

District 45 Toastmasters Newsletter

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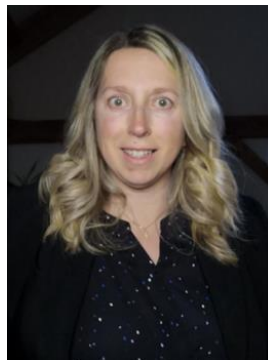


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CONTEST SEASON IS UPON US

PROGRAM QUALITY DIRECTOR, CRYSTAL COBB, DL2, EC5, PI5



Contest season is exciting! This is a time for members to highlight what they have learned over the year and work to represent their club, Area, Division and District through the various stages. This year we are excited to be hosting three speech contests at the district level: Humorous, Table Topics and the International Speech contest.

As members prepare to go for first place, we also have members preparing to host these contests. Did you know that without the help of volunteers, contests would not be possible? Typically, the Vice President Education is the person who ensures that the contests happen at the club level. Did you know that you could volunteer to take one of the lead roles such as Contest Chair or Chief Judge and use it as a project in Pathways?

So many learning opportunities that you can use for credit towards your educational goals! One of the most important parts about a speech contest is to ensure that you have the new [2021-2022 Speech Contest Rulebook](#) at hand. It gets updated every year and usually has changes that are noted with a symbol. I highly encourage you to read it and then read it again! Have it with you at your contest in case you have to reference the rulebook! It is important for both contestants and officials to read the contest rule book each year.

As we head into the contest season, we are still navigating the online world. Be sure that you are familiar with the [Online Speech Contest Best Practices](#) document and have practiced the Zoom controls in order to be successful!

“Let the contest begin!”



TIPS ON PREPARING PROMOTIONAL MATERIAL

PUBLIC RELATIONS MANAGER, ANNE DOUCETTE, DL3 MS5, IP5, LD5



When preparing promotional material, remember to define your message. What is the message you want to portray about your club and what it offers? Perhaps it is how to run a well-organized meeting? Or a place to grow and learn to move past our comfort zones in a safe and non-judgmental environment.

Once you have defined your message, you must find your target audience. Do you want to target an audience in a close geographical location or virtually across the world? Are you looking for young professionals looking to enhance their communication and leadership skills? Or perhaps even newcomers to Canada who are looking for an opportunity to practice their English or French speaking skills. Identifying your target audience will help make planning PR strategies more manageable.

When creating posts, posters or pamphlets, here are a few tips to remember:

- Keep it simple and state the required facts and nothing more. Don't make your document too crowded – people won't read it. What is your message?
- Make it fun and interesting.
- Add photos - from real club members, with permission of course, or professional images from the [Toastmasters International Brand Portal](#).
- Add the date and time and don't forget to include the time zone.
- Don't forget contact details - add an email or link for people to register.
- Use the [Logo and Design Elements](#) in the Portal to help you design your posts.

Tips on how to engage on your club's social media:

- Ask questions
- Use captivating images
- Share videos
- Show followers an inside look at your club
- Be persistent
- Share timely content
- Get to know your audience

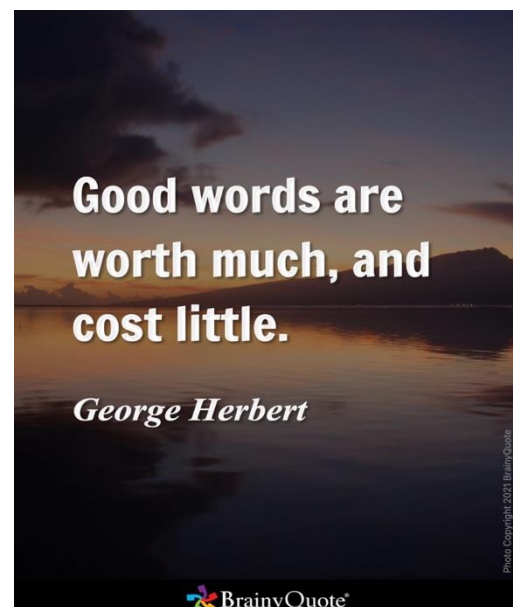
Check out [Best Hashtags](#) to help you find appropriate hashtags to use.

Open House Incentive

Reimbursement of up to \$25 US / \$30 CDN per club

To qualify, you must:

- Set up your Open House as an event on Facebook.
- Boost the event.
- Submit the bill for boosting.



ALL A MATTER OF PERSPECTIVE

DISTRICT DIRECTOR, HEATHER PERKINS DTM



It's hard to believe that five months of our 2021 – 2022 year have gone by. How time flies when you're having fun!

Are you achieving the personal success that you want? Is your club achieving success? Do you need to change your perspective? My blog of November 24th, which you can find on the [District 45 website](#), talks about the importance of perspective. If you believe you can achieve success, you are more likely to succeed.

My focus for this District year has been on every member and every club achieving success. We have provided a variety of educational opportunities for our members and will continue these throughout the year. We are currently developing resources to help clubs recruit new members. For clubs to be successful though, every member needs to help.

Over half of our clubs have twelve or fewer members. We all need to adopt the perspective that we can grow our clubs, making them strong clubs that offer quality meetings. Years ago, I was at District Leader training. A District Director stood up and said that his District had seventy-two clubs. The previous year they had lost eighteen clubs. He went on to say at that rate the district would no longer exist in four years' time. Right now, things aren't much different for District 45. Last year, we lost eight clubs. This year we only have eighty paid clubs, having lost sixteen clubs.

I know that some of those clubs will become paid clubs and some clubs will increase their memberships. We should be able to have, at a minimum, 15% of our clubs with twenty or more members. We should be able to have no fewer than 25% of our clubs with twelve or fewer members. Consider what you can do to help your club succeed. Adopt the perspective that your club will succeed and let's continue to focus on every member and every club achieving success.

CONGRATS TO DISTRICT 45 ON A FABULOUS FALL EXTRAVAGANZA!

WOW! What a fantastic event we had on Saturday, November 6th! Thank you to all who attended our extravaganza and to those who stepped up to share tips and tricks to help us focus on success!

Our keynote speaker Dr. Godfrey E. McAllister drew in the crowd by reminding us that "the only thing you have control over is your perspective". When looking at success, it is important to have one singular focus and that success starts with you!

We celebrated successes – both at the club level and individual level. Congratulations to everyone who achieved success since our annual conference. Let's work hard so we can celebrate even more success in May!



#TEAMDISTINGUISHED – WHAT AN ADVENTURE!

D45 CLUB COACH CHAIR, ANGELA CHUTE, DTM

Webinars



Joe Grondin, DTM, AS joined us this December 2nd as our guest MasterClass Presenter. Joe presented Dig Deep to Soar High.

Joe is a retired educator and is now, with the guidance of his toastmaster family, fulfilling his dream of being an international inspirational speaker. He is the author of the books “Living in Harmony with Our Children” and “Speak to Reach” and has been asked to speak throughout North America on these topics.

Joe is a proud Toastmaster, and he truly believes that Toastmaster audiences are the best audiences in the world. He has been busy traveling the globe to pursue his passions. Recent destinations include Malaysia, Washington D.C., and Las Vegas to participate in the Toastmasters World Championship of Public Speaking. Having qualified seven times for the World Championship of Public Speaking, he has successfully placed in the top 10 on two occasions. Joe is a three-time TEDx speaker, a TEDx coach, and is one of 89 people in the world who has earned the prestigious Accredited Speaker designation from Toastmasters International in 2017. Joe admits that his biggest accomplishment is getting hugs from his grandchildren.

Be sure to join us for future sessions!

Our "Striving for Success" webinar was hosted by our Club Growth Director, Sherry MacDonald. She held a panel discussion with her team, sharing information around best practices to increase membership and build retention.

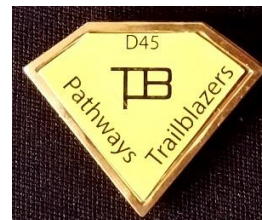


Details to follow about our “Striving for Success” webinars in 2022!

PATHWAYS WORKSHOPS

The first Pathways workshop was held in November. It focused on the basics on Pathways and walked participants through accessing their Path and Level 1.

The Pathways Committee will be hosting workshops on a regular basis in the second half of our District year. If you have a Pathways topic you would like to see covered, contact Program Quality Director [Crystal Cobb](#).



District Holiday Party

Get Your Ugly Sweater Ready & Decorations Visible!

Join us on Sunday, December 12th for an evening of fun, games, and holiday cheer! Our holiday social starts at 7pm ET / 8pm AT via Zoom. An evening filled with socializing and celebrating the holidays with your D45 friends. We have some fun games planned and maybe even some prizes! Be sure to wear your best ugly sweater and get creative by decorating your background (can be virtual or real background).

We look forward to celebrating with you!

See you there,

Professional Party Planners: Kelley, Madhu & Crystal

D45 Incentive: Become distinguished by April 30, 2022!

- Enter to win a prize of \$50 US/\$60 CDN
- There will be 3 winners, one for each level

D45 recognizes the achievement of club members:

- attaining educational/leadership awards
- the success of the club in recruiting new members
- the commitment of club officers to their members by being trained and ensuring dues and paperwork are submitted on time

TOASTMASTERS INTERNATIONAL Since 1924

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>

District 45 "Focus on Success" Conference

After much thought and consideration, it has been decided that the D45 Annual Conference will once again be online May 12 – May 15.

Given the uncertainty about availability of meeting space and travel restrictions, we felt this was the fairest approach for all.

One advantage of holding the conference online is the ability to attract visitors from far and wide. We are thrilled to announce that 2021



World Champion of Public Speaking Verity Price will be presenting a workshop to kick off our Saturday events.

What does it take to be the first? Way back in 2005, Verity started her journey as the first South African musician with the tenacious foresight to get online crowdfunding for an album she hadn't even recorded yet. Fifteen years later, and a career glittered with accolades, brings us to 2021 and Verity's latest big first - first speaker from Africa to ever be crowned the World Champion of Public Speaking and the sixth woman in history.

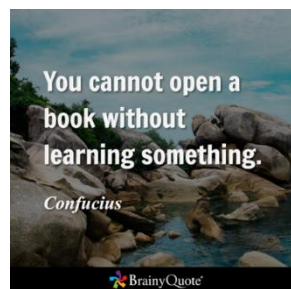
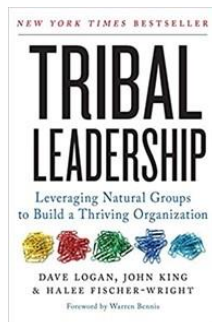
Her talent for 'acting out the box' rather than merely 'thinking out' of it, has brought international success for Verity, speaking globally on innovation and thinking differently, which includes two [TEDx Talks](#).

Plan to attend the conference for friendship and learning. More details will follow over the next few issues of the newsletter.

COMING SOON - NEW 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 in January (date TBD) 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 in January, we will be taking nominations for our next selection to be discussed in April. If you are interested in participating in the book club, reach out to Tom Goodwin at d45.tom.goodwin@gmail.com for more information or to get your questions about the book club answered.

Are You a Great Audience?

HEATHER DROPE MARCHIONE, DTM

At first glance this seems like a strange question but is it? We are Toastmasters working on the art of active listening so being a great audience should be second nature. I wish that were true but sadly not so.

What brought this topic to mind? Being told I was a great audience. What did I do to deserve that compliment? At the time I was a member of a very senior club. This club was a success and on this particular evening we had a newer and very nervous member presenting. Yes, she was nervous, had a quivering voice but her content was well constructed, organised and delivered well. Throughout the speech I watched her and in fact smiled encouragingly whenever she seemed to be faltering. The speech was a success! At the end of our meeting, she thanked me for being this great audience.

At our next meeting I looked around to see what each member/audience was doing during a speech. Only then did I understand our speaker’s remark. Some members were following the speaker’s words but they weren’t making eye contact with the speaker so they weren’t being so great. Worse yet was the member who sat doodling and totally ignoring the speaker. She certainly wasn’t giving the speaker any attention let alone respecting her as a person.



Where do you fit as a great audience?

Editor’s Note – Heather wrote this article during an extended hospital stay. A truly dedicated Toastmaster. We are happy to report that she is now at home.

AWARDS AND INCENTIVES

There are several awards presented each year and the district also has various incentives during the year. Each month, some of these awards and incentives will be highlighted in each issue so that clubs and members know what there is to strive for.

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.

Toastmaster of the Year Award - The Toastmaster of the Year award is given to a member who best exemplifies Toastmasters International values in supporting the district and club missions. The Toastmaster of the Year is expected to excel in a variety of leadership and communication; educational; and marketing and public relations activities. The time frame covered will be the previous May 1st to April 30th.

Al Ferguson Award - The Al Ferguson Memorial award is presented to any club that achieves 10 out of the 10 Distinguished Club Plan awards. During the 2020-2021 and 2021-2022 TM years, the 10 points must include any 6 education awards/levels (max). This will be automatically determined by the district based on the reports from Toastmasters International.

Incentives

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.

Club Coach Recognition – 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.



EXTRAVAGANZA PRESENTER SUMMARIES

A Toastmasters Promise – Cindy Sarvai

We all agreed to this promise when we joined Toastmasters, YES, it's right on the membership application, page 2! What did that promise entail? Let's review:



1. Attend club meetings regularly
2. Prepare projects to the best of my ability, using the TM education program
3. Prepare for and fulfill meeting assignments
Are you filling roles in your club meetings?
4. Provide fellow members with helpful, constructive evaluations
Feedback is powerful and grows toastmasters to be better, stronger speakers. There is ALWAYS room for improvement!
5. Keeping a positive, friendly environment for members to learn & grow
Hold the gossip – hold the drama and keep it professional! Be respectful of others in your club
6. Serve my club as an officer when called upon to do so
If you don't step outside your comfort zone – how are you going to grow! There is training not to mention resources on Toastmasters International about officer rolls. Remember – Toastmasters is the safest place for you to fall! Why – because there is always someone there to help you back up!
7. Treat fellow club members & guests with respect & courtesy
8. Bring guests to club meetings so they can see the benefits TM membership offers
WHY are you keeping what Toastmasters is doing for you a secret!?!?! INVITE!
9. Adhere to the guidelines & rules
They are there for a reason, keeping everything uniform, from club to club.
10. Act within Toastmasters' core values: integrity, respect, service, and excellence during all Toastmasters activities.

The most important thing to remember; You get what you put into Toastmasters! Give it your all and you will have a gold mine of training, education, knowledge and make friends along the way! Enjoy the journey!

A DOSE of Pandemic-Fighting Proportions – Albert Cormier



We secrete and transmit natural chemicals that help build and maintain our resilience in the light of unprecedented anxiety and fear that we have experienced in the COVID19 pandemic. The first letters of the four chemicals – dopamine, oxytocin, serotonin, and endorphins – spell out the word DOSE.

Our lifestyle choices, including participation in Toastmasters, can build this lockdown kit.

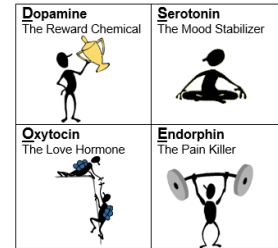
Dopamine

Dopamine plays a huge role in how we feel pleasure, but it is crucial in our internal reward system; when levels are high, it produces more focus, motivation, and better recall. It's triggered by rewards or things you want but don't yet have. So how do we stimulate optimal levels? Pathways allows us to map our path of tasks and gives us a variety of things to achieve so dopamine is released as we aim toward completion of a new task where we learn a new skill (composing a podcast, delivering a professional speech, or conducting a team-building event). Toastmasters also allows us to celebrate our wins, especially when we have received our hard-earned DTM plaque.

Oxytocin

Oxytocin is known as the love or cuddle chemical which boosts trust and empathy and reduces stress. To promote optimal levels of this bonding chemical, we can play with a pet and listen to soothing music. We can also do something nice for somebody and give sincere compliments. TM and the ability to connect easily through Zoom

during this outbreak really gives us the chance to bond with others and do just these things whether it's in a meeting or whether we are working together on a speech contest. When we gather, we can also listen to other's stories with compassion and an open heart. The oxytocin rush is both pleasurable and calming.



Serotonin

Serotonin is responsible for controlling mood, attention, sleep, and pain; hence, it is called the mood stabilizer. To promote optimal levels, we can engage in mindfulness activity, such as meditation. Exercise is another form of medicine whose benefits are immediately felt just after one workout. Additionally, we can help boost our serotonin dose by exposure to sunlight, perhaps by walking in nature, and by eating foods rich in tryptophan such as chickpeas and quinoa. Toastmasters can help enhance our serotonin levels indirectly as a venue where people can educate one another and encourage one another to make good dietary and lifestyle choices (that include a regular mindful and exercise practice).

Endorphins

These natural pain-relievers trigger a euphoric high after exercise. They inhibit the transmission of pain signals by binding to opioid receptors (the body's natural morphine). To stimulate optimal levels, we can engage in a regular exercise program. Eating dark chocolate is another way to stimulate endorphins. Watching comedies or participating in Toastmaster meetings with people that make you laugh also help to increase endorphins. I invite you to think about your lifestyle choices and to identify opportunities in your Toastmasters journey to activate your own DOSE of COVID19 lockdown relief!

“Turbo Boost Your Club” - Tom Macisso

Here's my three-steps to ‘Turbo Boosting your Club.’ What we should do *before* we invite guests, followed by *why* we invite guests, finally, how to invite them.



Fundamentals. Things like having *all* roles filled in advance; having an agenda available to guests, along with someone to help explain what's going on if the guests have questions. Finally, try to involve them in the meeting.

The “Why” is vital. One of the reasons is clubs lose members and they need to be replaced. In addition, we need to increase our membership to get to twenty, or at least to plus five from our base. Furthermore, bringing in guests to our clubs brings in fresh ideas, more opportunities for mentoring, and having these new folks break up the routine and provide a variety.

It's important to discuss “how” we do this. Since talking to someone about Toastmasters can be uncomfortable, it's important to not take the *conversation over too early*. Try the following as a guide.

- Congratulate them or encourage them on taking that first all-important step - you want them to feel good about **facing that fear of speaking in public**.
- Ask them follow up questions, get the “real” reason why Toastmasters can help them. This is where those active listening & clarifying skills can be used.
- Briefly mention your first time as a guest at a Toastmasters club/event and how you overcame your nerves/fear & became successful in our organization.

Finally, if you don't remember anything else from this article/speech, try to remember this lyric from one of the most successful sitcoms of the past: “Cheers”

Making your way in the world today takes everything you've got; taking a break from all your worries sure would help a lot. Wouldn't you like to get away? Sometimes you want to go where everybody knows your name. And they're always glad you came. You want to be where you can see, our troubles are all the same. You want to be where everybody knows your name.

Why can't this place be your home club?

Why Toastmasters – Part 1

MANJU BASNET

Read Manju Basnet's first article in a three-part series describing her Toastmasters journey.

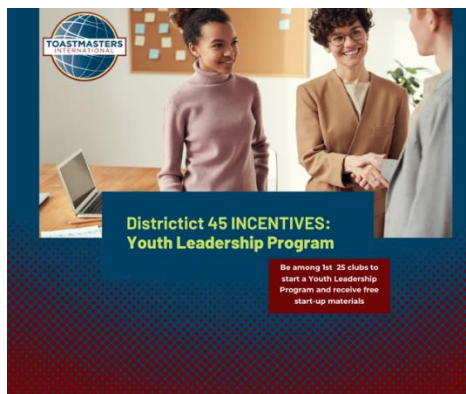


For years I had heard about the benefits of Toastmasters. Even with clubs worldwide, I was not able to prioritize it when I was living and working in Dubai, so

when I moved to Canada in 2018, knowing I wanted to develop my English, I put joining a Toastmasters club at the top of my list.

Sometimes we search for things to be an easy solution to our challenges, but rarely is that the case. The first Toastmasters club I joined was not the solution I was looking for. This caused me to lose consistency in my attendance and disengage. I felt lost, with nothing to guide me. In February 2020 I was invited to be a guest at another Toastmasters Club, Mid-Day Toastmasters. During this visit I had the opportunity to witness a speech that I will never forget. The Toastmaster, Jeremy DeMerchant shared a passion and enthusiasm I had yet to see in other speeches, and those spoke to me deeply. After the speech, I spoke to Jeremy, and he shared that he was starting an online Toastmasters club; Beyond Toastmasters, designed to help members go beyond club speeches on to public stages in-person and online. He invited me to attend.

I joined the club right away, and even took on my first executive role as VP Membership to support this amazing group of Toastmasters. I'd love to tell you that this was a "walk-in-the-park", but I spent most meetings being concerned about my own speeches and not effectively listening to others present. When I took on roles, I leaned heavily on a script to ensure I did well. I felt like I had so far to go, watching other members present speeches and facilitate roles without any notes at all. I continued to challenge myself, and was approached by the amazing Paula Tozer, another member of the club who was looking for ambitious Toastmasters to be part of her "Power Moves" coaching program. I joined without hesitation. Our monthly meetings began, and Paula's phenomenal structure allowed me to connect my speeches and the Toastmasters Pathways program to my personal goals. Paula supported me in many ways, including critiquing my speeches and helping me practice. This 6-month Power Moves program helped me significantly build my confidence and prepared me to take on my greatest goal – competing in the International Speech Competition. I was awarded 1st place in Area 19 and Division C, and I was elated to win 3rd place at the District 45 International Speech Competition.



DISTRICT 45 LEADERSHIP COMMITTEE

These are exciting times once again. Another great opportunity is here for all members to stay involved and gain leadership skills by serving the district. Nominations will be accepted for the upcoming year 2022-2023 for the following District 45 positions: District Director, Program Quality Director, Public Relations Manager; Club Growth Director, six Division Directors. Elections will be held at the District 45 conference in May 2022. Nominations close on February 28, 2022.

The committee is starting to be confirmed and the nominations will start being accepted between December - January. Once candidates have been approved and their qualifications accepted, interviews will start. The Leadership Committee will participate with each candidate.

Any interested individuals should contact their Division Director or the committee directly for all qualifications or questions and concerns.

Candice Buell, DTM
Leadership Committee Chair 2022-2023

Around the District – Division A

Concord Toastmasters welcomes another member!

We are pleased to have Ariana Ziminsky inducted this month. Arianna shared her image from the top of Mount Pemigewasset. She is the proud mom of three boys ranging from 12-18. Ariana has a degree in English/Journalism and a minor in German!!



Around the District – Division B

We had a blast in Division B on Monday, Oct 18th, when The Maine Thing Advanced Toastmasters Club hosted an Area 14 Soiree!

All four clubs got together to answer that age-old question – Do you Pumpkin Spice? A debate was held where selective members had 1-2 minutes to debate on numerous Pumpkin Spice dishes such as, "Pumpkin Spice Spam" and "Pumpkin Spice Candy!" It was fun to have the whole Area come together for an event like this.



Around the District – Division C

The public is invited to attend Fredericton Toastmasters' special meeting in celebration of their 50th Anniversary. Join past and present members, fellow Toastmasters, family, and friends, as they remember the Club's stellar past and look forward to its future promise. Fredericton Toastmasters Alumni are invited to share stories of their time in the club.

The 50th Anniversary hybrid meeting will be held Monday, December 6th from 7-9 pm Atlantic Standard Time in person at 245 Westmorland Street, Fredericton NB, in Christ Church (Parish) Church (subject to COVID protocols at the time) and online

To register for this event, please contact us indicating if you will be attending in person or joining us online at: frederictontoastmasters@gmail.com.



KINDRED SPIRITS: Online clubs Changemakers and RNEW Rotary (Rotary of Network for the Empowerment of Women) of Rotary District 5950 have begun a Rotary Toastmasters Alliance pairing, the first in District 45. Pictured here is President Anastasia Persico with RNEW members.

Incenting Member Attendance and Role Sign-Up The club executive at Saint John Toastmasters recently discussed current challenges the club has experienced. There are always challenges aren't there? There is always an opportunity to strategize solutions and test them in our clubs. We created two contests that run from November 15th until the District 45 Conference in May 2022.

To encourage attendance, we created the Cal Ripken Ironman Contest. In Major League Baseball, Ripken of the Baltimore Orioles, played in 2,632 consecutive games over 16 years. For this contest, we record member attendance and post how many consecutive meetings each member attends. When a member misses a meeting, their attendance streak ends (but they can start a new attendance streak the following week). At the end of the contest period, the three members with the longest attendance streaks will be awarded prizes.



To encourage sign-up for meeting roles, we created the Sign Up, Dress Up, Show Up Contest. To gain a point, a member informs the next meeting's Chair that they will Sign Up for a role on the next meeting agenda. The member can choose the role or let the Chair choose. Then, the member must Show Up and perform the role, and (optionally) Dress Up. At the end of the contest period, the members with the most points accumulated will be awarded prizes. A maximum of one point can be awarded per member per meeting

This is a creative attempt to solve a challenge the club is experiencing. And we expect members will have some fun and the occasional anguish over needing to miss one of our meetings.

Around the District – Division D

Here is a picture of Michael Lawlor, ACB, ALB, MS5, TC4, holding his Coordinator Certificate for holding a successful Youth Leadership Program which received praise from both the youth who participated and from their parents.



Around the District – Division E

I've been a Toastmaster since 2010 in different cities throughout Canada, and now belong to Premiere Toastmasters in Charlottetown, PEI. This experience has given me the chance to understand how different clubs operate and the roles they offer. One club had a meeting award called the "Sparky award"; it is a 2 spark plugs on a stone. It's given to the person in the meeting who was the most energetic and enthusiastic. Premiere has the role of Table Topics Evaluator, which I had not seen before.



Geraldine Smith

I have personally learned so much about communication, leadership, speaking and listening. Through listening to inspiring speakers at conferences and TLI (Toastmasters Leadership Institute), or acting as an officer, such as the President of a brand-new club, or acting as a mentor or a mentee, I have grown. Whether through the Legacy program (Competent Communicator and Competent Leader) or Pathways, there is such an opportunity to learn and develop skills.

Stimulation is the best part of Toastmasters. It keeps the brain going as you learn to speak better and listen better. I have enjoyed meeting all types of people with like-minded ideas. It has been a joyous and rewarding experience.

A graphic for the District 45 Conference. At the top, it says "DISTRICT 45 CONFERENCE" in blue and "SAVE THE DATE!" in large red letters. Below this is a circular diagram with three overlapping circles in red, yellow, and blue. The red circle is labeled "Evaluation", the yellow circle "Teamwork", and the blue circle "Engagement". In the center of the circles, it says "Every Member and Club Achieves Success". At the bottom, it says "May 12 - 15, 2022". The entire graphic is framed by a dark blue border with yellow and grey triangular accents in the corners.

Holiday Wishes for Everyone in the District

For you, the member – lots of speech ideas, enjoying the new level 1 in Pathways and plenty of opportunity to achieve your goals.

For your club – a steady supply of guests and new members and enough members for quality meetings and success.

For the Area Directors – the appropriate number of contestants for each club in the Area and an audience of at least 40 Toastmasters.

For the Division Directors – all your club officers attend training, all your clubs pay by March 31st, and the best Division contests ever.

For Candice Buell as District Leadership Committee Chair – lots of qualified candidates for all elected positions.

For Anne – plenty of information for the website and consistent promotion through the newsletter and Facebook.

For Sherry – all clubs that aren't paid reach at least 8 members, and fewer than 25% of clubs needing a club coach.

For Crystal – plenty of members attending the learning opportunities and lots of presenters for the conference.

For Heather – using teamwork, encouragement, and education, create an environment where all members and clubs can achieve success.



Anniversaries



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 **December**.

Name	Club	# Of Years
Barbara Bell	Sackville Club	20
Anne Gilson	The Maine Thing Advanced Toastmasters Club	15
Diane Kenney	North Country Toastmasters	5
Mark Griffin	Mt. Washington Valley Toastmasters	5
Stacey Colonna	Amoskeag Better Communicators, Millyard	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 **November**.

Fredericton Toastmasters Club #2204 of Fredericton, New Brunswick, Canada chartered 50 years ago on December 1, 1971.

Yarmouth Toastmasters Club #947592 of Yarmouth, Nova Scotia, Canada chartered 20 years ago on December 20, 2001.



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 22 achievements not recognized because consent has not been given.

Level 1 – November 2021

Name	Club	Designation
Erin Beth Cracolici	The Impediments	TC1
Deborah Maxted	True Blue Toastmasters	PM1
Luke D. Stennick	Fredericton Toastmasters Club	EC1
Stephanie A. Daye	Schooner Toastmasters Halifax	IP1
Mario Castro	Dynamic Speakers Club	PM1
Sarah Gail Wright	Keene Toastmasters Club	SR1
Elizabeth Fowlie Mock	Bangor Toastmasters Club	PM1
Justin Leone	Merrimack Motivators	VC1
Lorri Menard	Nashua-Hudson Toastmasters	PM1
Anne R. Sweeney	Yarmouth Toastmasters Club	IP1
William H. Bruns	Toast of the Midcoast	MS1
Tim Wasson	Fredericton Toastmasters Club	IP1
Baxter J. Crocker	Spirit-Ed Toastmasters Club	EH1
Patricia Ann Murray	Cape Breton Toastmasters	PM1

Level 2 – November 2021

Name	Club	Designation
Shirley Xueling Li	Charlottetown Toastmasters Breakfast Club	DL2
Patrick Schiff	Fredericton Toastmasters Club	LD2
Tiny L. Cook	Kennebec Valley Toastmasters	IP2
Michael A. Thompson	Schooner Toastmasters Halifax	DL2
Paul F. Coddington	Mt. Washington Valley Toastmasters	MS2
Cynthia J. Lee	Champ Masters	PM2
Linda Helms	Savvy Speakers	DL2
Cheryl Lynn Donnell	Souhegan Speakers and Leadership Club	IP2
Cynthia J. Sarvai	Millyard Toastmasters	PM2
Paula Baines	Bangor Toastmasters Club	EH2
Christopher Paul Solarski	Provincially Speaking Toastmasters	PM2
Darlene Jones	Harbourside Club	PM2
William H. Bruns	Toast of the Midcoast	MS2
Robert B. Bateman	Fredericton Toastmasters Club	PM2
Ralph A. Jeans	Cape Breton Toastmasters	PM2

Member Awards

Level 3 – November 2021

Name	Club	Designation
Dawna-Jean Turchon	Dirigo Leaders	SR3
Carol Sczylyvian	Penmen Toastmasters	EH3
Paul F. Coddington	Mt. Washington Valley Toastmasters	MS3
Alexa Vodicka	Provincially Speaking Toastmasters	DL3
Kathryn M. Hanson	Harbourside Club	MS3
William H. Bruns	Toast of the Midcoast	MS3
Antoine Legresley	Arcadie du Grand Caraquet	IP3
Cynthia J. Lee	Savvy Speakers	PM3

Level 4 – November 2021

Name	Club	Designation
Cynthia J. Sarvai	Millyard Toastmasters	EC4
Dawna-Jean Turchon	Dirigo Leaders	IP4
Dawna-Jean Turchon	Kennebec Valley Toastmasters	SR4
Tricia Anne Foley	Harbourside Club	PI4
William H. Bruns	Toast of the Midcoast	MS4
Antoine Legresley	Arcadie du Grand Caraquet	IP4
Winniefred Kwak	George Burton Club	EC4
Sue Flower	Charlottetown Toastmasters Breakfast Club	EH4
Peter A. Covert	George Burton Club	LD4
Patricia A. MacNevin	Rise and Shine Advanced Toastmasters	MS4
Joseph F. Grondin	True Blue Toastmasters	EH4
Donald J. Winn	Nashua-Hudson Club	DL4

Level 5 – November 2021

Name	Club	Designation
Cynthia J. Sarvai	Millyard Toastmasters	EC5
Sarah Gail Wright	Keene Toastmasters club	PM5
Joseph F. Grondin	True Blue Toastmasters	EH5
Dale G. Randall	Concord Toastmasters Club	VC5
Taylor P. Marion	Rise and Shine Advanced Toastmasters	EH5
Sarah Borden	Provincially Speaking Toastmasters	LD5
Sherry L. MacDonald	Provincially Speaking Toastmasters	MS5
Manju Basnet	Beyond Toastmasters	PM5
Nancy Munroe	Blueberry Hill Club	IP5
William H. Bruns	Toast of the Midcoast	EH5
David S. Tucker	Maine Fab Toastmasters	MS5
Stephane Rheal Parent	Charlottetown Toastmasters Breakfast Club	MS5

District Calendar

December Events

- 2 - #TeamDistinguished Master Class (for Club Coaches)
- 9– Senior Leadership team meeting
- 12 – Holiday Social
- 13 – VP Education Peer Call
- 14 - VP Public Relations Peer Call
- 14 – Division Directors Peer Call
- 16– VP Membership Peer Call

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)
- 13 - Senior Leadership team meeting
- 17 – Toastmasters Leadership Institute (Part 2A)
- 18 - Toastmasters Leadership Institute (Part 2B)
- 18 – District Executive Committee meeting
- 20 - VP Membership Peer Call
- 23 – District webinar
- 26 – President Peer Calls
- 27 – Senior Leadership team meeting

Other Events

May – 12-15, 2022 – Annual conference

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

February 2022 Events

- 1 - District Executive Council training
- 3 - District Executive Council training
- 3 - #TeamDistinguished Masterclass (for Club Coaches)
- 8 - VP Public Relations Peer Calls
- 8 - Division Director Peer Calls
- 9 - Toastmasters Leadership Institute (Part 3A)
- 10 - Toastmasters Leadership Institute (Part 3B)
- 10 - Senior Leadership team meeting
- 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
- 24 – Senior Leadership team meeting
- 27 – District webinar

March 2022 Events

- 3 - #TeamDistinguished Masterclass (for Club Coaches)
- 8 - VP Public Relations Peer Calls
- 8 - Division Director Peer Calls
- 10 - Senior Leadership team meeting
- 14 - VP Education Peer Call
- 15 – District Executive Committee meeting
- 17 - VP Membership Peer Call
- 23 – President Peer Calls
- 24 – Senior Leadership team meeting
- 27 – District webinar

Member Awards

Trailblazer Award – July 2021 – November 2021

Name	Club
John Blumsum	Spirit-ed Toastmasters
Bill Bruns	Toast of the Midcoast Toastmasters
Narda Carmona	Successfully Speaking Women Toastmasters
Paul Coddington	Mt. Washington Valley Toastmasters
Anne Doucette	Charlottetown Toastmasters Breakfast Club
M.E. Lawlor	Green Mountain Toastmasters
Heather Perkins	Toast of the Club Advanced Toastmasters
Cindy Sarvai	Millyard Toastmasters
Marion Taylor	River Valley Toastmasters
Michael Thompson	Toast of the Coast Advanced Toastmasters
Tanya Tripathi	Charlottetown Toastmasters Breakfast Club
Dawna-Jean Turchon	Kennebec Valley Toastmasters

IN MEMORIAM

Jonathan E. Stavis

It is with great sadness that District 45 announces the passing of Jonathan E. Stavis.



Jon was a past president and member of Greater Portland Toastmasters, in South Portland, ME, where he successfully led his club from in-person to Zoom meetings while increasing membership during this difficult pandemic year. Most Toastmasters remember him as a true team player, someone who was always willing to mentor a new member or help his club, area, or division.

Jon was strong, capable, and passionate about everything he did; He enjoyed running, (recently completing his first half-marathon) playing and listening to music, woodworking, writing, gardening, chopping wood, and hiking. A true renaissance man, Jon kept bees, brewed his own kombucha, remodeled his bathroom, fixed his own car, and most recently, learned the bass guitar.

Jim McMorran

It is with great sadness that District 45 announces the passing of Jim McMorran.



Jim McMorran was a Distinguished Toastmaster who served as a past Area 1 Director. He was also a past president and member of Sears Toastmasters, a past member and Club Mentor of the Truro Speakeasy Toastmasters Club, and a past Club Mentor for and charter member of East Coast Raconteurs Club. In 2018,

In 2018, Jim was honored to be one of 77 individuals to receive a provincial volunteer of the year award. For over 20 years, Jim was involved with the Canadian Mental Health Association. He served as president and secretary of the Colchester-East

Hants Branch and was president of the Board of Directors and National Treasurer for the Canadian Mental Health Association, Nova Scotia Division in Halifax. His volunteer work included teaching children about whales at the Museum of Natural History, driving musicians and conductors with Symphony Nova Scotia to and from the airport and, in various capacities, serving his town of Stewiacke. Jim established a co-operative Art Gallery called the Winding River Art Gallery in Stewiacke, where he was the founding president. He co-founded the Stewiacke Culture Showcase and was involved in the Stewiacke Business and Tourism Committee. He was also a member of the Stewiacke Policy Advisory Board and he created and published the town newsletter for three years. Jim was a long-term Mason. He was a member of Stewiacke Lodge #98 and served as past Master and secretary of Lodge la France #138. Jim's career started in banking, but mid-career he took a position with Scouts Canada. Jim had been a volunteer Scout Leader for many years. The positions he held in Boy Scouts Canada in Quebec and Nova Scotia were Field Executive, Provincial Director of Programs, and Property Compliance Manager.

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