

District 45 Toastmasters Newsletter

CAN-AM LINK



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CLUB MEMBERSHIP

CLUB GROWTH DIRECTOR PAUL CODDINGTON, DTM



Oh boy, you're thinking. Here we go again. Membership. I'm already a member of a Toastmasters club. Why should I care about

membership? With your indulgence, I will give you two reasons why your assistance is crucial in adding new members to your club's membership rolls *and* why helping keep current members engaged and involved is important to you.

First, let's consider the term "charter strength." Toastmasters International will not let us form a new club without at least twenty members, "charter strength." Why is that the magic number? Because it helps to ensure all roles can be filled and most clubs operating with twenty members are very successful, reaching all the educational and administrative goals for a Toastmasters club.

But think about it for a minute. If your club membership is ten people strong, how difficult is it to have an agenda filled before the meeting starts if only two-thirds of them can attend? If you have a few more members, would it be possible to hold a meeting without members doubling up on the roles? Having more members makes it easier to hold a better-quality meeting for all involved.

So, why should *you* care about membership? Helping to find a new member would improve *your own* Toastmasters experience and give the gift of participation to another. A good meeting also makes a good impression on a guest.

Second, we need to add members to the clubs but how do we keep *current members* from quitting the program? After reason #1 above, we need to give them a reason to stay involved and engaged *before* they can think about leaving. How to do that? Mentoring new *and* veteran members. Everyone who has completed Level 2 in any path has completed the "Introduction to Toastmasters Mentoring" project. And if you are not there yet, you will be as it is a required project for all Toastmasters.

Retaining membership in your club can and will be vastly improved if two members are in a mentor-protégé relationship, planning their personal goals in the Toastmasters program, being accountable to each other for their progress and resolving issues as they may arise.

So, why should *you* care about membership? Because it will help your club be successful and when your club is successful, *you* are more likely to be successful.

I wish you all the best in the upcoming months! If I can be of service to you or your club, please let me know.

FACEBOOK TIPS

Facebook, if used properly, can be an effective way to promote your Toastmasters club. You can have either a private group that people must join to post or see posts or a public page. If you are using Facebook to promote your club, it should be a public page. The following are a few tips on how to use Facebook effectively. A more comprehensive list can be found at <https://d45toastmasters.org/club-member-recruitment>.

- ▶ Maintain a consistent presence on Facebook. Daily posts would be ideal. If that's not possible, plan to post a couple of times a week. Be consistent on when you post.
- ▶ Schedule your posts. You can schedule several for the week or for a month so you won't have to go into Facebook each time to post, it will happen based on the schedule. To find out how to schedule a post, go to <https://www.facebook.com/help/389849807718635> (for pages); <https://www.facebook.com/help/124331564818285> (for groups).
- ▶ People are more likely to notice a post with a picture than one with just text. Always post a good quality photo.
- ▶ Ask members to share your posts on their own timeline.
- ▶ Create events. You can do this for special events such as an Open House or a special award (such as a DTM) presentation. You can even make every meeting an event.
- ▶ Check the page for messages regularly and respond quickly. Nothing will deter interest in your club more than someone asking for information and not getting a reply for weeks.
- ▶ Ask every member to do a #MYWHY video and post one a week or every other week. Record some Table Topics, part of a speech or evaluation and post those.
- ▶ Live streaming gets top billing on Facebook. Consider live streaming one of your meetings or a portion of the meeting. Make it an event on your page and promote that you will be live streaming.
- ▶ As with your website, you should have several administrators so that you do not lose access to your page if someone unexpectedly leaves.

Keeping your club's Facebook page current presents a great opportunity for a committee and/or a Pathways project.



RAMP UP YOUR FUNNY

It's Humorous Speech contest time again. Good contests are important as they result in satisfied participants and a satisfied audience. One component to a successful contest is that it is well organized. This year, the District has asked Areas and Divisions to hold their Humorous Speech Contest this fall. Area and Division contests will be online. The District contests in May will be hybrid contests. Clubs, however, have the option of holding either an in-person or online contest.

Ultimately, the VPE is responsible for ensuring the club contest happens. The VPE schedules the contest and encourages members to participate. The VPE may delegate certain responsibilities or may decide to assume some of the responsibilities themselves. It depends on whether the VPE is competing. Beyond the VPE, the two main players to ensure a contest is well organized are the contest chair and the chief judge.

For any contest to be successful, you must know the rules such as who is eligible, how many judges are needed, the timing etc. You also need to know who is responsible for what aspect of the contest and make sure each person knows their role. Far too often, members enter a contest without understanding the criteria on which they will be judged. If they are a relatively new member, they may have never seen a contest speech, so they don't even know how to approach a contest speech. Make sure the contestants are given a copy of the judging form so they understand the criteria against which they will be judged.

You might be wondering if your club must have a contest. The answer is **no**. A club can choose its contestant(s) any way it wants. However, if a club holds a contest, they must abide by the rules of the contest. Therefore, if the club holds a contest and there are only two contestants and one is disqualified for some reason, the club can only send one contestant to the Area (or none if both were disqualified). In these situations, the club could hold a "mock" contest. They should state clearly it is not an official contest, but speakers are introduced as though it were a contest. This is to give them the experience of a contest. The entire membership could complete the judging forms so they can provide feedback to the contestants based on the judging criteria.

Encourage members to participate as it's a learning experience. For the Humorous contest, all club members (except anyone who is a District leader) are eligible to compete. There are no minimum requirements for the number of projects they've completed.

For more information including a copy of the rulebook and the District contest workbook which includes briefing scripts, contest scripts and much more, go to <https://d45toastmasters.org/speech-contest>.



PARLIAMENTARY MINUTE

Quorum

Before you can conduct any business, you must have a quorum. This requirement is often a challenge for many clubs. A quorum is defined as a majority {50% plus one) of the **active** members. You do not have to include all paid members of the club in determining quorum. You can define who is active/inactive You could, for example, say any member who misses two meetings in a row automatically becomes an inactive member. Once that member attends a meeting, they become an active member until such time as they once again miss two meetings in a row. Declaring how someone becomes inactive allows the club to conduct business even without a majority of **paid** members.



Making a Motion

The first step in conducting business is for a motion to be made. Discussion should not take place without a motion as the motion provides direction for the discussion. The mover of the motion should obtain recognition of the Chair of the business meeting (in some clubs the President and in some the Toastmaster of the Day). The member presents the motion by saying, "I move...". A motion is NOT offered by saying, "I make a motion..." or "I motion...". Motions are made in the positive. In other words, motions intend to do something or cause something to happen. Motions are not usually offered to NOT do something – simply refrain from making a motion if you don't want to follow a course of action. The motion must then be seconded before discussion. A lack of a seconder indicates a lack of interest by the members so it should not be discussed.

In the November newsletter, we will discuss other aspects of a motion.

CHOOSING A WINNER



A second component to a successful contest is that is well judged. Although judging forms are used, the process is still subjective which is why a number of judges are used for any contest. It's always better

to have more judges than the minimum required. The greater the number of judges, the smaller the chance that an outlier can affect the outcome of the contest.

Your role as a judge is to pick a winner, not to evaluate the speaker. You judge against the criteria based on how the speaker performed during the particular contest – not how you saw the speaker present before or how you think the speaker could do. It is up to you as a judge to avoid bias, to not time the speeches, to not reveal your scores and to support the rules and standards.

Some ways of reducing bias are to not consider:

- Position of speaker
- Your personal like or dislike of the speaker
- Your agreement or disagreement with the content
- How the speaker did previously
- Number of times the speaker has competed.

Your job as a judge is to be familiar with the judging categories. Read both the front and back of the judging form. Read the form carefully even if you've judged many times before. If you have questions, ask the Chief Judge during the briefing. Know how to properly complete the ballot. Understand the rules about originality and referencing another speaker. Don't sit next to another judge or a contestant if at all possible. By preparing for your role as judge, you can help ensure the best contestant is chosen. You will feel good, the contestants will feel fairly treated and the audience will walk away anticipating the next contest.

WHY COMPETE?

You may be wondering why you should compete? Contests are not just about the competition. They are yet another learning opportunity for you as a Toastmaster. The following article was written by James Boak, a then member of Schooner Toastmasters. When James entered the club contest, he had only given his Icebreaker. The following is an article James wrote after his experience of competing. This experience was pre-pandemic but the lessons learned apply regardless of how the contest is held.

Lessons Learned From Competing

I recently competed in the District 45 Humorous Speech Contest. To be honest, I didn't plan to enter the contest, I happened to sign up accidentally! Over the span of six short weeks, I spoke four times. I went from completing my second speech in front of my club, to speaking in front of 170 people at the District 45 Conference in St. Andrews, New Brunswick. It was a rapid and fantastic learning experience. The Club, Area, Division, and District competitions showed me three extraordinary and unique learning opportunities.

1. New Audiences



I've slowly found myself getting more comfortable attending the same Toastmasters club every

week. I see the same faces in the same room every meeting. For the most part, this is positive. I have new friends and signing up for meeting roles, speeches, and evaluations is less intimidating now than it once was. The speech contest was my chance to speak in front of new audiences. At each contest level, the proportion of familiar faces in the audience became smaller and smaller. By the Division Contest, I only knew a few people in the audience, and the pre-speech nerves from my Icebreaker were back! The whole reason I joined Toastmasters was to improve my public speaking skills, not my ability to converse with friends. Dealing with some anxiety and being able to talk in front of new audiences is of critical importance to my goal. The exposure to new spectators was a huge perk to competing in a Toastmasters speech contest.

2. Bigger Audiences

The Toastmasters meetings that I attend usually have 15-20 members present. The Area Contest was similar, but the Division Contest had around 50 people and the District Contest around 170. It was intimidating. Once again, the home-club comfort was gone. My nerves were back and I was extra nervous before speaking. In a way, it was refreshing. Once I was on stage at each contest and spoke the first few sentences, I was fine. In fact, since it was a humorous speech contest, I found the bigger the audience, the bigger the laughs! I had a huge revelation: the size of the crowd doesn't matter! It was irrelevant whether the crowd was 15, 50, or 150. The speaking skills I've developed in regular Toastmasters meetings were perfectly transferable to different audience sizes.

3. Speech Refinement

During a regular Toastmasters prepared speech, you get to speak and receive immediate feedback from your evaluator. I didn't have an evaluator in the contests, but fellow club members, toastmasters and spectators offered tips to improve my speech after each event. This was a special opportunity to take one speech, and incrementally improve it. At the Club Contest, I had my entire speech written on notes. At the Area Contest, I delivered my speech note-less. I polished my speech content at every level. I removed jokes that didn't work and enhanced the delivery of the ones that did. I learned to relax, and let the audience laugh. Pausing and absorbing the reaction from the audience is a tremendous feeling.

Regular Toastmasters meetings have been incredibly valuable to me, but they can't cover everything. These contests, spanning six weeks and four speeches, have transformed me as a speaker. I can't overstate my recommendation to compete. Try a contest! You never know where it will take you.

THE POWER OF THE PAUSE

In the September issue, five types of pauses were presented. These are the other four from Ron Arden.

Spontaneity Pause

This pause creates a feeling of spontaneity. It is a technique that suggests you are thinking about your words as you are speaking and not simply reciting something you have said many times before. This will keep you and your audience members interested, even if you are actually very familiar with what you are saying.

Pause to Relinquish Control

This pause is particularly useful in Q & A situations. When responding to a question, it is easy to begin rambling or repeating yourself and weakening your response. Nail your response to the question, and then pause to indicate you are finished speaking. Direct an open hand gesture toward the audience member while listening to and answering their question. After the answer, sweep your open hand to the rest of the audience to invite other questions.

Sensory Pause

Use this pause to support a description that appeals to the senses. For example, "A beautiful warm afternoon," (pause) . . . "Imagine it," (pause) . . . "Willows softly rustling in the breeze," (pause) . . . "Birds chirping in the trees," (pause) . . . "Sitting with a cold glass of lemonade in your hand," (pause) . . . Create a heightened feeling in your audience by pausing to allow their senses to take hold.

Pause for Emphasis

Speaking at the same time, tone, pace, and energy level for too long can cause you to lose your audience. Repetitive hand gestures and movements. The overuse of words or phrases.

Our audiences are stimulation junkies with short attention spans. When we add variety to our presentations and *orchestrate* our comments, we are more likely to keep their attention longer. Use pauses to delineate your key points. Keep your presentation dynamic so your audience does not get lulled to sleep. Use pauses as one technique to break audience distraction.

Remember, if you are a powerful presenter, appreciate the importance of the pause.

Ron used to tell me, "A speech is not a monologue. A speech is a dialogue between your words and each audience member's inner dialogue." **Pauses allow your audience members to interact mentally with your words.** A skilled speaker will often engage an audience more with pauses than with speaking.

Remember one more time, never underestimate the power of the pause. Why not review your next presentation and find a place to intentionally use at least three?



A DAY OF CELEBRATION

OCTOBER 21, 2022

Toastmasters Day is October 22. District 45 is celebrating this on **Friday, October 21, 2022** with A Day of Celebration event. The event kicks off at 6 pm ET / 7 pm AT with an inspiration welcome from our District Director Crystal Cobb. There will be series of short, fun quizzes to test your knowledge of Toastmasters and particularly, of the District.

We will hear from several new members about why they joined, what they have learned so far and what they hope to continue to gain from their membership. There will be a panel discussion with representatives from some of our clubs that achieved President's Distinguished Clubs last year. Each person will discuss how they were able to inspire members to achieve success and how they celebrate successes.



Our keynote speaker is Past International Director Lark Doley who will be facilitating an **Inspiration Session**. Who inspires you? What inspires you? How can you inspire others? Why should we inspire one another? Inspiration can come from anywhere and differs with each individual. During this interactive session, Lark will discuss the who, what, how and why of inspiration. Join this session to explore your inspiration.

Join us for this entertaining, interactive event. Test your knowledge and be prepared to be inspired. The Zoom information for the Day of Celebration is:

<https://us02web.zoom.us/j/88212226423?pwd=QjZEXBvZU1zNU5WZTVsaWtMaVBoZz09>

Meeting ID 882 1222 6423

Passcode **527515**

DIVISION COUNCIL SUMMARY

The District Council meeting was held on September 17. The appointed leaders (all Area Directors, Finance Manager, Administrative Manager and Division B Director) were confirmed. The audit for the 2021 – 2022 year was presented and approved. The budget was also approved and has been sent to World Headquarters. District Director Crystal Cobb presented the highlights of the District Success Plan. The District plans to continue to provide high quality training, support to help strengthen clubs and to build new clubs. Most significantly, the Council passed a motion changing the position of Public Relations Manager from an elected position to an appointed position. This is in recognition of the way in which this position has grown over the years and it requires someone with skills/interest in promoting and supporting clubs through social media. This change is effective for the 2023 – 2024 District year.



INCENTIVES



The **Pathways Level 1** incentive is for any first time Level 1 completion. Each month, two winners will be drawn from the members who complete a Level 1 for the first time. Each winner will receive a Toastmasters travel mug. (this has been translated for the Aug issue)



The **Pathways Level 5** is for completing a Level 5 in any path by June 30, 2023. You will receive an entry into a draw for a Director’s Notebook [Six (6) winners]. Anyone completing more than one Level 5 will be entered once only. Winners for this incentive for the 2021 – 2022 year were Ron Crawford, Cary Gladstone, DJ Turchon, David Tucker, Tracy Gatis and Robert Maguire

Be among the first five (5) Toastmasters to complete a **Youth Leadership Program** and receive reimbursement for the cost of YLP materials.



AWARDS

The **MultiMedia Omnipresence** award is presented to the club judged to use all aspects of public relations to the best advantage of their club including 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 is April 16th. The Public Relations Manager and a team comprised of Vice Presidents of Public Relations review and decide on the winner. Start developing your portfolio NOW!



The **Trailblazer Award** presented at the annual

conference (and in the fall for those who achieve it after the annual conference and before the end of the District year) goes to individual members who achieve any four levels in Pathways during one Toastmaster year. The four 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. Only one Trailblazer award can be earned in one year. Some members have already achieved this award this year. Will you be one of those recognized at the conference?

AN ARROW CAN ONLY BE SHOT BY PULLING IT BACKWARD. SO WHEN LIFE IS DRAGGING YOU BACK WITH DIFFICULTIES, IT MEANS THAT IT’S GOING TO LAUNCH YOU INTO SOMETHING GREAT. SO JUST FOCUS, AND KEEP AIMING.

FALL 2022 EXTRAVAGANZA



November 19, 2020

Virtual Event

Success through networking and collaboration

We are building an exciting agenda filled with fun and informative presentations.

This is an opportunity to learn from your fellow members and support them as they work through their Pathways project.

Don't miss the awards ceremony – will your name be called?

Details are being added daily so be sure to check the Fall Extravaganza website regularly.

How to Uncover the Glory of Your Story™



KEYNOTE SPEAKER

PRES VASILEV

2013 World Champion of Public Speaking

Join Pres Vasilev's interactive storytelling workshop as he reveals the most powerful storytelling secrets. Engage in a dynamic discussion to explore storytelling secrets and learn how to craft your own compelling stories.

[@d45toastmasters.org/fallextravaganza](https://d45toastmasters.org/fallextravaganza)

UPCOMING DISTRICT EVENTS

STRIVING FOR SUCCESS WEBINAR

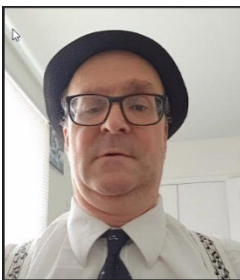
PATHWAYS THERAPY SESSION

Dealing with Stage Fright

Many people join Toastmasters to help deal with and overcome the fear of public speaking, otherwise known as glossophobia. According to the National Institutes of Health (NIH), around 75% of people report that public speaking is their greatest fear. However, the ability to speak in front of others and communicate one’s message clearly is necessary more than ever in this dynamic and uncertain reality of the 2020s. Confronting and dealing adaptively with this fear of speaking in front of others is a very necessary soft skill for personal and professional success.

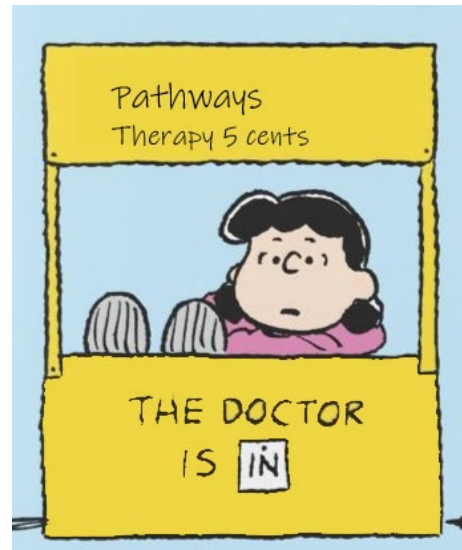
In this webinar, Albert will explore the biological mechanisms that underlie the fear response and provide a framework to help participants achieve an optimal level of psychological arousal before they step up to a podium or lectern. He will share advance preparation strategies AND practical tools that one can use in the moment to remain grounded as their name is called to come up and address an audience. Whether you have been asked to speak to a few people (such as in a club meeting), a few hundred (such as at a conference) or a few thousand people, Albert will help you explore ways to take this courageous, character-building step.

The Presenter



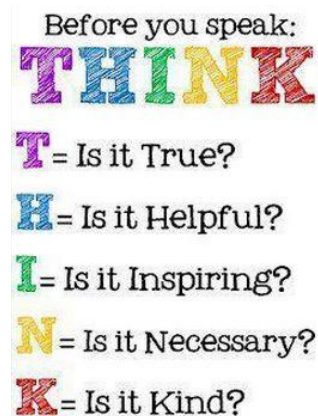
Since joining Toastmasters in 2018, **Albert Cormier** served as Area 1 Director for the 2020-2021 year and as District 45 Administration Manager for the 2021-2022 year. He has also delivered exuberant presentations at the 2019

Moncton Fall Workshop, the 2021 Fall Extravaganza, and at the 2021 Spring Conference. His diverse communication-related work roles in the past 25+ years have included Science teacher, university and community college instructor, corporate trainer, instructional designer, customer service/technical support representative, and website copywriter.



(From Peanuts by Charles Schultz)

Our October Pathways session will be taking a deep, in-depth dive into how to navigate around the platform. In addition, we currently have an opportunity for one speech on Pathways. The way Casey Jenkins and John Blumsum have planned this is to cover one subject or highlight one area in Pathways and then have a discussion on it. Following that, we'll have an open slot for a presentation that's Pathways related. If you're interested in being a speaker, contact [Casey Jenkins](#).



AROUND THE DISTRICT

Division A

Members of **Concord Toastmasters** support and encourage each other as is the Toastmaster’s way.


This month we get to give a proud shout out to our David Hill, DTM. David is now a professional Speaker/Storyteller. He has traveled to over 20 countries, and participated in many adventures which have provided him with lots of material. All his speeches include humor, and a message. From a bike race on the Iditarod trail to fly fishing in Alaska 75 miles up a remote river. In September, David spoke at the Taylor Community Sugar Hill in Wolfeboro. He has been to this location four to five times and really has fun with the residents.



Themes set the tone for meetings. Concord Toastmasters have enjoyed many over the past month. Perhaps some of these will help spark ideas for other clubs, if so let us know!

Moving Ahead!, Last Swim, Acts of Kindness, Knowing When it’s Time to Move On



 **Exeter Speak-Ups on EXTV**

For over 6 months, **Exeter Speak-Ups** has been gathering recorded speeches from members to submit for a program on EXTV, the public access TV station in Exeter, NH. Episode 1 began to air in August on local channel 98 and now also appears on a recently created Exeter Speak-Ups Youtube channel so that anyone can view it: bit.ly/3TTBm4b! Our intention is to provide speeches for additional episodes in the future. Thanks to our club members and a special shout out to Bob Glowacky at EXTV!

We now also have a club QR code which displays in a corner of our video so viewers can easily access the club website for more info with their smartphones. Check online for how to create a free QR code for your club which can be used on all virtual or printed materials. It's easy! Here's what ours looks like:



Karner Blue Toastmasters, Concord, NH (Division A, Area 12) recently welcomed four new members to their club: Amanda Guy, Amara Hartshorn, Carolyn Nyamasege, and Jennifer Galbraith. Amara is fearless, already serving in the role of Toastmaster, and Amanda recently gave her Icebreaker speech! The club, founded in 2007, hopes to continue its growth spurt as it now has more new members than veterans. Hybrid meetings now include an educational component in either meeting decorum or in delivering speeches.

It was a dark and stormy night in the White Mountains of New Hampshire...

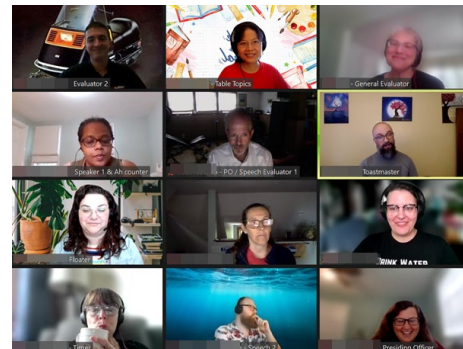
Wait! NO! It was a beautiful day, and the **Mount Washington Valley Toastmasters Club** celebrated the end of a very good year and the beginning of a New Year with a memorable dinner party in Tamworth, New Hampshire on Saturday September 10th!



Awards were given, beginning with *all* of the Pathways certificates for level completions during the pandemic shutdown. Whew! Over thirty!

Other awards were more personal, many were humorous but this one was heart-felt, presented by club President Amy Imdieke (r) to our long-time VP-Education Deb Kumpf (l): “The Glue That Holds Us All Together.”

Penmen Toastmasters's first September meeting was on National No Rhyme Nor Reason Day. (Really!) Sometimes, maybe it is time to question if a convention or ritual passed down to you has any meaning. Our first speaker shared her recent experience overcoming her own bias walking on a fine line with a potential controversial topic. The second speaker, on the other hand, drew attention to the old and hundred-miles long living creature community in the ocean - corals - with rich facts and humor. We did excellently on time and wrapped up the meeting in 1 hour! When you did not look at the clock, it went in a flash.



To kick off September, **Toastmasters of Manchester** held a dinner social at La Carreta in Manchester, NH as an engagement after all the summer vacations. It was well attended by members that represented all the Manchester Toastmaster clubs, TMM, Millyard, ABC, and Penmen. The meet-and-greet event exuded the excitement of Toastmasters and being in person. The guests were able to speak with members of all the area clubs. Many questions were answered. The guests were invited to join the club and indicated they would be at the next meeting. That is a win



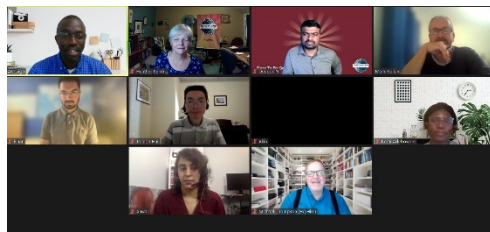
Division C

“We give Evaluations!??? And tell others how to improve? And I have to listen to someone else’s opinion of me. Ugh...” My stomach felt like it was going to turn. The thought of someone telling me their opinion of anything about me or vice versa was enough to make me reconsider this Toastmaster’s experiment. How was this going to build a better me?

According to Ralph Smedley, evaluations are one of the pillars of the Toastmaster’s learning journey (the other being mentoring) that build us into a better version of ourselves. With reluctant curiosity I began evaluating others and hearing other’s evaluations of me. I have learned that evaluations help me as an observer to pay attention to details and assess their quality- what could be better? I have learned as a receiver that those observing me may notice details that I have not given emphasis to that could improve my message overall. Win-Win! A better me and a better you!

Spotlight Toastmasters is an advanced club that offers 3D Evaluations to improve your evaluation skills. If you are interested, we would be delighted to have you as our guest. Contact vppr-9985@toastmastersclubs.org

Division D



Schooner Toastmasters hosted our Area Director Deepak Nainiappan on September 13th. Deepak is also a member of the club and this presents a challenge for the Area Director and for the club. However, the club members did their best to treat Deepak as a guest and listened attentively to his speech Talk Less, Say More. The executive met with the Area Director following the meeting and had a productive discussion. It’s

amazing how you can see things differently in the club when you try looking at it through a different lens. The discussion generated some great ideas that the club will implement over the next couple of months.

Division D

Did you know there are five Saturdays in October? This means that **Toast of the Coast** gets to hold three meetings instead of its customary two meetings (the club meets the 2nd, 4th and 5th Saturdays). Not only are there three Saturdays, but one is also close to Hallowe’en which means the club will be hosting our annual Hallowe’en meeting. Previous years’ meetings have attracted guests from far and wide and this year promises to be no different. Monique Levesque-Pharoah, PID, PRA from Winnipeg has already committed to attending along with her husband Don. We look forward to seeing what imaginative and matching costumes they will be sporting this yea. Monique has also promised to be one of our speakers for that meeting. Monique is not a morning person but for these meetings she enthusiastically arises early. If you would like to join us, contact our [VPM Alan Idler](#).



Division G



A milestone anniversary is coming up for the BrattleMasters club on Oct. 25 when 15 years will be in the books. To celebrate and showcase what Toastmasters has to offer, two days later, the hybrid club, based in Brattleboro, Vt., is planning an Open House on its regular meeting night.

The event begins at 6 p.m. on Oct. 27 in Room 249 of the Vermont Technical College, 41

Harmony Place, Brattleboro. The institution's Telepresence Classroom is utilized by BrattleMasters, who occasionally see nursing equipment in the room, like stethoscopes and training manikins. VTC offers the Licensed Practical Nurse (LPN) and Associate of Science in Nursing (ASN) programs. The college is giving BrattleMasters special permission to celebrate the 15th anniversary with food and beverages.

A Toastmasters Club Anniversary Certificate will be presented. While planning this event, one Toastmaster will get credit for the Team Building project in Level 5. Current members of BrattleMasters live in Vermont, Massachusetts, New Hampshire and Florida (a virtual member).

“

Progress is impossible without change, and those who cannot change their minds cannot change anything.

George Bernard Shaw

A MEMBER'S STORY

When Terry Fox Runs were halted due to the pandemic, a Kingsclear, NB man set a goal to collect 10 bags of garbage on the beach — one bag for each kilometre he'd normally complete in a Terry Fox



Run. That Kingsclear man is DTM Carl Duivenvoorden, Past District 45 Governor. Carl exceeded his goal that year and decided to do again. He set a higher goal and exceeded that goal. Although the runs resumed this year, Carl decided to stay with the beach cleanup. He set a fund-raising goal of \$10,000. He collected a ton of garbage and once again exceed his fund-raising goal.

For those unfamiliar with Terry Fox, he was a young man who was diagnosed with bone cancer in 1977 and had his right leg amputated six inches above his knee. Frustrated by the lack of money spent on cancer research in Canada, he embarked on a cross-country run beginning in 1980 to raise money for cancer research. His cancer returned, forcing him to stop near Thunder Bay, Ont. Terry died on June 28, 1981. The first Terry Fox Run was held that September.



Carl has always participated in the Terry Fox Run. He says that cancer research is near and dear

to his heart. Both his father and a sister died from cancer and he has two brothers-in-law who are cancer survivors. Environmental concerns are also near and dear to Carl's heart. And his experience in Toastmasters helped him with his current career. In Carl's words:

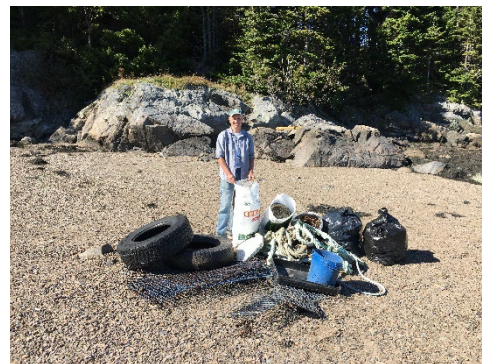
"In 2007, I had one of the biggest opportunities of my life: a chance to be trained by former US Vice President Al Gore to deliver live presentations of his Academy Award-winning slideshow, An Inconvenient Truth. One of the conditions of the training was that I had to commit to doing at least 10 presentations over the next year. I came home, looked at my young sons and decided this was the most important thing I could be doing with my time. I took a year's leave of absence



from my job and set a goal of doing not 10 presentations, but 100. I never looked back. After 12 months and about 140 presentations, I

ventured out on my own as a climate change speaker, writer, and consultant. Quitting a stable, full-time job with a young family was one of the scariest decisions of my life – but the communication and leadership skills I learned through Toastmasters gave me the confidence I needed to take the plunge. It's been a fulfilling and rewarding journey, and I'm certain I wouldn't be doing what I'm doing were it not for all I've learned through our wonderful organization. I don't plan to ever leave Toastmasters because I know of no better way to meet great people, learn new skills, and stay sharp."

Congratulations to Carl on raising so much money for cancer research and for cleaning up so much garbage.



If you have a story you would like to share, send it d45.newsletter@gmail.com.

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 **October**.

Name	Club	# of Years
Barb Bell	Sackville Club	25
Ron Corkery	Dartmouth Toastmasters	20
Joe Grondin	True Blue and Woodfords Toastmasters	20
Dan Wilson	Winning Speakers Club	20
Reg Crick	George Burton Club	15
Nathan Koenig	Woodfords Toastmasters	15
Vincent Auffrey	The Very Best Toastmasters	10
Shawn McCarvill	Speak-easy Toastmasters	10
Jillian Miner	Keene Toastmasters	10
Michelle (Pehler) McCormick	Rutland Area Toastmasters	10
Beth Bloomfield	Rutland Area Toastmasters	5
Christine Hill	TD Legendary Leaders Toastmasters	5
Shawn Mclsaac	Sears-Halifax Club	5
Stacy Plourde	Horseshoe Pond Toastmasters	5
Samuel Safford	Winning Speakers Club	5



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

Nashua-Hudson Club #2440 of Nashua, NH chartered **60** years ago on October 22, 1962.

Brattlemasters #1051631 of Brattleboro, VT chartered **15** years ago on October 25, 2007.

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.

Member Awards

Level 1 – September 2022

Name	Club	Designation
John D. Blumsum	Spirit-Ed Toastmasters	MS1
Sarah Borden	Provincially Speaking Toastmasters	PM1
Anne Doucette	Riverview Canusa Toastmasters	EC1
Lorelei Grecian	Riverview Canusa Toastmasters	PI1
Priscilla Hebert	TD Legendary Leaders Toastmasters	IP1
Pretty Philip	Cape Breton Toastmasters	EC1
Cynthia J. Sarvai	Millyard Toastmasters	EH1

Level 2 – September 2022

Name	Club	Designation
John D. Blumsum	Spirit-Ed Toastmasters	MS2
Kevin Chick	Mid Day Toastmasters	PM2
Tracy Gatis	Sears-Halifax Club	PI2
Lorelei Grecian	Riverview Canusa Toastmasters	PI2
Nancy Munroe	Blueberry Hill Club	PM2
Ann Marie Pochtar-Galakis	The Maine Thing Advanced Toastmasters	VC2
Tanya Tripathi	Charlottetown Toastmasters Breakfast Club	VC2
Lawrence Wood	Keene Toastmasters	PM2
Sarah Wright	Keene Toastmasters	SR2

Level 3 – September 2022

Name	Club	Designation
Clare Conway	Charlottetown Toastmasters Breakfast Club	PM3
Lorelei Grecian	Riverview Canusa Toastmasters	PI3
Carl W. Huntley	Bangor Toastmasters	IP3
Amy M. Imdieke	Mt. Washington Valley Toastmasters	LD3
Ann Marie Pochtar-Galakis	The Maine Thing Advanced Toastmasters	VC3
Dale Randall	Concord Toastmasters	EH3
Todd Rothstein	Blueberry Hill Club	MS3
Tanya Tripathi	Charlottetown Toastmasters Breakfast Club	VC3
Maria Winn	2211 Toastmasters	MS3

Level 4 – September 2022

Name	Club	Designation
Crystal L. Cobb	Charlottetown Toastmasters Breakfast Club	VC4
Lorelei Grecian	Riverview Canusa Toastmasters	PI4
Sjanna James	Yarmouth Toastmasters	PM4

Level 5 – September 2022

Name	Club	Designation
Paul Coddington	Concord Toastmasters	VC5

Mentoring Path – September 2022

Name	Club
Lorelei Grecian	Riverview Canusa Toastmasters

Trailblazer Award – September 2022

Name	Club
Paul Coddington	Mt. Washington Valley Toastmasters
Lorelei Grecian	Riverview Canusa Toastmasters Club
Ann Marie Pochtar-Galakis	The Maine Thing Advanced Toastmasters Club

District Calendar

October 2022 Events

- 11 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 18 VPPR Peer Call 6:00 pm ET/7 pm AT
- 21 Day of Celebration (Toastmasters Day) 6 pm ET/7 pm AT
- 23 Striving for Success Webinar
- 25 Pathways Therapy 6 pm ET/7 pm AT
- 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
- 28 Areas 1 and 9 Humorous Speech contest
6 pm ET/7 pm AT
- 29 Areas 2 and 17 Humorous Speech contest
8:30 am ET/9:30 am AT
- 29 Area 8 Humorous Speech contest
9:00 am ET/10:00 am AT

November 2022 Events

- 5 Area 15 Humorous Speech contest
10:00 am ET/11:00 am AT
- 8 VPE Peer Call 6:30 pm ET/7:30 p, AT
- 12 Areas 4, 13 and 19 Humorous Speech contest
8:30 am ET/9:30 am AT
- 12 Area 20 Humorous Speech contest
10:00 am ET/11:00 am AT

November 2022 Events

- 15 VPPR Peer Call 6:00 pm ET/7 pm AT
- 15 Areas 11 and 18 Area Council meeting 8:30 pm AT
- 19 Fall Extravaganza 6 pm ET/7pm AT
- 22 Pathways Therapy 6 pm ET/7 pm AT
- 22 President Peer Call 7 pm ET/8 pm AT
- 23 SAA Peer Call 7 pm ET/8 pm AT
- 24 VPM Peer Call 6:30 pm ET/7:30 pm AT
- 25 Division D Humorous Speech contest
7 pm ET/8 pm AT
- 27 Striving for Success Webinar 7 pm ET/8 pm AT

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
- 11 District social

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

Submit Now!!

The focus of the November newsletter will be public relations. This covers all aspects of promoting your club – through regular media such as newspapers or through club newsletters, websites, Facebook pages, Twitter etc. Send your newsletter submissions on public relation or for Around the District to d45.newsletter@gmail.com. Your submissions must be received by