

District 45 Toastmasters Newsletter

CAN-AM LINK



In This Issue

The Month of Guests & Recruitment	1
Small Steps – Big Success	2
Open Houses	2
Area Director Visits	3
#TeamDistinguished	4
Smedley Award	5
Calling all Club Presidents and VPEs	6
“Focus on Success” – Fall Workshop	7
Let your Voice be Heard	8
NEW Hybrid Meetings Committee	8
The ‘D’ in DTM	9
“Striving for Success” Webinars	9
Impromptu speaking?	10
Around the District	11
Member Awards	11
District Calendar	18

THE MONTH OF GUESTS & RECRUITMENT

CLUB GROWTH DIRECTOR, SHERRY MACDONALD, DTM



Every September, I think back to when I was a kid. The excitement of going back to school, seeing what teacher you had, who moved away and most of all who was in your class. I am long past those years and even past the years when my excitement was for my kids. I must admit, they did not share the same excitement. :)

For me, September has always been a new beginning, a fresh start and this September is no different. Within Toastmasters, September is a great

time to recruit members as they firm up their plans and schedules with family and friends. As you start to plan for guests and ensure every guest receives the best experience possible, consider the following:

- Have well-organized meetings by filling roles prior to the meeting, allowing everyone to come prepared.
- Create fun in your meetings through themes, interesting table topics and speeches.
- Provide constructive evaluations to encourage speakers and enhance their experience.
- Do you have a Quizmaster? Consider adding one to bring in the importance of developing your listening skills.

Most importantly, before guests leave the meeting, connect with each of them and set up a meeting to re-engage with them within a few days to answer any questions they may have. Most guests are energized during the meeting and setting a time to meet will help them maintain that energy until the next meeting.

The Club Growth team is working hard to put together a foundation that will support existing clubs, as well as future clubs in years to come. Here is a little snippet of what our team is doing:

- Club Coach Chair, Angela Chute, has planned a monthly #TeamDistinguished MasterClass to provide Coaches with tools as well as support.
- Elise Thorsen is working on the roles and responsibilities for Club Mentors and Sponsors.
- Susanne Melling is working with her team to create new clubs where there is opportunity.
- Rhea Hamlin is exploring ways to market Toastmasters throughout our district.

SMALL STEPS – BIG SUCCESS

PROGRAM QUALITY DIRECTOR, CRYSTAL COBB, EC5, PI5



Small steps can lead to big success. Perhaps you have been enjoying a bit of a summer vacation from your Toastmasters goals and education program. Now that September is officially upon us, it's

time to jump back in (especially if you are one who has taken a break) and set some personal goals to work towards for the remainder of the year.

As a retired fundraiser, I remember my boss' famous words when we would talk about fundraising goals, "what gets measured, gets done". I use this in my own personal life as well. When I have goals, I break down goals into measurable steps and keep track of my progress.

You can do this for your Pathways goals. Are you wanting to complete one level this year? Maybe you are striving for more and want to complete 3 levels, or even finish a path. The sky's the limit, and the only thing holding yourself back is YOU!

So do a pulse check. Ask yourself these questions:

1. What is one goal I want to achieve for this Toastmaster year?
2. Where am I in relation to that goal right now?
3. What steps do I need to take to reach this goal?

For the third question, you can break it down so that you can see the steps you need to take to achieve the goal. Put what actions you need to take with clear timelines so you can measure your success as you go.

Remember, this is a journey and you are never alone. If you have goals you want to achieve but are not sure how to get there, reach out and ask for help. We are here to support you! Let's commit to small steps and achieve big success!

OPEN HOUSES

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



September often means new beginnings and getting back into routing after summer vacation. It is a great time to schedule an open house and invite guests to check out your club. It also coincides with

the [Smedley Award](#) Membership Building Campaign. Don't forget, District 45 has [Incentives](#) for membership building and for open houses.

Here are 7 useful tips for planning an open house:

- 1. Form a committee.** Are you looking for a project?
- 2. Schedule speakers.** Do you want guests speakers? Ice Breaker speeches? A panel presentation?
- 3. Organize the meeting agenda.** Who is going to take on which role?
- 4. Publicize the event.** Prepare and post fun and engaging flyers on social media and local businesses and community areas.
- 5. Prepare Guests packages.** Include brochures and the membership application form.
- 6. Ask for guest comments.** At the end of the meeting, ask for comment on what they thought of the meeting. Be sure to invite them back.
- 7. Follow up, follow up, follow up!** Make sure to follow up with the guests, thank them for coming, send them a virtual guest package and invite them to future meetings!

The Toastmasters International Resources Library contains a lot of information to help you organize a successful Open House. See the [Open House Tools](#) section for templates. You can also use the [Special Event Flier](#) (Save the Date) to help with promotion. I look forward to seeing your publicity for open houses!!

AREA DIRECTOR VISITS

DISTRICT DIRECTOR, HEATHER PERKINS, DTM



Each year, Area Directors (ADs) are required to make visits to each club. For some of these visits, the Area Director completes a visit form to provide the District with information on the club. Clubs have a responsibility to prepare for their visits as do the Area Directors. A visit with an experienced officer from the Area or District level gives you a rare opportunity to find out how other clubs are meeting their objectives and to obtain advice that can help your club reach its goals.

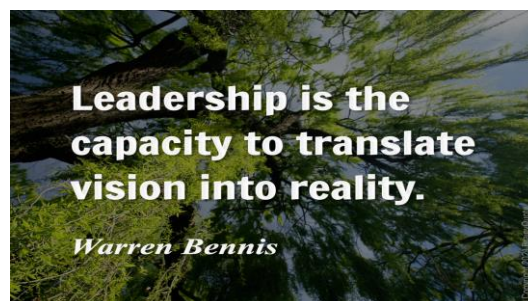
The Area Director should contact your club at least several weeks in advance of when he or she wants to visit. Visits must be done by the end of October and by the end of March. Therefore, be sure to look at your schedule and determine a good time for the visit. The Area Director should request a speaking opportunity while visiting your club. This speech should be a manual speech, making an evaluator necessary. The speech should be geared toward the club's needs. Be prepared to let the Area Director know in advance what topics you would like to hear presented.

The Area Director should request time (approximately half an hour) to meet with the club officers after the meeting. This allows for the opportunity to discuss the club's progress towards its goals and how the Area Director or District can be of assistance. The Area Director should follow up with your club after the meeting to find out if there is any other information or assistance your club needs.

To benefit as much as possible from this opportunity, you must give the AD every chance to complete his or her mission. You can do that by following these guidelines:

- Announce the forthcoming visit several meetings in advance.
- Personally contact those who are expected to attend your meeting. Make every effort to ensure full attendance, especially by all club officers.
- In advance, discuss questions or problems that you would like to review with the AD.
- Schedule time for a meeting between your club's officers and the AD.
- Provide time for the AD to address the entire club during a regular meeting.

When your club knows what to expect from the Area Director, you can arrange your meeting to ensure there is sufficient time for the speech by the Area Director and for the meeting with the officers after the regular meeting. Knowing what your questions are and what assistance you might need also helps to make the visit more productive. If you feel the Area Director did not meet your expectations, you should let him or her know and inform your Division Director. By working effective together at all levels, we can help ensure all clubs reach their potential.



#TEAMDISTINGUISHED – CLUB COACHES EPITOMIZE LEADERSHIP DEVELOPMENT

CLUB COACH CHAIR, ANGELA CHUTE, DTM



Club Coaches epitomize Leadership Development.

D45 Club Coaches step up, equipped with gusto, empathy, and grit. Club

coaches, listen, encourage, suggest, and lead with enthusiasm by example.

Club Coaches help struggling clubs shine from the inside.

Club Coaching isn't for everyone, but it's available to everyone who wants to develop coaching skills. Club Coaching is the hardest job you just might love!

If YOU are interested in deepening your D45 Leadership Development,

If YOU are ready to earn the rank of DTM,

JOIN #TeamDistinguished as a D45 Club Coach.

Do not forget about the #TeamDistinguished "Master Class/Mastermind Series" that takes place every 1st Thursday of the month. **The next meeting will be held on Thursday, September 2, 7 p.m. AT/8 p.m. EDT.**

Toastmasters: Where Leaders are Made.

D45 is where Club Coaches are #TeamDistinguished!

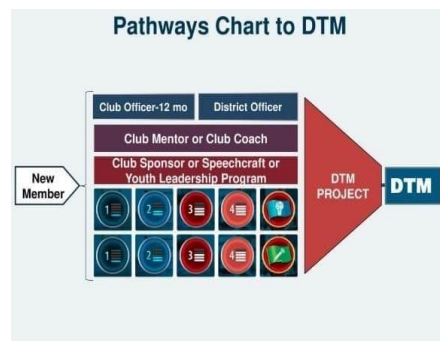
Message from International President,
Richard Peck, DTM

For those clubs that need additional support in accomplishing goals and restoring club quality, the Club Coach Program offers the opportunity for experienced Toastmasters to assist clubs in achieving Distinguished status or higher in the Distinguished Club Program. Currently, coaches who help clubs achieve Distinguished status or better by June 30 earn club coach credit.

The Board of Directors is aware of the extra effort coaches must put forth as the pandemic continues to impact club meetings and membership growth. To provide additional recognition for coaches for the 2021–2022 program year, effective July 1, 2021, coaches can also earn District leader credit in addition to the club support credit if the club coach meets all the following criteria:

- *Help the club achieve Distinguished or better status by June 30, 2022*
- *Help the club reach a minimum of 20 paid members by June 30, 2022*
- *Serve a minimum of six months in the coach role*

We hope these additional considerations assist you and your club members in achieving the program year objectives and cultivate communication and leadership skills.



SMEDLEY AWARD

Add 5
(NEW, DUAL, OR REINSTATED)
MEMBERS
between **AUGUST 1 AND SEPTEMBER 30**

Plan & Prepare Help your club enlist more MEMBERS and foster your club membership growth!
Participate in the original membership-building contest...
Win a Smedley Award Toastmasters ribbon from TI to display on your club's banner & a special discount code for 10% off your next club order at the TI Store.

Smedley Award
Dr. Ralph C. Smedley

10 Tips for achieving SMEDLEY AWARD

1. Encourage your club members to invite as many guests to your club's meetings as possible.
2. **Invite Guests** and greet them warmly
3. Consider conducting a special meeting like an **OPEN HOUSE**
4. Sponsor a **SPEECHCRAFT** session.
5. Work with your club VP of Membership to run a **CLUB MARKETING CAMPAIGN**
6. Divide your club into 2 or 3 teams and present awards to the winning team.
7. Invite a guest speaker/ company officer and post in local newspaper/company website
8. Have members share how they personally benefitted from the Toastmasters program
9. Invite guest speakers to speak on topics of interest to the community
10. Include a networking time before or after the meeting
10. Check out local events where your club can sponsor a booth to promote Toastmasters.

• Membership applications and payment for members who join between August 1 - September 30 must be received at World Headquarters or online no later than September 30th.
• Each member's "join date" as listed on the application must be no later than September.
• Triangle and charter members do not count for credits.



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

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

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

District 45 is also offering the following incentives. For clubs that gain:

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

YOUR MEMBERSHIP DUES

Membership dues can be paid from August 1 to September 30 in order for you to remain a member in good standing and to continue to enjoy the benefits of Toastmasters.

For clubs to remain in good standing, a minimum of 8 paid members, of which 3 must be current members, must be submitted by October 1.

Congratulations

Millyard Toastmasters #902446 in Area 16, Division A is the **first** club in District 45 to have their October dues paid.

Way to go!!

TOASTMASTERS INTERNATIONAL

CALLING ALL CLUB PRESIDENTS AND VICE PRESIDENTS EDUCATION

Credentials Chair, Michael A. Thompson, DTM



On September 18, 2021, at 1100 AST (1000 EST), the district will hold the first of two District Council (DC) meetings of the year. The second will be held in the Spring as part of our spring conference. This business meeting is held to conduct essential district business and as a club president or VPE, you have the responsibility to represent your club at this meeting.

The September meeting will be held online, and proxies are not permitted; each person must “carry” his/her own vote.

As the District 45 Credentials Chair, it is my responsibility to determine if we have a quorum for the meeting and, if necessary, to 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 **September 5th**, an email will be sent to each President and VPE from District 45 to remind them to watch for an email from Election Buddy (invitations@mail.electionbuddy.com) that will be sent out on **September 6th**. The email will contain the information required for you to register your intention to participate in the meeting and establish your vote. Reminders to register will be sent out the

following weekend with an email from District 45 on the **12th** and a reminder from Election Buddy on the **13th**. You must respond no later than **1800 AST (1700 EST) on September 17th**. There will be a test vote held immediately following the close of registration and it will run until just prior to the start of the DC meeting. For the test vote, a notice from Election Buddy will be sent out to all registered voters when registration ends. Vote how you like, but please vote as this is meant to test the process.

On the day of the meeting, I will use the registration information collected in Election Buddy to establish a quorum. Only those that have registered through Election Buddy will be allowed to vote if one 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 are running into issues, please contact me at mikethom@acm.org.

Club Success Plan Incentive

The graphic features a stack of papers on the right, with the top sheet titled "Creating the Club Success Plan" and a "TRUSTMASTER" logo. The papers show sections for "OR Assessment", "Success", "Plan", "Strategy", "VISION", and "VISION". A grey sticky note on the left reads: "Be one of the first 10 clubs to complete a Club Success Plan by October 31, 2021 for an award of \$50 USD/\$60 CDN." Below the graphic, the text "The Plans must:" is followed by a bulleted list of requirements.

The Plans must:

- include education, retention, and membership building goals and tasks to achieve Distinguished status or better by June 30, 2022
- be reviewed and discussed with Area and/or Division Director and submitted to Crystal Cobb, Program Quality Director (d45.crystalcobb@gmail.com)

“Focus on Success” – Fall Workshop

“Focus on Success”, the Virtual Fall Workshop, is being hosted on Saturday, November 6th and we have quite the line-up of speakers who are going to share stories and tips to help you and your clubs strive for success. Registration will be available on our website soon!



We are pleased to announce our keynote speaker for this year's workshop is Distinguished Toastmaster Dr. Godfrey E. McAllister. He has competed in numerous Toastmasters Contests. He is a 2017 World Champion of Public Speaking Finalist and placed among the top ten contestants out of a world-wide starting field of over 30,000 Toastmasters.

Dr. McAllister is a four-time District Table Topics Champion. His first Championship was in District 81 in 2012. He is the current District 47 Table Topics Champion, after winning that championship two years back-to-back in 2015 & 2016. Dr. McAllister will be sure to share lots of information to help you achieve success!

We also have District 45 members who are presenting on various topics that are sure to leave you feeling educated and excited! Presenters include:

- Tom Macisso **Inviting Guests to your Club**
- Albert Cormier **A DOSE of Pandemic-Fighting Proportions**
- David Phillips **Toastmasters: Enabling Personal Success**
- Pierette Hache **Construire son Discours**
- Elise Thorsen **Make an Impact as a Club Mentor**
- Lorelei Grecian **We Learn by What?**
- Betsy Black **Up Your Game through Mindfulness**
- Angela Chute **IGNITE your Success for better Results, faster!**
- Reese Eskridge **Essentialist Leadership: Focusing on What Really Matters**
- Dahlia Das **Empathy for Effective Leadership**
- Jim Herren **How to be a Great Club Coach**
- Cindy Sarvai **A Toastmasters Promise**

The workshop wouldn't be complete without recognition and some surprises! Visit our website as we continue to release more details as we get closer to the workshop. <https://d45toastmasters.org/fallworkshop>



NEW Hybrid Meetings Committee

The District created a Hybrid Meetings Committee under the direction of Program Quality Director, Crystal Cobb. Members are: Chairperson Tom Goodwin, Judith Howard, and Sheryl Poirier.

Hybrid meetings are those where an in-person meeting adds audio and video equipment to enable people to attend virtually. Both in-person and virtual attendees can see and hear each other. The mission of this committee is to gather the information and expertise needed for any club to be able to implement high quality hybrid meetings. We definitely don't want any club to have to "make the best of it" after deciding to go hybrid.



Basic Interactions in Hybrid Meetings

Information will be available on the District 45 website as we work to finalize best practices and materials.

The Hybrid Meetings Committee met to map out a plan going forward. There will be a panel discussion at the upcoming District Council meeting on September 18th starting at 9am ET / 10am AT. We realize that this issue has challenges for all clubs. The Committee will get you the best information possible to enable clubs to make a well-informed choice.



Let your Voice be Heard

The District Council meeting will be held on September 18 at 10 am ET / 11 am AT. All Presidents and VPEs have a vote and all members are encouraged to attend. Because the Council meeting is held online, proxies are not permitted. Why should you attend the District Council meeting?

At the District Council meeting you have the opportunity to confirm all appointed officers, question and approve the budget and approve the end-of-year audit report. Your club's voice can be heard on any business that comes before the Council. You will also hear updates from the District team on the progress of the District and our plans for the rest of the year and the ways in which you can contribute to success.

For added value for attending the District council meeting, we will be holding a panel presentation on hybrid clubs to discuss best practices. Join the conversation to help your club's move to hybrid if it chooses to do so.

Mark September 18th on your calendar. Be a part of ensuring that every member and every club achieves success.



The 'D' in DTM

By Heather Drope Marchione, DTM



Most Toastmasters know that DTM stands for the Distinguished Toastmaster designation. It is the carrot at the end of our speech and

leadership track. This is not an easy designation to earn. And earn it you do!

A few newly minted DTM's sit back and rest on their laurels after earning this highest Toastmaster designation. For most DTM's it is just the next step in their personal journey for self-improvement and gained experiences. This is where the 'D' shows up. It not only means distinguished but I feel it has three other meanings attached to it.

The first 'D' is **determined**. To earn your DTM you have to be determined, but once this is earned, the Toastmaster applies that same determination to helping his or her own club and most likely the Area, Division and District.

The second 'D' is **dedicated**. This is the Toastmaster who will participate in a demo meeting; or who will be a sponsor or mentor to a new club. This DTM seldom misses a club meeting and attends many of the District conferences. They share what they have learned outside their club environment. They don't have to share but these DTM's are dedicated to Toastmasters and appreciate what they have learned from this organization.

The last but by no means the last 'D' is for **dependable**. This is the DTM you can ask to do a role and they say 'yes' and show up to do it. They are there for contests to act in any role that needs filling in. At TLI's, they are often the 'go to' person to give presentations or to facilitate educational sessions. These dependable Toastmasters hardly ever say no when asked to participate at an official event.

My wish is that when you earn your DTM you become one of these Toastmasters. One who goes beyond the official designation ceremony and who contributes to Toastmasters by being determined, dedicated and dependable.

"Striving for Success" Webinars

We are working to provide you with various learning opportunities and that means hosting webinars again this year. We have a great lineup of presenters who will share tips and tricks for success on a variety of topics.

Striving for Success webinars will be hosted monthly on the last Sunday of the month, beginning at 7pm ET / 8pm AT for one hour. The sessions will be recorded and posted on our D45 YouTube channel for later viewing.

For September, you will have an opportunity to Meet the Leaders Town Hall on September 12th at 7pm ET / 8pm AT. Come and hang out with the Senior Leadership Team to hear what their plans are for the year, where you can give feedback and ask questions!

On September 26th, you will have the chance to learn more about Free Toast Host and Speak Easy. We will be hosting these 2 sessions simultaneously with a breakout room for each presentation. The presenters will go into detail about how to navigate the system to ensure you are providing the best experience for your club members.

As we get closer to each session, we will share more information on our website and Facebook page. Be sure to book your schedule for the following dates:

- October 26th – Hosting an Open House
- November 21st – All About Club Growth
- December 12th – Holiday Social Party

If you want to host a training session, please email Crystal Cobb at d45.crystalcobb@gmail.com. It's the perfect opportunity to use as a project!

HOW MANY TIMES A DAY DO YOU GET TO PRACTICE YOUR IMPROMPTU SPEAKING?

CLUB GROWTH DIRECTOR, SHERRY MACDONALD, DTM

It may be more than you think.

We all encounter impromptu speaking situations every day.

- A phone conversation with a client, service person or co-worker.
- Do you ever strike up a casual conversation with someone at the coffee shop, grocery store or at the doctor's office? Or does someone strike one up with you?
- Met a friend that you haven't seen for a while.
- And let's not forget the job interview. The most stressful Table Topics ever!



Like many other skills, impromptu speaking takes practice. The more we practice the more comfortable we become. Toastmasters has identified five steps that will help you achieve that goal:

Listen - a good response starts with understanding what is being asked. Take the time to listen before formulating your response. This brings me back to when I was in school and the instructor said..... Read all the questions before starting to answer. It was a given that several students would read half of it... answer.... and get it wrong.

Confirm - Make sure you understand the question. If in doubt, ask for the question to be read again or read it yourself. This is not intended to be the opening of your speech just confirmation of the question. And remember if you are completely stumped on the question.... just talk about something else.

Pause - Once you understand the question, pausing will allow you to refresh your thoughts and formulate an answer. During your response, use pauses to add drama, allow the audience to absorb what you are saying or respond to humor. Pausing with silence may initially feel uncomfortable, but has a much better outcome than filling with unnecessary words.

Tell - Answer the question in the form of an opening, body and closing. After all, this is a mini-speech and I am sure you want to deliver a solid message. Incorporate gestures, vocal variety and make eye contact the same as you would in a prepared speech. This will give both you and your audience a better experience.

End - Bring your comments to a close, emphasizing your main points.

...continued on next page

As good as that sounds, there is probably still a lot of anxiety in that “Tell” section.

Using the question ‘Tell us about your favorite vacation’, I will share five possible approaches to the questions:



Express an Opinions - state an opinion and justify it with supporting statements. Reasons why you agree or disagree with an idea or concept.

My favorite vacations are always around water. The sounds and smells of the ocean helps relax me....

Address cause and effect - state a situation, then discuss its causes and consequences

Some of my favorite vacations didn't start out that way.....

Break the topic into components and then discuss each component individually. Remember 3s work well for this.

Planes, trains and automobiles were all parts of my favorite vacation adventure....

Chronological - organize your answer in a timeline. Or past, present and future

My favorite vacations changed over the years. Theme parks as a child, adventures as an adult and looking forward to a scenic retirement.

Off the wall idea - One Toastmasters once told me to think of the wildest idea and go with that.

I woke up on an adventure to the moon.....

However you decide to improve your impromptu speaking remember:

- Be confident and pausing is perfectly fine.
- Be Brief. It is easy to stray off topic and begin repeating yourself. Stick to your main points.
- Be sincere. In real life, don't make it up. In a Toastmasters meeting, those are some of the best Table Topics.

Being able to respond confidently to an ‘off the cuff’ question takes time and effort to develop. These skills do not come overnight. As Toastmasters, we are fortunate to have the forum to practice and develop our own impromptu speaking skills.

When asked a Table Topics question, remember 5 steps: Listen, Confirm, Pause, Tell and End. Consider creating your response using one of the following: Express an opinion, Address Cause and Effect, Break into Components, Chronological or an Off the Wall idea!

And most of all have Fun!



Around the District – Division A

This month has been a vacationing time for many. While numbers this month may have been smaller than usual, Concord Toastmasters’ vision for fun and engaging meetings has continued to explode! The ability for our members to jump in and take on dual roles and excel truly demonstrates what Toastmasters is all about.

Our most recent meeting once again illustrated the elasticity of our membership. When a speaker role opened, David Hill jumped in with an impromptu speech. His timer role was filled by Catherine Ryan. The role of Grammarian was expertly woven by Sarah Chaffee in her General Evaluator role.

To share just a few fun phrases articulated by:
 Grace Cohen: “It’s like a strait jacket on your capabilities.”
 David Hill: “Wish you could put your paws on.”
 Dale Randall: “Best way to be interesting is to be interested.”

Concord Toastmasters is meeting virtually on Zoom. The club is in negotiations for an in-person meeting location. In the meantime, come visit us on Friday mornings at 7 a.m. Social hour starts at 6:30 a.m. We were honored with a visit on July 23 from Cindy Sarvai, our Area Director. Who will we see next? YOU!!??



Top left to right: Paul Coddington, Alex Campbell, and Betsy Black; Bottom left to right: Margaret McClellan, Sarah Chaffee, and Dale Randall

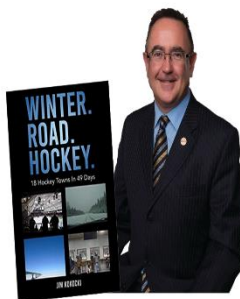


Exeter Speak-Ups held an Outdoor Social on Wednesday, July 28, 2021 at The Farm at Eastman's Corner in Kensington, NH—the first in-person club event in over a year!

Area 10 Director, Sam Boduch, led the club officer installation followed by an impromptu round of table topics reminiscing about our Toastmasters experience. All of us have something positive to attribute to Toastmasters membership—confidence gained, new skills learned, and a fear of public speaking and leadership a thing of the past. Three members won raffle prizes and our past Club President, Hollee Howden, received an engraved commemorative plaque in appreciation for her two years of service to the club. A highlight was when Paul Lanouette arrived on his Harley. We are revving our engines for a successful year at Exeter Speak-Ups!

Around the District – Division C

Saint John Club, the oldest club east of Montreal, holding a hybrid meeting on August 7th.



It's always a welcome opportunity to have a guest join your virtual meeting. It's even better when that guest is Past International President and current Division C Director Jim Kokocki.

Jim, it always seems, is finding new and innovative ways to help clubs in the Saint John area grow and this visit was no exception. Building on the recent media hype about his newest book 'Winter. Road. Hockey.' Jim offered to speak about how Toastmasters and the skills he's acquired helped him turn the idea of speech into a grand adventure to visit every QMJHL hockey arena to watch a game!

Jim's goal was to have our club promote his recently acquired celebrity status and the book to our member's networks in hopes that we could have new potential members come and visit and learn about Toastmasters. As always Jim was humble and gracious and was able to share his experiences in a captivating speech that ultimately lead to at least 1 new member joining Harbourside Toastmasters!

Remember that your District, Division and Area teams are here to support your efforts to have a vibrant and successful club. This is a great example of how you step outside of the box and implement an idea born from the experiences of other members that can potentially serve as a platform to engage guests, current and future members.

Club Coach Incentive

Serve as a club coach for 2 or more clubs and receive a \$25 USD/\$30 CDN incentive.

To qualify, you must:

- Attend a meeting of their coached clubs at least once per quarter
- Conduct a joint meeting with both/all clubs' executive committees once per month
- Coaches must start the role no later than March 1st, 2022

Around the District – Division D

An update from Division D Director, Suzanne Weiss:

- **Area Directors** have been completing their unofficial visits. They are getting to know their clubs and its members. It is fun to learn the variation on the meeting agendas and the unique focuses of each club. It is wonderful to hear that those members focus on having fun at their meetings. Yarmouth Toastmasters has fun at their meetings, while still providing effective evaluations. They start their meetings with a toast.
- **Dal Toastmasters** has a very active Facebook page. Their Area Director, Alan Idler, noted, *“I was impressed that their Executive Committee uses a Facebook group to publicize their meeting agendas prior to each meeting. Members and the Facebook community can use the postings to see what is planned for the meeting and find an easy reference to their Zoom link. When they post their agendas, they keep the group active. New postings encourage the Facebook algorithms (and hopefully their members and potential guests) to promote the page to gain more views.”*
- **Provincially Speaking Toastmasters** members have taken the plunge into hybrid meetings. They are working through the learning curve of the hybrid meeting and developing speaking and leadership skills in doing so.
- **East Coast Online Advanced TM Club** has their VP Membership send out a google form link to a guest/visitor to fill out and provide feedback. This is an excellent way to reconnect with a guest after the meeting.
- **East Hants** and **Speak Easy** clubs have combined meetings when membership and attendance is low. This is a great way for clubs to support each other and have a well-run meeting.

Around the District – Division E



Public Relations Manager, Anne Doucette, was recently at Chapters in Moncton to get her signed copy of ‘Just a Cab Driver: My Journey from Behind the Wheel to Behind the Microphone’ by fellow Division E Toastmaster Ali Ettarnichi. Copies of Ali’s book can be found at Chapters/Indigo, Amazon and at aliettarnichi.com.

Congratulations to Toastmasters Simonne Cormier-Morrison, founder of Au Naturel Solutions Inc., who was recently selected as one of eight semi-finalists to participate in the 11th Annual BioInnovation Challenge. Simonne is a member of Premiere Toastmasters in Charlottetown, PE. Toastmasters has made a positive impact on her confidence as she moves towards the pitch competition and future engagements.

See the [News Release](#) for more information.



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 **September**.

Name	Club	# of Years
Gordon Cawood	Rutland Area Toastmasters	45
Sandra Hachey	Kennebec Valley Toastmasters	15
Michael Thompson	Schooner Toastmasters Halifax Toast of the Coast Toastmasters Club	15
Dean Robinson	Karner Blue Toastmasters	10
Catherine Brown	Brunswick Toastmasters	5
Melissa McLean	NoonTalkers Toastmasters Club	5
Jean-François Sonier	Arcadie du Grand Caraquet	5
Kristian Falkjar	Riverview Canusa Toastmasters Club	5



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

Creatively Speaking Toastmasters Halifax #2011635 of Halifax, NS, chartered 10 years ago on September 7, 2011.

NoonTalkers Toastmasters #900141 of Saint John, NB chartered 15 years ago on September 22, 2006.

Capital Toastmasters #2112 of Concord, NH chartered 20 years ago on September 30, 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 5 achievements not recognized because consent has not been given.

Level 1 – August 2021

Name	Club	Designation
Barbara L. Bell	Sackville Club	EC1
Clare Yunxia Zhao Conway	Charlottetown Toastmasters Breakfast Club	PM1
Ivona Cookson	The Impediments	MS1
J.D. Wood Dirkschneider	The Maine Thing Advanced Toastmasters Club	PM1
Cheryl Lynn Donnell	Souhegan Speakers and Leadership Club	IP1
Keith Fisher	Live, Speak or Die Toastmasters	IP1
David J. Fraser	Saint John Club	PM1
Tina D. Goulet	Pleasant Street Toastmasters	PM1
W. Brent Jamael	Mid Day Toastmasters	IP1
Patrick Kelly	Millyard Toastmasters	VC1
Hosanna Oghenetega Oyibo	Charlottetown Toastmasters Breakfast Club	DL1
Heather Perkins	Schooner Toastmasters	SR1
Eunice Liseth Portillo	Live, Speak or Die Toastmasters	MS1
Marion P. Taylor	The Maine Thing Advanced Toastmasters Club	VC1
Vatsal Sood	Halifax Toastmasters At SMU	DL1
Roxanne Benzel	Live, Speak Or Die Toastmasters	PI1

Level 2 – August 2021

Name	Club	Designation
Stuart McLeod Blythe	Creatively Speaking Toastmasters Halifax	PM2
Paul F. Coddington	Mt. Washington Valley Toastmasters	VC2
J.D. Wood Dirkschneider	The Maine Thing Advanced Toastmasters Club	PM2
David J. Fraser	Saint John Club	PM2
Robert Moran Maguire	Lakes Region Toastmasters	PI2
Allison SJ Millar	Keene Toastmasters	PM2
Heather Perkins	Schooner Toastmasters	SR2
Tanya Tripathi	Charlottetown Toastmasters Breakfast Club	DL2
Mirela Caraeri	Toast of the Valley Club	PM2

Level 3 – August 2021

Name	Club	Designation
Crystal Lee Cobb	Spotlight Advanced Toastmasters	DL3
J.D. Wood Dirkschneider	The Maine Thing Advanced Toastmasters Club	PM3
Jeffrey L. Doucet	Beyond Toastmasters	PM3
James Bernard Kokocki	Rising Tide Toastmasters Club	PM3
Deborah L. Kumpf	Lakes Region Toastmasters	EH3
Peggy E. Seymour	The Maine Thing Advanced Toastmasters Club	SR3
Heather Perkins	Schooner Toastmasters Halifax	SR3
Michael A. Thompson	Schooner Toastmasters	VC3
Michael A. Thompson	Toast of the Coast Toastmasters Club	SR3
Ito Damola-Aina	Premiere Toastmasters Club	IP3
Angela Harris	True Blue Toastmasters	LD3

Level 4 – August 2021

Name	Club	Designation
Paula Baines	Bangor Toastmasters Club	VC4
Sallie S. Boggs	MDI Toastmasters	IP4
Crystal Lee Cobb	Spotlight Advanced Toastmasters	DL4
Tracy Gatis	East Coast Online Advanced Toastmasters	VC4
James Bernard Kokocki	Rising Tide Toastmasters Club	VC4
Sharon A. Little	Maine Fab Toastmasters	EC4
Heather Perkins	East Hants Toastmasters	DL4
Peggy E. Seymour	The Maine Thing Advanced Toastmasters Club	SR4
Carolyn Handy	Brattlemasters	MS4

Level 5 – August 2021

Name	Club	Designation
Tendai David Muranganwa	Rising Tide Toastmasters Club	PM5
Heather Perkins	East Hants Toastmasters	DL5

District Calendar

September Events

- 2 - #TeamDistinguished Masterclass (for Club Coaches)
- 2 - Senior Leadership team meeting
- 7 – District Director peer call
- 8 – Region 9 Canva training (open to VPPRs)
- 9 - Senior Leadership team meeting
- 12 – Meet Your Leaders Forum
- 13 – VP Education Peer Call
- 14 – District Executive Committee meeting
- 16 – VP Membership Peer Call
- 18 – Hybrid Panel Discussion (prior to DC meeting)
- 18 – District Council meeting
- 22 – President Peer Calls
- 23 – Senior Leadership team meeting
- 26 – District webinar

October Events

- 5– Division Director peer call
- 7 - #TeamDistinguished Masterclass (for Club Coaches)
- 11 – VP Education Peer Call
- 12- VP Public Relations Peer Call
- 14 - Senior Leadership team meeting
- 19 – District Executive Committee meeting
- 21 – VP Membership Peer Call
- 24 – District webinar
- 27 – President Peer Calls
- 28 - Senior Leadership team meeting

November Events

- 2 – District Director Peer Call
- 4 - #TeamDistinguished Master Class (for Club Coaches)
- 6 – Fall workshop
- 8 – VP Education Peer Call
- 9- VP Public Relations Peer Call
- 11 - Senior Leadership team meeting
- 16 – District Executive Committee meeting
- 18– VP Membership Peer Call
- 24 – President Peer Calls
- 25 – Senior Leadership team meeting
- 28 – District webinar

December Events

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

Others Events

- January/February 2022 – Toastmasters Leadership Institute training sessions
- May 20 – 22, 2022 (tentative) – Annual conference

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

Newsletter Publisher – Heather Perkins
Newsletter Editor – Reese Eskridge, DTM
d45.newsletter@gmail.com