

District 45 Toastmasters Newsletter

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In This Issue

A Leadership Journey	1
Who is Ready for a Fun-Filled Weekend?	2
Conference Presenters	3
Want to Know Why Your Weak Words Are Taking Away Your Power?	5
BEAT THE CLOCK! Membership Campaign	6
TLIs – Your Key to Success	7
Possibilities with Pathways for April	7
Striving for Success Webinar	8
Parliamentary Minute	9
Incentives	10
Awards	10
Around the District	11
Is It Just Me?	13
The Importance of Respect	14
A Member’s Story	15
Anniversaries	16
Member Awards	17
District Calendar	20

A LEADERSHIP JOURNEY

DISTRICT DIRECTOR CRYSTAL COBB, VC5, DL5, EC5, PI5



Leadership is a journey – there will be bumps along the road and sometimes you might feel like pulling over.

in yourself as others do!

Leadership opportunities are everywhere – in your personal life, in your work life, and volunteer life. A few examples of leadership in your personal life could be planning a family vacation or a family reunion. In your work life it could be creating a business process or planning a team building activity. In your volunteer life, Toastmasters specifically, it could be planning your club’s open house, or volunteering to be an Area Director for next year. Opportunities are all around us and sometimes we are taking a leadership role without even really realizing that’s what we are doing. Saying yes to a leadership position can be a bit scary, but when you do things that scare you, it helps you grow. Step outside your comfort zone, allow yourself to explore the opportunity. What’s the worst that can happen? You could realize that the opportunity isn’t right for you OR it could be a wonderful experience. The important thing to remember is that it is an experience, and you will learn from it.

Leadership can also be an adventure, a time when you will explore the unknown and learn so much! It won’t always be easy, but if it was easy, everyone would do it!

Leaders can have many different qualities, and Toastmasters allows us to strengthen the skills we already have and learn new ones!

Here are a few qualities that come to mind when I think of a leader:

- L** – listen
- E** - encourage
- A** - accountable
- D** - drive
- E** - energetic
- R** – respect

Can you see these qualities in yourself? Sometimes, it can be hard to see ourselves as a leader, but with support and encouragement from others, you will believe

YOU are a leader – believe in yourself!

WHO IS READY FOR A FUN-FILLED WEEKEND?

The Conference committee is working hard on planning an engaging and energetic conference where we hope to inspire you and celebrate your accomplishments. While most of the conference will be in person, the three speech contests and the District Council meeting will be hybrid.



Although the agenda is not fully finalized yet, you can

find below a breakdown of events for each day.

Friday, May 26, 2023

- Opening Ceremonies
- Humorous Speech Contest
- Hospitality

Saturday, May 27, 2023

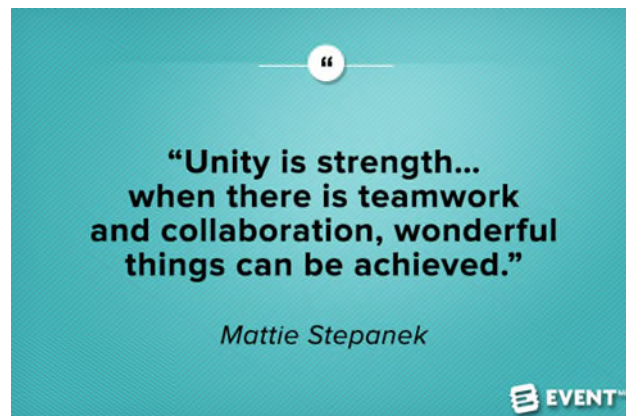
- Educational presentations
- Presentation of Awards
- District Council Meeting
- International Speech Contest
- District Director's Banquet (includes dinner)
- Dance
- Hospitality



Sunday, May 28, 2023

- Evaluation Speech Contest
- Installation of 2023-2024 Officers
- Remarks by 2023-2024 District Director

A more detailed agenda will be available in the coming weeks.



CONFERENCE PRESENTERS



BEYOND THE BORDERS OF YOUR COMFORT ZONE (ANASTASIA PERSICO)

What do you think a Rotary Club is like? Think again! Anastasia Persico reimagined what a Rotary Club might be. In 2021, she chartered RNEW (Rotary Network for Empowering Women). The cause-based club is vision lead and action orientated. In their online meetings, this diverse club that welcomes all gender identities, dives deep into topics of domestic violence, human trafficking, international microfinancing for women with children to set up businesses, and issues related to women in the military. In the past two years, their activities have impacted lives of women, children, and families in their local community and in other places on the globe. RNEW is District 45 Changemakers Toastmasters Club Alliance partner. Come find out about RNEWs adventures. Seize this opportunity to imagine how forming an alliance with a local Rotary Club might enliven your Toastmasters Club. This session will challenge you and your club to reach beyond the borders of your comfort zone and, perhaps, even reimagine your club's Toastmasters experience.

WRITING YOUR STORY (CAROL NILES)

Rarely does someone complete a book to publication without sitting down and writing and writing. It's like a speech. You need to practice. A book is not created without much effort, time, fortitude, lonely hours, and tears. However, with training, times for practice, and evaluations you can take your idea to book form and to application if you not only desire to do the work but will. Let's examine how to take the principles you know of creating a speech, presenting it, and learning from your evaluations into the book you want to write. Mind-mapping, outlining, high and low points, themes and messages, slaps, and your chosen genre will make your script more successful. Writing a book is no more than writing and practicing fifty speeches of six hundred words. You need motivation, accountability, and a willingness to count the costs. You will have joyous and discouraging times. You will be selling to strangers in the grocery store, and last but not least, trying to talk your friends into buying your book and leaving a review on Amazon. You need them all! As Stephen King says in his book, "On Writing", "A book is written by sitting down and writing!" I say, "A well-crafted book can be more successfully formed using Toastmasters' speaking and speech-writing principles!" Let's learn together.



COMMUNICATION IS A TWO-WAY STREET (DARLENE SMITH)

Understanding that "communication is a two-way street" is a vital skill in personal and professional relationships. It means recognizing that communication involves both speaking and listening, and that effective communication requires both parties to participate actively. By embracing this principle, individuals can develop stronger relationships, build better teamwork, and foster more productive collaborations. Actively listening and empathizing with others can lead to better understanding, improved problem-solving, and more effective conflict resolution. Moreover, recognizing the importance of two-way communication can also help to prevent misunderstandings, misinterpretations, and other communication barriers. Ever thought. Did you hear what I said? Do you understand what I said? I didn't say that. By prioritizing this approach, individuals can build stronger and more positive relationships, communicate with more clarity and confidence, and achieve greater success in all areas of life. YES might hear examples from being a Political Candidate.

CONFERENCE PRESENTERS CONT'D



ADAPTIVE LEADERSHIP FOR A TOSPY TURVY WORLD (PETER BOSSIO)

The world feels turned upside down. The new normal is a disappointment. So, now what do we do? I dunno know - what do you want to do? What is our Why? How did we get here? Did we go wrong? We can't possibly achieve our club goals in this environment. Oh, forget it - let's just wait and see... and so on and so forth...Are you, your company, or your club stuck in a decision paralysis loop? There are alternatives. We can adapt, we can lead!

LEADERS: LET'S GET REAL! (ANGELA CHUTE)

STOP faking it until you make it! We can spot a fake a mile away. and it completely undermines your credibility. In today's interactive workshop, Angela will share: THREE major shifts YOU need as an effective Leader and FOUR significant benefits YOU gain by getting REAL. She will Wrap it all up in ACTION items you can easily put into practice, today. It's ALL about YOU. Let's Get REAL!



WHAT DO YOU WANT TO BE? (JOE GRONDIN)

Joe Grondin never considered himself a leader; however, in many instances he has been placed in many leadership positions. Fortunately, Joe learned different ways to be a strong leader through strong role models. Joe wants to share four lessons his favourite teacher by the name of Mrs. Elliott taught him many years ago that helped him to become a strong leader. The four takeaways for this keynote/educational is how to get the best out of people, how to instil a belief in the vision, how to be a strong leader, and how to collectively stay positive. It may seem that we don't consider ourselves leaders but Mrs. Elliott would disagree and because of her, so does Joe. The only prerequisite to this presentation is to be open to having some fun and maybe, just maybe, you will be inspired to be the leader you are meant to be.

UNLOCKING THE POTENTIAL OF AI IN CLUB MARKETING (LAWRENCE KELLY)

Discover the power of Artificial Intelligence (AI) in Toastmasters club marketing and promotion in this workshop. We'll dive into the latest AI technologies and tools, including chatbots, and video technologies, and show you how to apply them to your club's marketing efforts. Using the Dartmouth Toastmasters use case as an example, you'll learn best practices and suggestions for using AI to attract new members, generate engaging social media and assist in the membership effort. With practical examples and expert guidance, you'll leave with the knowledge and skills to unlock the potential of AI in your Toastmasters club promotion and membership efforts.



THE SPEAKERS CORNER (KATHI ZWICKER)

Some Toastmasters and local Rotary Club members held a pop-up Speakers Corner at noon on Friday at the portico at the Charlottetown Library. This short session will be introducing the Speakers Corner as a project that clubs can hold in their own community. This presentation will discuss how to plan and host a Speakers Corner and give a short demo of it

WANT TO KNOW WHY YOUR WEAK WORDS ARE TAKING AWAY YOUR POWER?

PATRICIA FRIPP, CSP, CPAE



My speech coaching clients frequently hear me say, “Are you going to do it, or *kind of* do it? Remember, you do not *kind of* or *sort of* do anything.”)

Even seasoned executives who should know better, use these weak words and phrases. Often, I believe they are attempting to sound humble. However, it only makes them lose their power in conversations and presentations.

We are talking about speech qualifiers.

Speech qualifiers are words and phrases that we use to weaken our statements or soften the impact of our message. Some common speech qualifiers include “kind of,” “sort of,” “maybe,” “probably,” “just,” “a little bit,” “try,” and “I think.” While these words and phrases may seem harmless, they can have a negative impact on the effectiveness of our communication. Here is why.

First, speech qualifiers can undermine our credibility.

When we use words like “kind of” or “sort of,” we suggest that we are not fully committed to our message or that we lack confidence in what we are saying. This can lead our audience to doubt the validity of our message and question our expertise or knowledge on the topic.

Second, speech qualifiers can diminish the impact of our message.

When we use words like “maybe” or “probably,” we suggest that we are uncertain about our message or that there are exceptions to what we are saying. This can make our message less compelling and less persuasive.

Third, speech qualifiers can distract our audience from our message.

When we use words like “just” or “a little bit,” we draw attention to the qualifier rather than the message itself. This can make our audience lose focus on the key idea we are attempting to make.

I challenge my coaching clients to avoid using sloppy language which includes speech qualifiers. To accomplish this, they must be intentional in their daily conversations and meetings. Listen to the recording of their meetings. Review their presentations. Ask their family, friends, and team members to bring to their attention when they use their “naughty words.”

Once we eliminate words and phrases that weaken our statements or distract from our message, we will build our credibility, increase the impact of our message, and communicate with greater clarity and conviction.

I am sure you agree, the benefits of being known as a powerful communicator is worth the effort.

Patricia Fripp, CSP, CPAE, Presentation Skills Expert

Co-author [Deliver Unforgettable Presentations](#)

Creator of [FrippVT Powerful, Persuasive Presentations](#) online learning program.

<https://fripp.com/>

BEAT THE CLOCK! MEMBERSHIP CAMPAIGN

MAY 1ST UNTIL JUNE 30TH

Don't worry! You have time. I know it is only April 1st, but we all know that new members are not arriving in droves this year. But APRIL is the time to plan for our "Beat the Clock!" membership drive and incentive payouts.

The campaign is simple. Enroll five new members with a "join" date between May 1st and June 30th, and you've beaten the clock! Your club will then be in a drawing for \$100, and the District will award three winners.

Tried hard but fell a bit short of the goal of five? No worries, as the runners-up, with three or four new members, will be in a drawing for \$75 with three awards given. Your club closed the deal with only one or two members? Please plan a little better next time, but three awards for \$50 are available in the consolation round draw.

The campaign's top tier has clubs enjoying the company of many new people. The goal is to have at least five new members join your club in May and June. The time to make plans for that is NOW! I will give you five ideas to consider in your planning.

- First, there is ample time to schedule the open house you've been thinking about. Hold it in April and sign up the guests at a meeting in May. Alternatively, hold it in May and persuade the attendees to join in June.
- Second, have a special "Bring a Guest" meeting this month. Ensure those members get the sponsorship credit when the club submits the new member applications in May and June! Make it a competition for your members with recognition and a prize for the member who invites the most guests.

- Third, drill down into your club membership records and invite former members to become reacquainted with your new and improved club by visiting a meeting. Prove it to them! We've come a long way since COVID found us in 2020.
- Fourth, in April, many organizations in your area plan their promotional events for May and June. My city closes Main Street for three days in June for a sidewalk festival called "Market Days." A Toastmasters table at that event is money well-spent. Now is the time to find out what will be happening in your area and ask to join their fun!
- Fifth, repeat the process in May if your April planning for success doesn't work out. The campaign ends on June 30th. The real prize is different for each club. Perhaps it's being recognized as a Distinguished Toastmasters club. Maybe everyone involved in the planning and execution received educational credit because they made it a Pathways project to enroll new members.

The next three months will be critical to a solid finish in the year for all the clubs, their members, and the District. Make your plans now to Beat the Clock!



UPCOMING DISTRICT EVENTS

TLIs – YOUR KEY TO SUCCESS



Did you know participating in the Toastmasters Leadership Institute TLI is key to your club’s success?

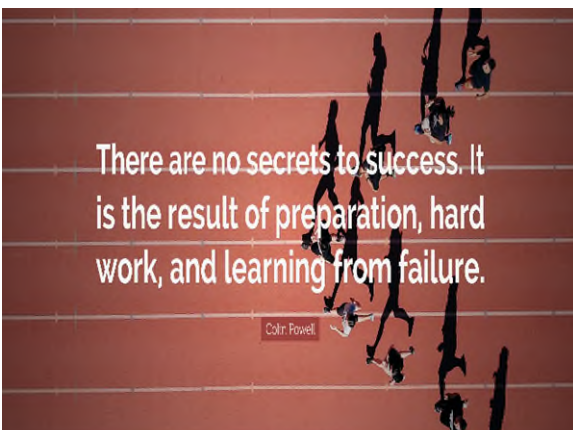
Statistics show that TLI trained club officers are far more likely to lead their clubs to Distinguished or better. Why? In District 45 our TLIs present fresh, innovative material specially designed to

meet everyone’s current situation and needs.

This season’s TLIs focus on success. Through a series of interactive sessions, officers will gain motivational insights into leadership skills and techniques, empowering them to build thriving, successful clubs. This is a wonderful networking opportunity, as well, with attendees from all across our broad, international District.

While every Toastmaster interested in leadership is invited, all incoming club officers are required to attend our TLIs. Your club should be electing officers for the next year at your first meeting in May.

Mark your calendars, save the dates! (Sessions 1 and 2 will be offered June 12, June 20 and August 28. Sessions 3 – 5 will be offered June 14, June 22 and August 30.) Stay tuned for more information on what is coming your way on making your clubs glow with success.



POSSIBILITIES WITH PATHWAYS FOR APRIL

On April 17, Sandra Savage will present Pathways Your Way – with Purpose, which will include a Q & A on various Pathways resources. Sandra was



the creator of the District 57 “Pathways Paths and Competencies” document available on our D45 website as a PDF. This resource lays out the entire Pathways program in a single document and includes the listing of all projects in each Path hyperlinked to their respective Project descriptions.

The comprehensive overview allows for demystifying Path selection and project planning. Sandra will also review a strategy for planning out your Path using a coordinated approach.

Please note: Possibilities with Pathways for April has been shifted to Monday April 17 on ZOOM, 6 pm Eastern 7pm Atlantic. Join us on April 17 for what promises to be an informative session.



UPCOMING DISTRICT EVENTS CONT'D

STRIVING FOR SUCCESS WEBINAR

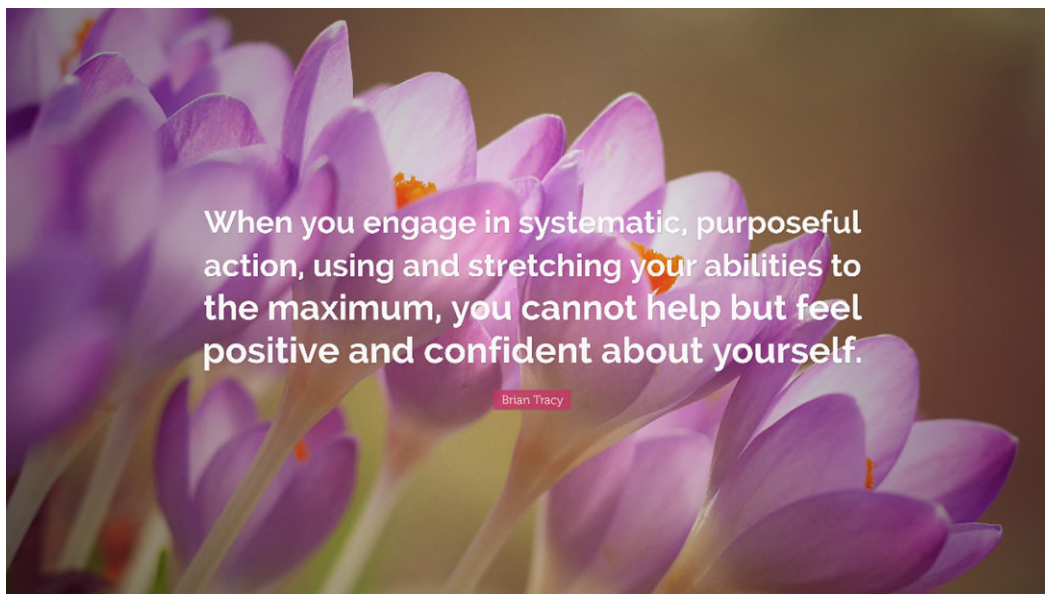
"Bam! How to Kick Your Meetings up a Notch!" Have you ever wondered if there are ways to keep your Toastmasters club meetings fun and engaging? The District 45 April 12 Webinar will talk about how members have created interesting meetings, ideas for resource-light ways to add thought provoking themes, and how to leverage Pathways projects. On Wednesday, April 12 at 7:00 pm ET/8:00 pm AT, join District 45 leaders Sam Boduch and Roxanne Benzel as we explore with you the many ways to kick your Toastmasters club meetings up a notch!"

Our Presenters:



Sam Boduch currently serves as the District 45 Finance Manager. He has been a member of Portsmouth Toastmasters since 2017 and has served as Treasurer and President for that club. In addition to serving as Area 10 Director within Division A throughout the 2021-2022 Toastmasters year. Sam brings energy and enthusiasm to his club meetings and enjoys learning how other members and clubs keep club meetings interesting, fun and effective.

Roxanne Benzel currently serves as the District 45 Administration Manager. She has been a Toastmaster since 2016 within the BAE Systems group, Live, Speak or Die. Roxanne has been involved as the Sergeant-At-Arms and President for the organization helping to grow its membership to its current standing of 38 members. She has also served as the Area Director for Area 7 within Division G throughout the 2021-2022 Toastmasters year. Roxanne is always looking for innovative and creative approaches to fun and interesting Toastmasters meetings. She will share some ideas she has learned and looks forward to hearing about other ways to Kick Our Meetings up a Notch!!



PARLIAMENTARY MINUTE

Rules Of Debate	Debatable/ Undeatable Motions	
<p>There are rules when debating a motion that provide for an orderly conducting of business. Some of these rules are:</p> <ul style="list-style-type: none"> • A member must be recognized by the presiding officer before beginning to speak. • The member who made the motion has the first right to speak to the motion. • A member can speak twice to the motion, but only after everyone who wishes to speak the first time has spoken. • Each member can speak for the time provided in advance. For our District Council meetings, each member is generally limited to one minute with a total time of 10 minutes. • Debate must be germane (relevant) to the motion. • Speakers must address all remarks to the chair; cross talk between members is not allowed. • Speakers must be courteous and never attack other members or question the motives of the members. • In debate, speakers refer to officers by title and avoid mentioning other members' names. Instead, they should refer to the members by identifiers such as "the member who just spoke" or the Area Director, etc. • When speaking to a motion, it is important for the member to first indicate which side of the issue he or she is on. In controversial issues, the presiding officer should alternate the debate between those speaking for and those speaking against the motion. • The member who makes the motion can't speak against his or her own motion. The person who seconds the motion, however, can speak against the motion. <p style="text-align: center;">Limitations On Debate</p> <p>Members can put limits on debate and even stop the debate altogether. Only the motion to limit debate can limit debate; and debate can be closed only by the motion previous question or close debate.</p>	<p>Not all motions are debatable. The following is a list of debatable and nondebatable motions.</p>	
	Debatable Motions	Undeatable Motions
	<ul style="list-style-type: none"> Main motion Postpone indefinitely Amend Refer to a committee Postpone to a certain time Appeal from the decision of the chair Rescind Amend something previously adopted Reconsider Recess (as an incidental main motion) Fix the time to which to adjourn (as an incidental main motion) 	<ul style="list-style-type: none"> Limit or extend the limits of debate Previous question (close debate) Lay on the table Take from the table Call for the orders of the day Raise a question of privilege Recess (as a privileged motion) Adjourn Fix the time to which to adjourn (as a privileged motion) Point of order Withdraw a motion Suspend the rules Object to consideration of the motion Division of the assembly Division of the question Incidental motions relating to voting when the subject is pending Dispense with the reading of the minutes



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.



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.

AWARDS

Shirley Kelly Memorial Award –This award is presented to a member who exemplifies the mission and values of a Toastmaster and empowers fellow Toastmasters to be successful by sharing the spotlight. Nominees must be a DTM, served on the District Executive, have been a Toastmaster for at least 5 years, and served the District in various capacities. Nominations can be made by any member; however, recipients must be nominated by at least two Toastmasters. The nomination form on the D45 website must be completed by April 16.

The Darlene Dunn Outstanding Mentor Award – presented at the annual conference. This award recognizes a member who has exhibited the heart and soul of what Toastmasters mentorship: “Encouraging success of others before self”. Any member may nominate a mentor. All nominations must include a 200--500-word essay, focusing on 4 points: the commitment of your mentor, how mentor helped you achieve your Toastmaster goals, what you gained from the protégé/mentor relationship, and why you would recommend this mentor to others. The nominated mentor must have completed the Mentor Path in the Pathways.

Any Level of Distinguished by April 30th Award – presented to any club that has achieved 5 or more 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. There is still time to qualify for this award.

Dave Rosvall Award – presented at the annual conference, this is an 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. Although the award is chosen by PDGs, if you know of a member you feel is eligible for this award, complete the nomination form on the D45 website by April 16.



MultiMedia Omnipresence Award - this award is presented at the annual conference to the club judged to use all aspects of public relations to the best advantage of their club. Included could be: newspaper, newsletters, website, Facebook, Twitter, Instagram, etc. Clubs (usually the President or Vice President of Public Relations) submit a portfolio of 8-10 samples of their public relations efforts to the [Lesley Carter](#) covering the time frame July 1st to April 15th. Deadline for submission: April 15th.

AROUND THE DISTRICT

Division A

Spring is on the way and, for **Mount Washington Valley Toastmasters**, that means new beginnings! Since February we have extended a warm welcome to one new member, and two who plan to join this month! Welcome to our new members, and to new members throughout the district. We're excited to have you! We also celebrated Toastmaster Deb Kumpf's completion of Engaging Humor Level 4, and Presentation Mastery Levels 2 and 3! What a trailblazer! Way to go, Deb! During our meeting to celebrate Uniqueness day, one of our members, Paul Coddington, used Zoom backgrounds in a clever and unique way. We are a hybrid club and his idea engaged our members in the physical space and the zoom room. Serving as grammarian, each time we used "great" as an adjective, Paul would put his background on. The funniest part about this was that he used the groundhog background from last month's meeting. The way the photo was positioned, it looked like the groundhog was having a snack on our member's head!

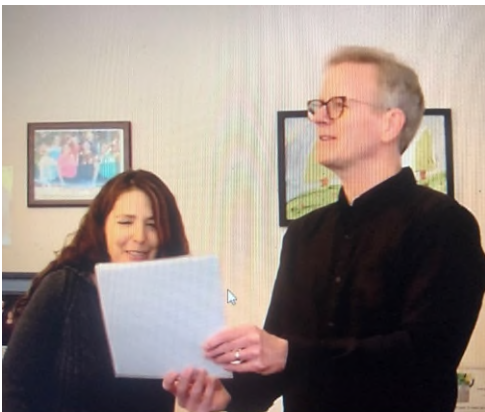
Thanks to Paul and his groundhog friend for the reminder to use more descriptive and varied language!

On February 24th, **Concord Toastmasters** held its Evaluation contest led by contest chair (and test speaker presenter) Paul Coddington and Rick Dymant as chief Judge with six contestants!



Pictured above: Dale Randall (1st place), Ann Walls (3rd place), Rick Dymant, Gregory Naigles, Jon Kelly (2nd place), Cary Gladstone, Donna Moore, and Paul Coddington.

The club kicked off it's first meeting of the month on March 3rd with an unprecedented 15 guests! Toastmaster Karim Makhoul welcomed our guests and led an amazing meeting with the theme "Get Friends Home". This was followed by our March 10th meeting led by Toastmaster Dale Randall with the theme Homecoming! We welcomed former Concord Toastmasters Debby Adair back for a visit and who was our third speaker for the day. Joining via Zoom were former members Alex Vogt, Colette Farland-Vogt, Debby Adair, Pete Martino, and Viju Natarajan. In addition, we had two guests Katia and Magalie.



Club President and Toastmaster for the day, Dale Randall DTM, inducted our newest Concord Toastmaster, Dori Bell. They shared laughter and the Induction pledge, Welcome Dori!!!

AROUND THE DISTRICT CONT'D

Division D



Toast of the Coast Advanced Toastmasters gave roundtable evaluations to both a speech and an evaluation at their first meeting in March (the club meets the 2nd, 4th and 5th Saturdays at 9 am AT). Alan Idler, the club's representative for the Area International Speech contest, presented his speech. It was then evaluated by Michael Thompson, the club's representative for the Area Evaluation contest. The members then provided a roundtable evaluation for Alan's speech and for Michael's evaluation. This process helps our members take their speeches **and** evaluations to the next level.

The **Annapolis Valley Club** hosted Division Director Michael Lawlor at their March 7 meeting. The theme of the meeting was What's for Dinner (or Supper)? Whether it was because of Michael's visit or because of all the talk about food during Table Topics, the club provided a nice snack during the break. At the end of the meeting, the club presented Michael with their Spark award for providing the spark to inspire members to continue to work Pathways.

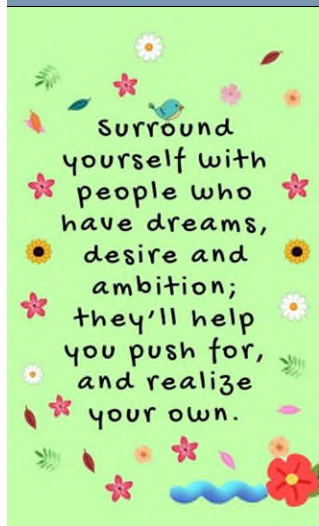


This month, **Division D** Director Michael Lawlor Presented winners of the 2022-23 Humorous Speech contest Awards in person. The Contest held in November, saw First place going to Andrew Burke of Provincially Speaking Toastmasters & Area 18, Second Place to Steeve Legault of Wolfville Toastmasters & Area 9, and Third Place to Alan Idler of East Hants Toastmasters & Area 11. In presenting the first place Award (and with the Academy Awards that weekend), Michael and Andrew each presented from the Deliver Social Speeches Pathways Project, and dressed for the occasion at Provincially Speaking Toastmasters meeting! Andrew will now represent Division D at the District's Humorous Speech Contest held on Friday May 26 in Charlottetown, Prince Edward Island. Congratulations to Andrew, Steeve, and Alan!



IS IT JUST ME?

CINDY SARVAI, DTM



I know a lot of you have had a longer journey with Toastmasters than I have and have seen the ebb and flow of the times! So this may just be something that others have already noticed, thought about, scratched your head at perhaps, but I could be wrong. What I do know is it can't be just me seeing the changes.

If you look at the overall picture – COVID hits in 2020, we are all in lock down, reinventing our daily habits of going to the grocery store, never mind check in on our loved ones. The world got flipped up-side-down. We are suddenly talking to people on the computer – ALL DAY, missing the social and personal interactions of love, kindness and community. We went from a speaking in person to the confines of a box and had to figure out how to do all things ZOOM! Now that life is 'back' to normal (I say this loosely) things still aren't what they once were.

I want to say COVID had so much to do with it for everyone! Making do with attending Toastmasters' meetings in front of the computer without being upfront and personal! Heck, we had to learn how to 're-speak' so the same impact was felt on the screen as it was in person. Granted, things were much easier – we didn't have to travel, we could visit any club of our choosing! And the best part – we only needed to dress from the waist up! There are many advantages to being at home and while we are all readjusting to the normal that always was, it has left some of us behind.

Let's look at us being Toastmasters. Our overall club numbers/membership have shrunk, thank goodness they are picking back up again! We now have more hybrid meeting than ever (did we even have them pre-COVID) and it's expected, but it still is too easy to say – I'll stay home and attend on-line vs. coming back in person. Contests, since it's that time of year and just around the corner, the same people are volunteering. The die-hards, until they get burnt out. If life is 'back to normal' why aren't people eager to get back to it? Branch out and try new things, step up to the plate and grow those skills that we are learning through our paths. Please don't get me wrong, we are getting the job done! I'm wondering when the stepping up and out of comfort zones of others will happen again. When we all want to get together verses it being a bother or another thing to do.

Participation, well – it's just not like it once was either. Is it just me or are there still a lot of members watching how it's all done, verses jumping in with both feet! It's too easy to isolate, not be involved or just be too busy with other endeavors in life. But let me ask you – WHY are you involved in Toastmasters? That one question will help you remember the benefits of what Toastmasters has to offer: leadership, community, communication, confidence, organization, personal growth, just to name a few things, and what better way to experience all this then with a group of other people that are willing to guide you along the way! The safety net of all things – remember!

Next time something comes up for your club (it's almost election time), division or district, what is stopping you from coming out of your comfort zone, trying something new and adding another notch to the things you have accomplished! Clubs can't survive without membership participation! Is it just me, or are you gaining ALL the benefits Toastmasters has to offer you?

THE IMPORTANCE OF RESPECT

Respect is one of the core values of Toastmasters International. It seems, generally, that there is less respect for each other these days. This lack of respect is apparent in some of the transactions we see in Toastmasters. Here, in District 45, leaders see it in the correspondence from members. Some members seem to have a different expectation of our leaders than they may have for themselves and this can be reflected in rude and/or demanding emails. Let's look at some reasons that respect is essential to promote success in our District:

Relationship – Respect is the foundation for a good relationship. Respect means learning about others' perspectives and beliefs and being willing to change yours. It means you recognize that everyone has value and deserves to be heard.

Empathy – When you respect a person, you're more likely to listen carefully which helps you understand their perspective and any challenges they may have. You will be better able to empathize with them when you've learned about their lives and experiences.

Self-Esteem – Respecting others means respecting their boundaries. When someone shows you respect and recognizes your worth, it can greatly boost your self-esteem.

Peace of Mind – If others don't respect you, it can increase your stress levels and decrease your chances of success. Respecting others will help ensure they respect us and give us the peace of mind that will lead to success.

Embrace – Respect means embracing the difference between people. It means accepting and embracing the differences between people rather than trying to change them to be like us or agree with our views. As our clubs become more and more diverse, embracing the differences becomes essential to member and club success.

Confidence – You need to show that respect others and not just say it. Working together as a team and in a respectful manner boosts the confidence in each other. When others show confidence in us, it boosts our own self-confidence.

Togetherness – Respectful people can connect with others because they can see things from another person's perspective. Mutual respect is important at all levels of Toastmasters to ensure member engagement, especially with many different cultures.



A MEMBER'S STORY – DAWNA-JEAN TURCHON



How in the world did you complete all 11 paths? That's a question I've been asked lately. How did I complete them?

First, I always had two paths open at one time. When I finished one, I'd purchase another. Having two open gave me more options. If I finished an elective in Path A but repeated the speech, I used it for Path B.



Effective Coaching

Second, I belong to more than one club. Belonging to two or more clubs gave me more opportunity to speak. Actually, today I belong to five clubs - many opportunities.

Third, and by far the most important, I learned to connect the dots! We all have stuff we do outside of



Dynamic Leadership

Toastmasters. Some of us work, some are retired, some volunteer; we can use those experiences. There is a misconception that all speeches or projects must be done in a meeting. Not so; as long as another Toastmaster is present, you can get credit for projects outside of the meeting settings.

When my step-mother was buried, a simple graveside service was planned. No one in the family wanted to speak in front of a group. The minister was to say a few words; that was it. I offered to give a Eulogy; I spoke for 5 -7 minutes. My Mom was there; she's a Toastmaster. (Mom and step-mom were best friends; a story for another time). She evaluated my speech. I didn't repeat that at a meeting, but I got credit for an elective project. Mom also spoke, I evaluated her; project completed, dots connected.



Leadership Development

Is there a project you are doing at work? Look through your path, see if it fits. Have another Toastmaster there to evaluate it. If there aren't any Toastmasters at your work, record it if possible, and have a Toastmaster evaluate the recording.



Engaging Humor




Do you volunteer? What projects are you working on? Is it something you can share in a meeting? Do so. I was asked to speak at a major fundraiser for one of my volunteer organizations. I invited a couple of Toastmasters to attend and got credit for that

presentation. Dots connected.

We have a saying, "There's a speech in that". Tweak that thought a bit to "There's a project in that", connect the dots and you too will finish all 11 paths.



Persuasive Influence

					
Innovative Planning	Motivational Strategies	Presentation Mastery	Strategic Relationships	Team Collaboration	Visionary Communication



Of the 1,000 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 **April**.

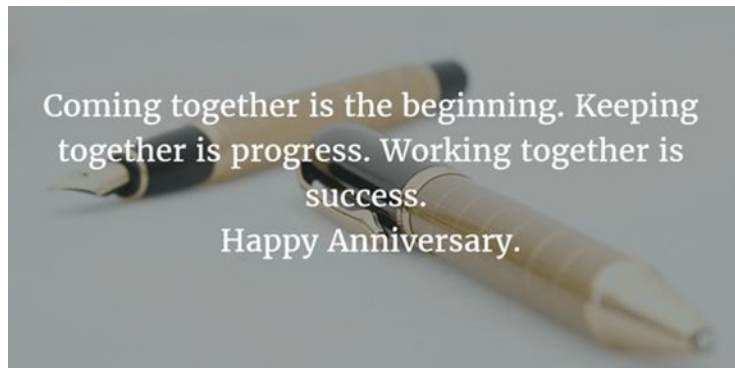
Name	Club	# of Years
Jarrett Gabriel	Dal Toastmasters	20
Mitchell Stern	Toastmasters of Greater Burlington	20
Latricia Saucier	Dirigo Leaders	10
Latricia	Toast of the Midcoast	10
Darren Duguay	True Blue Toastmasters	10
Erin McMenemy	East Coast Online Advanced Toastmasters	10
Hollee Howden	Exeter Speak-Ups Club	5
Roxanne Benzel	Live, Speak Or Die Toastmasters	5
Tricia Foley	Harbourside Club	5
Peter Covert	George Burton Club	5
Abby van der Jagt	Dartmouth TIC Talkers Toastmasters Club	5
Karina Sanford	Sears-Halifax Club	5
Penny Cooper	Successfully Speaking Women	5
Margaret Goldie	Annapolis Valley 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 **April**.

Bangor Toastmasters #897 of Bangor, Maine chartered 72 years ago on April 1, 1951.

Dartmouth Tic Talkers Toastmasters #9307 of Dartmouth, Nova Scotia chartered 30 years ago on April 1, 1993.



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 – March 2023

Name	Club	Designation
Jonathan C. Bohm	Dartmouth TIC Talkers	IP1
Lesley Cater	Dartmouth TIC Talkers	EH1
Mintrude Charles-Young	Sussex Toastmasters	IP1
Ronald Crawford	River Valley Toastmasters	EH1
Mariem Hassan	Live, Speak or Die Toastmasters	LD1
Michael A. McGuire	Nashua-Hudson Club	EH1
Veerandra Nagalla	Fredericton Toastmasters	VC1
Ashitha Nayak	Sears-Halifax	MS1
Prasoon Pascal	Sears-Halifax	PM1
James Roberts	Toast of the Midcoast	PM1
Neil Rogers	Nashua-Hudson	PM1
Dawna-Jean Turchon	Kennebec Valley Toastmasters	EH1
Nicole Turnbull	Civil Speakers Club	TC1
Cynthia Sarvai	Millyard Toastmasters	IP1
Andrew van Geest	Sussex Toastmasters	IP1

Level 2 – March 2023

Name	Club	Designation
Emma Brown	Riverside Toastmasters	EH2
Mintrude Charles-Young	Sussex Toastmasters	IP2
Angela M. Chute	The Maine Thing Advanced Toastmasters	MS2
Ronald Crawford	River Valley Toastmasters	EH2
Aanchal Gupta	Winning Speakers Club	LD2
Claudette Joseph	Speech Afire Advanced Toastmasters	PM2
Bridget McCarthy	Live, Speak or Die Toastmasters	IP2
Betty Kemp	Dartmouth Toastmasters Club	PM2
Ashitha Nayak	Sears-Halifax Club	MS2
Nita K. Patel	Amoskeag Better Communicators	DL2
James Roberts	Toast of the Midcoast	PM2
Cynthia J. Sarvai	Millyard Toastmasters	IP2
Rebecca A. Sayre	White Mountain Toastmasters	VC2
Andrew Vandenbroeck	Harbourside Club	DL2
Andrew van Geest	Sussex Toastmasters	IP2

Mentoring Path – March 2023

N/A

Level 3 – March 2023

Name	Club	Designation
Babatunde Awoyiga	Schooner Toastmasters	PM3
Karen Caldwell	Sears-Halifax Club	EC3
Mintrude Charles-Young	Sussex Toastmasters	IP3
Paul Coddington	Amoskeag Better Communicators	TC3
Geoff MacDonald	Sackville Club	PM3
Veerandra Nagalla	Fredericton Toastmasters	DL3
Patricia L. Saucier	Dirigo Leaders	PM3

Level 4 – March 2023

Name	Club	Designation
Babatunde Awoyiga	Schooner Toastmasters	DL4
Barbara L. Bell	Sackville Club	EC4
Liyong Cui	Penman Toastmasters	PM4
Yvette Frost	Yarmouth Toastmasters	TC4
Tina Goulet	Pleasant Street Toastmasters	PM4
Veerandra Nagalla	Fredericton Toastmasters	DL4
Donna Tutty	George Burton Club	DL4
Abby van der Jagt	Dartmouth TIC Talkers	SR4

Level 5 – March 2023

Name	Club	Designation
Peter Covert	George Burton Club	LD5
Veerendra Nagalla	Fredericton Toastmasters	DL5

Trailblazer Award – March 2023

Name	Club
Veerandra Nagalla	Fredericton Toastmasters

Creativity } Albert Einstein is contagious, pass it on.

1. Break away from your routine.

Discover fresh perspectives.

2. Listen to music.

Think Mozart, according to Albert Einstein.

3. Recharge your batteries.

Get enough rest and relaxation.

4. Fuel your creativity with antioxidants.

Add veggies, fish, grains and nuts to your daily mix.

5. Carry a journal and pen.

Be ready for when ideas strike.

6. Schedule time for creativity.

Remove distractions and allow for free thinking.

7. Giggle, laugh, guffaw.

A positive mood has been shown to boost brain activity.

8. Think outside the cubicle.

Stimulate your brain by doing puzzles.

9. Brainstorm without judgment.

Refine ideas later.

10. Engage in out-of-the-box thinking.

Approach obstacles as opportunities.

11. Read and then read some more.

Never stop learning.

12. Drink a cup of coffee.

Caffeine can provide both a creative boost and antioxidants.

13. Challenge assumptions.

Don't be afraid to be curious or ask questions.

14. Promote long-term brain health.

Include Omega-3 fatty acids in your diet.

15. Get out of your comfort zone.

Make creativity part of your daily routine.

16. Nibble on dark chocolate.

Maintain mental acuity.

17. Exercise.

Loosen up your body and free your mind.

18. Seek opinions.

You never know what may spark new thoughts.

19. Encourage others to collect ideas and inspiration.

Provide a forum for regular sharing.

20. Be willing to fail.

In the end, it is part of the process.

District Calendar

April 2023 Events

- 1 Contests – Area 7, 9 am ET/10 am AT
- 11 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 12 Striving for Success Webinar 7 pm ET/8 pm AT
- 15 Newsletter submissions due
- 15 Areas 9 and 11 Contests 8 am ET/9 am AT
- 15 Contests – Divisions B and C
- 16 Award nominations due
- 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 VPM Peer Call 6:30 pm ET/7:30 pm AT
- 28 Contests Division D 6 pm ET/7 pm AT
- 29 Contests – Division A

May 2023 Events

- 8 Possibilities with Pathways 6 pm ET/7 pm AT
- 9 VPE Peer Call 6:30 pm ET/7:30 pm AT
- 15 Newsletter submissions due
- 16 VPPR Peer Call 6:00 pm ET/7 pm AT
- 23 President Peer Call 7 pm ET/8 pm AT
- 24 VPM Peer Call 6:30 pm ET/7:30 pm AT
- 26 – 28 District annual conference

June 2023 Events

- 12 TLI Sessions 1 and 2
- 14 TLI Sessions 3, 4 and 5
- 15 Newsletter submissions due
- 20 TLI Sessions 1 and 2
- 22 TLI Sessions 3, 4 and 5
- 25 Year End Social

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



PHOTO: YEJI KIM

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