

District 45 Toastmasters Newsletter

CAN-AM LINK



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TAKING THE NEXT LEADERSHIP CHALLENGE

HEATHER PERKINS, DISTRICT DIRECTOR, DTM



Have you ever wondered what an Area Director does or how you become an Area Director? Have you ever thought about becoming an Area Director? Being Area Director can be one of the most enjoyable learning experiences you will have as a Toastmaster. Through your experience as an Area Director, you will learn more about your leadership style, your communication style, the clubs in your Area and the Toastmasters program generally.

Anyone can be Area Director. You will probably find the job easier if you've been a Club President or VPED but it's not necessary. You will receive training from the district, and you will be provided with resource material to help you fulfill your duties. You will also receive ongoing support from the Division Director and other District officers.

As with any role within Toastmasters, what you get out of it has a direct relation to the effort you put into it. The minimum requirements for an Area Director are to visit each club in your Area four times and to complete the visit form. You are also expected to arrange the Area speech contests. However, the District expects more from you as Area Director. We expect you to be in monthly contact with your clubs, either through visits or by phone or email. We expect you to attend and participate in both Toastmasters Leadership Institutes. We also expect you to attend the district training, the Fall Extravaganza, and the District Conference.

In addition to those expectations, there are other challenges we hope you'll accept as Area Director. Some of those additional challenges include holding regular Area Council meetings; attaining at least one Pathways level above your current level; identifying new club opportunities; helping to build new clubs when the opportunity arises or help rebuild weak clubs as necessary and identifying potential District leaders from within your Area including your successor.

This may seem like a big commitment. It is! It does require a significant time commitment, particularly if you have distant clubs but the rewards are worth it. You will have many more speaking opportunities than you would normally have just at your own club. These speaking opportunities are in front of Toastmasters other than your own members – this helps take you outside your comfort zone and grow as a speaker. You will also develop your leadership skills. Clubs will look to you for advice about their challenges and by helping them, you develop your leadership skills and your knowledge of Toastmasters.

If you're interested in continual learning and growth in Toastmasters, take the next leadership challenge. Become an Area Director.

WHAT IS A DTM PROJECT?

Crystal Cobb, Program Quality Director, DL4, EC5, PI5



A DTM project in Pathways is one of the required steps to achieve your Distinguished Toastmaster designation in our organization. The purpose of the project is to demonstrate your skills as a leader and as a public speaker.

You are free to choose the topic of your project, but it is suggested that you choose something that will benefit an organization, whether it be Toastmasters or an organization that you volunteer for. During the project, you will recruit a team to help accomplish your project and your team members will be asked to do an evaluation on your leadership skills. There are various resources available to help you plan your project and you are required to give two speeches: one before and one after your project.

To access the DTM project, you must have completed one full path and the first three levels of a second path. Once you have achieved this, send an email to educationprogram@toastmasters.org to have your DTM Project made available in Basecamp.

Have you started thinking about what you might want to do for your DTM project? Maybe you are struggling with ideas? If you would like to do a project that benefits Toastmasters, specifically District 45, we have a couple of project ideas that we would love someone to take on and you can use it as your DTM project! Email Crystal to find out more at d45.crystalcobb@gmail.com

ARE YOUR OFFICERS TRAINED?

Toastmasters Leadership Institute (TLI) training continues this month. In January we hosted over one hundred club officers at each of our sessions. Members spent time focusing on the right messaging to recruit new members, sharing successes and challenges, while meeting new people and catching up with others!

Did you know that you do not have to be a club officer to attend these sessions? TLIs are open to all D45 members, not just officers. If you have been curious about a leadership role in your club or want to learn more about quality meetings and engagement, marketing and meet other Toastmasters, these sessions are for you!

Training dates are as follows:

- February 7, 2022, 6:30pm ET/7:30pm AT – this is the Marketing session only, that was cancelled in January due to technology issues
- February 9, 2022, 6pm ET/7pm AT
- February 11, 2022, 6pm ET/7pm AT
- February 19, 2022, 8:30am ET/9:30am AT

Don't forget! If you have all your club officers trained at the Winter TLI sessions, your club will be entered in a draw to win a prize of \$25 US/\$30 CAN (6 winners total).

See you there!

TOASTMASTERS INTERNATIONAL

Winter 2022 TLI training sessions

January 12-13, 2022
January 17-18, 2022
February 9 and 11, 2022
February 19, 2022

Have all Club Officers attend a TLI to win \$25 US/ \$30 CDN (6 total winners)

Check-out the District 45 website to learn more:
<https://d45toastmasters.org/tlis>

TIPS ON SHARING CLUB INFORMATION WITH THE PUBLIC (FOR VPPR'S)

Anne Doucette, Public Relations Manager, DL3, MS5, LD5, IP5

What are the key responsibilities of the Vice President Public Relations?



- Publicize the club
- Keep club website current
- Safeguard the Toastmasters brand, trademarks, and copyrights

Are you sharing information with the public about an upcoming meeting? How will people know your club is having a meeting? How will they know to visit your club? Post on social media. Share meeting information locally (community bulletin, media, etc.). It's important to share information about your club with the public so they know your club exists.

Are you sharing information about how a meeting went? What have you learned? If not, how will people know what your club members do at a meeting? Share information on social media or locally on aspects of the meeting such a fun and informative round of Table Topics. Don't forget to include pictures of the meeting.

Do you share member and club accomplishments and successes? How do people know your club members are supportive? Share when a member has completed an educational goal or completed a level. Share how proud members are when a club has reached a goal. Excitement is contagious!

Is your website link shared on the club's social media page? Are you keeping the club website updated? Members of the public may check out your club's website so make sure it is regularly updated. Add pictures of meetings, members achievements and/or examples of a *Word of the Day* to keep the information fresh and fun.

When sharing publicity information, be mindful of the Toastmasters Brand. Using Toastmasters Brand material ensures that we uphold the values and mission of Toastmasters International. Read the [Brand Manual](#) to find out how to use it effectively.



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

IGNITE YOUR SUCCESS FOR BETTER RESULTS, FASTER

Angela Chute, DTM

I shared this secret to better results faster as a workshop at the D45 Fall Extravaganza. IF you missed it, or if you would like to review it again....

IGNITE

I: Identify Your Success

- Define your success on your own terms. What do you want? What do you need? Big picture - what do you want to accomplish? How will you know you have succeeded? What does your success look like? More importantly, what will your success feel like once you reach it? Do you have a pressing deadline? What date? Circle it. - - If you don't, choose one. Necessitate urgency! How will you BE different once you reach success? Step into that mindset NOW. Choose to look and feel you're successful right now. Why wait?



G: Goals are Targets

- Name & claim your goal. Set your goal as a post you can see every day. Reverse engineer HOW you are going to become the person that achieves that goal.

1. Benchmarks; 2. KPIs: Key Performance Indicators; 3. Tangible, detailed & personal. Align with target dates. Choose daily to move the needle 1% to improve everything you do.

N: Navigate Pitfalls

You might need a survival plan through the messy middle.

*Where energy & resources run short. *Where everything that can go wrong, does. *When you want to quit. Strategize! Your own personal Obstacle Elimination Protocol. A simple, IF this happens, THEN I will do this. What might prevent you from accomplishing your goal? What might derail you? While our goal doesn't change, we may need to adjust our approach. Having an Obstacle Elimination Protocol in place allows us to avoid getting emotionally derailed. It permits us to continue to choose smart. Instead of becoming surprised, overwhelmed, sidetracked, and defeated, we will be prepared.

I: Inspire Yourself Daily

Fall in love with your goals every day! Use Whatever helps you, get over-the-moon excited about what you're doing and why, every day! Affirmations? Podcasts? Coffee with mentor? Zoom with accountability partner? Whatever works for you!

T: Team Up

Shine with your strengths! Team up to make your weakness irrelevant! We ALL have weaknesses. There was a time when it was commonly taught to spend all your time improving your weakest competencies. I challenge that. Sharpen your best skills. Increase your weaknesses enough to get by. ADD a team member whose STRENGTHS counter your weaknesses. And BAM! Match made in heaven.

E: Execute

Execute action every day without fail. Build systems and processes that make execution easier. Create opportunities to build new habits, which frees up focus bandwidth while setting you up for a lifetime of achievement. **Let's IGNITE!**

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].

TLI Attendance - Toastmasters Leadership Institute (TLI) is a one-day 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 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 draw for a prize of \$25 US/ \$30 CDN. There will be six (6) winners.

Club Coach Recognition - An important aspect of helping clubs achieve success is the assignment of club coach(s). Club coaches can be assigned to a club with 12 or few members. There are many clubs in District 45 who have 12 or fewer members. This incentive is to help these clubs achieve success by having members sign up to serve as a club coach for two (2) or more clubs.

To earn this incentive, you must serve as club coach for two (2) or more clubs and:

- Attend a meeting of the coached clubs at least once per quarter.
- Conduct a joint meeting with both/all clubs' executive committees once per month.
- Coaches must start in the club role no later than March 1st

The incentive is \$25 US/\$30 CDN per club served to be used for the benefit of Toastmasters.

Youth Leadership Program - The Youth Leadership Program is a workshop that enable young people under the age of 18 to develop their communication and leadership skills through practical experience. This workshop helps young people learn valuable skills including:

- Evaluating their own speaking ability
- Preparing and giving speeches
- Giving impromptu talks
- Controlling their voice, vocabulary, and gestures
- Giving constructive feedback and more

This is a great opportunity to introduce the benefits of Toastmasters to our youth! Organizing a Youth Leadership Program is also a project in helping you achieve your Distinguished Toastmasters status. Be among the first twenty-five (25) Toastmasters to complete a Youth Leadership Program and get reimbursed for the cost of the Youth Leadership Program material.

DISTRICT INCENTIVES (CONTINUED)

Awards

Dave Rosvall Award - The Dave Rosvall Award is presented to a District 45 Toastmaster who has demonstrated long-term and meritorious service to the district above the club level. The recipient must have been a D45 Toastmaster for at least 10 years. District Governors and Directors must have been out of office for at least 5 years before receiving the award. The District 45 Past District Governors and Directors determine the winner of this award. Although the award is chosen by PDGs, if you know of a member you feel is eligible for this award, send the name along with the reasons why this person should receive the award to the Immediate Past District Director.

Shirley Kelly Award - The Shirley Kelly 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 Committee, have been a Toastmaster for at least 5 years, and served the district in various capacities. Recipients must be nominated by at least two Toastmasters.

Darlene Dunn Outstanding Mentor Award - The Darlene Dunn Outstanding Mentor Award is given annually to recognize a member who has exhibited the heart and soul of what Toastmasters mentorship means: "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
- why you would recommend this mentor to others

The nominated mentor must have completed the Mentor Path in the Pathways.

Trailblazer Award - The cornerstones of our Toastmasters program are the educational and leadership designations and paths. We recognize and congratulate all our members who have completed these milestones this year. Members who achieve 4 levels in the Pathways program in one program year earn the Trail Blazer Award. First-time recipients will be sent a certificate and a binder for storing their certificates. Repeat recipients will be sent a certificate and a small token of recognition for their ongoing achievement.

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 undergoing training and ensuring they submit dues and paperwork on time. We encourage clubs to strive to achieve 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.

DISTRICT LEADERS NEEDED!

The district needs committed, enthusiastic members to run for District office. Take the challenge. Put YOUR name forward to work with a group of like-minded individuals to help our clubs succeed and to continue to develop your communication and leadership skills. District future leadership members - don't miss this opportunity to start your journey with our District.

Recently the Leadership Committee team has been working to start interviews with candidates for the district team for the upcoming year. The team has been assembled the committee which will call for nominations, assess nomination papers, interview candidates, and then nominate a slate of candidates for your consideration at the Annual Business Meeting in May 2022. The voters at the Annual Business Meeting are the Presidents and Vice Presidents of Education in attendance. Because the District Council Meeting will be held online, Presidents and Vice Presidents of Education must be in attendance to vote. There is no proxy voting for an online meeting.

The District Leadership Committee has been finalized. It is required that each Division be equally represented, and this has been accomplished. Your committee members who will be working hard with the district to find the best candidates for the elected District offices are:

A - Kelley Demers

B – DJ Turchon

C – Kathi Zwicker

D – Anne Marie Drake

E – Subbi Mathur

G – Carol Coolidge

We are expecting to invite nominations from now with cut off submissions the end of February. Shortly thereafter interviews will begin, followed by considerations by the committee and internal voting by the DLC members. We are expected to propose a slate of nominations to the District Director at least six weeks prior to the Annual Business meeting in May. The slate of nominees will then be made available to you, the voters, at least four weeks prior to the Annual Business meeting.

If you have an interest in serving as Division Director, Public Relations Manager, Club Growth Director, Program Quality Director, or District Director in the upcoming years and wish to discuss these roles and opportunities, please email me at candicebuell@yahoo.com and we can arrange a time to talk. If you wish to nominate yourself or another member, complete the appropriate forms which can be found at <https://www.toastmasters.org/leadership-central/district-leader-tools/district-management/elections-toolkit> and send them to candicebuell@yahoo.com. I will be available for anyone interested to serve in District leadership in 22/23 or in subsequent years.

Candice Buell, DTM, PDG

District Leadership Committee Chair

DISTRICT SPRING CONFERENCE

100 days and counting!! Yes, there are only 100 days until the 2021 – 2022 District 45 conference – the best online conference yet. You will have access to speech contests, to fantastic educational presenters, the opportunity to meet a new best friend and much, much more all for the low, low price of.....FREE!

Events start the evening of Thursday, May 12 and continue Friday evening, all day Saturday and until noon on Sunday, May 15. There will be fun, education, laughter, recognition, and did I mention fun? Rumor has it that we will be holding our first-ever online dance. There could even be prizes for the most creative or the most talented dancer. No need to worry about having a partner – we will all be dancing with each other.

This is also your opportunity to hear from the most recent World Champion of Public Speaking and hear from who the next World Champion of Public Speaking might be. You'll also hear from the district's funniest members and those with the greatest skill in impromptu speaking.

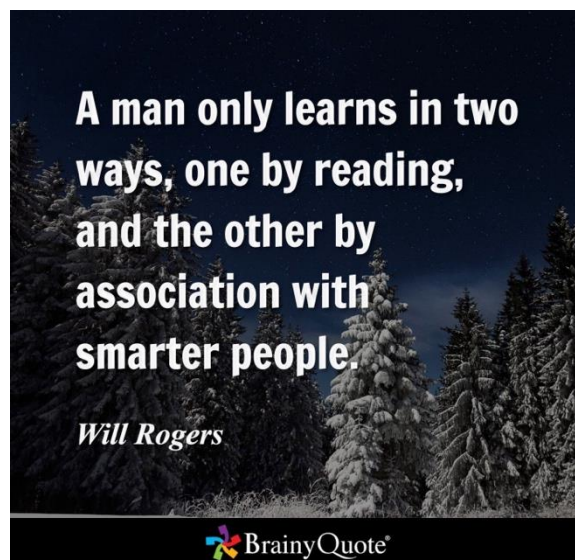
All this from the comfort of your own home. No driving for 8 – 16 hours. No hotel bills. Life can be good with an online conference. Mark the dates – May 12 to May 15. We hope to see you there.

DISTRICT LEADERSHIP BOOK DISCUSSION GROUP

The Leadership Book Discussion Group held their first meeting on January 23rd. *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.



Do You Dare?

Public speaking is close to being the #1 fear for most people. To put it bluntly, some people would rather die than speak in public! That's extreme, but that's what fear can do.

Imagine the audacity and temerity of someone suggesting you join Toastmasters and voluntarily throw yourself in front of a group of strangers to give a speech! It's unbearable, isn't it? Yet, here you sit, reading this article and your heart still beats. You're still breathing, even if it's barely and you survived your first speech! I've always said your first speech in Toastmasters is the hardest speech you'll ever give.

Now that you've got a few speeches and leadership opportunities behind you, is it time, perhaps, to step up your game? What actions could you take to challenge yourself for 2022 to become an even better speaker and more resilient leader? Have you considered joining an advanced club?

District 45 is very fortunate to have a great number of advanced clubs. Each club has its unique focus and, of course, there must be one with a convenient time available for you. Don't groan about yet "another online meeting." Consider this an opportunity to continue growing towards your goals. I would challenge that public speaking isn't your primary goal for joining Toastmasters. I would suggest that becoming a better public speaker or more dynamic leader is because you are looking for a promotion or trying to become a professional speaker. The skills you learn in Toastmasters are simply steppingstones to bigger and better things for you. The advanced clubs are:

Speech Afire Advanced Toastmasters meets the 2nd and 4th Saturdays of the month at 9:30 am Eastern / 10:30 am Atlantic for 90 minutes.

Toast of the Coast Advanced Toastmasters meets the 2nd, 4th, and 5th Saturdays at 8 am ET / 9 am AT for two hours.

East Coast Online Advanced Toastmasters meets every Sunday at 6 pm ET / 7 pm AT for 90 minutes.

The Maine Thing Advanced Toastmasters meets the 1st and 3rd Mondays at 6 pm ET for one hour.

Beyond Toastmasters meets the 2nd and 4th Mondays at 8 pm AT

Spotlight Toastmasters meets the 1st Saturday at 9:30 am for 2 hours

Amoskeag Better Communicators meets the 3rd Tuesday of the month at 6:30 pm ET

Rise and Shine Advanced Club meets the 4th Saturday of the month at 9:30 am AT for two hours.

I dare you to dip your toe in an advanced club and see what that opportunity can do for you. Are you up for the challenge? I double dog dare you to infinity!

With respect and audacity,

Sharon Joseph, DTM

President, Speech Afire Advanced Toastmasters Club

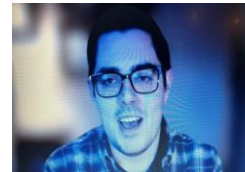
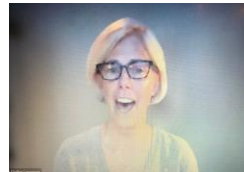
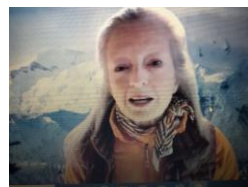
SpeechAfire.ToastmastersClubs.org

Division A

Recently, the Division A Open House was Zoom bombed. We had just received notification from Zoom that this meeting was at risk because it was posted online without security features. Over the last year or more we've had links posted on Facebook, LinkedIn, our weekly email, and our website with no problem. What seems to be the difference here started very innocently. A club tweeted about the Open House and provided the link. It would appear that some not-so-innocent actors tweeted the link out and one advised followers to bomb the meeting (not the exact words but they can't be repeated here!). For your own meeting security, please do not tweet the link to any event. Please let the District know if you get Zoom bombed by emailing info@d45toastmasters.org so we can track any trends.

What Things in Life Should be Free?

That would depend on the Toastmaster response. Concord Toastmasters held their Table Topics Contest in January. Our Contest Chair, Paul Coddington led us through a well-organized and fun contest! The eight contestants in order of presentation were Grace Cohen(3rd place), Dale Randall, Ingrid Dinter(2nd place), Cary Gladstone. Betsy Black(1st place), Sarah Chaffee, Alex Campbell and Ann Walls.



Free will, Access to the beach, Freedom to be here today, Nothing is free, Education, Necessities, and Access to love are just a few of the highlights from the responses.

The guests in the audience were a Who's Who in the Toastmasters world. Joining Concord Toastmasters were Jonathan Bohm- Immediate Past District 45 Director, Roxanne Benzel- Area 7 director, Kelly Demers – Division A Director, Casey Jenkins – past Division A and Area Director 10, Sarah Wright – Area 15 Director, Cindy Sarvai – Area 20 Director, and Deb Kumpf Area 12 Director.

Congratulations to our 1st place winner Betsy Black who will move onto the Area 20 contest on March 5th.



Division B

Please - Someone Say Something

by Tom Micasso

There I was virtually in one of the many “Brady Bunch” squares with 80 Toastmasters who I hadn’t met yet. I was getting ready to listen to a panel discussion about “Community vs Corporate Clubs” sponsored by another district. You might have experienced this.... *that awkward time before the start of a zoom meeting when no one is really talking and we’re waiting for someone else to (please) say something!*

Earlier this month, as the Division Director, I facilitated a discussion for Session 3 of our D45 TLIs titled “Overcoming Obstacles.” I noticed that a few members in the breakout room seemed to feel that same way. (Please someone else say something!) When we feel comfortable and know other people, it’s easier to contribute to the conversation. I want **everyone** to feel comfortable; how could I help?

Here are a couple of things I’m working on to “break the ice.”

- Find common ground. We’re all Toastmasters, right?
- Do a little background research on what you’re attending/zooming into
- Don’t forget to breathe and smile. REPEAT as needed

Maybe you don’t have that “pit in your stomach” when you’re with people who you don’t know well; but if you do - please find a way that works for you to become more comfortable; these things listed above work for me.

Growing up as a young boy, I would watch my father as he would mix and mingle in all different types of social situations. I often asked him “Dad, who’s that?” He would say “That’s just a friend I haven’t met yet!” Find ways to connect. We all have more in common than you think.

Division C

Rise and Shine January Open House

Rise and Shine Advanced Toastmasters Club held its open house Saturday January 22, 2022, with a Distinguished Toastmaster and Past International President, Ted Corcoran, as the guest speaker who presented on leadership. His title was, “Poorly Performing Leaders” and he shared with the audience who poor performing leaders are, what characteristics they have, and, if you want to be a high performing leader, the characteristics that you must avoid.



There were 30 Toastmasters present in the meeting from Alberta, Canada, to India. Everyone participated in different activities and got the chance to introduce themselves. That was a great atmosphere of collaboration and participation!

Hereby, I take this opportunity to thank our guest speaker, Ted Corcoran, for his great presentation. I also send the club’s gratitude to Subbu Mathur, Area 13 Director; Manju Basnet, Area 19 Director; Anne Doucette, Public Relations Manager for District 45 and Kathi Zwicker, Area 4 Director, for their great support. We also thank all those who were present and made our meeting great!

Rise and Shine will hold its speech contest on Saturday February 26, and everyone is welcome to attend. Those who are interested to attend, please contact shahram5062@gmail.com.

Division C

Latin Network "Red Latin@" Association – by Melissa Villarreal - Martinez

As part of the Board of Directors of the new "Red Latin@" Latin Network of Southwest, NB. association. One of the interests of this association is to support one another and keep the Latin roots alive, creating accessible programs to integrate the Latin and the Canadian community. Some plans, to name a few, are:

1. Project - Virtually reading children books in Spanish,
2. Project - Translation of the Welcome to the Greater Saint John area guide to Spanish, and
3. Support, network and grow the Southwest NB.



Through reading, we will nourish the Spanish Language and Latin culture, providing information about important dates and traditions that everyone can enjoy listening to. By translating the Welcome Guide, the information will be accessible in a way that we could understand it better.

Supporting and networking are key pillars to achieving the goal of growing the Southwest NB. area, given though the Latin community takes pride in being self-sufficient, where finding, maintaining a job, and providing a stable life for the family is one of the priorities.

Rising Tide Toastmasters Club, each one of their members have been very welcoming, providing me support and positive feedback to grow my public speaking skills, especially when I create and share with the club my speech prior to attending a meeting invitation from different "city growth or ethnocultural" panels involved with the city, which has helped me to share in a better understandable way my point of view, goals and needs of the Latin Community.

Division D

Open Houses are flourishing in Division D. Dartmouth Tic Talkers held one on January 26 and there are several upcoming ones. East Hants Toastmasters is holding one on February 16 at 5:30 pm ET / 6:30 pm AT and Schooner Toastmasters is holding one on March 1 at 6 pm ET / 7 pm AT. Both clubs invite any member to join them at their Open Houses.

Division G

Extra, Extra Read all About It! Toastmasters Clubs in the News!

The Toast of the Valley Toastmasters Club was recently featured in an article in the *Vermont Standard* e-Edition. The article speaks about how the club has evolved and how it is keeping up with virtual communication - something that is more frequent nowadays with so many working from home or operating with various traveling restrictions.

Toastmasters Clubs in New Hampshire were also recently featured in news - more specifically, in the *New Hampshire Union Leader*. The article details how many members originally joined a club to improve their public speaking skills but stay for the leadership skills they learn.

Submitting a newspaper article provides great publicity for any club. I encourage clubs to work with their local newspapers to submit articles about their clubs and their meetings. You just never know how many guests, turned members, this will bring to your club!

COMMITMENT AND ACCOUNTABILITY REPRISED

Is every member showing commitment and are you holding your club leaders and members accountable? We are currently conducting our Toastmasters Leadership Institutes (TLIs). All club officers should have made the commitment to receive this training for their role. Out of 506 individual club officers, approximately 35% (180 officers) have been trained. There are two final rounds of TLIs upcoming for the remaining 65% to learn and discuss new approaches to succeed in their roles. Club officers not yet trained – will you make that commitment to attend training? Club members – will you hold your officers accountable and tell them you expect them to attend training?

Let's look at some of the commitments we, as District leaders, made to you and the progress that has been made in fulfilling the commitments:



- 1) To build strong clubs, we committed to developing resources to support new club mentors and sponsors. Information has been developed and has recently been posted to the website.
- 2) To assist clubs with twelve or fewer members, we committed to develop club coaches. We hold monthly meetings for club coaches and monthly meetings for any club eligible to have a club coach.
- 3) To assist clubs in attracting new members, we committed to provide resources to help for recruitment. A document is in the works, but there is no specified delivery date for that document.
- 4) Further, to assist clubs to attract new members, we committed to market Toastmasters by sending information on Toastmasters to ten employers of any size each week. This has not yet been started.
- 5) To enable more training for all members, we committed to monthly learning opportunities, additional sessions for Pathways and special events. There have been learning opportunities on the 4th Sunday of each month and topics/speakers have been confirmed for the balance of the year. Pathways sessions have been arranged for the 4th Tuesday of each month. We held a successful Toastmaster Day event - the first ever in District 45 - and a very successful Fall Extravaganza. Plans are currently underway for the annual conference in May which will provide additional learning opportunities.
- 6) To assist clubs to achieve success, we committed to providing quality Toastmaster Leadership Institutes (TLIs) and we are halfway through the winter offering. Feedback to date is that the Program Quality Director has provided the best-ever training. It has set a high bar for the June TLIs, but we are confident we will meet that standard. Planning for the June TLIs is already underway but will start in full force once the current round of TLIs is completed.
- 7) To keep members informed of all this, we committed to a communication plan that includes creating awareness using social media. This year, we started posting weekly blogs on the website. We continue to send emails to all members, as well as the monthly newsletter. We have regular posts on the main D45 page on Facebook. We have not been as consistent as we would like with either our Making Your Club Successful Group or our LinkedIn account.

In addition to the work of the Senior Leadership Team, our Area and Division Directors have stepped up when called upon. The Area Directors completed 100% of their club visits by the deadline of November 30 and 83% were completed by October 31. Our Area 15 Director, Sarah Wright, is due to have a baby on March 4. To ensure she could complete her visits she scheduled all of them for January. Now, that's commitment and she's being accountable to her clubs and to the district.

Commitment and accountability are factors you should consider when electing your club and district leaders each year. Deciding for whom to cast your vote is one way to hold people accountable. We'd love to hear your thoughts on how we're doing! Send your feedback to info@d45toastmasters.org.

CALL FOR PRESENTERS – “FOCUS ON SUCCESS” CONFERENCE

We are in the planning stages of our annual District 45 conference running from Thursday, May 12, 2022 to Sunday, May 15, 2022. Do you want the opportunity to work on a Pathways project by presenting at the conference? Do you have a presentation that you can deliver to share tips and tricks with your fellow members? Here is your chance - we will be accepting proposals from you starting Monday, February 7th!

Educational Sessions will be scheduled for Saturday, May 14th, 2022. The sessions will be either 20 minutes or 45 minutes and must be relevant to and include Toastmasters information. Please note that incomplete submissions will not be considered.

Proposals are due by end of day on Monday, February 28, 2022 and must be submitted through the website. To access the application form, please visit the [D45 website](#). We look forward to hearing from you!

If you have any questions about the proposal process, please send an email to Crystal Cobb, Program Quality Director at d45.crystalcobb@gmail.com

ROTARY/TOASTMASTERS ALLIANCE

Did you know that Toastmasters International and Rotary International now have an official alliance? Find out more ([here](#)). Also, did you know that there are District 45 Toastmasters members working on forging connections between the two organizations?

The Alliance Action Team is growing in numbers and enthusiasm but that we are still looking for Toastmaster representatives from Division B & D.

We are inviting all members and clubs to visit and like our FB page: <https://www.facebook.com/groups/3028246700746306> to keep up to date on all the Alliance happenings within the district.

Clubs are encouraged to hold an online or in-person (as allowed by COVID precautions) Open House, Workshop or Special Event between February 23 (the date of Paul Harris' first Rotary Club meeting) and March 23 (the date of Ralph Smedley's first speakers club meeting). Invite the public and your local Rotary Clubs! We ask that the clubs advertise their event widely - in public service announcements on local radio stations, in print sources like the Coffee News (found in restaurants), local free publications distributed in grocery stores), and the local press, and on social media. We encourage you to post them on District 45 Rotary Toastmasters Alliance Facebook Page. You can submit notices to kathitoastmasters@gmail.com.

Want to know more about the Alliance and/or get involved? Be on the lookout for more details on how to sign up for and join a webinar on the Alliance, which is taking place on Sunday, February 27.



Anniversaries



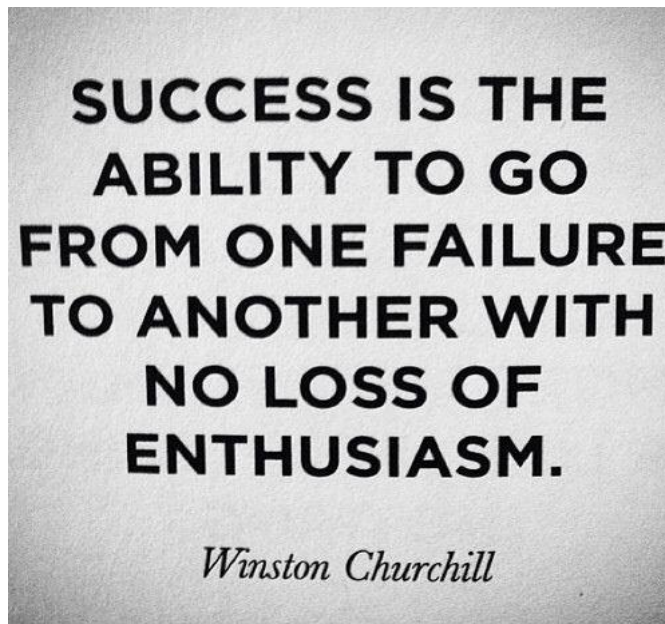
Of the 1,100 members in our District, 47.5% have been a member for at least 5 years, 25.8% have been a member for at least 10 years and almost 14.6% have been a member for 15 years or more. Each month we will celebrate those members who celebrating an anniversary in that month. 5th, 10th, 15th etc. anniversaries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

Name	Club	# of Years
James Kokocki	Saint John Club	25
Karen Caldwell	Sears-Halifax Club	20
M.E. Lawlor	Toastmasters of Greater Burlington	15
Michael Woodside	Nashua-Hudson Club	10
Robert Bateman	Fredericton Toastmasters Club	10
Patricia Saucier	Dirigo Toastmasters Club	10
Dan Latouche	TM of Manchester Club	10
Sherry Kahn	Winning Speakers Club	5
Jessica Giberson	Harbourside Club	5
Jared Jordan	Wolfville Toastmasters	5



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

- Sears-Halifax Club #1555 in Halifax, Nova Scotia, Canada is celebrating 66 years.



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 32 achievements not recognized because consent has not been given.

Level 1 – January 2022

Name	Club	Designation
Lara T. Bailey	Brunswick Toastmasters	IP1
Paula Baines	Bangor Toastmasters Club	PM1
Lynn Boyle	Mt. Washington Valley Toastmasters	SR1
Jennifer Bryson	Premiere Toastmasters Club	VC1
Alexander William Campbell	Concord Toastmasters Club	PI1
Albert Cormier	Toast of the Coast Toastmasters Club	SR1
Hollee Howden	Exeter Speak-Ups Club	PM1
Tod Leedberg	Karner Blue Toastmasters	IP1
Patricia A. MacNevin	Rise and Shine Advanced Toastmasters	PM1
Sifiso S. Madonko	Sears-Halifax Club	IP1
Melissa M. Manseau	East Coast Online Advanced Toastmasters	VC1
Erin M. McMenemy	East Coast Online Advanced Toastmasters	EH1
Deborah I. Mitton	Speak-Easy Toastmasters Club	EC1
Victoria Noel Robillard	Fidelity Orators	SR1
Marcia L. Rogowsky	Penmen Toastmasters	MS1
Ralph S. Smith	Sears-Halifax Club	PM1
Dorina Theriault	Arcadie du Grand Caraquet	DL1
Andrew Vandenbroeck	Harbourside Club	DL1
Lisa Warne	Exeter Speak-Ups Club	PM1
David Paul Williams	Sackville Club	LD1

Level 2 – January 2022

Name	Club	Designation
Jennifer L. Bonnevie	Cole Harbour Toastmasters	TC2
Jennifer Bryson	Premiere Toastmasters Club	VC2
Angela M. Chute	The Maine Thing Advanced Toastmasters Club	EH2, PI2
Carol D. Coolidge	Champ Masters	SR2
Liyang Cui	Penmen Toastmasters	PM2
Kelley A. Demers	Millyard Toastmasters	PM2
Patrick Timothy Fleck	Lakes Region Toastmasters	PM2
Cary David Gladstone	Concord Toastmasters Club	MS2
Thomas G. Goodwin	Mt. Washington Valley Toastmasters	EH2
Tina D. Goulet	Pleasant Street Toastmasters	PM2
Pierrette Hache	Toast of the Coast Toastmasters Club	MS2
Greta Heimgartner	The Maine Thing Advanced Toastmasters Club	EH2

Level 2 – January 2022

Name	Club	Designation
Rishhabh Keskar	Bangor Toastmasters Club	TC2
Erin M. McMenemy	East Coast Online Advanced Toastmasters	EH2
Donna R. Tutty	George Burton Club	DL2
Kathleen Zwicker	Saint John Club	DL2

Level 3 – January 2022

Name	Club	Designation
Bernadette Ann Donnelly	Portsmouth Toastmasters	EH3
Margrethe Heimgartner	Kennebec Valley Toastmasters	EH3
Julie Margaret Johnston	Toast of the Valley Club	PM3
Marina D. Kirsch	Exeter Speak-Ups Club	PM3
Peter Kwan	East Hants Toastmasters	PM3
Jennifer Theriault	Dartmouth TIC Talkers Toastmasters Club	MS3
Ann Ruth Welch	Winning Speakers Club	MS3
Kathleen Zwicker	Saint John Club	DL3

Level 4 – January 2022

Name	Club	Designation
Robert Phillip Caron	Wolfville Toastmasters	DL4
Ronald G. Crawford	River Valley Toastmasters	LD4
Halysson Cunha	Merrimack Motivators	SR4
Gordon V. Green	River Valley Toastmasters	EC4
Ken Hubley	Schooner Toastmasters Halifax	IP4
Heather Perkins	Toast of the Coast Toastmasters Club	SR4
Patricia L. Saucier	Dirigo Leaders	SR4
Kathleen Zwicker	Saint John Club	DL4

Level 5 – January 2022

Name	Club	Designation
Jennifer L. Bonnevie	Cole Harbour Toastmasters	DL5
Ronald G. Crawford	River Valley Toastmasters	LD5
Greta Heimgartner	Kennebec Valley Toastmasters	DL5
Katharine Kent Mann	Brunswick Toastmasters	VC5
Erin M. McMenemy	Dartmouth Toastmasters Club	PM5
Thomas M. Micasso	Blueberry Hill Club	SR5
Heather Perkins	Toast of the Coast Toastmasters Club	SR5
Patricia L. Saucier	Dirigo Leaders	SR5

Trailblazer Award – January 2022

Name	Club
Paula Baines	Bangor Toastmasters Club
Jennifer Bryson	Premiere Toastmasters Club
Angela M. Chute	Running Hill Toastmasters, The Maine Thing Advanced Toastmasters
Cary David Gladstone	Concord Toastmasters Club
Greta Heimgartner	Kennebec Valley Toastmasters, The Maine Thing Advanced Toastmasters
Patricia L. Saucier	Dirigo Leaders

Member Awards



District Calendar

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

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

May 2022 Events

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

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

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