

District 45 Toastmasters Newsletter

# CAN-AM LINK



**In This Issue**

Are You Contributing to a Positive Learning Environment? 1

A Vision for Success 2

Parliamentary Minute 3

Success Through Networking and Collaboration 4

Recognizing Success 5

District 45 Annual Conference 7

Navigating the New TI Website 7

Incentives 8

Awards 8

Upcoming District Events 9

Holiday Social 9

Evaluating Effectively 9

The 5 W's of Meetup 10

Around the District 11

A Member's Story 14

My Whys 15

New Club 17

Anniversaries 18

Member Awards 19

Holiday Wishes 22

Submit Now!! 22

District Calendar 23

**ARE YOU CONTRIBUTING TO A POSITIVE LEARNING ENVIRONMENT?**

**2022 – 2023 DISTRICT DIRECTOR CRYSTAL COBB, VC4, DL5, EC5, PI5**



The fifth point in the Toastmaster’s Promise says, “I promise to help the club maintain the positive, friendly environment necessary

for all members to learn and grow”. When you think of your club meetings, would you say that you are doing your part to ensure all members have a safe and supportive environment?

The promise directly speaks to the club environment, but shouldn’t we be providing this outside of the club as well? All members should feel safe and supported within our Area, Division and District as well. When we provide a supportive learning environment, our members will thrive and continue to grow.

What can you do to provide a safe and supportive learning environment where you are? Here are a few tips that I have found helpful:

- Smile – body language tells others a lot about your current mood

- Offer to help as needed – remember someone could be learning for the first time
- Be cooperative – stay positive and respect difference of opinions
- Use mistakes as a learning opportunity – guide someone through their mistake and give them constructive feedback for the future

When someone feels safe and supported in their environment, they are more likely to open up and grow. As a Toastmaster, we promised to act within Toastmasters’ core values of integrity, respect, service and excellence. Let’s ensure that we are doing just that as we move through our journey together! By doing so, we can *inspire* others and *celebrate* each other’s successes.



## A VISION FOR SUCCESS

Each club has the same mission which is to provide a supportive environment in which members can develop their communication and leadership skills, thereby fostering self-confidence and personal growth.

Does your club have a vision? How does a vision differ from the mission statement? The vision states where you want the club to be at the end of the year or at the end of five or ten years. For example, the club vision could be to achieve Distinguished status or better by the April 30<sup>th</sup> every year. How does this vision relate to the club mission statement?

As previously mentioned, the club mission is to allow members to develop their communication and leadership skills. How do we know they have accomplished this? One measure of success is member progress. As members achieve various educational and leadership designations, we know they are progressing through the program. If they have received constructive evaluations, and have incorporated the advice from these evaluations, then they will have developed their skills. This fosters their personal growth and helps transform them into more confident individuals.

The connection between the mission statement and the vision is that six of the goals needed to achieve Distinguished status are directly related to members achieving educational and leadership designations.

If you achieve these six goals (4 Level 1s, 4 Level 2s and 1 Level 3 and 2 Levels 4, 5 or DTM), you know your members are developing their skills and you will have achieved the vision of attaining at least Distinguished status.

This, however, can only happen if your members understand the benefit to them of achieving these goals. One of the roles of the club executive is to work with members and help them establish goals that will allow both the individual member and the club to be successful. Have you done this in your club?

Recently, a member of two weeks in the Schooner club, Indumathi Azhagesan was asked in a Table Topics how members could help the club achieve its goals. Her answer should be an inspiration to us all. She said there are four things that each member can do:

- 1) Make a commitment
- 2) Progress through your Path
- 3) Learn from your mistakes
- 4) Attend regularly

Members should know the goals for the club as a whole and the executive should know the goals of each member and ensure that opportunities are provided to ensure members can achieve their goals. Working as a team in this manner, everyone can be successful. Set your goals, work toward them and continue to *Inspire and Celebrate*.

**Vision without action  
is a dream.**

**Action without vision  
is a pass time.**

**Vision with action  
can change the  
world!**

## PARLIAMENTARY MINUTE

In the November newsletter, we looked at main motions. We will now discuss amendments.

Amendments can be made to insert, delete, or change the wording of an amendable motion. However, an amendment is not to completely reverse the meaning of the motion. Amendments are made during discussion of the main or another amendable motion. For example, consider the following motion which has been made and seconded “I move that we hold an Open House.” An amendment could be made to specify the date so the person making the amendment would say “I move an amendment to the motion to add the November 30 after Open House.”

A second is required, it is debatable and amendable, a majority vote is required, and the amendment can be reconsidered. If made and seconded, the amendment must be discussed and voted on before going back to discussion on main motion. Why? Because it may change the main motion and change opinions on whether it pass or fail. Once the amendment is passed or failed, business proceeds back to discussion on the main motion as it was made or as amended. If amended, the Chair should state the wording of the main motion as amended. In this case, the Chair would say “We now have a motion on the floor to hold an Open House on November 30”.

Amendments can be amended. The same procedure applies as for the amendment to a main motion. However, only two levels (an amendment to the amendment) are usually allowed – too many levels of amendments are confusing. Remember that the “amendment to the amendment” must be decided first (takes precedence), then the “amendment to

the main motion,” and then the main motion. And each level of amendment is offered, discussed, and voted upon during the discussion of the motion to which it applies. Once the amendment to the amendment is dealt with it is possible to move another amendment to the amendment (or the amended amendment). Similarly, once an amendment is either carried or failed, another amendment can be made before the main motion is discussed. For example, if the amendment to add the date of November 30 failed, another amendment could be moved for a different date.

Next month, we will look at the forms of voting.



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## SUCCESS THROUGH NETWORKING AND COLLABORATION

PROGRAM QUALITY DIRECTOR TOM MACISSO



On Saturday, Nov 19<sup>th</sup>, District 45 held its annual Fall Extravaganza! Almost 80 members came together to inspire, to learn and to celebrate. Many members joined early to network with each other and to catch up with those they may not have seen for some time.

We began our educational forum with a keynote presentation from the 2013 World Champion of Public Speaking – Pres Vasilev.

He shared his tips and best practices on *“How to Uncover the Glory of Your Story.”* From Pres, we learned some aspects of how to be a great storyteller. We learned about Chekov’s gun (Google it to find about this principle of storytelling) as well as about foreshadowing, call back and personification to name just a few. We saw how Pres used these various principles of storytelling in his 2013 winning speech.



Throughout the day there were options for the workshops in each time slot. Details on presenters and their topics were included in the November newsletter and on the D45 website. Recordings of the workshops will be shared as they are received. Watch the website to learn when recordings are available.

We were honored to have Region 9 Advisor and DTM Patricia O’Reilly, present a great presentation called *“Saying Yes to Opportunities.”*



Patricia told us about being inspired by a member who said yes to being an Area Director part way through the year even though they would not get credit for taking the position. This inspired her to say yes. Patricia encouraged all of yes to say yes to leadership opportunities and explained how members can benefit from Toastmaster Leadership Opportunities.

Directly after that, DTM and Past D45 Director Tom Goodwin facilitated a panel discussion on leadership. Past International President, DTM Jim Kokocki, Area 9 Director Jenny Theriault and North Country Toastmasters VPM Jill Kimball served as panelists. All of them spoke about how the leadership skills learned through Toastmasters have helped them in their professional life and in other community organizations.

We celebrated success. We mostly honored members from last year, however we did highlight a few from this Toastmaster year as well. The various award winners are noted in the following article in the newsletter. Our members exemplify success and we were pleased to celebrate those successes.

District Director, Crystal Cobb recognized Women Changemakers to the District 45 family of clubs as they chartered with 23 members! See page 17 for more information on our new club.

## RECOGNIZING SUCCESS

*All our 2021 – 2022 Area and Division Directors worked hard supporting their clubs, holding contests, helping at the Toastmasters Leadership Institute, and creating an environment where all members and clubs could achieve success. Some of the team motivated their clubs to even greater success and they are recognized here. Recognition is for the visits completed and the percentage of clubs achieving Distinguished.*

**Distinguished Area Directors**



**Manju Basnet**



**Patricia Saucier**

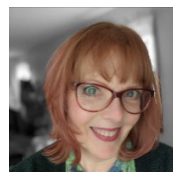


**Kathi Zwicker**

**Select Distinguished Area Directors**



**Subbi Mathur**



**DJ Turchon**

**Select Distinguished Division Director -**



**Jim Kokocki**



**Membership Contests – Beat the Clock**

Each year, Toastmasters International sponsors several membership contests. One such contest is **Beat the Clock**. Clubs that recruited five or more new, dual or reinstated members between May 1 – June 30, 2022 have received a ribbon for their banner and a special discount for purchases from the Store at Toastmasters International. This year, seven clubs won this contest:

- Bangor Toastmasters with 5 new members
- Blueberry Hill with 5 new members
- Dirigo Leaders with 12 new members
- East Hants Toastmasters with 5 new members
- Nashua Hudson with 6 new members
- Rising Tide Toastmasters with 7 new members
- Saint John Club with 5 new members

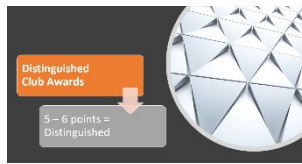


Of the clubs that received President’s Distinguished Status, a number achieved all 10 points in the Distinguished Club Program. These clubs are recognized by District 45 with the **AI Ferguson Memorial Award**. AI Ferguson was an Area Governor who died while serving as AG. In 2021-2022, 3 clubs achieved a perfect 10 points:

- Charlottetown Toastmasters Breakfast Club
- Nashua-Hudson Club
- Schooner Toastmasters

**Distinguished Clubs**

For the 2021 – 2022 year, 31 clubs achieved some level of Distinguished Club.

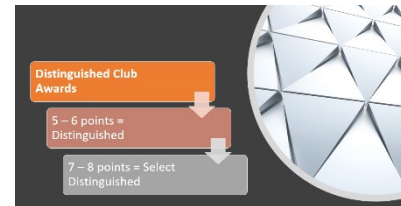


Clubs that achieved Distinguished Club Status (5 or 6 points)

Bedford Basin

**Toastmasters**

- Brunswick Toastmasters
- Cape Breton Toastmasters
- Fredericton Toastmasters
- Live, Speak Or Die Toastmasters
- Pine Tree Toastmasters
- Rise and Shine Advanced Toastmasters
- Rising Tide Toastmasters
- Riverview Canusa Toastmasters
- Sussex Toastmasters
- Toast of the Midcoast



Clubs that achieved Select Distinguished Club Status (7 or 8 points)

- Bangor Toastmasters
- East Coast Online Advanced Toastmasters
- East Hants Toastmasters
- Kennebec Valley Toastmasters
- Sears-Halifax Club



Clubs that achieved President's Distinguished Club Status (9 or 10 points)

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>Blueberry Hill Club</li> <li>Charlottetown Toastmasters</li> <li>Breakfast Club</li> <li>Civil Speakers Club</li> <li>Concord Toastmasters Club</li> <li>Dartmouth TIC Talkers</li> <li>Dirigo Leaders</li> <li>Millyard Toastmasters</li> <li>Nashua-Hudson Club</li> </ul> | <ul style="list-style-type: none"> <li>Provincially Speaking Toastmasters</li> <li>Riverside Toastmasters</li> <li>Saint John Club</li> <li>Schooner Toastmasters</li> <li>The Maine Thing Advanced Toastmasters</li> <li>True Blue Toastmasters</li> <li>Winning Speakers Club</li> </ul> |
|---|--|



The Excellence in Education Award is presented to those clubs that achieve the first four points in the Distinguished Club Program for the last three years in a row. This means that they have achieved at least 4 Level 1s, 4 Level 2s and 2 Level 3s for 3 years in a row. The clubs that achieved this are:

- Concord Toastmasters
- Kennebec Valley Toastmasters
- Millyard Toastmasters
- Schooner Toastmasters

There are clubs that also achieve points 5 and 6 (which is two Level 4s or two Path completions) plus have at least four officers trained in each TLI period for the past three years. The following four clubs have achieved this level of excellence:

- Cole Harbour Toastmasters
- Concord Toastmasters
- Schooner Toastmasters
- Sears Halifax Club





## DISTRICT 45 ANNUAL CONFERENCE



Charlottetown, Prince Edward Island is where you want to be May 26-28<sup>th</sup>, 2023. Why may you ask?

Well, District 45 is hosting our in-person conference that weekend and we are super pumped to see everyone! It's going to be a weekend full of celebrating, learning, and networking with fellow members, some who you will probably meet in person for the first time!

Anne Doucette and Heather Fairchild are co-chairing the planning committee this year. The thing about planning a conference is that it takes a village! While some of the roles on the committee should be taken on by members in Prince Edward Island, there are roles that can be done from afar as well! We are currently recruiting people far and near to help plan for the following positions:

- First Timer's event
- Opening Ceremonies
- Silent Auction/Bookstore

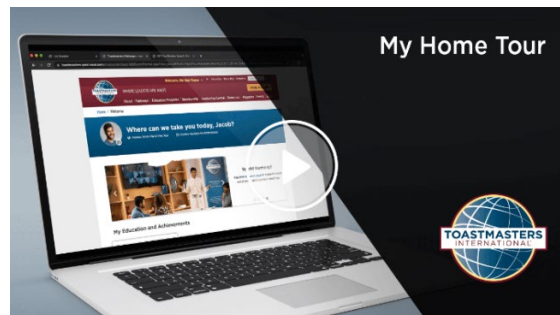
If you want to work with a group who is determined to put on a rocking conference, reach out so we can determine how you can assist. Don't forget, you can always use your role in helping as a Pathways project. If you are eager to lend a hand and work toward your goals of completing a project or two outside of your club, send us an email at [D45conference@gmail.com](mailto:D45conference@gmail.com).

Don't forget to dust off your suitcase and check your passport ASAP. You don't want to miss this celebration!



## NAVIGATING THE NEW TI WEBSITE

The new TI website takes some searching to find the things you are used to. Here how's to access some commonly used pages:



### **Club Central**

To find Club Central, sign in:

- Go to My Home in the drop-down menu and scroll down. You will then see Club Central. You will only see this if you are a club officer.

### **DCP results**

To find the Distinguished Club Program results for your club (you do not need to be signed in for this):

- Go to Membership/Leadership Central and the Distinguished Performance Reports.
- Put your club number in the search box at the top left corner of the page and it will bring up the DCP report for your club.

### **Pathways Information**

To access Base Camp Manager or to choose a Path:

- Sign in and go to Education Programs.
- You will see Go to Base Camp at the top with a button that says "Access".
- Click on that button and it will bring up the boxes that allow you to choose a Path, Launch the Navigator and go to Base Camp or log in as a Base Camp Manager.

Continue to play around the with new website and you will become familiar with how to access all the information you're used to looking at.

## INCENTIVES



**Track Your Success Member Incentive** – This incentive is to encourage members to participate in all facets of a meeting and to participate in events outside of the club. Each member should keep track of his or her results.

The incentive runs from

January 1, 2023 to March 31, 2023. The completed form must be submitted by April 10, 2023 to [Paul Coddington](#). The form can be downloaded from our website at <https://d45toastmasters.org/incentives>. 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; 2<sup>nd</sup> 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.

### Winners to date for 2022 – 2023 Incentives

The Club Success Plan is the tool that helps our clubs plan to achieve Distinguished Club status. We had an incentive for the first 10 clubs to share their plan with the District. These clubs will receive a gift certificate for \$125. We had 25 plans submitted. The following clubs are the first 10 clubs that shared their plans:

Schooner Toastmasters  
 Civil Speakers Club  
 Sears Halifax Club  
 Keene Toastmasters  
 MDI Toastmasters  
 Ecotoasters Club  
 Pine Tree Toastmasters  
 River Valley Toastmasters  
 Dartmouth TIC Talkers Toastmasters  
 Arcadie du Grand Caraquet

Cont'd on page 17

## AWARDS

**Dave Rosvall Award** –presented to a District 45 Toastmaster who has demonstrated long-term and meritorious service to the District above the club level. This can be for someone who has conducted Speechcraft or Youth Leadership programs, helped with sample meetings for a new club, has been a club sponsor, mentor or coach, served as a District leader at any level or for other activities beyond the club level. The recipient is determined each year by the Past District Governors and Directors. The recipient must have been a D45 Toastmaster for at least 10 years and must be planning to attend the conference. District Governors must have been out of office for at least 5 years before receiving the award.

**Distinguished by April 30th award** – this award is presented at the annual conference to any club that has achieved 5 or 6 points in the Distinguished Club Plan by April 30th and has the requisite number of members to qualify for Distinguished. This award will be automatically determined by the District based on the reports from Toastmasters International.

**Select Distinguished by April 30th award** – this award is presented at the annual conference to any club that has achieved 7 or 8 points in the Distinguished Club Plan by April 30th and has the requisite number of members to qualify for Distinguished. This award will be automatically determined by the District based on the reports from Toastmasters International.

**President's Distinguished by April 30th award** – this award is presented at the annual conference to any club that has achieved 9 or 10 points in the Distinguished Club Plan by April 30th and has the requisite number of members to qualify for Distinguished. This award will be automatically determined by the District based on the reports from Toastmasters International.



## ANNOUNCEMENT UPCOMING DISTRICT EVENTS

Beginning in January 2023, *Possibilities with Pathways*, VPE Peer Call and the *Striving for Success* webinars will be held on new days.

- On the 2nd Monday of each month, *Possibilities with Pathways* (PWP) will begin at 6 PM ET/7 PM AT
- The VPE Peer Call will also be on the 2nd Monday of each month beginning at 7 PM ET/8 PM AT.
- On the 2nd Wednesday of each month, *Striving for Success* Webinar will be held at 7 PM ET/8 PM AT.



Please mark your calendars and planners for these changes in our educational sessions.

## HOLIDAY SOCIAL



Join us on Sunday, December 11th for an evening of fun, games, and holiday cheer! Our holiday social starts at 7pm ET / 8pm AT via Zoom. An evening filled with socializing and celebrating the

holidays with your D45 friends. We have some fun holiday-inspired games planned! Be sure to wear your best holiday outfit or ugly Christmas sweater and get creative by decorating your background (can be virtual or real background) - awards and bragging rights are up for grabs for the winners!



We look forward to celebrating with you!

See you there,

Party Planning Team: Ivona, Tom and Jenny

## EVALUATING EFFECTIVELY

Do you remember the first speech evaluation you gave? How did that work out for you? I do. It was chaos. There was a lot going on. I had no idea what was needed to prepare a quality evaluation. I learned a few things since that first evaluation. Besides downloading the evaluation resource and reviewing the speech objectives, talking to the speaker helps me to see if they have specific objectives they want feedback on. The biggest learning for me though was (drum roll) --- limit the other responsibilities I take on during the meeting so I can focus on my evaluation. I needed to reign in my brain even in how I paid attention to the speech itself to honor the objectives. For me, this meant less chaos and more quality. Focusing to provide a quality evaluation is a strength I have gained in Toastmasters.

Soon there will be Evaluation contests leading to the District contest. Will you be participating? All members, except District leaders or those running for an elected position, are eligible to participate. Some clubs have a focus on evaluation that can help prepare you for the contest. Here's information on a couple of them.

**Spotlight Toastmasters** is an advanced club that offers 3D Evaluations to improve your evaluation skills. If you are interested, they would be delighted to have you as their guest. The club meets the first Saturday of each month at 8:30 am ET/9:30 am AT. Contact [vppr-9985@toastmastersclubs.org](mailto:vppr-9985@toastmastersclubs.org)

At **Toast of the Coast Advanced Club**, immediately following the regular speech evaluation, all attendees are asked for comments on the speech and the speaker can respond. Each speaker gets up to 20 minutes of feedback on their speech. This process benefits the speakers, and it also hones the evaluation skills of all members as we hear a number of different perspectives on the same speech. Past International Director and Past Region Advisor Monique Levesque-Pharaoh said she thought anyone interested in taking their evaluation skills to the next level should join Toast of the Coast. The club meets the 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Saturdays at 8 am ET/9 am AT. Contact [Heather Perkins](#) for more information.

## THE 5 W'S OF MEETUP

Meetup is a tool to assist clubs in attracting guests who may have never heard of Toastmasters. Is your club using the free District 45 Meetup group to advertise your club meetings?

### What

#### What is Meetup?

Individuals and groups use Meetup to promote their events, activities, and meetings to people who have similar interests. Meetup is a social networking site that allows you to find and join groups related to your own personal interests. However, instead of just talking about these interests online, Meetup is used to organize online, hybrid and in-person meetings in your area of interest. Think of it like the equivalent to your local library's bulletin board.

#### Why a Meetup Pilot Project?

Meetup is not free - This is why so many clubs haven't been using it. District 45 is piloting a program for our clubs where the district absorbs the meetup subscription fee, and our clubs can join our account for free. Many other Toastmasters districts are already doing this. If the 6-month pilot project is successful – the district may extend the subscription.

### Why

### Where

#### Where do I find our Club?

Go to <https://www.meetup.com/toastmasters-district-45-us-nh-me-vt-can-pe-inb-ns/> and click on Events. You will see a rectangular box on the left side of the page that shows List and Calendar. Click on Calendar. When the Calendar is populated with Toastmaster Club information, search for the date and time of your Club meeting. If it's there, your Club has a Meetup page!

#### Who should sign up?

Make sure there is at least one person in your club assigned to maintain your club's meetup account. If you are new to Meetup, you first need to create a free Meetup profile. Encourage all your club members to also create a free Meetup profile and sign up that they are attending all upcoming meetings – even if they are not sure whether you can attend.

### Who

### When

#### When should we join?

Sign your club up as soon as possible to take advantage of promoting your club and attracting guests to your meetings. The district has committed to offering the subscription free of charge for 6 months and the continuation of this project will be determined by how successful we are at using Meetup.

More information and useful tips can be found at: <https://d45toastmasters.org/meetup>

**AROUND THE DISTRICT**

**Division A**

**Area Humorous Contest News**

The division held a tri-area humorous contest on November 5th. Many winners were crowned.



- The winner who will be representing Area 7 in the Division contest is Dan W
- The winners who will be representing Area 12 in the Division contest are Andrea L & Deb K
- The winners who will be representing Area 16 in the Division contest are Jon K & Tom G



Best of luck to all in the upcoming Division Contest.



Congratulations to all who participated. Thank you to all the volunteers that made the contest happen. Shout out to Brian R for hosting and bringing everyone together. Shout out to all the judges who shall remain anonymous. Shout out to the timers and ballot counters who ensured the contest's integrity. Last and indeed a necessity, shout out to all the guests in the audience. Thank you all!

*Something funny was going on in Conway, New Hampshire in late October...Mount Washington Valley Toastmasters* conducted its humorous speech contest, and it was a doozy! Three members, **Merrill Rollins**, **Deb Kumpf** and **Andrea Libby**, competed in a hybrid contest for the right to represent the MWV club at the Area 12 contest on November 5<sup>th</sup>. Congratulations to Andrea and Deb who won the club contest and then, dominated at the Area contest. Both will appear in the Division A contest on December 10<sup>th</sup>, and hopefully one of them will keep that string of Mount Washington Valley members competing in the District finals going for yet another year! Good luck to both of you!



*Merrill Rollins: Lost in Translation*



*Andrea Libby: Greetings from Behind the Wheel*



*Deb Kumpf: I Can!*



**Karner Blue Toastmasters**, based out of Concord, NH (Area 12, Division A) held a “Pizza and Pathways” meeting on November 15th. Members brought their laptops to the meeting and received some tips and tricks about the TI website from Linda Magoon and Adam Burch, a special guest from Penman Toastmasters. Newer members enjoyed the hands-on learning, both with Pathways and with the pizza.

## Division A cont'd

### Exeter Speak-Ups Election Day Live Social



On Tuesday, November 8, 2022 Exeter Speak-Ups members were reminded how much more fun and engaging live events are than virtual! Our club hosted a live event that evening to invite members and guests to drop in after voting. Seven guests including 3 former members showed up for lots of



food and a light agenda of introductions in the round, a Toastmasters and Pathways educational presentation, and Table Topics which were rousing good fun with even most of the guests taking part! We will consider holding live events more often.

This month **Concord Toastmasters** welcomed its newest member **Ryan Davis**. Ryan joined the club after just a couple of meetings. Being from the Concord area, the membership is fortunate to have him attend in person. We are all looking forward to his participation and contributions to our club meetings.

November also brought forth the first two members for this year to achieve the ROUND ROBIN. This recognition is for members who have participated in filling all agenda roles in the current year. Congratulations to **Dale Randall**, DTM and **Catherine Ryan**, DTM. The challenge is now on for the rest of the members.

Concord Toastmaster **Cara Meeker** joined the club this past year. In just a short time, she has dazzled us all with her humor, wit and speeches. As one of our newest members, she has shown us just what she has been able to achieve. This month she was a winning candidate for the school board in Concord. Cara has shared with us her reflections.



Courtesy photo- Cara Meeker appeared in the Concord Monitor 10/23/22

I only joined Toastmasters less than a year ago, and I've already learned so much. What I like about Toastmasters is that there are lessons to be learned, no matter what your level is in terms of public speaking.

I was in theater as a high schooler, so I didn't come to TM with the traditional nerves that accompany public speaking. What I did need to work on was my presence and presentation skills, with a personal goal of someday running for public office. I have never been a candidate and that was intimidating. Shortly after I joined Toastmasters, an opportunity to run for school board presented itself, and I decided to run! It was a whirlwind campaign and I was able to use the tools from the Toastmaster toolbox right away. From using vocal variety and body language in my campaign video, to holding back my "ums" as best I could in public Q&As, I could hear the lessons and the encouragement from my fellow club members cheering me on.

And to boot, I won my campaign! I will continue with my TM journey because even though a big goal of mine has already been met, there's so much more I can do.

## Division C



On Saturday October 29, Areas 2 and 17 held their Humorous Speech Contest. Sharon Allen from Speech Afire Toastmasters will represent Area 2 and Simon Tremblay from Charlottetown Breakfast Club will represent Area 17 at the Division C Humorous Speech Contest.

On Saturday November 12, Areas 4, 13 and 19 held their Humorous Speech Contest. Paula Tozer from Riverside Toastmasters and Beyond Toastmasters will represent Area 19 at the Division C Humorous Speech Contest. There were no contestants from Area 4 and Area 13; no contestants from these Areas will compete at the Division C Humorous Speech Contest.

Division C Humorous Speech Contest will be held online on Saturday December 3<sup>rd</sup> at 9:30 AM AT. For more information send an email to Division C Director Antoine LeGresley at [alegresley@hotmail.com](mailto:alegresley@hotmail.com).

## Division D

And the winner is.....Division D held its Humorous Speech contest on Friday, November 25. Five contestants entertained the audience of over 30 Toastmasters with their stories. The winners are:

Third Place – Alan Idler

Second Place – Steeve Legault

First Place – Andrew Burke

Andrew will represent the Division at the District 45 Humorous Speech contest in May.



**Schooner Toastmasters #3978** was recognized at the Fall Extravaganza for achieving President's Distinguished Club status for at least the last 20 years. TI records don't go back before then but club records maintain it's longer than the 20 years. For 75% of those years the club has achieved 10 out of 10 DCP points. The club sets achieving President's Distinguished as their goal each year. In the past few years, staying at 20 members has been a struggle but the club has managed to recruit sufficient members each year to have at

least 20 members. The club actively promotes the achievement of this goal while recognizing the achievements of each of its members.



## A MEMBER'S STORY



Joe Grondin (DTM, AS) was awarded The Queen Elizabeth II's Platinum Jubilee Medal with on November 6<sup>th</sup>, 2022, for

contributions to our youth. The Queen Elizabeth II's Platinum Jubilee Medal was created to mark the 70th anniversary of Her Majesty's Accession to the Throne as Queen of Canada. The overall purpose the medal program is to recognize individuals who have made significant contributions to the province or to a particular region, community or field. The medal honours The Queen and her lifelong service to Canada, as well as those residents of New Brunswick who, like Her Majesty, have devoted their lives to making this province a better place. The Lieutenant Governor of New Brunswick, the Honourable Brenda L. Murphy, and the MLA for Moncton Southwest, Sherry Wilson, were present to award the medals. Joe was thrilled to share this award with his family.

Joe began his journey to helping our youth with his involvement with the Boys and Girls Clubs. He quickly realized there are many children who are not afforded the luxury of a supportive and loving environment and as a result fall through the cracks. The Boys and Girls Clubs help fill those cracks so they have every opportunity to thrive. It was at that crossroad that Joe wanted to be an advocate for our youth.

Joe was never a Big Brother but he saw a way to help the Big Brother/Big Sister organization through fundraising so children who lived without a father or mother can have a positive role model to guide them. He started fundraising within the school he was a teaching at by doing 50/50 draws every week with

students. It was amazing how kids wanted to help kids. On a few occasions the student that won the 50/50 draw donated their winnings to the cause. Give children a chance and they will rise to the occasion. As a result, Joe, along with the help of children, raised thousands of dollars for this worthy cause.

Joe truly believes in the quote, "The meaning of life is to find your gift. The purpose of life is to give it away." (Pablo Picasso). Joe spent countless hours coaching our youth in multiple sports to teach them the gifts of perseverance, hard work, and dedication which are embedded in all sports. These lessons were gifts from his coaches who freely passed those gifts on to him so that he can pass them on to our youth. It's Joe's way of paying it forward.

Joe and his wife have a gift for Ballroom and Latin Dancing where they volunteer to teach dance to youth and



adults with the idea of sharing that gift and to raise money for Ovarian Cancer, the YMCA Strong Kids Program, and the Boys and Girls Club. Joe also developed his gift for speaking, with the help Toastmasters, to be a voice for our children. On many occasions, Joe is in front of children, parents, and educators, inspiring adults to better understand our youth and to inspire our youth to be strong leaders. Joe is the author of the book, "*Living in Harmony With Our Children*" which is near and dear to his heart. Money raised through his book sales and speaking engagements is donated to the Boys and Girls Clubs.

## My WHYS

The four members who have shared their MyWhys stepped up as new members and shared their MyWhys at the D45 Day of Celebration. Everyone was so inspired by their stories that we wanted to celebrate them by sharing their stories here. Their stories will be also be on the website at [d45toastmasters.org/member-stories](https://d45toastmasters.org/member-stories).



### MyWhy – Shivani Mundi Das

As a child I had immense fear of public speaking. Whenever there use to be any speech or impromptu competition in school or college, I never use to participate for same. I had believed that “public speaking” is not my cup of tea, so there is no need to focus on that.

Even as software tester, I never felt any need to ponder upon “public speaking” stuff 😊.As a result, I never use to share my feedbacks in official meetings too. But, after professional growth, I landed up in a business analyst role.

And now there was no escape gate for me 😊. Fortunately, I met my mento ,who himself is a Business Analyst ,he recognized where exactly I am lagging. He encouraged me to join Toastmasters, so that I can work on my speaking skills. Not only that, my fellow members of my Toastmasters club are helping me grow as good speaker. They are showering me with their experiences and knowledge.

So this is a win-win situation for me. After joining Toastmasters club, GROWTH is the keyword which I see for me in my professional and personal front via my soft skills for my bright future.



### MyWhy – Sarah Plowman

I owe it to my mom for encouraging me to join Toastmasters. She has been wanting me to join for a long time! We recently moved long-distance, and since relocating 6 months ago, I have picked up a copy of the Daily Sun almost every day! It has been a boon to me for finding local events and getting to know my community, and that’s how I found Toastmasters! I was reading the events page and I mentioned to my mom aloud that they were meeting that night. If I was to be there, I had but 15 minutes to leave! I

arrived on time, gave my first table topic, and resolved to become a member. I just served as table topics master for the first time at our last meeting. I also completed level 1 of my first path in October!

I’ve learned a lot from Toastmasters so far. Even though I’ve been speaking for a long time, I learned a lot about speaking qualities to introduce and evaluate. I also had the opportunity, thanks to our VP of Public Relations, to co-host our Toastmasters End of The Year Gathering, which I aptly titled “Putting the Toast in Toastmasters!” Clearly, the group was listening when I had, on a whim, told them about my job prospects, as one of my ideas was to become an event planner.

Now, what do I expect to get out of being a Toastmaster? Much of it I have already found; great friends, great community, networking experience that reaches far and wide, and the opportunity to share stories, lessons, and laughs with one another.

## MY WHYS CONT'D

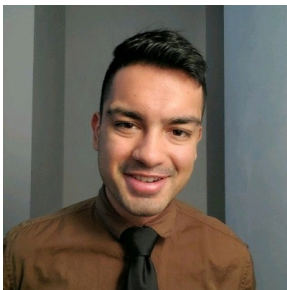


### MyWhy – Nicole Turnbull

I joined Toastmasters in 2021 shortly after starting my career with the Government of New Brunswick, Canada (GNB). Before working at GNB I was a clinician working in homes & childcare facilities creating lesson and behaviour plans for preschoolers on the autism spectrum. When I came to GNB I was no longer working with preschoolers but now working with adults exclusively. The job requirements changed and suddenly I found myself presenting on various topics to adults who were learning. I also found myself working on a team where we collaborated on projects.

I sought out Toastmasters to help me in two ways, improve my public speaking and build my skills as a collaborative leader. It has been over one year of being a member of Civil Speakers. I have reflected a lot on what I have learned over the course of this year. Through observation of others, attending meetings, taking on meeting roles, and delivering speeches I am now a more confident speaker. I have learned to speak slowly and calmly, something I struggled with before. I no longer turn shades of red from having others look at me. I rarely mix up my words or forget what I was speaking about mid sentence when in front of a group. I willingly speak up in front of people I do not know and feel more at ease while speaking. The pathways have taught me how to engage in active listening and my interpersonal skills on a team have improved.

I have always been someone who admired those who are confident speakers and wanted to be just like them. With the help of Toastmasters, I am closer to being that person myself, something I never thought I could achieve.



### MyWhy – Ishan Bajewa

Why is it such an important question? Why did I join Toastmasters? My Why is being on a journey of impossible to come out of my comfort zone, to be on a stage in front of a 1000 people to tell great stories. Being on a stage was always something that I found scary until I delivered my first speech back in 2014. After 7 years of break I was missing being on a stage. I am glad I stumbled upon Schooner Toastmasters. A stage, a mic and a fun audience, I feel like home. Each week I am getting better than who I was yesterday, I am closer to my goal of speaking in front of a 1000 people one day.

Speaking to strangers comes naturally to me. I am able to understand myself better each week I meet with the club and my confidence eventually translates into fantastic conversations with strangers. As I advance in my journey, My Why of being here is beginning to encompass more than public speaking, it's about having great conversations, telling an engaging story, expressing ideas clearly and forming connections.

**Winners to date for 2022 – 2023 Incentives Cont'd from page 8**

One incentive is for those members who achieve their first Level 1 in Pathways. There are two winners drawn each month (if there are at least two first-time Level 1s) and each winner receives a TI travel mug. The winners to date of this incentive are:

- Geoff MacDonald
- Sarah Chaffee
- Donna Accettullo
- Paul Girouard
- Priscilla Hebert
- Jeff Maker
- Aderonke Ladi-Awotinde



Another incentive runs for clubs during each of TI's membership campaigns. For each membership campaign, there are 3 clubs randomly drawn based on 3 levels of increase in membership. One category is for clubs that add 1 or 2 new, dual, or reinstated members. The second category is for clubs that add 3 or 4 new, dual, or reinstated members. The final category is for clubs that add 5 or more new, dual, or reinstated members. The only TI membership campaign to date is the Smedley Award campaign which ran from August 1, 2022 to September 30, 2022. District winners were:

One or two new, dual, or reinstated members:

- Portsmouth Toastmasters
- Riverview Canusa Toastmasters
- Saint John Club

Three or four new, dual, or reinstated members:

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

No club qualified for the 5 or more new, dual, or reinstated members incentive.

**NEW CLUB**



**We have a new club!!! Women Changemakers Toastmasters #7847995** is a unique club that provides a podium for women and marginalized voices to be amplified. They are dedicated to helping their members develop their ability to publicly speak, become a more effective communicator, and improve leadership skills so that they can help change the world.

The club holds many special events and they promote their members who are presenting in the community. They have a relationship with their namesake Changemakers Toastmasters in Kiev, Ukraine. They provide support for that club's efforts by attending their meetings and assisting with roles as needed. They also have a partnership with Rotary Toastmasters Alliance, RNEW Rotary (Rotary Network for Empowering Women).

The club meets online on the 2nd, 4th and 5th Wednesdays. The sponsors for the club are Kathi Zwicker and Sandra Savage. Please join the District in welcoming this new club to our family of clubs.







Of the 1,100 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. 5<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> etc. anniversaries will be recognized. The following are celebrating their anniversary in **December** of their original join date in Toastmasters.

Name	Club	# of Years
Walter Smith	Exeter Speak-Ups Club	20
Jennifer Stewart	East Coast Online Advanced Toastmasters	20
Keith Marino	Toast of the Midcoast	15
Liyang Cui	Amoskeag Better Communicators, Penmen Toastmasters	5
Marcia Rogowsky	Amoskeag Better Communicators, Penmen Toastmasters	5
Douglas Parsons	Millyard Toastmasters	5
Maya Manseau	East Coast Online Advanced Toastmasters	5

# Anniversaries

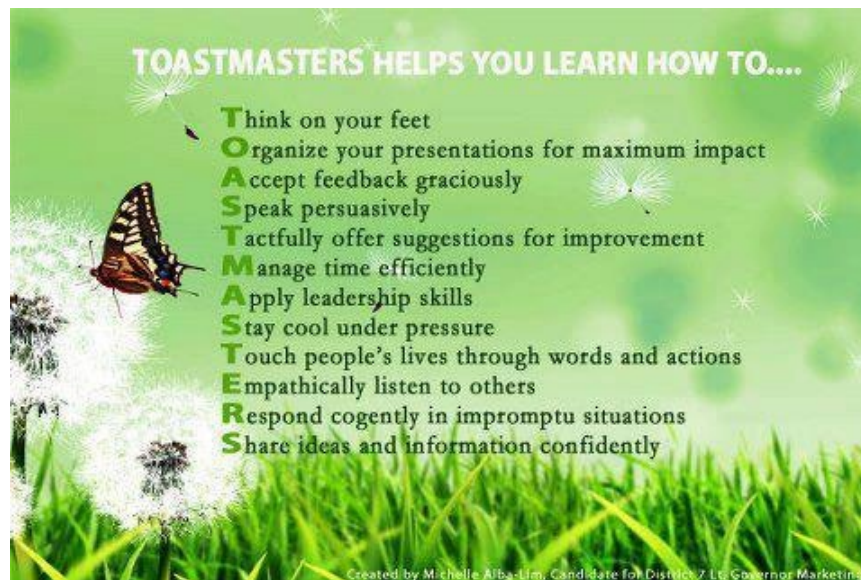


Clubs celebrating any 5<sup>th</sup> anniversary of their club charter are recognized. Once a club has reached the **half-century mark**, every anniversary is included and celebrated. The following clubs are celebrating significant anniversaries in the month of **December**.

**Fredericton Toastmasters #2204** of Fredericton, New Brunswick chartered 51 years ago on December 1, 1971.

**Dirigo Leaders #1117322** of Belfast, Maine chartered 15 years ago on December 6, 2007.

**Penmen Toastmasters #5698897** of Manchester, New Hampshire chartered 5 years ago on December 12, 2017.





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 – November 2022

Name	Club	Designation
Sherri Carignan	MDI Toastmasters	PM1
Kelley Demers	Millyard Toastmasters	LD1
Anne Doucette	Charlottetown Toastmasters Breakfast Club	VC1
Philip Elwood	Spirit-Ed Toastmasters	PM1
Tara Kelly	Wolfville Toastmasters	EC1
Thomas Macisso	Blueberry Hill Club	DL1
Bridget McCarthy	Live, Speak Or Die Toastmasters	IP1
Susanne Melling	Green Mountain Toastmasters	EH1
Veerendra Nagalla	Rise and Shine Advanced Toastmasters	SR1
Kim Reeder	Women Changemakers	VC1
Peggy Seymour	The Maine Thing Advanced Toastmasters	VC1
Roseline Shields	Dartmouth TIC Talkers Toastmasters Club	VC1
David Stonehouse	Saint John Club	VC2
Marion Taylor	Civil Speakers Club	TC1
Robert van Oostwaard	Riverside Toastmasters	IP1
Lawrence Wood	Keene Toastmasters	EH1
Kathleen Zwicker	Women Changemakers	LD1

### Level 2 – November 2022

Name	Club	Designation
Helmi Alfara	Saint John Club	PM2
Kelley Demers	Millyard Toastmasters	LD2
Kelley Demers	Millyard Toastmasters	EC2
Anne Doucette	Riverview Canusa Toastmasters	EC2
David Gerber	Brunswick Toastmasters	IP2
Geoff MacDonald	Sackville Club	PM2
Veerendra Nagalla	Rise and Shine Advanced Toastmasters	SR2
Jo-Ann Rheame	Millyard Toastmasters	MS2
Marion Taylor	Sackville Club	SR2

## Level 3 – November 2022

Name	Club	Designation
Helmi Alfarra	Saint John Club	PM3
Paula Baines	Bangor Toastmasters	PM3
Roxanne Benzel	Live, Speak Or Die Toastmasters	MS3
Marcia Caringal	Millyard Toastmasters	DL3
Baxter Crocker	Spirit-Ed Toastmasters	EH3
Kelley Demers	Millyard Toastmasters	EC3
Kelley Demers	Millyard Toastmasters	LD3
Kelley Demers	Millyard Toastmasters	PM3
Barbara Dorfschmidt	Karner Blue Toastmasters	EC3
Steeve Legault	Wolfville Toastmasters	PM3
Elisabeth Mock	Bangor Toastmasters	PM3
Jo-Ann Rheume	Millyard Toastmasters	MS3
Marcia Rogowsky	Penmen Toastmasters	MS3
Cynthia Sarvai	Millyard Toastmasters	EH3
Veerendra Nagalla	Rise and Shine Advanced Toastmasters	SR3
Sarah Wright	Keene Toastmasters	SR3

## Level 4 – November 2022

Name	Club	Designation
Michael Aron	Keene Toastmasters	PM4
Sarah Chaffee	Concord Toastmasters	PM4
Kelley Demers	Millyard Toastmasters	EC4
Denise Haché	Arcadie du Grand Caraquet	EC4
Casey Jenkins	Portsmouth Toastmasters	PM4
Eric Jordan	Toast of the Coast Toastmasters	EH4
Casey Jenkins	Portsmouth Toastmasters	LD4
Veerendra Nagalla	Rise and Shine Advanced Toastmasters	SR4
Carol Niles	East Coast Online Advanced Toastmasters	IP4
Jo-Ann Rheume	Millyard Toastmasters	MS4
Sandra Savage	Women Changemakers	EC4

### Level 5 – November 2022

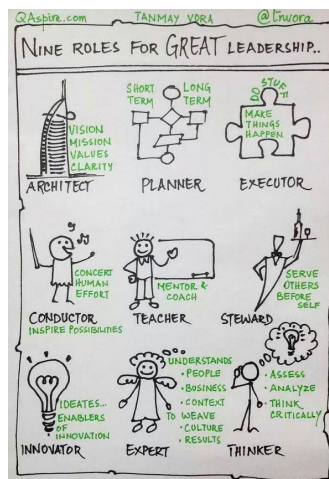
Name	Club	Designation
Sarah Chaffee	Concord Toastmasters	PM5
Dahlia Das	Rising Tide Toastmasters	MS5
Kelley Demers	Millyard Toastmasters	EC5
Denise Haché	Arcadie du Grand Caraquet	EC5
Eric Jordan	Toast of the Coast Toastmasters	EH5
Veerendra Nagalla	Rise and Shine Advanced Toastmasters	SR5
Sandra Savage	Women Changemakers	EC5

### Mentoring Path – November 2022

Name	Club
Sarah Chaffee	Concord Toastmasters

### Trailblazer Award – November 2022

Name	Club
Sarah Chaffee	Concord Toastmasters Club
Kelley Demers	Millyard Toastmasters
Veerendra Nagalla	Rise and Shine Advanced Toastmasters
Cynthia Sarvai	Millyard Toastmasters



## HOLIDAY WISHES

The *Elf on the Shelf* has many positive wishes for the District this year. You, the member, need to continue to work on your goals and participate in learning opportunities to make these wishes come true.



**For you, the member** – lots of speech ideas, plenty of opportunity to achieve your goals and having fun exploring your new personalized home page on the TI website.

**For your club** – a panoply of guests and quality meetings with effective evaluations.

**For the Area Directors** – full attendance at your Area Council meetings and successful contests in the spring with many members participating and attending.

**For the Division Directors** – great Division contests and at least 80% of your club officers attending the Toastmaster Leadership Institute sessions.

**For Patricia MacNevin** as District Leadership Committee Chair – lots of qualified candidates for all elected positions.

**For Roxanne** – that all motions made are the District Council annual meeting be presented in writing.

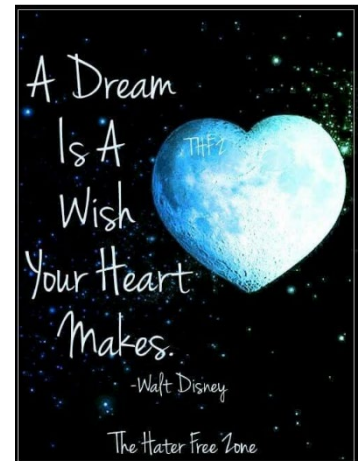
**For Sam** – that all accounts balance the first time every time.

**For Lesley** – all clubs signing up for Meetup and having great success in recruiting new members through being posted on Meetup.

**For Paul** – all clubs paid and sufficient coaches for all clubs interested in having a coach.

**For Tom** – success in exploring the possibilities with Pathways and two outstanding Toastmaster Leadership Institutes

**For Crystal** – continue to lead the District with inspiration and celebration.



## 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](mailto:d45.newsletter@gmail.com). Your submissions must be received by **December 11, 2022**.

got news?

# District Calendar

## December 2022 Events

- 3 Division C Humorous Speech contest  
8:30 am ET/9:30 am AT
- 3 Division B Humorous Speech contest  
9 am ET/10 am AT
- 3 Division G Humorous Speech contest  
10 am ET/11 am AT
- 10 Division A Humorous Speech contest  
9 am ET/10 am AT
- 11 District social 7 pm ET/8 pm AT
- 11 Newsletter submissions due (**change for this month only**)
- 13 VPE Peer Call 6:30 pm ET/7:30 pm AT

## January 2023 Events

- 9 Possibilities with Pathways 6 pm ET/7 pm AT
- 10 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 11 Striving for Success Webinar 7 pm ET/8 pm AT
- 15 Newsletter submissions due
- 16 TLI Club Officer Training 6 pm ET/7 pm AT
- 17 VPPR Peer Call 6:00 pm ET/7 pm AT
- 17 Areas 11 and 18 Area Council meeting  
7:30 pm ET/8:30 pm AT
- 19 TLI Club Officer Training 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
- 30 TLI Club Officer Training 6 pm ET/7 pm AT
- 31 TLI Club Officer Training 6 pm ET/7 pm AT

## February 2023 Events

- 4 TLI Club Officer Training 8:30 am ET/9:30 am AT
- 8 TLI Club Officer Training 6 pm ET/7 pm AT
- 10 TLI Club Officer Training 6 pm ET/7 pm AT
- 13 Possibilities with Pathways 6 pm ET/7 pm AT
- 14 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 15 Newsletter submissions due
- 15 Striving for Success Webinar 7 pm ET/8 pm AT
- 21 VPPR Peer Call 6:00 pm ET/7 pm AT
- 21 Areas 11 and 18 Area Council meeting  
7:30 pm ET/8:30 pm AT
- 22 SAA Peer Call 7 pm ET/8 pm AT
- 23 VPM Peer Call 6:30 pm ET/7:30 pm AT
- 28 President Peer Call 7 pm ET/8 pm AT

## March 2023 Events

- 8 Striving for Success Webinar 7 pm ET/8 pm AT
- 13 Possibilities with Pathways 6 pm ET/7 pm AT
- 14 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 15 Newsletter submissions due
- 21 VPPR Peer Call 6:00 pm ET/7 pm AT
- 21 Areas 11 and 18 Area Council meeting  
7:30 pm ET/8:30 pm AT
- 22 SAA Peer Call 7 pm ET/8 pm AT
- 23 VPM Peer Call 6:30 pm ET/7:30 pm AT 24
- 24 Areas 1 and 18 Speech Contests 6 pm ET/7 pm AT
- 28 President Peer Call 7 pm ET/8 pm AT

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

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