



DISTRICT 45 NEWSLETTER



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No No November?

As the trees lose their last leaves and days shrink, I think of Thomas Hood's poem: *"No fruits, no flowers, no leaves, no birds, November!"*

But is it so? No, not in Toastmasters. Not in District 45.

November starts with our annual Fall Workshop on November 7. With no live sports, you have no excuse not to attend this spectacular event. You have everything to gain, learning from a vast array of terrific speakers.

One of the highlights of the workshop will be a presentation from this year's District Leadership Committee Chair, Jim Kokocki, PIP. This talk will kick off the beginning of his engaging, educational and encouraging efforts to help District 45 strengthen our leadership development.

November is the last month before the flurry of the holidays. What better time to sit down and review your goals for this year? On these cooler and dimmer days, why not warm your soul by visiting another club? And of course, it's the perfect time to hunker down and focus on your Path, completing projects and getting what you want from Toastmasters.

Looking down the days, we are also gearing up for our winter TLIs. As with the Fall Workshop, this is a significant piece of our District's ongoing educational program. Take advantage of these opportunities, opening yourself to new ideas, greater possibilities and accelerated growth.

No, we can't do these things in person. But no, we don't have to travel long distances, either. From your own desk, you can join your fellow Toastmasters. Could it be easier? No, let's not lose our enthusiasm. Let's not give in to some dead poet's gloom. Let's go forward, onward and upward in this 2020 November, brimming with opportunity and optimism. Move on, grow and glow with this beautiful verse by another British poet, Edward Thomas:

"The south wall warms me: November has begun, Yet never shone the sun as fair as now."

Jonathan Bohm DTM, District Director

November 7th Fall Workshop

There has been an update to the agenda! One of the presenters in the 4th session has been updated. For those who already registered, we will be in touch to update your registration information.

10:05 AM Session 1 (35 minutes)

Joe Grondin DTM, AS
"Let's Be Clear"

Jennifer Stewart, DTM
"Help You Find Your Sparkle Through Tough Times!"

10:45 AM Session 2 (35 minutes)

Micheal Pacitto
"Grow Your TM Club and Build a Personal Brand in Toastmasters".

Thomas M. Macisso
"What do they have that I don't"

11:25 AM Session 3 (35 minutes)

Reese Eskridge DTM
"Light up Your Club as Club Coach (One Spark Creates a Fire)"

Paula Tozer EC4
"Mentoring Members Always Lead with Your Power Moves!"

12:05 PM Session 4 (35 minutes)

David Cormier DTM
"Lead as a Coach"

Stéphane Parent DTM
"The Agile Toastmaster's Manifesto!"

----- Break-----

1:00 PM Key-Note Speaker
Sheryl Roush DTM, PDG, AS
"7 Secrets to Connect with Anyone "

2:05 PM Jim Kokocki DTM, PIP
Calling All Future Leaders!

2:35 PM Awards
Marion Taylor DTM

3:00 PM Wrap-up/Adjourn

Timings are AST; EST will be an hour earlier

TO REGISTER, GO TO: <https://d45toastmasters.org/blog/district-45-fall-workshop>

FIND YOUR SPARKLE THROUGH TOUGH TIMES!



If you're like many of us, the last several months have been a reality like no other! Many of us have experienced extreme isolation along with a wide array of emotions, tough situations and loss! We have had ups and downs; been learning to navigate and adapt to our new normal and it sure hasn't always been easy! In *Find Your Sparkle Through Tough Times*, Jennifer will be sharing tips and techniques that you can implement NOW and feel better right away! Even if you've heard some of these things before, it's nice to have them reinforced. Who knows, you may get the nudge you need to implement something new! Sometimes we have a lot of amazing knowledge inside gathering dust that is just waiting to be implemented and utilized to its potential. Bring a journal, pen and your great attitude! We'll have fun and you'll leave with a smile!

LET'S BE CLEAR.

Have you ever delivered a speech leaving your audience confused and disengaged? I know I have and it's not a good feeling because our goal is to inspire and educate. After reflection, I realized that my message got lost within the writing of my speech. "Let's Be Clear" is a workshop that will help you create a clear message, develop a script that will be crystal clear to your audience, and help you deliver your words that brings your speech to life. You have a speech within you that can change our world in a positive way. Wouldn't you want your words to be clear?



WHAT DO THEY HAVE THAT I DON'T?

The purpose of this presentation is to let new members know and REMIND older toastmasters of what is available to them through our great organization, what they need to do to obtain it, and the REWARDS once they learn what successful members have. My passion is on retaining members, so we will have quality meetings which, in turn, attract more new members.

GROW THE PIE FOR EVERYONE.

Grow your TM club and build a personal brand in Toastmasters. Toastmasters is a life changing organization, that has built careers, businesses, and world influencing speakers across the globe. But most people have no idea what Toastmaster's is. To grow your club's membership, takes more than your leaders begging you to share the good news. You need to have a personal conviction on the value that Toastmasters brings you.

Before you and your club go around spamming invites to your network to join your club on social media, Micheal Pacitto from Market Pie is going to share with you how you can find that internal drive, and an actionable plan for Toastmasters to get you to your personal career or business goals. Then he'll share the one simple tactic that anyone with a clear purpose can do to grow the membership of their club.

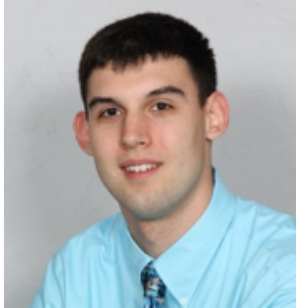


ALWAYS LEAD WITH YOUR POWER MOVES!

Simple. Powerful. Effective. Designed specifically for Pathways optimization, the Power Moves program is an easy to administer, easy to learn, and easy to use 16-wk coaching program. Effective for new member orientation as well as promoting active engagement within your established membership, in this collaborative process your club leader works with the participant to achieve their Toastmasters goals.

LIGHT UP YOUR CLUB AS CLUB COACH (ONE SPARK CREATES A FIRE).

Do you believe that you have too few members, too few resources, or too little time to get a struggling club to Distinguished status? Think again! Just like a firestorm, a club can start small and weak and grow into an unstoppable monstrosity with a strategic growth mindset and a solid course. Best of all, it does not take something epic to make it work. Rather, the little things that add up over time culminate in big changes.



Learn how you can start and work with very little to transform the clubs you are coaching or plan to coach into transformational fires that sustains themselves and spread at steady rates to your Areas, Divisions, and District and effectively spark change on behalf of other clubs.

Become the inspirational light. Become a club fire starter today!

LEAD AS A COACH.

Leading as a coach is the ability to lead with influence. Struggling clubs, struggling business or struggling teams always exhibited similar restricting traits. Learning what these restricting traits are and understanding why they are present, will equip you with an insight that will help you know, why, when, and how to apply tools of influence instead of trying to implement traditional controls.



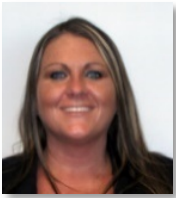
This workshop will expose you with an overview of the skills and principles needed to lead in any type of struggling environment. You will learn a new approach of leading without the need of controls usually found in traditional roles of authority. You will walk away with new tools of influence and gain confidence because you will know how to disarm resistance and lead new visions. Learning to lead as a coach can benefit you in any leadership role.

“
**Tell me and I forget.
 Teach me and I remember.
 Involve me and I learn.**
 BENJAMIN FRANKLIN

Ability
 is what you're capable of doing
Motivation
 determines what you do.
Attitude
 determines how well you do it.

The capacity to learn is a *gift*; the ability to learn is a *skill*; the willingness to learn is a *choice*.
 Brian Herbert

Goal Setting in a Year of Unpredictable Change



A very wise Toastmaster came into my life this year and helped me understand the value of setting goals for myself. In her attempt to steady my focus and set me up for a successful year, she would often ask me;

What is your personal goal for 2020? What is your professional goal for 2020?

Have you established a **Toastmaster goal** for 2020 to help you achieve your personal and professional goals? The honest answer to that question was: ***I had never even considered connecting the three.***

Over the next few weeks, I spent time trying to set 3 FANTASTICLY connected goals...which is not as easy as it sounds!

I discovered that several of my own behaviors stood in the way;

- **Commitment.** Long term goals are easy to commit to, but committing NOW to personal goals is difficult when you have the needs of others to factor into your short term plan...*or is this the excuse I have always used to put off committing to my own goals?*
- **Change.** I struggled with setting goals for this Toastmaster year, with all the change that was happening in the organization: Virtual meetings, workshops and training...zoom!!!
- **Perfect Timing.** A million reasons exist daily to put off making my goals **my priority**. It is easy to 'stay busy' doing SOMETHING instead of getting busy doing THE RIGHT THINGS.

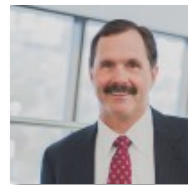
COVID19 has thrust a need for change upon us. Zoom is not going away any time soon. Getting back to normal is no longer a reason to put off

setting goals. I must learn new ways to achieve my goals.

I won't pretend to have all the answers as I proceed through my journey as Club Growth Director, but I do believe that we can all help each other to learn and grow through a unique time of change.

Melinda McCormack DTM, Club Growth Director

A Toastmaster CEO



Zig Ziglar told a story about Walter Hailey, a highly successful insurance salesman who got discouraged at the beginning of his career and wanted to give up. He went to his boss and

said, "I quit." His boss said, "You can't quit." Walter said, "Yes, I can." His boss said, "Walter, you can't get out of the insurance business because you were never in it."

This story illustrates how important it is to give your Toastmasters membership the chance to deliver on its promise. You must give to get back what you signed up for.

Commit to your club membership. Set goals for yourself and think through what you want out of the experience. Let it show in your meeting attendance and participation in TLI's, speech contests, and district conferences.

Engage by signing up for meeting roles, speeches, and officer positions.

Own your club success.

If your club were a business and you were the CEO today how would the company be doing?

Bill Crosby DTM

Call for Committee Members!

This year, the Club Growth Team is using this virtual environment to our advantage to build committees that consist of representation from every Division within District 45.

This is your opportunity to ensure that your Club/Area/Division has a voice in Club Growth Initiatives. Here is a little about the committee roles we are filling;

New Club Sponsors, Sherry MacDonald, our Club Extension Chair, is leading two committees;

Club Extension Committee-*Manages and tracks new club leads.*

Club Sponsor Committee-*Recruits, trains and supports Club Sponsors.*

Club Coaches, David Cormier, our Club Retention Chair, is leading two committees;

Club Coach Committee-*Recruits, trains and supports Club Coaches.*

Club Retention Committee-*Works with Area Directors to assist struggling clubs.*

Clubs and membership growth, Micheal Pacitto, our Club Marketing Chair, is Leading:

Membership Building Committee-*Promotes use of social media and membership building initiatives.*

Uncovering and vetting new clubs leads, M.E. Lawlor, our Club Recruiting Chair, is leading two committees;

Community Club Recruiting Committee-*Source leads for new community clubs.*

Corporate Club Recruiting Committee-*Source leads for new Corporate Clubs.*

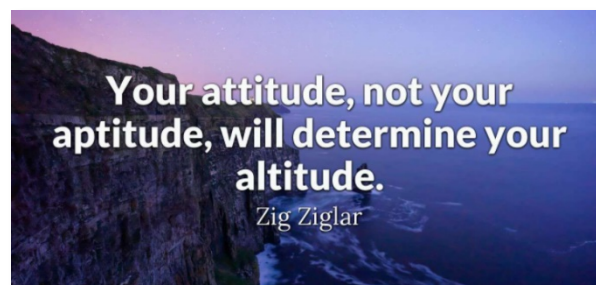
Club Mentors, the Club Quality Chair (*position open*) will lead the following committee;

Club Mentor Committee-*Recruits, trains and supports Club Mentors.*

We are a District full of talented, enthusiastic and helpful Toastmasters.

Our team needs your skills and commitment to meet the unique needs of District 45 in this time of change.

If you would like to join a Committee, please email Melinda McCormack at d45.melinda.mccormack@gmail.com.



District Leadership 2020-2021



In early October, District 45 Director Jonathan Bohm announced that I will serve as District 45 Leadership Chair (DLC) for 2020-2021. I've served in many positions in

Toastmasters, but never on a District Leadership Committee; although I've held similar roles at the International level. I'm excited to work with this committee to invite candidates to offer, to assess their qualifications and past performance, and then nominate those who are best qualified for your consideration as a voter during our elections next May. Every club in our district has two votes in May. Votes are assigned to the President and VP-Education although they can each assign their proxy to any club member in attendance.

Speaking personally, serving as a district leader was instrumental in my development inside and outside of Toastmasters. Learning to understand and accept objectives like those in the Distinguished Club Plan (DCP) and working with teams of people who were either elected or appointed, helped me develop my interpersonal and leadership skills. The face-to-face training, and the support of senior Toastmasters leaders, that was offered to me as a new district leader opened my eyes to my potential. At our November 7th district wide workshop, I will share one or more stories about some of the training I received in exotic locations such as New Orleans and Palm Springs.

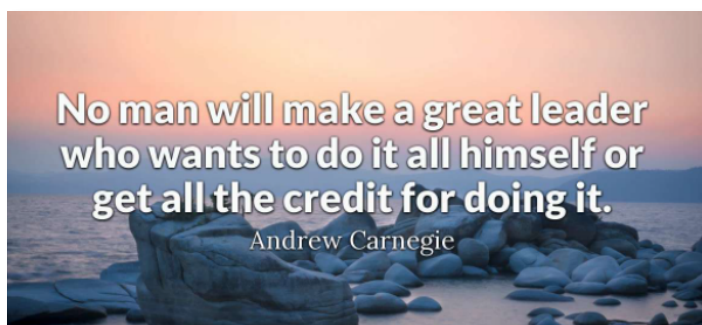
We elect district leaders and assign them two objectives; to work with and assist every club in the district to achieve excellence as defined by the DCP, and to grow the network of clubs so more people can benefit from Toastmasters. As large and diverse as Toastmasters is, our organization is quite simple; people join clubs to achieve their personal goals, and our clubs support member development. District leaders must focus their talent and our resources to enable our clubs and members to prosper.

I expect in December we will announce the members of the DLC and in late January to begin interviewing candidates. I invite you as a member of District 45 to suggest any questions that you might like our DLC to ask of the candidates. I can't promise we'll use your question, but we will consider each, as we will be nominating the most qualified candidates for election in May, and ultimately to serve you, your club and your members.

I'll continue to share information as we progress towards our elections in May 2021. If you're interested to learn more, please email me at jimkokocki@gmail.com or visit <https://www.toastmasters.org/Leadership-Central/District-Leader-Tools/District-Management/Elections-Toolkit>

Now what do you think? If you were a member of the 2020-2021 DLC assessing candidates for office, what questions would you ask to assess candidate qualifications, past performance, and abilities?

Jim Kokocki, DTM





Fostering an environment for Member Ownership

When Toastmaster members are allowed to take ownership of their club, there is a phenomenon that takes place. I say allowed because, unintentionally, not all clubs continuously foster the environment for the phenomenon to take place. When it does, you can feel the synergy created at every meeting. It is incredible to witness, especially for a guest visiting the club; the result is that the guest becomes a member.

I was exposed to this incredible phenomenon when I attended my first Toastmaster meeting. The phenomenon kept bringing me back. At the beginning I couldn't figure out what it was that molded members to be fearless, but I was inspired when I saw the courage displayed in every role. I was amazed when witnessing how the members grew from every positive encouraging evaluation. It was mind blowing observing how members would put themselves out there because such a fun, safe, inviting environment was being offered. Eventually I was invited to become part of this incredible phenomena. Even though I was terrified of public speaking, I felt honored when asked to become part of it, because of the values of what this club strived towards and projected: specifically, the four Toastmasters core values of integrity, respect, service and excellence. When I strived to honour the same values to become a better me, I also felt as if I was part of something great and good. I was proud to call the phenomena my club.

When the club members embrace Toastmasters core values and create a fun, safe and inviting environment for all, guests are drawn to the phenomenon. They too want to be part of something great and good, something they can be proud to call their club. That is member ownership taking place.

If you have experienced the phenomenon and know what creates it, you have what it takes to be a good Club Coach. Come share your knowledge with a struggling club.

If you are a club that has lost the phenomenon, reach out to see if your club qualifies for a club coach. Let someone help you bring it back.

If you have any questions concerning the Club Coach Program, please join us on our **Club Coach Q & A** happening on November 19 from 8:00 to 9:00pm AST (7:00 to 8:00pm EST) or contact me at d45.david.cormier@gmail.com

Stay tuned for regular Coaching updates on our D45 Facebook page, D45 website, D45 newsletter and our new District 45 Coach's Corner Facebook Page at <https://www.facebook.com/d45coachscorner>

University Assignment - Toastmasters



I teach at Mount Saint Vincent University and I am a member of Provincially Speaking Toastmasters in Halifax, Mad Toasters in New York and East Coast Online Advanced Toastmasters.

One of the courses I teach is “Introduction to the Nonprofit Sector”, which provides students with an overview of the non-profit sector. It is the first course in our Certificate in Nonprofit Leadership program. This program is open to students in all degrees or as a standalone program. My class this semester has thirty-two students, with the majority being from Nova Scotia but also with some from China, India and the Middle East.

One of the main objectives of the course is to understand the skills needed to work in the Nonprofit Sector. These skills include great communication, leadership and relationship-building skills. Since the best way I know to develop those skills is through Toastmasters, I created an assignment for my students to learn about Toastmasters.

The assignment consisted of three parts.

1. First, the students had to conduct their own research on Toastmasters.
2. Second, they had to attend one (or more) of three clubs – Provincially Speaking, Mad Toasters, and Gracefully Speaking.
3. Third, they had to submit a one-page report on their experience.

The assignment was worth ten marks and the results were GREAT. All students attended at least one club, and many attended more. Some even participated in Table Topics. The feedback has been excellent – students commented on how welcoming the clubs were and how educational the experience was. One student who is in Communication Studies commented,

“Why have I never heard about Toastmasters in my classes before?”

I am hoping that my students see the tremendous value in Toastmasters and consider becoming a member - if not now, then later. I believe this to be a very worthwhile assignment and plan to make it a regular component of my course every semester. My thanks to the three participating clubs and the assistance of Sherry MacDonald, Michael Lawlor and Vilmos Weywara.

Scott MacMillan IP2



Around the District....

Spotlight Toastmasters



Stepping into the spotlight can be scary at the best of times; however, the best of times is also realizing our full potential with help from knowledgeable leaders. That is exactly what happens when a Toastmaster joins

the Advanced Spotlight Toastmaster Club.

Receiving feedback from leaders who have been successful inside and outside Toastmasters is one of the best ways to improve. Most members have served or are serving on the District 45 Leadership Team, in roles ranging from Area Director to District Director. Developing into a strong leader is best learned from receiving invaluable feedback from strong leaders who share their knowledge unselfishly. Evaluations are delivered professionally, allowing members to walk away learning valuable tools on how to lead.

All meetings are creatively structured allowing members to participate and learn. Spotlight is a club that continually thinks “outside the box”, never settling for the status quo. Every meeting has innovative roles

that include thorough evaluations, advanced timing for prepared speeches, and Roberts Rule of Order.

What makes this club stand out is their ability to allow members to progress at their own pace with a little inspirational prodding. If a member’s progress comes to a standstill, then an experienced mentor will inspire that member to keep moving towards his/her goals. There will always be a member, with more expertise, who will know how to break through, what I call, a “flat tire”. In other words, members inflate other members so they can keep moving forward.

Spotlight is a safe place to learn from knowledgeable leaders, a place where members learn in a creative environment, and a place where members progress with a little inspirational prodding.

Here is what a long-time member of Spotlight had to say about Spotlight Toastmasters:

“I wanted to enhance my listening skills as well as continue to develop professional abilities and Spotlight Toastmasters was able to give me even more”

Jeanne Mance Cormier (DTM, Vice President of Education)

Kennebec Valley/The Maine Thing Toastmasters Member as Guest Speaker

Jeanie G. Davis (Kennebec Valley Toastmasters and The Maine Thing Advanced Toastmasters) was asked to speak at the third annual Good Will-Hinckley Fall Gala. She was a hit! You can check out the entire presentation [here](#). Jeanie’s portion starts at 7:46.



Blueberry Hill Toastmaster of the Year: Nancy Munroe

Under the disguise of the club's Humorous Speech Contest, **Blueberry Hill Toastmasters** surprised and honored one of their very own, **Nancy Munroe** with the Blueberry Hill Toastmasters of the Year Award.



Nancy has been *"that lighthouse that guides the Blueberry Hill Toastmasters Club"* safely to the shore for the past three years! Anytime the club needed something done from a role at a meeting, work between meetings, or even filling a vacant officer's role, Nancy would get it done and smile while she's doing it!

Nancy joined Toastmasters and the Blueberry Hill Club in February 2017. The club meets at Unum Corporation where she works. She joined because she has a goal of improving her public speaking skills

and increasing her overall confidence.

She has held the following club officer positions: Sergeant of Arms, Secretary, Treasurer, and is currently the Vice President of Education.

Nancy has earned her Component Communicator and Component Leader designation and is on Level Five in her first path.

Anytime there is something to be done, she takes care of it with a smile! Nancy is available, motivated, and friendly. Every club in our district could use someone like her to get things done!

Merrimasters Toastmasters Club # 7946 Celebrates 30 years!!!!

Virtual meetings didn't stop Merrimasters from bringing on the celebration of 30 years as a Toastmasters club. This unique life we are now leading brought former Presidents living out of state to join in on the fun. Yes, fun they had!

Five Past-Presidents spoke about their personal experiences on how Toastmasters, especially Merrimasters, changed their lives. Takeaways from the meeting varied from 'very welcoming'; Toastmasters is for all of us!'; 'Toastmasters helps

you win!'; 'Friendships are key'; and 'Transform your life in ways you've never imagined'.

Current officers **Pam Richardson**, President; **Steve Coombs**, VP-PR; **Lorri Menard**, VPE; **Pat Henderson**, VPM & Secretary; and **Jeanne Schulze**, Treasurer, hosted an inspiring celebration. Members and guests alike left the meeting energized. Current President, Pam Richardson is 'optimistic they will be around for another 30 years!' **Way to go Merrimasters!**



Concord Toastmasters Club– A Day of Icebreakers

Our day of Icebreakers was a real success. New members, and those new to Pathways alike, gave non-stop introductions - five in total!

We heard about Adapting, A Personal Vision, an Icebreaker After 30 Years of Being a Toastmaster, Being Single, and Chasing Your Dreams.



Betsy takes us for a ride!

Having five speeches meant five evaluation opportunities. It was a tight meeting, but we only ran over by five minutes.

Concord Toastmasters continues to innovate in ways to better meet the needs of its membership. In addition to introducing the Fifth Quarter, where our Mentor Leader helps new members with Pathways,

we have also added Level Mentors. A designated Pathways Mentor helps members at Levels 1, 2, 3, 4, and 5. The club is committed to helping their members reach Pathways success!

The club has planned their upcoming slate of contests in preparation for area contests. We just completed our Humorous Speech Contest on October 23 - sorry you missed it - but you can observe our club International Contest on January 8, our Evaluation Contest on February 5, and our Tall Tales Contest on March 12. We ALWAYS welcome guests!



Paul proves *Toastmasters are adaptable! While serving as Toastmaster and experiencing technical difficulties, he drove to work and logged on there!*

The Maine Thing Advanced Toastmasters Had a Party and May Burrell Celebrated 25 years!



Division B Toastmasters Traveler Contest



I recently sent out the Toastmasters Traveler Contest to Division B and decided to share it with the other Division Directors in District 45 to include a handy excel spreadsheet tracker to chart your journey.

This is a **FUN** contest to encourage attending other clubs' virtual meetings and spread fun and excitement throughout the District.

Although the contest runs from July 1, 2020 to June 30, 2021, it doesn't

mean we have to stop until we hit our goals. Each Division can name their own Division level award, for example, for visiting 75% of Division B clubs (13 of 17), you earn the coveted Vacationland Award. For visiting 50% of District 45 clubs (52 of 104) you earn the Norumbega Award, and for those truly dedicated, the Wizened Traveler award visits 75% (78 out of 104) of District 45 clubs.

In Division B, once a member hits an award level, the member can contact their Area Director or myself to celebrate their accomplishment. This is not only be a great way to learn and enjoy District 45 club meetings, but can assist struggling clubs with filling roles, increase retention and recruiting efforts, and most of all share in the joy of Toastmasters with our entire Division. Happy travels and stay safe!!

Bill Bruns, DTM
Division B Director

Area 13 & 19 Come Together



Area 13 and 19 will be joining forces and holding a combined **Area Council** from this point onward. We are planning our first joint meeting on Oct 29. We are working on some exciting initiatives and I predict some interesting and productive conversations at this upcoming meeting!

Knowledge Shared = Knowledge²

Contests are Underway!!



Areas 5 & 14 held a combined **Humorous Speech** Contest on the 17th. Contestants from Area 5 were: **Latricia Saucier** (Toast of the Mid-Coast), **Diane Lebson** 2nd Place (Toast of the Mid-Coast) and **Monica Norris** 1st Place (Bangor Toastmasters). Area 14 contestants were **Kay Mann** 2nd Place (Brunswick Toastmasters) and **DJ Turchon** 1st Place (Kennebec Valley Toastmasters).

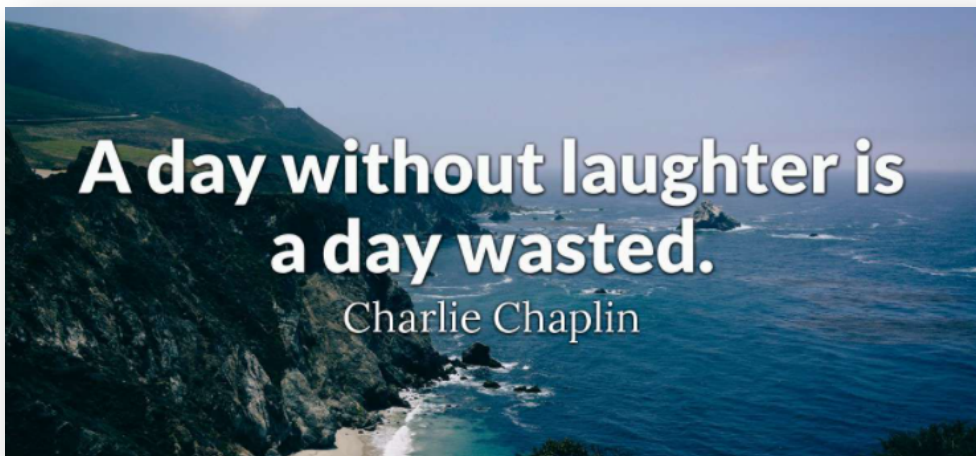


2211 Toastmaster club held their **Humorous Speech** contest on October 7.

- 1st Place- **Maria Winn**
- 2nd Place- **Thom Lessard**
- 3rd Place- **Sydney Martin**

Greater Portland Toastmasters held their **Humorous Speech** Contest on October 5.

- 1st Place- **Stacey Knight**
- 2nd Place- **Dennis Brown**
- 3rd Place- **Morgan Barber**



Member Achievements

Congratulations to Rajeev Chowdhury, our newest DTM



I joined Toastmasters in November of 2014 while I was vacationing in Fort Lauderdale, Florida. I joined Proud Speakers Club # 2266 and within my first 3 months as a member, I attended a TLI , took part in a speech contest and placed first place, and attained a CC designation.

I then moved back to Kentville, Nova Scotia and immediately joined the Wolfville Toastmasters Club. Within a few months I became the President of the Wolfville Toastmasters Club and have served on the executive board since that time. I continued on my Toastmasters journey and also joined the Sears Halifax Toastmasters Club and was able to complete my CL, ALB, ACB, ACS, and ACG. I served as Area 18 Director during the 2016-2017 Toastmasters year.

My HPL project combined my professional career as a Registered Nurse and my Toastmasters Leadership to develop a Covid Ward in the nursing home where I am the Director of Nursing, in the Annapolis Valley of Nova Scotia. In conjunction with the Department of Health, I led a team of nurses to develop a 4-bed Covid-19 ward, so that we could be prepared in case we had any residents test positive for the Covid -19 virus.

My next phase of Toastmasters will be to become a DTM again within the Pathways education system. I look forward to the next few years to attain a second DTM and be a mentor to all that wish to grow from Toastmasters.

Education Awards

Level 1

PM - Aaron Haruna Drammeh, Millyard TM
 PM - Allison SJ Millar, Keene TM Club
 VC - Andrew Nickolas Byrne, Mid Day TM
 VC - Carol Ann Hanley, Mid Day TM
 SR - Donald Nieratko, Keene TM Club
 PM - Gary Morton, Wolfville TM
 PM - Jason Dang, Mid Day TM
 IP - Jayme Marie Koehler, Fidelity Orators
 PM - Jeremy Scott DeMerchant, Beyond TM
 EH - Jessica Alvina Gibson, Harbourside Club
 EH - Joseph F Grondin, True Blue TM
 LD - Julie Avery, Successfully Speaking Women

MS - Kennedy Coleman, Saint John Club
 MS - Linda J. Ramrath, Keene TM Club
 DL - Manpreet Singh Walia, Halifax TM At SMU
 LD - Marsha F Greenan, Sears-Halifax Club
 IP - Pam Lombard, Kennebec Valley TM
 VC - Paula Hanley, Millyard TM
 PI - Raleigh C. Ormerod, Keene TM Club
 PM - Sarah Wright, Keene TM Club
 VC - Stacy L Colonna, Millyard TM
 MS - Steve Coombes, Merrimasters TM Club

Level 2

DL - Alexa Vodicka, Provincially Speaking TM
 VC - Andrew Nickolas Byrne, Mid Day TM
 VC - Carol Ann Hanley, Mid Day TM
 LD - Chad White, Riverview Canusa TM Club

MS - Cynthia J Sarvai, Millyard TM
 DL - Danielle Doucette, Halifax TM At SMU
 PM - Jason Dang, Mid Day TM
 IP - Jayme Marie Koehler, Fidelity Orators

TC - Jennifer Svendsen, Merrimasters TM Club
 PI - Jonathan D Metilly, Bangor TM Club
 IP - Kandra West-Pettigrew, Sears-Halifax Club
 IP - Ken Hubley, Schooner TM
 VC - Kevin Chick, Mid Day TM
 MS - Linda J. Ramrath, Keene TM Club

PI - Nidhi Gupta, Winning Speakers Club
 PI - Portia Zabrina Marsh, Mid Day TM
 PM - Robert Moran Maguire, Lakes Region TM
 PI - Shaun Michael Filiault, Keene TM Club
 MS - Steve Coombes, Merrimasters TM Club
 LD - Taylor Leigh Remy, Keene TM Club

Level 3

PI - Andrew Nickolas Byrne, Mid Day TM
 VC - Andrew Nickolas Byrne, Mid Day TM
 PM - Ayodeji Randle, Charlottetown TM Breakfast Club
 VC - Carol Ann Hanley, Mid Day TM
 DL - Emma Alicia MacLean, Speak-Easy TM Club
 TC - James Michael Lawlor, Provincially Speaking TM
 PM - Jason Dang, Mid Day TM
 LD - Jeanne Mance Cormier, Spotlight TM Club
 IP - Kandra West-Pettigrew, Sears-Halifax Club

VC - Kevin Chick, Mid Day TM
 PM - Lynn Kathleen Eyland, George Burton Club
 DL - M.E. Lawlor, Champ Masters
 DL - Margrethe Heimgartner, Kennebec Valley TM
 EH - Maria Winn, 2211 TM
 PM - Min Kim, Saint John Club
 PM - Oluwatosin Ruth Omodayo, Provincially Speaking TM
 PI - Portia Zabrina Marsh, Mid Day TM

Level 4

EH - Albert Cormier, Toast of the Coast TM Club
 PI - Andrew Nickolas Byrne, Mid Day TM
 VC - Andrew Nickolas Byrne, Mid Day TM
 PM - Baxter J. Crocker, Spirit-Ed TM Club
 VC - Carol Ann Hanley, Mid Day TM
 MS - Dan Gibson, Schooner TM
 PM - Deborah I. Mitton, Speak-Easy TM Club

PM - Jason Dang, Mid Day TM
 LD - Jeanne Mance Cormier, Spotlight TM Club
 PM - Joseph F. Grondin, Spotlight TM Club
 VC - Kevin Chick, Mid Day TM
 MS - Manju Basnet, Beyond TM
 PI - Portia Zabrina Marsh, Mid Day TM

Level 5

PI - Andrew Nickolas Byrne, Mid Day TM
 VC - Andrew Nickolas Byrne, Mid Day TM
 VC - Carol Ann Hanley, Mid Day TM

PM - Jason Dang, Mid Day TM
 VC - Kevin Chick, Mid Day TM
 PI - Portia Zabrina Marsh, Mid Day TM

Trailblazer

Andrew Byrne
 Carol Ann Hanley

Jason Dang
 Jeremy Scott DeMerchant

Kevin Chick
 M.E. Lawlor

Portia Marsh

Advanced Leader Silver

Rajeev Chowdhury Wolfville Toastmasters

Member Anniversaries and New Clubs



10 years

Eric Slauenwhite
Jeff Maker

5 years

Gregory Naigles
Kelly Stacey
Patrick Selby
Reese Eskridge

Welcome to District 45!

The Spellbinders Toastmasters Club chartered Aug 1st
Toast of the Midcoast chartered Oct 1st
Pomerleau Innovation Toastmaster Chartered Oct 14th



District Calendar

November

- 6th – A3 Humorous Speech Contest
- 7th – Online Fall Workshop
- 8th – D45 Webinar
- 10th – Membership Series
- 12th – Club Growth Open House
- 14th – DivB Humorous Contest
- 19th – Club Coach Q&A
- 22nd – D45 Webinar
- 24th – Membership Series
- 26th – Club President Monthly Peer Call

December

- 6th – D45 Webinar
- 8th – Membership Series
- 10th – Club Growth Open House
- 12th – A17 Humorous Speech contest
- 13th – D45 Webinar
- 17th – Club Coach Q&A
- 24th - Club President Monthly Peer Call

The most up-to-date information can be found here, d45toastmasters.org/calendar



d45toastmasters



d45.socialmedia@gmail.com



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