing on 4 points: the commitment of your mentor, how mentor helped you achieve your Toastmaster goals, what you gained from the protégé/mentor relationship, and why you would recommend this mentor to others. The nominated mentor must have completed the Mentor Path in the Pathways.

Ted Nichols award – this award is presented at the annual conference to the club with the greatest membership retention. The base membership on July 1 is the starting point and is compared to the membership after the April renewals with new members being taken into account. A club must have a minimum membership number of 20 to qualify. This award is automatically calculated by the District based on reports from Toastmasters International.

Shirley Kelly Memorial award – presented at the annual conference. This award is presented to a member who exemplifies the mission and values of a Toastmaster and empowers fellow Toastmasters to be successful by sharing the spotlight. Nominees must be a DTM, served on the District Executive, have been a Toastmaster for at least 5 years, and served the District in various capacities. Nominations can be made by any member; however, recipients must be nominated by at least two Toastmasters.



UPCOMING DISTRICT EVENTS

STRIVING FOR SUCCESS WEBINAR

Coaching a club? Do you have it in you?

I suppose the real question is “what’s in it for *me*?” There are many reasons that an experienced Toastmaster would want to coach a club that is struggling with its membership rolls. You are probably thinking of some of the obvious ones right now, and we will be holding a webinar for District 45 members on this very topic the November 27th. What’s in it for *me*?



You are invited to attend the webinar to find out! We will begin with a concise

presentation of the new club coaching program that Toastmasters International introduced this past summer. It is a very different program than the one it replaces and has been carefully constructed to bring you to the highest levels of success in club coaching.

Following that will be a panel discussion with current club coaches and mentors, along with recently recognized club coaches who achieved success this past year. There will be plenty of time allotted to ask them questions about their experiences and motivation for volunteering, as well as your questions about the new plan.

The fall dues renewal cycle closed just a couple of weeks ago, revealing a new list of clubs in our District that are eligible to ask for a coach to assist them. And they are asking for help. Do you have it in you to be a club coach this year? Not everyone can qualify but come to the webinar and find out. You will also get answers to that other question—what’s in it for *me*?

Join us on November 27th for an informative session. Please look for more information in the upcoming District emails and get the answer to the question: *Do I have it in me to be a coach?*

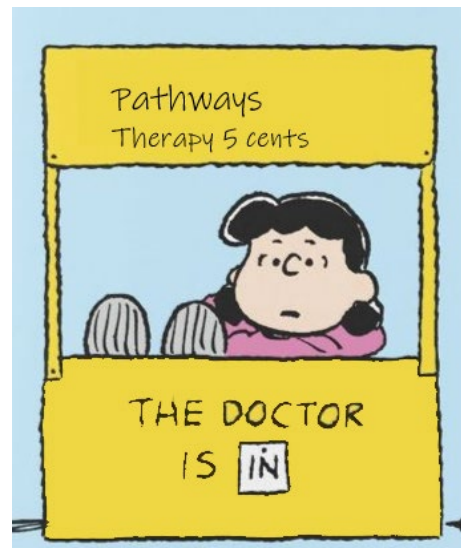
PATHWAYS THERAPY SESSION

On Tuesday, November 22nd we’ll be discussing Mentorship during the Pathways Session. We’ll cover the Mentoring Pathway, the benefits of becoming a mentor, best practices and tips for mentoring, and some thoughts from a protégé about how working with a mentor is helping them in Toastmasters. Mark your calendars and schedules and plan to join us on Tuesday, November 22nd, at 6 pm ET/7 pm AT. Here’s the zoom link to this Pathways Therapy session. As an alternative, you can also find this on our D45 Calendar.

<https://us02web.zoom.us/j/82839787339?pwd=TW1EYnNuZzYreDlIOEcwK21BdVBsZz09>

Meeting ID: 828 3978 7339

Passcode: 752529



(From Peanuts by Charles Schultz)

AROUND THE DISTRICT

Division A

The leaves, they were a-changin' in Conway NH last month, and it was time to get down to some serious Toastmasters work before raking our lawns. The **Mount Washington Valley** club spent many hours between leaf-peeping and fall fair visits to work on their Club Success Plan this year. Thank you Zoom, Microsoft, and Adobe, too!



Success will be as sweet as the apple cider sipped during drafting, because the finished club document contains a solid plan for earning a Distinguished Club award! Now, did they also earn a \$150 District inventive award for being one of the first ten clubs to submit their plan by the end of October? We shall see when the awards are given out at the Fall Extravaganza this November 19th!

We'll meet you at the summit!



Cindy Sarvai, DTM

Millyard Toastmaster, Cindy Sarvai, joined the ranks of DTM! MYTM loves to celebrate our member achievements, so you know we could not let this one go by without a PARTY!!!! Such fun was had by Toastmaster we celebrated



Friends and Family while Cindy.



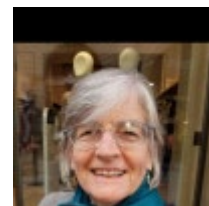
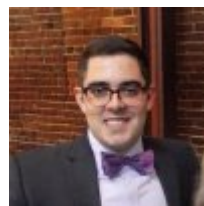
DTMs, Cindy Sarvai and Kelley Demers

Let it be known, we worked the crowd for new guests/members while we were at it. 😊

Concord Toastmasters

October has ushered in fun, welcome and HUMOR. This month Concord Toastmasters welcomed back Jon Kelly as a returning member to the club. Our re-induction coincided with the club's Humorous Speech contest. Competing this year were Jon Kelly, Betsy Black, Alex Campbell and Donna Moore. Our contestants provided entertainment and humor for all. Moving on to the area contest are Jon Kelly and Betsy Black. Congratulations to our speakers and a shout out to our Contest Chair, Dale Randall and our Chief Judge, Rick Dymant.

Our speakers:



Division C

A different kind of hybrid meeting

The Civil Speakers Toastmasters Club is a corporate club open to New Brunswick civil servants. Due to COVID-19 restrictions, the club has met virtually since March 2020. Meeting virtually has provided several opportunities, such as reducing travel time to meetings and the ability to welcome new members from across the province.

Sixty percent of active members have never attended a Toastmasters meeting in person. However, we know that speaking to an in-person audience offers different challenges than speaking to virtual audiences.

Civil Speakers recently held a special, in-person meeting for the first time in three years. All speakers were new to the in-person format, which included an Ice Breaker speech. While regular meetings will continue virtually, the club is planning additional in-person meetings in the future.



Celebrating Five Years!

On Friday, October 14th, the Charlottetown Toastmasters Breakfast Club hosted a celebration – 5 years as a club! Current and former members were in attendance to share precious memories, club history since chartering and we all participated in Table Topics. We were pleased to have Sean Casey, Member of Parliament join us and share stories of leadership and public speaking. Back in 2017, when we chartered, we had the pleasure of Sean Casey,



MP join us so it was fitting that he was available to help celebrate this milestone.



Here's a few fun facts about the club that were shared at

the celebration:

1. We are the only club in Prince Edward Island to meet in the morning!
2. The very first meeting was held May 10, 2016 and had 19 participants.
3. Over 5 years, 560 speeches have been delivered!
4. Of our 20 charter members, 6 are current members
5. The club has ended every Toastmaster year with 20+ members since chartering

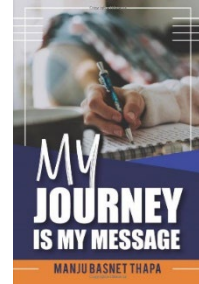
We are so proud of our members and can't wait to see what the next five years holds! Special thanks to the organizing committee: Stéphane Parent, Anne Doucette, Kevin Glover & Crystal Cobb.

Division C cont'd

“The struggle you're in today is developing the strength you need for tomorrow. Don't give up.” Robert Tew



In 1994 Manju Basnet, **2021 – 2022 Area 19 Director**, was a little girl living in a small village in India. Life was easy. That changed the year her family moved to their home country of Nepal, and she entered Grade 7. A journey like this takes courage, perseverance, and humility. When Manju began, she discovered she had plenty of self-limiting beliefs. She lacked confidence and felt unsuccessful in many areas.



As Manju faced obstacles in each phase of life, she found inspiration in motivational podcasts and by reading self-help books. Manju's perspective on the importance of developing beneficial habits and daily routines grew through consistent practice. She slowly began cultivating the mindset that helped her transform her challenges into opportunities. *A mindset that changed her life...*

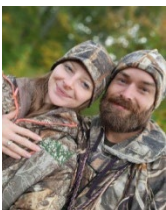
Manju's dreams, determination, and a strong vision for a better life kept her moving. She has developed her inner strength and resilience to such a degree that she now feels like the sky is the limit! Inspiring others is Manju's genuine passion. In *My Journey is My Message*, Manju shares her real struggles and challenges and valuable advice on how she overcame them...*what she learned from them...How she learned never to give up!*



What!? Me a Best Selling Author!? **Speech Afire** is pleased to congratulate Sharon Joseph DTM on the release of her book. In Sharon's words "Who'd a thunk it was possible? A few months ago, I was approached about contributing a chapter to an anthology that contained stories from some of the most incredible people I know. Just being in their sphere of influence is an honour and being asked to play in their space is what I have aspired to do. I said yes and then I was inspired to write about my journey in my husband's final years. Writing can be challenging and recounting a personal story, even more so. Not only are you reliving the story, you are also experiencing all of the emotions, thoughts and pain. As you write, you heal. As you write, you evolve. As you write, you release."

Sharon's book, *Life Out Loud*, was released on October 5th at Amazon.ca and is now an international best seller! Her book placed # 1 in 5 categories including Mover and Shaker and it was also the # 1 hottest new release on the day! (Link: https://www.amazon.ca/Life-Out-Loud-Engaging-fabulous-ebook/dp/B0BH3JK9KB/ref=sr_1_1?crid=1A45M7LT328RR&keywords=life+out+loud&qid=1666091753&qu=eyIxc2MiOiIwLjcwIiwicXNhIjoimc4wMCIslInFzcCI6IjAuMDAifQ%3D%3D&sprefix=life+out+l%2Caps%2C598&sr=8-1)

Sharon participated in this incredible project just to be around the successful people she admired and considered her mentors. She ended up being an international best-selling author. This happened because she said yes and knew that life out loud was what she desired. What are you desiring?



Portia Marsh recently got engaged! Her finance, Josh got his moose tag and his wife tag :) Her three clubs – **Rise and Shine Advanced Toastmasters, Mid Day Toastmasters and Beyond Toastmasters** – all extend their heartfelt congratulations to Portia and Josh.

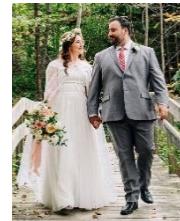
Handmade ring!

Division D



Schooner Toastmasters is proud of our new member Ishan Baweja who stepped outside his comfort zone and shared his MyWhy with fellow Toastmasters at the District Day of Celebration. Showing his leadership and his commitment to improvement and learning, Ishan also volunteered to help with both the Toast of the Coast club contest and the Area 1 Humorous Speech Contest.

Dartmouth Tic Talkers #9307 is pleased to congratulate our club VPM on her recent nuptials. As a dedicated Toastmaster, Abby only missed one meeting to take part in her wedding ceremony. That is true dedication!! Dartmouth Tic Talkers meets online every Wednesday from noon to 1 pm AT.



Congratulations to **Pomerleau Innovation Toastmasters** on their second anniversary which they celebrated with an Area Director visit. Pomerleau is an online corporate club in Division D. Pomerleau has members from across Canada. The club presented some recognition awards for the year at their anniversary meeting.



On Saturday, October 22 **Toast of the Coast Advanced Toastmasters** held its Humorous Speech Contest. There were four contestants – John Blumsum, Alan Idler, Eric Jordan and Albert Cormier. The



club thanks those members from the District and from other clubs who volunteered to provide some much-needed assistance to run the contest. The winner was John Blumsum. On October 29, the club held its annual Hallowe'en meeting with Monique Levesque-Pharoah, Past Region Advisor and Past International Director from Winnipeg as a guest speaker. Spooky tales and wonderful costumes highlighted the meeting.

A MEMBER'S STORY

Walk to end Alzheimer's



The purpose of Toastmasters is to build leadership and speaking skills and to make a difference in the world through our voices. If anyone had asked me to speak in front of 600 people before I joined, I would have told them they were barking mad. But on Saturday September 18th I addressed over 600 people sharing the story of my mother's Alzheimer's disease.

The event was held at the Shelburne Museum in northern Vermont to walk and show support for the Alzheimer's Association. Walkers carried flowers that represented their connection to Alzheimer's and Dementia. The color of the flowers represented their connection to the disease.

- **Blue** represents someone living with Alzheimer's or another dementia
- **Purple** is for those who have lost a someone to the disease.
- **Yellow** represents someone who is currently supporting or caring for a person living with Alzheimer's.
- **Orange** is for those who support the cause and the Association's vision of a world without Alzheimer's and all other dementia.



I was asked to represent the purple flower and speak in the opening ceremony. I shared my experience of living with and losing my mother to Dementia. It was an amazing experience looking down at all the flowers and knowing that with continued support

there will someday be a cure for Alzheimer's. We raised \$189,000 from the walk and donations are still coming in. I could not have done this without Toastmasters. Know that **your** voice is a powerful tool and can have significant impact in the world.

Susanne Melling
Division G Director

Facts About Alzheimer's and Other Dementias

- ★ More than 6 million Americans are living with Alzheimer's.
- ★ Over 747,000 Canadians are living with Alzheimer's or another dementia.
- ★ Worldwide, at least 44 million people are living with dementia.
- ★ 1 in 3 seniors dies with Alzheimer's or dementia.
- ★ It kills more people than breast cancer and prostate cancer combined.
- ★ Over 11 million Americans provide unpaid care for people with Alzheimer's or other dementias.
- ★ There are seven stages of Alzheimer's.

Anniversaries



Of the 1,000 members in our District, 44.2% have been a member for at least 5 years, 24.3% have been a member for at least 10 years and 13.8% have been a member for 15 years or more. Each month we will celebrate those members who celebrating an anniversary in that month. 5th, 10th, 15th etc. anniversaries will be recognized. The following are celebrating their anniversary with the club noted in **November**.

Name	Club	# of Years
Mary Hunter	Bangor Toastmasters	20
Tom Goodwin	Mt Washington Toastmasters, Amoskeag Better Communicators	15
Stephen Clark	Speech Afire	10
Champ Masters	Gail Henderson	5



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. No clubs are celebrating significant anniversaries in the month of **November**.

Stepping Up for Leadership

It's Fall and it is time to structure the District 45 Leadership Committee (DLC). I'm excited to serve as the DLC Chair for our District Director Crystal Cobb. In the next few weeks Crystal and I will seek and finalize the Committee members so we have representation from our Divisions. The role of the DLC is to seek individuals who may serve as the 2023-24 leaders. Information on the qualifications for each role and how to apply can be found at <https://d45toastmasters.org/nominations>.

Perhaps you've considered or wondered about the leadership aspect of our District. As you know Toastmasters is a journey of learning new skills, in communication and leadership. Why not explore what's next in your journey? Is it time for you to climb the District leadership ladder? I'm available to chat.

I hope to share the names of our DLC members next month and to provide more details about District leadership.

Patricia MacNevin, DTM, PDG
District Leadership Committee Chair

Every month, members who have achieved designations in Pathways are recognized. If you feel you have not been recognized, it may be because of your privacy setting. You must answer yes to “Your Name on Public Reports” in your profile. Otherwise, you can’t be recognized publicly by the District. Get the recognition you deserve.

Level 1 – October 2022

Name	Club	Designation
Salma Abdalla	Penmen Toastmasters	SR1
Jonathan C. Bohm	East Hants Toastmasters	EH1
Christina Burden	Rising Tide Toastmasters Club	PM1
Carl Duivenvoorden	Rise and Shine Advanced Toastmasters	DL1
Aderonke Ladi-Awotinde	Rising Tide Toastmasters Club	LD1
Jeff N. Maker	Saint John Club	DL1
Lisa McDonald	Rising Tide Toastmasters Club	SR1
Deborah I. Mitton	Charlottetown Toastmasters Breakfast Club	DL1
Sarah Plowman	Mt. Washington Valley Toastmasters	VC1
Jennifer Theriault	Dartmouth TIC Talkers Toastmasters Club	DL1
Lee Tice	BrattleMasters	IP1

Level 2 – October 2022

Name	Club	Designation
Paula Baines	Bangor Toastmasters Club	PM2
Jonathan C. Bohm	East Hants Toastmasters	EH2
Assyl Boizhanova	Provincially Speaking Toastmasters	PM2
Peter Caron	Live, Speak Or Die Toastmasters	LD2
Andrew B. Delaney	Savvy Speakers	VC2
Anne Marie Drake	Dartmouth TIC Talkers Toastmasters Club	SR2
Eric G. Jordan	Toast of the Coast Toastmasters Club	VC2
Deborah I. Mitton	Charlottetown Toastmasters Breakfast Club	DL2
Shelley Petit	Arcadie du Grand Caraquet	SR2
Cynthia J. Sarvai	Millyard Toastmasters	EH2
Michael Thompson	Toast of the Coast Toastmasters Club	LD2

Trailblazer Award – October 2022

Name	Club
Deborah Mitton	Charlottetown Toastmasters Breakfast Club

Level 3 – October 2022

Name	Club	Designation
Jonathan C. Bohm	East Hants Toastmasters	EH3
Peter Caron	Live, Speak Or Die Toastmasters	LD3
Lesley Carter	Dartmouth TIC Talkers Toastmasters Club	IP3
Ivona Cookson	Kennebec Valley Toastmasters	MS3
Jeanie G. Davis	Pine Tree Toastmasters Club	MS3
Linda Helms	Savvy Speakers	DL3
Ralph Jeans	3285 Cape Breton Toastmasters	PM3
Rachel Jones	True Blue Toastmasters	IP3
Deborah I. Mitton	Charlottetown Toastmasters Breakfast Club	EC3
Patricia A. Murray	3285 Cape Breton Toastmasters	PM3
Michael Thompson	Schooner Toastmasters Halifax	DL3

Level 4 – October 2022

Name	Club	Designation
Ivona Cookson	Kennebec Valley Toastmasters	MS4
Thomas Goodwin	Amoskeag Better Communicators	EH4
Darlene Jones	Harbourside Club	PM4
Kaitlyn Layden	Saint John Club	EC4
Deborah I. Mitton	Charlottetown Toastmasters Breakfast Club	EC4
Dawna-Jean Turchon	Pine Tree Toastmasters Club	LD4

Level 5 – October 2022

Name	Club	Designation
Andrea M. Hyslop	Provincially Speaking Toastmasters	IP5
Deborah I. Mitton	Charlottetown Toastmasters Breakfast Club	EC5
Sarah Robicheau	Wolfville Toastmasters	VC5

Mentoring Path – October 2022

Name	Club
Pretty Philip	3285 Cape Breton Toastmasters

District Calendar

November 2022 Events

- 5 Areas 7, 12 and 16 Humorous Speech contest 9:00 am ET
- 5 Area 15 Humorous Speech contest 10:00 am ET
- 8 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 9 Area 24 Humorous Speech contest 6:30 pm ET
- 12 Area 14 Humorous Speech contest 8:00 am ET
- 12 Areas 4, 13,19 Humorous Speech contest 9:30 am AT
- 12 Area 20 Humorous Speech contest 10:00 am ET
- 15 Newsletter submissions due
- 15 VPPR Peer Call 6:00 pm ET/7 pm AT
- 15 Areas 11 and 18 Area Council meeting 8:30 pm AT
- 19 Fall Extravaganza 9 am ET/10 am AT
- 22 Pathways Therapy 6 pm ET/7 pm AT
- 22 President Peer Call 7 pm ET/8 pm AT
- 25 Division D Humorous Speech contest 7 pm AT
- 27 Striving for Success Webinar 7 pm ET/8 pm AT

December 2022 Events

- 3 Division C Humorous Speech contest 9:30 am AT
- 3 Division B Humorous Speech contest 9 am ET
- 3 Division G Humorous Speech contest 10 am ET
- 10 Division A Humorous Speech contest 9 am ET
- 11 District social
- 15 Newsletter submissions due

January 2023 Events

- 10 VPPR Peer Call 6:00 pm ET/7 pm AT
- 15 Newsletter submissions due
- 17 Areas 11 and 18 Area Council meeting 8:30 pm AT
- 22 Striving for Success Webinar 7 pm ET/8 pm AT
- 24 Pathways Therapy 6 pm ET/7 pm AT
- 24 President Peer Call 7 pm ET/8 pm AT
- 25 SAA Peer Call 7 pm ET/8 pm AT
- 26 VPM Peer Call 6:30 pm ET/7:30 pm AT

For Updated Events and Times, go to the District Calendar at <https://d45toastmasters.org/>

Submit Now!!

The focus of the December newsletter will be leadership. This covers all aspects of leadership at the club level and beyond. Send your newsletter submissions on public relation or for Around the District to d45.newsletter@gmail.com. Your submissions must be received by **November 15, 2022**.

got news?