

District 45 Toastmasters Newsletter

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MAKING YOUR FACEBOOK PAGE SUCCESSFUL

D45 PUBLIC RELATIONS MANAGER LESLEY CARTER



Social media is the go-to place for clubs to show potential members your club's personality and keep current members informed of upcoming and past. With so many social media

channels out there however, the thought can be challenging and overwhelming.

Every club should at least have a Facebook page. Facebook is the most used social media platform in the world. It is easy to use and allows you to share photos from club meetings, tag your club members and get the word out about the amazing things that are happening in your Toastmasters club. It allows us to become more than a faceless club and gives us the opportunity to interact with real people which is something a website doesn't.

Did you know that Facebook pages come up when you use search engines? This is HUGE – because what is the number one way that people find things on the internet – GOOGLE! So if you have a successful Facebook page – people will find you!

Today I am going to share 5 tips to make your club's Facebook page a success.

Tip # 1 - Share content from other pages such as Toastmaster International or the District 45 Facebook page. The reason for this is that it immediately fills holes in your social media post schedule but it also makes your page a source of information that your followers will begin to rely on.

Tip # 2 - Promote club meetings and events on FB and tag members. By using the event creator app in Facebook your event instantly

gets shared with your friends and reminders will be posted as the event gets closer. Also post pictures from your club meetings (pictures of meeting award winners or even celebrate when a member hits a milestone such as a pathways level). By tagging your members they in turn share to their personal account which makes a lot more people able to see the post and hear about your club.

Tip # 3 - Regularly make posts to keep club members engaged and to attract new members. Make a public relations plan and use a social media scheduler tool. For instance, your public relations plan could be as simple as on Monday - share a post from TI, on Tuesday - share a picture from weekly meeting, on Wednesday - share inspirational message, etc. By using a social media scheduler tool (example Buffer) the process of posting becomes automatic.

Tip # 4 - Post videos. People LOVE to watch short videos. A 10 second video will get more likes and shares and comments than any of your other posts. What can you post? Consider posting snippets of members speeches or the jokemaster. Have you heard of the 77-day video challenge? Encourage your members to join the challenge and post to your Facebook page. You can find out more about the challenge on our District 45 website.

Tip # 5 - Answer questions and respond to comments. The more interactions you have with your posts the better. This helps your Facebook algorithm and Facebook will then be more likely to share your posts with others.

By using these 5 tips your Facebook page will grow - you will connect with your current members and attract potential members.



CONFERENCES AS A DEVELOPMENT TOOL

By now, you've probably heard about the upcoming conference. Why should you attend? Why should you encourage others to attend?

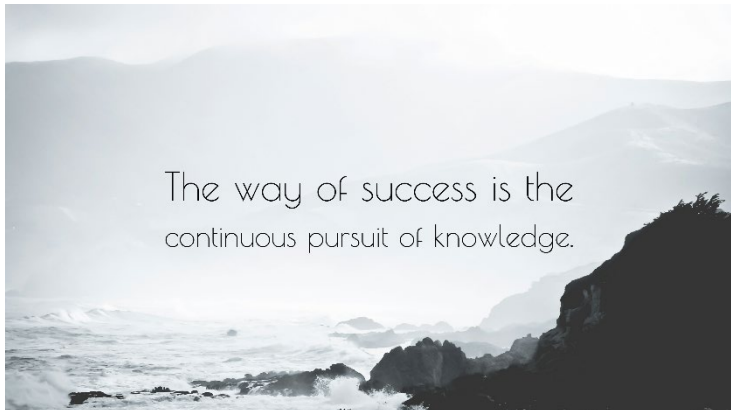
Conferences are excellent personal and professional development opportunities. Educational workshops on communication and leadership skills benefit you and your club. You also learn from the contestants in the speech contests.

There is opportunity for networking with other Toastmasters. This networking can take place at meal events, at educational sessions, at breaks and at the hospitality suite. Connecting with Toastmasters from other clubs gives you suggestions for your club meetings and ideas for speech topics. It's also a great way to meet new friends.

District conferences are great value for your money. Many professional development conferences, that sometimes only provide educational sessions, charge four to five times what you would pay for registration for your District conference.

Consider asking your employer for funds to attend the conference. Many employers will pay for training opportunities, such as conferences, that help you achieve your learning goals. If you're self-employed, you may be able to claim the conference expenses on your income tax return. All these approaches can help reduce the net cost of attending.

Conferences can help you maintain your enthusiasm for Toastmasters and result in many lasting friendships. Conferences will help you understand more about the organization and the opportunities that are available to all members for self-development. Every conference renews enthusiasm for Toastmasters and encourages you to continue your own development. Take charge of your personal and professional development by taking advantage of the opportunities available through attending conferences and continue to *Inspire and Celebrate*.



ACHIEVING CLUB SUCCESS

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have.

What could you have done that nobody did to help your club be successful?

CELEBRATE IN CHARLOTTETOWN – REGISTRATION IS OPEN

Registration for in-person attendance is now open for the District 45 Conference on May 26-28, 2023! This year's conference theme is *Inspire and Celebrate* and we look forward to inspiring and celebrating with you in Charlottetown, Prince Edward Island, Canada. Further details on the conference will be available in the coming weeks. The conference allows you to attend fantastic educational sessions, see first-hand incredible Speech Contests and allows you to finally meet and/or connect with fellow Toastmasters throughout the District. You will also be able to attend the District Council Meeting in person and vote (if eligible) for our 2023-2024 Leadership.



Your seat is waiting!!

Come join us and experience the Prince Edward Island hospitality and much, much more.

Register early and save!! To register, go to <https://d45toastmasters.org/annual-conference-registration-payment>.

Early Bird Pricing, in effect until March 15th, is **\$195 CDN!** — *Be sure you register early to save!* The price will increase to **\$225 CDN** March 16th.

Once you have registered, you will receive an email confirmation. Be sure to add the conference to your calendar so that you don't make other plans that same weekend! We look forward to seeing you!

CONFERENCE INCENTIVE



For the last three conferences, we have not been able to present the highly coveted Malagash Trophy. We're happy to once again be able to present this award. The Malagash Trophy goes to the club with the greatest "kilotoasts". What a kilotoast? It's the number of miles/kilometres each club member travels to the conference. For example, a member travelling from Concord, NH to the conference would travel approximately 600 miles or 960 kilometres. If there is only the one member from that club, the club's kilotoasts would be 960. A member from a club travelling from Halifax, NS to the conference would travel about 200 miles or 320 kilometres. If 4 members from the club attended the conference, the club would have 1,240 kilotoasts. A club which is closer could have more kilotoasts by having more members attend the conference. This award is presented on Sunday morning. Which club will it be?

YOODLI

Two out of three people are **umm** afraid of public speaking. Yoodli **really** helps you **like** improve your confidence without the pressure of an **uh** audience.

Do you want additional feedback on your speeches? Do you want to practice impromptu speaking. Yoodli can help. Yoodli is an artificial intelligence

app that allows you to practice your speeches and your impromptu speaking. It's a free app that you can access through Toastmasters. You can record directly on the app or you can upload a speech you previously recorded. Yoodli will give you a report on your use of filler words, eye contact, smiling, pauses, rate of delivery and much more. You can have others provide you with feedback and you can do a self-evaluation. Your videos are stored in your library until you delete them.

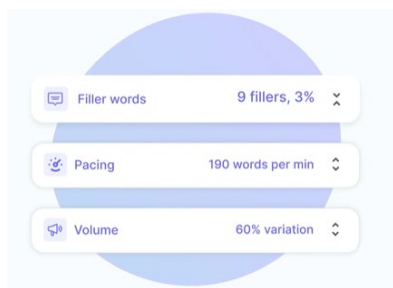
There are three games you can play to help you with your impromptu speaking. One game is called No Filler. You get a question and can speak for one minute. The app will then tell you how many filler words you used in that minute. Remember, the first step to eliminating filler words is to be aware of using them.

Another game is called Spin a Yarn. You get a question to speak on for one minute. Ever few seconds, a word will appear that

you are to incorporate into your talk while maintaining your train of thought. The frequency with

which the random words appear depends on the difficulty level you choose. The third game is Metaphor Mania. In this game, you are given the start of a metaphor. You have 6 seconds to complete the sentence. For example, a sentence could be "Playing a violin is like eating shellfish because...." Every six seconds a new metaphor beginning will appear. You get 5 metaphor beginnings in a 30 second game.

Give Yoodli a try. You may be inspired by how much fun it is!



POSSIBILITIES WITH PATHWAYS FOR MARCH



Are you a new Toastmaster who has completed your Ice Breaker and now you're not sure what to speak about? Maybe you're wondering what you will learn from each of the projects. The March *Possibilities with Pathways* session is for you? John Blumsum will discuss his thoughts and ideas about Level 1 topics, providing his suggestions on why those projects are covered in the beginning and how they help build a foundation.

Perhaps you have completed your Level 1 and you wonder how to approach the Level 2 topics. Casey Jenkins will cover speech topics and ideas and assessments of the projects in Level 2. If you are, or are about to become, a mentor for someone in your club, you should make use of the Pathways Mentoring Program to assist you. The March *Possibilities with Pathways* session will also feature Michael Lawlor discussing this program. He will be concentrating on the mentors he has had in Toastmasters.

This session on **March 13** will be of value to relatively new Toastmasters who are working on Levels 1 and 2, more experienced Toastmasters who are starting a new Path and any member who is, or will be serving, as a mentor to a new member. .

PARLIAMENTARY MINUTE

In previous Parliamentary Minutes we have looked at how to handle a main motion and amendments. In this issue, we will look at some other common motions.

Question of Privilege – Used for questions or issues which relate to the rights or privileges of any member. For issues affecting the entire group, the person raising the issue would say, “I rise to a question of privilege related to the assembly.” These could be issues or questions related to items like heating, lighting, ventilation, disturbance or noise, punishing disorderly conduct, accuracy of reports, etc. For personal issues you would state, “I rise to a question of personal privilege.” The Chair should do their best to remove any obstacles to a proper meeting and/or environment.

Point of Order – This is used to correct a parliamentary error occurring in the meeting to bring the group back to the proper order of procedure. To raise a Point of Order say, “Mr/Ms Chairperson, I rise to a point of order,” without waiting for recognition. After being recognized, state the error in parliamentary procedure. The Chair will rule on the point if (s)he knows the answer, check with the parliamentarian, ask for advice from other knowledgeable members, or a decision by the body.

The Chair will state, “Your point is well taken,” or “Your point is not well taken,” with an explanation of the reasoning for the decision.

Appeal From the Decision of the Chair – If you do not feel the Chair made a proper or legal decision, you may appeal their decision. Your appeal should be based on the occurrence of improper procedure, not

disagreement on issues. This motion must be made at the time of the decision. Say, “Mr/Ms Chairperson, I appeal the decision of the Chair,” without being recognized. The Chair must then put their decision to a vote of the body.

Parliamentary Inquiry - This motion is used to clear up a parliamentary question that needs to be answered immediately or may affect the outcome of the meeting. Start by saying, “Mr/Ms Chairperson, I rise to a parliamentary inquiry,” without recognition. The Chair should provide an answer immediately if necessary or may wait for the speaker to finish if possible. The Chair may need to check with the parliamentarian, other members, or the body to determine the proper parliamentary procedure.

To Lay on the Table – The object of this motion is to clear the floor for more urgent business and has the effect of delaying action on the issue to which it is applied. It should not be used to kill action on an item. The item of business should be taken up again as soon as is practical and is brought back to the floor by the motion: *To Take From the Table*.

To Postpone to a Certain Time - Unlike To Lay on the Table, this motion sets a specific time when the item of business is returned to the floor for action. This motion is not in order when the time set could not be realistically used to bring the item back on the floor, such as when the assembly will not be in session or when the time set is after the action must occur.

To Postpone Indefinitely – The purpose of this motion is to prevent a vote on the question and to actually suppress or kill the item.



EDUCATIONAL MODULES AND CLUB SUCCESS

There are many ways to ensure that clubs achieve success. Clubs that have well-organized, quality meetings are generally successful. This means their members set goals for themselves and they give manual speeches. The club focuses on both member retention as well as membership growth. Roles are generally scheduled in advance and the club uses the additional educational material that is available to them from Toastmasters International.

The additional educational material available to clubs is often a very under-utilized resource. Clubs should be scheduling formal educational presentations on a regular basis with a minimum of two of these presentations each club year. Conducting these presentations provides ongoing learning for members focused on specific aspects of member and club success. It gives members practice in using PowerPoint slides and practice in giving “workshop” type presentations. You can have a member give present a module with little notice in the event that you have a speaker cancel.

What are these educational resources and how can they help your club? The main educational resources are:

- **Better Speaker Series** – this is a series of 10 minute modules that give practice tips that can be of benefit to all members. Some of the 11 modules are Beginning Your Speech, Selecting Your Topic, Creating an Introduction and Using Body Language.
- **Successful Club Series** – this series of 11 modules addresses the subject of quality club meetings and offers tips on attracting and maintaining members. Included among the modules are Creating the Best Club Climate, Finding New Members for Your Club, Mentoring and How to Be a Distinguished Club.
- **Leadership Excellence Series** – these modules help members learn the skills they need to be successful leaders inside and outside Toastmasters. There are 11 modules including Developing a Mission, Goal Sett and Planning, Building a Team, and Resolving Conflict.

Plan for regular educational presentations. They are informative for members and the presentations provide yet another learning experience for those members who present the modules. Use these resources to help your club and members achieve success.



Life begins at the end
of your comfort zone.

Neale Donald Walsch

quote fancy

INCENTIVES

Track Your Success Member Incentive – How many points have you accumulated so far? 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 started January 1, 2023 and runs 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>.



or



The **Talk Up Toastmasters** membership campaign continues, running 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. There will be a draw from all qualifying clubs at each level. Let's have 100% of our clubs qualify for one of the draws.

Membership Growth Incentive

Entry into up to 3 draws
(3 winners per draw)

To qualify, clubs must, during any of the Toastmasters International membership campaigns :

- Gain 1 or 2 new members (\$50 US gift certificate - 3 winners)
- Gain 3 or 4 new members (\$75 US gift certificate - 3 winners)
- Gain 5 or more new members (\$100 US gift certificate - 3 winners)

AWARDS

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

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

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

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

AROUND THE DISTRICT

Division A

Mt Washington Valley Toastmasters had a lot of fun this month! While Mount Washington was blowing past previous records (-108 wind chill, yikes!), we were making strides of our own. Sarah Plowman, VPPR, was featured on MAGIC 104 to advertise our Toastmasters Open House! We held it at a local brewery and utilized a community partnership with the local technical and career center’s culinary program. The food was fantastic and provided a great experience to the future chefs who are enrolled in the program. We also hosted a round of friendship themed Table Topics, where some of our guests joined in! They shared funny memories of childhood hijinks, vacations, and slumber parties. We also hosted our Groundhog Day meeting, where the word of the day was “Redux”. It was one of our most contagious words, as we all started using it daily after the meeting. Wishing you all warmth in hearth and home during these six more weeks of winter!

Concord Toastmasters welcomed its most recent new member on February 3rd! **Chase Pennoyer** is originally from Greenfield, New Hampshire. After graduating from CU Boulder in 2016, he moved back to New Hampshire and started working for Resilient Buildings Group (RBG), an energy efficiency consulting firm. His focus is working closely with electric and natural gas utilities throughout the state helping identify and manage energy efficiency projects. During his time with RBG, the company has grown from 4 employees to now 17 and counting.

Toastmasters was first mentioned to Chase during a conversation with a colleague about an upcoming presentation. His colleague explained that there are tools he can utilize to improve public speaking. Chase’s decision to join Toast Masters was fueled by the excitement to become more comfortable and confident speaking both on and off-script.

When Chase is not at Toastmasters, he can be found skiing, mountain biking, or walking his dog around Concord with his fiancé Kelly.

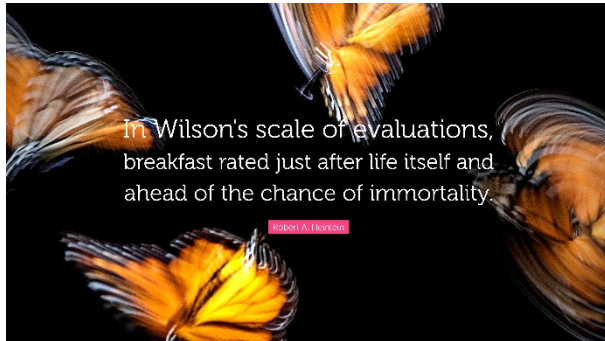
Pictured, **Dale Randall, DTM** & club president welcoming **Chase Pennoyer** as the newest member.



Round Robin Achievements are when a member has successfully completed all roles on the agenda during one year. **Sarah Chaffe** and **Catherine Ryan** have completed that accomplishment for the 2022-2023 year.

AROUND THE DISTRICT CONT'D

Division D



We're not sure where evaluation of speeches rates on Wilson's scale but we know that **Toast of the Coast #4592** offers thoughtful, diverse, and useful evaluations. It's an opportunity to receive up to 20 minutes of evaluation on your speech from all members in attendance. As a speaker, you can respond to the comments. This process helps you take your speaking to the next level. It also improves your evaluative thinking by hearing the variety of comments.

Tic Talkers #9307, a noontime club that meets every Wednesday, recently held an Open House. We had 5 guests and are hopeful that several will join. In the past year, the club added an education minute to the agenda. We are in the process of creating a library of those tips on our website.



Does your club have a Word of the Day? **Schooner #3978** does. If Michael Thompson DTM is in attendance, he is generally the winner of the Silver Tongued Devil Award. Our last four words were euphoria, moonstruck, elicit and recondite. Anyone want to have a Word of the Day contest?

Division G

Toast of the Valley Toastmasters celebrated its 29th anniversary on January 10th, 2023. Two former presidents and 2 founding members attended along with current members.



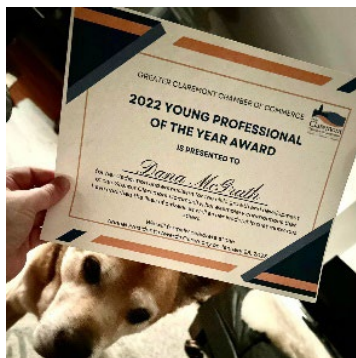
A MEMBER'S STORY



Dana McGrath is a member of Penmen Toastmasters since April 2022. She moved to Claremont, NH in February 2021 and decided to get involved in the community. She started an online Facebook group called “[Claremont Cooks](#)” to bring together food lovers in the area during the pandemic in a virtual environment, to encourage people to share recipes and food photos and it was a catalyst for a lot of foodie-related things in the community to bring people together!

She started a little local access cooking show called “[Community of Fare](#)” on Claremont Community Television (CCTV) to highlight local home cooks. She helped coordinate and served as MC for a local salsa competition and pizza party at a local organic farm for The Claremont Growers Collective awareness event titled “Tomato Jam” – [Eagle Times article](#). She drafted a weekly recipe amalgamation for local, organic Winter Street Farm for 20+ weeks to highlight ways to use featured crops for the week: [Recap of 2022 Season](#). Dana competed in a [Grilling for Good competition for the Claremont Opera House](#) and helped cause a bit of buzz by taunting her competitors with a [promo video](#) – fundraiser for the Opera House and the Claremont Soup Kitchen (spoiler! she **didn't** win! LOL). Dana actively volunteers as a committee member of the Claremont, NH Parks & Recreation Commission, Vice Chair for Claremont Community Television (CCTV), Secretary for the Claremont NH Historical Society, Board Member for the Claremont Opera House, and Board Member for The Greater Claremont Chamber of Commerce

Given all this, it's little wonder that Dana is being recognized as 2022 Young Professional of the Year by the Greater Claremont Chamber of Commerce (New Hampshire). This is a prestigious award for her volunteerism and dedication to making the Claremont community a better place. The Greater Claremont Chamber of Commerce President's Awards selection committee selects citizens for their “dedication and enthusiasm for the civic growth and development of the Greater Claremont Community, exemplary contributions that have enriched the lives of citizens as well as leadership that motivates others.”



Dana practiced her award acceptance speech at Penmen Toastmasters club as if speaking at the Greater Claremont Chamber of Commerce Annual President's Awards Ceremony at the Claremont Opera House. She'll be officially recognized and give her speech on 3/11/23 at the Claremont Opera House. You can find out more about this event at <https://www.greaterclaremontnh.org/Presidents-Awards> OR <https://www.facebook.com/events/689858702634612>

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 **March**.

Name	Club	# of Years
Amanda Wade	Mid Day Toastmasters	5
Susan Rogers	Green Mountain Toastmasters	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 **March**.

Saint John Club #1479 of Saint John, New Brunswick chartered 69 years ago on March 1, 1954.

Keene Toastmasters #1562 of Keene, New Hampshire chartered 40 years ago on March 1, 1983.

Civil Speakers Club #6423 of Fredericton, New Brunswick chartered 20 years on March 5, 2003.

Successful Toastmasters have these qualities

- They treat people with equal respect.
- They admit their mistakes.
- They don't live to impress.
- They dare to express their thoughts.
- They are not quick to judge others.
- They understand failure.
- They have a strong sense of self.



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 – February 2023

Name	Club	Designation
Samuel Boduch	Portsmouth Toastmasters	IP1
Angela M. Chute	Kennebec Valley Toastmasters	MS1
Carol D. Coolidge	Champ Masters	MS1
Erin B. Cracolici	The Impediments	PM1
Carolyn Handy	BrattleMasters	EH1
Janet Heikkila	Millyard Toastmasters	PM1
Matthew Horsman	True Blue Toastmasters	PM1
Cynthia Morse	Live, Speak Or Die Toastmasters	PM1
Patrick Murphy	Tri-City Toastmasters	PM1
Carol Niles	East Coast Online Advanced Toastmasters	VC1
David C. Phillips	Pine Tree Toastmasters Club	MS1
Lindsay Tremblay	Charlottetown Toastmasters Breakfast Club	MS1
David S. Tucker	Maine Fab Toastmasters	VC1
Wayne Turner	Bedford Basin Toastmasters	PM1
Lorie Wilson	Winning Speakers Club	EH1

Level 2 – February 2023

Name	Club	Designation
Lara T. Bailey	Brunswick Toastmasters	IP2
Karen Caldwell	Sears-Halifax Club	EC2
Isabelle Campbell	Saint John Club	PI2
Erin B. Cracolici	The Impediments	PM2
Erin B. Cracolici	The Impediments	TC2
Deborah Kumpf	Mt. Washington Valley Toastmasters	PM2
Janet Leary-Prowse	Pine Tree Toastmasters Club	MS2
Laura McLaughlin Weik	MDI Toastmasters	PM2
Veerendra Nagalla	Civil Speakers Club	DL2
Paula D. Tozer	Riverside Toastmasters	PI2
Dawna-Jean Turchon	Kennebec Valley Toastmasters	DL2
Lorie Wilson	Winning Speakers Club	EH2

Mentoring Path – February 2023

Name	Club
Carolyn Handy	Brattlemasters

Level 3 – February 2023

Name	Club	Designation
Erin B. Cracolici	The Impediments	PM3
Erin B. Cracolici	The Impediments	TC3
Deborah Kumpf	Mt. Washington Valley Toastmasters	PM3
Gregory Lavoie	Exeter Speak-Ups Club	DL3
Nancy Munroe	Blueberry Hill Club	PM3
Diane Tremblay	Dartmouth TIC Talkers Toastmasters Club	VC3
Dawna-Jean Turchon	Kennebec Valley Toastmasters	DL3

Level 4 – February 2023

Name	Club	Designation
Kelley Demers	Millyard Toastmasters	LD4
Deborah Kumpf	Mt. Washington Valley Toastmasters	EH4
Dawna-Jean Turchon	Kennebec Valley Toastmasters	PI4
Dawna-Jean Turchon	Kennebec Valley Toastmasters	DL4

Level 5 – February 2023

Name	Club	Designation
Wendell Barney	Dynamic Speakers Club	PM5
Kelley Demers	Millyard Toastmasters	LD5
Carolyn Handy	BrattleMasters	MS5
Marina Kirsch	Exeter Speak-Ups Club	PM5
Deborah I. Mitton	Premiere Toastmasters Club	IP5
Dawna-Jean Turchon	Dirigo Leaders	PI5
Dawna-Jean Turchon	Kennebec Valley Toastmasters	DL5

Trailblazer Award – February 2023

Name	Club
Erin B. Cracolici	The Impediments

District Calendar

March 2023 Events

- 4 Contests – Areas 2, 6, 15, 17, 24
- 13 Possibilities with Pathways 6 pm ET/7 pm AT
- 14 VPM Peer Call 6:30 pm ET/7:30 pm AT
- 15 Newsletter submissions due
- 16 Contests – Areas 12, 16 (Evaluation)
- 18 Contests – Areas 4, 8, 13
- 21 VPPR Peer Call 6:00 pm ET/7 pm AT
- 23 SAA Peer Call 7 pm ET/8 pm AT
- 24 Areas 1, 18 Speech Contests 6 pm ET/7pm AT
- 25 Areas 5, 14, 19, 20 Contests
- 28 President Peer Call 7 pm ET/8 pm AT
- 30 Contests – Areas 12, 16 (International)

April 2023 Events

- 1 Contests – Area 7, 9 am ET/10 am AT
- 11 VPM 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

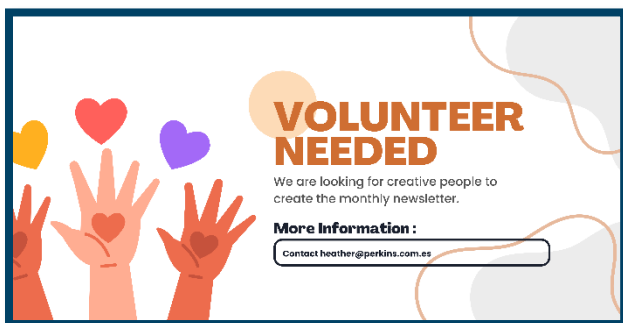
April 2023 Events cont'd

- 17 Possibilities with Pathways 6 pm ET/7 pm AT
- 18 VPPR Peer Call 6:00 pm ET/7 pm AT
- 20 President Peer Call 7 pm ET/8 pm AT
- 22 Contests – Division G
- 26 SAA Peer Call 7 pm ET/8 pm AT
- 28 Division D contests 6 pm ET/7 pm AT
- 29 Contests – Division A

May 2023 Events

- 8 Possibilities with Pathways 6 pm ET/7 pm AT
- 9 VPM Peer Call 6:30 pm ET/7:30 pm AT
- 10 Striving for Success Webinar 7 pm ET/8 pm AT
- 16 Newsletter submissions due
- 21 VPPR Peer Call 6:00 pm ET/7 pm AT
- 23 President Peer Call 7 pm ET/8 pm AT
- 24 SAA Peer Call 7 pm ET/8 pm AT
- 26 – 28 District annual conference

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



Are you a creative and organized Toastmaster? The District is looking for a newsletter editor for the 2023 – 2024 year. The job entails preparing the newsletter monthly. Most of the information is provided. However, the editor can also look for articles of general interest to members and to encourage others to submit articles. If interested, contact [Heather Perkins](#).

Newsletter Publisher – Crystal Cobb, VC4, DL5, EC5, PIS
Newsletter Editor – Heather Perkins, DTM
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