

District 45 Toastmasters Newsletter

CAN-AM LINK



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REFLECTIONS ON THE YEAR

DISTRICT DIRECTOR JONATHAN BOHM, DTM



"I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death."
 --Leonardo da Vinci

One of the beautiful things about Toastmasters is that we have a new year starting in the season of summer life. The wintry days have fled and as we burst into our new year, it is a pregnant time to reflect.

There are many ways to evaluate what has been. The rubric I choose is based on the four core values, the hallmarks of who we are as Toastmasters. Integrity, respect, service and excellence do not stand alone but mesh in a symbiotic medley.

Our District is built on Service. This year I saw again and again the steadfast commitment, the dedication of our Area and Division Directors. These leaders were a remarkable crew. I know that their service brought success, however measured, to the clubs and their leaders and members. I saw the assiduous detail to planning and implementing contests, and of course the Annual Conference.

Service is a key element in achieving Excellence. Though we are smaller now, an unfortunate consequence of the global pandemic, we are strong. Members who led their clubs, who mentored one another, brought a brilliance to the Toastmasters year.

Excellence is a product of Integrity. Integrity polishes us. Integrity means doing what you say will do and doing it well. Passion breeds integrity, if harnessed in the positive action that I saw again and again this year. Integrity

shows and shines. As integrity glistens, we lift each other with empathy and compassion. Integrity is a heart quality as well as a mental conviction.

At the top of my list is Respect. Quite simply, this means treating each other as human beings with the same courteous dignity we want for ourselves. The struggles of life were amplified this year of the pandemic, and I have high regard for those whose forbearance, meshed with integrity, kept us on a steady keel.

Did we hold these core values this year? I believe most of us did. I believe too that embedding these in everything we do in life proves who we are as Toastmasters. We are more than club members, leaders, public speakers: we are world citizens.

I hold to that higher reality as I come to the end of the year, of my term as District Director. Yes, there were tussles as we mastered the online reality, but we accepted the challenge. Yes, there were struggles, but by leveraging what we do best, by holding the truth of who we are, I see that we overcame. As we stretch, we gain and prosper. As we embrace the core values, we succeed.

The tough moments? Pebbles in the ocean of my gratitude. It has been an immeasurable joy to work with you, and I treasure your support, integrity, and your friendship.

"I live my life in widening circles that reach out across the world."

— Rainer Maria Rilke

Farewell from Your District 45 Club Growth Director



This year has been an incredible growth experience for me as District 45 Club Growth Director. The Pandemic created some interesting obstacles to maneuver,

but they taught me that our members can adjust to anything, as long as the Leadership are there to support and guide. Working with the Senior Leadership team this year taught me a lot about the necessity of a good leadership team that works well together. Lessons I will apply when I decide to continue my D45 Leadership journey.

The BEST PART OF MY YEAR was working with my Club Growth team. Through coaching, mentoring, marketing, recruiting and more, they were a shining example of true leadership. District 45 is a better place because of the work, effort and commitment of each of you, so THANK YOU! There were so many D45 Leaders that reached out over the year to help me succeed and to ensure that the Club Growth team had the support we needed to help members. To each of you, I will be forever grateful.

My biggest lesson this year, is that Leadership has as many people to guide you through success as will push you to fail. If you focus on those true Leaders who want nothing more than to make you and the members successful, you can make it through any obstacles that stands in your way, no matter how big or how powerful. **Thank you, District 45 members, for the opportunity to serve you this year!**

-Melinda McCormack, DTM

Reflections from Your Public Relations Manager



When looking back over the last year, I am confident in saying that I have grown as a person and as a leader. When I agreed to take on a role at the District

level, I said yes to being the Administration Manager. I enhanced my note taking skills and ensured that accurate records were filed.

As we continued through the year, a new opportunity came when I was offered the Public Relations Manager role. I was nervous that I would not enjoy the role or even have the skills to do a good job but as we know, we learn by doing so I decided to take a leap of faith and give it a try. This quote from Babe Ruth is something that helped me get through my fear “Never let the fear of striking out get in your way”.

I have been challenged with being patient this year as the work of the public relations manager greatly depends on others giving you information that they need to have shared. Patience is key when working with a team, especially a team of volunteers! I also learned a lot about social media and how it is always changing and adapting.

As we get closer to the end of the Toastmaster year, I am proud of what our District has accomplished through tough times and excited about what the future holds for us. Together, we can overcome anything!

Crystal Cobb, EC5, PI5

I accepted the challenge and was rewarded by meeting dedicated and energetic Toastmasters who, despite the challenges of the pandemic, were determined to keep their clubs running. I was inspired by the dedicated leadership of District 45, who worked tirelessly to support their Divisions. I came away with a new appreciation for the enormous “behind the scenes” work that makes a District run. I have heard more than once from Toastmasters International senior leadership that the Area Director position was their favorite. After my experience as Area Director over the past year, I would have to agree.

Reflections on Serving as Division Director



**Division A Director
Heather Fairchild**

The six Division Directors worked hard all year to support their Area Directors as well as the Area clubs and members. Each Division Director was asked to reflect on their year. The one factor that each of the Division Directors mentioned was teamwork.

Teamwork will be what I remember when I think back on this year as Division G Director. The connections I made with Heath, Anne, Alan, Albert, Kelley, Jonathan, and many others are what got me through some very challenging times. Teamwork is the key to any project success, and thanks to this crew we had many successes – and MANY projects!

Teamwork is probably the one word I would use to describe what I learned this year. In my working career, I spend much of my time working alone. But, being a Division Director has taught me how to work within a team, how to share ideas, divvy out tasks, set goals and create events that I could not have achieved alone.



**Division B Director
Bill Bruns**

I think my greatest take away from this year was how powerful the feeling of support was. As challenging as things could be, we were all in it together. We were able to connect with colleagues from across the street and across the world with the same amount of ease, making our world feel not nearly as big. I can't wait to see the growth created in the new Toastmasters year.



**Division C Director
Jeremy DeMerchant**

Division Directors also talked about the personal growth and leadership growth they experienced through serving as Division Director.

When I was interviewed by the District Nominating Committee the panel members wanted to know what leadership experience I had? None. The role demands qualities and skills I am rarely asked to demonstrate in other settings. The objective at Toastmasters is not always the best qualified, but becoming better. I have been fortunate to be sustained by a great team as I became better at leadership.

I really enjoyed my year as Division Director. It was a year of growth, learning, practicing a lot of patience, working collaboratively with Toastmasters and making incredible memories. It was a year where I really learned to push myself way past my comfort zone. The best part of being a Division Director was meeting so many wonderful Toastmasters and making new friends.

Reflections on Serving as Division Director



Division D Director
Alan Idler

They also spoke about the effect of Covid-19 on their leadership year.

WOW! What a year! It would be easy to sit here and write about all the negative effects COVID 19 had on my experience as a Division Director. However, I believe COVID does not define my experience. To tell you the absolute truth, the Pandemic gave me the opportunity to experience our District in a way that I would never have knowledge of if we were NOT on Zoom. Think about it! Would I have been able to attend and assist at a multitude of Speech Contests in the Canadian Maritimes or in Maine or Vermont? Would I have made fast friends with the other Division Directors if all I did was see them on District Executive Committee (DEC) meetings all year? Would I have been able to collaborate with Division and Area Directors from all over the District, on Toastmasters Leadership Institute (TLI) trainings if it were not the capabilities of ZOOM? The answer to all of those questions is an emphatic, NO.

The 2020/2021 Toastmasters year was definitely one for the books. There were times when things felt fantastic and the momentum being created was apparent. There were other times when things felt completely out of control. I'm grateful for both because they allowed me to connect more closely with the other Division Directors for both celebration and support. This year and our current remote state made these connections significantly easier to create. I was able to witness formal and informal leaders step up and take ownership at times when it wasn't expected. Although some members shied away from Zoom meetings, most decided to welcome the challenge head-on, setting the stage for a year of building connections and attracting guest from across the district and beyond.



Division E Director
Anne Doucette



Division G Director
Cindy Lee

The following comment is perhaps a good summary of what message the Division Directors would like you to hear:

To anyone on the fence thinking about running for a Division Director position, I say DO IT! Stretch your comfort zone and feel the positive atmosphere coming from the entirety of District 45.

Reflections on Serving as Area Director

The 2020 – 2021 Area Directors (ADs) were asked for their reflections on their year as Area Director. All made great observations. Those observations are summarized here with a selection of their comments. It was difficult to choose only a few comments. A few of their stories are presented throughout the newsletter.

Area Directors were asked what they learned during the year. Most indicated it was a year of learning and growth for them.

Being an area director has helped me work on my organizational skills and delegation skills. I still have problems with time management but I've been able to improve those also. I've been able to help clubs and been helped by my clubs. I think that anyone who wants a full Toastmaster experience should take on the area director role at least once.

Reflecting on this point in 2020, I was nervous stepping into the role of Area Director. I am grateful that I did not deny myself this opportunity. I have met so many wonderful people, people that I probably would not have met otherwise. I had different opportunities that further developed my communication and leadership skills. But most importantly, I am not as afraid of new opportunities that come my way. The personal growth and development I saw outweighs the struggles.

The thought of stepping into an Area Director role was huge, scary and intimidating all at the same time with lots to learn. This past year has not only grown me as a Toastmaster, it has grown me a leader! Having to be organized, take on challenges, team building, working with and meeting new people, stepping outside my comfort zone and realizing - it wasn't that bad at all! I enjoyed my year as Area Director and will do it once again!

Stepping into a role like Area Director has played a significant role in my personal growth. As a connector, I love to meet, work with, and learn from many different people. As an educator and influencer, I enjoy providing positive support to help enable others to step out of their comfort zone and achieve their potential. This role helped nurture those parts of my personality, and it has led me to see the possibility of leading even at a higher level at some point. I am very grateful to Toastmasters for the amazing transformation it has had on my life.

It is a great learning experience for me to learn about our area, other clubs and finding ways to work with them. I enjoyed it thoroughly.

One thing I learned from being an Area Director this year is the learned experience of managing and advising others needs and expectations through club visits and hosting multiple Zoom meetings. While Area Council meetings were often more productive in finding solutions to day-to-day club issues, participating in club visits allowed me to understand better how each club and members operate differently, and helped me form new relationships where I could provide information to them and the District so their club could succeed.

Reflections on Serving as Area Director

They said they learned how varied clubs are, members want clubs to succeed, clubs and members are adaptable. They learned that clubs had similar challenges with promoting and growing their clubs.

The past year as an Area 11 director gave me an opportunity to learn more about the clubs, work with them and guide them. I also got a valuable opportunity to work with energetic leaders of the district.

One thing I've learned this year is the importance of managing and shifting expectations. I am now so very grateful for, and inspired by, those who were able to show up. Those who can, are holding their clubs together until other members are able to re-engage. I have seen incredible commitment and resilience in the members of Area 8. Thank you!

ADs also commented that they, themselves, learned to be adaptable, particularly because of Covid-19. Area Directors learned much about their own leadership during the year.

This year taught us to adapt to new settings of online meetings, and now we are getting better and enjoying our meetings. Visiting different clubs was very convenient. I made new friends.

We adapted to online meetings very quickly and members showed enthusiasm in conducted meetings despite several challenges due to pandemic. We have tried joint meetings in our area with two or more clubs. We also had an international joint meet with club in Belgium along with 3 other clubs in our division. We are also are planning to have one more international joint meet with a club from India around June. We also had an amazing area contest with education session from one of the seasoned Toastmaster and certified NLP coach from India.

They learned how welcoming and supportive the clubs are when the ADs visit or ask for help. They commented on the sense of camaraderie and teamwork that helped throughout the year.

I have learned so much in my role as Area 6 Director, but the one thing that stands out for me is the camaraderie and esprit de corps that I have experienced from so many of my fellow Toastmasters. In addition, I never thought I would be able to collaborate with other Area and Division Directors, and others in leadership. It's truly been an honor to be an Area Director. I highly recommend it!

This year has been a year of personal growth as Area 7 Director. What I found most inspiring throughout the year is no matter what obstacle comes in front of us; we always pull together to achieve great successes. It is always a pleasure to work with 'like minded' people who are here to better others while we improve ourselves.

I love being an area director. It allows me to be in touch with many toastmasters and learn a lot from experienced toastmasters as well as those new to the program. I have always been reluctant to ask for help but my fellow area 10 toastmasters make that very easy.

It was a delight to work with so many positive people and experience some new technologies provided. It was a wonderful year and to make a better connection with my local clubs and understand their own unique personalities was delightful. New friends, new information sources, and now I see a renewed energy returning to Toastmasters as the pandemic is hopefully waning. It was a privilege to be a Director for Division E Area 17 this past year.

Sharing Stories

The second online and the 65th Annual District 45 conference was held May 13th to May 16th. We were honoured to have Past International President Mohammed Murad join us on Saturday for a keynote speech. We started things off with a bang on Thursday evening with the Humorous Speech contest and an opportunity to meet the candidates. Friday evening saw a First-Timer’s event, Opening Ceremonies, Fun Time with a variety of games and a candidates’ showcase. On Saturday, members participated in the enjoyable and informative educational sessions, awards, a farewell speech by District Director Jonathan Bohm. Of course, there was the traditional (maybe not-so-traditional) hospitality suite each evening. The conference wrapped up on Sunday with our Evaluation contest, a presentation about the Rotary/TI alliance and the induction of our 2021 – 2022 incoming District leaders who were elected on Saturday during the District Council meeting or announced as appointed. These leaders are:



- District Director – Heather Perkins
- Program Quality Director – Crystal Cobb
- Club Growth Director – Sherry MacDonald
- Public Relations Manager – Anne Doucette
- Division A Director – Kelley Demers
- Division B Director – Tom Macisso
- Division D Director – Suzanne Weiss
- Division G Director – Tom Goodwin



As usual, with the D45 conference, clubs and members were recognized for various achievements. There were 21 1st time and 8 repeat TrailBlazer awards.

The following thirteen members were recognized for achieving their DTM:

- Candice Buell
- Rajeev Chowdhury
- Angela Chute
- Paul Coddington
- Heather Fairchild
- Shahram Ghanbari
- Caryl Lajoie
- Tina Learmonth
- Richard Lefevre
- Sharon Littlefield
- David Mills
- Marion Taylor
- DJ Turchon



The following clubs were recognized by achieving Distinguished or better by April 30th:

Bedford Basin Toastmasters #3826192 – Distinguished
Millyard Toastmasters #902446 – Select Distinguished
Sears-Halifax #1555 – Select Distinguished
Winning Speakers #3608 – Select Distinguished
Concord Toastmasters #6954 – President’s Distinguished
Provincially Speaking Toastmasters #4577257 – President’s Distinguished

The following new clubs which chartered during the year were welcomed to District 45:

East Coast Online Advanced#7800586
Pomerleau Innovation #7817340
The Spellbinders Toastmasters#7320727
Toast of the Midcoast#7593337

Sponsors and mentors are crucial to new clubs being successfully chartered. The following members were recognized as club:

Horace Crozier, DTM
Carl Duivenvoorden, DTM
Heather Fairchild, DTM
Sharon Littlefield, DTM
Diana Mancuso, ACS, ALB
Eric McMenemy, DTM
Heather Perkins, DTM

Mentors were:

Caryl Lajoie, DTM
Marion Taylor, DTM
Shane Walsh, DTM

Club coaches also play an important role in helping struggling clubs achieve success. The following members were recognized as successful club coaches:

Kaylee Kach, DTM
Madhu Kanji, DTM
Richard Lefevre, DTM
Shahram Bagher Ghanbari, DTM
Tina Learmonth, LD1
Cecile Rousselle, DTM
Marion Taylor, DTM

MultiMedia Omnipresence award is presented to the club judged to use all aspects of public relations to the best advantage of their club. Included could be newspaper, newsletters, website, Facebook, Twitter, Instagram, etc. The winner of this year’s MultiMedia Omnipresence award is:

Mount Washington. Valley #3596556

Sharing Stories

Membership retention is critical for both the District and for individual clubs. It is through retaining members that we provide continuity, stability, and mentorship in our clubs.

The *Ted Nichols Award* is given to the club that retains the greatest percentage of members through the October and April renewal periods. This year’s recipient of the Ted Nichols award is:

Bedford Basin Toastmasters #3826192.

The *Terry Chinnery Award* is presented to the club with the greatest percentage increase in members from the previous April. This year’s recipient of the Terry Chinnery Award is:

2211 Toastmasters #1428328



The *Dave Rosvall Award* is presented to a District 45 Toastmaster who has demonstrated long-term and meritorious service to the District above the club level. The recipient must have been a D45 Toastmaster for at least 10 years. District Governors and Directors must have been out of office for at least 5 years before receiving the award. The District 45 Past District Governors and Directors determine the winner of this award. The winner – **Nita Patel**

The Darlene Dunn Outstanding Mentor Award is a new award. This new award will be given annually to recognize a member who has exhibited the heart and soul of what Toastmasters mentorship: *“Encouraging success of others before self”*. The first winner of this award is **Paula Tozer**.



The *Shirley Kelly Award* is presented to a member who exemplifies the mission and values of a Toastmaster and empowers fellow Toastmasters to be successful by sharing the spotlight. Nominees must be a DTM, served on the District Executive, have been a Toastmaster for at least 5 years, and served the District in various capacities. The winner – **M.E. Lawlor**

The *Division Director of the Year* is based on the Division’s performance and the individual’s contributions to that achievement. The achievements are measured across membership building and retention, club extensions, distinguished club program, education and training, leadership commitment and support, and public relations. The winner – **Cindy Lee**



The *Area Director of the Year* is based on the Area performance and the individuals' contributions to that achievement. The achievements are measured across membership building and retention, club extensions, distinguished club program, education and training, leadership commitment and support, and public relations.

The winner – **Kelley Demers**



The *Toastmaster of the Year* award is given to a member who best exemplifies Toastmasters International values in supporting the District and club missions. The Toastmaster of the Year is expected to excel in a variety of leadership and communication; educational; and marketing and public relations activities. **The winner – Sarah Chaffee**

What would the conference be without our three Speech Contests? Conference attendees were treated to excellent speech contests. The Humorous Speech Contest run by Chair Division G Director Cindy Lee, Chief Judge Dan Gibson and their team. The winners are:

Third Place – Jeffrey Doucet

Second Place – DJ Turchon

First Place – Joe Grondin

The Evaluation Contest on Sunday morning was led by Chair Division A Director Heather Fairchild, Chief Judge Rhea Hamlin and their team. The winners are:

Third Place – Barrinique Griffin

Second Place – Jeffrey Doucet

First Place – Joe Grondin

The highlight of any conference is the International Speech Contest which was led by Chair Division C Director Jeremy DeMerchant, Chief Judge Alan Idler and their team. The winners are:

Third Place – Manju Basnet

Second Place – Joe Grondin

First Place – Stacey Knight

All award recipients will be recognized on the D45 website in the Hall of Fame.



Upcoming Events – Toastmaster Leadership Institutes

The Toastmaster Leadership Institutes (TLIs) will be held in June. The schedule is:

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
1:30/2:30	Report back from breakouts and Closing Remarks

Monday June 7 and Wednesday June 16 (Sessions 1 and 2)

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)
8:30 / 9:20	Closing Remarks

Tuesday June 8 and Thursday June 17 (Sessions 3a, 3b and Session 4)

ET/AT	
6:00 / 7:00	Welcome
6:05 / 7:05	Session 3a – Measuring What Counts
6:35 / 7:35	Session 3b – Concurrent Sessions (Effective Committees, Executive Committee Meetings, Delegation, Leadership)
7:05 / 8:05	<i>Break</i>
7:15/ 8:15	Session 4 - Officer breakouts
8:25 / 9:25	Report back from breakouts and Closing Remarks

Upcoming Events – Toastmaster Leadership Institutes

Strutting Our Stuff – In this session, we will discuss what makes a club a quality club along with what makes a meeting a quality club meeting. We will also look at some ways on bringing some variety to your meetings while still following the Toastmasters program.

Teamwork and Accountability – This session will look at aspects of teamwork along with what is accountability and why accountability is important. There will also be time for the members of each Division to get to know each other and discuss any areas of concern or of success for the clubs and members in the Division.

Measuring What Counts – How do we know we are achieving success? This session explains the Distinguished Club Plan and its connection with member and club success.

Concurrent Sessions – You must choose one of the four concurrent sessions.

Effective Committees – In this session, we will discuss the benefits and challenges of committees and the three steps to forming and maintaining effective committees.

Executive Committee Meetings – Does your club have executive committee meetings? Do you feel they help the club and its members achieve success? This session will look at the importance of executive committee meetings and what should happen in an effective executive committee meeting.

Delegation – When should you delegate a task? To whom should you delegate it? What are your responsibilities once a task has been delegated? In this session, we will discuss these questions and why delegation, although challenging at times, can be beneficial to you as a club officer.

Leadership – In this session, we will discuss some of the aspects of leadership, different types of leadership and how you can be effective as a leader.

Officer Breakouts – Participants will participate in the session for the role they will be holding for the 2021 – 2022 club year. If you hold more than one office, you must attend the Officer Breakout session for each of the offices you hold to get credit and more importantly, to be fully trained in your various leadership roles. The breakouts will discuss the main duties of each role along with transferable skills. Bring your questions as there will be lots of opportunity for group discussion.

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.

Until July 31st 2020, I never thought I would be an Area Director with Toastmasters. That day when I accepted the position, I was only a Toastmasters member since 9 months. I didn't know where I was going with this but it's probably one of the best decisions I ever made in my life. Previously, I wasn't participating too much in my club meetings. After the day I accepted the area director position, I never look behind and I started to say yes for everything I was asked for during club meetings. It pushed myself beyond and helped me to face my fear of public speaking. I had to do club visits where I did table topics in English for the first time as my first language is French. I also learned to organize events like speech contests including being president for these events. Finally I really enjoyed being an area director this year and it helps me to grow more than if I would only attend my club meetings.

Around the District – Division A

Concord Toastmasters had a very EXCITING month! Four of our members ascended to the Division A speech contest. We are so pleased to announce that Paul Coddington garnered 1st place in International Speech and Humorous Speech. He represented another club for International, but we still rooted for him! One of our newer members, Sylvie Couture, placed 3rd in International. We are so proud of her courage in competing. Our seasoned Concord Toastmaster, Betsy Black placed 2nd in Humorous and in her first competition at this level Sarah Chaffee placed 2nd in Evaluation. The whole club has taken pride in supporting their journey.

Another longtime Concord Toastmaster, Debby Adair, who joins us from Utah each week, completed three levels in one year! Debby has been a true leader in our club, mentoring formally and informally, many of our members. She also won an internal club prize for bringing the most guests to the meetings. She has been the heart, soul, and SMILE of Concord Toastmasters.

This time of year brings the election of a new executive team. We welcome experienced and new leaders: President - Jennie Parisi, VPE - Sarah Chaffee, VP Membership - Dale Randall, VPPR - Catherine Ryan, Treasurer - Alex Campbell, Secretary - Sylvie Couture, SAA - Rick Dymont for a second term, with technological consultation by Joanne Martin, and for a dual role IPP - Catherine Ryan. They have much to do as clubs transition back to in-person meetings.

At the District 45 meeting Paul Coddington competed against many worthy Toastmasters in both the International and Humorous contests. As he so humbly stated about his competition, "I did not lose, I was beaten." District 45 also honored Concord Toastmasters with the Distinguished Club Status.



Sylvie Couture
Int'l 3rd Place



Betsy Black
Humorous, 2nd Place



Paul Coddington
1st, Humorous & International



Sarah Chaffee
Evaluation, 2nd Place

Concord Toastmasters Flashback! Congratulations Sarah Chaffee!!!

Flashback to December 2018. Enter Sarah Chaffee, a guest to one of the Concord Toastmasters meetings. I remember that day as Sarah and I connected. I remember thinking, Wow. Her energy, openness and demeanor were a magnet. Soon after, Sarah became a member of Concord Toastmasters. She joined the club's executive committee as Vice President of Public Relations, serving two terms starting in July 2019 and concluding on June 30, 2021.



Sarah strives and succeeds in supporting Concord Toastmasters, representing the club with a high level of dedication. The club website has been revived with renewed freshness under her leadership. Sarah re-established the Facebook account for club outreach to members, and those wanting to learn more about Concord Toastmasters. One of her missions has been to consistently submit club news to the District 45 Newsletter. Sarah's dedication and consistency to this mission resulted in having Concord Toastmasters news to be published EVERY month.

Sarah has been and continues to be a magnet within our club. Now she is a beacon in District 45 with her recognition at the 2021 District for the District's Toastmaster of the Year for her exceptional leadership and devoted service. We look forward to having Sarah transition from the VP of Public Relations to the VP of Education for the upcoming 2021-2022 year!

-Catherine Ryan, Concord Toastmasters club president

HOW IMPORTANT ARE PARLIAMENTARY PROCEDURES?



This past January, a call for Club President was put out for Spotlight Toastmasters. Being a member, I put my name forward to embark on a new adventure. I feel being elected as President of this Advanced Toastmaster Club is a privilege because it is an opportunity to learn a new Leadership-Communication Skill needed to lead a business meeting of the quality this club has always impressed me with.

As most of you, I have witnessed the results of how things can get out of hand when a fair, due process is lacking. Decisions are often left unresolved or with an unpleasant aroma in the atmosphere. The first thing I did before I put my name forward for club president was I investigated what I was responsible for by reviewing the club President's role in the club leadership handbook. Under President's responsibility, it is stated that Club Presidents are expected to manage procedural matters in the conduct of the meeting and to apply parliamentary procedure as outlined in Robert's Rules of Order. The problem was, I was no expert on Parliamentary Procedure especially in the Roberts rule of order, but I come to Toastmaster to learn and this advanced club has members that are incredible in supporting and mentoring. One of those incredible members is my go-to person when it comes to this new Leadership-Communication skill I am learning by doing.

If you want to see what this Leadership-Communication skill looks like, this club accommodates learning this skill at every meeting. We highlight one of the Robert's Rule of Order under the role of Parliamentarian and conduct a business meeting session utilizing Parliamentary Procedure in Robert's Rules of Order. I believe it is a must-learn communication leadership skill that every Toastmaster Club President owes himself or herself to learn to lead their club in a fair decision process.

To attend one of our meeting please contact me d45.david.cormier@gmail.com. Also check out our club [Newsletter](#).

David Cormier
Spotlight Toastmasters Club President

As a rookie Area Director, I really wasn't sure what to expect. In fact, after volunteering for the role I started to seriously second guess myself - did I do the right thing, what needs to be done, will I be able to do what's expected, can I add value, and so on. However, those concerns were quickly laid to rest, particularly after attending my first Area Director's training session. I was extremely impressed with the comprehensive training content and how well the responsibilities were laid out – including a detailed monthly schedule of expectations for the entire year! That schedule involved meetings with all clubs in my Area, participating on the District Executive Committee, and contributing to various events such as District level speech contests. The net result of all these activities, was that my personal Toastmasters experience has expanded way beyond the familiar bounds of my home club. Looking back over the past year, the single most striking realization for me was the incredible effort, dedication and professionalism displayed at all levels throughout the Toastmasters leadership hierarchy, and how fortunate I've been to be a part of this world-class organization.



Of the 1,200 members in our District, 47.5% have been a member for at least 5 years, 25.8% have been a member for at least 10 years and almost 14.6% have been a member for 15 years or more. Each month we will celebrate those members who celebrating an anniversary in that month. 5th, 10th, 15th etc. anniversaries will be recognized. The following are celebrating their anniversary with the club noted in **June**.

Name	Club	# of Years
Jim Murhpy	Spirit-Ed Toastmasters Club	40
Horace Crozier	East Coast Online Advanced Toastmasters, Speak-Easy Toastmasters, Spotlight Toastmasters, Charlottetown Toastmasters Breakfast Club	25
Roxanne Hatcher	Cape Breton Toastmasters, The Very Best Toastmasters, East Coast Online Advanced Toastmasters	20
Carl Huntley	Bangor Toastmasters Club	10
Jim Wisted	Rise and Shine Advanced Toastmasters, Riverside Toastmasters	10
Sylvie Couture	Concord Toastmasters Club	10
Mark Toussaint	Millyard Toastmasters	5
Corey Moore	Mt. Washington Valley Toastmasters	5

Anniversaries



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 **58** years ago on June 1, 1963

Savvy Speakers #1955 of Barre, VT chartered **45** years ago on June 1, 1976

Sackville Club #4588 of Lower Sackville, NS chartered 40 years ago on June 1, 1981

Amoskeag Better Communicators #7347 of Manchester, NH chartered 25 years ago on June 1, 1996

Harbourside Club #1843 of Saint John, NB chartered 20 years ago on June 26, 2001

Every month, members who have achieved designations Pathways are recognized. Some members, however, are not getting the recognition they deserve because of the privacy settings they have chosen. If you are not sure what you have chosen, log in and go to your profile. Click on privacy and consent. The final item says “Your Name on Public Reports”. If you have indicated no to this setting, only your member number and club shows on the reports indicating any achievement you may have earned. This means you can’t be recognized publicly by the District. Get the recognition you deserve. Change your setting to this consent to YES. There are currently 66 achievements not recognized because consent has not been given.

Member Awards

Level 1 – May 2021

Name	Club	Designation
Marcia Caringal	Millyard Toastmasters	DL1
Marleen Clark	Speak-Easy Toastmasters	MS1
Kathy Doe	Annapolis Valley Toastmasters	VC1
Gilford Fernandes	Portsmouth Toastmasters	PM1
Alok Gupta	Winning Speakers Club	IP1
Claudette Joseph	Speech Afire Advanced Toastmasters	PM1
Madhu Kanji	Sussex Toastmasters Club	EC1
Helene Kerpan	Les Voix Du Succès-Successful Voices	IP1
Jillian Miner	Keene Toastmasters	SR1
Nancy Muise.	Bedford Basin Toastmasters	IP1
Sheila Oranch	White Mountain Toastmasters	PM1
Raleigh Ormerod	Beyond Toastmasters	EC1
Sandra Pereira	Bedford Basin Toastmasters	MS1
Quinn Thi Bich Pham	Provincially Speaking Toastmasters	PM1
Latricia Saucier	Toast of the Midcoast	LD1
Aaron Stephenson	Fredericton Toastmasters	EC1
Anne Stewart	Bedford Basin Toastmasters	VC1
Kimberley Terry	Les Voix Du Succès-Successful Voices	EC1
Dawna-Jean Turchon	The Maine Thing Advanced Toastmasters	SR1

Mentoring Path Completion – May 2021

Name	Club
Kimberley Terry	Les Voix Du Succès-Successful Voices

Member Awards

Level 2 – May 2021

Name	Club	Designation
Olivette Aviso	The Maine Thing Advanced Toastmasters	PM2
Travis Bake	Penmen Toastmasters	IP2
Pamela Campbell	Penmen Toastmasters	EC2
Ronald Cartwright	Fidelity Orators	LD2
Adriana Castro	Les Voix Du Succès-Successful Voices	IP2
Stacy Colonna	Millyard Toastmasters	VC2
Jeffrey Doucet	Beyond Toastmasters	PM2
Gilford Fernandes	Portsmouth Toastmasters	PM2
Angela Harris	True Blue Toastmasters	LD2
Janet Leary-Prowse	Running Hill Toastmasters	LD2
Antoine Legresley	Arcadie du Grand Caraquet	IP2
Jillian Miner	Keene Toastmasters Club	SR2
Deepak Nainiappan	Schooner Toastmasters Halifax	DL2
Monica Norris	Bangor Toastmasters	IP2
Kimberley Terry	Les Voix Du Succès-Successful Voices	IP2
Manpreet Singh Walia	Halifax Toastmasters At SMU	DL2

Level 3 – May 2021

Name	Club	Designation
Karen Caldwell	Sears-Halifax Club	MS3
Peter Covert	George Burton Club	LD3
Reginald Crick	George Burton Club	MS3
Horace Crozier	East Coast Online Advanced Toastmasters	DL3
Gilford Fernandes	Portsmouth Toastmasters	PM3
Tracy Gatis	East Coast Online Advanced Toastmasters	VC3
Pierrette Hache	Arcadie du Grand Caraquet	PM3
JoAnn Hollingsworth	Dynamic Speakers Club	EC3
Amin Loukil	Speech Afire Advanced Toastmasters Club	IP3
Geraldine MacKendrick	Speak-Easy Toastmasters Club	PM3
Moranda Van Geest	Sussex Toastmasters Club	PM3
Manpreet Singh Walia	Halifax Toastmasters At SMU	DL3

Level 4 – May 2021

Name	Club	Designation
Karen Caldwell.	Sears-Halifax Club	MS4
Linda Crosby	Dynamic Speakers Club	PM4
Lynn Eyland	George Burton Club	PM4
Margrethe Heimgartner	The Maine Thing Advanced Toastmasters	DL4
Sharon Joseph	Speech Afire Advanced Toastmasters	VC4
Dorina Theriault	Arcadie du Grand Caraquet	LD4

Level 5 – May 2021

Name	Club	Designation
Linda Crosby	Dynamic Speakers Club	PM5
Jeffrey Doucet.	Beyond Toastmasters	IP5
Michael Lawlor	Bedford Basin Toastmasters	MS5
Sheryl Poirier	Speech Afire Advanced Toastmasters	PM5
Kimberley Terry	Les Voix Du Succès-Successful Voices	VC5
Michael Wegner	River Valley Toastmasters	VC5

Trailblazer Award – May 2021

Name	Club
Tracy Gatis	Sears-Halifax Club
Pierrette Haché	Arcadie du Grand Caraquet
Michael Lawlor	Bedford Basin Toastmasters
Kimberley Terry	Les Voix Du Succès-Successful Voices

Our two latest DTMs, Tina Learmonth and Dan Wilson will be recognized in July issue of the newsletter.

District Calendar

June Events

June 7 – Sessions 1 and 2, TLI

June 8 – Session 3 and 4, TLI

June 12 – Sessions 1 – 4, TLI

June 16 - Sessions 1 and 2, TLI

June 17 - Session 3 and 4, TLI

June 26 – Sessions 1 – 4, TLI

June 27 – Year-end District social

September 12 – webinars resume

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

I consider my year as A19 Director to be a Year of Honor. I've had the honor:

- of connecting with the clubs in my area on a regular basis as their Zoom Master and, as a result, working with many District superstars, *and our rising stars*, on a deeper level.
- of realizing the value of servant leadership and teamwork and demonstrating what it means to aim high and dig deep.
- of personally coaching and mentoring fellow Toastmasters with my **Power Moves** program and coaching one of Area 19's best to the District International Speech competition!
- of working with many of D45's most excellent members - in particular, our Area and Division leaders and presenters who helped make the Division C TLI in January a resounding success!
- of chairing our January TLI, as well as various speech contests that showcased many of our most excellent organizational talent, as well as our best presenters and speakers.

However, as AD, what I've had the ***honor AND privilege*** of learning this year is this:

Adversity shows us to ourselves ways that ease cannot.

I have been stretched and challenged and encouraged and supported in so many valuable ways...