

District 45 Toastmasters Newsletter

CAN-AM LINK



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OPPORTUNITIES

PROGRAM QUALITY DIRECTOR TOM MACISSO



Hopefully, you had a chance to see some of the Toastmasters International Convention, which has recently concluded in Nashville, TN. I could go on-and-on about

that, but I want to focus on “what’s next for us as a district.” As **your** Program Quality Director, I want to work **with you** and our district leaders to make sure we provide, fully communicate, and assist you (as needed) in taking advantage of this amazing gift of Toastmasters! How can I do that? Let me give you some details.

As Program Quality Director, I want to ensure that we provide the entire district with information, training, and the opportunity to grow and reach your goals. If your goals are met, then hopefully your club goals are met and we will see your club reach Distinguished, Select Distinguished, President’s Distinguished or Smedley Distinguished! Membership is a big part of this, but we know, working together, with our Club Growth Director, Division Directors, Area and Club leaders, we can achieve this and have more clubs, areas, divisions and even District 45 reach Distinguished status.

We have numerous opportunities to come together as a district to collaborate, network, and help each other out. They include:

- Toastmasters Day - Let’s celebrate our 98th Anniversary! We’ll be conducting a virtual celebration (one day early) on Friday, Oct 21st. Details on this will be announced shortly.
- Fall Extravaganza - As Public Relations Manager, Lesley Carter has mentioned, “this event has been a district favorite.” I agree! Let’s network our successful ideas and learn as we collaborate with one another on Saturday, November

- 19th! *Please reach out to me if you’d like to present a presentation!* As our District Director, Crystal Cobb says “There’s a project for that!” Take credit for everything you do in Toastmasters.
- Club Officer Peer Calls - Continuing the tradition of last year, we’ll be having peer calls with all club officers. These peer calls are a great opportunity to learn, grow, share, and yes, collaborate with your fellow club officers. In addition, please invite members that are assisting people in these roles. It’s a great way to find out more about them. Please check the d45 website [calendar](#) for days and times of these meetings.
- Pathways Therapy - Pathways is our educational program and the more we know about our platform - the better! Changes are made frequently. This meeting will be used to inform you so you can take advantage of the changes. Please see the [calendar](#) for details. Special thanks to Casey Jenkins and John Blumsum for their continued leadership!

Crystal Cobb, our District Director, wants to “Inspire and Celebrate” this year! I look forward to helping her and you do that! District 45 finished strong last year, let’s continue to build on that!



We have a new look!

Today, September 1, our District 45 website got a face-lift! Come check it out and see all the new features!



Blog



Toastmasters: A Community

Heather Perkins in Blog
27/06/2022 0 Comments

Each of us is part of a Toastmasters community. Click on [Read More](#) to find out the impact the Toastmasters community had on the family of a

Announcements



District Council Meeting

lesley carter in Announcement
17/08/2022 0 Comments

Save the date! September 17

[Read More](#)

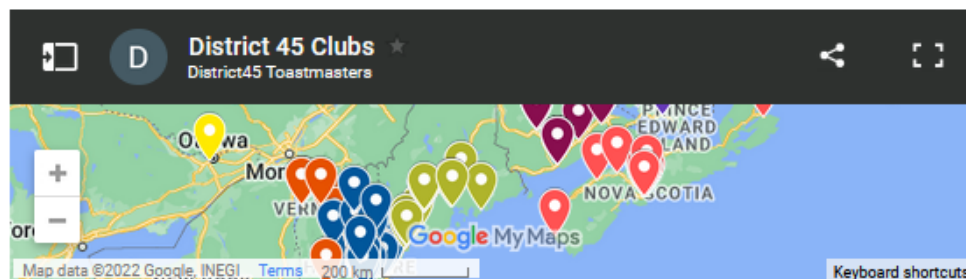
Dates to Remember

- August 30 - Presidents Peer Call
- Sept 8 - District Executive Council Meeting
- Sept 9 - Deadline for presenter submissions Fall Extravaganza
- Sept 13 - VPE Peer Call
- Sept 15 - submissions for October newsletter due
- Sept 17 - District Council Meeting
- Sept 25 - Striving for Success

What's new?

- Modern design
- Easy to follow navigation
- Interactive map of all clubs in the district with contact information
 - Quick access to contact information for district leaders
- Plus continued access to all your favorite features including the calendar, announcements and the blog

Explore the map below to find a club near you. Click on a point to get contact info and link to club website.



Check it out today and send your feedback to [Lesley Carter](#) PRM District 45

Upcoming Events

Fall Extravaganza

There is still time to apply to present at our Fall Extravaganza being held on November 19th. The deadline for submissions is September 9th. You can apply to be a presenter on the District 45 website at <https://d45toastmasters.org/fallworkshop>.

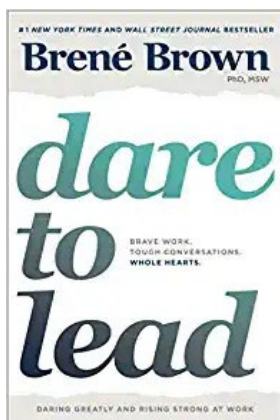
Learning Opportunities

The first "Striving for Success" Learning Opportunities will be on Sunday, September 25th at 7 pm ET / 8 pm AT and will be hosted by Todd Rothstein. He will be speaking on his "First 90 day On-boarding Program." Todd will discuss strategies to encourage guests to become members and to engage members as soon as they join.

Pathways Therapy Sessions

Our first Pathways Therapy will be held on Tuesday, September 27th at 6 pm ET / 7 pm AT. Casey Jenkins, Pathways Therapy Chair will be providing an overview of the program and we'll talk about some best practices for this program.

Book Club Meeting



The Leadership Book Discussion Group will hold their next online meeting on September 25th. **Dare To Lead** by Brené Brown will be our next reading selection.

We encourage all members interested in reading and sharing their thoughts on the book to do so. To be included on

the Zoom invitation for the Sunday, September 25th meeting, please reach out to Tom Goodwin at d45.tom.goodwin@gmail.com.

Your Vote is Needed – District Council Meeting

On Saturday, September 17th, we are hosting our first online District Council (DC) meeting of the year. This is an exciting time for Presidents, Vice Presidents Education, and District Leaders to come together and discuss District business. During this meeting, the leaders will present the proposed budget and we need you there to pass the vote on the budget! In the coming weeks, you will be provided with a package to review and an opportunity to ask questions before the official vote. All members are welcome to attend the meeting.

When the voting process is conducted virtually, no proxies will be permitted. Each District Council member must cast their own vote. District Executive Committee members are entitled to one vote and may cast up to two additional votes as a Club President or Vice President Education. All other members of the District Council shall be limited to a maximum of two votes.

Please watch for more details, including the voting process in the coming weeks! We look forward to seeing you there.



IN THE NEWS

Contests, Contests, Contests

It's that time of year again – to start thinking about contests! This year, our District will be hosting the Humorous, International Speech and Evaluation contests. Will you be a contestant, or will you be assisting as a contest official? Either way, there is a learning opportunity for you!

As we continue to navigate the pandemic, Toastmasters International advised us that we had to decide on the format in which we would host the contests this year. Keeping your health and safety at



the forefront of our decision, along with the resources available, the following format was decided by the District Executive Council:

- Area level – all Area contests will be hosted online
- Division level – all Division contests will be hosted online
- District level – hybrid format as we are planning to host the conference in person this year!

At the club level, it is up to the membership to decide if you host your contest in person, online only or in a hybrid format. When making this decision, be sure to understand the public health guidelines in your community and take the necessary precautions to keep everyone safe.

The Area & Division Directors will be hosting their Humorous speech contest in the Fall, so please check in with the leaders in your area and plan your club contest accordingly. The International Speech and Evaluation contests will be held in the spring. If you have questions about the contests, please reach out to Program Quality Director, Tom Macisso at d45tommacisso@gmail.com

Three is the Magic Number

Great news for all clubs striving for Distinguished. In the past to qualify for Distinguished Club, you had to have either 20 members or a net increase of 5 members. It was announced that effective immediately this has been changed to a **net increase**

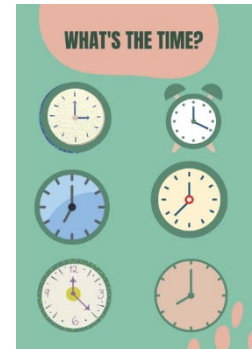


of 3 members. You can achieve this while qualifying for an incentive during the Smedley campaign, Talk

Up Toastmasters and Beat the Clock.

Dues are Payable

It's time to pay up. Dues are payable to TI by September 30. If you haven't already done so, you should remind members that dues are payable. Submit your dues as early as possible. The site tends to get very busy at the end of the month so it's more difficult to submit the dues online. Encourage members to pay yearly. This saves having to collect dues twice and it gives you a better idea of how many more members are needed to achieve distinguished. Those clubs that do collect yearly find it beneficial to the members and to the club.



INCENTIVES AND AWARDS **TIME TO CELEBRATE**

The club level **Track Your Success** initiative is to track member engagement outside of the club along with member recruitment activities for the September 1, 2022 to November 30, 2022 period. The completed form must be submitted by December 10, 2022. The form can be downloaded from our website at <https://d45toastmasters.org/recognition>. It is an Excel spreadsheet which will automatically calculate and total your club's points. You only need to enter the number of members achieving/participating in the stated events. First place will receive a basket of varied goodies worth \$150 US; 2nd place - a basket of varied goodies worth \$100 US; and then 4 club names will be randomly drawn from the remaining entries for a basket of varied goodies worth \$50 US each.

Smedley award – this award is presented to any club that recruits 5 or more new, dual or reinstated members in the August 1st to September 30th period. Membership must be shown to start in August or September to qualify. The club will receive a District certificate and a "Smedley Award" ribbon from Toastmasters International to display on its club banner. In addition to the ribbon, qualifying clubs earn a special discount code for 10-percent off their next club order through Toastmasters International. The addition of transfer and charter members does not count toward "Smedley Award" credit. This award is automatically calculated by Toastmasters International.

To supplement the Smedley award, the District has a membership growth recognition incentive. If a club recruits one (1) or two (2) new members during the Smedley campaigns it will qualify for a draw of three awards of the equivalent of \$50 US. If a club recruits three (3) or four (4) new members during the Smedley Award campaign, it will qualify for a draw of three awards of the equivalent of \$75 US. Clubs that recruit five (5) or more new members during the Smedley Award campaign will qualify for a draw of three awards of the equivalent of \$100 US.

Congratulations to the following District 45 members who earned their club coach credit by coaching their club(s) to achieve a minimum of Distinguished Club status:

Member	Club
Olivette M. Aviso	Brunswick Toastmasters
Manju Basnet	Sussex Toastmasters Club
Jonathan Bohm	Dartmouth TIC Talkers
Angela M. Chute	Dirigo Leaders
Crystal L. Cobb	East Hants Toastmasters
David Cormier	Riverview Canusa
Anne Doucette	Riverview Canusa
Greta Heimgartner	Dirigo Leaders
Madhu Kanji	Sussex Toastmasters
Sherry L. MacDonald	Cape Breton Toastmasters
Erin McMenemy	Cape Breton Toastmasters
Heather Perkins	Dartmouth TIC Talkers
Todd Rothstein	Blueberry Hill Club
Cynthia J. Sarvai	Brunswick Toastmasters
Marion P. Taylor	Riverside Toastmasters
Michael Thompson	East Hants Toastmasters
Shane P. Walsh	Fredericton Toastmasters Riverside Toastmasters



TRAINING AND CELEBRATING IN NASHVILLE



Your District leaders, Crystal, Tom and Paul, had the opportunity to attend the first in person District Leader training in over two years! They headed to Nashville and networked with other District Directors, Program Quality Directors and Club Growth Directors from around the world. They practiced team building with a tower building exercise and shared best practices on common challenges clubs across the world are facing.



It was the first time for the team to attend the Toastmasters International Convention and it did not disappoint! From opening ceremonies to the World Champion of Public Speaking contest, the convention was full of energy! It was hard not to feel the excitement with approximately 700 people in the room.

When Tom was asked to share his thoughts on the trip, he said, “the opportunity to meet fellow Toastmasters from all over the world was an amazing experience! We shared best practices and great insights with each other – we are all storytellers!”

Did you hear?? Next year’s convention is being hosted in Nassau, Bahamas – will you be attending?



At the Hall of Fame ceremonies on August 18 in Nashville, Immediate Past District Director Heather Perkins was presented with two awards representing District success in the past year. The first of these is a new award this year called the **District Club Strength award**. It is presented to Districts with an increase of 10% or more in average club size. Only 21 Districts in the world received this award. District 45 was number 7 with an increase of 13.79%. The second award was the



Pathways Adoption Rate award. This award is presented to the three Districts with the greatest percentage of members enrolled in Pathways. This year District 45 was third with an enrollment rate of 89.36%. These two awards recognize the efforts our clubs made to increase their membership this past year and the engagement of members in the Toastmasters program.



THE POWER OF THE PAUSE

Alan Alda says, “It is the space between the lines that make it a great performance.” A pause isn’t a moment of nothing. Used strategically, it is a tool to help you build an intellectual and emotional connection with your audience. When you pause, you give your audience time to think and catch up with you. A pause allows your listeners to stay engaged and enables them to follow what comes next. If you tend to speak rapidly, it is even more important to allow adequate time for pauses.

If your talk were written out, imagine where you would have:

- a comma
- a period
- an exclamation point
- an ellipsis (...)
- an underlined word
- a new paragraph.

Use this as a guide for pauses.

The late Ron Arden was a legendary speech coach with a theatrical background as an actor and director. He coached many clients on pauses. You may find this helpful explanation interesting:

Ron’s nine types of pauses...and how and when to use them.

Sense Pause

The sense pause is roughly where a comma would be in writing; however, it occurs about twice as often. It is more frequent than the comma because in writing, if your audience cannot understand something, they can reread it. Since this isn’t possible in speaking, you must allow time for your audience to process. This is a way of grouping words into **shorter sentences and phrases** so the audience can keep up with what you are saying. This pause usually lasts from one-half to one second.

Transition Pause

The transition pause is where a period would be in writing. It separates one thought from another. Many speakers are unaware that they are speaking in run-on sentences. Audiences are not able to process rapid speech as well as we might think they can, especially if the content is unusual, emotional, poetic, dramatic, or new. This pause lasts between one to two seconds.

Dramatic Pause

A dramatic pause is used to set up and spotlight what you will say next. For example, “Do you know what happened . . .?” (Pause, pause, pause.) This heightens tension in your narrative and gets the audience involved. You have to highlight a dramatic pause by following it with a statement that rewards your audience for following along with you. A dramatic pause can last anywhere from three to seven seconds.



Reflective Pause

A reflective pause gives your audience time to think. Complex or unusual statements need to be followed by time for reflection. This type of pause says to your audience, “This is important. Take a moment and think about it,” or “I’ve left a space for you to think . . .” A reflective pause can last from three to seven seconds.

Pause for Effect

A pause for effect is shorter, usually just one to two seconds. It creates the feeling that something is going to happen and lets words hang in the air so the audience can play with them in their minds.

The next four are advanced uses of the pause that you can implement to add finesse to your public speaking. These will be presented in the October issue of the newsletter.

(adapted from Patricia Fripp – fripp.com)

AROUND THE DISTRICT

Division A

Concord Toastmasters Being First!

A Glance at the First meeting of the month with Concord Toastmasters

WHAT YOU MISSED AT CONCORD TOASTMASTERS ON JULY 1ST

The Theme: *What is Independence to You?*

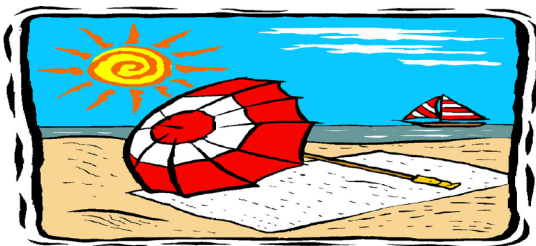


Toastmaster: Dale Randall explored the different interpretations of independence through to the simplest form of independence – even if only in thought.

Best TT’s Ann Walls Q: Have you ever attended a citizenship ceremony – if so, please tell us about it? A: She has attended one in Portsmouth. Her heart filled with love and appreciation. Ann noticed that those seeking a better life possessed a deeper value for freedom and independence. How hard they work to earn their way.

Jokemaster: Jennie Parisi gave us some marvelous one-liners: “libertea”, “Laughfayette”, “Written in Pen(n)”, “Nothing. It just waved”

WHAT YOU MISSED AT CONCORD TOASTMASTERS ON AUGUST 5TH



Theme: Summer Traditions

Invocator: Caryl Lajoie literally set the table with her prized gladioli. She also shared some traditions from each of the New England states. ME – a Lobsterfest where a contest is held to run across lobster traps in the ocean (4501 traps is the current record), VT – cycling in “birthday suits”, MA- The Horrible Parade (protesting things that have offended), RI – the floating bonfires on Providence River. and last but never least, NH – sliding 1750 feet down Attitash Mountain from peak to base on a cement slide.

Toastmaster: Jennie Parisi set a wonderful tone, running a fun and efficient meeting.

Timer: Debby Adair told us of some “times gone by” while timing us in the “here and now”.

Best Speaker 3: Donna Moore – Path: Engaging Humor (L3 – Engage Your Audience With Humor); Title: “Transitions” Considering her upcoming “reirement”, Donna ruminated on “who am I and who do I want to be”, the new a la carte menu of sexuality where she has settled on coming out as a Sapiosexual (look it up). Using her hair color to get brawny men to stow her carryon into the overhead bins for her. Knowing women want to be special and men want to be appreciated, she struggled with a recent birthday gift from Rob – a bidet wrapped with a big red ribbon! *At least it was more personal than a vacuum cleaner...*

In Conway, New Hampshire the Mount Washington Valley club extends a very warm welcome to our new members **Sarah Plowman, Lisa Scott and Evan Clinton!**

And we've been busy working in the Pathways program, too, with five level completions! Members **Liz Prior** and **Andrea Libby** each completed Level 1 in the Dynamic Leadership path. **Lynn Boyle** wrapped up Level 2 in Strategic Relationships with a flourish. **Paul Coddington** was given the "Proficient" designation in the Motivational Strategies path when he completed Level 5. He then began a new path by doing Level 1 in the Team Collaboration path.

All 20 members of Mount Washington Valley are enrolled in the Pathways program. We look forward to reporting many more educational achievements by our members this year while having fun at the same time!



Division C

Antoine LeGresley, Division C Director, is also a pickleball player and really enjoys the game. Did you know pickleball is the fastest growing sport in North America? Pickleball is a combination of tennis, ping pong and badminton. The game is played on a badminton court, with a tennis net, a large ping pong paddle and a plastic ball.

As a former tennis and badminton player Antoine started to play pickleball a few years ago and really liked it. Antoine played in his first pickleball tournament 2 years ago in Saint John NB. The Friday night before that tournament, he agreed to serve as Area 2 Director and received a call from District Director Jonathan Bohm welcoming him as Area Director. Since then, pickleball and Toastmasters are always related for him.

On July 30 & 31, at the same tournament where he started 2 years ago, he won the double men's gold medal with his partner Bruno-Pierre Haché and the bronze medal for the mixed doubles with his partner Louise Robichaud. He was really proud of himself for the improvement to his pickleball game over the last 2 years by playing regularly and competing in many tournaments. He also won medals in other tournaments before but this gold medal was particularly special. It was the first time he won two medals in the same tournament.



Antoine in action during the pickleball tournament in St John NB.

Division G

Before the annual picnic is over, the BrattleMasters members in Brattleboro, Vermont always wonder if a rainbow will appear. It previously displayed its colors in 2015 and 2021. Fortunately, 2022 did not disappoint. Along with family members, Toastmasters joined the combination meeting/picnic, hosted by BrattleMasters in July, from two New Hampshire clubs - Toast of the Valley club in West Lebanon and Keene Toastmasters club in Keene. With lovely views on three sides, the Kiwanis Shelter near the top of Living Memorial Park includes a covered area of picnic tables and a grill. The highlight was when a new member gave his icebreaker speech.



TOASTMASTERS DAY 2022

SAVE THE DATE – OCTOBER 21, 2022

Last year we held our first-ever Toastmaster Day event. We are pleased to announce we will be holding our second Toastmaster Day event - Inspiring and Celebrating Success. We are in the early stages of planning. We can, however, announce our keynote speaker - Past International President Lark Doley.



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 session, we will discuss the who, what, how and why of inspiration. Come join us to explore your inspiration.

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 **September**.

Name	Club	# of Years
Anthony Easton	Sears-Halifax Club	35
Kathryn Hanson	Harbourside Club	30
Gary Belding	Civil Speakers Club, Rise and Shine Advanced Toastmasters	20
Dahlia Das	Rising Tide Toastmasters Club	15
Rhonda Deos	Dynamic Speakers Club	15
Bill Crosby	Kennebec Valley Toastmasters, The Maine Thing Advanced Toastmasters Club	10
Mary Hann	Tri-City Toastmasters	10
Marina Kirsch	Exeter Speak-Ups Club	10
Cheryl Wareham	East Coast Online Advanced Toastmasters	10
Crystal Cobb	East Hants Toastmasters, Spotlight Toastmasters Charlottetown Toastmasters Breakfast Club	5
Anne Doucette	Riverview Canusa Toastmasters, Spotlight Toastmasters, Charlottetown Toastmasters Breakfast Club	5
Sue Flower	Riverview Canusa Toastmasters, Charlottetown Toastmasters Breakfast Club	5
Shirley (Xueling) Li	Charlottetown Toastmasters Breakfast Club	5
Vijaya Natarajan	Concord Toastmasters 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 **September**.

Charlottetown Toastmasters Breakfast Club #5585612 of Charlottetown, PEI chartered 5 years ago on September 5, 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 – July and August 2022

Name	Club	Designation
Donna M. Accettullo	Bangor Toastmasters	PM1
Martha Archibald	Creatively Speaking Toastmasters Halifax	VC1
Betsy Baker	Concord Toastmasters	PM1
Sarah Chaffee	Concord Toastmasters	PM1
Paul Coddington	Mt. Washington Valley Toastmasters	TC1
Bill Crosby	Kennebec Valley Toastmasters	PM1
Ingrid Dinter	Concord Toastmasters	SR1
Heather Drope Marchione,	Creatively Speaking Toastmasters Halifax	EH1
Aaleyah Evans	Wolfville Toastmasters	IP1
Anne Gilson	The Maine Thing Advanced Toastmasters	LD1
Paul Girouard	Fredericton Toastmasters	PM1
Rachele Hachey	The Very Best Toastmasters	PM1
Alison Hogan	The Very Best Toastmasters	IP1
Mark Latus	Creatively Speaking Toastmasters Halifax	EH1
Andrea Libby	Mt. Washington Valley Toastmasters	DL1
Geoff MacDonald	Sackville Club	PM1
Ann Marie Pochtar-Galakis	The Maine Thing Advanced Toastmasters	VC1
Janice Pynn	East Coast Online Advanced Toastmasters	EC1
Oluwatosin Omodayo	Provincially Speaking Toastmasters	LD1
Susan Randall	TD Legendary Leaders Toastmasters	PI1
Rebecca Sayre	White Mountain Toastmasters	VC1
Marion Taylo	Rise and Shine Advanced Toastmasters	MS1
Elise Thorsen	Savvy Speakers	SR1
Dawna-Jean Turchon	Brunswick Toastmasters	DL1
Dawna-Jean Turchon	The Maine Thing Advanced Toastmasters	PI1
Mark Zengulis	Tri-City Toastmasters	PM1

Member Awards

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

- Anonymous

Member Awards

Level 2 – July and August 2022

Name	Club	Designation
James Baines	Bangor Toastmasters	DL2
Paula Baines	Bangor Toastmasters	DL2
Betsy Baker	Concord Toastmasters	PM2
Betsy Black	Concord Toastmasters	MS2
Jonathan Bohm	East Hants Toastmasters	VC2
Lynn Boyle	Mt. Washington Valley Toastmasters	SR2
Sarah Chaffee	Concord Toastmasters	PM2
Crystal Cobb	Charlottetown Toastmasters Breakfast Club	VC2
Ivona Cookson	The Impediments	MS2
Baxter Crocker	Spirit-Ed Toastmasters	EH2
Heather Drope Marchione	Creatively Speaking Toastmasters Halifax	MS2
Aaleyah Evans	Wolfville Toastmasters	IP2
Rachele Hachey	The Very Best Toastmasters	PM2
Alison Hogan	The Very Best Toastmasters	IP2
Mark Latus	Creatively Speaking Toastmasters Halifax	EH2
Kaitlyn Layden	Saint John Club	EC2
Maureen McIntosh	Speech Afire Advanced Toastmasters	TC2
David Mills	Capital Toastmasters	PM2
Marcia Rogowsky	Penmen Toastmasters	MS2
Catherine Ryan	Concord Toastmasters	PM2
Patricia Saucier	Dirigo Leaders	PM2
Luke Stennick	Fredericton Toastmasters	EC2
Anne Sweeney	Yarmouth Toastmasters	IP2
Marion Taylor	The Maine Thing Advanced Toastmasters	MS2
Jennifer Tracy	Penmen Toastmasters	PM2
Tanya Tripathi	Charlottetown Toastmasters Breakfast Club	VC@
Dawna-Jean Turchon	Kennebec Valley Toastmasters	LD2
David Williams	Sackville Club	LD2
Helena Yang	Riverside Toastmasters	PM2
Mark Zengulis	Tri-City Toastmasters	PM2



Level 3 – July and August 2022

Name	Club	Designation
Michael Aron	Keene Toastmasters	PM3
Jonathan Bohm	East Hants Toastmasters	VC3
Jennifer Bonnevie	Cole Harbour Toastmasters	IP3
Ronald Cartwright	Fidelity Orators	LD3
Sarah Chaffee	Concord Toastmasters	PM3
Crystal Cobb	Charlottetown Toastmasters Breakfast Club	VC3
Cheryl Donnell	Souhegan Speakers and Leadership Club	IP3
Heather Drope Marchione	Creatively Speaking Toastmasters Halifax	MS3
Aaleyah Evans	Wolfville Toastmasters	IP3
Thomas Goodwin	Amoskeag Better Communicators	EH3
Tina Goulet	Pleasant Street Toastmasters	PM3
Sjanna James	Yarmouth Toastmasters	PM3
Kaitlyn Layden	Saint John Club	EC3
Stephane Parent	Charlottetown Toastmasters Breakfast Club	TC3
William Powers	White Mountain Toastmasters	VC3
Dawna-Jean Turchon	Dirigo Leaders	LD3
Mark Zemgulis	Tri-City Toastmasters	PM3

Level 4 – July and August 2022

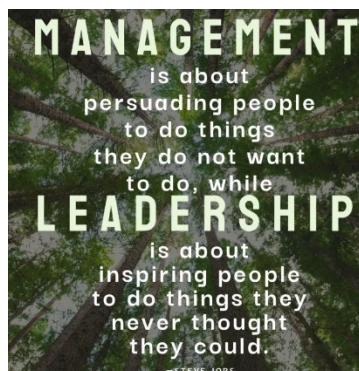
Name	Club	Designation
Wendell Barney	Dynamic Speakers Club	PM4
Jonathan Bohm	East Hants Toastmasters	VC4
Ronald Cartwright	Fidelity Orators	LD4
Heather Drope Marchione	Creatively Speaking Toastmasters Halifax	MS4
Aaleyah Evans	Wolfville Toastmasters	IP4
Margrethe Heimgartner	Kennebec Valley Toastmasters	EH4
Heather Perkins	Toast of the Coast Advanced	LD4
Shannon Plesh	Fidelity Orators	IP4
Anne Sweeney	Yarmouth Toastmasters	SR4
Marion Taylor	River Valley Toastmasters	PI4
David Williams	Sackville Club	PI4
Mark Zemgulis	Tri-City Toastmasters	PM4

Level 5 – July and August 2022

Name	Club	Designation
Jonathan Bohm	East Hants Toastmasters	VC5
Paul Coddington	Amoskeag Better Communicators	EH5
Paul Coddington	Mt. Washington Valley Toastmasters	MS5
Aaron Drammeh	Millyard Toastmasters	PM5
Heather Drope Marchione	Creatively Speaking Toastmasters Halifax	VC5
James Kokocki	Rising Tide Toastmasters	EC5
Janet Leary-Prowse	Pine Tree Toastmasters	LD5
Thom Lessard	2211 Toastmasters	IP5
Veerendra Nagalla	Civil Speakers Club	PI5
Ann Marie Pochtar-Galakis	The Maine Thing Advanced Toastmasters	TC5
Marcia Rogowsky	Penmen Toastmasters	VC5
Marion Taylor	River Valley Toastmasters	PI5
Dawna-Jean Turchon	Kennebec Valley Toastmasters	TC5
Mark Zemgulis	Tri-City Toastmasters	PM5

Trailblazer Award – July and August 2022

Name	Club
Jonathan Bohm	East Hants Toastmasters
Heather Drope Marchione	Creatively Speaking Toastmasters Halifax
Aaleyah Evans	Wolfville Toastmasters
Marion Taylor	Rise and Shine Advanced Toastmasters
Dawna-Jean Turchon	Kennebec Valley Toastmasters
Mark Zemgulis	Tri-City Toastmasters



New Distinguished Toastmasters



The Distinguished Toastmaster award is the highest our organization. The DTM recognizes the commitment of members to personal success and to helping the District achieve success. Members who succeed in achieving a DTM give numerous speeches, serve as a club officer and as a District officer, help to start or rescue a club, and complete a major project among other tasks. We are pleased to recognize the following members who received their DTM in July or August and who provided us with information to include in the newsletter.



**Cindy Sarvai,
DTM**

I joined in June 2017. I was drafted by Kelley Demers to come and try out a meeting. This was after I had started my Health Coaching Business True To You - April 17, 2017, where Kelley thought Toastmaster was just what I needed and she was right! The best decision I made was to join Toastmasters! Currently I belong to Millyard Toastmasters and Brunswick Toastmasters clubs. This is not to say that an advanced club is not in my future!

I was Area Director for 2 years - 2020 - 2021 and 2021 to 2022 for Area 20. I would never recommend holding a district position for any less time! By the time you learn the ropes - your year is up. The 2nd year really gives you a chance to excel at everything you have learned and become a better leader!

For my DTM project, I created the Milling Around Toastmasters Newsletter - with educational pieces for our club and information from the District, top-down level to club level, as well as officer roles and responsibilities. It really was an informational as well as an educational newsletter to our group!

One thing I have learned on my journey to DTM – it takes a village! This is nothing that you can accomplish on your own! I had people supporting me and helping me along this journey. People that I couldn't have done this without! From being a sounding board, to filling in where needed for projects such as my Speechcraft project, to giving me a pep talk when things looked bleak – these people were that solid ground I needed to help me complete all the tasks at hand.

Going for my DTM wasn't just something to accomplish, it was a journey! One that I didn't take lightly either! It made me a better person - it helped guide me into leadership to the point I'd never thought possible! It honestly increased my confidence that I knew I had but never really acknowledged or tapped into! It has molded me into a stronger leader, one that is more self-aware and confident than I thought possible!

New Distinguished Toastmasters cont'd



**Dawna-Jean Turchon,
DTM**

WOW! DTM #3 and second Pathways DTM. Who would have thought? When I joined Toastmasters in 2015, DTM wasn't on my radar. I joined Dirigo Leaders in April 2015. In August 2015 I became a member of Kennebec Valley Toastmasters. Since then, I have joined a few other clubs: The Maine Thing Advanced Toastmasters, Connected Leaders Online (A Bank of America online club), Brunswick Toastmasters and Pine Tree Toastmasters.

Last year (2021-2022) was my second time as Area 14 Director. Thanks to Zoom, I was able to attend almost every meeting from all four clubs. Relationships were built, members did a lot of hard work and because of it, Area 14 was Select Distinguished Area. A huge thank you and shout out to Area 14 members! You all rock!

In July of 2021, Dirigo Leaders – my home club in Area 5 - had 8 members. It was run like a community club. There's nothing wrong with that, but they are not a community club; they are a corporate club. Members wanted to become President's Distinguished again. My DTM project was to facilitate the rebranding of that club, work with club coaches, and be President's Distinguished by June 2022. First, we attended a TLI put on by D44 geared exclusively to officers of corporate clubs - any corporate club. Second, we read Pat Johnson's book on corporate clubs. Third, we rebranded Dirigo Toastmasters to Dirigo Leaders, changed jargon, had corporate related themes, streamlined meetings, worked with club coaches - who never missed a meeting, and thanks to the hard work of the *members* Dirigo Leaders was President's Distinguished before June 30th. The rebranding built a lot of excitement resulting in 21 members by the end of the year. It was a fun project with top notch people to work with.

I believe the reason I have three DTMs is because my goal is to continue helping members achieve their goals. To paraphrase Zig Ziglar, 'if you help enough people achieve their goals, you will achieve yours'. Keep helping people, don't just check a box. You'll achieve your goals, whatever they may be.



**Manju Basnet,
DTM**

I joined in 2018 but did not get that much support from the club; my real toastmaster's journey started in May 2020 from Beyond Toastmaster which is the club I now belong to. For my District service, I took the Area Director role for Area 19. I moved to Ontario while serving as Area Director but was able to not only complete my term as Area Director but serve successfully as a club coach for Sussex Toastmasters. I completed my DTM project by organizing the Speech contest for Area 19, Division C.

My journey to my DTM was an incredible journey. When I stepped outside of my comfort zone, I was a little nervous, but I know that's how we grow. I am grateful to complete my DTM. It boosts my confidence and develops my leadership skills.

I am truly grateful to all District 45 leaders, Jim Kockocki, Paula Tozer, Jeremy DeMerchant, Jeffrey Doucet, Marion Taylor, Shahram Ghanbari, and the Toastmasters' members as well as my husband, and daughter who supported me in my toastmaster's journey to get my DTM.

Toastmasters is an excellent platform if you want to develop your communication and leadership skills with the minimum investment. Many people have the misconception that Toastmasters is for speaking gigs. It's for everyone who wants to learn and grow in their personal and professional growth. The sky is the limit in Toastmasters, and I would like to explore more in Toastmasters.

New Distinguished Toastmasters cont'd



**Angela Chute,
DTM**

A friend asked me to visit her Toastmasters meeting, I said YES. I joined TM in October of 2016 to become a better presenter. I never intended to become a DTM. I just kept saying YES when people asked me to help. When TI announced the close date to submit for the Legacy educational awards. I easily qualified for my first DTM.

I currently belong to 3 Clubs: Kennebec Valley TM: President; The Maine Thing Advanced TM: Sec/ Treasurer; and Talk of Monmouth Advanced Toastmasters D83: VP Membership. Being a member of more than one club has 2 major benefits: more friends, to learn and network; and more practice, faster, value packed PW projects

District Service serves as a ready-made template of opportunity for personal and leadership development. I said YES when asked to serve D45 as Area 14 Director and Division B Director. My District Service last year was helping Dirigo Leaders, as their Club Coach, increase their membership to 21.

This third DTM project, again, I said YES, when asked to serve D45 for a year on the Club Growth Director Team as Club Coach Chair. I researched, organized and presented monthly #TeamDistinguished MasterClasses presenting skill development and resources to the Club Coaches. As well as MasterMinds solving real problems in real time specifically for Club Coaches.

I encourage YOU to say YES, next time someone taps you on the shoulder and asks you to serve. Amazing things happen!



District Calendar

September 2022 Events

- 9 Deadline for proposals for Fall Extravaganza
- 13 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 17 District Council meeting online 8 am ET/9am AT
- 25 Striving for Success Webinar 7 pm ET/8 pm AT
- 27 Pathways Therapy 6 pm ET/7 pm AT
- 27 President Peer Call 7 pm ET/8 pm AT
- 28 SAA Peer Call 7 pm ET/8 pm AT

October 2022 Events

- 11 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 21 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

November 2022 Events

- 8 President Peer Call
- 11 VPE Peer Call 6:30 pm ET/7:30 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
- 27 Striving for Success Webinar 7 pm ET/8 pm AT

December 2022 Events

- 11 District social

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

Submit Now!!

The focus on the October newsletter will be membership growth. This covers both membership recruitment and membership retention. Send your newsletter submissions on membership growth or for Around the District to d45.newsletter@gmail.com. Your submissions must be received by September 15, 2022.

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