

District 45 Toastmasters Newsletter

CAN-AM LINK



In This Issue

- Preparing for Transition 1
- Seize the Season 2
- Working Towards DTM Designation 3
- Friends You Know, Friends You'll Meet 4
- Candidates Corner 5
- Cherish the Memories 8
- Alignment Committee Report for 2022-2023 9
- Pathways Therapy 11
- District Incentives 12
- Beat the Clock 13
- District Member Recruitment Incentive 13
- You've Had a Great Meeting – Now What? 14
- Around the District 16
- Anniversaries 17
- Member Awards 19
- District Calendar 20

PREPARING FOR TRANSITION

ANNE DOUCETTE, MS3, IP5, LD5
PUBLIC RELATIONS MANAGER



May means club elections! It's also a good time to start planning the transition of your role as Vice President Public Relations to your successor. Start writing a

list of things to mention during the transition. Ensure you give your successor admin rights to the club's Website and social media pages; don't forget to give them passwords. It's also a great idea to recommend to your successor that they create a PR plan and/or social media posting schedule. If you prepared one this year, share it with them so they know

how to prepare. Share with them the multitude of resources available, such as the [Brand Portal](#), information on [VPPR responsibilities](#), and a sample [PR calendar](#).

Use the month of June as a transition month and meet regularly with your successor. Get them to start posting on social media so that they can get a routine in place. Encourage them to attend the [Toastmasters Leadership Institute](#) training, to be held in June. I also hope you will be available to answer any questions they may have. Remember to tell them all the tidbits you wished your predecessor would have told you. Help them start the year off to a great start!



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SEIZE THE SEASON

JONATHAN BOHM, DTM
CLUB GROWTH DIRECTOR



Now the sun leads in the May, Now desire of action wakes. "May-Day," Ralph Waldo Emerson

The proverbial May flowers bring us once again to the promise of

spring and the bounty of growth. This May, as we seemingly emerge from the mire of the long pandemic, we are seeing some of that reward in club growth. Many clubs are welcoming the pleasure of new, enthusiastic members.

Perhaps we often think of the year as winding down when May arrives and we celebrate at our annual Conference. We hold elections and plan for the new year ahead. Out in the world, however, spring is a time of growth, of resurgence and revitalization. Seeds burst into strong plants. After the long northeastern winters, people are eager to toss off the parkas and the boots, ready to burst open like the peonies.



As Toastmasters, we should capitalize on this energy, not only for ourselves but for our clubs. The aisles of nurseries are packed with plants ready to sink in their roots and grow. So it is with the people we know and those we don't know. May is indeed a month of action.



May is an optimal time to plant the possibilities of Toastmasters in other people's minds. Spring is one of the ripest seasons to promote your club and prosper with the vivacity of new members. And the seeds that you plant now may bring a fat harvest of new members when fall rolls around.

As with everything in life and in Toastmasters, it's all about action. Act now to reach your desires of a stronger, bigger club. After these last two years, we are all bursting to do more, to learn more, and to grow again. Seize the season and this special month, for as Mr. Emerson said: *What potent blood hath modest May.*

WORKING TOWARDS DISTINGUISHED TOASTMASTER DESIGNATION

CRYSTAL COBB, VC1, PI5, EC5, DL5
PROGRAM QUALITY DIRECTOR

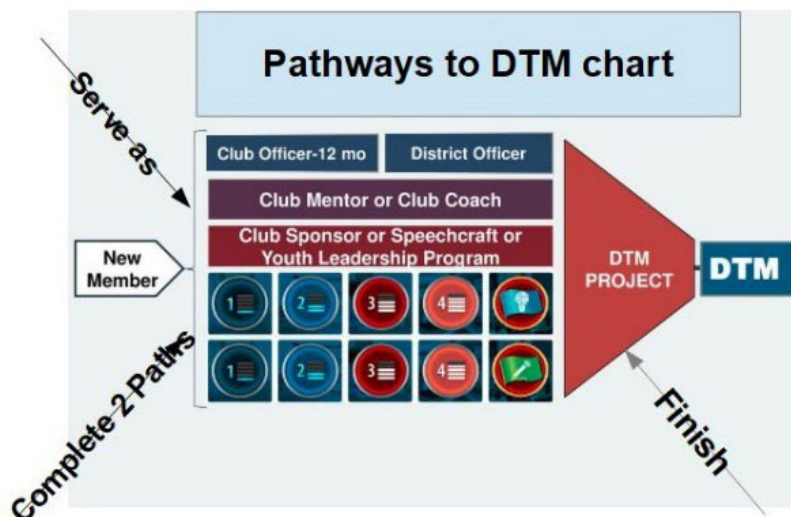
Do you have a goal to reach the Distinguished Toastmaster (DTM) designation in the Pathways program? There are multiple steps to achieve this goal, so ensuring you have a plan is key! Keeping accurate records of your projects and leadership roles is an important part of achieving your DTM status.



When you are ready to submit your Distinguished Toastmaster Award application you will need the following details:

1. The names of the two paths you completed in Pathways, as well as the date of completion
2. The date you completed your Distinguished Toastmaster Project
3. The club officer role(s) you held and dates. You need to confirm you participated in preparing a Club Success Plan with month and year and provide the date that you attended club officer training.
4. The District Leader position you held, and the date served
5. The details of your role as club mentor OR club coach including date and club name
6. The Youth Leadership/ Speechcraft you held and date OR details of the new club you sponsored

<https://toastmasterscdn.azureedge.net/medias/files/pathways/8956-distinguished-toastmaster-award-application.pdf>



After you have completed the form, you need to have a Club Officer verify and sign your application. Your application can be submitted by email, fax, or mail to Toastmasters International by the club officer. The application form can be found here:

Start planning for your journey to DTM now!



FRIENDS YOU KNOW, FRIENDS YOU'LL MEET

HEATHER PERKINS, DTM
DISTRICT DIRECTOR



I'm often asked why I continue in Toastmasters. One of the answers I always give is the friends I've made through Toastmasters. The value of those friendships extends far beyond Toastmasters.

Two areas where I've experienced this friendship outside Toastmasters are during the illness and death of my husband John and with my own experience five and a half years ago with two different types of cancer. It's people like a former club member Denis Dommer, who when John was sick, brought me carrot cake because he knew it was John's favourite. It's people like Heather Drope who volunteered to come and sit with me at the hospital in the middle of the night. It's people like Mike and Evelyn Kennedy who came to stay with my mother when I took John to hospital and particularly, Evelyn who spent the night with my mother when John was taken to the hospital for the final time.

It's all the Toastmasters in District 45 who sent me emails or cards – some of them Toastmasters I barely knew. It's people like Evelyn who is no longer a Toastmaster but still a friend. She was there when I needed someone to cheer me up because the antibiotics I was taking after surgery made me so sick that I wasn't sure if the cure was worse than the illness.

And it's people like Anne Martin (some know her as Doris Anne). Anne was one of the Region directors my first two years as a District officer and John and I got to know her and her husband. She hosted me when I had to go to Washington for a conference, and John stayed at their place once when I was attending a Region conference. It's people like Lark Doley. Lark and I met when we were both Region Advisors. We got together to discuss a session we were presenting

jointly. That was the start of our friendship. I hope I was able to help her, like others had helped me, when her husband was dying. I know she's a great sounding board for me when I've needed someone to listen to ideas for District success.

It's people like Jim Heeren, Don Bittick, Jim Kohli, Monique Levesque-Pharoah and Ted Corcoran – Toastmasters I've met in and beyond the District – who have made time to talk to me when I needed it. I haven't seen these friends in person for several years. Yet we find ways to continue to connect and strengthen our bonds. Toastmasters was the start of the friendships; our shared ideas and values continue the friendship.

And of course, there's the members of the Senior Leadership team. I wouldn't even want to guess the number of hours we've spent together on the phone or on Zoom meetings and yes, sometimes even in person. In several cases, we've started out as co-leaders but I certainly believe the relationships have developed into friendships.

Those are just a few of the many reasons why I stay in Toastmasters. I would not know any of them if I had never taken the risk of attending my first Toastmasters meeting. Many of them I would've never met if I had not attended my first District conference. It was through attending the District conferences that I saw the leadership possibilities available to me. I met most of those friends by taking the risk of District leadership and beyond. I'm sure most of these people will continue to be my friends for life.

Who are the lifelong friends you have met through Toastmasters? Who are the lifelong friends who are waiting to meet you at the District 45 conference May 12 – 15? Take the risk of attending the conference. Be educated, be entertained and most importantly, meet your new friends.

CANDIDATES CORNER

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CANDIDATES CORNER

For District Director- Crystal Cobb, VC1, PI5, EC5, DL5



I am excited to be nominated for the position of District Director for 2022-2023. I joined Toastmasters in May 2016 and have not looked back since! I am a proud charter member of the Charlottetown Toastmasters Breakfast Club and a member of Spotlight Advanced Toastmasters. I have served in various roles throughout my Toastmaster journey, in the club, Area, Division and the District level.

When Pathways launched, I decided to dive in and get familiar with the education program. I am pleased to say I am proficient in Effective Coaching, Dynamic Leadership and Persuasive Influence. I have also completed the Pathways Mentor Program. Pathways has so much to offer, and therefore I am working on 3 new paths as well! This past year I had the pleasure to be your Program Quality Director and my favorite part of the job has been connecting with you. I love that technology has allowed us to connect with people outside of our immediate area on a regular basis while building friendships and support networks.

I am a country girl at heart and am pleased to spend my days living on Prince Edward Island with my spouse, daughter, and our German Shephard. When not doing Toastmasters, I enjoy spending time outdoors, at the beach and reading fiction! I have a passion for learning and helping others do the same.

I am looking forward to what the new year has to offer, and I am excited to work with the District Leaders to serve you and continue to share our gift of Toastmasters to help build our clubs stronger!

For Program Quality Director – Tom Macisso, SR5, MS5

I'm thrilled to be nominated as your Program Quality Director for the Toastmaster year of 2022-2023! I look forward to being part of a group that builds a cohesive and collaborative team that serves you, the members of District 45. Warren Buffett recently advised college graduates in a commencement speech: "to read extensively, *work on their communication skills*, and strive for a job they will be excited to do each day." I can't think of a better way to learn, enhance, practice, and hone these skills than Toastmasters!



We have immense talent all throughout our district; one of my goals is to help us harness this amazing potential so we can improve our skills and gain the confidence to be our best self.

My *Toastmasters International* journey, so far, has been an amazing ride! I started back in 2007, and with a fellow member, chartered our own club in 2009. I served in all the club officer roles, but never ventured to any area or beyond leadership positions. Upon the suggestion of my mentors and friends, I became an Area 6 Director and currently, the Division B Director. I have gained so much more from our great organization by serving in these roles and on committees with fellow area, division, and District 45 members.

CANDIDATES CORNER

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For Club Growth Director – Paul Coddington, DTM

I have been a member of Toastmasters International since 2004 and more importantly, a District 45 Toastmaster that entire time. I’m nearing the end of my term as president of Mount Washington Valley Toastmasters in New Hampshire and realizing that I now has the time for a bigger Toastmasters adventure, I am looking to take on the role of Club Growth Director for District 45. I have learned quite a bit because of my participation in Toastmasters, and I know that I will learn even more in a District leader position. With the experience that I've had, I believe I also have a lot to teach other Toastmasters and have enjoyed all of my mentoring relationships throughout the years. I have been pleased to see the success of many proteges in Toastmasters. Please attend the conference this month and hear me describe my plans for club growth in this great district!



For Division A Director – Marcia Rogowsky, VC4, MS1



Hello, I am a software developer who found Toastmasters in 2016. Part of that discovery included helping my home club charter in December of 2017. Since that time, I have held various leadership roles in the club, including President, VP Membership, VP Marketing, Treasurer, and Secretary. While holding each of those positions I discovered some of what I did well, not so well, and how I could be better at them. More recently, I am serving as Area Director in Division A.

I originally joined Toastmasters to become more confident when talking to people. Along the way, I have learned how to give constructive feedback, met many supportive people, and become better at leading. I am currently working on two paths, Visionary Communicator and Motivational Strategies.

In the role of Division Director, I plan to work with the team to brainstorm with clubs on how to increase their membership back to healthy pre-pandemic levels, be a resource to help them accomplish goals, and assist as needed.

For Division C/E Director – Antoine LeGresley, IP4

I joined Toastmasters in November 2019 with Arcadie du Grand Caraquet. I am currently the Vice President Education for the club and was previously Treasurer and Secretary. Unexpectedly in July 2020, with less than one year with Toastmasters, I agreed to serve as Area 2 Director. That decision changed my life and my Toastmasters journey! It helped me to overcome my fear of public speaking and to improve my self-confidence. I am currently completing my second year as Area 2 Director and am now ready for a new challenge: Division Director.



I plan to work closely with Area Directors by scheduling monthly Division Council meetings and to stay in communication on a regular basis. I would also maintain regular communication with the District Leadership.

CANDIDATES CORNER

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For Division D Director – Michael Lawlor, ACB, ALB, MS5, TC5



I joined Toastmasters in 2015. I have served in Club officer roles of two clubs and am currently serving as Area 18 Director for the second consecutive year. I am also serving as a Club Coach. As Area Director I first learned how broad the leadership of Toastmasters is outside the club level. I also learned the importance of knowing how to communicate with others in multiple ways while serving in the role. In my second year I learned the importance of adapting to change while still in the leadership role.

I want to serve as a district officer to continue the feeling of joy I get while watching others succeed. and to both share my experience and grow further in leadership myself from it. My life outside Toastmasters has significantly changed because of the meeting, and organizational experiences I have learned, as well as improving my everyday communication skills

I am a Records Management Clerk with the Nova Scotia Government where I have learned of the many opportunities to enhance my communication and leadership skills my work and in Toastmasters.

CANDIDATES CORNER

For Division G Director – Susanne Melling, DTM

I joined Toastmasters in June of 2011, and since that time, I have held many Club and Area leadership roles. Currently, I am the Area 8 Director for the Vermont clubs in District 45. I am a member of Green Mountain Toastmasters in Stowe, VT, and serve as VP Education; I am also a member of Champ Masters in Burlington, VT and serve as President.

I joined Toastmasters to improve my extemporaneous speaking skills, and in my wildest dreams never imagined that I would be involved in evaluations, time-management, and project management. I was co-chair of the fall conference in Fairlee, Vermont (the last and best fall conference.) In this role I worked with members from across District 45. What a learning and rewarding experience.



I believe that Toastmasters is one of the most valuable resources to help members grow personally and professionally. Harnessing the power of Toastmasters on all levels is a powerful experience where nothing is impossible.

CANDIDATES CORNER



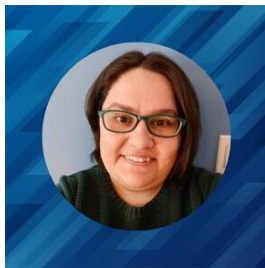
DISTRICT 45 2022 ANNUAL CONFERENCE – FOCUS ON SUCCESS



It's almost here. Are you excited?? You should be. In a week and a half, starting on May 12, we will be gathering to celebrate the accomplishments of all District 45 members and clubs. You will laugh during the Humorous Speech Contest; you will be inspired by the International Speech Contest; and you will be amazed at the ability of fellow members to respond extemporaneously. You will be inspired and educated by all the presenters, including our International Director Jeff Sobel and 2021 World Champion of Public Speaking Verity Price. You will choose the leaders for the 2022 – 2023 District



year. You will meet up with friends you have throughout the District and you will make new friends. And you will have the opportunity to move. Join us for our first-ever virtual dance. You can stand and dance or you can dance in your chair. You don't need to worry about finding a partner since every dance will be a group dance. The District 45 conference is an experience not to be missed. Join us for this unforgettable experience May 12 – May 15.



CHERISH THE MEMORIES



How lucky are we to be a part of an organization where we gain new friends? As we move through our journey, we meet people who help us along the way. The unfortunate part is that we also lose people along the way. Darlene Dunn was one of the founders and a charter member of the Charlottetown Toastmasters Breakfast Club and a strong leader in the Premiere Toastmasters Club. She was battling cancer but still managed to join some club meetings online recently, even when she wasn't feeling 100%.

When I talk to fellow Toastmasters about Darlene, the compliments are never ending with many fond

memories of conference travels and special events together. Darlene was a mentor to many and was always available to help a friend who needed guidance on their Toastmaster journey or life in general. Her smile and enthusiasm for life and Toastmasters was infectious. Mentoring Toastmasters was something that Darlene enjoyed and was very good at. I am not sure how she managed to give time to all her *protégés*, but I know that we all felt supported and encouraged by Darlene.

Toastmasters has lost a great leader and mentor, but she will live on in the hearts of many as we continue to uphold the Toastmasters promise and make her proud. Rest in peace Darlene. You will be missed!

ALIGNMENT COMMITTEE REPORT FOR 2022-2023

CLUB GROWTH DIRECTOR JONATHAN BOHM, DTM

During the 2021-2022 year, District 45 felt the impact of two years of the global pandemic which has disrupted membership and club operations. As we emerge, significant adjustments in the alignment of clubs are necessary to optimize the opportunities for member and club success in the future. The suggested changes will result in the elimination of four Areas and one Division. The changes will, however, result in stronger Areas and Divisions which means the District leaders can provide better service to the clubs. Realignment does not affect the day-to-day operations of any District club.

Division A and Division G

Current Status:

Division A:

- 15 clubs (2 dissolved in the current year)
- Division G: 16 clubs (1 dissolved in the current year)

Proposed Changes:

- Division A currently includes 16 clubs in New Hampshire. Division G includes 16 clubs in Vermont and southern New Hampshire. It is recommended that clubs be realigned within these two divisions to reflect the geography and club dispositions.
- Area 10: Ad Libs Toastmasters has dissolved, leaving only 3 clubs: Portsmouth, Tri-City and Exeter Speak Ups. It is proposed that Area 10 be dissolved and these clubs be transferred to other existing areas.
- Area 20: Area to be dissolved and the clubs transferred to Areas 7, 12, and 16.
- Area 7: Merrimasters has been dissolved. It is proposed that Exeter Speak Ups 8700 (A10) and Lakes Region Toastmasters 01421383 (A20) be moved into Area 7, and that this Area be moved from Division G to Division A.
- Area 12: Transfer Mt. Washington Valley Toastmasters 03596556 from Area 20 transferred to this Area.
- Area 16: Transfer Concord Toastmasters 6954 from Area 20 transferred to this Area.
- Area 25: It is proposed that this Area be dissolved and that the 3 clubs, Merrimack Motivators 04680273, Merrimakers 05409672, and Fidelity Orators 07294252 be transferred to Area 15.
- Area 15: Transfer 4 clubs to this Area. 3, Merrimack Motivators, Merrimakers, and Fidelity Orator from the dissolved Area 25 and 1 club, Souhegan Speakers and Leadership 5785, from Area 7.
- Area 20: It is proposed that this be transferred from Division A to Division G, with 2 clubs, Rutland Area Toastmasters 6205 and Toast of the Valley Club 9719, transferred from Area 15.

Division B

Current Status: 16 Clubs (two clubs merged in current year)

Proposed Changes:

- Area 5: Transfer 1 club, Toast of the Midcoast 7593337, to Area 14.
- Area 14: Transfer 1 club, Toast of the Midcoast, from Area 5
- Area 24: With the merging of two clubs, Running Hill and Portland Harborside, in Area 24, it is recommended that 2 clubs from A10, Portsmouth Toastmasters 1094 and Tri-City Toastmasters 7682, be transferred to this Area.

ALIGNMENT COMMITTEE REPORT FOR 2022-2023 CONT'D

Division C and Division E

Current Status:

- Division C: 12 clubs
- Division E: 11 clubs (1 dissolved in the current year)

Proposed Changes:

- Division E cannot be sustained as the club count does not meet the standards for Area and Division requirements (Areas must be at least 4 clubs and Divisions must be at least 3 Areas). It is proposed that this Division be dissolved, and the clubs be integrated into Division C.
- Area 4: One club, East Coast Online Advanced Toastmasters 7800586, to be transferred from Area 11 in Division D.
- Area 3: With only 3 clubs, it is proposed that this Area be dissolved and 2 clubs, Riverview Canusa 5382, and True Blue Toastmasters 6871, be moved to Area 2, and 1 club, Spotlight Toastmasters 9985, to Area 17.
- Area 2: Two clubs, Riverview Canusa and True Blue Toastmasters, transferred from Area 3, and Area moved to Division C.
- Area: 17: One club, Spotlight Toastmasters, transferred from Area 3, and Area moved to Division C.

Division D

Current Status: 22 clubs (3 suspended in current year)

Proposed Changes:

- Area 21: Two clubs suspended in current year. Dissolve Area and transfer 2 clubs, Dartmouth Toastmasters 3119 and Sackville Toastmasters 4588, to Area 18, and one, Creatively Speaking 2011635, to Area 11.
- Area 11: One club, Creatively Speaking, transferred from Area 21 and East Coast Online Advanced Toastmasters to Division C, Area 4.
- Area 18: Two clubs, Dartmouth Toastmasters and Sackville, transferred from Area 21.



PATHWAYS THERAPY

JOHN BLUMSUM, DTM

District 45 Pathways Committee is presenting monthly "Pathways Therapy Sessions". Sessions are on the 4th Tuesday of each month. April's session focused on a comparison of the "old" and "new" Level 1 Projects in Pathways as well as the Level 2 Compulsory Projects.

In May the Pathways Therapy Team will take a deeper dive into Level 3 and 4 Projects. There will be a Session in June as well to close out the year.

Join us on

Tuesday, May 24, 2022, at 6 PM ET / 7 PM AT

Have you splashed in a puddle or fallen into a brook as you stepped into Pathways? Do you have any handy resources or suggestions to help others along the way? Send any suggestions or questions to –

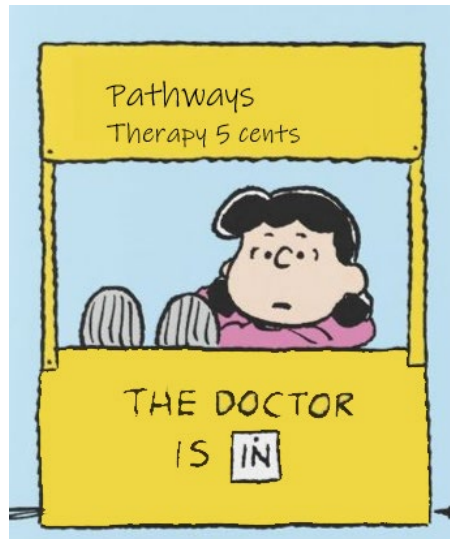
info@d45toastmasters.org

Link to Pathways Therapy Sessions

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

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

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



(From Peanuts by Charles Schultz)

ANNOUNCEMENT ON ZOOM

As clubs move to hybrid meetings and in-person meetings, the District will not be providing Area Directors with Zoom accounts for the 2022 – 2023 year. This means that clubs who want to use Zoom either for online or hybrid meetings will be responsible for providing their own Zoom account. This could be using an account that a member has or through buying an account for the club. Division Directors will have an account which will allow them to set up a meeting on an occasional basis if needed. Clubs should consider this change when doing their budget for the upcoming club year.

DISTRICT INCENTIVES



Open House – Has your club hosted an Open House yet? There's still time to organize one and benefit from this incentive. Hosting an Open

House for your club is a great way to invite guests or former members to visit and see what your club is all about! Boosting an event on Facebook will help your club reach a wider audience, and hopefully get new members. This incentive is to help you with boosting your Open House on Facebook. You need to set up the Open House as an event. Boost the event and then submit the bill for boosting. You will be reimbursed up to \$25 US/\$30 CDN. This can be for either an in-person or online Open House

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.



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].



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

workshop helps young people learn valuable skills including:

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

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



Beat the Clock and Membership Recruitment Incentive

May begins the Beat the Clock campaign by Toastmasters International. And of course, the District has its concurrent membership recruitment campaign. If you recruit one or two new, dual or reinstated members during May or June, your club will be eligible for a draw of \$25 USD / \$30 CDN. Those clubs that recruit three or four new members will be entered into a draw for \$50 USD / \$60 CDN. If you recruit 5 or more new members during that period, you will receive recognition for Toastmasters International plus your club will be entered into a draw for \$75 USD / \$90 CDN. The money can be used for anything that will benefit the club and its members. You can purchase from the TI store (after May 8) or use it locally. You can use to offset the cost of food for a social event or for supplies or awards/incentives for members. You need to submit a receipt for the purchase to the [Finance Manager](#) for reimbursement.

District Member Recruitment Incentive

We are pleased to announce the winners of the various incentives for member recruitment during the months of February and March. Thirty-five clubs recruited 1 or 2 new members, 11 recruited 3 or 4 new members and 4 clubs recruited 5 or more new members during February and March.

Winners of \$25US/\$30CDN

- Winning Speakers #3608
- Toastmasters of Greater Burlington #4899
- Pleasant Street Toastmasters #4093097

Winners of \$50US/\$60CDN

- Sussex Toastmasters#5386
- Creatively Speaking Toastmasters #2011635
- Cape Breton Toastmasters #3285

Winners of \$75US/\$90CDN

- Amoskeag Better Communicators #7347
- Mid Day Toastmasters #3277975
- Toast of the Valley Toastmasters #9719

We also had an award for increasing your club membership between January and March . To qualify, the Club needed to increase 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). Thirty-eight clubs qualified.

Winners for \$25US/\$30CDN

- Brunswick Toastmasters #2156
- Wolfville Toastmasters #241498
- Yarmouth Toastmasters #4653

YOU'VE HAD A GREAT MEETING – NOW WHAT?

TOM MACISSO, DIVISION B DIRECTOR



Toastmaster meetings have a certain “flow” to them. If we do them correctly, they start on time, have smooth and easy transitions, and end on time. Back at my

home club, Blueberry Hill, we had one of “those” meetings recently. We had a full agenda emailed in advance with all the roles filled and a couple of guests who seemed interested. Everyone was on time and ready. In fact, a few who were in person for this hybrid meeting just looked at one another and smiled. I finally said what others were thinking: “How can we replicate what happened tonight?” Don’t get me wrong, we usually have quality meetings, but we don’t always “hit on all cylinders”.

The best way that I can think of capturing this “magic in the bottle” is to develop a plan to do so. James Clear, in his # 1 New York Times Bestseller, *Atomic Habits* - An easy and proven way to build good habits and break bad ones” says it best when he says “Tiny

Changes, Remarkable Results!” James has been so successful with this strategy that he formed “The Habits Academy” which is a premier training platform for building better habits in life and work.

What does this mean to you? I hope you can use this information to make small improvements so you can achieve those remarkable results! Some things that worked for our club include:

- Having all the roles filled for the next meeting at the end of the current one.
- Keep the start time a “hard start” and the end time a “hard finish”; we still sometimes struggle with this.
- Have a “social time,” doesn’t matter if it’s online, in-person or hybrid - what matters is connecting either before or after.
- Consider having two Toastmasters/Hosts. (if it’s a hybrid meeting) One for in-person and another for on-line.
- Have FUN while keeping your structure and discipline.

Please remember what our founder, Dr. Ralph Smedley told us almost 100 years ago: “We learn best in moments of enjoyment!”



News from Concord Toastmasters!



Concord Toastmasters has been excelling in 2022! Now that the club has an in-person meeting space again, they can showcase their new banner shown to the left. The reality is the new banner was acquired just as the pandemic erupted and has been in storage for quite some time. The diligence in making a hybrid club has been paying off. Concord Toastmasters has had an amazing showing both in person and on Zoom.

Our **VP Membership, Dale Randall, DTM** (pictured right) reports Concord Toastmasters has had the privilege of hosting 55 guest visits in 43 meetings.



Educational Recognitions:



Betsy Black, DTM completed Mentoring Program 3/11/2022 and Level 4 Motivational Strategies 4/1/22



Paul Coddington, DTM completed Mentoring Program 3/11/22



Sarah Chaffee, VC5, VP Education (pictured left) has announced the club has a member who has achieved the clubs round robin recognition this year having served all agenda roles this year at least one time.

Congratulations and shout out to **Caryl Lajoie, DTM** for achieving all roles this year 2021-2022!



Invocator	twice
Toastmaster	once
Wordmaster	3 times
Jokemaster	twice
Timer	3 times
Table Topics Master	twice
Speaker	once
General Evaluator	5 times
Quizmaster	6 times
Evaluator	twice
Grammarian	3 times

Provincially Speaking had a meeting theme of Dr. Seuss the other week. We were blown away by the way in which our members stepped up to the plate to participate in the theme - and it was a lot of fun. This is a poem written by one of the members.

On March 31-st, 2022
They gathered together
at their Thursday club, at noon
I think they called themselves
Provincially Thinking?
Provincially Sleeping?
Noooo...
Provincially Eating Toast - Masters!

Did they make toast with green eggs and ham?
Did they make toast with butter and jam?
Did they eat them with the program crammed?
Did they eat them with the roles jammed?

Did they eat them with gestures and pauses?
Did they eat them with audience applauds?
Did they eat them with facial expressions?
Did they eat them with the Table Topics questions?



Questions!

Questions!

Questions!

All of these questions!

Wait... Did they actually like
Their Green Eggs and Ham sessions?!

Anniversaries



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

Name	Club	# of Years
Ali Ettarnichi	True Blue Toastmasters	5
Sean Macombe	Dirigo Leaders	5
Mitchell Perry	Dirigo Leaders	5
Karen Wilkinson	Champ Masters	5
Matt Whitney	Merrimakers	5
Janice Comeau	Yarmouth Toastmasters	15
Diane Tremblay	Dartmouth Tic Talkers Toastmasters	15
Mitch Couret	Horseshoe Pond Toastmasters	20
John Regan	Live, Speak or Die Toastmasters	20



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 **May**.

Portsmouth Toastmasters #1094 of Portsmouth, NH chartered **63** years ago on May 1, 1959

Horseshoe Pond Toastmasters of Concord, NH chartered **20** years ago on May 13, 2002.



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. Get the recognition you deserve. Change your setting to this consent to YES.

Level 1 – April 2022

Name	Club	Designation
Kevin Chick	Mid Day Toastmasters	PM1
John Paul Cyr	East Hants Toastmasters	IP1
Scot DeJong	Mid Day Toastmasters	PI1
Catherine Gabriel	Dartmouth TIC Talkers Toastmasters	IP1
Nancy Munroe	Blueberry Hill Club	PM1
Gregory Naigles,	Capital Toastmasters	PI1
Cindy Sarvai	Millyard Toastmasters	TC1
Ajibola Shodunke	Schooner Toastmasters Halifax	PM1
Sabina Thapa,	Mid Day Toastmasters	EC1
Simon Tremblay,	Charlottetown Toastmasters Breakfast Club	LD1
Kathryn Vaznis,	Blueberry Hill Club	VC1
Amanda Wade	Mid Day Toastmasters	PM1
Shane Walsh	Riverside Toastmasters	VC1
Akhtar Zaman,	Mid Day Toastmasters	PM1

Level 2 – April 2022

Name	Club	Designation
Kemi Adebawale-Akinbulu	Schooner Toastmasters Halifax	PM2
Albert Cormie	Spirit-Ed Toastmasters	PM2
John Paul Cyr	East Hants Toastmasters	PM2
Scot DeJong	Mid Day Toastmasters	DL2
Catherine Gabriel	Dartmouth TIC Talkers Toastmasters	IP2
Philip Laven	Dartmouth Toastmasters	PM2
Patricia Murray	Cape Breton Toastmasters	PM2
Veerendra Nagalla	Civil Speakers Club	PI2
Gregory Naigles	Capital Toastmasters	PI2
Dale Randall	Concord Toastmasters	EH2
Sabina Thapa	Mid Day Toastmasters	EC2
Diane Tremblay	Dartmouth TIC Talkers Toastmasters	VC2
Dawna-Jean Turchon	Dirigo Leaders	TC2
Amanda Wade	Mid Day Toastmasters	PM2
Shane Walsh.	Riverside Toastmasters	VC2

Level 3 – April 2022

Name	Club	Designation
Tunde Awoyiga	Schooner Toastmasters Halifax	DL3
Carl Duivenvoorden	Rise and Shine Advanced Toastmasters	MS3
Marsha Greenan	Sears-Halifax Club	LD3
Linda Magoon	Karner Blue Toastmasters	IP3
Ann Marie Pochtar-Galakis	The Maine Thing Advanced Toastmasters	PI3
Kaely Scott	Fredericton Toastmasters	LD3
Dawna-Jean Turchon	Running Hill Toastmasters	TC3
Amanda Wade	Mid Day Toastmasters	PM3
Shane Walsh	Riverside Toastmasters	PM3

Level 4 – April 2022

Name	Club	Designation
Angela Chute	The Maine Thing Advanced Toastmasters	PI4
Gilford Fernandes	Portsmouth Toastmasters	PM4
Linda Magoon	Karner Blue Toastmasters	IP4
Maya Manseau	East Coast Online Advanced Toastmasters	VC4
Heather Urquhart	Civil Speakers Club	DL4
Amanda Wade	Mid Day Toastmasters	PM4
Ann Welch	Winning Speakers Club	MS4

Level 5 – April 2022

Name	Club	Designation
Angela Chute.	The Maine Thing Advanced Toastmasters	PI5
Sue Flower	Charlottetown Toastmasters Breakfast Club	EH5
Paula Tozer	Riverside Toastmasters	VC5

Trailblazer Award – April 2022

Name	Club
Amanda Wade	Mid Day Toastmasters
Dale Randall	Concord Toastmasters
Maya Manseau	East Coast Online Advanced Toastmasters
Sue Flower	Charlottetown Toastmasters Breakfast Club

Mentoring Path – April 2022

Name	Club
Andrew Byrne	Mid Day Toastmasters
Patricia Murray	Cape Breton Toastmasters

District Calendar

May 2022 Events

- 5 - #TeamDistinguished Masterclass (for Club Coaches)
- 9 - VP Membership Peer Call
- 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/>

THANK YOU REESE

Reese Eskridge, DTM stepped up this year to be the newsletter editor. Our thanks go out to Reese for all his work in putting together the last 9 issues. Recently, Reese decided to take a step back from some of his responsibilities. We thank Reese for giving us the opportunity to bring next year's editor on board early so she could learn all about being the newsletter editor and ensure a smooth transition as we move into next year.

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