

District 45 Toastmasters Newsletter

# CAN-AM LINK



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## MEMBERS, MEMBERS, MEMBERS

Jonathan Bohm, DTM, Club Growth Director



Strengthening and building our clubs is vital to every member’s success. As we enter the last third of the year, we must focus on two things:

First, in the dues renewal period, member retention is paramount. Check with every member to make sure that they intend to renew, reminding them of their importance to keep your club strong as well as their own goals. If they are hesitant, ask them what changes they would like to see in the club meetings. Remember it is easier to keep a member than find a

new one.

But just keeping status quo isn’t enough. We need new members to make our clubs vital and vibrant. District 45 is currently creating awareness of who we are and what we do by contacting local businesses, professional organizations, and specific target markets. We’re telling them the value of Toastmasters, offering the proven benefits of our program. We will give them specific information about clubs in their area, encouraging them to visit. But it is up to you to make sure you welcome them warmly and inviting them to join.

Your club should have its own ideas on how to bring in new members. Have you considered an Open House? Frequently I hear stories of clubs gaining 2, 3 or even 4 new members from a quality event. Invite people in your realm that can benefit from our remarkable self-improvement program. Isn’t that how many of us came here?

District 45 offers several incentives for gaining new members during the current Talk Up Toastmasters campaign. Clubs that increase their net membership (using the club base as of July 1, 2021) by 10% between January 1 and March 31, 2022, will be entered in a drawing for \$25 US/\$30 CDN. You can find further information at <https://bit.ly/3BmHkBX>.

Remember that this is all about your own success. Everyone will benefit by having a bigger membership. More membership means more networking and social opportunities, and better yet, it boosts us. More members mean better meetings, with more people to fill roles, to speak, to learn and encourage us all.

As Club Growth Director, I want to work with every one of you to explore and implement every possible opportunity to help each club grow. The goal is simple: we want more members to create successful clubs. How we get there is up to every one of us as we move forward to propel every member and every club to success.

## ARE YOU READY TO COMPETE?

Crystal Cobb, DTM, Program Quality Director



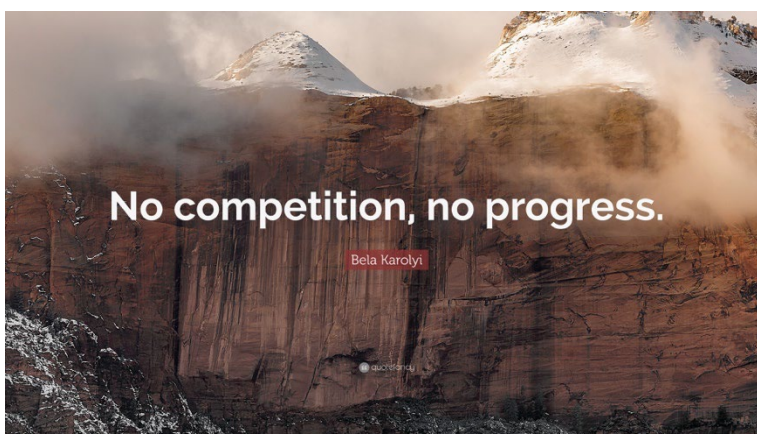
It is contest season where members are showing off their best skills, hoping to move to the next level and represent their club, area, division, and district. Have you fully prepared to deliver your best speech? Are you aware of specific contest rules you must follow so you will not be disqualified? If you have not read the Contest Rule Book, I highly suggest you stop what you are doing and read it over!

While you are waiting for it to download, I thought I would point out a few important points that will ensure you are prepared and ready to compete!

1. Ensure you are in good standing throughout the contest cycle – this means pay your dues on time and have your treasurer submit them to Toastmasters International by March 30, 2022. If your membership is not up to date, you will be disqualified. See 2.2 on page 6 in the rule book.
2. Practice the timing of your speech – you do have 30 seconds grace period, but if you go under that or over the grace period, you are automatically disqualified. See 6.E on page 14 of the contest rule book.
3. Do NOT reference another contestant in our speech- this was a new rule added to the contest rule book last year. This is cause for disqualification so do not mention any other contestants during your speech. See 4.D.2 on page 9 of the contest rule book.
4. If you choose to use a virtual background during the contest, it is considered a prop – please alert the contest chair before the contest. Please note that it is recommended that contestants set their speaking area in front of a neutral background with limited distractions.
5. Now this is the most crucial point of all.....are you ready??

HAVE FUN!

I know competing can give you all the feels, so do your best and be proud of yourself for stepping up to compete. Use your experience as a learning opportunity and as preparation for whatever comes your way in the future!



## YOUR CLUB'S WEBSITE – A FIRST IMPRESSION

Anne Doucette, Public Relations Manager



Your club's website may be the first thing a guest and potential member sees about your club. Make sure you make a good first impression. Ensure the front page of your website includes current and up-to-date information about your club, it's meetings and/or members. Your website should include all information guests need to know about your club.

Here are some tips when added information on your website:

- Be compliant and follow the [Toastmasters International Branding Manual](#);
- Market your club. What is special about your club that guests should join?;
- Do not include Toastmasters jargon without an explanation (e.g., LD5, Table Topics, etc.);
- Add pictures or videos of club members or recent meetings – make it real;
- Celebrate member and club achievements (e.g., completing an education level);
- Add fun things about your meeting such as the Word of the Day;
- Include meeting dates and time, make sure to include the time zone. As many clubs are meeting virtually, we are no longer limited to our geographical region and;
- Most importantly, include contact information so guests know who to contact to join your meeting.

Many of the clubs in District 45 regularly update their website. Visit their website to get ideas on how you can modify your club website.

I encourage you to read the following article from the February 2022 Toastmasters Magazine for more tips: [Make Your Club Website a Marketing and Recruiting Asset](#), by David F. Carr, DTM.

## HERE'S TO THE CHANGE MAKERS!

Angela Chute, DTM<sup>2</sup>, Club Coach Chair

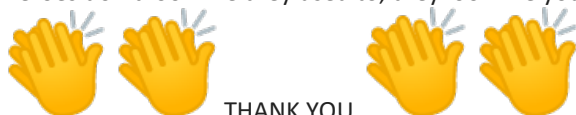


Listening Leaders & 1% improvement in everything chasers  
To leaders who see challenges and turn them into opportunities  
Achiever celebrators & Obstacle eliminators  
The FUN makers and laughter sharers  
To those that inspire, equip and encourage rather than force, demand or diminish.  
To the Personal Goal Finders

To those who meet their team where they are and guide them toward results that matter

To the D45 #TeamDistinguished Coaches who Lead by Example

Heroes don't look like they used to, they look like you do!

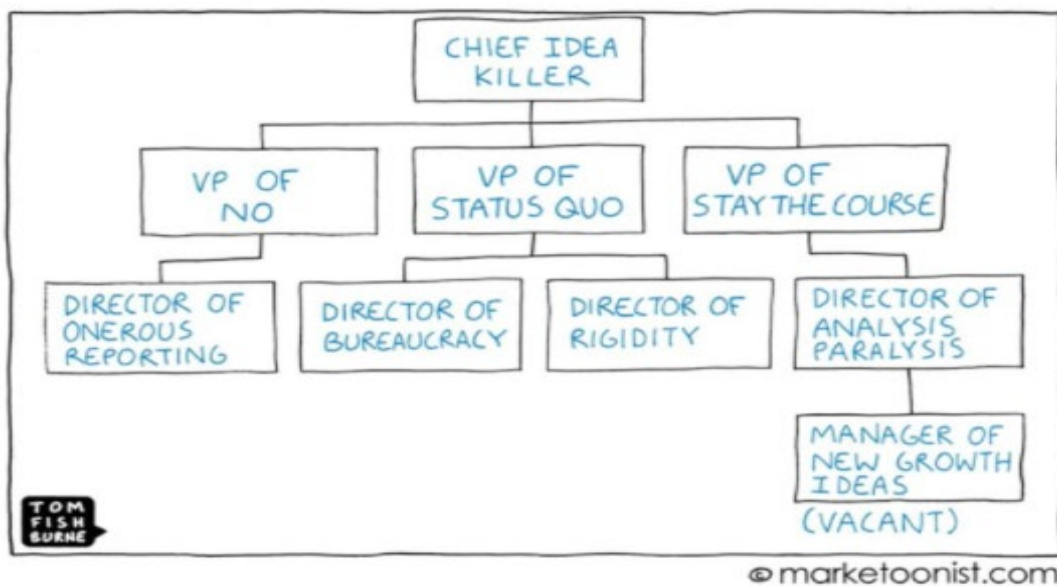


THANK YOU

For showing up and helping our Clubs SHINE!

## NOT OUR STYLE

Heather Perkins, DTM, District Director



Does this organization chart look familiar to you? Some of you may think it represents the district, but this year, we've been trying hard for it not to be the case. We've tried several new things such as our Toastmasters Day event, our blog, leadership notes, and Pathways Therapy. We have been trying to not stay the course as the course was taking us in the wrong direction.

Some suggestions I've seen for other titles include VP of Throwing Cold Water and Director of Ridiculing, Director of Denial and Crusher of Creative Thinking. Of course, there's my favorite -- Manager of "We've Always Done It That Way."

Years ago, I accepted a new position at a different company than where I'd been working. I became supervisor in an area for which I had little experience or knowledge, so I asked a lot of questions. Far too often the response I received was "we've always done it that way." When I probed, staff couldn't give me a better explanation than that. I finally said that any procedure that was being done because "we've always done it that way" needed to be examined. I said it didn't mean it was wrong, but we needed to understand why things were done the way they were before we could decide if it was the right approach.

I've noticed a lot of "we've always done it that way" in clubs. Members will say "We must have the agenda ordered in that way because we've always done it that way." "Members need to have given x number of speeches before they can be an evaluator because we've always done it that way." You hear the Director of Rigidity in evaluations where a speaker is told not to use notes, to never turn their back to the audience, to not use a lectern, and the list goes on. These are guidelines, not rules. Even if they were rules, sometimes rules need to be broken, and guidelines need to be examined regularly

Members who feel that things shouldn't change may be why some members are still resisting Pathways or opposing meeting on Zoom. Examine the attitudes in your club. Consider making multiple Managers of New Ideas. You might be surprised at what positive changes could occur and take your club in a new direction. Remember, it's not about making the perfect Toastmaster. It's about meeting member needs and creating an environment where every member and every club can succeed. Make sure this organization chart is not your style.

## DISTRICT INCENTIVES

**Talk Up Toastmasters** - Membership growth is important to ensure club success. The Talk Up Toastmasters Membership Building Campaign, which runs from February 1st to March 31st, is the second of three membership campaigns. In addition, District 45 is offering the following Incentives for clubs that gain:

- 1-2 new members - draw for \$25 US/\$30 CDN [3 winners];
- 3-4 new members – draw for \$50 US/\$60 CDN [3 winners]; and
- 5 or more new members - draw for \$75 US/\$95 CDN [3 winners].

**Membership Increase** - Club increases its net membership (using club base) by 10% (rounded to the nearest full number) between January 1 and March 31 (with dues paid by March 31). Clubs will be entered into a draw for \$25 US/\$30 CDN [3 winners].

**Distinguished by April 30** - It is important that all clubs strive to achieve Distinguished Club status. The Distinguished Club designations recognize the achievement of club members in attaining educational and leadership awards, the success of the club in recruiting new members and the commitment of club officers to their members by being trained and ensuring dues and paperwork are submitted on time. We encourage clubs to strive at least Distinguished Club status by April 30th. In addition to a club ribbon for your club banner, clubs that achieve any level of Distinguished status (Distinguished, Select Distinguished or President's Distinguished) by April 30, 2022, will be entered into a draw for a prize of \$50 US/\$60 CDN. There will be 3 winners, one for each level.

**Achieving Distinguished Club Points** – We know clubs are working hard to achieve Distinguished Club status. The following incentives will be given to clubs who have achieved Distinguished Club status but do not meet the membership requirement:

- Club achieves **Distinguished** club status (5 or 6 DCP points) – entered into a draw for \$10 US/\$12.50 CDN (5 winners)
- Club achieves **Select Distinguished** status (7 or 8 DCP points) – entered into a draw for \$25 US/\$30 CDN (5 winners)
- Club achieves **President's** Distinguished status (9 or 10 DCP points) – entered into a draw for \$50 US/\$60 CDN (5 winners)

**Excellence in Education** - Excellence in Education Award - awarded to any club that has achieved any of the first four (4) education points in the Distinguished Club Program for the past three (3) years. In addition to a ribbon for your banner, clubs who achieve this will be entered into a draw for \$50 US/\$60 CDN. There will be three winners.

**Excellence in Leadership** - Excellence in Leadership Award – awarded to any club that has achieved points 5 and 6 of the Distinguished Club Program and has had at least four (4) officers trained in each TLI period for the past three (3) years. In addition to a ribbon for your banner, clubs who achieve this will be entered into a draw for \$50 US/\$60 CDN. There will be three winners.

**Open House** - Hosting an Open House for your club is a great way to invite guests or former members to visit and see what your club is all about! Boosting an event on Facebook will help your club reach a wider audience, and hopefully get new members. This incentive is to help you with boosting your Open House on Facebook. You need to set up the Open House as an event. Boost the event and then submit the bill for boosting. You will be reimbursed up to \$25 US/\$30 CDN. This can be for either an in-person or online Open House.

## DISTRICT INCENTIVES (CONTINUED)

**Club Lead Incentive** - Do you know a community that could benefit from a Toastmasters club? What about a company or organization? If you know of someone interested in starting a Toastmasters club, provide the contact's name and information to the Club Growth Director. Once the club forms you will be given the opportunity to sponsor or mentor the club AND be awarded a Toastmasters Core Jacket, Cardigan, or Hero Hoodie (your choice)

### Awards

**Toastmaster of the Year award** – presented at the annual conference, The Toastmaster of the Year award is given to a member who best exemplifies Toastmasters International values in supporting the district and club missions. The Toastmaster of the Year is expected to excel in a variety of leadership and communication; educational; and marketing and public relations activities. The time frame covered will be the previous May 1st to April 30th. Form 1113 Outstanding Toastmaster Guidelines (available as a download on the website) must be completed and given to the Area Director, usually by (insert date). The AD will then pass on the name of the Area member with the highest points to the Division Director (if a Division TM award is being given), or District Director.

**Al Ferguson Memorial award** – presented at the division level, this award is presented to any club that achieves 10 out of the 10 Distinguished Club Plan awards. During the 2018-2019 and 2019-2020 TM years, the 10 points must include any 6 education awards/levels (max). This will be automatically determined by the district based on the reports from Toastmasters International.

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

**Ted Nichols award** – this award is presented at the annual conference to the club with the greatest membership retention. The base membership on July 1 is the starting point and is compared to the membership after the April renewals with new members being considered. A club must have a minimum membership number of 20 to qualify. This award is automatically calculated by the district based on reports from Toastmasters International.

## DISTRICT SPRING CONFERENCE

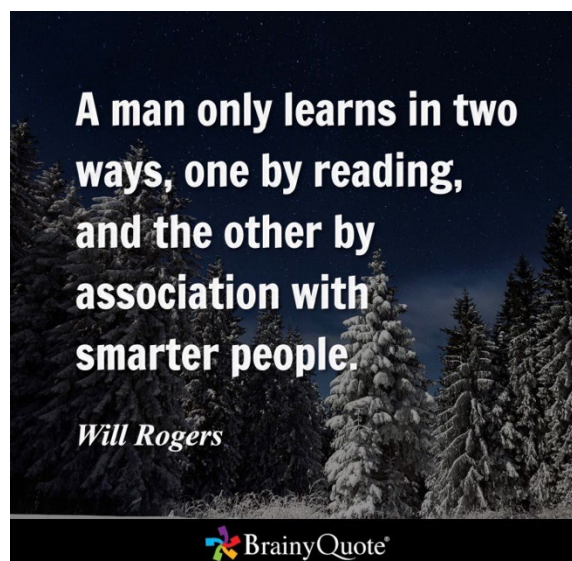
The 2021 World Champion of Public Speaking, an International Director, three entertaining speech contests, educational presentations, elections, awards, contests, an online dance and more – where can you find all this in one event? The District 45 Annual Conference is the place of course. And it's all for the low, low price of .....FREE. No travel, no hotel rooms, no conference registration – how can you not attend? Mark your calendars for May 12 – May 15 for this wonderful event. Share your memories of conferences past. Participate in the pre-conference contests. You can find them under the conference tab on the D45 website. Maybe you'll spot our mystery guest. This is a conference that is not to be missed. We hope to see you there.

## DISTRICT LEADERSHIP BOOK DISCUSSION GROUP

The Leadership Book Discussion Group held their first meeting on January 23<sup>rd</sup>. *Tribal Leadership* by Dave Logan was the topic of discussion. All participants enjoyed the reading selection, and a lively discussion of the leadership concepts allowed the attendees to talk about real examples of the various leadership styles described in the book.

Our next reading selection is ***Start with Why*** by **Simon Sinek**, which shows that influential leaders think, act, and communicate differently than everyone else, and it all starts with WHY.

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, April 24th meeting, please reach out to Tom Goodwin at [d45.tom.goodwin@gmail.com](mailto:d45.tom.goodwin@gmail.com).



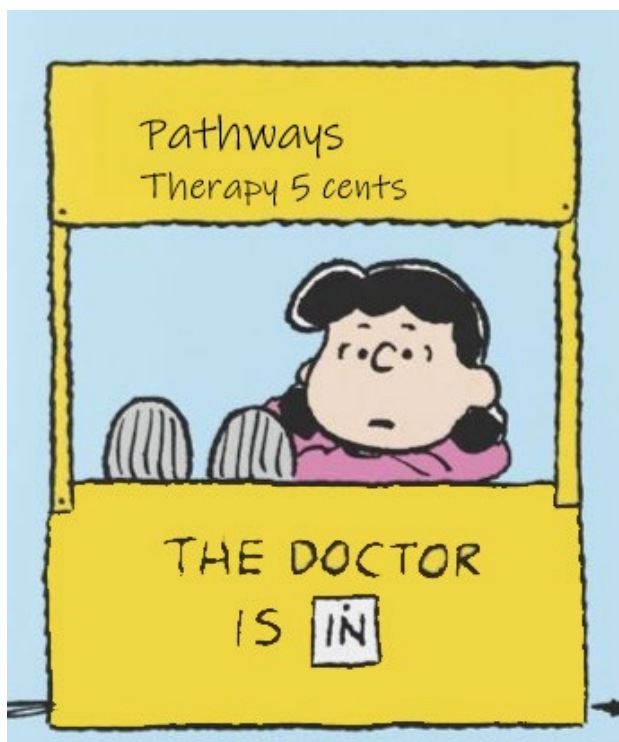
## PATHWAYS THERAPY

John Blumsum, DTM

The District 45 Pathways Committee is presenting monthly “Pathways Therapy Sessions” on the 4<sup>th</sup> Tuesday of each month from January through May. The intention of the sessions is to bridge the gaps and provide steppingstones for those who are getting their feet wet as they embark on Pathways.

Member and District generated resources are being created or sourced. Feedback received to date suggested the need for services such as:

- Digestible step by step instruction on basics (i.e., How do you eat an elephant? ONE bite at a time.
- Clear instruction on counterintuitive or unclear navigation issues within Pathways.
- Record keeping for individuals and VPEs - Project data on FTH or easy-speak is fine, however, templates for personal or club documentation would be handy as well. Pathways Basecamp does not log detailed project specifics.



Have you splashed in a puddle or fallen into a brook as you stepped into Pathways? Do you have any handy resources or suggestions to help others along the way? Send any suggestions or questions to - [info@d45toastmasters.org](mailto:info@d45toastmasters.org)

Join the Pathways Committee on **Tuesday, March 22, at 6 PM ET / 7 PM AT**. This month’s session will include a Panel Discussion on the Level 1 Overcoming early challenges and a Q and A to brainstorm for projects to help get ideas flowing! Be sure to bring your questions along so the team can do their best to answer them!

(From Peanuts by Charles Schultz)

[Link to Pathways Therapy Sessions](#)

<https://us02web.zoom.us/j/83791101670?pwd=VkhnTGdwOCs2bTFQRDZuY3ZrN3NzZz09>

Meeting ID: 837 9110 1670, Passcode: 726174, Find your local number: <https://us02web.zoom.us/j/83791101670?pwd=VkhnTGdwOCs2bTFQRDZuY3ZrN3NzZz09>



## DEALING WITH TEAM CONFLICT – REAL AND PERCEIVED

Jim Kokocki, DTM, PIP

Some years ago, I worked on a project with a team comprised of senior Toastmaster leaders. On a conference call, I spoke awkwardly with one of the team members. I felt he had a dismissive response to some of my comments, after which, some awkward silence occurred. So, I quickly emailed him and suggested we book time to talk - and we did. It was scheduled for noon on a Thursday in my time zone.



That day, I dreaded the conversation. At noon, I called him, and I began with 'how's the weather in your part of the world?' He said it was fine and asked the same of me. After I shared niceties about our fantastic weather, I quickly moved to the purpose of the conversation.

I said, 'I get the feeling you are upset with me.' He responded 'No, I thought you were upset with me.' I responded that I wasn't and then we discussed our recent interactions. We realized we misinterpreted responses and intentions. It was still a little awkward, but a new and better awkward.

What continues to amaze me is that, based on our misinterpretations, we created weirdness in our relationship. If we had not addressed the perceived issues, I am confident that to this day that weirdness would persist. If asked, I would say, 'I don't know what it is, but we've never been comfortable working together.' However, we addressed the issues early and we continue to comfortably do occasional work together.

I write this because these scenarios of conflict are common. Dealing with conflict, real or perceived, is one element of leadership. Here is my approach or dealing with these scenarios:

1. Schedule a time to talk one on one
2. After niceties, say something like, 'I get the sense you're upset with me.' It's important to have specific examples ready, but start with a general statement as you might be entirely wrong on why the other person may be upset with you. Don't start with a specific example.
3. If the other person doesn't want to address the issue, let it go. There will be a future opportunity to try this approach again.
4. If the person does want to address the conflict let them talk. Your role is to listen and only say 'I see,' and 'ok.' This doesn't mean you agree with all they're saying but you want to acknowledge that you're listening. When there is conflict, you're dealing with emotion, and you need to let the other person tell you why she has reacted as she has.
5. As the other person tells you how he feels you wronged him, he will likely lose eye contact as he replays the scene in his head and describes it to you. Just keep listening.
6. Eventually the story will wind down. Be comfortable with some silence. As the emotion is expunged, you'll start to get eye contact again. Test for completion with 'Okay. I see. Anything else?' If there's more, continue to listen.
7. If there's nothing more ask this key question, "Where do we go from here?" 90% of the time the other person will say 'I just want to do my job, and I'm glad we had this conversation.' If they don't say that, that's another level of conflict management and another article for another day.
8. In a team environment, your goal in managing conflict is to repair a working relationship, to be able to work together. You might become friends in the future, but in most situations, we simply need to be respectful and learn to work together.

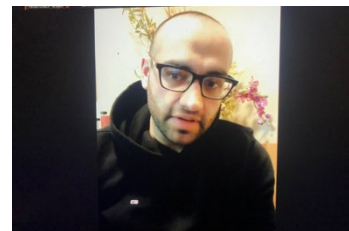
It's always advisable to listen to other viewpoints and consider the pros and cons of other interpretations. We all want to be listened to and respected. That said, when conflict occurs, or is perceived to be present, effective leaders work quickly to understand it, manage it, and resolve it.

## Division A

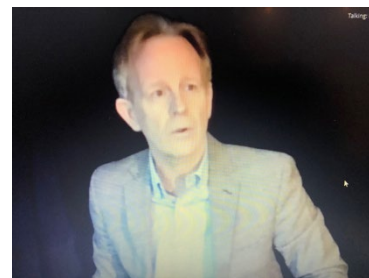
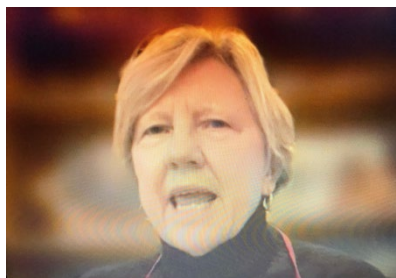
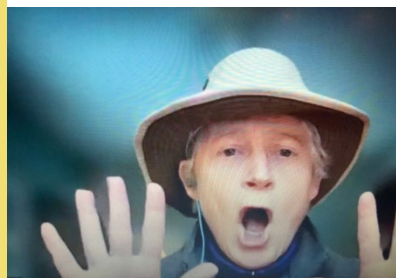
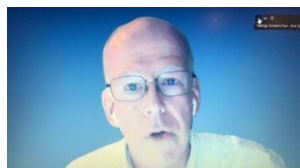
### CONCORD TOASTMASTERS ADVENTURES!!!



Concord Toastmaster VP Membership Dale Randall (pictured left) inducted our newest member Karim Makhoul (pictured right).



Concord Toastmasters held its Humorous Speech contest! Lively rounds of humor were demonstrated by our three contestants (pictured left to right-below), Betsy Black, Ann Walls, and Dale Randall. Our contest chair Rick Dyment (pictured immediately below) led a well-organized event.



**AND the WINNER IS: BETSY BLACK**

## Division C

### Kudos to Kaitlyn Layden!

Division C congratulates disability advocate and Saint John Toastmaster, Kaitlyn Layden, for being named one of the 25 Canadian Women of Influence for 2022.

When Kaitlyn realized that the household financial assistance for disabled people is cut when disabled people marry or cohabitate with able body people who are employed, she made it her mission to create awareness around this discriminatory practice. She began the Axe the HIP (Household Income Policy) campaign, speaking publicly on TV, radio, social and print media.

[https://www.womenofinfluence.ca/2022/02/08/kaitlyn-layden/?fbclid=IwAR2pxUkEqA6JRQmRFO-pvPSSMI3yj\\_ynyFpf0qe8NirTPOn2bwy\\_jccZNGU](https://www.womenofinfluence.ca/2022/02/08/kaitlyn-layden/?fbclid=IwAR2pxUkEqA6JRQmRFO-pvPSSMI3yj_ynyFpf0qe8NirTPOn2bwy_jccZNGU)



TOP 25  
WOMEN OF  
INFLUENCE  
2022 RECIPIENT

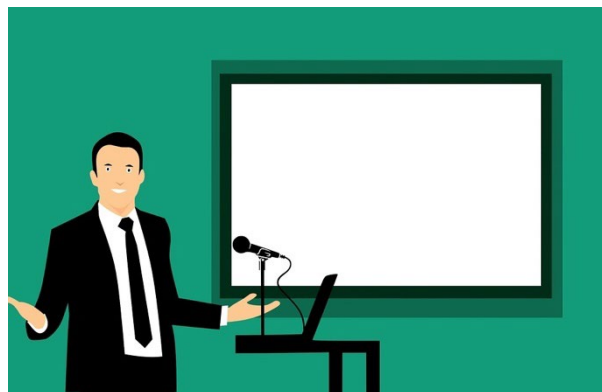


## SPEECHCRAFT

"Regardless of the changes in technology, the market for well-crafted messages will always have an audience."

- Steve Burnett

**Mid-Day Toastmasters** started collaboration with the Faculty of Management MBA program at **University of New Brunswick** in 2016. The idea started when Glenn Cleland, Mid-Day member at the time and the Director of the Center for Financial Studies at the **University of New Brunswick** realized that the Toastmasters methodology can help his students gain an edge and have a better chance at landing a job. As Glenn always said, he had gone from investing in stocks to investing in students and the Speechcraft Program was a huge investment in students' lives and careers. He had observed that several of his students had been turned down for jobs because of the perception of their inability to communicate. That was the time he came up with the idea of partnering with Toastmasters; an organization whose purpose is to help individuals be better communicators. The Speechcraft program helps the students not only in terms of interviewing skills but also preparing them for business competitions.



Everyone in Toastmasters always talks about public speaking and communication skills but Toastmasters has a broader scope of work and that is leadership which in my view encompasses the communication skills too. The Speechcraft meetings also help the students practice leadership skills by performing different functionary roles throughout the program. I just wished we could run the High-Performance Leadership Program for them so that they can be better leaders in their personal and professional lives. Hereby, I also take this opportunity to thank the tireless efforts of UNB faculty of Management Professional Development instructor, Lizabeth Lemon-Mitchell without whom all this success was not possible.

On the other hand, when I joined the Multicultural Association of Fredericton, I realized that the Toastmasters methodology in general and the Speechcraft program can help newcomers improve their language and communication skills. Therefore, they could better compete in the job market with Canadians who have developed these soft skills from childhood. The idea was discussed with The Director of settlement, Ljiljana Kalaba, who is a very passionate about the success of immigrants, and the Speechcraft Program received approval to be run and since then we have run this program for several groups successfully.

The benefit of this program is twofold. As I explained the participants improve their leadership and communication skills. Moreover, the clubs also benefit from that in a sense that they run it like a project and get more experience and the chances are that some of the Speechcraft Program participants join the club later to further pursue their development through Toastmasters.

To your Success Shahram Ghanbari, DTM  
VP Education, Mid-Day Toastmasters

## ROUNDTABLE EVALUATIONS

A Round Table Evaluation could be many things, but I want to tell you about what I think of as a Round Table Evaluation. First a Round Table Evaluation is a tremendous opportunity for everyone to learn and grow. Although the concept may be intimidating it is a rewarding and positive experience.

A Round Table Evaluation follows this structure: earlier in the meeting the speaker delivers their speech; later, depending on the format of the meeting, the assigned evaluator delivers their 2–3-minute evaluation; then the Round Table portion of the evaluation is conducted (more on this later); and finally, the speaker responds to their evaluation.

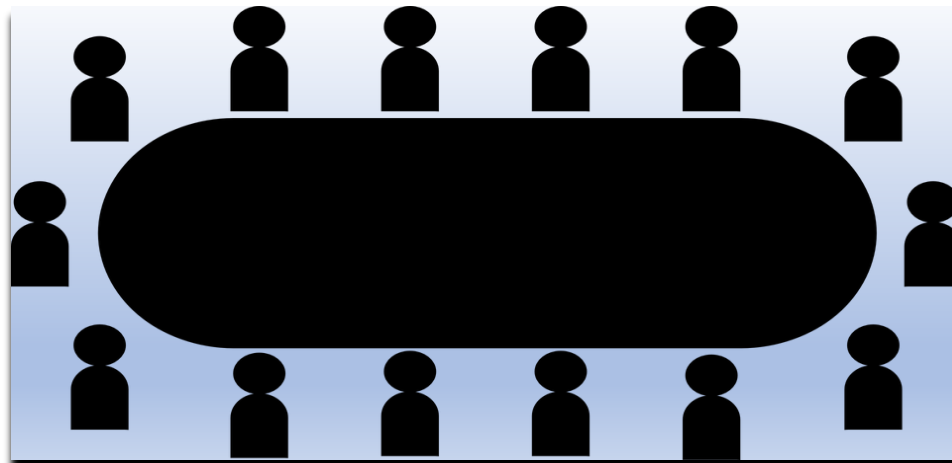
The intent of the Round Table is for each attendee (other than the speaker or their assigned evaluator) to give a brief, less than a minute, comment on the presentation; usually something they liked and a point or two for improvement. In general, the Round Table participants are encouraged to mention something that has not been previously mentioned rather than re-iterating a previous point.

Now the truly wonderful part of the Round Table is that, sometimes, people disagree; one person will say they liked something, and another will say they didn't. This highlights the notion that evaluations are opinions, and that the speaker should take from them what works for them. This and the breadth and depth of the multiple opinions are the real benefit. A speaker can really see that there is not just one way to improve their speech and not every improvement is generally good. But wait there is more, because everyone is expected to contribute to the Round Table everyone is encouraged to be a better listener and therefore a better audience for the speaker. Finally, we all discover things we didn't notice and that helps us become better evaluators.

I love that the speaker gets to respond to the evaluation. Generally there is no time limit on this response however they are usually under two minutes. This is an opportunity to address specific pieces of feedback, identify those suggestions that they found useful, or provide an explanation of why they did something one way or another. Again, everyone benefits from this feedback.

If you have never experienced a Round Table evaluation before I can highly recommend it. My club, Toast of the Coast (4592) conducts a Round Table evaluation for every speaker. The Round Table evaluation is a great tool for anyone who is planning on competing in the upcoming contests to present their speech.

- Michael Thompson DTM, Schooner Toastmasters Halifax



## CONGRATULATIONS CLUB OFFICERS!

Thank you to all club officers who attended our Toastmasters Leadership Institute (TLI) winter training sessions! We learned about hosting quality meetings and how to market our clubs. We met our division colleagues, connected with our fellow officers, and provided feedback on future learning opportunities.

Attendance was tracked and has been updated in Club Central, so be sure to check your club's training status. If you feel there has been an error in the reporting, please contact Program Quality Director, Crystal Cobb at [d45.crystalcobb@gmail.com](mailto:d45.crystalcobb@gmail.com). Please provide your full name, club name, officer role(s) and date(s) you attended the training. A friendly reminder that to receive credit, attendance at all sessions 1 through 5 was required.

We appreciate your patience as we confirm the attendance for over 500 club officers over multiple sessions.

As we look forward to the next few months, we will have TLI training again in June for incoming club officers for 2022-2023. Please save the date for these sessions with more details to follow as they become available.

June 6<sup>th</sup> & 8<sup>th</sup>

June 14<sup>th</sup> & 16<sup>th</sup>

June 18<sup>th</sup>

## STRIVING FOR SUCCESS WEBINAR

Join us on March 27, 2022, for our monthly striving for success learning opportunity! Darren Duguay will lead us through "Improved Club Culture & Leadership Through Emotional Fitness<sup>®</sup>" that promises to help us develop our listening skills, give clarity on how to achieve goals and a plan to integrate the tips and tools from this session to bring about positive change.

The session starts at 7pm ET / 8pm AT. Join via Zoom: <https://bit.ly/3vhlcrL>

Meeting ID: 870 2955 1374

Passcode: 681436

See you there!

## SHIRLEY KELLEY AWARD COMMITTEE

Tom Micasso, DTM

I'm looking for D45 members to serve on the committee to accept nominations for this prestigious award! It would be ideal if we could get a nominee from each division.

Please email Tom Macisso, Division B Director if you'd like to serve on this committee at [d45tommacisso@gmail.com](mailto:d45tommacisso@gmail.com)

Anniversaries



Of the 1,100 members in our District, 47.5% have been a member for at least 5 years, 25.8% have been a member for at least 10 years and almost 14.6% have been a member for 15 years or more. Each month we will celebrate those members who celebrating an anniversary in that month. 5<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> etc. anniversaries will be recognized. The following are celebrating their anniversary with their club noted in **March**.

Name	Club	# of Years
Tracy Gatis	Sears-Halifax Club	5
Cornelia Buhrmann	Toast of the Coast Toastmasters Club	5
Kevin Chick	Mid Day Toastmasters	5



Clubs celebrating any 5<sup>th</sup> anniversary of their club charter are recognized. Once a club has reached the **half-century mark**, every anniversary is included and celebrated. The following club meets the criteria for March:

Saint John Club #1479 in Saint John, New Brunswick, Canada is celebrating 68 years on March 1.

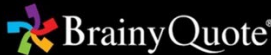
Cole Harbour Toastmasters #974612 in Dartmouth, Nova Scotia, Canada Is celebrating 15 years on March 20.

Karner Blue Toastmasters #983146 in Concord, NH is celebrating 15 years on March 31.



The time you  
 enjoy wasting is  
 not wasted time.

*Bertrand Russell*



Every month, members who have achieved designations Pathways are recognized. Some members, however, are not getting the recognition they deserve due to privacy setting configurations. If this is your case, log in and go to your profile. Click on “privacy and consent.” The final item says, “Your Name on Public Reports”. Get the recognition you deserve! Change your setting of this consent to YES. There are currently 34 achievements not recognized because consent has not been given.

Member Awards

Level 1 – February 2022

Name	Club	Designation
Paula Baines	Toast of the Midcoast	DL1
Karen D. Caldwell	Sears-Halifax Club	EC1
James R. Hanifen	Sears-Halifax Club	EH1, PM1
Damsadie Hannedige	Dal Toastmasters	PM1
Eric G. Jordan	Toast of the Coast Toastmasters Club	EH1
Betty M. Kemp	Dartmouth Toastmasters Club	PM1
Andrew D. Lennark	Cole Harbour Toastmasters	EH1
Joe H. Mullins	Bangor Toastmasters Club	IP1
Phoebe Sexton	Penmen Toastmasters	PM1
Paula Tozer	Riverside Toastmasters	PI1
Dawna-Jean Turchon	Kennebec Valley Toastmasters	LD1
Maria Winn	2211 Toastmasters Club	MS1
Lawrence A. Wood	Keene Toastmasters Club	PM1

Level 2 – February 2022

Name	Club	Designation
Barbara L. Bell	Sackville Club	EC2
Lesley Carter	Dartmouth TIC Talkers Toastmasters Club	IP2
Aaron Haruna Drammeh	Millyard Toastmasters	PM2
Carl J. Duivenvoorden	Civil Speakers Club	MS2
Thomas G. Goodwin	Lakes Region Toastmasters	PM2
Ken Hendra	Toast of the Valley Club	PM2
Andrea Jeffs	Provincially Speaking Toastmasters	DL2
Eric G. Jordan	Toast of the Coast Toastmasters Club	EH2
Gregory R. Lavoie	Exeter Speak-Ups Club	DL2
Lorri Menard	Nashua-Hudson Club	TC2
Lorri Menard	Souhegan Speakers and Leadership Club	EH2
Deborah I. Mitton	Speak-Easy Toastmasters Club	EC2
Cynthia J. Sarvai	Millyard Toastmasters	DL2
Lorie A. Wilson	Winning Speakers Club	IP2



### Level 3 – February 2022

Name	Club	Designation
Adam A’Hearn	Premiere Toastmasters Club	LD3
Wendell E. Barney	Dynamic Speakers Club	PM3
Barbara L. Bell	Sackville Club	EC3
Angela M. Chute	The Maine Thing Advanced Toastmasters Club	EH3, PI3
Aaron Haruna Drammeh	Millyard Toastmasters	PM3
Jillian Miner	Keene Toastmasters Club	SR3
David C. Phillips	Running Hill Toastmasters Club	PM3
Taylor Remy	Keene Toastmasters Club	LD3
Cynthia J. Sarvai	Millyard Toastmasters	PM3
Lorie A. Wilson	Winning Speakers Club	IP3

### Level 4 – February 2022

Name	Club	Designation
Barbara L. Bell	Sackville Club	MS4
Angela M. Chute	The Maine Thing Advanced Toastmasters	EH4
Paul F. Coddington	Mt. Washington Valley Toastmasters	MS4
Aaron Haruna Drammeh	Millyard Toastmasters	PM4
Dayna R. Flumerfelt	North Country Toastmasters	DL4
James Kokocki	Sussex Toastmasters Club	PM4
Janet Leary-Prowse	Running Hill Toastmasters Club	LD4
Deepak Nainiappan	Schooner Toastmasters Halifax	DL4
David C. Phillips	Running Hill Toastmasters Club	PM4
Ann Marie Pochtar-Galakis	The Maine Thing Advanced Toastmasters	EC4
Cynthia J. Sarvai	Millyard Toastmasters	PM4

### Level 5 – February 2022

Name	Club	Designation
Anne M. Doucette	Riverview Canusa Toastmasters Club	DL5
Robert Maguire	Lakes Region Toastmasters	PM5
Ann Marie Pochtar-Galakis	The Maine Thing Advanced Toastmasters Club	EC5
Cynthia J. Sarvai	Millyard Toastmasters	PM5

## Trailblazer Award – February 2022

Name	Club
Barbara L. Bell	Sackville Club
Anne M. Doucette	Spotlight, Charlottetown Breakfast, and Riverview Canusa Toastmasters Clubs
James Kokocki	Rising Tide, Saint John, and Sussex Toastmasters Clubs
Robert Maguire	Lakes Region Toastmasters
Lorri Menard	Souhegan Speakers and Leadership, Merrimasters Toastmasters, and Nashua-Hudson Clubs
Deborah I. Mitton	Speak-Easy Toastmasters Club
Cynthia J. Sarvai	Millyard Toastmasters
Dawna-Jean Turchon	Dirigo Leaders, Kennebec Valley, Running Hill, The Maine Thing Advanced Toastmasters Clubs

Member Awards



## District Calendar

### MARCH 2022 EVENTS

3 - #TeamDistinguished Masterclass (for Club Coaches)  
 5 – Area 7 Speech Contests  
 5 – Area 20 Speech Contests  
 8 - VP Public Relations Peer Calls  
 10 - Senior Leadership team meeting  
 12- Areas 5 and 6 Speech Contests  
 14 - VP Education Peer Call  
 15 – District Executive Committee meeting  
 17 - VP Membership Peer Call  
 18 – Areas 4, 13 and 19 International Speech Contests  
 19- Area 1 Speech Contests  
 19- Area 8 Speech Contests  
 19- Areas 4, 13 and 19 Humorous and Table Topics Speech Contests  
 19- Areas 14 and 24 Speech Contests  
 22 – Pathways Therapy Session  
 23 – President Peer Calls  
 24 – Senior Leadership team meeting  
 24- Areas 12 and 16 Speech Contests  
 26- Area 17 Speech Contests  
 26- Area 25 Speech Contests  
 27 – District webinar

### MAY 2022 EVENTS

5 - #TeamDistinguished Masterclass (for Club Coaches)  
 9- VP Education Peer Call  
 10 - VP Public Relations Peer Calls  
 12-15 Annual Conference  
 17 – District Executive Committee meeting  
 19 - VP Membership Peer Call  
 24 – Pathways Therapy Session  
 25 – President Peer Calls  
 26 – Senior Leadership team meeting

### APRIL 2022 EVENTS

2 – Division C Speech Contests  
 2- Area 2 Speech Contests  
 2 – Area 9 Speech Contests  
 2- Areas 11, 18 and 21 Speech Contests  
 7 - #TeamDistinguished Masterclass (for Club Coaches)  
 9 – Division A Speech Contests  
 9- Area 3 Speech Contests  
 9- Areas 5 and 6 Speech Contests  
 11 - VP Education Peer Call  
 12 - VP Public Relations Peer Calls  
 14 - Senior Leadership team meeting  
 16 – Division G Speech Contests  
 19 – District Executive Committee meeting  
 21 - VP Membership Peer Call  
 23 – Division B Speech Contests  
 23- Division D Speech Contests  
 24 – District webinar  
 24 – Leadership Book Discussion  
 26 – Pathways Therapy Session  
 27 – President Peer Calls  
 28 – Senior Leadership team meeting  
 30 – Division E Speech Contests

### JUNE 2022 EVENTS

2 – Division C Speech Contests  
 6 and 8 – Toastmasters Leadership Institute  
 9 - Senior Leadership team meeting  
 13 - VP Education Peer Call  
 14 - Toastmasters Leadership Institute  
 14 - VP Public Relations Peer Calls  
 14 - Division Director Peer Calls  
 16 and 18 – Toastmasters Leadership Institute  
 21 – District Executive Committee meeting  
 23 – Senior Leadership team meeting  
 24 – District social  
 28 – Pathways Therapy Session

**FOR UPDATED EVENTS AND TIMES, GO TO THE DISTRICT CALENDAR AT <https://d45toastmasters.org/>**

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