

District 45 Toastmasters Newsletter

# CAN-AM LINK



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## ROLES ON THE AGENDA

**Crystal Cobb, DL5, EC5, PI5, Program Quality Director**



Are you taking roles on the agenda during your meeting? Did you know that some of these roles can be credited to pathways projects? When working the educational program, there are so many options to complete projects – don't miss out on an opportunity!

Do you love being the Table Topics Master? Good news – this role can be used as a project! One of the Level 3 electives is called “Active Listening” and you can complete this by taking on the Table Topics Master role. As Topicsmaster, comment on each speaker's Table Topics® speech to demonstrate your active listening skills. For example, you might say, "Thank you. That was a compelling opinion

on the benefits of gardening. I understand you feel strongly that everyone needs to spend some time doing something they love."

“Manage Online Meetings” is a Level 4 elective that can be used when you are the Toastmaster of the day for your club meeting. The assignment is to conduct a 20- to 25-minute online meeting with fellow Toastmasters or a 20- to 25-minute webinar with visual aids for fellow Toastmasters. You determine the topic of your meeting or webinar. Research and use software that best fits your needs and geographic area. Invite your evaluator to participate in the online meeting or webinar. Even though our club meetings are longer than 20-25 minutes, you can still make this project work when you take the role of Toastmaster.

When completing either of these roles, it is important to recruit a member to complete the written evaluation for the project. This is a great way to get constructive feedback on how you can improve when taking these roles on in the future, plus it completes a Pathways project!

## YOU NEVER KNOW WHEN SOMEONE IS LOOKING!

Anne Doucette, IP5, LD5, MS5, DL5, Public Relations Manager



A guest attended a club meeting recently. When asked how he found out about the club, he indicated he 'googled' Toastmasters in a specific city and came up with the names of a few clubs. After looking at each club, he decided to visit the club that had an active website and Facebook page. Because this club updates its website's home page 2-4 times per month and posts at least once per week on their Facebook page, it caught the attention of the guest. He was intrigued by the meeting and will come again as a guest. Perhaps he will join the club.

This highlights the importance of clubs updating their website on a regular basis and as well as consistently posting on social media. You never know who is searching for a Toastmasters club.

In previous newsletter articles, I shared information on how to update your club website, what to post on social media, tips on preparing promotional material, and ideas on how to publicize your club all while protecting the Toastmasters brand. Check them out. If you have any questions or want additional information, let me know. I can be reached at [d45.annedoucette@gmail.com](mailto:d45.annedoucette@gmail.com).



## SERVING YOUR CLUB

Heather Perkins, DTM, District Director



*We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.*

Our club mission statement talks about developing our communication and leadership skills. In Pathways, there is not a separate leadership track. It is built into multiple projects within various Paths. To be a good leader, you also need communication skills. How many of you are ready and willing to put those leadership skills into practice?

The most immediate way of using the leadership skills you develop is through taking a club officer role for the 2022 – 2023 club year starting on July 1. You even made a promise to do so. The Toastmaster's Promise is on the application form you signed when you joined. One of the 10 promises is "to serve my club as an officer when called upon to do so". The time is rapidly approaching when you may be called upon to do so.

The club elections should be held the first business meeting of May. If your club does not have regular business meetings, you will need to schedule time for the elections. The Immediate Past President is

generally the person tasked with chairing the nominating committee. Be ready to step forward and say yes when the chair approaches you (or even volunteer now).

The experience of being a club officer will further develop your leadership skills. You will learn more about what is needed to run a successful club. You will learn about the specific duties for each role. You will learn about executive meetings and their role in a successful club. No worries, though - you won't just be left on your own. There will be training for the incoming officers in June where you will learn about the specifics of your role and about other topics relevant to the success of your club. The district holds peer calls for Presidents, VPEs, VPMs and VPPRs. Your Area Director is always available to assist as well.

Some clubs only have enough members to fill the executive roles. Don't take the easy route and just take the same officer position. Take a new position and learn new skills. There is no minimum time you need to be a member to serve on the executive committee. It's good to have a balance of experienced members and newer members serving the club. Seize this opportunity to help yourself, your club, and your fellow members to focus on success.



## RIDING A TOBOGGAN

Jonathan Bohm, DTM, Club Growth Director



Remember whizzing down a snow-covered hill on a toboggan? You might not have thought of the laws of physics as you zipped along, but there's an essential one that applies to speed: acceleration is directly related to mass. Simply put, the more people on the sled, the greater the mass and the faster you'll go.

The faster you go, the greater the kinetic energy. In physics, kinetic energy is the measure of work an object can do by virtue of its motion.

What does this have to do with club growth?

Quite simply, it boils down to this: bigger clubs have more energy. Your personal kinetic energy grows as your club grows.

As you bring in new members, you'll hear new voices. You'll have more opportunities to practice your listening skills. New voices bring new ideas, fresh thinking. And you'll have new ears to listen to your speeches, offering different angles for more diverse feedback. You'll get more effective evaluations, and better evaluations mean better speeches.

More members mean more roles can be filled, creating a truly vibrant meeting experience. You wouldn't have to be scattered by filling multiple roles. It can be tough to be a timer and the ah counter. Wouldn't it be great to take just one role and concentrate on doing it well?

Toastmasters is a self-driven self-improvement program. But the more 'selves' in a club, the greater the collective and individual energy. You might be quite comfortable talking to your dog, but you've joined Toastmasters because you want to be able to impress people – your boss, your co-workers, your community committees – by giving excellent presentations. You've come to Toastmasters to practice connecting with an audience. The bigger the audience, the more you'll have to stretch to make that connection. The more you stretch, the faster you grow.

The more folks on that toboggan, the faster you go. It's the same in a Toastmasters club. Bigger clubs will build a stronger you, and a faster, fun filled ride!

## NOMINATED CANDIDATES FOR 2022 - 2023

The District Leadership Committee nominated the following District 45 members for the 2022 – 2023 year:

For District Director - Crystal Cobb

For Program Quality Director – Tom Macisso

For Club Growth Director – Paul Coddington

For Division A Director –Marcia Rogowsky

For Division D Director –Michael Lawlor

For Division E Director –Antoine Legresley

For Division G Director – Susanne Melling

There were no candidates for Public Relations Manager or for Divisions B and C Directors. The complete report will be posted on the District 45 website.



## DISTRICT CONFERENCE MATTERS

The place to be May 12 – 15 is the District 45 Focus on Success Conference. Things kick off on Thursday evening with an educational presentation, an opportunity to meet your International Director Jeff Sobel and candidates for District leadership and an opportunity for networking with fellow members. Friday evening sees our welcome event, First-Timer’s Event, the Humorous Speech contest, fun time and hospitality. Saturday morning you get to start your day with an exciting and information presentation by 2021 World Champion of Public Speaking Verity Price. The day also features presentations by District 45 members as well as International Director Jeff Sobel, the fun-filled District Council meeting, the inspirational International Speech Contest, awards, and the not-to-be-missed, first-ever District 45 online dance. There will also be opportunities for socializing with fellow attendees. Sunday morning showcases our impromptu speaking skills with the Table Topics contest and highlights our incoming 2022 – 2023 District team. There is no fee for attending and there is no registration required. Keep watching the conference pages on the D45 website for updates.

Educational presentations at our annual conference give D45 members a chance to present to a larger audience and to share important information to help our members be successful. This year, we have a great lineup of presentations to share.

Our first educational presentation is on Thursday, May 12<sup>th</sup> at 6:30pm ET/7:30pm AT:



**Stephen Clark** will present, “Understanding Group Dynamics in Our Society and Organizations”. Join Stephen to learn more about what a group is, the 5 stages of a group, as well as 10 characteristics of a group that will help **to** develop bigger, better, and bolder Toastmasters clubs.

On Saturday, May 15<sup>th</sup>, we have 2 presentation pairings where you can choose which session you want to attend. The first pairing will be held at 9am ET/10am AT. You can choose between “How to Shine Online” presented by **Holly-Marie Conway**, or “Pathways, Your Way” presented by **Sandra Savage**.



Join **Holly-Marie** as she presents, “How to Shine Online”. In our virtual world, it's important that every professional develops a strategy for making a positive, lasting impression. Learn the three pillars of virtual appearances and never be uneasy about turning on your camera on during a virtual meeting again! Whether you're an introvert, an extrovert, or an ambivert, Holly-Marie will teach you the tips to put your best Zoom face forward and attract positive attention in every appearance you make.

## DISTRICT CONFERENCE MATTERS (CONTINUED)



If you choose to join **Sandra** for, “Pathways, Your Way”, she will go into details about working the Pathways program. Many Toastmasters find it challenging to come up with an idea for a speech. What if you took a project or a goal that you'd like to finally **do**? One example might be, "to start a personal shopping career." Or (like Sandra), you're a writer and want to prepare to launch and market your novel. What if you have an event, like a charity initiative, but don't know how you'll get everything organized. As a former project manager for Adobe, Macromedia, and other software companies, Sandra can show you how to break down your goal into projects that Pathways will incrementally teach. In your club meetings, you can practice your pitch before going out in your best suit and presenting to a client or a committee. Using this methodology, you'll look at

Pathways as a tool for YOU to USE towards your goal(s).

On Saturday afternoon, our second presentation parting starts at 5:45pm ET/6:45pm AT, we have **Tom Goodwin** presenting, “Visionary Leadership” and **Shelley Petit** presenting, “Making Your Toastmaster Meeting TRULY accessible for Persons with Disabilities”.

**Tom’s** session will focus on characteristics of a leader, traps leaders may fall into and how to avoid them, and how leaders in high functioning organizations think and act differently from most leaders. The workshop will be interactive and provide tools and resources for the participant to deepen their leadership knowledge following the conference.



Join **Shelley** as she presents some important facts on visible, invisible, and mental health disabilities. Did you know that nationally, over 21% of persons 15 and over have a disability? With a few little tweaks, you can make your club open and accessible! Those with disabilities are often advocates for their needs and Toastmasters can provide them with the ability to become stronger and better advocates.

We look forward to seeing you there!

## CREDENTIALS CHAIR REPORT

Notice from the **District 45 Credentials Chair** to all club Presidents and Vice Presidents of Education (VPE) and members of the District Executive Committee (DEC).

During the Spring District Conference on the 14<sup>th</sup> of May 2022 at 1345 AST (1245 EST) the district will hold the second of two District Council (DC) meetings of the 2021-2022 Toastmasters year. This business meeting is held to conduct essential district business and as a club president, VPE or member of the DEC, you have the responsibility to represent your club at this meeting.

The May meeting will be held online, and proxies are not permitted; each person must “carry” their own vote. Note: Each member of the DC may carry up to 3 votes at the District Council; one if you are a member of the DEC and up to two club votes (if for instance you are the President of one club and VPE for another). If you are, for instance, the president of three clubs you will only get two club votes unless you are also a member of the DEC.

As the District 45 Credentials Chair, it is my responsibility to determine if we have a quorum for the meeting and, if necessary, run the voting process. Once again, we will be using Election Buddy to facilitate our credentials process and to conduct any balloted votes if they are needed. On May 1<sup>st</sup> and May 8<sup>th</sup>, an email will be sent to each President, VPE, and DEC member from District 45 to remind them to watch for an email from Election Buddy ([invitations@mail.electionbuddy.com](mailto:invitations@mail.electionbuddy.com)) that will be sent out on May 9<sup>th</sup>. The email will contain the information required for you to register your intention to participate in the meeting and establish your vote. Please note that this is not a vote - just registration. Reminders to register will be sent out on the 13<sup>th</sup> and a final reminder the morning of the 14<sup>th</sup>. You must respond no later than 0900 AST (0800 EST) on May 14<sup>th</sup> to be registered to vote at the DC meeting.

On the day of the meeting, I will use the registration information collected in Election Buddy to establish quorum. Only those that have registered through Election Buddy will be allowed to vote if that is necessary.

Please do not share any emails you receive from Election Buddy. They contain your personal voter information and are to be used only by you to vote in the DC meeting.

If you have any questions or run into issues, please contact me.

Michael A. Thompson, DTM (He/Him)  
District 45 2021-2022 Credentials Chair  
Cell: 902-478-1358  
[mikethom@acm.org](mailto:mikethom@acm.org)

## APRIL “STRIVING FOR SUCCESS” WEBINAR

Join us as our Public Relations Manager, Anne Doucette gives us tips and tricks to keep our club websites up to date. It’s not only about keeping the information accurate, but also make the information interesting for prospective guests. This session is being held on Sunday, April 24th at 7pm ET/8pm AT. Hope to see you there!

## DISTRICT INCENTIVES

### Incentives

**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].

**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.

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

**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 Summer 2022 TLI training session will be entered into a draw for a prize of \$25 US/ \$30 CDN. There will be six (6) winners.





## DISTRICT INCENTIVES (CONTINUED)

### Awards

**Nomination deadline: April 15, 2022**

***Dave Rosvall Award*** – presented at the annual conference, this is an award presented to a District 45 Toastmaster who has demonstrated long-term and meritorious service to the district above the club level. This can be for someone who has conducted Speechcraft or Youth Leadership programs, helped with sample meetings for a new club, has been a club sponsor, mentor, or coach, served as a District leader at any level or for other activities beyond the club level. The recipient is determined each year by the Past District Governors and Directors. The recipient must have been a D45 Toastmaster for at least 10 years and must be planning to attend the conference. District Governors must have been out of office for at least 5 years before receiving the 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 at [d45.jonathan.bohm@gmail.com](mailto:d45.jonathan.bohm@gmail.com).

***Shirley Kelly Memorial award*** – presented at the annual conference. This 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, have been a Toastmaster for at least 5 years, and served the district in various capacities. Nominations can be made by any member; however, recipients must be nominated by at least two Toastmasters. A Selection Committee, comprised of a representative from each province/state, and a family member (if available) will select the recipient. The Selection Committee is chaired by Division B Director, Thomas Macisso. Nominations can be sent to [d45tommacisso@gmail.com](mailto:d45tommacisso@gmail.com).

***The Darlene Dunn Outstanding Mentor Award*** – presented at the annual conference. This award recognizes a member who has exhibited the heart and soul of what Toastmasters mentorship: “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, and why you would recommend this mentor to others. The nominated mentor must have completed the Mentor Path in the Pathways. The Selection Committee is chaired by Division E Director, Madhu Kanji. Nominations can be sent to [d45.madhukanji@gmail.com](mailto:d45.madhukanji@gmail.com).

***Multimedia Omnipresence award*** - this award is presented at the annual conference to the club judged to use all aspects of public relations to the best advantage of their club. Included could be newspapers, newsletters, website, Facebook, Twitter, Instagram, etc. Clubs (usually the President or Vice President of Public Relations) submit a portfolio of 8-10 samples of their public relations efforts to the District Public Relations Manager covering the time frame July 1st to April 15th. Deadline for submission: April 16th. The Public Relations Manager and a team comprised of Vice Presidents of Public Relations will review and decide on the winner. Nominations can be sent to [d45.annedoucette@gmail.com](mailto:d45.annedoucette@gmail.com).

## PATHWAYS THERAPY

John Blumsum, DTM

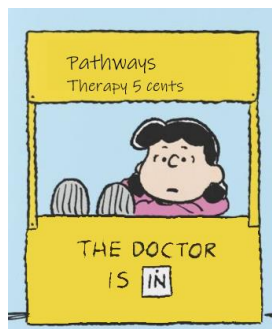
Spring is here and we are halfway through the 2021-2022 Toastmaster year. How is your pathways journey coming along? Looking for help on that trip journey? Have tips you would like to share? Looking for ideas for projects? Come join us for Pathways Therapy. We meet the 4 Tuesday of the month at 6ET/7AT. The committee welcomes suggestions for our meetings, so send questions, suggestions, ideas, resource tips to [info@d45Toastmasters.org](mailto:info@d45Toastmasters.org). Our next meeting will be Tuesday, April 26<sup>th</sup> and the committee is looking forward to helping and learning along with you.

Link to the Pathways Therapy session:

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

Meeting ID: 837 9110 1670, Passcode: 726174, Find your local number:

<https://us02web.zoom.us/j/koIOxAVMA>



(From Peanuts by Charles Schultz)

## A LITTLE INSPIRATION

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

Surround yourself with the dreamers and the doers, the believers and thinkers, but most of all, surround yourself with those who see greatness within you, even when you don't see it yourself.

## THE POWER OF A HANDWRITTEN NOTE

Tom Macisso, SR5, Division B Director

As a High School Special Education Teacher, I teach a class in "Soft Skills" the types of habits that many of us have learned at home, now teach at home, but far too often these days aren't practiced or taught to our children. One of my lessons is on "thank you" cards/notes. I typically start the lesson by asking "Why don't we just say thank you instead of going out of our way to write a hand-written card?"

To me, saying "Thanks" is always good, but writing "Thank you" and showing appreciation is icing on the cake! Here's why this is true for me:

These days can be difficult and frustrating as a teacher. One of my ways to get energized, refocused, and back on track is to remember why I became a teacher. So, I sometimes re-read some of my hand-written thank you cards from last year. They still make me smile!

Seven years ago, life events had me leave Toastmasters. I then committed myself to getting my bachelor's degree in Education to become a teacher while working full-time - so my focus was on that. Several months after finishing, I received a simple but beautiful holiday card from a long-time Division B, and Blueberry Hill member, Donna Tasker. Her note said, "Hope you are well Tom, we all miss you!" I read that and smiled; I realized I missed Blueberry Hill and its members, along with Toastmasters as well! I reached out and joined again that next day!

Many of you have either mentored someone and/or currently have a great mentor. I currently have the privilege of mentoring a new member in Blueberry Hill. Claire gave her first icebreaker at our last club meeting; as typically is the case, she was somewhat anxious and nervous, but with the training that I received from Toastmasters and great mentors such as Angela Chute, Donna Tasker, Mike Harris, and Todd Rothstein among others, this is what she said:

Tom,

*I just wanted to thank you for all the great tips and guidance you gave me to help me feel more confident in delivering my speech! Your advice not to repeat points and to make every word count gave me the courage to ruthlessly cut and prune my words. I so much appreciate you taking the time to work with me, and I am looking forward to the next step!*

Thank You,

Please consider using a hand-written note! I know they work for me.



**THE MIRACLE OF GOING HYBRID**

What a difference a day makes.  
 What a difference a year makes.  
 What a difference two years make.

Concord and Toastmasters went virtual in March 2020. Now two years later Concord Toastmasters has gone hybrid. This month members of Concord Toastmasters were able to meet in person for the first time in two years. Thanks to the diligent work of member Betsy Black for landing our new meeting space at the Universalist Unitarian Church in Concord. Our members are now able to join in person or online.

Members attending our first Hybrid meeting: At the UU Church: Caryl Gladstone, Betsy Black, Donna Moore, Caryl Lajoie, Dale Randall, Jennie Parisi, Donna Moore, Rick Dymont, On Zoom: Ariana Ziminsky, Joanne Martin, Alex Campbell, Dina Carnivale, Laura Magzis, Grace Cohen, Sarah Chaffee, Catherine Ryan, Viju Natarajan and Evania Verley

A Look at Then and Now!

<b>March 20, 2020, First Virtual Meeting</b>	<b>March 11, 2022, First Hybrid Meeting</b>
Theme – New Learnings	Theme – Daylight Savings Time; Almost Spring
Presiding Officer-Catherine Ryan	Presiding Officer – Jennie Parisi
Invocator – Ann Walls	Invocator – Alex Campbell
Toastmaster – Paul Coddington	Toastmasters – Evania Verley
Chat Master – Jenni Parisi	Wordmaster – Joanne Martin
Speaker 1 – Betsy Black	Jokemaster – Betsy Black
General Evaluator - Dale Randall	Timer – Alex Campbell
Grammarian – Joanne Martin	Table Topics Master – Rick Dymont
	Speaker Guest TM – Taylor Duncan
	Speaker Guest TM – Cindy Sarvai
	Quizmaster - Laura Magnis
	Evaluator – Betsy Black
	Evaluator – Joanne Martin
	Grammarian – Caryl Lajoie
	General Evaluator – Dina Carnivale

**AREA 4 CONTEST WINNERS!**

Division C congratulates all the participants and volunteers who are participating in contests throughout the district in the buildup to our District 45 and International Contests.



**COMMUNITY SERVICE**



Over the last year, Toastmaster Kathi Vaughan Zwicker has been working as the volunteer community animator for St Mary's Ferry Landing Neighborhood Association. The Ferry Landing is a small historical neighborhood, on the traditional lands of the Welastekwyik on the banks of the St John River in Fredericton North. She has developed a [video](#) to promote the neighborhood. Recently, Kathi made a presentation to the Economic Vitality Committee of the Fredericton City Council asking for their help in reanimating the Ferry Landing.

In recent weeks due to Kathi's advocacy, the neighborhood has been featured in the Daily Gleaner, CBC TV, the St Thomas University newspaper, The Aquinian, CBC Radio's news and was the subject of a lengthy [interview](#) with Jeanne Armstrong of CBC Radio's Information Morning in Fredericton.

You may click on [St Mary's Ferry Landing Facebook](#) to view the various articles, audio, and video recordings. You are invited to follow us on [Twitter](#) to keep up to date on St Mary's Ferry Landing activities.

Kathi thanks Toastmasters and, particularly, the stellar Pathways education program, for helping her plan events, plot the public relations strategy and develop the confidence to be a spokesperson for this historic neighborhood.

### A MUST SEE!



*My life is a film of few words with lots of action.* ~ Muzammil Hussain, Mo the Seeker

Harbourside Toastmaster, Muzammil Hussain, is a video logger. Check out his YouTube Channel [Mo the Seeker: Let's seek it together](#) if you are looking for short films, filming techniques, art & technology, adventure, and vlogging.

Inspired by art and technology, Muzammil mixes music, text, and video into a wonderful experiential creation that will take you far beyond the place and subject that are the focus of his lens. In these short films and blogs, his imagination, precise timing, and superb editing skills will stimulate your senses and enliven your emotions. "Slow Life: short film" is a fine example of his craft.

Muzammil is also a talented teacher. His [Cinematic Green Screen \(Chroma Key\): Tips](#) featuring pre- and post-production advice when using a green screen to shoot a video is a valuable instructional short.

*I love discovering people, places, art, & technology. I'm passionate about new ideas and new ways of thinking. I know that the artist of the future is a technologist. I find it rewarding to collaborate with others to build solutions for the future.*

Please watch his videos, give feedback, and share with others. If you follow Muzammil's YouTube Channel, you will get a notification when he adds his new videoblog projects.

Here is an example video: <https://www.youtube.com/watch?v=vIWCRLO7ZEo>

### KUDOS!



Congratulations to Riverview Canusa, Woodfire, and Speech Afire Advanced Toastmaster Maureen Craig McIntosh, DTM for being nominated for the 2022 RBC Canadian Women Entrepreneur Awards. It is the 30th Anniversary of this award program.

She is the proud owner of Moncton Reality Therapy Consultants.





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

Name	Club	# Of Years
Andrew Lennark	Cole Harbour Toastmasters	5
Cindy Poltack	TM of Manchester Club	5
James Lawlor	Bedford Basin Toastmasters	5
Jo-Ann Rheame	Millyard Toastmasters	5
Liz Prior	Mt. Washington Valley Toastmasters	5
Olivette Aviso	Ad Libs Club	5
Samuel Boduch	Portsmouth Toastmasters	5
Susan Karnes	Brunswick Toastmasters	5
Todd Rothstein	Greater Portland Toastmasters Club	5
Valerie Cummings	White Mountain Toastmasters Club	5
Donna Tasker	2211 Toastmasters	10
William Shaw	MDI Toastmasters	10
David Mills	Capital Toastmasters	15
Bill Forbes	Rutland Area Toastmasters	30
John Brewer	Premiere Toastmasters Club	30

# Anniversaries



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

2211 Toastmasters in #1426328 Portland, ME is celebrating 10 years on April 16.

Exeter Speak-Ups Club #8700 in Exeter, NH is celebrating 30 years on April 1.

Hub City Toastmasters Club #2173 Moncton, NB, Canada is celebrating 60 years on April 1.

Bangor Toastmasters Club #897 in Bangor, ME is celebrating 71 years on April 1.

Woodfords Toastmasters Club #816 in Portland, ME is celebrating 72 years on April 1.

District 45 would also like to recognize Kennebec Valley Toastmasters for celebrating 45 years on March 1. This was unintentionally omitted in the March newsletter.

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 38 achievements not recognized because consent has not been given.

### Level 1 – March 2022

Name	Club	Designation
Olivette Aviso	Kennebec Valley Toastmasters	LD1
Chloe Bohlman	Live, Speak, Or Die Toastmasters	PM1
Jennifer Bonnevie	Cole Harbour Toastmasters	IP1
Peter Caron	Live, Speak, Or Die Toastmasters	LD1
Tianju Chang	Premiere Toastmasters Club	PM1
Crystal Cobb	Spotlight Toastmasters Club	VC1
Kelley Demers	Millyard Toastmasters	EC1
Hemali Dholakia	Live, Speak, Or Die Toastmasters	PM1
David Gerber	Brunswick Toastmasters	IP1
Aanchal Gupta	Winning Speakers Club	LD1
Melissa Hartz	Kennebec Valley Toastmasters	PM1
Farhana Kanth	Provincially Speaking Toastmasters	PI1
Robert Lozano	Pomerleau Innovation Toastmasters	IP1
Terry Livingston	Nashua-Hudson Club	PM1
Maureen McIntosh	Speech Afire Advanced Toastmasters Club	TC1
Susane Minshew	Live, Speak, Or Die Toastmasters	LD1
Veerendra Nagalla	Civil Speakers Club	PI1
Jeremy Pelletier	Pomerleau Innovation Toastmasters	IP1
Shelley Petit	Arcadie du Grand Caraquet	SR1
Dale Randall	Concord Toastmasters Club	EH1
Susan Rogers	Green Mountain Toastmasters	PM1
Raymond Savoie	True Blue Toastmasters	DL1
Nabila Sharieff	Pomerleau Innovation Toastmasters	IP1
Michael Thompson	East Hants Toastmasters	LD1
Paula Tozer	Riverside Toastmasters	DL1
Michael Truesdell	Nashua-Hudson Club	MS1
Ann Welch	Winning Speakers Club	EC1



## Level 2 – March 2022

Name	Club	Designation
Tunde Awoyiga	Schooner Toastmasters	DL2
Jackie Benedict	Sears-Halifax Club	MS2
Roxanne Benzel	Live, Speak Or Die Toastmasters	MS2
Maureen Daniels	Nashua-Hudson Club	PM2
Sergey Draganov	Woodfords Toastmasters Club	PM2
James Hanifen	Sears-Halifax Club	PM2
Casey Jenkins	Portsmouth Toastmasters	PM2
Robert Lozano	Pomerleau Innovation Toastmasters	IP2
Melissa Manseau	East Coast Online Advanced Toastmasters	VC2
Susanne Melling	Champ Masters	PM2
Susan Rogers	Green Mountain Toastmasters	PM2
Nabila Sharieff	Pomerleau Innovation Toastmasters	IP2
Geraldine Smith	Premiere Toastmasters Club	PM2
Vatsal Sood	Halifax Toastmasters At SMU	DL2
Susan Rogers	Green Mountain Toastmasters	PM2

## Level 3 – March 2022

Name	Club	Designation
Pattie Abrams	True Blue Toastmasters	EH3
Thomas Goodwin	Amoskeag Better Communicators	PM3
Pierrette Hache	Arcadie du Grand Caraquet	MS3
Andrea Jeffs	Provincially Speaking Toastmasters	DL3
Darlene Jones	Harbourside Club	PM3
Arlene Magoon	Merrimack Motivators	DL3
Melissa Manseau	East Coast Online Advanced Toastmasters	VC3
Victor Okoro	Riverside Toastmasters	PM3
Sheila Oranch	White Mountain Toastmasters Club	PM3
Todd Rothstein	Blueberry Hill Club	PI3
Cynthia Sarvai	Millyard Toastmasters	DL3
Chris Solarski	Provincially Speaking Toastmasters	PM#
Marion Taylor	River Valley Toastmasters	PI3

### Level 4 – March 2022

Name	Club	Designation
Paul Coddington	Amoskeag Better Communicators	VC4
Angela Harris	True Blue Toastmasters	LD4
Bernadette Minshew	Live, Speak Or Die Toastmasters	EH4
Cynthia Sarvai	Millyard Toastmasters	DL4

### Level 5 – March 2022

Name	Club	Designation
Angela Chute	The Maine Thing Advanced Toastmasters Club	EH5
Elizabeth Cornwell	Blueberry Hill Club	IP5
Halysson Cunha	Merrimack Motivators	SR5
James Lawlor	Provincially Speaking Toastmasters	TC5
Emma MacLean	Speak-Easy Toastmasters	DL5
Cynthia Sarvai	Millyard Toastmasters	DL5
Dawna-Jean Turchon	Running Hill Toastmasters	IP5

### Trailblazer Award – March 2022

Name	Club
Angela Chute	The Maine Thing Advanced Toastmasters Club
Crystal Cobb	Spotlight Toastmasters Club
Thomas Goodwin	Amoskeag Better Communicators; Lakes Region, Mt. Washington Valley Toastmasters Clubs
Cynthia J. Sarvai	Millyard Toastmasters



## District Calendar

### APRIL 2022 EVENTS

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

### MAY 2022 EVENTS

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

### JUNE 2022 EVENTS

- 2 - #TeamDistinguished Masterclass (for Club Coaches)
- 6 – Toastmasters Leadership Institute
- 8 - Toastmasters Leadership Institute
- 9 - Senior Leadership team meeting
- 13 - VP Education Peer Call
- 13 – VP Membership Peer Call
- 14 - Toastmasters Leadership Institute
- 14 - Division Director Peer Calls
- 16 – Toastmasters Leadership Institute
- 18 - Toastmasters Leadership Institute
- 21 – District Executive Committee meeting
- 22 – President Peer Calls
- 23 – Senior Leadership team meeting
- 24 – District webinar
- 28 – Pathways Therapy Session

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

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