

District 45 Toastmasters Newsletter

CAN-AM LINK



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POSTING ON SOCIAL MEDIA

ANNE DOUCETTE, PUBLIC RELATIONS MANAGER



Social media has become the source many people to go to find information. It's an easy and great way to increase the visibility of your club to both active and prospective members and to engage with your audience. Consistently posting on social media will attract people and will build follower loyalty. There are many different social media platforms to use. Some popular platforms to help promote your club are Facebook, LinkedIn, Instagram, Meetup and NextDoor. Don't forget to keep your website up to date as guests may check it out.

Here are a few tips to remember when creating posts:

1. Your readers will ask 'What's in it for me?'

When writing a post, write something that will get your reader's attention, something they can see themselves in. Target their pain points or their desires/wants. Give them a sneak peek on how Toastmasters can help them with transferable skills they can learn (e.g., time management, leadership, meeting facilitation, etc.).

2. Keep is short, simple, and interesting

Your readers will not read posts if they are too long. Make your content interesting, informative, and entertaining. Post images or video clips to catch people's attention. People love to see anything that is visual.

3. Make posts easy to understand

Don't forget those viewing your post might not be Toastmasters and may not understand the jargon we use (e.g., DTM, LD3, TLI, etc.) Make sure your posts are clearly understood by your readers.

4. Use 1-2 hashtags to increase exposure

A hashtag is a word or keyword phrase with a pound sign (#) before it. Hashtags make it easier for users to find information about a specific topic. Examples include #toastmasters, #publicspeaking, and #leadership.

5. Create a content calendar

You can create a calendar and post content daily. For example, Monday – motivation; Tuesday – public speaking tips; Wednesday – club meeting reminder; Thursday – recap of club meeting, Friday – humor and fun.

Each social media platform can benefit your club differently. Don't use all of them, as you will easily get overwhelmed. Pick a couple of platforms. Each Toastmaster club is unique so focus on platforms that will best serve your club's needs.

Happy posting!

REFLECTING ON SUCCESS

District Director Heather Perkins, DTM



“Not everything that can be counted counts, and not everything that counts can be counted.” (Albert Einstein)

Einstein might have been talking about Toastmasters. In

Toastmasters, we measure success by the number of Pathways levels, renewing members, new members, and new clubs, but we also measure it by the experiences of club members and their perceptions of what they have gained. These individual successes are the most important ones, but they are impossible to count.

Club statistics are valuable measures of success. It’s important that members work through their Path(s) because this is what helps members develop their communication and leadership skills. It’s important that clubs continually recruit new members because this ensures clubs have enough members to operate and keep the clubs vital and energetic.

There are, however, many more other indicators of success – ones that are more difficult to count. When you ask members how they have benefited from

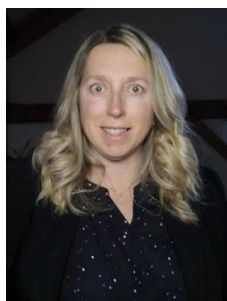
Toastmasters, you will often hear responses about benefits such as increased confidence, improved self-esteem, improved ability to talk to people in social situations, and the ability to communicate better. How many organizations can claim to offer such benefits?

I can’t stress enough that Toastmasters is a learn-by-doing organization. The more that you take on speaking and leadership roles at the club meetings and the more that you get involved outside of the club, both through leadership and educational events, the more you’ll gain from the Toastmasters program.

New Year’s is traditionally the time to reflect on what we’ve accomplished and what we want to accomplish in the coming year. Think about what success in Toastmasters means to you and to your club. Evaluate where you stand with respect to what you want to accomplish. Determine the gaps and what you need to do to reach your goals. Once a goal is achieved, establish a new goal for yourself. Do this for both you and your club. Reflecting on your successes and how far you’ve come since joining the organization will help you appreciate how you’ve changed and how you can continue to focus on achieving success.

COME ONE, COME ALL!

Crystal Cobb, Program Quality Director



Happy New Year! With the new year comes lots of training opportunities for all club members! We are hosting our Toastmasters Leadership Institute (TLI) training sessions in January and February, where club officers will gain confidence

and skills to help build their clubs and focus on success for all members!

Sessions include information on quality clubs & member engagement, marketing your club, division breakouts, and club officer breakouts. These sessions

will help set you up for success for the new calendar year and give you tools to retain current members and recruit new ones.

Did you know that all members are invited to attend these sessions? You DO NOT have to be a club officer to attend the TLIs as we encourage all members to come and learn new skills and meet members outside of your club.

To register for the TLIs and get all the details, please visit our [District 45 website](#).

We look forward to seeing you there!

NEW CLUB ACTIVITY (WITH PRIZES!)

For January and February, the District is encouraging clubs to track their activities and to be engaged outside of the club. You can earn points for various activities. To allow you to track your activities, a card has been developed showing the points for engaging in certain activities. You can earn a significant award for your club by entering your club's results. Click [here](#) to find the "Track Your Success" card.

Send cards with points achieved to Sherry MacDonald by midnight your local time on February 28, 2022.

Prizes available: 1st place: \$150, 2nd Prize \$100, there will be an additional 4 draws of \$50 each. All prizes in US funds. Verification may be required.

GOOD LUCK!

District 45 Track Your Club Success!

	Mastering Fundamentals	Learning Your Style	Increasing Knowledge	Building Skills	Demonstrating Expertise
Integrity	8 points Attend a VPM Peer Call	2 points per meeting (Max 10 points) Have a meeting theme for Jan & Feb	10 points Review and update your club success plan	5 points Invite a prominent community member to your meeting	15 points Run a Moments of Truth; create and implement 4 action items
Respect	5 points Present an education session or speech	5 points Have a club exec meeting and share minutes with members	8 points Setup mentor program or have mentor check-in	8 points Attend a VP PR Peer call	5 points Submit a newsletter article or idea
Service	3 points per club member (+10 pts if ALL attend) Attend a TLI	5 points Post on D45 FB Group: Making Your Club Successful	8 points Attend a President Peer call	10 points Run a speech contest at your club	8 points Attend an Area Council meeting
Excellence	2 points per person Attend a Webinar	15 points Run a Membership drive	10 points 3 members visit 3 clubs and each take on roles	8 points Revisit members goals & plan for their success	8 points Attend VPE Peer Call

DISTRICT INCENTIVES

TLI Attendance - Toastmasters Leadership Institute (TLI) is a leadership training and networking event that benefits all Toastmasters. It will help you learn more about and prepare for your Toastmasters club officer role! Officers who attend can help their club earn a point in the Distinguished Club Program. It is also an opportunity to share your own ideas and experiences with other officers during the interactive club officer training, as well as to learn from others. Statistically, clubs are more successful if their officers are trained twice a year. Clubs that have all officers attend the Winter 2022 TLI training session will be entered into a drawing for a prize of \$25 US/ \$30 CDN. There will be six (6) winners.

Clubs Distinguished by April 30 – It's 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 for at least "Distinguished Club" status by April 30th. Clubs that achieve any level of Distinguished status ("Distinguished", "Select Distinguished" or "President's Distinguished") by April 30, 2022, will be entered into a drawing for a prize of \$50 US/\$60 CDN. There will be three (3) winners, one for each level.

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 drawing 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 drawing for \$50 US/\$60 CDN. There will be three (3) winners.

Open House – Stir up some excitement with an 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 boost 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.

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. 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].

Mentorship Incentive - Mentorship is an integral part of Toastmasters, with benefits that reach far beyond the club meeting. The Pathways Mentor Program is designed to help you build and reinforce the skills needed to provide a positive mentoring experience for protégés. For any member who complete the Pathways Mentorship Path by June 30, 2022, will receive a mentor pin and a recognition card.

DISTRICT 45 PATHWAYS COMMITTEE

District 45 has done great in enrolling in Pathways. Now we need to up our game in achieving completion of those paths. We formed the Pathways Committee to explore and create resources that will make the Pathways journey easier to navigate at all levels. The committee has four members dedicated to that goal:

John Blumsum DTM joined Toastmasters in 2001, starting out at TIC Talkers 9307 in Woodside, Nova Scotia. Currently a member of both Spirit-Ed Toastmasters 5375 (Halifax) and Toast of the Coast Advanced Club 4592 (Dartmouth), John continues to benefit from the Toastmasters program. John is a past Area Governor and Area Director and a serial VP Education over the years. Through his participation on the District Pathways Committee, John hopes to better engage old and new members and encourage broader participation in the Pathways program districtwide.

Lesley Carter Is Vice President Education at Tictalkers Toastmasters in Dartmouth, Nova Scotia. She has been a Toastmaster since 2010. Lesley works as a marine biologist for Environment and Climate Change Canada and came to Toastmasters to improve her public speaking skills when she started presenting science workshops to Canadians. Currently, Lesley's work duties include translating complex science documents to a format that can be understood by the public, including Indigenous communities. Lesley was previously a Pathways Guide when the program was first introduced to our district and looks forward to applying this experience to the Pathways Committee.

Crystal Cobb, PQD has held various leadership roles at the club level, including President, Vice President of Education, Vice President of Membership and Secretary. At the District level, she has been Area Director, Division Director, District 45 Administration Manager and District 45 Public Relations Manager.

As the current Program Quality Director, she is dedicated to helping members work towards their success through the Pathways education program! Crystal is excited to work with the Pathways Committee to provide support to members through their Pathways journey!

Casey Jenkins, DTM is Vice President Education at Portsmouth Toastmasters in Portsmouth, NH. She has held every club officer role and has been an Area Director and a Division Director. She is chairing the Pathways Committee and is looking forward to working with John, Lesley, and Crystal in making your Pathways journey a great and worthwhile experience.

We have plans for providing learning resources starting in January. We want to hear about your questions, issues, and struggles with Pathways. Please email us so that we can effectively plan learning opportunities and support for you!

Send your questions to us at info@d45toastmasters.org



FOCUS ON SUCCESS, FOCUS ON FUN D45 ANNUAL CONFERENCE

DISTRICT 45 HOLIDAY SOCIAL

Program Quality Director Crystal Cobb

Many of you may never have attended a District 45 conference and you might be wondering what all the hype is about. Even before the pandemic, our members did not get to see each other often because of the distances in our District. This makes our conference more of a family reunion than a conference. Being online does not change that. Maybe we can't hug each other but we can see each other and reconnect. I attended many District 45 conferences before anyone started hugging so it's not that much of a change for me!

What can you look forward to? You can look forward to three fantastic speech contests. Who knows? You may get to see the next World Champion of Public Speaking before they became famous. You will get to see the current World Champion, Verity Price, who will be presenting an educational presentation on Saturday morning, along with many other fun and informative presentations.

You will have the opportunity to meet our International Director, Jeff Sobel who will be conducting a visit with us. Maybe you'd be interested in helping to plan Jeff's visit? He'll be doing corporate visits and maybe a couple of club visits in addition to attending the conference.

There is so much more than what's been stated here. There will be more information in upcoming newsletters, in the weekly email and on the website. No conference, however, can happen without volunteers. If you're interested in helping in any way, contact heather@perkins.com.es to volunteer. Save the dates – May 12 to May 15. Come prepared for a memorable experience.

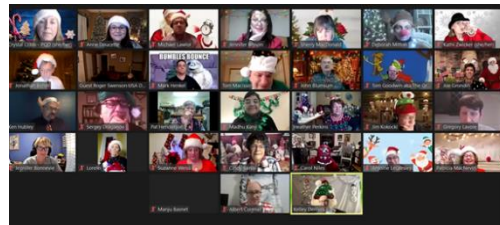
Thank you to those who came out to our D45 Holiday social – what a time we had! Members across the District came with ugly or fancy sweaters, decorated backgrounds and their dancing shoes! We had Area and Division leaders help facilitate our ice breaker games. We played the 5 Second Rule, and Manju Basnet had us Zumba dancing. Our District Director, Heather Perkins closed off the session with a toast for holiday wishes and a successful New Year ahead.

It's important that we take some time to celebrate the holidays and enjoy each other's company. Special thanks to Kelley Demers and Madhu Kanji for being party planning Extraordinaires! Events like this are not possible if we do not have volunteers to help plan and organize them! A bonus to planning this social is that Kelley and Madhu got to use this activity as a Pathways project!

Decorative sweater winners: Tom Macisso and Ken Hubley

Decorative background winners: John Blumsum and Jim Kokocki

Congratulations to the winners!



Best wishes to you and your families for health and happiness for 2022!

Division A

White Mountain Toastmasters has changed its schedule to meet the first and third Wednesdays instead of every week. This will enable us to attend other clubs and focus more intensely on filling roles for each meeting. Our next meeting is January 5, 2022.

Division B

70 Years of Woodfords Toastmasters! – by Sergey Draganov, DTM

Chartered on April 1, 1950, Woodfords Toastmasters is the oldest and longest running Toastmasters club in the State of Maine! Think about that. There are over 15,800 clubs in the world. If you pay attention, some clubs were chartered under 7-figure numbers. Woodfords was chartered under a three-figure number – 816! Toastmasters International was founded in 1924 and Woodfords Toastmasters – only 26 years later – in 1950. That makes it one of the oldest clubs in this country and the oldest club in Maine. In fact, the first District 45 Governor was from Woodfords Toastmasters Club!

The 70-year anniversary in 2020 was a good reason to celebrate. We started preparation, we even printed beautiful advertising flyers. However, the new pandemic reality sank in - our membership numbers plunged, and our plans failed.

With COVID-19 still not tamed but with fresh and powerful influx of new members with great experience and ideas, we decided to resume our plans for celebration. The club is here to stay, and we are determined to bring back the glorious times of abundant and enthusiastic membership of the past. Our online celebratory event will take place on January 27 during our regular meeting hours. The format of the meeting will be panel discussion with three keynote speakers:



Woodfords 70
The oldest club in Maine celebrates 70 years
PANEL DISCUSSION STARRING

		
Pat Johnson <i>Past International President</i>	Mohammed Qahtani <i>2015 World Champion of Public Speaking</i>	Heather Perkins <i>District 45 Director</i>

January 27th, 2022
 7 PM - 9 PM (EST)
 For Zoom link contact:
 Mark Henkel : wtm@markhenkelspeaker.com
 Sergey Draganov: sergey_draganov@yahoo.com

Please stay tuned for the official announcement and join us in celebrating 70-year Anniversary of Woodfords Toastmasters.

Division C



Congratulations to Saint John Toastmasters', Kaitlyn Layden one of the 65th Anniversary Award Winners announced by Ability New Brunswick Inc. / Capacité Nouveau-Brunswick Inc. ! Much Deserved!



Kaitlyn Layden - Ms. Layden is raising awareness and educating the public, potential allies, policymakers, and politicians about what needs to change to better the lives of people living with a disability. She is committed to social justice and plays an important role in the “Axe the HIP” campaign to eliminate the Household Income Policy.

Losing McCain Toastmasters Club

In October 2021, District 45 lost the club at McCain Foods. McCain Toastmasters was founded on March 12th, 2009. I applaud the efforts of Area 13 Director Subbi Mathur, DTM, PRA, who worked extremely hard to find a spark of life or interest amongst the departing members. The loss of this club causes me to reflect. One year prior to the club’s suspension, back in October 2020, the club had 16 members, and then six months later there were no paid members.

A club dissolves when the club stops meeting the needs of its members. If the needs of new and returning members are met, clubs can exist for a very long time. I am a member of a club founded in 1954.

Members join for various reasons, but, of course, usually their reasons are related to improving their communication and leadership skills. Clubs need to provide variety in the exercises used to test and stretch members abilities. If members don’t feel their skills are being tested, they’ll get bored and disengage.

When clubs reside in corporations or other sponsoring organizations, the managers who approve the expenditures are stakeholders. How can a club executive demonstrate continued value and benefit to sponsoring managers? I believe the club executive must concisely communicate member progress and development and overall benefits of the club. As an example, the club executive can provide a semi-annual letter to sponsoring managers that succinctly reinforces member progress and club benefits.

Clubs belong to the members. However, clubs are also part of our international Toastmaster community and our local Toastmaster communities, including our district. It saddens me that we have lost a club founded in 2009 inside one of the largest food producers in the world with over 20,000 employees.

What can we learn from the loss of McCain Toastmasters? Club leaders please continue to focus on the needs of your members and test and stretch their skills and abilities. And for club leaders that have a sponsoring company or other sponsoring organization, please find a way to communicate the continued value of the club to the sponsor – this is part of your development as a leader.

Division E

Speak Easy Toastmaster's executive are excited to share its new meeting look! It is moving to weekly meetings for 1 hour only every Wednesday beginning at 8 PM. All meetings will have a theme relating to Prince Edward Island.

Zoom information is on our website 3948speakeasy. Guests always welcome. Join us for our first meeting January 5, 2022.

For any further information, please feel free to call Geraldine MacKendrick at 902-859-2456

Unlocking the Mystery of Toastmasters

Angela Harris, Vice President Public Relations, True Blue Toastmasters

Can you remember what you thought of Toastmasters before you joined Toastmasters? For some of you, that's going a long, long way back. If I'm being honest, it is for me, too. It took me over 15 years to finally get to a meeting after first hearing of the "mysterious" Toastmasters.

I still recall all the feelings that washed over me as a friend asked me if I was a member. "What a strange name," I thought, "Toast-what?" My curiosity was piqued, and I had a lot more questions. I was just a few years into my career at the time but had already done a lot of speaking and presenting, not to mention a stint at stand-up comedy. "Oh no, not for me I don't think, I don't need to make toasts." But the seed was planted and my interest in this mysterious group would grow every time I heard about Toastmasters after that.

In retrospect, I'm grateful that it unfolded the way it did. The more I learned about Toastmasters, the more I realized that it was exactly what I needed. With each question about Toastmasters answered, more clues revealed themselves. Surprisingly, there were many amazing people in my club. Toastmasters is truly about people and connections. It is about coming together to support each other wherever we are on our Toastmasters journey. Our members are at the heart of everything we do, and the feeling is incomprehensible.

If you're reading this, you're already a member of Toastmasters. Therefore, I know that you know exactly what I am saying. The challenge is in helping others unlock the mystery of Toastmasters and what it might mean for them. It all starts with that first mention of our organization, that first clue, and then the first meeting.

On January 27th, 2022, we at True Blue are trying something new to introduce people to Toastmasters. We will be hosting a Mystery Open House featuring a mystery speaker only to be revealed during the meeting. Could it be a past International President, a World Champion of Public Speaking, or a past District Director? Who knows? We will invite guests to join us to learn more and to ask all their burning questions and we will be giving away a mystery prize too. If you're wondering what more Toastmasters has to offer for you, we'd love to have you. As for me, I still have a lot more clues to follow and I'm very excited to see what I might find along the way. It turns out that it's not nearly as mysterious as I thought.



Women in Leadership Levee

6PM ET/7pm AT January 5, 2022 free online

The public is invited as we celebrate women's leadership! Each of our 12 Maritime Women in Leadership will speak on their year in leadership and offer a toast for 2022. May their presentations motivate us to take action to bring our dreams and passions to reality!

Dress in your New Year's Eve outfit. Add lots of glitter and glam. Have a wine glass filled with the beverage of your choice for toasting. Invite a friend! Invite lots of friends!

Women Changemaker Toastmasters - We Support YOUR Success.

Email for link: changemakerstoastmasters@gmail.com

Change

Change Makers

giving voice to your passion

**LET'S CELEBRATE
12 AMAZING
MARITIME WOMEN
IN LEADERSHIP**

**Wednesday, January 5, 2022
at 7:00pm AST / 6:00pm EST**

Let's Raise Our Glass and Toast the New Year
Dress in your New Years Eve best with
lots of glitter and glam, and bring a glass
filled with your favorite beverage

SPECIAL ONLINE EVENT
general public is invited

changemakerstoastmasters@gmail.com

**TOASTMASTERS
INTERNATIONAL**

Toastmasters – A Pathway to Recovery



A year ago, Lori Woodside Haggerty and her daughter Meg were in a car accident. The airbags didn't deploy, and the car seats snapped off, causing severe injuries to their backs and head. Meg still has migraines and vision problems but is back at university. Lori is starting her fourth week of recovery following a surgery that was needed due to the accident. It has been a long road to recovery with many more miles to go. Today, she spends time each day in a hyperbaric chamber to improve her circulation and help her body heal.

Lori has joined Changemakers Toastmasters to help her to recover from speech issues that arose due to the accident. Practicing and presenting speeches help to improve her short-term memory. Being a part of a supportive Toastmaster community that cheers her on is also big plus, as she continues her pathway to recovery.

A Lesson in Mindfulness

Think of a positive experience in Toastmasters.

Perhaps it was the elation of delivering your ice breaker, a recent speech, or winning a contest. Now, recall how you felt. Was your body alert, tingly with an elevated heart rate? Emotionally, were you happy, relieved, warm? In your mind, were you replaying your best moments in the speech and/or cringing at the parts that weren't to your liking?

Mindfulness is this practice of observing yourself in the present moment. Every time we speak, our minds, bodies and emotions come alive. In addition to all the tools, tricks, and techniques we learn about speaking through Toastmasters, we can up our game by being more mindful of our experience. We do this by consciously sensing what we feel in our body, noticing our inner voice, and observing emotions.

Mindfulness meditation has been studied extensively. Mindfulness can increase the sense of well-being, promote physical health (including decreasing blood pressure and chronic pain), and enhance mental health (including easing depression and anxiety).

Mindfulness must be cultivated to be of true value. This is where the practice of meditation comes in. A daily practice of meditation develops the aptitude of paying attention to our experience. It is much like physical exercise. To develop our mind's ability to be present, we practice doing so.

So exactly how will mindfulness help you be a better speaker? First, if you take a moment before you speak to feel your feet on the floor and ground yourself, you will feel more confident. Second, if you are aware of being nervous or excited, you can consciously channel that energy into presenting with verve and authenticity.

To learn more about mindfulness meditation: Headspace (app), Jon Kabat-Zinn, Susan Piver, Dharma Moon, David Nichtern, East Coast Mindfulness.

PUTTING YOUR BEST FOOT FORWARD (EVEN VIRTUALLY)

The January learning opportunity will be held on January 23 at 7 pm ET / 8 pm AT. This presentation will focus on interviews, the skills needed to be successful, and how Toastmasters can help you. As so much of our world has moved online in the past two (2) years, so have interviews. What's changed and what can you do to make sure you put your best foot forward. This presentation will cover what to consider before, during, and after an interview. Many points for discussion will apply to both in-person and virtual interviews with a special focus on how to succeed in a virtual interview.

Our presenter, Aidan Matchett, is a Senior HR Generalist with Clearwater Seafoods LP. Having worked in Human Resources for the last 15 years, Aidan has interviewed hundreds of candidates in various industries for positions ranging from front line employees to senior management. Most recently, he has helped to develop best practices for virtual interviews with Clearwater.

The Zoom link is <https://us02web.zoom.us/j/87029551374?pwd=Sk83Q3FWMWExZzJsUnFITmIXVVBHQTO!>

The meeting ID is 870 2955 1374 and the passcode is 681436. To find your local number: <https://us02web.zoom.us/j/87029551374?pwd=Sk83Q3FWMWExZzJsUnFITmIXVVBHQTO!>

TOWN HALL

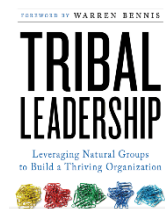
Join your Senior Leadership Team and Division Directors on February 6 at 7:30 pm ET / 8:30 pm AT for a discussion on leadership roles in the district. Find out what each person does and what skills would be beneficial for the role. Bring your questions. You can ask about the leadership roles, and you can ask about anything else that is taking place in the district. Wondering about incentives? You can ask. Wondering about contests? You can ask. Wondering about member recruitment. You can ask. This is the perfect opportunity to get all your questions answered.

LEADERSHIP BOOK CLUB

Are you interested in developing your leadership skills? Have you ever read a book on leadership and wanted to discuss it with others? Do you have a problem trying to decide which of the hundreds of books on leadership is worth reading? If you answered yes to any of the above questions, then join us on **January 23rd at 7pm ET/8pm AT** for the first online meeting of the **D45 Leadership Book Club**. The goal of the book club is to select, read, and discuss a book on leadership on a quarterly basis. Participation in the book club is open to all club members in District 45.

The first book we will be discussing is *Tribal Leadership by Dave Logan, John King and Halee-Fischer-Wright*. This book is an easy read and is filled with valuable insight on team building and developing high functioning groups and organizations.

Following the discussion of our first book on January 23rd, we will be taking nominations for our next selection to be discussed in April. If you are interested in participating in the book club and want the link to the discussion on January 23rd, reach out to Tom Goodwin at d45.tom.goodwin@gmail.com for more information or to get your questions about the book club answered.



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. 5th, 10th, 15th etc. anniversaries will be recognized. The following are celebrating their anniversary with the club noted in **January**.

Name	Club	# of Years
Donald Winn	Nashua-Hudson Toastmasters	40
Jill Ripley	Portsmouth Toastmasters	15
Amy Donald	Savvy Speakers	15
Sharon LeBlanc	Yarmouth Toastmasters Club	10
Ahmad Almallah	Dal 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. There are no clubs that meet the criteria for January.



It's the courage to stay with something long enough to succeed at it.

— *Earl Nightingale* —

AZ QUOTES

Every month, members who have achieved designations Pathways are recognized. Some members, however, are not getting the recognition they deserve because of the privacy settings they have chosen. If you are not sure what you have chosen, log in and go to your profile. Click on privacy and consent. The final item says, "Your Name on Public Reports". If you have indicated no to this setting, only your member number and club shows on the reports indicating any achievement you may have earned. This means you can't be recognized publicly by the district. Get the recognition you deserve. Change your setting to this consent to YES. There are currently 26 achievements not recognized because consent has not been given.

Member Awards

Level 1 – December 2021

Name	Club	Designation
Betsy Black	Concord Toastmasters Club	MS1
Angela M. Chute	The Maine Thing Advanced Toastmasters Club	EH1
Angela M. Chute	Running Hill Toastmasters Club	PI1
Brad P. Detchevery	Civil Speakers Club	DL1
Barbara D. Dorfschmidt	Karner Blue Toastmasters	LD1
Anne M. Doucette	Charlottetown Toastmasters Breakfast Club	TC1
Lauren A. Feltz	Mt. Washington Valley Toastmasters	PM1
Keith Fisher	Live, Speak Or Die Toastmasters	PI1
Denise Hache´	Arcadie du Grand Caraquet	VC1
Ken Hubley	Schooner Toastmasters Halifax	PI1
Matthew A. Jencks	Dirigo Leaders	SR1
Kaitlyn Layden	Saint John Club	EC1
David H. Mills	Capital Toastmasters	PM1
Cheryl Lynne Norden	Beyond Toastmasters	LD1
Maureen O'Brien	Live, Speak Or Die Toastmasters	TC1
Jena L. Parsons	Cole Harbour Toastmasters	PM1
Edwin F. Sause	BrattleMasters	PM1
Aaron Wesley Stephenson	Fredericton Toastmasters Club	EH1
Dawna-Jean Turchon	Running Hill Toastmasters Club	TC1

Level 2 – December 2021

Name	Club	Designation
Aimee J. Brown	Cole Harbour Toastmasters	PM2
Marcia Caringal	Millyard Toastmasters	DL2
Clare Yunxia Zhao Conway	Charlottetown Toastmasters Breakfast Club	PM2
Cito Cruz	Kennebec Valley Toastmasters	VC2
Jeanie G. Davis	Kennebec Valley Toastmasters	MS2
Bernadette Ann Donnelly	Portsmouth Toastmasters	EH2
Kaylee R. Kach	Savvy Speakers	PM2
Patricia L. Saucier	Dirigo Leaders	SR2
Marion P. Taylor	The Maine Thing Advanced Toastmasters Club	PI2

Level 3 – December 2021

Name	Club	Designation
Donelle L. Caselden	2211 Toastmasters	PM3
Gordon V. Green	River Valley Toastmasters	EC3
Madhu Kanji	Sussex Toastmasters Club	IP3
Patricia L. Saucier	Dirigo Leaders	SR3

Level 4 – December 2021

Name	Club	Designation
John D. Blumsum	Spirit-Ed Toastmasters Club	EH4
Anne M. Doucette	Spotlight Toastmasters Club	DL4
Thomas M. Macisso	Blueberry Hill Club	SR4

Level 5 – December 2021

Name	Club	Designation
Crystal Lee Cobb	Spotlight Toastmasters Club	DL5
Elise Thorsen	Savvy Speakers	IP5
Dawna-Jean Turchon	Dirigo Leaders	SR5

Trailblazer Award – December 2021

Name	Club	Designation
John D. Blumsum	Spirit-Ed Toastmasters Club	EH4
Thomas M. Micasso	Blueberry Hill Club	SR4



District Calendar

January 2022 Events

- 6 - #TeamDistinguished Masterclass (for Club Coaches)
- 10 – VP Education Peer Call
- 11 - VP Public Relations Peer Calls
- 11 – Division Director Peer Calls
- 12 – Toastmasters Leadership Institute (Part 1A)
- 13 – Toastmasters Leadership Institute (Part 1B)
- 17 – Toastmasters Leadership Institute (Part 2A)
- 18 - Toastmasters Leadership Institute (Part 2B)
- 19 – District Executive Committee meeting
- 20 - VP Membership Peer Call
- 23 – District webinar
- 23 – Book Club meeting
- 26 – President Peer Calls

February 2022 Events

- 1 - District Executive Council training
- 3 - District Executive Council training
- 3 - #TeamDistinguished Masterclass (for Club Coaches)
- 6 – Meet the Leaders Townhall
- 8 - VP Public Relations Peer Calls
- 8 - Division Director Peer Calls
- 9 - Toastmasters Leadership Institute (Part 3A)
- 11 - Toastmasters Leadership Institute (Part 3B)
- 14 - VP Education Peer Call
- 15 – District Executive Committee meeting
- 17 - VP Membership Peer Call
- 19 - Toastmasters Leadership Institute (Part 4A+B)
- 23 – President Peer Calls
- 27 – District webinar

Others Events

- May – 12-15, 2022 – Annual conference

March 2022 Events

- 3 - #TeamDistinguished Masterclass (for Club Coaches)
- 8 - VP Public Relations Peer Calls
- 8 - Division Director Peer Calls
- 12 – Areas 5 and 6 Humorous Speech Contests
- 14 - VP Education Peer Call
- 15 – District Executive Committee meeting
- 17 - VP Membership Peer Call
- 18 – Area 13 International Speech Contest
- 19 – Areas 1, 14 and 24 Speech Contests
- 19 – Area 13 Humorous Speech Contest
- 23 – President Peer Calls
- 27 – District webinar

April 2022 Events

- 2 – Division C Speech Contests
- 2 – Areas 2, 11 and 18 Speech Contests
- 7 - #TeamDistinguished Masterclass (for Club Coaches)
- 9 – Division A Speech Contests
- 9 – Area 3 Speech Contest
- 9 – Areas 5 and 6 International Speech Contest
- 11 - VP Education Peer Call
- 12 - VP Public Relations Peer Calls
- 12 - Division Director Peer Calls
- 16 – Division G Speech Contests
- 19 – District Executive Committee meeting
- 21 - VP Membership Peer Call
- 23 – Divisions B and D Speech Contests
- 24 – District webinar
- 27 – President Peer Calls
- 30 – Division E Speech Contests

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

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