

District 45 Toastmasters Newsletter

CAN-AM LINK



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REFLECTIONS ON BEING DISTRICT DIRECTOR

HEATHER PERKINS, DTM



When I started Toastmasters all those many years ago, I never dreamt I would be District Director. I

am now finishing my third go-around. You will see comments about the Area Directors saying how beneficial it was to do the role a second time. That’s not as much the case for being District Director. Perhaps if I had repeated the role in quick succession, it may have been. It was 17 years between my first and second time and 15 years between my second time and now. Things have changed so much in that time. There are certain basics that haven’t changed and knowledge of those basics of being District Director certainly helped me in my role. However, technology has changed how we communicate in so many ways.

One thing that has been reinforced for me this year is the need for personal connections. We have come to rely so much on emails and text and messenger that we fail to use our voice to communicate with each other. It’s what we learn in our meetings, but we don’t use the skills much for personal communication. A phone call or a Zoom call can help us make better connections with each other. And better connections are what so many of us are looking for. We tried to improve direct communication with our peer calls. I think the success of those have been proven and will continue for years. I hope that every Division and Area Director will seek

ways to make those personal connections within their Areas and Divisions. My goal this year was to stabilize the District and to build a solid foundation for growth in coming years. I believe we have done that and now the focus can be on rebuilding the District to what it was ten years ago. We had a District where 40% of our clubs were Distinguished, 50% had a membership of 20 or more, and only 20% had a membership of 12 or less. We can do that again and I’m sure the 2022 – 2023 will definitely map out a path to achieve those results.

The other item of importance that was reinforced for me during this year is the importance of teamwork. We had 6 Division Directors and 23 Area Directors who stepped up to do what was asked of them. We achieved records in the reporting of Area Director visits. These team members also helped with TLIs, the Fall Extravaganza and the annual conference. The Senior Leadership Team worked diligently to help clubs and members achieve success. Crystal, Jonathan, Anne, Albert and Ken all worked tirelessly throughout the year. Nothing would have been achieved without their efforts.

I thank all the members who provided me with words of encouragement throughout the year. I appreciate your support and the willingness of many of you to step up when called upon. Please provide the same support and help to Crystal and her team next year. My hope is that every member and every club was able to achieve the success you wanted this year and that you will continue to succeed in Toastmasters and all aspects of your life.

REFLECTIONS ON BEING PROGRAM QUALITY DIRECTOR

CRYSTAL COBB, VC1, DL5, EC5, PI5

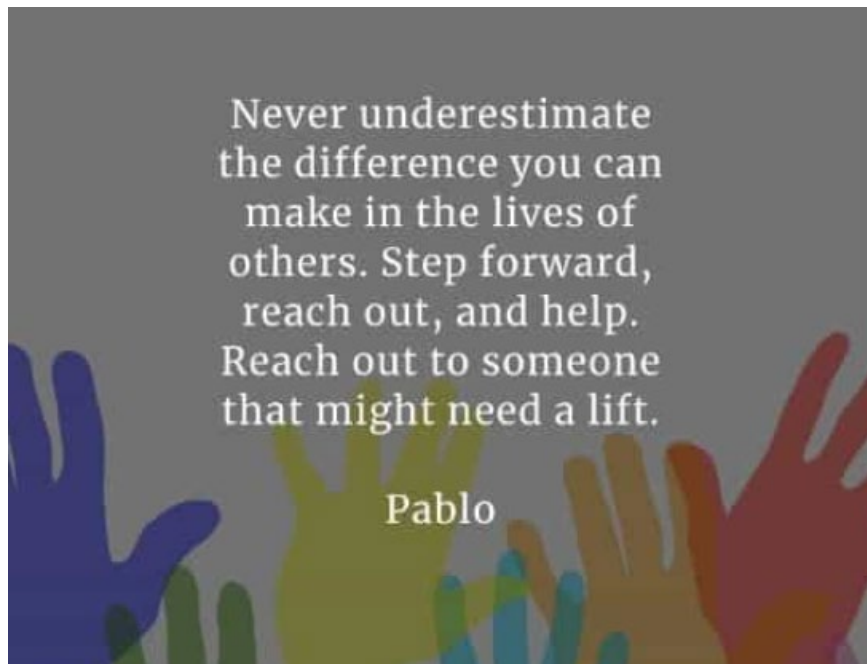


The role of Program Quality Director has been exciting! My favorite part has been connecting with members across the district. Promoting the education program and providing training for club officers was a huge part of my

portfolio this year and I believe that we have provided members with lots of opportunities for learning. From our Sunday evening webinars to the Fall Extravaganza and the Annual Conference, we worked to provide educational presentations and engagement for you! As Program Quality Director, I enjoyed collaborating closely with the other members of the Senior Leadership team and planning the conference with Area and Division Directors! This role allowed me to focus on the details and improve my communication skills. When determining what training to offer members, the details are key, and this position allowed me to use my organizational skills for events such as the Toastmasters Leadership Institute (TLI) sessions.

I must say though, there are two things that really stand out as memorable to me in this role. Can you guess what they are? I LOVED having the peer calls with the Vice President of Education officers. We shared lots of successes and brainstormed how to overcome challenges together. We laughed and joked while supporting each other and I absolutely loved connecting with those who could attend. I feel the most memorable moment that I have had this year goes to.... the Pineapple Party – woohoo! We had games and people came dressed the part! We celebrated success and enjoyed each other’s company. A party that goes down in history as one of my most memorable events this year!

Serving you in this role has been an absolute pleasure. I would be remiss not to thank all those who have helped and encouraged me throughout the year. The best part about leadership is that you are never alone! I encourage you to step into a leadership role so you can help others but also work on your personal goals. Let me know what interests you have, and we will work together to find a good fit for you!



REFLECTIONS ON BEING CLUB GROWTH DIRECTOR

JONATHAN BOHM, DTM



When I first served as Club Growth Director three years ago, most of our District 45 clubs met in person. We had just stumbled into Pathways and were adjusting to that amazing new online experience. But as you

all know, the world has changed. The switch to online meetings, the major disturbances in our work and family lives, and the peculiarities of a pandemic altered the way we looked at Toastmasters.

This year, the District's leadership team focused on helping all clubs build their membership. We needed – and still need -- to preserve, support and rebuild our existing clubs. Club Growth emphasized the reenergization and renewal of those clubs rather than developing new clubs.

I was thrilled to be part of this year's dynamic senior leadership team. The energy, the activity, the push to new ideas and new thinking stimulated all of us. As I look back, I believe that our District has turned a corner. The precipitous drop in numbers of recent years has transformed to an increase in new memberships. Once again, people are realizing the value of Toastmasters.

As I've served, it's been those new members who have motivated me. When I have observed people eager to improve themselves through Toastmasters, I've checked in with myself and often seen new angles on how I can grow with them. I've learned new ways and tried to be open to new ways. And so it was serving on this senior leadership team.

One thing that hit me this year was that when we accept the inevitability of the unknown it should not stunt us but break down outdated behaviors and allow us tremendous possibilities. And yet, a lot of the old stuff has plenty of value. Dealing with this paradox is mind boggling at times, but I believe that this is the road to success in Toastmasters, in life, in relationships.

Ultimately, I have come to see that Toastmasters offers more than I anticipated when I did my first Ice Breaker over a decade ago. The opportunity to serve this year connected oodles of new synapses in my noggin. In a time when nothing seems to be what we've expected, I end this year with great glee at celebrating the possibilities of the unpredicted.

One last thought: when the chance to serve comes your way, take it. The possibilities and the unimagined opportunities will inevitably delight you.

As the sun sets on this Toastmasters year, I think of how bright it will shine again tomorrow.



REFLECTIONS ON BEING PUBLIC RELATIONS MANAGER

ANNE DOUCETTE, IP5, LD5, MS5, DL5, TC5



What a year! There has been a lot on the go this year with regards to publicity. The website is going through a lot of changes, and there are still changes to be made. I would have love to have finished the updates to the website

during my term as Public Relations Manager, but I know the website will be a living document, ever evolving as we continue to add more information to better serve you. I hope the website will be the place for members to go to find out what is going on in the District, as well as information that can help them achieve their individual goals, and help clubs grow and become successful. Thank you to David Phillips and Patrick Schilf who have been a HUGE help with updating the website.

Our monthly newsletter has been full of interesting articles. Many clubs have been sharing article about what is going on with their members and I love hearing the news. Keep on sharing! Thank you to our newsletter editor Reese Eskridge for his dedication and hard work, as well as to our francophone translators and editors, Antoine LeGresley, Pierrette Haché and Denise Haché. It has been so much fun to be able to read the newsletter in French and in English.

We had a focus of increasing engagement on social media and have been quite active, mainly on Facebook and Instagram. Facebook Chair, Sarah Greening, and I created a robust posting schedule to share information with members and increase member engagement. Thank you, Sarah, for your help! A [LinkedIn](#) page has been created, although the page has not been very active the last few months. We created a Facebook Group for the French Toastmasters to connect with each other and share information: [le District 45 de Toastmasters International](#). We also created a [Rotary Toastmasters Alliance](#) Facebook Group to educate, promote and encourage District 45 Toastmasters Clubs who are exploring and forming alliances with local Rotary Clubs.

Monthly Vice President Public Relations (VPPR) peer calls have been interactive and full of information. These calls gave VPPRs the opportunity to network and learn from each other.

When I first joined Toastmasters, I joined hesitantly, not sure if Toastmasters was for me as I was so shy and quiet. However, in the past five years, I have learned and grown so much that I wanted to give back, I wanted to help members and clubs the same way many of you have helped me these past five years! It has been an active year, but it has been a fun year! It was an honour and privilege to serve as your District 45 Public Relations Manager and I thank you all for your support and encouragement. It has been a pleasure to serve the members of District 45.



TOASTMASTERS INTERNATIONAL

District 45

Calendar | Events | Wall of Fame | Resources Library | Upcoming Training | District Leaders | Club Growth | Search for:

Welcome To District 45

Our clubs are meeting online and are ready to welcome you! This is an opportunity to visit clubs, from the comfort of your home, meet other Toastmasters, pick up some meeting tips, and hear some great speeches!



REFLECTIONS ON BEING FINANCE MANAGER

KEN HUBLEY, IP5, PI1



2021-22 will be a year that I will always remember in Toastmasters. This was the first year that I held a District Officer. This was an excellent experience where I learned a lot, and I met many wonderful

people throughout District 45.

Thanks to this role, I learned a lot about how District 45 operated, what Area and Division Directors are responsible for, and about the Senior Leadership Team. I gained a strong appreciation of how each of these parties contribute to supporting members and clubs, while ensuring that we have quality district events to attend. I learned about the District Council and enjoyed participating in these meetings. I gained valuable experience presenting financial reports to a professional audience at these meetings.

My primary responsibility was the management of the Finances for District 45, part of being a good steward for our district. Our District Director previously held this position and was a great mentor for me. The accountants at District 45 were very generous with their time for training. I had the pleasure working with the Audit Committee to review our records and answer their quality questions.

I enjoyed writing blogs for the district website because I tried to answer questions that I had as a new member, for example the difference between the Areas and Districts and where each were located. I shared my learning or research in each of my blogs. My last blog was about reflecting on the past year, which was a process that I enjoyed.

If you are considering in getting involved in the District, the Finance Manager Position Is a great role. If you are prepared to invest 6 to 8 hours a month for meetings, budget work and attending District events, I highly recommend this position. If you are nervous, do not worry as there is a lot of helpful support available from your colleagues in Toastmasters.

REFLECTIONS ON BEING ADMIN MANAGER

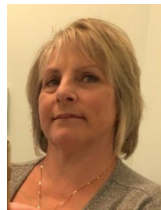
ALBERT CORMIER, MS5, EH5, PM2. SR1



I am very glad that I proactively offered to serve the District 45 Senior Leadership Team (SLT) as Administrative Manager for the 2021 - 2022 year. This opportunity not only allowed me to learn about

the distinct roles and responsibilities of each SLT position (President, Program Quality Director, Club Growth Director, Public Relations Manager, and Finance); it also revealed to me that all must meet often and work together to accomplish what is best for the District. Leaders within a team depend on each other and cannot ensure success if they all work within silos. Our team accomplished quite a lot this year; these included organizing informative webinars and TLIs, providing club growth resources, and using our District 45 website, Facebook, Instagram, and LinkedIn profiles to keep all our members up to date with TI changes and upcoming D45 events. I also obtained a great deal of practice doing two things I enjoy doing in the preparation of meeting minutes and DC reports for our Fall and Spring Business Meetings: writing and proofreading. In addition, I have learned the power of using MailerLite to format and deliver professional-looking weekly communications, welcome emails, and newsletter notifications to our District 45 members. By keeping an eye on our info@d45toastmasters.org email box, I also ensured that all member inquiries were directed to the right SLT member and responded to within a short period of time. If you know you would like to take on a management position in our District but aren't sure which one might be the best fit, think about offering your services as an Administration Manager so you can see all the SLT members in action!

REFLECTIONS ON BEING DIVISION DIRECTOR



My year as Division Director has provided me with challenges, successes, skills, confidence, and relationships that I will carry forward. One certainly does grow and learn exponentially in any Toastmasters role that we take on. I enjoyed working with and learning from with my fellow Division Directors, each of us bring a unique skill set to the virtual table. I am pleased to have had a great team of Area Directors. They did a tremendous job in helping their clubs with achievements and overcoming struggles. I challenge all Toastmasters to take on roles at the club, Area, Division and District level. Stepping up and taking on the responsibility of any role from SAA to District Director are all vital in making our District successful.

My year as Division Director has been amazing! I have learned so much more about people and what makes us "tick" as human beings. Of course, there have been challenges and unexpected scenarios that occurred; but just like a strong workout in the gym, it's hard while you're going through it, but you grow, gain, and improve from it. Going forward I hope to use these experiences (both positive and challenging) and turn them into lessons that I can use to get through future challenges. I stand ready if called on to assist the next Division Director serve her/his Area Directors, fellow Division Directors and our district.

This year as Division Director was particularly rewarding as I was able to witness and participate in the leadership growth of our Area Directors. As the year progressed, the uncertainty they had about their roles was replaced by the confidence that comes from experience and the desire to help each club achieve their goals. I had a great team and look forward to seeing their continued growth in the future.

2021/2022 was a successful year in many ways, we built new friendships and teamwork with Toastmasters around the District. I learned new Zoom skills along with mastering Pathways a little more. I worked with amazing Area Directors who supported their clubs, each other, and me. It's been such a privilege to step out of my 'comfort zone' to grow with everyone! A big shout out goes to the Area Directors, you ROCKED IT!. If you are thinking about being an Area or Division Director, I say GO FOR IT!!!!

I've enjoyed serving as Division. My role is to coach and support my Area Director team. Role clarity is important, and Division Directors aren't supposed to perform club visits, although I did perform one visit for an AD who couldn't fulfill that visit. This year has been another lesson that the most important entity in Toastmasters is the club. Members join clubs and for most members, this will be their entire interaction in Toastmasters. If the member gets to district events or other events, that's great. But for most, their experience in Toastmasters is their experience in their club. I believe the Division team focused well on supporting club excellence and club leaders. But we can and must do better. I wish much success to all the clubs, and the elected and appointed leaders for 2022-2023.

It gave me great pleasure to serve as Division Director. I had a wonderful team of Area Directors. Our take home message from the TLI was teamwork and commitment and we applied this throughout the year. It is a wonderful experience to serve in a leadership position in District 45. There are continuous opportunities for growth, development and networking. There are very few dull moments and many chances to make worthwhile memories.

REFLECTIONS ON BEING AREA DIRECTOR



My first year of Area Director was nerveing. I was afraid I would not know what to do. After the Training and attending meetings, I have learned new skills. I am part of 4 clubs. The zoomed meetings made it easier to attend all my clubs. By being Area Director I have learned more about the education of Toastmasters. What I took away from this is that yes you must have fun, but you also need to learn. In my opinion if you are not doing the paths then why are you in Toastmasters? That's just my opinion.

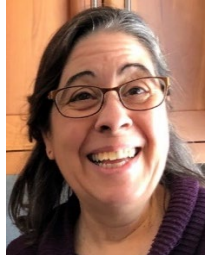
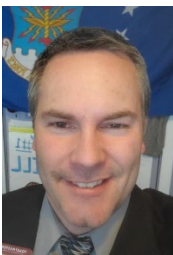
Having been an Area Director before, it was much easier to visit the clubs online than to drive the long distances in my Area. This also allowed me to have an Area further from my own clubs and thus meet new officers and members.

It was such a fun year getting to know our Toastmasters! I had the privilege to meet Toastmasters who have been involved for decades, Toastmasters who are new, and connect with friends. Networking and learning were the primary themes throughout the year. Conducting meetings both in-person and on-line may become the new norm, and so many of our clubs embraced this inclusive approach. There is great enthusiasm within Toastmasters and being able to participate with area clubs was fantastic!

The highlight of my director year was the relationships formed with the clubs, their executive committee and members. I loved it that all 4 clubs had a unique culture. Even though the meetings were essentially the same: welcome, roles explained, speeches, table topics, evaluations, role reports, goodbye, the way they moved through that sequence had its own rhythm and distinct chords.

As an area director, I appreciated the time I carved out to connect with the club members in my area and get to know the club presidents on a personal level. Being able to see the progress each of the clubs made to provide hybrid meetings was inspiring. I learned about myself personally and professionally in all my interactions and recommend the leadership role of Area Director as a great "entry level" role in our District 45. I was supported throughout my term and always got a response when I reached out.

I learned that all clubs don't conduct quality meetings, and some don't even realize they don't have quality meetings. Quality meetings are not just about the number of attendees – they are about members being prepared for their roles and executing them in a professional manner. It's also about the learning that takes place at each meeting.



REFLECTIONS ON BEING AREA DIRECTOR



My first go-round as Area director was 4 years ago. It was a good experience; I enjoyed it. This year, knowing what to expect, was much more enjoyable. Being able to meet on Zoom allowed me to go to *all* my clubs' meetings. Full disclosure – I am a member of two of them. Area Director is an excellent way to hone your leadership skills, work on your follow through skills, learn to work with different personalities and most of all, get to know and help your area members attain their goals. You should do it!

My leadership skills have really grown this year! Holding the Area Director role for 2 years has done me well! Direct communication, leading on the fly, making decisions without council when needed, clear written communication not to mention a leader's mindset, just to name a few! For anyone that has taken on the Area Director role and has just completed their first year - do it again! You honestly won't be sorry! The first year you go through the motions blindly, to get things done - the 2nd year - you tweak what you've done in the past to make it better and spar yourself on to be better than you were the year before! There aren't many roles that you can just do once and get everything out of it! I'm glad I said yes the second time around!

Being Area Director helped me to overcome my fear of public speaking and to improve my self-confidence. It was like taking a personal growth course with Toastmasters. I really liked the experience as I met new people and worked with other clubs. From that experience I am now ready to take other leadership roles that I never thought I would be able to do. I would recommend the role of Area Director to any Toastmasters wanting to improve their leadership skills.

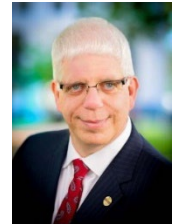
As Area Director this year I planned out my activities each month and succeeded in helping my clubs as much as possible. I served the role previously but found this year easier when several Area Directors collaborated to assist in one large meeting for three different Area Contests. I would recommend the role to anyone who wants to help other Toastmasters beyond their own club as you meet lots of new members and learn and assist in helping with the many challenges that can be achieved in a Toastmasters meeting.

Agreeing to be Area Director turned out to be a fantastic decision. I met great people at the clubs and on the District team. I learned more about the program and Toastmasters generally as well as about my own leadership style and skills.



FOCUS ON SUCCESS – 2022 ANNUAL CONFERENCE

Did you miss it? Focus on Success, the D45 conference, was a fantastic conference with three great contests and great presentations from our D45 members. We had interesting and informative presentations from 2021 World Champion of Public Speaking Verity Price and our Region 9 International Director Jeff Sobel. We elected officers for next year and realigned our District.



We celebrated successes and we heard about the lifelong learning and mentoring from our C & L recipient Gordon Michael. And of course, what would a conference be without a dance.

The Conference Welcome on Friday evening featured a leadership “walk-in” like you’ve



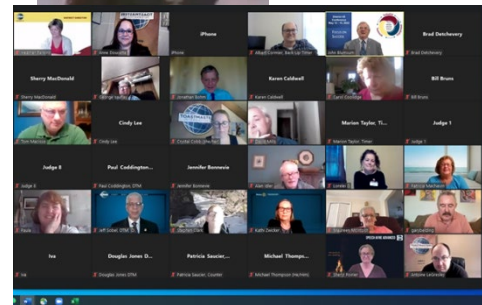
never seen before (and are unlikely to see again). Our District Director Heather Perkins, Program Quality Director Crystal Cobb and International Director Jeff Sobel are highlighted here. You can see the entire “walk-in” at



<https://d45toastmasters.org/spring-conference-2022>.



We held the first-ever online virtual dance with DJ Albert Cormier. We announced our mystery guest Heather Fairchild and she danced her way to recognition. It was a small but mighty crew who partied until late Saturday evening.



No conference could happen without a team of dedicated volunteers. An online conference is no exception. Thanks to every member of the committee for their efforts in ensuring that there was the best experience possible. It definitely was a team effort.

COMMITTEES AND CHAIRS

Logistics Chair and Zoom Master Coordinator Kelley Demers

Contests Chair Crystal Cobb

Marketing & Publicity Anne Doucette, Patrick Schilf and Paula Tozer

Open Ceremonies Producer Lesley Carter

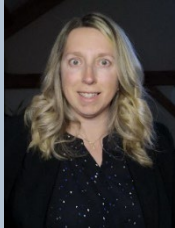
First-Timers and Dance DJ Albert Cormier

Games Madhu Kanji

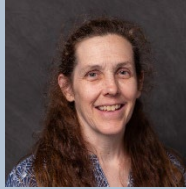
International Director Visit Coordinator Jonathan Bohm

To paraphrase a common expression: We **learned** as if we were to live forever, We **competed** like there were no winners, we **shared** all we had to share, we **laughed** like no one was listening, we **smiled** till our faces hurt, we **danced** as if no one was watching and we **dreamed** like there are no impossibilities.

2022 – 2023 DISTRICT OFFICERS



District Director Crystal Cobb



Division A Director Marcia Rogowsky

**Program Quality Director
Tom Macisso**



Division C Director Antoine LeGresley



**Club Growth Director
Paul Coddington**



Division D Director Michael Lawlor

**Public Relations Manager
Lesley Carter**



Division G Director Susanne Melling



SPEECH CONTEST WINNERS

**International Speech
Contest – Joe Grondin**



**Humorous Speech Contest
– Donna Accettullo**



Table Topics Contest – Ahmad Almallah



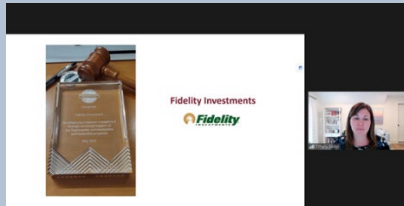
OTHER WINNERS

Ted Nichols award – Live, Speak or Die Toastmasters #4732112

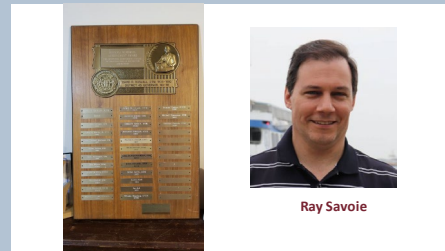
Terry Chinnery award – Toast of the Valley #9719

Multimedia Omnipresence Award – Cape Breton Toastmasters #3285

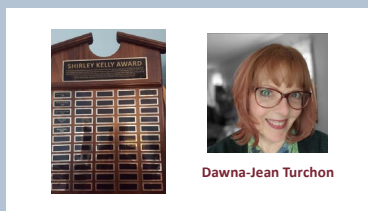
Corporate Recognition Award – Fidelity Investments



Dave Rosvall Award – Ray Savoie



Shirley Kelly Award – Dawna-Jean Turchon



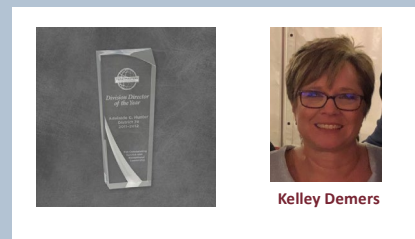
Darlene Dunn Award – Paul Coddington



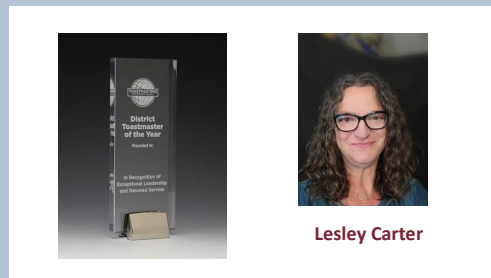
Area Director of the Year – Michael Lawlor



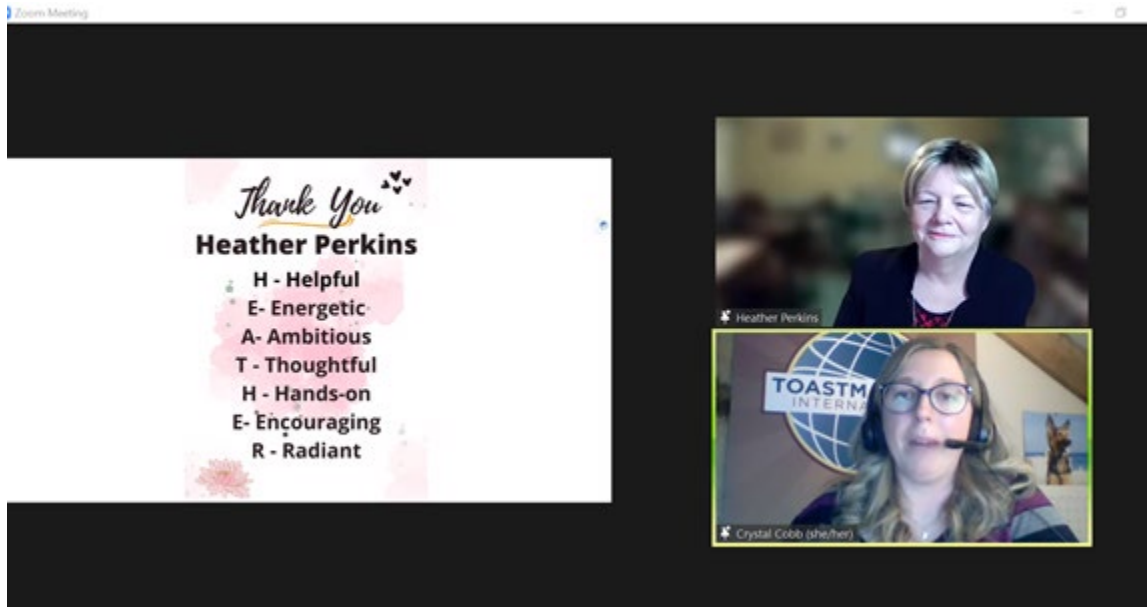
Division Director of the Year – Kelley Demers



Toastmaster of the Year – Lesley Carter



At the end of the awards ceremony, PQD gave a tribute to our District Director Heather Perkins. She used the letters of Heather's name to describe Heather's contribution to the District and to Toastmasters, this year as well as former years.



DO YOU LIKE TO PARTY?

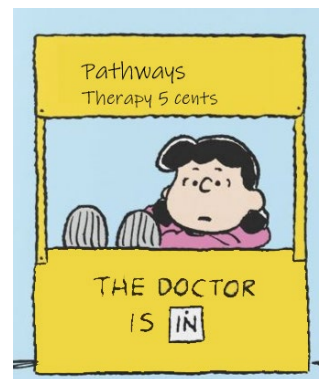


It has been a year of hard work and dedication! As we come to the end of our Toastmaster year, we invite you to our end of year social. Join us on Zoom,

Sunday, June 26th at 7pm ET/8pm AT for an hour of wholesome fun with friends. Our professional party planners are nailing down the details of this social event, but we promise you that it is not to be missed! Watch our website, weekly email, and social media for more details soon!

PATHWAYS THERAPY

Hard to believe this will be our last therapy session of this Toastmaster year. We hope you feel supported in your Pathways journey and are more comfortable navigating your path! We are excited to host a session on Tuesday, June 21st starting at 7pm ET/8pm AT. We will be diving into the details of Level 5 in Pathways and providing an overview of the road to DTM. We look forward to seeing you there!



(From Peanuts by Charles Schultz)

TOASTMASTERS LEADERSHIP INSTITUTE

It's that time of year again! Toastmasters Leadership Institute (TLI) training sessions are being held this month! The sessions are open to any Toastmaster, but club officers are highly encouraged to attend to learn, share and network with other officers to help you succeed in your officer role for the upcoming year.

There are 7 sessions to attend to get credit for having your officer role training completed. **If you hold more than one officer role, you do need to attend each officer breakout to receive credit for each role.** For example, if you are President in XYZ club and VPPR in ZYW club, you must attend session 4 twice – once in the President breakout room and once in the VPPR breakout room. If you have questions about credit, please reach out to Program Quality Director, Crystal Cobb d45.crystalcobb@gmail.com before the TLIs start to get clarity on what is needed for your specific scenario.

You can mix and match the sessions to meet your schedule needs. We have 4 evening dates and a Saturday date available. The sessions are as follows:

Session 1: Division Breakouts – “Club Success Plans”

Session 2: Branding – “Promoting Your Club and Our Organization”

Session 3: Zoom – “Basic Tips to Set Up Meetings for Your Club”

Session 4: Officer Breakouts – “Roles and Responsibilities”

Session 5: Effective Meetings – “A Showcase for Success”

Session 6: Club Central – “Navigation to Success”

Session 7: Lessons Learned

To see dates and times each session is offered and to get the Zoom link, visit <https://d45toastmasters.org/tlis>

These sessions are hosted to help you succeed in your club officer role. You can also network with other officers across the district to learn best practices and share tips on how to overcome struggles. We look forward to seeing you!



AROUND THE DISTRICT

DIVISION A

Concord Toastmasters has had an exciting Month! Welcome to our two new members this month: Cara Meeker and Gregory Naigles (dual member with Capital Toastmasters). We are looking forward to adventuring with them!

Congratulations goes to our own Paul Coddington, DTM for receiving the Darlene Dunn Award- Outstanding Mentor at the District Conference, Further congratulations for being elected as the new Club Growth Director for District 45!

Concord Toastmasters announces its new officers to the Executive Board 2022-2023: Dale Randal, President; Sarah Chaffee, VP Education; Karim Makhoul, VP Membership; Catherine Ryan, VP Public Relations; Secretary, Ariana Ziminsky; Treasurer, Alex Campbell; and Rick Dymont, Sgt. At Arms.



Congratulations and shout out to more of our members for achieving our ROUND ROBIN, all roles this year 2021-2022! Those who filled all roles at least one are Ann Walls, Betsy Black, Catherine Ryan, Dale Randall, JoAnne Martin, Rick Dymont and Sarah Chaffee.



DIVISION B

This year, each Division Director in District 45 was given some money by the District Director to be used as an "incentive fund." With the many challenges that we have faced as Toastmasters over the past couple of years, I thought it would be helpful to have an in-person award ceremony where we could safely get together, laugh, share stories, and recognize each other and our Division contest winners.

This ceremony, held at the Augusta Elks, on a beautiful Sunday afternoon in late April, was simply awesome! I (really all of us) were very fortunate to have two amazing speakers: Mike Harris, who delivered a magnificent, humorous speech and Angela Chute, who provided, as usual, an educational and entertaining presentation.

This event could not have been possible without the help of so many people: Paula Baines, who donated some beautiful flower arrangements that were placed on each table; Maria Winn, who was the Toastmaster/host for the event; DJ Turchon, who provided her usual expert technical assistance; and last but certainly not least, our planning committee of Rachel Walsh (great job on the programs!) Lisa Higgins, and Greta Heimgartner, who ensured we had elegant food platters despite working on a limited budget.

Understanding that some people need or prefer virtual meetings, I sincerely hope that we can continue to conduct these types of in-person ceremonies & opportunities! Division B has so much talent - thank you to everyone!

AROUND THE DISTRICT CONT'D

Kathryn Hanson DTM first joined Toastmasters in 1992 at the advice of a co-worker. She started in Saint John Toastmasters and helped form both KV Toastmasters and Harbourside Toastmasters. She moved to the Harbourside club, a lunchtime club, permanently around 2005 to keep her evenings free for the hockey players in her family. In the past 5 years Kathryn has taken up the art of rug hooking and is currently serving as both the Website Director and Membership Director for the Rug Hooking Guild of Nova Scotia. Kathryn makes great use of her Toastmaster skills of presenting, providing feedback and being part of a team to help the Guild serve its world-wide membership. Her rug, "Let there Be Light" was part of an exhibit sponsored by the Carnegie Rug Hooking Club to remember Andrew Carnegie. The design, used with permission, is an adaptation of a carving over the door of the old Edinburgh Library. The Carnegie Club meets in the Saint John Art Centre, a former library built by Andrew Carnegie.

DIVISION C



ANNIVERSARIES



Of the approximately 1,100 members in our District, about 45% have been a member for at least 5 years, 22.5% have been a member for at least 10 years and 5.5% have been a member for 20 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 **June**.

Name	Club	# of Years
Matthew Jencks	Dirigo Leaders	5
Joanne Martin	Concord Toastmasters	25
Tessah Woodman	Provincially Speaking	20
Loretta Dutil	Ecotoasters Club	5
Lesley Bechtold	MDI Toastmasters	10
Lara Bailey	Brunswick Toastmasters	10
Richard Parks	Dynamic Speakers	10
V. Yvonne Tabb	MDI Toastmasters	10
Jennifer Bonnevie	Cole Harbour Toastmasters, East Coast Online Advanced	
Wayne A. Cooper	Rising Tide Toastmasters Club	5
Laura Halleck	Nashua-Hudson Club	5
Brent Jamael	Mid Day Toastmasters	5
Tina Learmonth	Rising Tide Toastmasters Club	5
Catherine Ryan	Concord Toastmasters	5
Cindy Sarvai	Millyard Toastmasters	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 **June**.

Dartmouth Toastmasters #3119 of Dartmouth, NS chartered **59** years ago on June 1, 1963.

Toastmasters of Greater Burlington #4899 of Burlington, VT chartered **40** years ago on June 1, 1982.

Greater Portland Toastmasters #9558 of Portland, ME chartered **25** years ago on June 1, 1997.

Rising Tide Toastmasters #6493141 of Saint John, NB chartered **5** years on June 28, 2017.

Every month, members who have achieved designations in Pathways are recognized. If you feel you have not been recognized, it may be because of your privacy setting. You must answer yes to “Your Name on Public Reports” in your profile. Otherwise, you can’t be recognized publicly by the District. Get the recognition you deserve.

Member Awards

Level 1 – May 2022

Name	Club	Designation
Robert Bateman	Riverside Toastmasters	EH1
Eric Jordan	Toast of the Coast Toastmasters	VC1
Helena Yang	Riverside Toastmasters	PM1

Level 2 – May 2022

Name	Club	Designation
Anne Doucette	Riverview Canusa Toastmasters	TC2
Casey Jenkins	Portsmouth Toastmasters	EH2
Sheryl Poirier	Speech Afire Advanced Toastmasters	SR2
Cynthia Sarvai	Millyard Toastmasters	TC2
Latricia Saucier	Dirigo Leaders	LD2
Anh Truong	Riverside Toastmasters	IP2

Level 3 – May 2022

Name	Club	Designation
Carol Coolidge	Champ Masters	SR3
Liyng Cui	Penmen Toastmasters	PM3
Anne Doucette	Riverview Canusa Toastmasters	TC3
Kristen Gould	White Mountain Toastmasters	PM
Casey Jenkins	Portsmouth Toastmasters	PM3
Casey Jenkins	Portsmouth Toastmasters	LD3
Eric Jordan	Toast of the Coast Toastmasters	EH3

Level 4 – May 2022

Name	Club	Designation
Anne Doucette	Riverview Canusa Toastmasters	TC4
Marina Kirsch	Exeter Speak-Ups Club	PM4
Sheila Oranch	White Mountain Toastmasters	PM4

Level 5 – May 2022

Name	Club	Designation
Anne Doucette	Charlottetown Toastmasters Breakfast Club	TC5
Ken Hubley, IP5	Schooner Toastmasters	IP5
Diane Tremblay	Dartmouth Tic Talkers Toastmasters	TC5
Kathi Zwicker	Saint John Club	DL5

Trailblazer Award – May 2022

Name	Club
Carol Coolidge	Champ Masters
Casey Jenkins	Portsmouth Toastmasters
Eric Jordan	Toast of the Coast Advanced Toastmasters
Marina Kirsch	Exeter Speak-Ups Club
Diane Tremblay	Dartmouth Tic Talkers Toastmasters

IN MEMORIAM



Distinguished Toastmaster Heather Drope Marchione died on May 28, 2022. Heather joined Spirit-ed #5375 on September 1, 1993. Heather was always very active in her clubs and in the District. To Heather, DTM stood for Dedicated Toastmaster and she embodied a dedicated member. She served as Area Director several times and as Division Director and frequently as a club officer. She attended conferences faithfully and enjoyed making new friends. A highlight for Heather was attending the International convention in Cincinnati in 2013. She successfully mentored many new members and was willing to take on executive roles whenever called upon. Another highlight for Heather was winning the Division D Humorous contest in 2021. She helped out with many demo meetings and was ready to jump in the car and travel to wherever needed to help with a demo meeting. At the time of her death, Heather was a member of Creatively Speaking #2011635, East Hants #6935109 and Toast of the Coast Advanced #4592. Heather will be missed by all those who knew her.

*Do not stand
By my grave, and weep.
I am not there,
I do not sleep.
I am the thousand winds that blow
I am the diamond glints in snow
I am the sunlight on ripened grain,
I am the gentle, autumn rain.
As you awake with morning's hush,
I am the swift, up-flinging rush
Of quiet birds in circling flight,
I am the day transcending night.
Do not stand
By my grave, and cry.
I am not there,
I did not die.*

District Calendar

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

June 2022 Events

16 – Toastmasters Leadership Institute
18 - Toastmasters Leadership Institute
22 – President Peer Calls
23 – Senior Leadership team meeting
24 – District celebration
28 – Pathways Therapy Session

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

At the end, it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back.

- DENZEL WASHINGTON

Newsletter Publisher – Heather Perkins
d45.newsletter@gmail.com