

District 45 Toastmasters Newsletter

# CAN-AM LINK



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### CLUB ELECTIONS: YOUR OPPORTUNITY CALLS

DISTRICT DIRECTOR JONATHAN BOHM, DTM



*I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have*

*sought and found how to serve. —Albert Schweitzer*

May. Lilacs, hummingbirds and Toastmasters Club Elections. As we wrap up the year, it's time to elect new club officers. One of our four core values is service. Serving our fellow members is not just a duty nor a high moral goal, but ultimately existential: If we don't have leaders, we can't have clubs.

By now your club's nominating committee should have presented a slate of candidates. Remember that even if you have a full slate of candidates, you must ask for nominations from the floor.

Your club should elect these officers at the first meeting in May, but definitely before the June TLI. As with all things this year, your elections will likely be held online. Zoom offers anonymous voting by using its polling feature, and if you need help, your Area Director is a great resource.

The opportunity to serve as a club officer is rich with rewards. Paramount is the value of service. Service is societal and individual need. As an officer, you are serving your fellow members, helping them to gain and grow. Remember that others have served you, and now it is your obligatory opportunity to reciprocate. No group, no club can exist without leaders.

*You may be a businessman or some high degree thief,  
They may call you Doctor or they may call you Chief  
But you're gonna have to serve somebody,  
yes indeed  
You're gonna have to serve somebody. — Bob Dylan*

You will blossom beyond your dreams when you serve. Self-growth is integral, not optional, when you take on an officer role. It's a highway to building your leadership skills, and enhancing your organizational abilities in a team environment. You will amplify your professional and people skills by working and networking. In this 21<sup>st</sup> century, these are valuable commodities in everything from your family life to your professional aspirations.

Serving as a club officer offers so much space for self-improvement, but there is a higher, sometimes intangible reward. Your leadership should contribute to the growth of your club. Working toward collective success will inevitably inspire initiative. Your position allows you to bring about positive change, creating a stronger club. When your club thrives, you will flourish. Leadership is a reciprocal engagement.

Obligation, opportunity -- taking a club officer role is a multi-faceted diamond. You might not think you can afford this jewel, but I assure you that when you serve, you will burgeon and prosper. Indeed, you will prove to yourself the deeper meaning of our tagline, Where Leaders Are Made.

*It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself.... Serve and thou shall be served. —Ralph Waldo Emerson*



## Public Relations Tip



Do you feel that you are constantly advertising? You are contacting local papers, posting on social media, and

hanging fliers around your community but still feel like no one is listening.

Perhaps you need to look at the content of your advertising – what are you putting out to the world? Are you showing people the benefits of Toastmasters? Are you telling people how Toastmasters has changed your life for the better? Are you talking about how you have improved your time management skills?

We have the tools we need to effectively promote our clubs and we practice using these tools in Toastmasters: writing, speaking and conversations.

Tool #1 is writing: We practice writing speeches all the time! We structure our speeches with an introduction, body, and conclusion. Let's use these skills by writing and sharing about Toastmasters. We can write about what the education program has taught us, how it's given us the ability not to freeze when asked a question in a group or how it's given us confidence to raise our hand and speak in front of people!

Tool #2 is public speaking: As Toastmasters, most of us LOVE to talk. This is the perfect way to engage groups and individuals. Start conversations with strangers or acquaintances, ask them questions to get them talking because people love to talk about themselves! Find out what they struggle with when it comes to public speaking and leadership – this will give you the opportunity to plug Toastmasters and share what it has done for you!

Tool #3 is one-on-one conversations: We all know the word of a trusted friend or colleague can be the reason why someone will try something. Invite your friends and colleagues in one-on-one conversations! They will be more inclined to join with a direct ask!

Crystal Cobb  
Public Relations Manager

## Things to Remember

Are you planning to attend the online conference May 13 – 16? If not, why not? There is every reason to believe that next year's conference will be held in-person. There are many members who are looking forward to gathering in-person and renewing friendships. An online conference is as accessible as it can be. You can easily attend without the expense of travel and without having to take time off work in most cases. Better yet, the conference this year is FREE. Once again, it's more accessible because there is no cost associated with attending other than your time.

What do you get for your time? The various educational presentations are enumerating elsewhere in the newsletter along with all the other events associated with the conference. In particular, you get to meet and engage with members you haven't met before. It may not be the same as in-person but it's still an important aspect of the conference. There will be breakout rooms available throughout the conference just so you can have a private conversation with one or a couple other members. Many of us make new connections during the conference. Making connections is an important factor in keeping members in Toastmasters. They may be connections with members of your home club(s), connections you made at conferences or connections you make online. What starts out as connections often flourishes into friendships. Those friends can be a source of support for you as you continue your journey in Toastmasters and in your personal life.

Invest your time in this conference. You will learn from the presentations. You will learn from the speech contests. You will learn from talking to our candidates. Best of all, you will renew friendships and make new friends. It will be time well-spent.

### A WELCOME FROM OUR CONFERENCE CHAIR



I am happy and excited to invite all of you to join in on all the festivities at this year's Annual Conference, May 13 – 16, 2021. As everyone is aware, due to Covid-19 our entire conference is via Zoom. All events are free to attend. Our theme this year is "Sharing Stories". There will be lots of opportunities to share and network throughout the entire conference. For the First Timer's, there will be a special gathering for you. Meet your old and new friends in the Hospitality Suite each night at the close of the day.

We have several Educational presenters throughout and this year for the first time two will be presented in French. It's a pleasure to have Past International President, Mohammed Murad, DTM, as our Keynote Speaker on Saturday. Our Business Meeting and Awards Ceremony is always enjoyable. This year we have three contests. Thursday night will be the Humorous Contest, Saturday afternoon will be the International Contest and the Evaluation Contest will be held Sunday morning. Be sure to join in and cheer on all the contestants

It's always a thrill to watch our incoming District Officers inducted and hear the memories of our outgoing District Director, Jonathan Bohm.

There will be lots of excitement, fun, social times and educationalist throughout the four days. All agendas are posted on the District 45 website and the District 45 Facebook page. More information will be provided with the link and updates. Since the conference is free, there is no registration required.

I look forward to all of you joining in and having an enjoyable experience.

Candice Buell, DTM  
District 45, 2021 Annual Conference Chair

### OUR KEYNOTE PRESENTER



Our keynote speaker is Past International President Mohammed Murad of Dubai, United Arab Emirates (UAE). Mohammed is an entrepreneur and manages four companies. After a 20-year career with the Dubai Police force, he retired as a Lt. Colonel in 2003. He has more than 27 years of experience as Director and CEO in the fields of Emergency Medical Services Management, Human Resource Development and Strategic Planning all in the Government of Dubai.

After his retirement from the police, he was tasked with heading Dubai's Institute for Human Resource Development as CEO. He then became the Chief for Excellence and Performance in the newly established Community Development Authority for Dubai Government, where along with the strategic development team, laid down the strategic plan and structure of the entity and successfully launched the Authority through a Decree.

Mohammed served as International President of Toastmasters International in 2014-15. He has extensive experience in Quality Systems, Coaching and Leadership Development with a multi-national workforce in the private sector. He is an entrepreneur, a consultant and a trainer. Mohammed is a certified Facilitator for MTA Experiential Learning. He is also a Certified Health Coach through the Institute of Integrative Nutrition (IIN).

Mohammed holds two Masters degrees, an MBA and a Masters in Quality Management (MQM) both from the University of Wollongong, Australia. He enjoys extreme sports for recreation, but compensates that with a lot of quiet time. For your information Mohammed is an extreme introvert. He has now replaced his love for the three ladies in his life (daughters, Amal and Eman and his wife of 30 years, Zareena) with his love for two more beautiful ladies, his two grand-daughters, Osha and Noura.

Mohammed's presentation is titled *Life – Our Greatest Leadership Opportunity*. Leadership opportunities are ample in our lives. Do you see the possibilities when put in front of you? The secret to embracing opportunities begins with how we perceive and receive them, and how we proactively make the most of them. Filled with personal stories and other success stories, this thought-provoking session will enlighten you to take better control of your opportunities. This is a journey you won't want to miss.

### PRESENTATION PAIRING #1 – 9:30 AM AT

#### EDUCATE AND INSPIRE: APPEALING TO FRAMES OF MIND

Howard Gardiner's Theory of Multiple Intelligences provides a useful framework for speech writing that can help you inform and impact your audience. The eight "intelligences" include: musical, linguistic-verbal, logical-mathematical, visual-spatial, interpersonal, intrapersonal, bodily-

kinesthetic, and naturalistic. We all have our unique combination of abilities and talents within these "frames of mind." In a sense, this combination tells us "how we are smart" rather than "how smart we are."



**Albert Cormier** holds a B.Ed. and a Certificate in Adult Education. His diverse work roles in the past quarter century include Science teacher, university and community college instructor, corporate trainer, instructional designer, and website copywriter. He loves using his public speaking, communication, and training skills as a seasoned Toastmaster.

#### COMMUNICATION VERBALE ET NON VERBALE ET LE POUVOIR DES MOTS



Tout à propos de la Communication: Comment le langage verbal et nonverbal peuvent parfois se contredire. Le pouvoir des mots, comment s'assurer que notre demande soit bien comprise.

**Pierrette Haché**, DTM, a commencé Toastmasters en 2009 avec le Club ComMuniqueAcadie où elle a fait ses premiers pas pour ensuite en 2011 être présidente fondatrice du club Arcadie du Grand Caraquet où elle a continué sa progression et a atteint son DTM en 2020. Présentement, sa mission est d'aider les clubs francophones à mieux performer et aider à la création de nouveaux clubs.



Sharing Stories



**EMOTIONAL INTELLIGENCE**

Have you ever noticed your feelings? How often have you stepped into others’ shoes and experienced their emotions? How well do you understand what you feel and why you feel so? Emotional Intelligence is our mind’s ability to perceive, manage, and express emotions effectively in real

**Tina Learmonth** is the Area Director of Bayshore Home Care Solutions in New Brunswick. She has been dedicated to the home care sector for over 20 years and brings with her a tremendous amount of community involvement, sitting on various committees and associations as both standing members and executive. Tina is a passionate advocate for quality care and appropriate training for the staff who deliver it.

**Melissa Villarreal-Martinez** is originally from Mexico. She moved with her family to Canada 6 years ago. Obtaining Canadian experience and knowledge working as an educational assistant at Bright Path & Sistema NB, providing support to kids in need.

With a Bachelor’s degree in International Business from a renowned Mexican university, she continued her professional path here in Canada, recently graduating from the supply chain and logistics program with distinction and obtaining the CIFFA certification and having completed a successful internship at Port Saint John. She currently is the project coordinator at Aquila center for Cruise Excellence. She is passionate about the wellbeing of families, developing her skills, enjoys travel, discovering new places & meeting new people.

**Lisa MacDonald** is from Quispamsis New Brunswick. Her current role is a Documentation Specialist / Customer Service Representative for Irving Forest Services. Lisa oversees the container shipments for Irving Paper, Irving Pulp and Paper, and Lake Utopia. Her goal is to become a better speaker in general. By becoming a better speaker, she will be able to communicate better achieving a more fulfilled life. She is a self-professed thinker rather than a doer and through her recent studies on emotional intelligence, she has gained the tools to learn how to become a doer.

**Information on Presentation Pairing #2 was included in the April newsletter**

**THINGS TO REMEMBER**

As a Club President or VPE, you have a vote at the District Council meeting. However, you must attend to vote. There are no proxies for an online Council meeting.

If you’re interested in helping, contact Conference Chair, [Candice Buell](#).

### PANEL PRESENTATION ON SUCCESSFUL CLUB GROWTH

Six panelists from flourishing clubs that successfully recruited new members during the past year, regardless of Covid-19, will share their tips and tricks. These clubs have recruited six or more new members during the year. The panelists will discuss specific techniques that worked for them for attracting new members in this online environment. Even as we begin to transition to in-person meetings over the next few months, these successful strategies for building membership will be relevant, useful, and helpful and a boost to all.

### ROTARY/TOASTMASTERS ALLIANCE



This presentation will provide you with information on Rotary and the Rotary/Toastmasters Alliance. Learn how the alliance can benefit your clubs. Topics to be covered are:

1. Greetings and appreciation
2. The Paul Harris Story & the beginning of Rotary
3. Rotary Today
4. Rotary Opens Opportunities for Tomorrow
5. Back to basics and the importance of service to Rotary
6. Building relationships and developing partnerships
7. The Rotary Toastmasters Alliance
8. How we can help each other
9. Together we can serve to change lives

Born the son of a Rotarian, **John Slipp's** official career in Rotary began in 1982 with the Woodstock High School Interact Club, then was selected to represent Woodstock High School at the Rotary Adventures in Citizenship Program in Ottawa in 1983. John has been an active Rotarian since 1987 and as a member in clubs in St. Catherine's, Ontario, Fredericton and Woodstock, NB. In addition to serving as Club President of the Rotary Club of Woodstock John has previously served as the District Trainer and the District Literacy Chair. A graduate of the Rotary Leadership Institute and a multi-Paul Harris Fellow John is the 2016 recipient of the Donald McRae Peace Award from Rotary Zone 24. After playing an active role as part of the Rotary Project Give Team including travel to Guatemala to help construct, deliver and train residents on the use of bio-sand water filters, eco-stoves and toilettes, John was also involved with the planning for Chapina Bonita Rotary Guatemala.

### COMMUNICATION AND LEADERSHIP AWARD

*The Communication and Leadership Award is presented by the District to a person in the community who is an outstanding communicator or leader. This award is presented each spring to a deserving recipient who has served their community in a variety of ways.*



This year our District 45 Communication and Leadership Award winner is Jennifer Entwistle, co-chair of the Newburyport Literary Festival. The first Newburyport Literary Festival opened on April 28, 2006. Presented by the Newburyport Literary Association, the festival is an annual celebration of literature, readers and writers. In 2021, the Festival featured presentations by over 85 authors and poets.

**THE SCHEDULE**

<b>Thursday, May 13</b>	
6:30 pm ET / 7:30 pm AT	Humorous Speech Contest
8:00 pm ET / 9:00 pm AT	Meet the Candidates
8:45 pm ET / 9:45 pm AT	Hospitality/Networking

<b>Friday, May 14</b>	
5:30 pm ET / 6:30 pm AT	First-Timer's Event
6:30 pm ET / 7:30 pm AT	Networking
7:00 pm ET / 8:00 pm AT	Opening Ceremonies
7:30 pm ET / 8:30 pm AT	Fun Time
8:00 pm ET / 9:00 pm AT	Candidates Showcase
9:15 pm ET / 10:15 pm AT	Hospitality/Networking

<b>Saturday, May 15</b>	
8:30 am ET / 9:30 am AT	Presentation Pairing #1 (45 minutes) (2 English, 1 French)
9:30 am ET / 10:30 am AT	Panel Presentation (45 minutes)
10:30 am ET / 11:30 am AT	C & L recipient
11:00 am ET / 12:00 pm AT	Keynote Speech
12:00 pm ET / 1:00 pm AT	Lunch break
12:45 pm ET / 1:45 pm AT	District Council Meeting
2:30 pm ET / 3:30 pm AT	Break
2:45 pm ET / 3:45 pm AT	International Speech Contest
4:15 pm ET / 5:15 pm AT	Awards (Club awards, Trail Blazer awards)
4:45 pm ET / 5:45 pm AT	Announcement of Winners
5:00 pm ET / 6:00 pm AT	Dinner Break/Networking
5:45 pm ET / 6:45 pm AT	Presentation Pairing #2 (45 minutes) (2 English, 1 French)
6:30 pm ET / 7:30 pm AT	Awards (Of the Year, DTMs)
6:45 pm ET / 7:45 pm AT	Farewell Speech by District Director
7:00 pm ET / 8:00 pm AT	Hospitality/Networking

<b>Sunday, May 16</b>	
9:00 am ET / 10:00 am AT	Evaluation Contest
10:00 am ET / 11:00 am AT	Break
10:15 am ET / 11:15 am AT	Rotary/TI Alliance
11:00 am ET / 12:00 pm AT	Induction of 2021 – 2022 Officers
11:15 am ET / 12:15 pm AT	Speech by Incoming District Director
11:30 am ET / 12:30 pm AT	Announcement of Winners
11:45 am ET / 12:45 pm AT	Adjournment



Pathways/Zoom Tips

**PATHWAYS TIP:**

Plan a membership drive or open house for your club and use it as a level 4 or level 5 project. There are some paths where the mandatory project requires you to put together a team and lead them in a project. The membership drive or open house would both be excellent opportunities to complete those projects.

Take on the role of a mentor to a new club member and complete the Pathways Mentor Program. You must have completed Level 2 in a Path to access the Pathways Mentor Program and there are three levels in that Program. There is excellent material in that Program. You may never mentor the same way again.

**ZOOM TIP**

Add Zoom Master role on your agenda so that different people can sign up and practice being the Zoom host during your club meeting. Being Zoom host will give lots of opportunities to learn and grow in the online environment. One thing you might want to try as Zoom Master is spotlighting different people during the meeting. You could spotlight each Table Topics speaker. You could spotlight both the Toastmaster and the speaker during the introduction and then just the speaker during the speech. You could spotlight both the speaker and the evaluator while the evaluation is being given. You must be host or co-host to spotlight. You can spotlight up to 9 participants – great for a panel discussion.



Announcements

**INCENTIVES**

There is one incentive for which winners are being announced. This incentive is for clubs that increased their net membership (from the October dues) by 10% between January 1 and March 31 (with dues paid by March 31). The incentive of 25 District Dollars must be claimed by June 15th by contacting [District Director Jonathan Bohm](#).

- 1383 Horseshoe Pond Toastmasters
- 1479 Saint John Club
- 1555 Sears-Halifax Club
- 1843 Harbourside Club
- 2112 Capital Toastmasters
- 2156 Brunswick Toastmasters
- 2173 Hub City Toastmasters
- 2204 Fredericton Toastmasters
- 2440 Nashua-Hudson Club
- 2672 Riverside Toastmasters
- 2738 Premiere Toastmasters
- 3608 Winning Speakers Club
- 3948 Speak-Easy Toastmasters
- 5375 Spirit-Ed Toastmasters
- 5382 Riverview Canusa Toastmasters
- 5386 Sussex Toastmasters
- 6423 Civil Speakers Club
- 6871 True Blue Toastmasters
- 7268 Blueberry Hill Club
- 7347 Amoskeag Better Communicators
- 7926 Merrimasters Toastmasters
- 8183 Speakeasy Toastmasters
- 9558 Greater Portland Toastmasters
- 9719 Toast of The Valley Club
- 676508 Granite Place Club
- 821874 Dal Toastmasters
- 974612 Cole Harbour Toastmasters
- 1121700 River Talkers Toastmasters
- 1421383 Lakes Region Toastmasters
- 2011635 Creatively Speaking Toastmasters
- 3368563 Champ Masters
- 3826192 Bedford Basin Toastmasters
- 3996351 TD Legendary Leaders Toastmasters
- 5550884 Green Mountain Toastmasters
- 5585612 Charlottetown TM Breakfast Club
- 5698897 Penmen Toastmasters
- 6493141 Rising Tide Toastmasters
- 6787365 Speech Afire Advanced Toastmasters
- 7294252 Fidelity Orators
- 7773523 Beyond Toastmasters

The winners of the Distinguished by April 30<sup>th</sup> incentive will be announced at the annual conference during the awards session on May 15<sup>th</sup>.



### SO YOU THINK YOU CAN LISTEN?



On a scale of 0-20, how well do you listen as a Toastmaster? On a scale of 0-20, what is your ideal score? Let's for a moment recite our Toastmasters Motto "For better listening, For better thinking, For better speaking, We learn by doing."

"For better listening", a key component of our Toastmasters Motto. How are we really doing in that department and is that one of the reasons why we chose to join Toastmasters, this amazing organization, in the first place?

Recently I had the opportunity to ask a few fellow Toastmasters, to quantitatively score themselves using a customized E-Fitness Tool called the "Toastmaster Scale".

What did this tool look like? Let's take a look and actually go through it ourselves. First, find a peaceful quiet place where there's no interruption while being in a calm relaxed state. Take three deep breaths and go! On a scale of 0-20, 0 being low and 20 being high, score yourself on the following six questions in this moment as it relates to your present experience of being a Toastmaster at one of your current clubs. Write down the first number that comes to mind during the first 2-3 seconds. If you are uncertain what the questions mean, interpret what the questions mean for you. Note that there are two columns, at the end of answering the six questions please add up your scores in the left and right columns and place the total scores at the bottom. This is your total score for Satisfaction or positive energy (left column) and Frustrations or negative energy (right column) out of a total score 60 for each column.

#### Toastmasters Scale

Score each question on a scale 0 – 20

1	How much PLEASURE do I get from Toastmasters?	<input type="text"/>	
2	How much PAIN do I feel I have?		<input type="text"/>
3	How much PURPOSE do I have in Toastmasters?	<input type="text"/>	
4	How much do PROBLEMS weigh me down?		<input type="text"/>
5	How much do I feel I'm in the right PLACE?.....	<input type="text"/>	
6	How much PRESSURE do I feel is on me?.....		<input type="text"/>
TOTAL SCORES (TWO COLUMNS).....		<input type="text"/>	<input type="text"/>

Cont'd on Page 12

Concord Toastmasters had a tremendous success at the area 20 speech contest with 4 members moving on to the division contest to be held on April 24th. Paul Coddington placed 1st in International Speech with “Mrs Rossi’s Valuable Lesson” and Sylvie Couture placed second with “A Dog and Her Boy.” Betsy Black placed 1st for Humorous Speech with “Aren’t We in a Drought?”. We want to recognize club member Cary Gladstone placing 3rd in this category. Sarah Chaffee placed 2nd in Evaluation. We are so proud of these members moving to the next level!

Longtime Concord Toastmaster, Caryl Lajoie, completed her DTM with the encouragement and cajoling of others 30 years after starting it. Caryl joined us in December 1990 and set the bar high. Her dedication to Toastmasters, Concord Toastmasters and its members has reverberated over the years. She has been and continues to be a role model, inspiration and leader. A card signed by as many members as were available and a bouquet of flowers were presented to recognize her selfless service and achievement.

A special recognition ceremony was held for our Immediate Past President, Grace Cohen, with the presentation of a ceremonial gavel. Grace has done so much for Concord Toastmasters beyond assuming the president's role. She has coordinated Speechcraft programs and served on the executive committee as VPPR, Secretary, and VP of Education. While holding the office of President Grace achieved her Advanced Leader Silver and Advanced Communicator Gold and Distinguished Toastmaster. She has truly served us well.

Another longtime Concord Toastmaster, Betsy Black, completed her High Performance Leadership. Like many of our members, Betsy completed her HPL while filling an executive role. Her time as VP of Membership has been marked by professional and marked growth in membership- 8 this year! We commend her and all of our high achievers!

A **HUGE** congratulations to our Area 19 and Division C contest winners, **Manju Basnet** and **Jeffrey Doucet**!

Manju Basnet will be representing Division C in the D45 **International** speech contest. Jeffrey Doucet will be representing Division C in both the **Evaluation and Humorous** speech contests!

Thank you, **Jeffrey and Manju**, for your dedication to excellence! We are proud of you and wish you every success! Division C will be cheering for you at the D45 Spring Conference!

*Paula Tozer*  
**Area 19 Director, D45**

**SINCERE APOLOGIES**

Our apologies to Paula Tozer, VC2, EC5, Area 19 Director. Paula is the author of the article on Zoom fatigue which appeared in the April issue. We failed to give Paula credit for that article and for that, we are sorry.

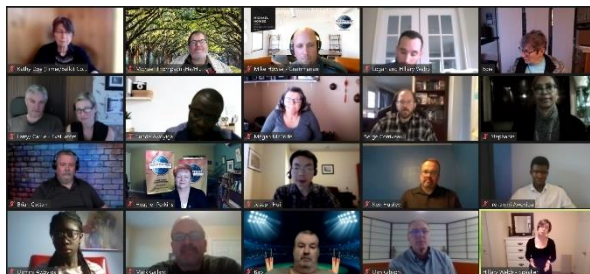
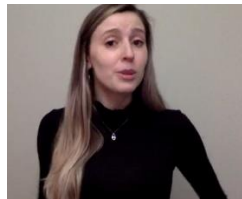
Around the District – Division D

Toast of the Coast Advanced club held an Open House on Saturday, April 10<sup>th</sup>. Past International President Ted Corcoran gave us a 17-minute presentation on the leadership skills necessary to encourage members to get on the bus and enjoy the ride. He talked about managing and leading going hand in hand. He quoted Dr. Stephen Covey who said “Both management and leadership are vital and either one without the other is insufficient.” Ted also talked about Leadership: Actions and Disciplines from the High Performance Leadership Program. He also talked about the importance of team members understanding their roles and having clear expectations. Finally, he talked about having a success culture, something each club should foster. At the end of the presentation, everyone in attendance was clearly “on the bus”.

In his presentation **What Can You Do?**, District Director Jonathan Bohm posited that by using what we learn and practice in Toastmasters, we have the potential to foster greater good for ourselves, our clubs and our larger communities, and our changing world. Jonathan proposed that Toastmasters have a distinct advantage as we forge paths to a hopefully congruent world.



Division D Humorous Speech and Evaluation contests were held on April 16<sup>th</sup> and the International Speech contest was held on April 23<sup>rd</sup>. Over 60 Toastmasters attended each event. The winners were: for Evaluation – Barrinque Griffin, for Humorous – Heather Drope Marchione and for International – Andrea Jeffs. Congratulations to all the participants.



On April 27<sup>th</sup>, Schooner Toastmasters and Annapolis Valley Toastmasters held a joint meeting. There were 22 people in attendance including guests. The two clubs split the roles equally between the two clubs. It was an entertaining and educational evening for all.

Around the District – Division E

As is typical with many Toastmasters, Joe Grondin gave me a little nudge and asked if I would create a one page newsletter for Spotlight Toastmasters.

Having no / none/ zipo / non-existent experience with newsletters, I decided to rise to the challenge. For the first attempt, I created a one page document to try to capture the essence of “Step into the SPOTLIGHT! “

Spotlight meets the first Saturday each month, from 9:30 AM to 11:30 AM. We focus heavily on panel evaluations for feedback for the speaker, as well as using Robert’s Rules of Order to run effective and productive business meetings.

Members, please, keep nudging others ... in this way, we all grow.

Please click [here](#) to view my first attempt!

Norma Pasatieri

Emotional Fitness® continued

What does your total scores tell you? What would you like your total scores to be? What areas would you like to see improved in order to increase your Toastmaster experience in your current club?

After reviewing the responses received by fellow Toastmasters, some areas identified for improvement are: membership retention, communication within the district and members, making sure all members feel they are pursuing their individual goals, hesitancy to offer for speaking roles.

In conclusion, it is 10 times more difficult to recruit a new Toastmaster than it is to retain one. My experience with six different Toastmaster Clubs over 11 years has been exceptional and I feel truly blessed to be part of this amazing organization. There is; however, room for improvement as we collectively negotiate with new potential members or attempt to retain current existing members. Competition with other similar organizations is at an all-time high. Differentiating ourselves through listening is key to our long-term sustainability, our success!

For Better Listening! For Better Success!

Darren Duguay, ACB, ALB  
Spotlight Toastmasters  
Emotional Fitness® Educator



Of the 1,300 members in our District, 47.5% have been a member for at least 5 years, 25.8% have been a member for at least 10 years and almost 14.6% have been a member for 15 years or more. Each month we will celebrate those members who celebrating an anniversary in that month. 5<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> etc. anniversaries will be recognized. The following are celebrating their anniversary with the club noted in **May**.

Name	Club	# of Years
J.D. Dirkschneider	The Maine Thing Advanced Toastmasters	15
Patrick Kelly	Millyard Toastmasters	15
Annamarie Pluhar	Brattlemasters	15
Sharon Allen	Bagtown Babblers and Speech Afire Advanced	10
Martine Hache	Arcadie du Grand Caraquet	10
Jill Kimball	North Country Toastmasters	10
Stacey Fortier	Live, Speak or Die Toastmasters	5
Deborah Haire	Mt. Washington Toastmasters	5
Lisa Horsch Clark	MDI Toastmasters	5
Kirstof Kovacs	Brunswick Toastmasters	5
Bill Major	Live, Speak or Die Toastmasters	5
Robin Murray	Sears-Halifax Club	5
Chris Oliverio	Live, Speak or Die Toastmasters	5
Laura Upton	Dartmouth Toastmasters	5
Wen Zhu	Live, Speak or Die Toastmasters	5

# Anniversaries



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

**Portsmouth Toastmasters #1094** of Portsmouth, NH chartered **62** years ago on May 1, 1959

**Speakeasy Toastmasters #897** of Truro, NS chartered **20** years ago on May 1, 1991

**Millyard Toastmasters** of Manchester, NH chartered 15 years ago on May 22, 2006

**Bagtown Babblers #1721491** of Sackville, NB chartered 10 years ago on May 30, 2011

**Arcadie du Grand Caraquet** of Caraquet, NB chartered 10 years ago on May 30, 2011

**Live, Speak or Die Toastmasters #4732112** of Nashua, NH chartered 5 years ago on May 25, 2016



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 59 achievements not recognized because consent has not been given.

**Member Awards**

**Level 1 – April 2021**

<b>Name</b>	<b>Club</b>	<b>Designation</b>
Pattie Abrams	True Blue Toastmasters	EH1
Adam A'Hearn	Premiere Toastmasters	LD1
Manju Basnet	Beyond Toastmasters	PM1
Jackie Benedict	Sears-Halifax Club	MS1
Donelle Caselden	2211 Toastmasters	PM1
Paul Coddington	Mt. Washington Valley Toastmasters	MS1
Wayne Cooper.	Rising Tide Toastmasters	IP1
Serge Corriveau	Annapolis Valley Toastmasters	PM1
Liyang Cui	Penmen Toastmasters	PM1
Angela Harris	True Blue Toastmasters	LD1
Lisa Higgins	Toast of the Midcoast	IP1
Debby Hoffman Adair	Concord Toastmasters	VC1
Richard Kumpf	Mt. Washington Valley Toastmasters	PM1
Tina Learmonth	Rising Tide Toastmasters	LD1
Andrea LeBlanc	Provincially Speaking Toastmasters	TC1
Cynthia Lee.	Champ Masters	PM1
Guillaume Lussier-Houle	Sears-Halifax Club	IP1
Deborah Mitton	Speak-Easy Toastmasters	IP1
Linda Ramrath.	Keene Toastmasters	EH1
Rachel Schor	Word Power Adventurers	PI1
Suzanne Weiss	Cole Harbour Toastmasters	DL1
Kathleen Zwicker	Saint John Club	DL1

**Mentoring Path Completion – April 2021**

<b>Name</b>	<b>Club</b>
Paula Tozer	Riverside Toastmasters

Member Awards

Level 2 – April 2021

Name	Club	Designation
Manju Basnet	Beyond Toastmasters	PM2
Lesley Bechtold	MDI Toastmasters	DL2
Jennifer Bryson	Premiere Toastmasters	DL2
Marsha Greenan	Sears-Halifax Club	LD2
Barrinique Griffin	Creatively Speaking Toastmasters Halifax	VC2
Debby Hoffman Adair	Concord Toastmasters	VC2
JoAnn Hollingsworth	Dynamic Speakers Club	EC2
Sherry Kahn	Winning Speakers Club	MS2
Cynthia Lee	Savvy Speakers	SR2
Deborah Mitton	Speak-Easy Toastmasters	IP2
Peyton Smith	2211 Toastmasters	DL2
Hilary Webb	Annapolis Valley Toastmasters	DL2
Logan Webb	Annapolis Valley Toastmasters	LD2

Level 3 – April 2021

Name	Club	Designation
Martha Archibald	Creatively Speaking Toastmasters Halifax	IP3
Manju Basnet	Beyond Toastmasters	PM3
Sarah Borden	Provincially Speaking Toastmasters	LD3
Jennifer Bryson	Premiere Toastmasters	DL3
Ronald Crawford	River Valley Toastmasters	LD3
Linda Crosby.	Dynamic Speakers	PM3
Cathy Demmings	True Blue Toastmasters	IP3
Donna Fancey	River Talkers Toastmasters	IP3
Dayna Flumerfelt	North Country Toastmasters	DL3
Karen Grant	Riverside Toastmasters	SR3
Debby Hoffman Adair	Concord Toastmasters	VC3
Cynthia Lee	Champ Masters	SR3
Katharine Kent Mann	Brunswick Toastmasters	VC3
Marcia Rogowsky	Penmen Toastmasters	VC3
Mamadou Tibicoro Sanogo	Charlottetown Toastmasters Breakfast Club	PM3
David Williams	Sackville Club	PI3

### Level 4 – April 2021

Name	Club	Designation
Betsy Black	Concord Toastmasters Club	EH4
Sarah Borden	Provincially Speaking Toastmasters	LD4
William Bruns	Toast of the Midcoast	EH4
Adam Burch	Penmen Toastmasters	PM4
Monica Dubitsky	Winning Speakers Club	PM4
Farhana Kanth	Provincially Speaking Toastmasters	DL4
Lawlor M.E.	Champ Masters	PM4
Sherry MacDonald	Provincially Speaking Toastmasters	TC4
Geraldine Smith	Premiere Toastmasters	MS4
Marion Taylor.	Civil Speakers Club	TC4

### Level 5 – April 2021

Name	Club	Designation
Jennifer Bonnevie	East Coast Online Advanced Toastmasters	PI5
Crystal Cobb	Charlottetown Toastmasters Breakfast Club	EC5
Anne Doucette	Charlottetown Toastmasters Breakfast Club	LD5
Tracy Gatis	Sears-Halifax Club	DL5
Dan Gibson	Schooner Toastmasters Halifax	MS5
Lawlor M.E.	Champ Masters	PM5
Deborah Mitton	Speak-Easy Toastmasters	PM5

### Trailblazer Award – April 2021

Name	Club
Manju Basnet	Beyond Toastmasters
Jennifer Bryson	Premiere Toastmasters Club
Farhana Kanth	Provincially Speaking Toastmasters
Cynthia Lee	Savvy Speakers
Deborah Mitton	Speak-Easy Toastmasters Club
Linda Ramrath	Keene Toastmasters Club
Kathleen Zwicker	Saint John Club

**Upcoming Events – Toastmaster Leadership Institutes**

The Toastmaster Leadership Institutes (TLIs) are in the planning stages. We plan to follow a similar process to last June with the addition of evening sessions. The schedule will look like:

**Saturday TLIs – June 12 and June 26**

ET/AT	
8:30/9:30	Welcome
8:45/9:45	Session 1 – Strutting Our Stuff
9:30 / 10:30	Break
9:40/10:40	Session 2 - Division Breakout (Teamwork and Accountability)
10:40/11:40	<i>Break</i>
10:50/11:50	Session 3a – Measuring What Counts
11:20/12:20	Session 3b – Concurrent Sessions (Effective Committees, Executive Committee Meetings, Delegation, Leadership)
11:50/12:50	<i>Break</i>
12:20/1:20	Session 4 - Officer breakouts

**Evening TLIs – June 7 (Sessions 1 and 2), June 8 (Sessions 3 and 4), June 16 (Sessions 1 and 2), June 17 (Sessions 3 and 4)**

ET/AT	
6:00 / 7:00	Welcome
6:10 / 7:10	Session 1 – Strutting Our Stuff
7:10 / 8:10	Break
7:20 / 8:20	Session 2 - Division Breakout (Teamwork and Accountability)
6:00 / 7:00	Session 3a – Measuring What Counts
6:30 / 7:30	Session 3b – Concurrent Sessions (Effective Committees, Executive Committee Meetings, Delegation, Leadership)
7:00 / 8:00	<i>Break</i>
7:10 / 8:10	Session 4 - Officer breakouts
8:30 / 9:30	Closing Remarks

You need to attend all 4 sessions but you can mix and match to fit your schedule. You need to attend Session 3a and one of the four presentations in Session 3b. Those holding more than one office will need to attend a Session 4 for each office to obtain credit for that office.

# District Calendar

## May Events

May 13 – 16, District 45 Annual Conference including District Council meeting, Humorous Speech Contest, Evaluation contest and International Speech Contest

## June Events

27<sup>th</sup> – Year-end District social

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

## Distinguished Toastmaster – April 2021



The Distinguished Toastmaster award is the highest our organization bestows in either the legacy program or in Pathways. The DTM recognizes the commitment of members to personal success and to helping the District achieve success. Members who succeed in achieving a DTM give numerous speeches, serve as a club officer and as a District officer, help to start or rescue a club, and complete a major project among other tasks. The following District 45 member is



the latest DTM.



**Carly Lajoie DTM** joined Concord TM in November of 1990. She currently belongs to Concord Toastmasters and has been a member continuously since 1990. In the past, she also belonged to Capitol TM.

Carly served as Division Governor, July 1, 2005 to June 30, 2006 as her District service. Her HPL was to chair her club International Speech contest in January 2021. Although she had chaired contests before at the club, area, division and district level, this was the first time doing this via zoom. This was a challenge for Carly. It was a smoothly run and successful contest.

Carly says the biggest lesson learned on her DTM journey was that of perseverance. As you can see by the dates, her journey to DTM was more than 30 years long! She also learned the importance of support, urging and a little pushing from many fellow members along the way! Carly believes she may be the longest tenured TM (30 1/2 years) to receive a DTM for the first time!

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