

District 45 Toastmasters Newsletter

CAN-AM LINK



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IT'S ALL IN YOUR HANDS

TOM MACISSO, 2022 – 2023 PROGRAM QUALITY DIRECTOR



Have you had a chance to view International President Matt Kinsey's welcoming address to new members? If you haven't, please take the time to do so now. Here's

the link for this short yet powerful message. [Toastmasters International -Welcome New Members](#)

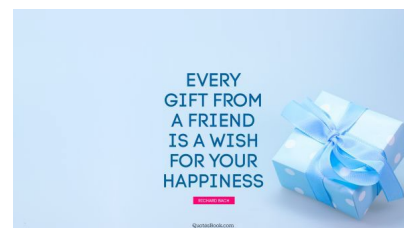
Wasn't that four minute well worth your time? Of course, he's primarily talking to new members, but I think, in fact I'm sure Matt's message is beneficial to all of us! There were a lot of takeaways from Matt's presentation, but I'd like to concentrate on three of them

He spoke about eagerness to learn and grow. In our great organization, we continuously can find new challenges! Become a club mentor, club coach, even an area or division director! My first four or five years in Toastmasters I didn't venture outside of my home club; boy, was I glad I gave speech contests, club leadership (with TLI in-person attendance) and eventually the roles of Area and then Division Director a try! Along the way, I met interesting people, gained new and fresh perspectives, and had FUN while I did it. A bonus to these adventures outside my home club was that I had more to offer

our newer members that joined Toastmasters. Continue to work and apply yourself to our outstanding educational platform – Pathways! Collaborating with your mentor, VPE, and other senior members at your club will help you write and deliver amazing speeches! Once you get more experience, you can begin to mentor others in your club. You'll feel amazingly proud and excited when a protégé delivers that speech that they didn't think they could do!

What resonated most to me was when he spoke about 'You are a Toastmaster.' He didn't say you're a new member, you're not expected to do much in the beginning, in fact, he said, "you can teach some of the veterans" and enrich their experience. I challenge each of you to encourage our newer members to have that mindset that our IP Kinsey spoke about. It's not us vs them, it's we're all Toastmasters!

"It's All in Your Hands!"



DISTRICT LEADERSHIP COMMITTEE (DLC)

The DLC and its Members

The District Leadership Committee evaluates all candidates for District elected positions and nominates the best candidate(s). *The DLC is responsible to find, interview and nominate qualified candidates to lead District 45 forward – both in 2023-24 and in the years to come. It's an important job, and one which we take seriously.*

Our District has five (5) Divisions – A, B, C, D and G, covering Maine, New Hampshire, Vermont, New Brunswick, Nova Scotia, and Prince Edward Island. A large geographic area with strong relationships envied by other Districts.

This year's committee is comprised of the following:

Division A: Deborah Kumpf, DTM

Division B: Bill Bruns, DTM

Division C: Raymond Savoie, DTM

Division D: Karen Caldwell, DTM

Division G: M.E. Lawlor, DTM

Chair: Patricia MacNevin, DTM, PDG

Why Serve?

There are so many reasons to serve as a district leader!

- build your own leadership, team building, and mentorship skills
- get to know Toastmaster members beyond your own club, area and division
- support growth in members and clubs
- help others develop their skills
- practice and improve inter-personal communication skills
- inspire others to step out of their comfort zone – as you step out of your own!

All nominations are due by 11:59 pm EST **February 12, 2023** to patricia.macnevin@gmail.com. Candidates will be advised of their nomination status before March 21, 2023.

Elected District Positions:

Nominations for the following roles will be reviewed by the District Leadership Committee:

District Director (at least 1)

Program Quality Director (at least 1)

Club Growth Director (minimum 2)

Division Director (5 Divisions)

What is Required:

The following documents are available on the [District 45 website](#) for your reference and completion as needed:

A copy of the District Leader Nominating Form

A copy of the District Leader Biographical Information form

Leadership Position Descriptions, including the competencies and responsibilities for each

District Leader Agreement and Release Statement

Submissions for Area Director are welcome and will be set aside for the incoming District Director's review. If you have any questions regarding the roles or the nominations process, you may contact Patricia MacNevin at 506-261-8387 or via email at patricia.macnevin@gmail.com.

YOUR NEXT LEADERSHIP STEP

The mission of a Toastmasters club is to help us develop our communication and leadership skills. Do you know what leadership opportunities are available and how they may apply to your development and your goals? Within the club, there are leadership opportunities which are reflected in the club officer positions. Taking on these leadership roles will help you with teamwork, setting goals and priorities for the club, resolving conflict and helping others to achieve their goals.

There are also leadership opportunities beyond the club level. Four to six clubs form an Area, and there is an Area Director who works with the clubs to help them achieve their goals and acts as a resource for the club. The Area Director is considered a District officer and is the District officer with the most direct contact with clubs. The Area Director is also responsible for ensuring Area speech contests are held. An Area Director is responsible for conducting at least two visits during the year with each club. Area Directors are appointed by the District Director.

Three to six Areas form a Division led by a Division Director elected at the annual conference. The Division Director supports the Area Directors in their roles and ensures Division contests are held. The Division Director is not required to visit clubs, but rather acts as a link between the Area Directors and the rest of the District officers.

The Divisions (currently five) form the District. There are several appointed positions in the District leadership, namely the Public Relations Manager, Administration Manager and Finance Manager. In addition to the Division Directors, there are three other elected District officer positions – District Director, Program Quality Director, and Club Growth Director. Generally, one progresses through the offices to District Director but that is not always the case. Each officer has specific roles and as a team, they are responsible for the growth of Toastmasters through the building of new clubs and for ensuring District clubs provide the opportunities for members to achieve their goals.

If you have set achieving a Distinguished Toastmaster designation as your ultimate goal, you need to serve a year as a District officer (any of the ones discussed above to the District Director level). What are your leadership aspirations? It's never too early to decide what roles you may be interested in or what role you need to achieve your goals. If you are interested in a leadership role at the club level, let your club president know. If you are interested in a leadership role outside the club, even if it's not for the next year, let your Area Director or the District Leadership Committee Chair know. Taking on these leadership roles can be a great learning experience for you. Plan now for your next step in your Toastmasters leadership development.

“True leaders always practice the three R's: Respect for self, Respect for others, Responsibility for all their actions.”

- Anonymous

UPCOMING DISTRICT EVENTS

POSSIBILITIES WITH PATHWAYS

HYBRID OR NOT? EMBRACE THE CHANGE!?



The first Possibilities with Pathways session for 2023 will be held on its new day of the second Monday of the month which will be January 9th. The time will remain the same at 6 pm ET/7 pm AT.

- John Blumsum will do one more comprehensive overview of the new TI Website - focusing on Pathways. He'll go over bookmarking shortcuts for quicker access (10 Min)
- Michael Lawlor will speak on how to successfully write and deliver a "Reflect on Your Path" speech. (10 Min)
- Casey Jenkins will deliver a L5 "Prepare to Speak Professionally" speech from the Presentation Mastery Pathway. She'll incorporate how to use the videos & other information in the project to help you create an effective presentation (15-20 Min)
- Question & Answer Session

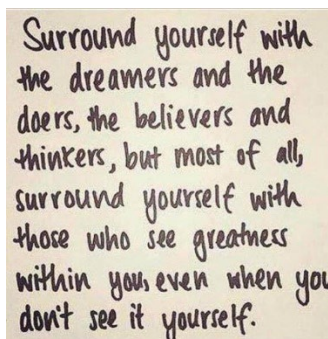
We hope the new day will provide the opportunity for more members to attend. We hope to see you there. Be sure to bring your Pathways questions to the session.

There is no doubt that our Toastmasters world changed abruptly in March 2020. The beginning of what came to be known as "the pandemic" forced us into holding our meetings solely online. The response was quick because it was a "do or die" situation for Toastmasters International and its clubs. We reluctantly embraced that change, but serendipitously, learned some new skills!

Almost three years later, many of us are still wondering what the future will bring. Specifically, how do we run a club that has an online component, or one without? That decision will have a long-lasting impact on your club. Come to the *Striving for Success* webinar on January 11th and be informed, educated, and perhaps, just satisfied with your meeting format decision.

Wednesday night is the new day for these webinars, and the first one is January 11th. Please join us as Club Growth Director Paul Coddington, DTM presents four options for a Toastmasters club meeting format, and then leads a panel discussion with advocates and adopters of all four styles. There will be a question and answer segment with the panelists as well. Bring your questions about technology, expenses, and marketing for them!

Has the idea of attempting a hybrid meeting been nagging at your executive committee? Visit with us on January 11th, then go back to your clubs and have a Toastmasters life-changing discussion. Embrace the change!



PARLIAMENTARY MINUTE

There are four basic methods of voting in a meeting:

1. *Voice*

The Chair asks members to verbally say “Aye” or “Nay” to a motion. This type of vote is used when a specific count is not required. When used, the Chair must decide and announce which vote carried the majority and whether the motion passed or failed.

2. *Rising*

Rising means standing or raising of hands. This method is used for a specific count and that count should be announced by the Chair along with the passage or failure of the motion.

3. *Secret ballot*

The secret ballot is used to allow each member to cast their vote while avoiding undue influence by others. The Chair is allowed to vote when using this method.

4. *Roll call*

The secretary polls and records the vote of each member. The Chair then announces the results, often stating which members voted for and against the issue.

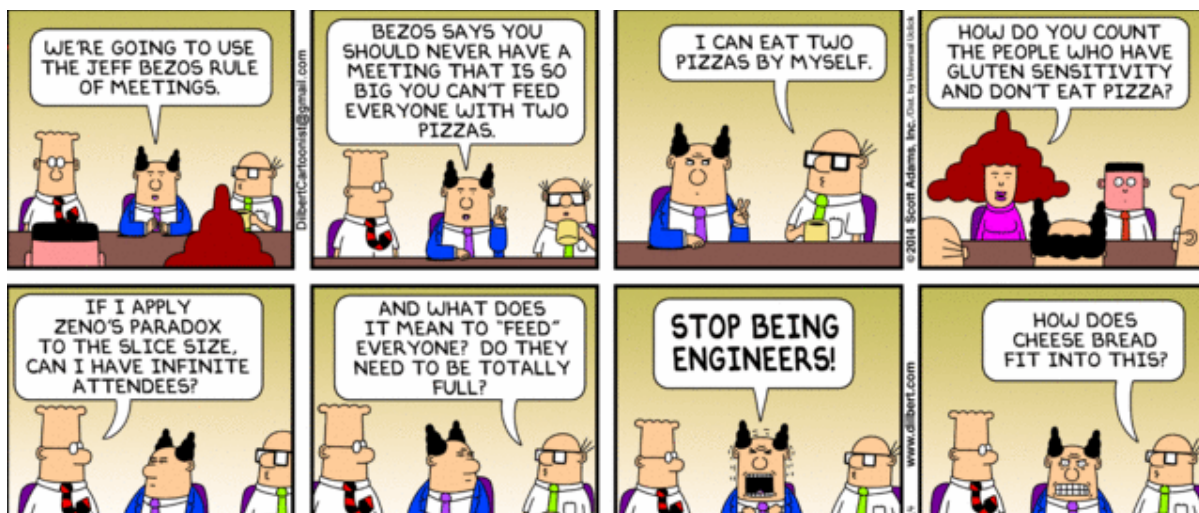
Most votes require a simple majority, which is one more than half the members voting (**not** 51% of those present). For example, suppose there are 20 members

present at a meeting and a vote is required on a motion which needs a simple majority to pass. Fifty one percent of the members present would be 10.2 members. Since you cannot count a portion of a member, 51% would be rounded up to 11 members. However, if only 16 of the members vote on the motion, then one more than half of those voting would be 9 members. So, in this case, it would require 9 favorable votes to pass the motion (one more than half those members voting), instead of 11 (51% of those members present). A two-thirds majority is required for motions which limit rights. A two-thirds vote requires a rising or ballot vote.

The Chair does not vote during a voice vote to avoid undue influence by the power of his or her position. If the Chair cannot determine whether the “ayes” or “nays” have more votes, he or she may decide to call for a rising vote. In the case of a rising vote, the Chair may vote to create or break a tie, but not both. The Chair is free to vote in a secret ballot like any other member. In all cases, a tied vote fails to pass the motion.

If a member does not agree with the determination of the chair on a vote, they may call for a “Division of the House.” If the Division of the House is called for, the Chair must proceed to a counted vote (rising or ballot).

Not all motions require a vote by the body, some are simply ruled on by the Chair (e.g. point of order).



INSPIRE SUCCESS THROUGH CELEBRATING WITH RECOGNITION

As we start our second half of our Toastmaster year, we start to take notice of our individual club status. All clubs are striving to become distinguished. How do they become distinguished? The club needs to have at least twenty members or a net growth of five. They need to have received at least five of the DCP points. This is done through individual growth and success. Clubs should be encouraging their members to complete their open manuals and receive the educational recognition they deserve. Have your successful members and leaders assist each member with their personal goals to ensure each member is receiving the full support of the Toastmaster programs. Each member should work with the VP of Education to guarantee sufficient time with scheduling. Strong members make strong leaders.

The most successful method for encouragement is recognition! Here are several ways to encourage and reward your members to achieve their individual success:

Trail Blazer Award: A member who attains four or more Levels before the end of the current Toastmaster Year will be recognized as a Toastmaster Trail Blazer. It promises to be challenging – you need to attain any four Levels in any Path and/or your DTM. But with goal setting and commitment, it's doable! Here are some of the benefits:

- Individual recognition in the District 45 Newsletter, distributed throughout the district.
- Recognition during award presentations.
- A binder and a pin for first-time recipients
- Certificates to be presented or mailed at the next conference.
- Most importantly: maximized personal growth through the Toastmasters educational program.

Certificates of Completion: As each member completes a Level in their Path Base Camp Manager should download the Certificate of Completion. Present this to the member during a club meeting to recognize their achievement.

Toastmaster of the Year: Reward that dedicated member that has supported your club by giving speeches, serving as an officer, participated in a contest and achieved personal education awards, with a positive attitude! Use the information found at <https://www.toastmasters.org/resources/outstanding-toastmaster-guidelines>.

Making strong members helps to develop our future strong leaders. Step out of your comfort zone and volunteer to do projects that will expand your development. Offer to participate in trainings and conferences where you will be reaching members you are unfamiliar with. Stepping out of that comfort zone will guide you to broader and brighter leadership paths!

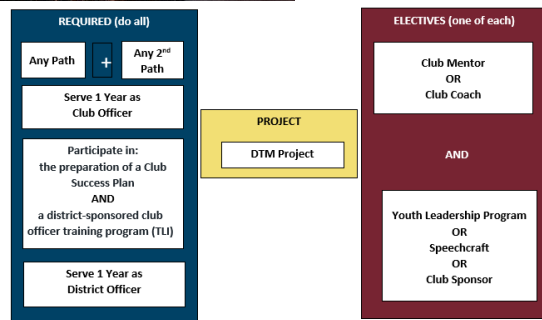
Don't wait until you've
reached your goal to be
proud of yourself.
Be proud of
every step you take
toward reaching that goal.

BELIEVE IT, ACHIEVE IT



No doubt, you've seen this saying or one like it. We may not be able to achieve everything

you to work on this credit. It takes time and it takes commitment but it is worth the effort you put in. It's a great feeling of achievement when your coached club achieves Distinguished Club status. If interested in being a club coach, contact our Club Growth Director Paul Coddington.



Look for opportunities for a Youth Leadership Program – Scouts or Guides, church youth groups, at your local high school – these are all places where you may be able to run a Youth Leadership Program. For a speechcraft group, your work may be a possibility. Other opportunities could be your church, local continuing education programs and non-profit organizations.

we believe in but many of the things in which we believe are achievable. Success in the Toastmasters education program is one thing that we can achieve if we believe in our ability to do so. The ultimate achievement in the Toastmasters education program is the Distinguished Toastmaster designation or DTM. Even that designation is achievable if you believe you can do it. However, it does require planning. There are requirements outside of completing two Paths that require planning and commitment on your part. This graphic illustrates what is needed to achieve your DTM. All the requirements outlined in the blue box must be met. Participating in the preparation of a Club Success Plan and attending a Toastmasters Leadership Institute should go together with being a club officer. District officer roles are Area Director, Division Director and the seven Senior Leader roles outlined in Your Next Leadership Step on page xx.

The final requirement in the diagram is your DTM project. You must have completed Level 3 in your second Path before you can get this project. The project is intended to be one that benefits either your club or the District (including at Area or Division level). Talk to your club officers to decide what would be a useful project for your club or talk to a District leader if you're interested in doing one at that level. You do not need to have completed all your other requirements before doing your DTM project.

You must also complete one of the two requirements in the first box in the burgundy box and one of the three in the second box. Club mentors and club sponsors work with new clubs. Club coaches work with struggling clubs to help them achieve success. Over half the clubs in the District are currently eligible for a club coach. This would be a great opportunity for

Achieving your DTM may seem daunting. However, it truly is a case of *“If you dream it with all your mind and believe it with all your heart, you can achieve it with all your might.”*



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>.



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.



The Talk Up Toastmasters membership campaign begins the first of February and runs until the end of

March. This is a campaign run by Toastmasters International. If you recruit five new, dual or reinstated members during February and March, your club will receive a ribbon for its banner and a discount on its next order from the Toastmasters store. To supplement this membership campaign, the District is also offering an incentive. There will be three levels of incentive for those clubs – one for recruiting 1 or 2 members, one for recruiting 3 – 4 members and one for recruiting 5 or more members. Talk Up Toastmasters and bring in those new members or reinstated members prior to the April dues renewal.

AWARDS

Excellence in Education Award - awarded to any club that has achieved the first four (4) education points in the Distinguished Club Program for the past three (3) years.

Excellence in Leadership Award – awarded to any club that has achieved points 5 and 6 of the Distinguished Club Program and has had at least four (4) officers trained in each TLI period for the past three (3) years.

Trailblazer Award – this award goes to individual members who achieve any 4 levels in Pathways during one Toastmaster year. The 4 levels do not have to be in the same path. First - time recipients receive a binder in which to store their certificates. Repeat recipients receive a certificate and a small gift. Only one Trailblazer award can be earned in one year.

Al Ferguson Memorial award – This award is presented to any club that achieves 10 out of the 10 Distinguished Club Plan awards. This is automatically determined by the District based on the reports from Toastmasters International.

Terry Chinnery award – this award is presented to the club with the greatest percentage increase in members from the previous April. This award is automatically calculated by the District based on reports from Toastmasters International.

MultiMedia Omnipresence award - this award is presented at the annual conference to the club judged to use all aspects of public relations to the best advantage of their club. Included could be newspaper, newsletters, website, Facebook, Twitter, Instagram, etc. Clubs (usually the President or Vice President of Public Relations) submit a portfolio of 8-10 samples of their public relations efforts to the District Public Relations Manager covering the time frame July 1st to April 15th. Deadline for submission: April 16th. The Public Relations Manager and a team comprised of Vice Presidents of Public Relations review and decide on the winner.

WE HAD A PARTY

On Sunday evening, December 11th, District 45 held its annual “Holiday Social”! Members from throughout the district came together to help celebrate the season and the hard work that accomplished the first half of our Toastmaster year!



Jenny Theriault got us off to a great start with her “Blizzard Games!” She had fun and festive questions such as: Can you name all of Santa’s twelve reindeer? Can you sing your favorite holiday song? What similar tradition do Hanukkah and Kwanza have in common?

Ivona Cookson continued with some interesting and hilarious holiday-themed table topics such as “If reindeer were not available, what would Santa use in their place?”! She even added some holiday jokes in between to keep us in stitches.

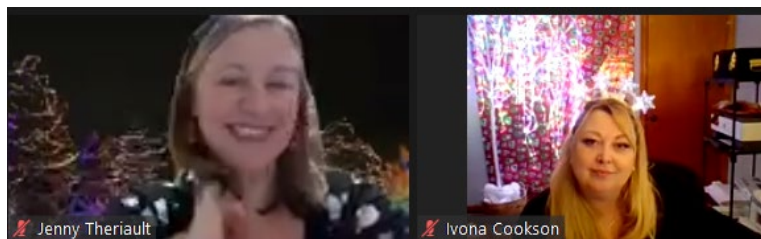
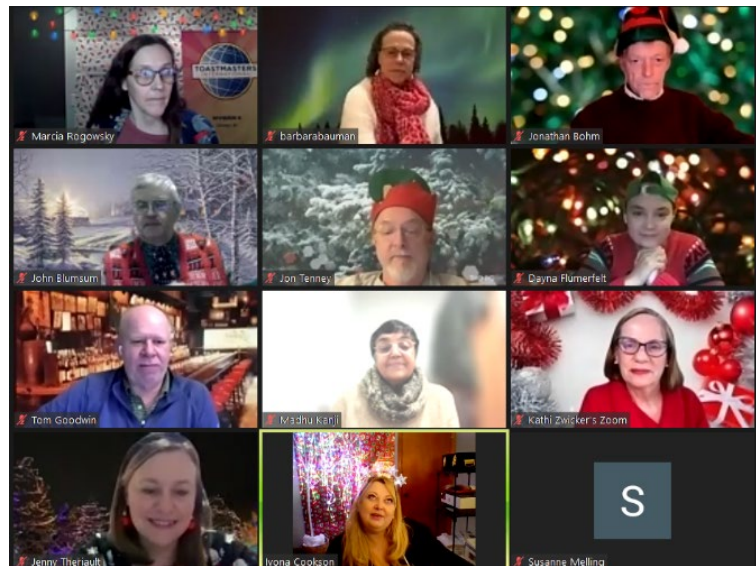
From there, we announced the results from our polling of:

Best Holiday Themed
Decorations/Background

Most holiday Enthusiasm!

We had a special guest from the North Pole! His Santa outfit and voice was amazing!

Our D45 District Director, Crystal Cobb closed us out with an inspiring and celebratory toast that set just the correct tone for our members.



Special thanks to Area Directors Ivona Cookson and Jenny Theriault for planning such a wonderful holiday celebration!

CONTINUING TO LEAD FOR SUCCESS

Four officers trained in each TLI – that’s the minimum needed for the club to receive credit for the training point. It’s **not** about the credit though. It’s about having trained officers who can provide the supportive environment that will inspire all members to achieve success. Your next opportunity to benefit from training takes place during January and February. There are a total of five sessions including the club officer breakout sessions. You are required to attend all five sessions and possibly six if you hold more than one club officer position. As has been our tradition since we began the online training, you can mix and match the sessions to suit your schedule. You can find the dates for each session on the website at xxxx.

What are the benefits to you for attending the training? We will discuss the most effective ways to use social media to attract guests to your meeting. Once you have the guests, you need to know how to talk to those guests so you can convert them into members. The Division breakout sessions will explore this topic. Base Camp Managers (Presidents, VPEs and Secretaries) will be together in one club officer breakout session while the other 4 positions will be grouped together. You will have the opportunity to discuss your challenges and successes and learn from each other.

We are halfway through our club year. Are you where you’d like to be at this point? What are the tasks that need to be done before the end of the year? What do you need to continue to do or what do you need to change to ensure success? It’s important to finish strong as that positions the club for success for next year as well. Session Four will examine the necessary tasks and optional events to help your club finish strong.

The fifth session is Lessons Learned. This allows you to reflect on what you have learned and how you can apply it to your club. Find out if your lessons learned are the same as those of other attendees. Check out the dates. Encourage all club officers and any other interested members to attend the TLIs for your benefit and for the benefit of your club.



JOINT OPEN HOUSE

All the Fredericton-based Toastmasters clubs joined together and hosted an Open



house at Willie O'Ree Place. Fredericton Toastmasters Club, Women Changemakers Toastmasters Club, Civil Speakers Toastmasters Club, and Rise & Shine Advanced Toastmasters Club participated in the event.

Brad Detchevery, a member of the Civil Speakers Toastmasters Club, gave a keynote speech to the participants of the Chess Tournament on "Chess, Leadership, and Imagination". Fredericton Toastmasters Club gave a demo meeting of their shorter version of their regular Toastmasters meeting. Patrick Shilf, Kaely Scott, Aaron, and Veeru represented the club at the event.

The Hon. Fredericton South MLA Mr. David Coon presented volunteer certificates of



appreciation certificates to all the volunteers who helped to make this event a great success. All the Club Presidents and Area 13 Director spoke to Mr. David Coon regarding the allocation of unused Govt buildings for Toastmasters in-person meetings.

The District 45 leadership team provided Toastmasters material for the event. After the event, the remaining materials were given to the Provincial office of the New Brunswick Public Library to distribute throughout the public libraries across the Province.



Women Changemakers Toastmasters Club set up a display of Toastmasters materials and

their Speakers Corner. They distributed slips to all the participants and requested each to write their pressing issues and later everyone was encouraged to speak on those issues from the Speakers Corner. Kathi Zwicker, Crystal Hart Drake, and Lori Woodside Haggerty represented the Women Changemakers Toastmasters Club. Gary Belding, Brad Detchevery, and Veerendra Nagalla (Veeru) represented the Civil Speakers Toastmasters Club.



AROUND THE DISTRICT

Division A



The **Division A** Humorous Speech Contest was held on Saturday, December 10th. We had a good mix of guests, speakers, and officials. All present were entertained by five speakers, all of who should be congratulated. They earned their spot by starting in their clubs and progressing to the Area Contest. From the pool of talent found in Division A, the judges picked the one member who would represent the division at the District contest. Drum Roll... *Jon K, Concord Toastmasters!*

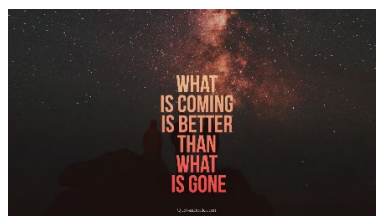
Good luck to him at the District Humorous Contest in May. Thank you to all who helped make this contest a success with a special shout out to the contest chair, Brian R., and Chief Judge Adam B. The following clubs were represented at the contest:

- Amoskeag Better Communicators
- Concord Toastmasters
- Karner Blue
- Live, Speak Or Die Toastmasters
- Millyard Toastmasters
- Mt. Washington Valley Toastmasters
- Nashua-Hudson Club
- Penmen Toastmasters
- Pleasant Street Toastmasters
- Toastmasters of Manchester
- Winning Speakers

There must be something funny in the water in Conway, New Hampshire because the **Mount Washington Valley** Toastmasters club had *three* members competing in the Division A Humorous Speech contest on December 10th! **Andrea Libbey, Deb Kumpf** and **Tom Goodwin** gave it their all that morning. Tom placed second in the contest, regaling us with stories about his love affair with Bella! (He got his contest ticket punched by the ABC club, by the way, but he's still one of us!).



Now I remember why I keep Wednesday nights free for MWV club meetings. Congratulations to all of you!



Division A cont'd

Last month **Concord Toastmasters** welcomed our newest member **Ryan Davis**. Ryan has shared a snapshot of his journey to our club. Having been born and raised in St. Louis, MO., he moved to Concord, NH in August of 2013. He quickly fell in love with NH and the community of Concord and knew that this would be his forever home. As a Senior Business Developer for Outdoor Pride, he joined Toastmasters to enhance his professional career. Ryan is specifically looking to improve his public speaking as well as his active listening skills in hopes to further his professional career.

Member **John Kelly** represented Concord Toastmasters at the District contest on December 10th, with his speech detailing his learning adventure with skiing! Congratulations on First Place! You stuck the landing. Who needs ski lifts anyway?



Concord Toastmasters celebrated the holidays with its annual celebration at the Concord Women's Club on Dec. 9th. Hosted by **Rick Dymont**, Sgt at Arms and **Sarah Chaffee**, VP of Education, a great time was had by all. An amazing spread of treats were put together by all the participating members. It was a fun time of socializing, Table Topics and an amazing Yankee swap, book style.



Sarah Chaffee explained the RULES and led us through a new version of Yankee swap and what a great path it took us on. Participating members brought a wrapped book for the swap. Need something to read this season. Check out the list of books brought!

[The Making of a Miracle](#) by Mike Eruzione

[The Control of Nature](#) by John McPhee

[Split Second](#) by David Baldacci

[The Teapot Dome Scandal](#) by Laton McCartney

[Vegetarian Times Complete Cookbook](#) by the editors of Vegetarian Times

[Travels with the Flea and other Eccentric Journeys](#) by Jim Perrin

[Life Force](#) by Tony Robbins

[Wicked](#) by Gregory Maguire

[Dinners with Ruth](#) by Nina Totenberg



Rick Dymont thought he had escaped the camera!

In the background overseeing that all are having a great time.

Not caught on film, but having a great time were **Cara Meeker** and **Catherine Ryan** singing to **Santa Got a DWI** by **Sherwin Linton**!



Members enjoying an evening of fun! (Photos left to right). Betsy Black with Ingrid Dinter and Arianna Ziminksy. Jennie Parisi. Gregory Naigles and Donna Moore. Cara Meeker and Ann Walls. Jon Kelly and Laura Magzis. Joanne Martin. Cary Gladstone.

Division C

Division C held its Humorous Speech contest on Saturday, December 3rd. Three contestants entertained the audience with their stories. The winners are:

Third Place – Simon Tremblay

Second Place – Sharon Allen

First Place – Paula Tozer

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

Rise and Shine - January 28th at 8:30am ET/9:30am AT

Calling all seasoned Toastmasters to join us for our open house to start off the new year! We are pleased to share that we have a guest speaker in the house that you won't want to miss! At Rise & Shine we challenge your listening skills to sharpen your evaluations, and a variety of speakers to learn from. We look forward to seeing you there!

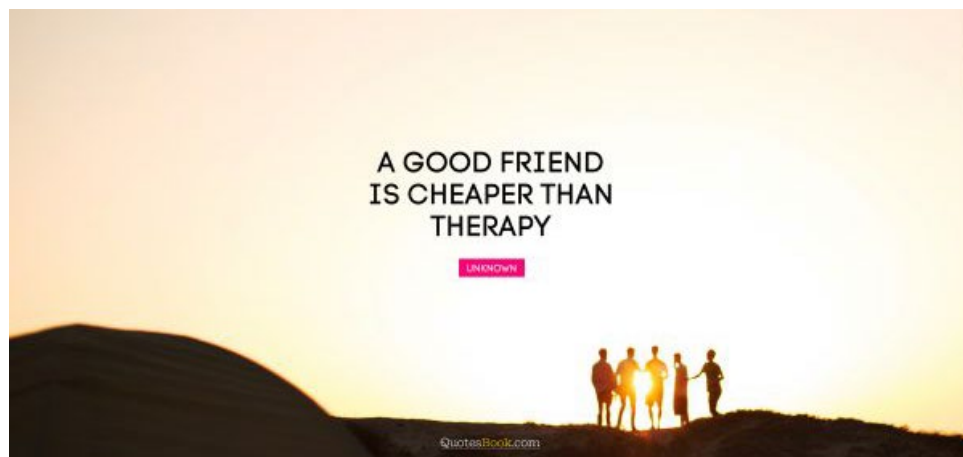
Beyond Toastmasters - January 9th at 7pm ET/8pm AT

Come join us on a Monday night to sharpen your evaluation skills with our Round Table Evaluations. Our club focuses on giving opportunities for all members & guests to speak and participate. Which table topic number will you pick? We can't wait to see you there!

Division D



Toast of the Coast Advanced Club #4592 held a hybrid meeting on December 10th. The meeting was hosted at the home of Heather Perkins and Alan Idler. Those who attended in person were treated to warm cinnamon buns to start the meeting while unfortunately those online had to provide their own refreshments. Once we figured out which device should provide the sound and where to put the camera that showed the in-person attendees, things worked well. We were entertained by two great speeches from John Blumsum and Alan Idler. John was particularly festive in his Christmas shirt, Christmas tie and Christmas vest. Where were the Christmas pants John? Table Topics were stories about a Christmas event. Following the meeting, those who attended in person stayed for breakfast and conversation.



A MEMBER'S STORY



Deepak Nainiappan
2022 Maplewave Passion Award Winner

Deepak Nainiappan is a member of the Schooner Toastmasters club. He was recently awarded with a "Passion" Award by the CEO of my company. This award is nominated by the CEO to an

employee who stands out for their passion of bringing meaning to the work they do at Maplewave and the relationships they build that make Maplewave the best it can be.

Prior to the moment when Deepak received the award, he was presenting the organization structure changes they were making in the company. For a long period of time, Deepak's soft-spoken voice was at the forefront of his technical skills and one could say he progressed in his career with his soft-spoken voice rather than standing on a soap box. Deepak recognized there are moments as a leader one needs to get on a soapbox. He was not prepared for that prior to joining Toastmasters.

Deepak joined Toastmasters in 2020 as an online Toastmaster. When he would be first be called to speak during table topics Deepak said, "I could feel my heart beat on my temple and the room got unusually warm." These sensations are experienced by many Toastmasters. With a few years of practice and making Toastmasters a habit, Deepak has been able to master these sensations by focusing on the purpose of his speech, enhancing his storytelling ability, purposeful hand gestures and body movement with intent. Deepak also commented, "I must say all the good feedback applied on a regular basis has allowed me to present my passion in front of a group of 5,10 or 100 people. I understand that to err is human and the sensations I observed in my initial days as toastmasters might come back to haunt me, but for now I am enjoying the progress made, thanks to the Toastmasters community!"

Deepak is currently serving as both VPE for Schooner Toastmasters and as Area 1 Director.

TRACK YOUR SUCCESS CLUB INCENTIVE—AND THE WINNERS ARE:

September, October and November were very busy months for clubs in District 45, and some were busier than others tracking their success in this fall's incentive program! The top two clubs, Toast of the Coast and Mount Washington Valley, had a combined total of over 4,000 points! Busy, indeed, both inside and outside of their clubs. Congratulations to all District 45 clubs who stretched their goals a little bit this fall! Keep up that level of member involvement and reap the rewards. Let's do this again this spring!



- First place: Toast of the Coast #4592
- Second place: Mount Washington Valley #3596556
- Runners-up: Concord Toastmasters #6954
- Civil Speakers #6423
- Karner Blue Toastmasters #983146
- East Hants #6935109

The "basket of goodies" worth \$150 will be given to Toast of the Coast, and the \$100 basket goes to Mount Washington Valley. The baskets worth \$50 are awarded to Concord, Civil Speakers, Karner Blue, and East Hants. Clubs, enjoy your rewards! Congratulations!

Anniversaries



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. 5th, 10th, 15th etc. anniversaries will be recognized. The following are celebrating their anniversary with the club noted in **January**.

Name	Club	# of Years
Olivette Aviso	The Maine Thing Advanced Toastmasters	30
Carol Ann Hanley	Mid Day Toastmasters	20
Tamara Elwood	Spirit-ed Toastmasters	15
Maureen Daniels	Nashua-Hudson Club	5

SECURE YOUR ROOM!

Did you hear? You can now book your hotel room for the D45 annual conference being hosted in Charlottetown, Prince Edward Island on May 26-28th. We will be spending the weekend at The Rodd Royalty hotel and celebrating our successes! Have you talked to your friends who are going? Maybe you want to share a room and travel together? You decide and then be sure to secure your room. The hotel offers a free breakfast and has a swimming pool with a slide! To book your room, visit our website for the details: [Annual Conference \(d45toastmasters.org\)](http://d45toastmasters.org)

After you have booked your hotel room, think about volunteering to assist with the planning and organization. This is a great way to build relationships and make your conference experience a great one! We are currently looking for help with the following roles:

1. First Timer’s Event
2. Opening Ceremonies
3. 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. As the committee finalizes more details, be sure to keep an eye on the website for updates. We can’t wait to see you there!

@d45toastmasters.org

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 – December 2022

Name	Club	Designation
Isabelle Campbell	Saint John Club	PI1
Michael Lawlor	Bedford Basin Toastmasters	SR1
Janet Leary-Prowse	Pine Tree Toastmasters	MS1
Antoine Legresley	Arcadie du Grand Caraquet	TC1
Melissa Miller	2211 Toastmasters	PI1
Veerendra Nagalla	Civil Speakers Club	DL1
Cheryl Vincent	Dartmouth TIC Talkers Toastmasters	PM1

Level 2 – December 2022

Name	Club	Designation
Tunde Awoyiga	Schooner Toastmasters	PM2
Abhilasha Kayal	Rising Tide Toastmasters	PM2
Janice Pynn	East Coast Online Advanced Toastmasters	EC2

Level 3 – December 2022

Name	Club	Designation
Aimee J. Brown	Cole Harbour Toastmasters	PM3
Anne Doucette	Riverview Canusa Toastmasters	EC3
David Fraser	Saint John Club	PM3
Kaylee R. Kach	Savvy Speakers	PM3
Susan M. Lawrence	Bedford Basin Toastmasters	MS3
Deborah I. Mitton	Premiere Toastmasters	DL3
David Stonehouse	Saint John Club	VC3
Marion P. Taylor	Riverside Toastmasters	MS3
Anh Truong	Riverside Toastmasters	IP3
Tom Waddell	Kennebec Valley Toastmasters	PM3

Level 4 – December 2022

Name	Club	Designation
Donelle Caselden	2211 Toastmasters	PM4
Anne Doucette	Riverview Canusa Toastmasters	EC4
Charlie Hayden	Nashua-Hudson Club	PM4
Susanne Melling	Green Mountain Toastmasters	IP4
Marcia Rogowsky	Penmen Toastmasters	MS4
Todd Rothstein	Blueberry Hill Club	MS4
Cynthia J. Sarvai	Millyard Toastmasters	EH4
Sandra L. Savage	Women Changemakers	IP4
Sandra L. Savage	Women Changemakers	PI4

Level 5 – December 2022

Name	Club	Designation
Cynthia J. Sarvai	Millyard Toastmasters	EH5
Sandra L. Savage	Women Changemakers	IP5
Sandra L. Savage	Women Changemakers	PI5
Geraldine Smith, PM5	Premiere Toastmasters	PM5
Donald Winn	Nashua-Hudson Club	DL5

Trailblazer Award – December 2022

Name	Club
Marcia Rogowsky	Penmen Toastmasters
Sandra Savage	Women Changemakers

Mentoring Path – December 2022

Name	Club
Veerendra Nagalla	Civil Speakers Club
Cynthia J. Sarvai	Millyard Toastmasters

District Calendar

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 President Peer Call 7 pm ET/8 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
- 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

- 4 Contests – Areas 2, 6, 15, 17, 24
- 8 Striving for Success Webinar 7 pm ET/8 pm AT
- 11 Contests – Areas 5, 14, 19
- 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
- 18 Contests – Areas 4, 8, 13
- 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/7pm AT
- 25 Contests – Area 20
- 28 President Peer Call 7 pm ET/8 pm AT

April 2023 Events

- 10 Possibilities with Pathways 6 pm ET/7 pm AT
- 11 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 12 Striving for Success Webinar 7 pm ET/8 pm AT
- 15 Newsletter submissions due
- 15 Areas 9 and 11 Contests 8 am ET/9 am AT
- 15 Contests – Divisions B and C
- 18 VPPR Peer Call 6:00 pm ET/7 pm AT
- 18 Areas 11 and 18 Area Council meeting
7:30 pm ET/8:30 pm AT
- 22 Contests – Division G
- 25 President Peer Call 7 pm ET/8 pm AT
- 26 SAA Peer Call 7 pm ET/8 pm AT
- 27 VPM Peer Call 6:30 pm ET/7:30 pm AT 24
- 28 Division D contests 6 pm ET/7 pm AT
- 29 Contests – Division A

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

Newsletter Publisher – Crystal Cobb, VC4, DL5, ECS, PI5

Newsletter Editor – Heather Perkins, DTM
d45.newsletter@gmail.com