District 45 Toastmasters Newsletter

CAN-AM LINK



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EMBRACING PATHWAYS

PROGRAM QUALITY DIRECTOR, CRYSTAL COBB, EC5, PI5



As a member of Toastmasters International and my club, I promise.....

Do you remember the promises you made to yourself and your club when you first joined Toastmasters? Take a moment to think about whether you are holding up your end of the promise. The second point in the promise really hits home for me: to prepare all of my projects to the best of my ability, basing them on the <u>Toastmasters education program</u>.

When looking at member enrollment for Pathways for District 45,

we are listed as #2 in the world (although we used to be #1). This is a great accomplishment, but there is a disconnect between members signing up and working the program to achieve educational levels. How can we work together to encourage every member to embrace Pathways and to start achieving educational goals in order to improve their Toastmasters experience while also helping the club grow stronger? We can work to educate our members about Pathways.

Are there members in your club that have not completed at least a Level 1 in Pathways? If so, here are a couple of ideas to help them:

- Encourage them, encourage them!
- Reach out to see if they are struggling with something specific and help
- Brainstorm projects ideas with them

It is a new Toastmaster year, so let us embrace Pathways and celebrate achievements galore! My challenge to you is to complete at least one Level 1 in any path this year! Do not forget to check out the <u>Incentives</u> around educational achievements.

I promise to help members of District 45 embrace Pathways! Let's do this!



GET THE MOST FROM YOUR EVALUATION

DISTRICT DIRECTOR HEATHER PERKINS, DTM



Recently, I contacted a club member looking for the evaluation of a speech I had given a few weeks earlier. I was shocked when he said "Does anyone really want those? I never complete

the form." That remark caused me to wonder how common it is for members to not receive the completed form. If it's happening in my club, it must be happening in other clubs.

Why am I disturbed if members don't receive their completed form? One reason is that the completed form is your proof you completed the project. More importantly, however, is that having the form allows you to review comments before your next speech. You have the opportunity to decide what suggestions you want to incorporate from your previous evaluation.

Effective evaluations are a core part of ensuring quality meetings and member success. As the evaluator, it's important to give specific suggestions for improvement. Don't just say "You need more vocal variety." Give suggestions on HOW to improve vocal variety such as "look for certain words to emphasize" or "when you said xxxx, you could have slowed down and emphasized each word".

As a speaker, it's important to listen carefully to what your evaluator suggests. You need to decide whether you can incorporate the suggestions or if you can modify them to suit you. You do not need to accept every suggestion given by an evaluator. You DO need to be open to suggestions and be open to changing your approach. You want to improve and using the feedback from your evaluations is the way to do it.

By engaging in giving and in listening to effective evaluations, you will help to create the opportunity for *every member and every club to achieve success*.

It's Time to Learn. Engage. Lead.



Get back to what you and so many around the globe need now by signing up for the Toastmasters International Virtual Convention.

Join the world leader in public speaking and communication to make a difference in yourself.

View Full Agenda

Register Now

TOASTMASTERS BRANDING

PUBLIC RELATIONS MANAGER, ANNE DOUCETTE, MS3, IP5, LD5



When promoting your club, it is important to follow the Toastmasters Brand. Information on branding can be found in the <u>Branding Portal</u> of the Toastmasters International website.

It is the Vice President Public Relations' responsibility to:

- 1. Promote your club and its members
- 2. Increase awareness of Toastmasters via social media or locally.
- 3. Coordinate an active public relations and publicity program in your club.

What can you promote for your club?

- Something fun or interesting about your club meeting
- New members
- Educational Recognitions/Anniversaries/Milestones
- Success Stories (in and out of Toastmasters)
- Guest Speakers/Special Events
- Speech Contests
- Club, Area, Division and District events



Check out additional VPPR responsibilities here: Toastmasters International -VPPR Responsibilities

See additional information on branding:

- Brand FAQ
- Toastmasters Brand Manual
- The Power Behind Proper Branding



How I Benefited from the TLIs

FINANCE MANAGER, KEN HUBLEY, IP3



I recently attended my third set of Toastmaster Leadership Institute (TLI) training in June of 2021. I was excited to learn more about the organization and my new club role. After the session, I reflected on the many benefits that I received through this training. I will share three of them with you.

Great Education

I learned a lot about the Toastmasters organization, meeting techniques, how other clubs operate, and much more. I can convert the learning into skills to benefit both my club and my work life. My favorite part was learning best practices from experienced members and their clubs.

Great Social Aspect

I had the great fortune of meeting many fantastic people at the TLIs from all over District 45. I enjoyed hearing stories about their Toastmasters journey and about their lives. In addition to being educational, the TLIs have many fun moments included, like when we played "Jeopardy." We often share a friendly laugh and/or exchange at these sessions.

Left My Comfort Zone

During my second set of TLIs, I was asked to present the results of our breakout group session to the larger group. I was happy to present, but I was also nervous. However, I knew I joined Toastmasters to challenge myself.

At the June 2021 session, I presented in the breakout group for Sergeant-At-Arms. This was another growth opportunity that I practiced hard for. My desired outcome was to provide a beneficial and enjoyable session. I was appreciative of how generous the experienced members were in sharing their thoughts and experiences with the group. This was a truly rewarding experience.

These are just a few experiences I gained from the TLIs I attended, and I hope to meet you at a future session.



TILLING THE TOASTMASTERS FARM: A LABOR OF L-O-V-E

ADMINISTRATION MANAGER, ALBERT CORMIER, EH5, MS5

What keeps our District 45 Toastmasters (TM) clubs alive and thriving? It is all about its members dutifully working the Toastmasters farm and tilling its soil to reap a bountiful harvest of developed



leadership and communication skills. This tilling provides inviting and fertile ground for new members to join and to grow. It is for all of us a labor of love, and I

want to explore why it is a labor of love for me and to inspire you to keep tilling your own soil to keep realizing a fruitful Toastmasters harvest!

L-O-V-E is an acronym I will use to talk about the four things I find invaluable about Toastmasters.

L stands for, "Listen and Learn from Others." TM is a great venue to connect with others from a diversity of backgrounds and to truly listen and learn from them. I have witnessed a number of captivating speeches and have gleaned some important messages. One that really stands out my mind is a speech in which the person talked about her difficult, brave, and yet successful battle with cancer and how it led her to seek a healthier lifestyle, including exercise.

O stands for, "Obtain Confidence and Mastery in Public Speaking." Over time, with dedication and practice, any Toastmaster can transform from a disheveled, paralyzed and unconfident speaker into a communicator that has achieved mastery over anxiety and can deliver an engaging and powerful message with a smile on their face. If we continue to progress in our Pathways paths and give speeches, we receive the powerful balanced feedback that will

encourage us and will help us polish our delivery so that we can reap the harvest of incredible elocution skills.

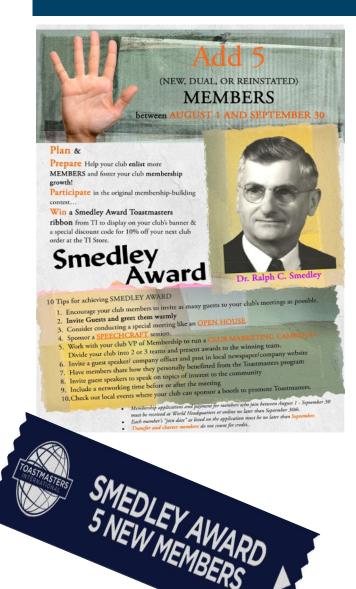
V stands for, "Voyage into Communication and Leadership Opportunities." On the road to achieving your Distinguished Toastmaster (DTM) designation are opportunities to not only give many speeches, but to give feedback, to work synergistically with others, and to lead teams to success. The skills you can pick up and apply include leading a panel discussion, creating your own blog, building your social media profile, and even creating your own podcast.

E stands for, "Educate and Inspire Others." TM is a vehicle for you to educate and inspire others on issues and topics that have great personal relevance in your life. Sometimes, this is a break from your comfort zone to talk about something personal, but the message you have is too important to keep to yourself. For instance, I lost a close family member to an eating disorder. Delivering a speech about eating disorders was painful, but it gave me the opportunity to shine a beacon of hope to those audience members who are either struggling with eating disorders themselves or to those whose loved ones are currently fighting the illness.

If your TM hoe is lying about with dust on it (perhaps because it's been a while since you delivered a speech), there is no time to waste. Pick it up and continue to till the soil of your personal development and happiness and feel and share the **L-O-V-E!**



Membership Building



Thinking of building your club's membership? Membership growth is important to ensure club success. The Smedley Award Membership Building Campaign, which runs from August 1st to September 30th, is the first of three membership campaigns in the Toastmasters calendar year.

Add five (5) new members (with dues paid by September 30) to your club to receive a ribbon for your banner and a discount code for 10% off at the Toastmasters International store.

District 45 is also offering the following Incentives for clubs that gain:

- 1-2 new members during any of the three TI membership campaigns are entered into a draw for \$25 US/\$30 CDN [three (3) winners];
- 3-4 new members during any of the three TI membership campaigns are entered into a draw for \$50 US/\$60 CDN [three (3) winners];
- 5 or more new members during any of the three TI membership campaigns are entered into a draw for \$75 US/\$95 CDN [three (3) winners];
- Membership Increase from July to end of September:
 - Club increases its net membership (using club base) by 10% between July 1 and September 30 (with dues paid by September 30) are entered into a draw for \$25 US/\$30 CDN [three (3) winners]

Who doesn't like the excitement of new members?!



submitted by October 1.

The Toastmasters Organizational Structure Explained

Did you know that your club is one of approximately 16,000 clubs in 145 countries around the world with more than 364,000 members? You are truly part of an international organization. As you can see from the chart displayed, **members** are the heart and foundation of Toastmasters International.

YOUR CLUB is part of an **AREA** consisting of 4 to 6 clubs. Your Area Director is appointed as a human resource and the Club's principal contact with the District Director and with Toastmasters International.

YOUR AREA is part of a **DIVISION** with 3 to 5 areas per division. Your Division Director was elected to coordinate the activities of the Area Directors and to provide educational opportunities that benefit all clubs in the division. There are 6 Divisions in District 45:

- Division A Clubs in the Eastern part of New Hampshire
- **Division B** Clubs in Maine
- Division C Clubs in Southern News Brunswick, Canada

- **Division D** Clubs in Nova Scotia, Canada
- Division E Clubs in PEI and Northern New Brunswick, Canada
- Division G Clubs in Vermont and the Western part of New Hampshire

DIVISIONS are grouped together to form **DISTRICTS** and you are part of District 45. Your District Director, Program Quality Director, Club Growth Director and Public Relations Manager are elected by the clubs to coordinate the Toastmasters International program. The Administration Manager and the Finance Manager also form parts of the District Leadership team. **DISTRICTS** are organized into groups called **REGIONS**. We are part of Region 9.

The Board of Directors of Toastmasters International are voluntary, elected positions. They work together to provide an educational program, which is then administered by your area, division and district leaders. Staff at World Headquarters oversee the daily operations of the organization and provide materials and assistance to clubs and districts.



#TeamDistinguished

ANGELA CHUTE, DTM, CLUB COACH CHAIR

Meet our two newest Club Coaches: Andrew Chadbourne & Greta Heimgartner!



Andrew Chadbourne, MS3, ACS, CL

Andrew, Area 24 Director, joined Toastmasters in 2010 in Tokyo. Andrew teaches English to amazing people in amazing places, including Japan, Malaysia, Korea, Taiwan, Thailand and the U.S. Andrew's personal and professional goal is to transition from teaching to coaching. Andrew is excited to utilize best practices in leading and coaching for impactful and successful results.

#TeamDistinguished is D45's Team of dedicated Club Coaches united in our goal to help struggling clubs earn President's Distinguished.





Greta Heimgartner, DL4, ACB, CL

Greta, Immediate Past Area 5 Director, joined Toastmasters on March 1, 2016. Greta is eager to use new skills and approaches as Club Coach for Dirigo Toastmasters, a corporate club. Her personal goal is to unite, lead and rebrand a winning team. Her professional goal is building a vast network. She is excited to give back!

I am honored to lead this elite group this year. I joined Toastmasters on October 1, 2016. I earned my first DTM in the Legacy Program in 2019 and my second Pathways DTM in 2020. I am a Pathways mentor and have served as a D45 Area Director and a Division Director. My personal goal is to expand my coaching to training the trainer.

- Angela Chute, DTM

#TeamDistinguished is expanding! Struggling clubs need coaches. Who do YOU know who would be a great fit for our team?

#TeamDistinguished "Master Class/Mastermind Series" for Club Coaches is starting on August 4th.



Translated Pathways Certificates are here!

Pathways certificates are now available in French, Arabic, German, Japanese, Korean, Simplified Chinese, Traditional Chinese, Spanish, Portuguese and Tamil. To request a certificate in one of these languages, send an email to the Education Services Team and specify the desired language, path, and level. Certificates will be emailed to you.





Around the District - Division A



When it was time to consider who earned the title of Toastmaster of the Year for 2020-21, there was very little argument. Cindy Sarvai inspires us at

every meeting and between meetings too!

Cindy earned Millyard's inaugural TrailBlazer Award, by completing 4 Pathways Levels in the same Toastmasters year. Is anyone surprised that she was the first of us to earn it? Nope! She didn't stop at 4, either! In total, Cindy completed 6 achievements last year! The rest of our members combined earned 12. Those 6 achievements included at least one of each Pathways Level from Level 1 to Level 4, so Cindy contributed to 4 of Millyard's President Distinguished Achievements.

Cindy doesn't just set an example for Millyard. She was the Area 20 Director last year and served 5 clubs up north in that capacity. (FYI -It was so much fun and she still wanted to learn more about that role she's doing it again this year!)

That still wasn't enough for Cindy; she also presented at District 45's Spring Conference and Summer TLI (aka Toastmasters Leadership Institute, aka officer training). Whew! I'm tired just thinking about everything Cindy accomplished last year! She sets the bar high and I'm looking forward to our other members giving her some competition in 2021-22!

Congratulations, Cindy Sarvai! Millyard's 2020-21 Toastmaster of the Year! We're incredibly proud of you!

Concord Toastmasters has entered the 2021-2022 with reflections on the past year and anticipation to the upcoming one. Wrapping up the end of the 2020/2021 year, club recognitions were announced in July.

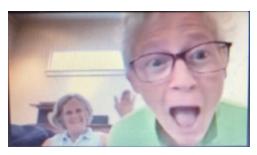
The **Best Attendance Recognition** went to five members who had a 96% attendance record. Recipients are **Betsy Black, Jennie Parisi, Joannne Martin, Dale Randall, and Rick Dyment.**

The **Round Robin Recognition**, which goes to members who achieved filling all the agenda roles during the year, went to **Catherine Ryan**.

The Glenn Tapley Award of Excellence is named after Concord Toastmasters' founder and past president, Glenn Tapley, DTM, who exemplified excellence through his mentorship and generosity of time as he established and built the club. This award is given to a current member who has served as Club President, who continues to set the bar high for excellence, who inspires and mentors members, and who exemplifies values and commitment. Glenn demonstrated and has had a cumulative effect over a period of time. The recipient is Dale Randall (pictured below)



Around the District – Division A



The Club Toastmaster of the Year went to Betsy Black (immediate past VP Membership), who set the bar high and is an inspiration to the club.

(Pictured left: Betsy Black)

A DTM party recognizing members who achieved their DTM status in 2020-2021 and the seasoned DTM's who guided their journey was hosted at the home of Jennie Parisi (Club President). In 2018, member Carin Plante started a DTM support group for those working in the Legacy program. In 2019, Carin succumbed to a long battle with cancer. Betsy Black picked up the torch and continued the DTM support group resulting in the completion of DTM status for five Concord Toastmasters: Debby Adair, Paul Codington (DTM²), Grace Cohen, David Hill, Caryl Lajoie, Catherine Ryan and one Pleasant Street Toastmaster: Heather Fairchild.

Note: Paul Coddington earned his second DTM achievement in the Legacy program. Pictured below DTM's celebrating in person and in spirit!

Front row: Caryl Lajoie, Paul Coddington.
Second row: Grace Cohen, Heather Fairchild.
Third row: Betsy Black, Catherine Ryan.

Inset: Dale Randall, Debby Hoffman Adair and David Hill, all of whom

attended in spirit!



Springing into the new year with a strong showing by the Executive Committee, all seven members attended the TLI training session in June. In addition, Alex Campbell, Sarah Chaffee, Rick Dyment, Jennie Parisi, Dale Randall, and

Catherine Ryan presented at the TLI.



Our club is now embracing the **Toastmasters/Rotary Alliance**. Betsy Black and Catherine Ryan presented speeches at the New London Rotary club's first in- person meeting this year on July 11th. Betsy gave a lively and engaging talk on the programs Toastmasters has created for Rotary. Catherine spoke about how to create a speech and its structure. (*Pictured: Betsy Black*)



Of the 1,200 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 **August**.

| Name | Club | # of Years |
|-------------------|---------------------------|------------|
| David Hill, DTM | Concord Toastmasters Club | 10 |
| Donna Fancey, IP3 | River Talks Toastmasters | 5 |
| Damien Garland | Dynamic Speakers Club | 5 |
| Hugo Valencia | Dynamic Speakers Club | 5 |



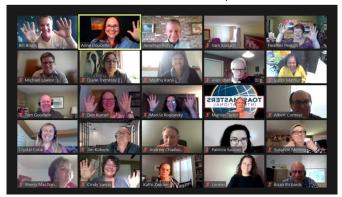
Clubs celebrating any 5th anniversary of their club charter are recognized. Once a club has reached the *half-century mark*, every anniversary is included and celebrated. The following clubs are celebrating significant anniversaries in the month of **August.**

Brunswick Toastmasters #2156 of Brunswick, ME chartered 62 years ago on August 8, 1959.

PREPARING FOR SUCCESS

On the evenings of July 6 and July 8 and on the morning of July 10, your Area and Division Directors gathered on Zoom for training. The purpose of this training is to ensure they are as well prepared as possible to help every member and every club achieve success. Training was organized and delivered by your Senior Leadership Team of District Director Heather Perkins, Program Quality Director Crystal Cobb, Club Growth Director Sherry MacDonald, Public Relations Manager Anne Doucette, Immediate Past District Director Jonathan Bohm, Administration

Manager Albert Cormier and Finance Manager Ken Hubley. Training will also be provided to your Area and Division Directors on an ongoing basis throughout the year. Their willingness to give of their time in this way demonstrates their commitment to helping you achieve success.



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 6 achievements not recognized because consent has not been given.

Level 1 – July 2021

| Name | Club | Designation |
|-----------------------|---|-------------|
| Tanya Tripathi | Charlottetown Toastmasters Breakfast Club | DL1 |
| Robin Tyagi | Spirit-Ed Toastmasters Club | IP1 |
| Lorie A. Wilson | Winning Speakers Club | IP1 |
| Cary David Gladstone | Concord Toastmasters Club | MS1 |
| Carl J. Duivenvoorden | Civil Speakers Club | MS1 |
| Jennifer Theriault | Dartmouth TIC Talkers Toastmasters Club | MS1 |
| Robert Moran Maguire | Lakes Region Toastmasters | PI1 |
| Laura S. Halleck | Nashua-Hudson Club | PM1 |
| Marina D. Kirsch | Exeter Speak-Ups Club | PM1 |
| Anne Marie Drake | Dartmouth TIC Talkers Toastmasters Club | SR1 |
| David J. Fraser | Saint John Club | TC1 |
| Kaye Danford | Exeter Speaks-Ups Club | VC1 |
| Heather Perkins | Toast of the Coast Toastmasters Club | TC1 |
| Catherine Ryan | Concord Toastmasters | PM1 |
| John Blumsum | Spirit-Ed Toastmasters Club | EH1 |

Level 2 – July 2021

| Name | Club | Designation |
|----------------------|---|-------------|
| Gordon V. Green | River Valley Toastmasters | EC2 |
| Carol Sczylvian | Penmen Toastmasters | EH2 |
| Robin Tyagi | Spirit-Ed Toastmasters Club | IP2 |
| Grace Cohen | Concord Toastmasters Club | IP2 |
| Jennifer Theriault | Dartmouth TIC Talkers Toastmasters Club | MS2 |
| Donelle L. Caselden | 2211 Toastmasters | PM2 |
| William Shaw | MDI Toastmasters | PM2 |
| Michael A. Thompson | Toast of the Coast Toastmasters Club | SR2 |
| Abby R. van der Jagt | Dartmouth TIC Talkers Toastmasters Club | SR2 |
| Heather Perkins | Toast of the Coast Toastmasters Club | TC2 |

Mentoring Path Completion – July 2021

Name Club

Anne M. Doucette Charlottetown Toastmasters Breakfast Club

Level 3 – July 2021

| Name | Club | Designation |
|-----------------------|--|-------------|
| James Bernard Kokocki | Rising Tide Toastmasters Club | EC3 |
| Anne Gilson | The Maine Thing Advanced Toastmasters Club | MS3 |
| Catherine Ryan | Concord Toastmasters Club | IP3 |
| Heather Perkins | Toast of the Coast Toastmasters Club | TC3 |

Level 4 – July 2021

| Name | Club | Designation |
|----------------------|----------------------------|-------------|
| M.E. Lawlor | Champ Masters | DL4 |
| Cary David Gladstone | Concord Toastmasters Club | IP4 |
| Elise Thorsen | Savvy Speakers | IP4 |
| Anne M. Doucette | Charlottetown Toastmasters | MS4 |
| Manju Basnet | Beyond Toastmasters | PM4 |
| James Michael Lawlor | Bedford Basin Toastmasters | TC4 |
| Dale G. Randall | Concord Toastmasters Club | VC4 |
| Donna Fancey | River Talkers Toastmasters | IP4 |
| Heather Perkins | East Hants Toastmasters | DL4 |
| JoAnn Hollingsworth | Dynamic Speakers Club | EC4 |

Level 5 – July 2021

| Name | Club | Designation |
|---------------------|--|-------------|
| Michael A. Thompson | Toast of the Coast Toastmasters Club | |
| Betsy Black | Concord Toastmasters Club | EH5 |
| Stacy Plourde | Horseshoe Pond Toastmasters Club | IP5 |
| Cynthia J. Sarvai | Millyard Toastmasters | MS5 |
| Anne M. Doucette | Spotlight Toastmasters Club | MS5 |
| Marion P. Taylor | River Valley Toastmasters | PM5 |
| Marion P. Taylor | Riverside Toastmasters | TC5 |
| Dawna-Jean Turchon | Kennebec Valley Toastmasters | VC5 |
| Dawna-Jean Turchon | The Maine Thing Advanced Toastmasters Club | MS5 |

Distinguished Toastmaster – July 2021



The Distinguished Toastmaster award is the highest our organization. The DTM recognizes the commitment of members to personal success and to helping the District achieve success. Members who succeed in achieving a DTM give numerous speeches, serve as a club officer and as a District officer, help to start or rescue a club, and complete a major project among other tasks. The following District 45 members are the latest DTMs.





Tendai David Muranganwa, DTM joined Toastmasters in March 2015 as he wanted to improve his self-confidence. Tendai is a member of three Toastmasters Clubs. He has been a member of Diplomatic Corps Toastmasters, District 74 since March 2015, and Zenith Advanced Club, District 74, and Rising Tide Toastmasters, District 45, since April 2021. He is currently the Club Secretary for Rising TideToastmasters.

For his High Performance Leadership project, Tendai organized an International Speech Area Contest and organized a leadership training for a local Lions Club. The biggest lesson he learned is the value of surrounding yourself with people that bring out the best in you. Never give up... 9 months into his membership, Tendai became visually impaired. His Toastmasters journey has always been about challenging himself and going beyond his limitations. Well

done Tendai! You have shown what perseverance and determination are all about!



District Calendar

August Events

- 4 Master Class/Mastermind Series (for Club Coaches)
- 5 Senior Leadership team meeting
- 9 VP Education peer call
- 10 Division Director peer call
- 10 VP Public Relations peer call
- 17 District Executive Committee meeting
- 19 Senior Leadership team meeting
- 19 VP Membership Peer call

September Events

- 9 Senior Leadership team meeting
- 7 Division Director peer call
- 12 Meet Your Leaders Forum
- 14 District Executive Committee meeting
- 18 District Council meeting
- 23 Senior Leadership team meeting
- 26 District webinar
- 30 Senior Leadership team meeting

October Events

- 5- Division Director peer call
- 11 VP Education Peer Call
- 12- VP Public Relations Peer Call
- 14 Senior Leadership team meeting
- 19 District Executive Committee meeting
- 23- Senior Leadership team meeting
- 24 District webinar
- 30 Senior Leadership team meeting

Other Events

November 6 - Fall workshop

May 20 - 22, 2022 (tentative) - Annual conference



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

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