

## DISTRICT 45 TOASTMASTERS NEWSLETTER

**CAN-AM LINK**

## POTENTIAL TOASTMASTERS ARE ALL AROUND YOU

Roxanne Benzel, MS3 District 45 Administration Manager

Yes! Everyone you talk to about Toastmasters is influenced either by your sharing the fabulous characteristics of your own club, or you giving a splendid speech at a community event and then telling someone how Toastmasters gave you the confidence to speak, or even sitting with colleagues at lunchtime talking up Toastmasters. Prospective members may not know anything about Toastmasters and your own positive comments can spark an interest!

Each Toastmaster member is an Ambassador to everyone you come in contact with. The way your corporate or community club is represented through public relations, social media, and word of mouth provides those opportunities to talk about Toastmasters. Focusing on the “what’s in it for me” feature of Toastmasters gives every member talking points about why a prospective member would be interested in learning more. Dropping lines such as,

“Toastmasters helps build my confidence in public speaking by giving me speaking opportunities at every meeting. We can give a prepared speech, practice in the impromptu speaking section called Table Topics (which is always so much fun!), or filling a meeting role such as Grammarian, Timer, or Humorist that gives me practice in so many different ways. Our club creates a safe and supportive environment which means there’s no pressure so we can all work at our own pace”.

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**Each Toastmaster member is an Ambassador to everyone you come in contact with.**

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It’s also so easy to talk about Toastmasters as a professional development venue in a corporate environment. Companies’ success depends in large part on how well we

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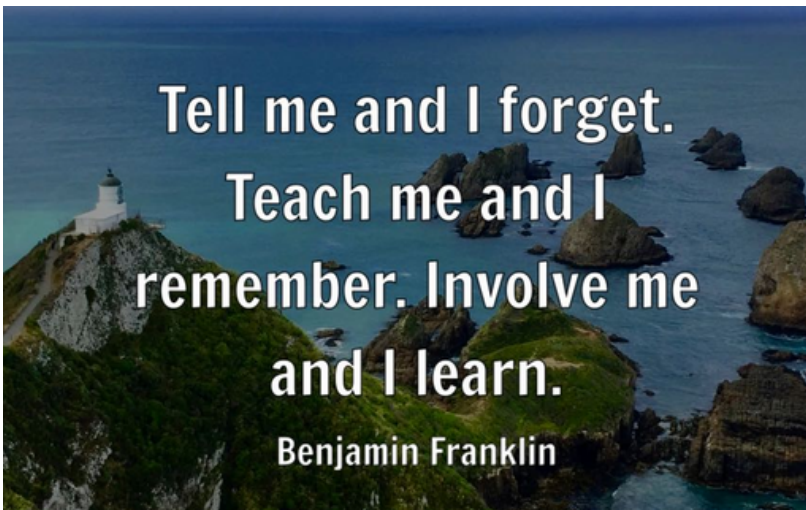
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communicate – with each other as well as with our customers and suppliers. The effects of well-run meetings can leave a lasting impressions. Good communicators tend to be good leaders, and every company needs employees with leadership potential. Think of it as an onsite training class for busy professionals where employees meet once every other week to sharpen their communication and leadership skills in a supportive setting with their co-workers.

Each club relies on their respective Vice President of Public Relations to promote, brand and advance awareness for



Toastmasters in recruiting prospective members. Branding a club in a corporate environment through newsletters, site briefs, and webpages are just some of the ways Toastmasters get the word out. Community clubs can leverage websites with structured messaging that provides meeting information and club logistics to inform potential members so they can check out the club.

Introducing a fun feature into your meeting can keep the spark alive not only for new and longstanding members, but can show prospective members that Toastmasters meetings are engaging and connected. One idea is to invigorate your debating skills. Conducting the "Great Debate" allows the group to pick a current-day topic where members volunteer to give the pros and cons. Another uplifting feature of a Toastmasters meeting is to publicly recognize members' achievements. Highlighting milestones and accomplishments not only recognizes those who have progressed their Pathways curriculum or public speaking engagements, it is also super fun to recognize the "first timers". Recognizing the first time someone gives a Table Topic or that very first Ice Breaker speech.

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## **GO TALK UP TOASTMASTERS TODAY**

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All around us is a potential Toastmaster with co-workers, friends, family, and communities. Being an Ambassador for Toastmasters works to bring new faces, ideas, and voices which makes the Toastmasters experience more enjoyable, and can strengthen your club's mission to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Hooray!

## CLUBS THAT HAVE ALREADY REACHED DISTINGUISHED!

The Distinguished Club designations recognize the achievement of club members in attaining educational and leadership awards, the success of the club in recruiting new members and the commitment of club officers to their members by being trained and ensuring dues and paperwork are submitted on time. Help us celebrate the clubs who have hit Distinguished to date.

Club Name	Level of Distinguished
Arcadie du Grand Caraquet	Distinguished
Bedford Basin Toastmasters	Distinguished
Exeter Speak-Ups Club	Distinguished
Fidelity Orators	Distinguished
Live, Speak or Die Toastmasters	Distinguished
Savvy Speakers	Distinguished
Spirit-Ed Toastmasters	Distinguished
True Blue Toastmasters	Distinguished
2211 Toastmasters	Select Distinguished
Amoskeag Better Communicators	Select Distinguished
Creatively Speaking	Select Distinguished
Fredericton Toastmasters	Select Distinguished
Keene Toastmasters	Select Distinguished
River Valley Toastmasters	Select Distinguished
Civil Speakers Club	Presidents Distinguished
Concord Toastmasters	Presidents Distinguished
Millyard Toastmasters	Presidents Distinguished
Saint John Club	Presidents Distinguished



## District Incentive

Clubs that achieve any level of Distinguished Status by June 30, 2023 will be entered into a draw for a prize of the equivalent of \$150 US







# D45 BULLETIN BOARD

## D45 FACEBOOK GROUP

Are you a member of our  
Facebook group?

**MAKING YOUR CLUB  
SUCCESSFUL**

Join today and share with  
district members and post all  
your club activities

find it under "GROUPS" on our facebook page

d45toastmasters.org

## WHAT'S YOUR STORY



**YOUR NAME HERE**

tell us your story - submit to [info@d45toastmasters.org](mailto:info@d45toastmasters.org)

## SUMMER 2023



District 45

## 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](http://D45TOASTMASTERS.ORG)

District 45 is on



**JOIN YOUR  
CLUB TODAY**

**ATTRACT GUESTS  
TO YOUR  
MEETINGS**



# **TLI** WHAT IS IT? WHY SHOULD I ATTEND?

## **Toastmaster Leadership Institutes are upon us!**

There will be three date options for this round of TLIs including a full session at the end of August.

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**

- June 12
- June 20
- August 28

<https://d45toastmasters.org/tlis>

### **Session 3, 4 & 5**

- June 14
- June 22
- August 30



# D45



# GROUP

## Is your club using Meetup to attract guests to your meetings?

### District 45 has a Meetup Group!

We take on the coordination and financial burden of a meetup subscription on behalf of our District 45 clubs!

Your District 45 club can use the Meetup.com service provided by the district, free of charge. Get your club connected today - you don't want to miss attracting any potential guests to your club meetings.

Find all the details at: [d45toastmasters.org/meetup](http://d45toastmasters.org/meetup)

**MEETUP** is a place 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.

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 - making it unavailable for many clubs and not sustainable for others.....

**UNTIL NOW!**

June 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 1:00 PM Pleasant Street Toastmasters (12-1PM EST) 6:30 PM Creatively Speaking Toastmasters 2 more events	30 7:10 AM Weekly Rising Tide Toastmasters meeting 6:15 PM Weekly Meeting Of Annapolis Valley Toastmasters Clu...	31 12:00 PM Tiotalkers Toastmasters (Wednesdays no...	1 8:00 AM Milliyard Toastmasters Club: 7:05AM EST -...	2 8:00 AM Concord Toastmasters #6954 Weekly...	3
4	5 1:00 PM Pleasant Street Toastmasters (12-1PM EST) 7:00 PM Cole Harbour Toastmasters Weekly Meeting 1 more event	6 7:10 AM Weekly Rising Tide Toastmasters meeting 6:15 PM Weekly Zoom Meeting Of Annapolis Valley...	7 12:00 PM Tiotalkers Toastmasters (Wednesdays no...	8 8:00 AM Milliyard Toastmasters Club: 7:05AM EST -...	9 8:00 AM Concord Toastmasters #6954 Weekly...	10
	12	13	14	15	16	17

Make sure your club is in our D45 meetup calendar



Just renewed until October 31 2023





# ANNUAL CONFERENCE

Charlottetown, PEI – May 2023

The first hybrid (in-person and virtual) D45 conference was a success! We sincerely believe all attendees had the opportunity to celebrate and feel inspired just like this year's theme: Inspire and Celebrate. We had informative and engaging presentations from Toastmasters within the District, and three great speech contests. We elected officers for the 2023-2024 Toastmaster year and realigned the District. We heard an outstanding speech from our Community and Leadership recipient, Dr. Heather Morrison, Chief Health Officer for PEI, and celebrated many deserving award recipients. We also saw the return of the in-person dance and we can tell you that many members have incredible dance moves!!



Presenter: Darlene Smith



C&L recipient Dr Heather Morrison

We also held a fun and interactive activity for first-timers' to allow them an opportunity to get to know each other and to have a better understanding of what to expect during the conference. We also had the Flag and Banner walk-in during the opening ceremonies. It was great to see those flags and banners in person!



Sharon Forbrigger and Swag Bag

We created a fun photo bingo contest where members had to take pictures of themselves with another member or item. It was a fun way to get people to connect with other people, and to show their competitive side. And what about those amazing chocolate-covered potato chips?!?

Although there were a few technical and audio glitches, we remained calmed throughout and persevered. It truly was an opportunity for members to meet people for the very first time or to reconnect with others after 4 years of virtual meetings.

The planning committee may have been a small team, but they were a mighty crew who were dedicated and helpful. Thank you to the planning committee members for all that you did. Thank you to you, the members, for attending the conference, in person or virtually.



Speech from incoming 2023-2024 District Director Angela Chute



Division Director of the year, Marcia Rogowsky, Area Director of the Year, Joe Read and Senior Leadership Team

## CONFERENCE COMMITTEES AND CHAIRS



**“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” – Margaret Mead**

- First-Timers - Andrea Gray
- Registration - Lorelei Grecian
- Entertainment - Adam A'Hearn
- Communication - Stéphane Parent
- Marketing and Publicity - Lesley Carter, PRM
- Sponsorship/Donation - Deborah Mitton-Spence
- Audio - Karl Stewart
- Zoom Master - Joe Reid
- Presenters - Marcia Rogowsky
- Speech Contests - Paul Coddington





THANK YOU TO ALL THE EDUCATIONAL PRESENTERS FROM THE CONFERENCE

D45TOASTMASTERS.ORG

*Save the date*

JUNE 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

End of year social  
More details coming soon

"All the fishermen believed that you don't ever turn your boat against the sun, because it was bad luck. You'd turn it with the sun."

David Weale  
Overheard on the Island  
Prince Edward Island

D45TOASTMASTERS.ORG





# DISTRICT AWARDS 2022-2023

AWARD SPOTLIGHT  
DR HEATHER MORRISON



## COMMUNICATION AND LEADERSHIP AWARD

Congratulations to Dr. Heather Morrison  
Chief Public Health Officer of PEI

The Communication and Leadership Award is presented by the District to a person in the community who is an outstanding communicator or leader. This award is presented each spring to a deserving recipient who has served their community in a variety of ways. This year our District 45 Communication and Leadership Award winner is Dr. Heather Morrison, Chief Public Health Officer of Prince Edward Island.

Dr. Heather Morrison was appointed Chief Public Health Officer of PEI, Canada in July 2007. A graduate of UPEI, she was also Prince Edward Island's first female Rhodes Scholar. At Oxford University, she completed a Master's and Doctoral degree, majoring in Comparative Social Research and Social Policy, with a doctoral dissertation in health policy decision-making. She returned to Canada for medical training, graduating as an MD from Dalhousie University, followed by specialist training in Public Health at the University of Toronto. Dr. Morrison has practiced medicine in Ontario, Saipan, and PEI, where she resides with her husband and 4 children.

## Shirley Kelly Award

Jim Kokocki

## Dave Rosvall Award

Gary Belding

## Toastmaster of the Year

Ron Cartright

## Division Director of the Year

Marcia Rogowsky

## Area Director of the Year

Joe Reid

## Multimedia Award

Portsmouth Toastmasters

## Ted Nichols Award

Sackville Toastmasters

## Terry Chinnery Award

Presented to club with greatest percentage increase in members from the previous April. This year's recipient of the Terry Chinnery Award is Fidelity Orators #7294252 with an increase of 162%. They went from 24 members to 63!



# MALAGAGASH DISTANCE TROPY

For the last three conferences, we have not been able to present the highly coveted Malagash Trophy. We're happy to once again be able to present this award. The Malagash Trophy goes to the club with the greatest "kiloasts". A club which is closer could have more kiloasts by having more members attend the conference.

CONGRATULATIONS TO  
**DIRIGO LEADERS!**

## NEW TO D45-TV THIS MONTH

### District 45 Toastmasters



Learn how to schedule posts to your club's Facebook page

### COME GATHER WITH US IN PEI





# WHAT'S YOUR STORY

## ALEYAH S. EVANS

Being an individual who lacked self-assurance in my abilities as a leader and a public speaker. I always have moments when I question my capacity for undertaking any task. Whether that meant speaking in front of my peers, speaking on the spur of the moment, or even taking on leadership responsibilities. It had gotten to the point that it prevented me from progressing. For instance, in my senior year of high school. We had a grade committee. At the time, I never joined that committee because I believed that I simply wasn't good at leadership. Additionally, it is inevitable that you will need to speak before certain individuals as a leader. Taking on that task wasn't something I was prepared for.

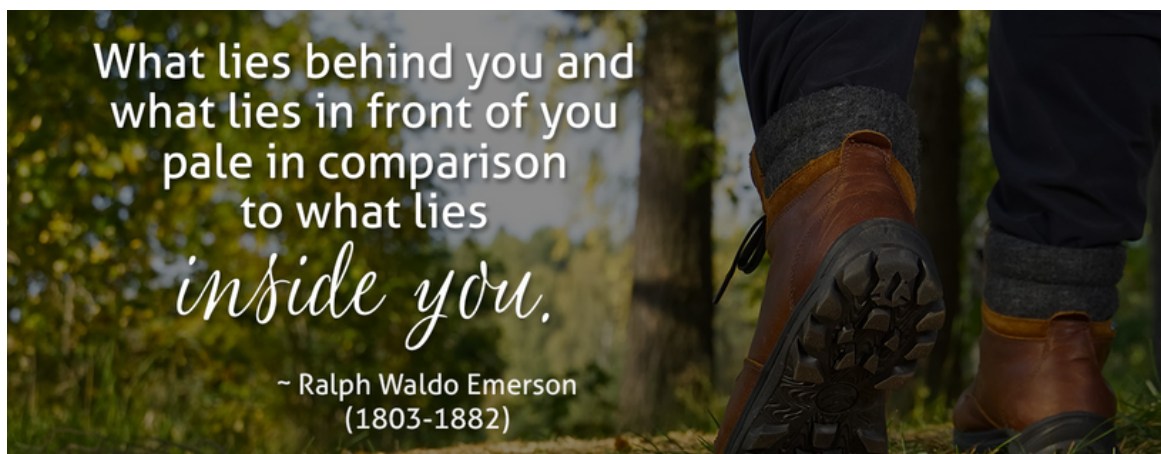
Eventually, something deep within me changed, and I decided to join Toastmasters. I joined Wolfville Toastmasters on October 1, 2021, when I was eighteen years old and enrolled in the second semester of university. Never in my wildest dreams would I have imagined where I am today. My spontaneous communication has improved, making it easier for me to provide responses to questions on the spot and I no longer feel the need to write out a full-fledged speech simply due to my increased speaking confidence.

As a result of my efforts to improve my leadership skills, I decided to join the club executive as Vice



President of Membership and Vice President of Public Relations. I never expected that serving as an executive in Toastmasters would assist me in becoming a leader in society in such a short period of time. I saw that the issues I faced outside of Toastmasters were similar to those I encountered in Toastmasters. Since I had already encountered them, I was well-prepared to deal with them.

I am currently 20 years old and heading into my fourth year of university, and I never expected to gain so much knowledge just by simply taking the step to join Toastmasters. So, what are you holding out for? Join Toastmasters right away. The experience you will have will be unlike any other.







Contests drive Toastmasters to improve their skills. Some are inspired by watching the best of the best, while others demonstrate courage by participating in a contest or two.

Congratulations to the winners and all the best to the competitors. Test Speaker for the Evaluation contest was Lorelei Grecian of Riverview Canusa Toastmasters with her speech "Boots Kicked Off"

The World Championship will be a hybrid contest, hosted from Nassau, Bahamas. Each participant will have the option to present onsite from The Bahamas or online from their home country, allowing all contestants to participate in the contest, regardless of travel restrictions.



International Speech	Evaluation Contest	Humorous Speech
<b>Michelle Pehler McCormick</b> Rutland Area TM	<b>Debbie Robinson</b> Pleasant Street TM	<b>Annie Greensfelder</b> Savvy Speakers
<b>Sue Lawrence</b> Bedford Basin TM	<b>Stéphane Parent</b> Charlottetown Breakfast Club	<b>Andrew Burke</b> Provincially Speaking TM
<b>Melissa Hartz</b> Kennebec Valley TM	<b>M.E. Lawlor</b> Toastmasters of Greater Burlington	<b>Jon Kelly</b> Concord TM Club

# CONCORD TOASTMASTERS

DIV A AREA 16



## Concord Toastmasters Welcomes its new Executive Committee Members

Front Row: Sarah Chaffee, President; Rick Dymont, VP Membership  
Back Row: Dori Bell, Sgt. At Arms, Magalie Lawrence, VP Public Relations;  
Dale Randal, VP Education; John Kelly, Secretary ; and Jennie Parisi, Treasurer



Special Recognition to Arina Ziminsky for achieving a Round Robin having completed all roles on the agenda during the same Toastmasters year. Additionally, Arianna completed Level 2 in the Effective Coaching Path.

# DIV G AREA 15

New member of BrattleMasters, Ben Stephens, left, accepts a certificate of membership and a Toastmasters pin from Carolyn Handy, club president. The presentation occurred at the beginning of the May 11, 2023 meeting at Vermont Technical College, Brattleboro.



## DIVISION A SPRING CONTEST NEWS

The Division A International Speech Contest and Speech Evaluation Contests were held on Saturday, April 29th. We had a strong attendance in support of our speakers. All present were entertained by four speakers and then wowed by the strong evaluation given by our four contestants for a speech given by a test speaker.

All the speakers and evaluators should be congratulated. The winners earned their spot in the District Contest. From the pool of talent found in Division A, the judges picked the one members from each contest who would represent the division at the District contests.

Good luck to them the District International Contest on May 27th. Thank you to all who helped make this contest a success.

<p><b>Division A</b> International Speech Contest Winner <b>Walter J S</b> Second Linda M Third Cary G Congratulations</p>	<b>International Speech Contestants</b> Alex Campbell - Talking Turkey Walter J Smith - S.O.A.R. to Success Cary Gladstone - Lifelong Learning Linda Magoon - Three Little Words
<p><b>Division A</b> Evaluation Speech Contest Winner <b>Debbie R</b> Second Dale R Third Amy I Congratulations</p>	<b>Speech Evaluation Contestants</b> Jon Kelly Dale Randall Amy Imdieke Walter J Smith Debbie Robinson



# DARTMOUTH TICTALKERS

Dartmouth Tictalkers is saying good bye to an old friend this month and hello to a new one.

Many of you know Diane Tremblay from being an Area Director. She has been a Toastmaster and member of Our club since 2017. We are sad to say that she is leaving Toastmasters to pursue traveling and seeing the world. Many of us owe our time in Toastmasters to Diane and her "tiny" message by the elevator button in her work office building that had an open invitation to join her for a Toastmaster meeting and improve your public speaking skills.

We will miss you Diane but are excited to hear about your new adventures - hopefully you will comeback and visit!



When one door closes however another opens. We are happy to welcome our newest member, Ally Howard to our club.

## MOUNT WASHINGTON VALLEY TOASTMASTERS DIV A AREA 12

After much rain (and a little snow on Mount Washington) comes the sun, and summer is on its way! We hosted our officer elections on May 17 and are looking forward to TLI in June.

As for this month, one of our newest members, Meg Willis, completed Level 2 of what is her first path, Effective Coaching! She is a returning Toastmaster and picked up right where she left off. Great job, Meg!

Merrill Rollins completed his 365, a recognition for those who have filled every role on the agenda at least once during the year! Congratulations, Merrill!

Our educational planning each year includes scheduling everyone for each role, so everyone in our club has the opportunity to complete their 365 as well.

Congratulations are also in order for Amy Imdieke, for competing in the Division A Evaluation Speech Contest on April 29th! Amy gave a fantastic speech, and we enjoyed cheering her on as she competed.

Wishing everyone a warm and sunny springtime from Mount Washington Valley!



# DIV C AREA 17

On May 9, The Charlottetown Toastmasters Breakfast Club had a different type of Educational Tip on their meeting agenda. The club's sponsor recognized the contributions of its first two members to achieve the Distinguished Toastmaster Award. (There are many members who came to the club already a DTM.)

Crystal Cobb, an admitted chocoholic, and Anne Doucette, a unicorn lover, are charter members of the Breakfast Club. Their educational journey was regular and non-stop. These leaders both had their Competent Communicator and Advanced Leader Bronze awards before jumping into Pathways with both feet. They tag-teamed for a Youth Leadership project that culminated in the obtention of Toastmasters' ultimate award.



# DIV C AREA 13

River Valley Toastmasters, 4373706, has been awarded the Talk Up Toastmasters award for adding five new, dual, or reinstated members between February 1 and March 31.

With the help of one special Toastmaster, we have gone from a struggling club to one that is Select Distinguished and on track to be Presidents Distinguished before June 30th.

While Veeru Nagalia was our Area 13 Director, he breathed life back into our club, we owe him a huge thank you, without his guidance this would not have been possible.





# INCOMING DISTRICT OFFICERS 2023/2024



**Angela Chute**  
District Director



**Paul Coddington**  
Program Quality Director



**Sherry MacDonald**  
Club Growth Director



**Elise Thorsen**  
Division A Director



**Ivona Cookson**  
Division B Director



**Dave Stonehouse**  
Division C Director



**Jenny Theriault**  
Division D Director

# CONGRATULATIONS



# DISTRICT INCENTIVES

DISTRICT 45 HAS INCENTIVE PROGRAMS THAT CLUBS AND MEMBERS CAN PARTICIPATE IN ALL YEAR LONG.

FIND OUT MORE: [D45TOASTMASTERS.ORG/INCENTIVES](https://d45toastmasters.org/incentives)

still a  
chance to  
win



## MEMBER EDUCATION AWARDS

Deadline: June 30 2023

Complete Pathways Level 1, 2 or Mentor Path by deadline and get a chance to win a travel mug, director's notebook, or Mentor pin.

## BEAT THE CLOCK

Deadline: June 30, 2023

Clubs adding five new, dual or reinstated members during May and June receive a "Beat the Clock" ribbon to display on the club's banner and in addition to the ribbon.

## BEAT THE CLOCK CLUB GROWTH AWARD 2023

CAMPAIGN  
PERIOD



MAY 1 - JUNE 30 2023

## Dash to Distinguished

## DASH TO DISTINGUISHED

Deadline **May 31, 2023**

*just ended*

To be eligible: Add 5 members to your club roster between May 1- 31st, 2023. For each 5 members added, your club name goes in the draw to win an Owl. **Winners to be announced soon.**

## DISTINGUISHED BY END OF JUNE

Deadline: June 30, 2023

Achieve any level of Distinguished Club status and get a chance to win \$150.



recent winners

# DISTRICT INCENTIVES

BELOW ARE THE WINNERS OF SOME OF RECENT INCENTIVE ACTIVITIES



## >>> SMEDLEY AWARD

### 1 OR 2 MEMBERS ADDED

- Portsmouth Toastmasters
- Riverview Canusa TM Club
- Saint John Club

### 3 OR 4 MEMBERS ADDED

- Cape Breton Toastmasters
- Blueberry Hill Club
- Greater Portland TM Club

## DISTINGUISHED BY END OF APRIL <<<

Distinguished - Live, Speak or Die  
Select Distinguished - Keene TM  
Presidents Distinguished - Millyard TM



# CONGRATULATIONS!

## >>> TRACK YOUR SUCCESS CLUB

1st prize - Toast of the Coast

2nd prize - Mount Washington Valley

3rd place - Concord Toastmasters, Civil Speakers, Karner Blue Toastmasters, East Hants



Happy  
Anniversary

# CLUB ANNIVERSARIES

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

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

# MEMBER ANNIVERSARIES

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

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



# WELCOME NEW MEMBERS

Let's celebrate our new members and welcome them to the District 45 team! Below are the people who joined our district in May!

Member	Club
Lorena Jim	2211 Toastmasters
Brittany Boxer	2211 Toastmasters
Oscar Castro Carrillo	2211 Toastmasters
Elizabeth Decker	2211 Toastmasters
Deborah Giacomantonio	2211 Toastmasters
Hannah Hudson	2211 Toastmasters
Chris Jordan	2211 Toastmasters
Jessica Labbe	2211 Toastmasters
Emily Durgin	2211 Toastmasters
Kristen Stover	2211 Toastmasters
Manefouet P Tatanfack	Arcadie du Grand Caraquet
Rosalie Mbumba Mbewa	Arcadie du Grand Caraquet
Gnromontoh R Kadi Kone	Arcadie du Grand Caraquet
Roxanne Berthelet	Arcadie du Grand Caraquet
Ligia Bardou de Carvalho	Cole Harbour Toastmasters
Andrea Acheson	Creatively Speaking
Jared Dempsey	Dal Toastmasters
Ally Howard	Dartmouth Tictalkers
Michael Robustelli	Exeter Speak-Ups Club
Sara Driscoll	Fidelity Orators
Renee Studer	Fidelity Orators
Angela Samson	Harbourside Club

Member	Club
Ruth Holleran	Keene Toastmasters Club
Francesca Knowles	Millyard Toastmasters
Tomoya Ide	Millyard Toastmasters
Nicholas Mulligan	Premiere Toastmasters Club
Carter McGrath	Rising Tide Toastmasters Club
Aaron Willie	River Valley Toastmasters
Glen Fillmore	Saint John Club
Beatriz A Castaneda	Saint John Club
Ankur Gaur	Saint John Club
Olga Tyshchenko	Saint John Club
Conor Vienneau	Saint John Club
Olusegun Odebode	Schooner Toastmasters Halifax
Alex Naddaf	Sears-Halifax Club
Kenadee Moffitt	Sears-Halifax Club
Xindi Hennessey	Souhegan Speakers and Leadership Club
Jason Hennessey	Souhegan Speakers and Leadership Club
Carla Sinclair	The Merchants MotorMouths
Trysten Bewersdorf	The Merchants MotorMouths
Gary Marinin	Winning Speakers Club
Lam Duong	Winning Speakers Club
Samar Shoaib	Women Changemakers

# PATHWAYS LEVELS THIS MONTH

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



## LEVEL 1 - MAY 2023

Name	Club	Designation
Paula Baines, EC2	Bangor Toastmasters Club	EC1
Gary Belding, DTM	Civil Speakers Club	PI1
Sallie Boggs, DTM	MDI Toastmasters	PM1
Horace Crozier, DTM	Charlottetown Toastmasters Breakfast Club	PM1
Heather M. Fairchild, DTM	Pleasant Street Toastmasters	PM1
Pierrette Hache, DTM	Arcadie du Grand Caraquet	TC1
Stephane Parent, DTM	Charlottetown Toastmasters Breakfast Club	SR1
Rebecca Tripp, LD1	Souhegan Speakers and Leadership Club	LD1

## LEVEL 2 - MAY 2023

Name	Club	Designation
Pattie Abrams, DTM	True Blue Toastmasters	DL2
Paula Baines, EC2	Bangor Toastmasters Club	EC2
Joseph Groudin, DTM, AS	True Blue Toastmasters	VC2
Tod Leedberg, IP2	Karner Blue Toastmasters	IP2
Thomas Macisso, DL2	Blueberry Hill Club	DL2
Robert van Oostwaard, DTM	Riverside Toastmasters	IP2

## LEVEL 3 - MAY 2023

Name	Club	Designation
Lara T. Bailey, IP3	Brunswick Toastmasters	IP3
Henry Chung, PM3	MDI Toastmasters	PM3
David Gerber, IP3	Brunswick Toastmasters	IP3

## LEVEL 4 - MAY 2023

Name	Club	Designation
Donna M. Accettullo, IP4	Bangor Toastmasters Club	IP4
John D. Blumsum, DTM	Spirit-Ed Toastmasters Club	MS4
Karen Caldwell, DTM	Sears-Halifax Club	EC4
Baxter J. Crocker, EH4	Spirit-Ed Toastmasters Club	EH4
Patricia L. Saucier, PM4	Dirigo Leaders	PM4

## LEVEL 5 - MAY 2023

Name	Club	Designation
Sheila Oranch, PM5	White Mountain Toastmasters Club	PM5

## TRAILBLAZER - MAY 2023

Name	Club	Designation
John D. Blumsum, DTM	Spirit-Ed Toastmasters Club	
Paula Baines, EC2	Bangor Toastmasters Club	



## The Road to Distinguished How are you doing?

Join the district 45 leadership team to learn and share how the district is advancing to Distinguished!

On Tuesday, June 6, District 45 Toastmasters are invited to participate in the conversation on our progress in reaching this year's goals. Bring your insights as to how your club is realizing its goals for membership, club dues payments, and Pathways achievements.

Find the login details in the District Calendar.



# DISTRICT CALENDAR

S	M	T	W	T	F	S
<i>June</i>				1	2	3
	4	5	6 DRIVE TO DISTINGUISHED	7	8	9
11	12 TLI CLUB OFFICER TRAINING	13 VPE/VPM PEER CALL	14 TLI CLUB OFFICER TRAINING	15 NEWSLETTER SUBMISSIONS DUE	16	17
18 VPPR PEER CALL	19	20 TLI CLUB OFFICER TRAINING	21	22 TLI CLUB OFFICER TRAINING	23	24
25 YEAR END SOCIAL	26	27 PRESIDENT PEER CALL	28	29	30	

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

## THANK YOU NEWSLETTER HELPERS

I want to thank all the amazing people who contributed to the newsletter this month. Next month Sarah Chaffee will be taking over as Newsletter Editor.

Remember to send your stories to get in next months addition. [d45.newsletter@gmail.com](mailto:d45.newsletter@gmail.com)

Thank you to Sarah Chaffee, Crystal Cobb, Pierette Haché, Denise Haché and Antoine LeGresley.

This month's newsletter was published using Canva. Let us know if you are interested in learning more about Canva or helping out on the newsletter.

Current Newsletter Editor:  
Lesley Carter  
Public Relations Manager, D45