

District 45 Toastmasters Newsletter

CAN-AM LINK



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THE ROAD TO DISTINGUISHED TOASTMASTER

PROGRAM QUALITY DIRECTOR JIM WISTED, DTM



We are half way through the year and it has been on-line. This has offered a different approach and I am proud of how well everyone has adapted. I would like to discuss the

DTM program options for the 2020 – 2021 year. For most of you, the only option for a DTM is through Pathways. For those who started in the Legacy Program prior to the 2019 – 2020 year, you can still achieve a Legacy DTM up to the end of June 30, 2021 as long as the only requirement you need is an Advanced Leader Silver. Here are each program’s requirements for achieving DTM.

PATHWAYS EDUCATION PROGRAM DTM

1. Complete two learning paths.
2. Serve as a club officer for 12 months. (You can fulfill this requirement by serving as a club officer two six-month terms, but you don’t have to do it in consecutive terms.)
3. Serve a complete term as a district officer. A complete term is defined as having served at least from September 1 through June 30.
4. Serve successfully as a club mentor or coach.
5. Serve successfully as a club sponsor or conduct a Speechcraft or Youth Leadership.

Complete the DTM project. (Members are required to create and implement a project of their own design, in which they demonstrate the skills and expertise they have gained.)

LEGACY EDUCATION PROGRAM

Toastmasters International has extended the deadline for submitting the Advanced Leadership Silver (ALS). This extension allows:

1. Successful Club Coaches to file for Club Coach Credit AND Year of District Service.
2. Club Mentors, assigned no later than December 31, 2020.
3. Club Sponsors of new clubs can receive Sponsor credit.
4. Area Directors serving the 2020-2021 year can file for a year of District service for an ALS.
5. Complete a High Performance Leadership program.

All these MUST be filed by June 30, 2021 to receive credit.

Awards for Leadership Excellence (High Performance Leadership), and Distinguished Toastmaster in the traditional program must be submitted by June 30, 2021.

I look forward to a successful year with the help of all the members of District 45. We are strong and have many interesting and talented members.

Club Growth Tip

USING PROCESS GOALS

Your Club Growth Tip: use PROCESS GOALS to grow your club! Goal setting is an excellent way to focus the attention of your club. However, have you ever noticed that deadlines tend to slip as you reach them? If all of your goals are due on June 30, how do you know if you are on track to completing them?

PROCESS goals are the small steps you take to achieve your larger goal. PROCESS goals can help you stay on track because they are based on doing activities that help achieve your goal. For example, suppose your club sets a goal of gaining 10 new members this year. You set several progress goals to help accomplish this goal.

Process Goal 1: At every officer meeting, the VP Membership will report on number of new members and new member induction.

Process Goal 2: At every officer meeting, the VP PR will report on status of reaching potential members.

Process Goal 3: At each club meeting, the club President will greet all visitors and invite them to come back and join.

If you don't know what process goals will work, use the [Moments of Truth](#) at your next club meeting. This activity always brings up dozens of small things that your club could do. Make some of these ideas your process goals and use them to grow your club.



Holiday Social Recap

WOW! Thank you to all members who came out for our Holiday Social on December 13, 2020.

We played some games, heard impromptu speaking, listened to a Christmas reading and socialized. While this year is so different from what we are used to, we worked together to celebrate and have some fun!



Members had their drinks and snacks ready, along with some holiday costumes to brighten our spirits!

Online holiday parties are happening in many clubs, Districts, Regions and in various corporations. Even as we go back to in-person meetings, an online holiday social may be a fixture for District 45 in years to come. It does provide us with a way of connecting across the District and networking with our fellow District 45 Toastmasters.

Special thanks to Jonathan, Jim, Melinda, Heather, Greg and Stéphane for your help in organizing this social event!



DEALING WITH DISAPPOINTING INDIVIDUALS



January is usually a time when we set new goals with good intentions of reaching them. Sadly, good intentions are not what makes the goals happen. We are all guilty of falling short of reaching some of our goals every year.

When in a leadership role, we often put our trust in people to get things done. The sad thing is some individuals end up disappointing us and at times it can reflect on us. How do we deal with these disappointing individuals? I know our feelings, emotions and judgment at times would have us remove them from our friendship list, but the reality is when entrusted to lead we must understand that people learn by doing. Allowing people to grow by making mistakes is part of leading.

I've learned to overcome my judgement of these individuals by looking at them with a different mind set. In doing so, I often remind myself that when I started out in this program, I was terrified of speaking in public and it reflected in my presentations. I am sure there must have been some disappointing moments for the people who put their trust in me when I was doing presentations where it did reflect on them. But what really made a difference in my journey was some were able to see in me, not what I was but, what I could become. I like to believe I became a better person because of how these people were able to see what I could become.

We can all change our mind set and choose the way we look at people. Understanding that people have good intentions and looking at what they can become can help us move forward in our own learning journey. When we change our thoughts, it changes the way we feel.

It's time again to reflect and set new goals. I wish you all a prosperous learning adventure as you begin a new year in your lifelong learning journey.

For any questions concerning the Club Coach Program, please contact your District Growth Director Melinda McCormack d45.melinda.mccormack@gmail.com

David Cormier, DTM
District 45 Club Retention Chair

Stay tuned for regular Coaching updates on our D45 Facebook page, [D45 website](#), D45 newsletter and our District 45 Coach's Corner Facebook [Page](#).

*The New Year -
A time to say goodbye
and a time to say hello.*

District Leader Nominations



In December your District Leadership Committee (DLC) team issued a call for nominations to prospective candidates for district office in 2021-2022. The DLC responsibility is to assess any material and any interviews conducted with candidates, and then nominate the best of those qualified for consideration of the voters at the May 2021 District Business Meeting. The voters are the 100+ Club Presidents and the 100+ Education Vice-Presidents from all of the clubs in District 45, and the members of the District Executive Committee which includes Area Directors, the District Director and all officers between these positions.

Nominations close on January 20, 2021. Typically, a candidate nominates himself or herself, but you may also nominate a candidate, whom the DLC will then approach and ask if they wish to accept and proceed with the nomination. Importantly, any candidate that offers for election in May 2021 *must* go through this process with the DLC. In olden days, sometimes members were inspired at the business meeting and spontaneously offered to run for election. Our bylaws have changed. The DLC may choose to not nominate one or more candidates, at which point those candidates who did not secure a nomination can declare their intent to run from the floor. To rephrase, the only floor candidates that can enter into the May election are candidates who submitted paperwork to the DLC, and were interviewed by the DLC, but were not nominated by the DLC.

If you have interest in serving as a Division Director, Public Relations Manager, Club Growth Director, Program Quality Director, or District Director in the upcoming years and wish to discuss these roles and opportunities, please email me at jimkokocki@gmail.com and we can arrange a time to talk. I am available to anyone interested to serve in District leadership in 21/22 or in subsequent years.

More information is available at this link <https://www.toastmasters.org/Leadership-Central/District-Leader-Tools/District-Management/Elections-Toolkit>

Public Relations Tip

THE IMPORTANCE OF BRANDING

Why is branding so important?

Branding is an organization's identity – think of a popular brand like Nike or Apple. As soon as you see one of their logos, you know about the company because you recognize the brand and what it represents. When we look at the Toastmasters brand, it is built on more than 90 years of experience helping individuals become better communicators and leaders through personal and professional development.

The key to brand recognition is maintaining consistency and that is the responsibility of all members. In order to maintain consistency of the Toastmasters International brand, we must have:

- Consistency in how the organization's name and logo are used;
- Consistency in how materials are designed; and
- Consistency in how messages are created and used

As an International organization, we want to present a unified message and build trust in our brand. If the public see and recognize our Toastmaster brand, this will ultimately help us build clubs and recruit members.

As we continue to navigate the online world and work to build our club membership, please keep branding top of mind. When creating posters and marketing materials, be sure you are being consistent and meeting the branding guidelines. Educate yourself to ensure that you are creating content that is consistent and within guidelines.

For resources and information about branding guidelines, visit: <https://www.toastmasters.org/resources/brand-portal>.

Leaving a Legacy



Imagine going from being an active, vivacious young girl to someone, who when afflicted with a childhood illness, had to learn *everything* all over again, including learning to walk and to speak.

Shirley Kelly DTM was that young girl. Although she learned the physical aspects of recovery, finding her voice took some coaxing. When her brother Dale, who was a Toastmaster, insisted that she attend a meeting, she had no idea the impact she would have on members, not only in her home club of Riverview Canusa, but also in District 45 and indeed internationally.

Shirley Kelly was a quiet supporter and motivator of members everywhere.

While not overt in her insistence, she continuously and gently encouraged members to be involved to learn and explore leadership opportunities. On her journey through the Toastmasters program, achieving her Distinguished Toastmaster Status, she also went on to become the District 45 Governor in 2004. Her theme in her District Governor year to “Step into the Spotlight” was a goal she had for all Toastmasters.

When Shirley was diagnosed with Ovarian Cancer, she made it her mission to educate women everywhere on the symptoms, the causes and the treatment. She began fundraising for the Ovarian Cancer Walk of Hope in Moncton / Riverview, and the success of that drive grew every year under her leadership and vision.

Shirley had a keen drive for planning and organizing events. Through her vision and delegation, she drew out others to excel and succeed in their own niche. Being a great delegator included having the right person assigned to the right job. Her attention to detail was a skill that she excelled in and shared. She recognized the strengths in others, and offered opportunities for them to step out of their comfort zone and to grow as speakers and leaders.

Her energy was boundless – in promoting Toastmasters events throughout the “greater Riverview” area clubs and beyond, and in her emails that were sent at all hours of the day and night. One had to wonder if she ever slept!

Shirley offered support in evaluations, seeking the positive, and urging members to grow through encouraging words, and overcoming challenges. She encouraged members to develop their own personal communication styles.

Shirley’s goal was always to Share the Spotlight! Shirley saw the potential in others and through her mentoring and encouragement drew out that potential – making sure you were comfortable and supported in your personal growth and development as a leader and speaker.

We have proudly inscribed on the lectern that Shirley’s family kindly donated to the Advanced Spotlight Club in her memory:

A proud message – A proud heritage
The courage to believe - In oneself and others
The legacy of Shirley Kelly DTM

We would be pleased to have you join us at a Spotlight meeting. Come to explore further developing your leadership and speaking skills. We will proudly walk that journey with you.

Please contact Joe Grondin DTM at joe@joegrondin.com for meeting dates and times.

Using Your Speech for Good



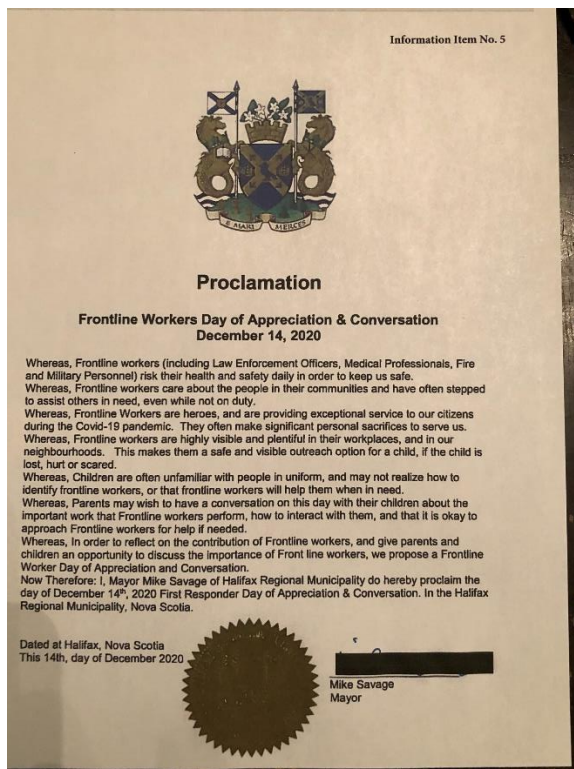
Ken Hubley is a relatively new Toastmaster, joining Schooner Toastmasters #3978 in April 2020. When he approached the Present a Proposal project of Level 3 of the Innovative Planning Path, Ken wanted to use it to do some good in the world. He believes that if someone should do something why not him? Ken gave his speech in November and was so passionate he took twice the time he needed!

Ken wrote a proposal that his city, Halifax Regional Municipality (HRM), have a day to honor first responders and encourage parents and children to have a conversation about first responders. He called it Frontline Worker Day of Appreciation and Conversation. Ken’s proposal is similar to a movement he is trying to create called Autograph of Heroes. Children learn that first responders are heroes and our friends and then ask them for their autographs. The objective to help First Responder feel appreciated and children to feel safe. His movement is starting to take root in Canada, United States and New Zealand.

Ken worked with the Mayor's office and it passed on the Council's Agenda on December 1. The proclamation declares December 14, 2020 Frontline workers Day of Appreciation and Conversation in HRM. Ken is appreciative of all front-line workers, especially the heroes that risk their safety to help us. 2020 has been a unique year and Ken is thankful for our front-line workers.

Ken is a children's book author whose books encourage parents and children to talk about important topics like bullying, Kids Help Phone, fitting in, and first responders. His website is www.autographofheroes.com.

Ken’s efforts demonstrate how you can make a connection between Toastmasters and the community. It also shows that one person CAN make a difference.



Evaluating Effectively

Evaluation is what makes Toastmasters unique. Not only do we get evaluation of our speeches, we also get the meeting as a whole evaluated. Effective evaluations can be a determinant of club success. How can you ensure that your club members give effective evaluations? To help with this, you can periodically present the Successful Club Series module *Evaluate to Motivate*. An even better tool for improving evaluations is the Success/Communication program *Effective Evaluation*. This module will require a full two-hour meeting or could be split into two one-hour sessions. Evaluations often substantially improve after a club conducts this module. Each club should consider conducting this module once every two years. It is valuable information for new members and a good refresher for experienced members.

You can also improve your evaluations by keeping the following suggestions in mind:

Always give a recommendation for improvement, regardless of the experience level of the speaker. However, you should not overwhelm a speaker with suggestions but rather give one or two recommendations that the speaker can incorporate into the next speech.

Base your speech evaluation on the objectives for the particular project. A speaker may demonstrate great presentation skills but not meet most, or any, of the project objectives. The evaluation should not just focus on the presentation skills but also the organization, the message and whether the speaker met the objectives of the project.

Address the evaluation to the speaker. When evaluating, look at the speaker or mention the speaker's name. Without that, members can sometimes be left wondering which speaker was being evaluated.

Do not evaluate based on "assumptions" about what makes a good presentation. Too many evaluations criticize a speaker for using notes when using notes may have been appropriate. Rather, it's better to comment on how effectively the speaker used notes. As well, too many evaluations criticize the speaker for using the lectern. There is nothing wrong, per se, with using the lectern. If a speaker feels more comfortable using a lectern. Comment on how well they used the lectern – could they been seen, did they have appropriate body language, etc.?

Remember that an evaluation is your opinion. Use phrases such as "I feel", "I would like to see", etc. As a speaker, remember that if you don't agree with your evaluation, ask another member to give you their evaluation.

Encourage all members to provide an evaluation. Provide additional feedback to speakers or to a member fulfilling another meeting role. The more feedback we receive, the better our chances of improving.

Use these suggestions and you will *engage*, *educate* and *encourage* your members through effective evaluations.

Pathways Tips

When working towards a Distinguished Toastmaster (DTM) award in Pathways, you are required to complete a DTM project where you are asked to create and implement a project of your own design, in which you can demonstrate the skills and expertise that you have gained. To get access to the DTM project in Pathways, you have to complete Level 3 in your second path and then email educationprogram@toastmasters.org to ask that the project be added to your transcript.

Crystal Cobb

Remember that there are several projects that you can get credit for while fulfilling a role in your club meeting. The Active Listening Project (a required Level 2 project in some Paths and an elective for Level 3 in the other Paths) requires you to be Table Topics Master and show active listening skills by commenting on each Table Topic. Moderate an Online Meeting is an elective in Level 4 of each Path and you can achieve this by running your club meeting online. Since you no longer need to complete each Level in sequence you can skip to another Level to complete the project that goes with your role in the club meeting.

Heather Perkins



Webinars

JANUARY 10TH – FIRESIDE CHAT

The first webinar in January will be another Fireside Chat with your District leaders. This is **your** opportunity to ask your questions and find out plans for the rest of the year. You could ask about incentive programs, District awards, plans for the annual conference in May, updates on the website or any other issues about which you would like more information. Perhaps you have a great idea for recruiting new members that you would like to share. Maybe you want to brag about how effective your club has been in getting members to work the educational program. This is your chance to discuss whatever is important to you!

JANUARY 24TH – COMPETITOR TIPS AND TRICKS: A PANEL DISCUSSION ON BEING A SPEECH CONTEST COMPETITOR.

This webinar on January 24th will be hosted by Michael Thompson, DTM. Michael has been a member of Toastmasters since 2006; he belongs to two local clubs Schooner Toastmasters and Toast of the Coast. He has held various executive roles at the club level. At the District level Michael has been a Division Director and Area Governor/Director twice. Michael has also served as the District Parliamentarian, Conference Photographer and as a Pathways Ambassador.

Michael has gathered three experienced Toastmasters to form the panel for this webinar. This is an opportunity for you to learn the ins and outs of competing in a Toastmasters Speech Contest from fellow Toastmasters with a depth of knowledge that few of us possess. There will be several prepared questions for the panelists, and then you, the audience, will have the opportunity to ask some of your own questions.

Engagement, education and encouragement are the keys to District 45 success. We realize that the first half of this Toastmasters year has been difficult for most of you. We applaud your efforts in continuing your meetings and in trying to recruit new members. To help you along during the second half of the Toastmasters year, we are offering a number of member and club incentives. By rewarding and recognizing engaged members for their educational achievements and clubs for their successes, we are encouraging everyone to excel.



The recognition and rewards will be in the form of District Dollars. What is a District Dollar? District Dollars are amounts that are redeemable on selections from Toastmasters International. Winners make a selection from the TI store and notify the District leaders of their choice. The District will then order the selected item for shipping to the

recipient. If you receive more than one award, you may combine these awards in choosing items from the store.

Starting on January 1, 2021, District 45 is offering the following incentives:

EDUCATION AND TRAINING RECOGNITION

- TLI Attendance – Clubs that have all their officers attend the upcoming TLIs will be entered into a drawing. Six winners will be awarded \$25 District Dollars.
- Distinguished by April 30 – Clubs that achieve any level of Distinguished status by April 30 will be entered into a drawing for a prize of \$50 District Dollars (one winner from each level of Distinguished).
- Excellence in Education – Clubs that have achieved any of the first four (4) education points in the Distinguished Club Program for the past three (3) years will be entered into a draw for \$50 District Dollars (3 winners, one for each level).
- Excellence in Leadership – Clubs that have achieved points 5 and 6 of the Distinguished Club Program and have had at least four (4) officers trained in each TLI period for the past three (3) years will be entered into a draw for \$25 District Dollars (3 winners).

ACHIEVING DISTINGUISHED CLUB POINTS

- Clubs that achieve any level of Distinguished by the end of the year will be entered into a draw for \$75 District Dollars (3 winners, one for each level).
- Clubs that achieve Distinguished Club points (5 or 6 points but do not meet the membership requirement) will be eligible for \$10 District Dollars in a draw (5 winners).
- Clubs that achieve Select Distinguished points (7 or 8 points but do not meet the membership requirement) will be eligible for \$25 District Dollars in a draw (5 winners).
- Clubs that achieve President's Distinguished points (9 or 10 but do not meet the membership requirement) will be eligible for \$50 District Dollars in a draw (5 winners).

MEMBERSHIP GROWTH RECOGNITION

- There are two remaining Toastmasters International membership campaign which are Talk Up Toastmasters (February 1 - March 31) and Beat the Clock (May 1 - June 30). In addition to the TI awards for these campaigns, District 45 will award:
 - ✓ \$25 District Dollars for clubs that gain 1 or 2 new members via a drawing. (6 winners).
 - ✓ \$50 District Dollars for clubs that gain 3 or 4 new members via a drawing (6 winners).
 - ✓ \$75 District Dollars for clubs that gain 5 or more new members via a drawing (6 winners).
- Membership Increase January to end of March - Clubs that increase their net membership (from the October dues) by 10% (rounded to the nearest full number) between January 1 and March 31 (with dues paid by March 31) will be awarded \$25 District Dollars.
- Membership Increase April to end of June – Clubs that increase their membership by 15% (rounded to the nearest full number) between April 1 and June 30 will be awarded \$25 District Dollars.

OPEN HOUSE INCENTIVE

- Set up your Open House as an event on Facebook.
- Boost the event.
- Submit the bill for boosting and you will be reimbursed up to \$25.00.

CLUB COACH RECOGNITION

- Club Coach – Because of the great need for Club Coaches, District 45 is offering a special recognition incentive for members willing to serve as coaches for 2 or more clubs. Qualifying coaches will receive \$25 District Dollars per club served. Requirements for this incentive are:
 - ✓ Such coaches will be required to attend a meeting of their coached clubs at least once per quarter.
 - ✓ In addition to those club visits, coaches must have a joint meeting with both/all clubs' executive committees once per month.
 - ✓ Coaches must start in the club role no later than March 1st

The District will, of course, continue to offer its regular recognition such as the Trailblazer pin, binders for first-time Trailblazer achievers, DTM pins and certificates for a number of activities. Awards will be outlined in the February issue of the newsletter.



Announcements

WEBSITE SURVEY/CONTEST

Have you checked out our new website yet? If not, you are going to want to! We sent an email in December (if you didn't get it, check your spam/junk folder) asking for your feedback on different aspects of the website. We will use your feedback to enhance our website with the information you want! There may even be a bit of a challenge in there with the chance to win an allegedly fabulous prize! More details to follow soon! Your new website address is: d45toastmasters.org.

HELP NEEDED

We need a Francophone to put together the French newsletter. The editorial staff will continue to gather articles and send them for translation. What is needed is someone to do the layout for the French version. If you are interested, please send an email to d45.newsletter@gmail.com. If we do not get a volunteer for this, we may not be able to continue to publish a French version of the newsletter.

COMMENTS/QUESTIONS/CONTRIBUTIONS

If you have anything you would like to say about the newsletter or if you have any questions on the content, please send an email to d45.newsletter@gmail.com. We also welcome articles for the newsletter. If your article relates to communication, leadership or the Toastmasters program, please submit it to d45.newsletter@gmail.com. If you are submitting an article, please also send us a picture, preferable a headshot. We reserve the right to include the article in any issue of the newsletter and to edit as needed.

Things to Remember

How quickly do new members give their IceBreaker speech in your club? You should encourage a new member to give the speech as soon as possible. The earlier they give the speech, the more likely they are to continue speaking and assume other roles in the meeting. As a club officer, are you ensuring that all members are participating in all roles in the meeting? If you use a sign-up sheet, members may not sign up for roles with which they don't feel comfortable. However, if they don't do the role, they will never get comfortable doing the role. Evaluation is one in particular that members often feel uncomfortable with. Members cannot earn a Level 1 without having given a speech evaluation. Encourage new members and assure them that they already have evaluation skills. Giving an evaluation in Toastmasters only helps them to hone those skills. The more that you encourage members to participate in all roles, the more the member will gain from their membership and the more likely they are to stay with the club because they can see the benefits to them. Monitor what roles members are assuming and encourage everyone to be an active participant in every meeting. Don't be afraid to schedule members for roles. There is an assumption that members will resist and some might but you may be surprised how many members welcome the scheduling. Remember to encourage every member to achieve at least one Level each year.



Karner Blue Toastmasters celebrated the holidays with a Table Topics Contest and contests for most festive Zoom background and most festive attire. Our timer, Anthony Drouin, should have won a prize for most creative timing device: He changed the attire of his alter-ego, Septic Sam (who was appropriately masked), to green, yellow, and red. Well done, Sam, er I mean Anthony!"

Concord Toastmasters held its holiday party on December 11, with 13 members in attendance. The party started with a moving toast by longtime member, Dale Randall. Party planner Rick Dymont ensured plenty of fun with games interspersed with time for socializing. A rousing round of Two Truths and a Lie, helped us learn more about our members - who had been arrested in college, who didn't build their own house but DID perform at a NFL halftime show, and who had their own radio show, but not television show. The next game encouraged teamwork by dividing attendees into breakout rooms and devising fake definitions for words in a short round of Fictionary.

The club continues with its internal contest to bring in the greatest number of new members. Through word of mouth, digital presence, and social media Concord Toastmasters has been spreading the word about our club and the Toastmasters leadership and public speaking program. This past month we inducted a new member: Sylvie Couture. She jumped right in with an icebreaker for her second meeting as a Toastmaster!

Caryl Lajoie, is racing towards the finish line for her DTM. Started thirty years ago, she has set a goal to complete it by June, 2021. First step is chairing our International Speech contest to be held on January 8. This is no mean feat to find members to fill roles during the holiday season and everyone's mind elsewhere. Caryl embodies grace and the can-do spirit of a real Toastmaster!

There will be no meeting on Christmas or New Year's this year!

The club has planned their upcoming slate of contests in preparation for area contests. Please join us to hear the best that Concord Toastmasters has to offer for the International Contest on January 8, the Evaluation Contest on February 5, and the Tall Tales Contest on March 12. We ALWAYS welcome guests!



New member, Sylvie Couture doing her ice breaker



Concord Toastmasters' holiday party - raising a glass to club camaraderie!



Caryl Lajoie sets a new goal!

AREA 19 UPDATE



Greetings my fellow Toastmasters!

We have a unique opportunity to lead in a way that promotes real enthusiasm and exemplifies the true spirit of what it means to be a Toastmaster!

1. During this period of COVID-19, attracting guests has been more difficult as we aren't meeting in person.
2. As a result of this, some clubs have unusually low membership, which further reduces attendance.
3. Toastmasters meetings with low attendance can be draining for regular attendees and less inspiring for prospective members.

As Division C leaders, we have asked, *What are we prepared to do about it?* We, you and I, have the ability to help those who find themselves in clubs in which the membership has declined. We have the ability, unique to this space and time, to share our enthusiasm with our fellow Toastmasters and help them become the person in their worthy dreams!

I invite you to check your calendar. For **one week**, find **one club** that has declining membership. Approach their VP Ed. Attend **one meeting**. Offer your services as Grammarian, Timer, Jokes Master. Have a speech in your pocket that you can deliver if they have no speakers. Engage in their Table Topics. Celebrate their jobs well done! Encourage them to plan their next meeting's agendas because they know that someone will be there with a smile on their face, helping them to make the evening fun and exciting.

We have created a Division C **Member of the Month** award and select one Toastmaster who embodies the **core values** of Toastmasters International through their participation in this initiative.

Together we can ride out this Covid storm!

If this initiative speaks to the Toastmaster warrior in you, please contact your Division C Area Director for further information.

AREA Speech Contests

Area 13 and 19 will be holding joint contests on March 20. We look forward to a superb competition!

"I joined Toastmasters with the dream of becoming a better speaker. When Paula D. Tozer introduced me to the Power Moves: Mapping Your Path program, I began to dream of becoming a **Motivational Speaker!**

Designed specifically for Toastmasters, this program allows the participant to complete their Pathway in a systematic manner, at an accelerated pace.

As my Guide, Paula provided her valuable advice on how to craft great speeches, and offered me constructive feedback on how to improve in specific areas.

My dream of becoming a Motivational Speaker is one step closer as I begin my next challenge - preparing to compete in the International Speech Contest!

I would not be here if I had not been introduced to Power Moves. I highly recommend it!

Always Lead With Your Power Moves!"

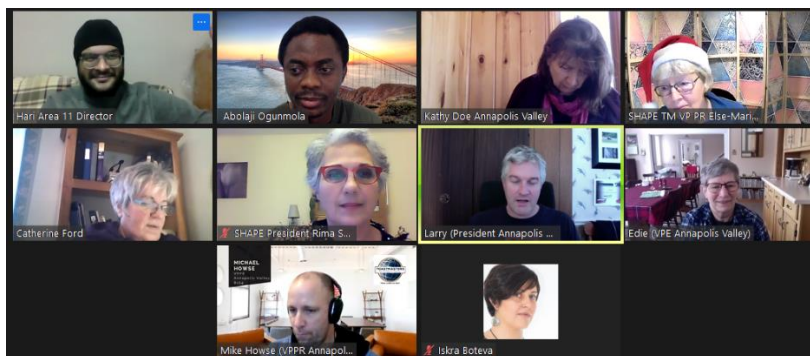
- Manju Basnet, VP Membership, Beyond Toastmasters



Paula Tozer and Manju Basnet

Today's work from home tip: Blowing on the wine in the mug will help convince your Zoom meeting that your tea is hot

On January 12, four clubs – SHAPE Toastmasters Club, Belgium, Annapolis Valley Toastmasters club, Nova Scotia, Dal Toastmasters club, Nova Scotia and Charlottetown Toastmasters Breakfast club, Prince Edward Island – are combing for a mega-meeting. The plans are to have a speaker from each club. The other meeting roles will be shared among the four clubs.



Planning Group for Mega Meeting

Congratulations to the Toast of the Coast Advanced club who had 8 of their members in attendance at the Holiday Social. That’s almost 20% of the entire attendance. Toast of the Coast meets every 2nd, 4th and 5th Saturday at 9 am AT. Contact the VPM Cornelia Buhrmann if you would like to attend a meeting.



Members of Toast of the Coast and guests

East Hants Toastmasters and Speak-easy Toastmasters continue to have joint meetings on the 1st, 3rd and 5th Wednesday of each month. This is a benefit to both clubs as it makes filling meeting roles much easier. If your club is struggling with attendance, consider joining forces with another club on either a one-off or a continuing basis.

After a long break due to Covid, Dartmouth Tic Talkers has resumed meeting. They meet at noon on Wednesdays so if you are looking for a noontime club, or know of anyone who might want a noontime club, check them out. Contact them in advance and you can probably snag a role in the meeting.



Of the 1,700 members in our District, only 29.5% have been a member for at least 5 years, 15.5% have been a member for at least 10 years and almost 8% 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 **January**.

Name	Club	# of Years
Carolyn Handy	BrattleMasters	25
Raymond Savoie	True Blue Toastmasters	20
Geraldine MacKendrick	Speak-Easy Toastmasters Club	20
Raymond Savoie	Spotlight Toastmasters Club	20
Leslie Beaver	Sackville Club	15
Claude Peltz	Winning Speakers Club	15
Alok Gupta	Winning Speakers Club	15
Jonathan Bohm	Exeter Speak-Ups Club, Portsmouth Toastmasters, Toast of the Coast Club	10
Jason Dang	Mid Day Toastmasters	10
Janet Smith	Wolfville Toastmasters	5
Carol Coolidge	Champ Masters, TM of Greater Burlington	5
Shannon Plesh	Fidelity Orators	5

SIX LITTLE STORIES WITH LOTS OF MEANINGS

- (1) Once the whole community decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
- (2) When you throw babies in the air, they laugh because they know you will catch them. That is trust.
- (3) Every night we go to bed without any assurance of being alive the next morning, but still we set the alarm to wake up. That is hope.
- (4) We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
- (5) We see the world suffering, but still, we get married and have children. That is love.
- (6) On an old person’s shirt was written a sentence “I am not 80 years old; I am sweet 16 with 64 years of experience.” That is attitude.

Have a happy day and live your life like these six stories. Remember – good friends are the rare jewels of life, difficult to find and impossible to replace!!

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 26 achievements not recognized because consent has not been given.

Member Awards

Level 1 – December 2020

Name	Club	Designation
Danna Ahmed	Premiere Toastmasters Club	MS1
Jeanie Davis	The Maine Thing Advanced Toastmasters	MS1
Roni Davis	Cape Breton Toastmasters	EC1
Roxanne Hatcher	Cape Breton Toastmasters	DL1
Madhu Kanji	Bagtown Babblers	IP1
Madhu Kanji	Bagtown Babblers	VC1
James Kokocki	Rising Tide Toastmasters	EC1
Antoine Legresley	Arcadie du Grand Caraquet	IP1
Norma Pasatieri	Spotlight Toastmasters	IP1
Jo-Ann Rheaume	Millyard Toastmasters	MS1
Todd Rothstein	Greater Portland Toastmasters	PI1
Bonnie Sammons	Kennebec Valley Toastmasters	VC1
Michelle Snyder	River Talkers Toastmasters	IP1
Heather Urquhart	Civil Speakers Club	DL1
Melissa Villarreal-Martinez	Rising Tide Toastmasters	PM1

Trailblazer Award – December 2020

Name	Club
Joseph Grondin	True Blue Toastmasters

Level 2 – December 2020

Name	Club	Designation
Michael Aron	Keen Toastmasters	TC2
John Blumsum	Spirit-Ed Toastmasters	IP2
Peter Covert	George Burton Club	LD2
Roni Davis	Cape Breton Toastmasters	EC2
Anne Doucette	Spotlight Toastmasters	MS2
Roxanne Hatcher	Cape Breton Toastmasters	DL2
Tony Hatcher	Cape Breton Toastmasters	DL2
Geraldine MacKendrick	Speak-Easy Toastmasters	PM2
Lisa McDonald	Rising Tide Toastmasters	MS2
James Murphy	Spirit-Ed Toastmasters Club	MS2
Todd Rothstein	Greater Portland Toastmasters	PI2
Lisa Small	The Maine Thing Advanced Toastmasters	LD2
Geraldine Smith	Premiere Toastmasters	MS2
Michelle Snyder	River Talkers Toastmasters	IP2
Michael Thompson	Toast of the Coast Toastmasters	VC2

Level 3 – December 2020

Name	Club	Designation
Donna Accettulio	Bangor Toastmasters	IP3
Elizabeth Cornwell	Blueberry Hill Club	IP3
Nidhi Gupta	Winning Speakers Club	PI3
Lisa Small	The Maine Thing Advanced Toastmasters	LD3

Level 4 – December 2020

Name	Club	Designation
Pattie Abrams	True Blue Toastmasters	MS4
Michael Lawlor	Bedford Basin Toastmasters	MS4
Emma MacLean	Speak-Easy Toastmasters Club	DL4
Kathleen Zwicker	Riverside Toastmasters	PM4

Level 5 – December 2020

Name	Club	Designation
Joseph Grondin	True Blue Toastmasters	PM5
Kathleen Zwicker	Riverside Toastmasters	PM5

Upcoming Events – Conference 2021

CONFERENCE 2021

Now that 2021 is here, it will be conference time before you know it. Once again, the conference will be held online. With more time to plan an online conference, we hope to offer you an even better experience than last year. This year we will be holding all three speech contests – Humorous, Evaluation and International Speech contests. We will have a great selection of educational presentations and a visit from our International Director Stefano McGhee. There will be the District Council meeting with election of our 2021 – 2022 District officers. There will be presentation of awards and installation of the incoming officers. Of course, what would a District 45 conference be without lots of fun and the opportunity to network. Last year’s online hospitality room was well received and we will be reprising it this year.

To make this the best possible online conference, we need your help. We are looking for committee chairs and volunteers for the various committees. The committees are:

Public Relations Chair

Promotes conference through newsletter articles, Facebook, Twitter and Instagram as well as occasion Constant Contact emails

Technical Chair

Responsible for coordinating technical aspects of awards, engagement, speech contests, etc.

Artistic Chair

Works with technical chair and conference chair to develop an overall “look” for the conference

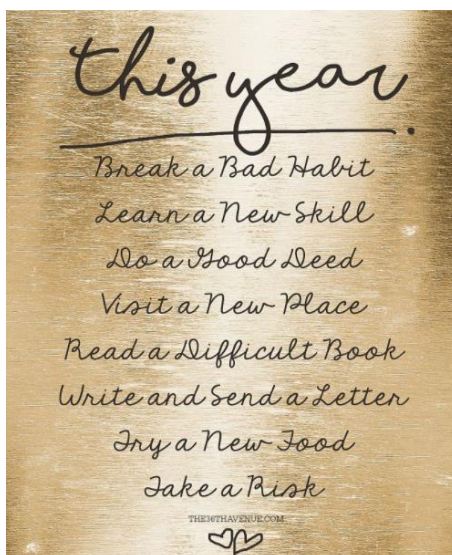
Registration Chair

Coordinates registration including acknowledging registrations and informing Finance Manager of amount collected

Engagement Chair

Develops ways to engage members between sessions through networking and games

If you are interested in serving or chairing one of these committees, please contact the conference chair [Candice Buell](#).



DISTRICT 45 WINTER TLIs JANUARY AND FEBRUARY 2021

What is a TLI?

The Toastmasters Leadership Institute is training for Toastmasters. While it is designed to help officers learn the skills needed to lead their club, all Toastmasters will benefit from attending. These training opportunities will energize you and arm you with the tools needed to continue to lead your club to reaching their goals! Club officers are required to attend one full session (a and b). You can mix and match the sessions. For example, you could attend Session 1a and 3b or any other mix. You **MUST** attend all required breakouts plus one optional breakout to qualify as being trained. If you hold more than one club office, you must attend the officer breakout training for each office to get credit for that office. When 4 or more officers attend both the summer and winter training sessions, clubs receive credit toward the Distinguished Club Program.

Why should you attend?

This is a **FREE** event that you can attend from the comfort of your own home. Join us virtually for topics and inspiration that you can take back to re-energize your clubs. Hear from talented speakers on topics that will help you learn and grow and will put you in a better position to support the members of your club. Attending a TLI is a great way to network and share ideas! Hear what others from across the District are doing and share your own success stories.

Sessions

- Session 1a: January 13, 2021 (5:30 pm ET / 6:30 pm AT)
- Session 1b: January 14, 2021 (5:30 pm ET / 6:30 pm AT)
- Session 2a: January 19, 2021 (6:00 pm ET / 7:00 pm AT)
- Session 2b: January 21, 2021 ((6:00 pm ET / 7:00 pm AT)
- Session 3a: February 6, 2021 (9:00 am ET / 10:00 am AT)
- Session 3b: February 6, 2021 (12:00 pm ET / 1 pm AT)
- Session 4a: February 13, 2021 (9:00 am ET / 10:00 am AT)
- Session 4b: February 13, 2021 (12:00 pm ET / 1 pm AT)

More details will be forthcoming. Check the website often and watch for Constant Contact emails from the District.



Connecting the Past to the Future



Riverview Canusa Toastmasters Club

The members of Riverview Canusa Toastmasters Club invite you to a special event. Our 1000th meeting will highlight some of our past members and how this club has impacted their lives since inception. The event will include prepared speeches and a table topics session which is sure to be fun. If you are intrigued, mark your calendar for a night to remember. Reach out to Lorelei Grecian for the link to attend a light-hearted meeting as some of our past and present members share stories of how their growth was influenced by this club. Join Riverview Canusa Toastmasters Club as we celebrate our 1000 meetings.

Monday January 11, 2021, 7:00- 9:00 PM AST | 6pm- 8pm EST; Meeting via Zoom Contact: Lorelei Grecian, loreleius@yahoo.ca to register.

District Calendar

January Events

5th – Membership Series. 6:30 ET / 7:30 AT
 10th – Fireside Chat, 7 pm ET / 8 pm AT
 12th - Membership Series. 6:30 pm ET / 7:30 pm AT
 13th – TLI Session 1a, 5:30 pm ET / 6:30 pm AT
 14th – TLI Session 1b, 5:30 pm ET / 6:30 pm AT
 16th – Area 2 Humorous Contest, 10 am AT
 19th – TLI Session 2a, 6:00 pm ET / 7:00 pm AT
 21st - TLI Session 2b, 6:00 pm ET / 7:00 pm AT
 24th – Webinar on Being a Contestants, 7 pm ET / 8 pm AT
 Second Round Area Director visits begin

February Events

6th – TLI Session 3a and 3b, 9 am ET / 10 am AT
 11th – Club Growth Q and A, 6 pm ET / 7 pm
 13th – TLI Session 4a and 4b, 9 am ET / 10 am AT
 14th – District webinar TBD, 7 pm ET / 8 pm AT
 28th – Preparing for Club Elections webinar, 7 pm ET / 8 pm AT
 Second Round Area Directors visits continue

March Events

11th - Club Growth Q and A, 6 pm ET / 7 pm
 13th – Area 18 contests, 10 am AT
 14th – Area 21 contests, 10 am AT
 14th – District webinar TBD, 7 pm ET / 8 pm AT
 20th – Area 9 contests, 10 am AT
 20th – Joint Area 7 and 25 contests, Time TBD
 21st – Area 11 contests, 10 am AT

March Events continued

27th – Area 1 contests, 10 am AT
 28th – District webinar TBD, 7 pm ET / 8 pm AT
 Second Round Area Directors visits continue

April Events

3rd – Division C International Speech Contest
 8th - Club Growth Q and A, 6 pm ET / 7 pm
 10th – Division B, International Speech and Evaluation contests, 10 am ET
 11th – Fireside Chat, 7 pm ET / 8 pm AT
 16th – Division D Humorous and Evaluation contests, 7 pm AT
 23rd – Division D International Speech Contest, 7 pm AT
 24th – Division G contests, 10 am ET
 28th – District webinar TBD, 7 pm ET / 8 pm AT
 Second Round Area Directors visits completed

May Events

9th – District webinar TBD, 7 pm ET / 8 pm AT
 May 13 – 16, District 45 Annual Conference including District Council meeting, Humorous Speech Contest, Evaluation contest and International Speech Contest
 23rd – District webinar TBD, 7 pm ET / 8 pm AT

June Events

10th - Club Growth Q and A, 6 pm ET / 7 pm
 13th – District webinar TBD, 7 pm ET / 8 pm AT
 27th – District webinar TBD, 7 pm ET / 8 pm AT

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