



# DISTRICT 45 NEWSLETTER



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### District Leadership Team

**Jonathan Bohm DTM**  
District Director

**Jim Wisted DTM**  
Program Quality Director

**Melinda McCormack DTM**  
Club Growth Director

**Richard Lefevre DTM**  
Public Relations Manager

## Online and Upward

The times are strange, no question, and what was once unimaginable is now standard.

Most of our clubs are meeting online. All contests, the Fall workshop, our TLIs and even our annual Conference will be online. Online is the new normal.

How do we keep strong in this next chapter of Toastmasters? As Toastmasters, it is no surprise that we have mastered the virtual technology. But as we move ahead, we need to exploit that technology, to make sure that members are engaged as much or more than at in person meetings. It is not enough just to be talking heads in the diminutive Zoom panels. We are learning to adapt, to conform our presentations to the limits of the screen. But we can do more. We can use more visual aids. We can learn to add artistry. We can practice minimized gestures while emboldening our vocal variety. We can educate ourselves and each other on how to perform on camera, a skill that is destined to give all of us an edge in our future work lives.

Too often I hear of some member leaving because of the online situation. This is a shame, for they are missing a great opportunity. It is up to every one of us not just to stay strong but to encourage everyone, to dispel the doubts and extol the inherent possibilities.

District 45 has proven that it's no slouch when it comes to change. Again this year we are number one in the world for Pathways enrollment. How fortunate we are to have embraced this digital education program.

We must use these new platforms to build our communications muscle. We cannot let ourselves down by avoiding the challenges of change. We must take what we have and instead of resisting, we must celebrate it. This peculiar time gives us undreamt of chances to meet, speak and think in new ways. And isn't that why we are Toastmasters?

Jonathan Bohm DTM

# District Leadership Updates

## Program Quality Director

We had some excellent **Webinars** running since July with more interesting topics to come. Do you have an idea for a webinar topic? I am looking for more ideas for the New Year.

All **District Contests** will be held at the Virtual District Conference on May 15, 2021 weekend. Contests will include: International Speech, Humorous Speech, and Evaluation

**Fall Workshop 2020** will be an Online event and members attend for FREE. **Anne Doucette** is the organization Committee Chair. The 5 hour workshop will include 8 presenters, speeches as well as presentation of awards. The keynote speaker will be Sheryl Rousch, DTM. Jim Kokocki, DTM will round out the day by leading a discussion on becoming a District Leader.

Our **Awards Chair** Marion Taylor, DTM is working hard to get everything printed and sent out to the clubs. Check your mail, it will be on its way soon!

**TLI** will once again be online and have several offerings between Nov and Feb. More details to come.



d45toastmasters



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## Public Relations Manager

Communication is the basis for running a successful organization. It is primordial to deliver critical information to our members regularly, using all various types of media. We have increased our social media presence on Facebook and Instagram, and you have shown a positive response to it.

Many of you are reaching out to the Leadership team for different matters, which shows your trust in the leadership team. We are thrilled to work with you and for you, assisting you in finding solutions, resources, and connecting with more clubs.

As you have noticed, Sherry MacDonald is our new newsletter editor, and she is striving to work with the team in place to continue sharing your success stories. Everyone highly appreciates your participation in the newsletter, continue sharing with us your successes.

The good news, the new website is ready to use. Not every page is included yet but look at it as a working progress. This website offers a younger look and provides more flexibility and a wide variety of functionalities we can't have on the older version. For example, we can handle tickets instead of using a third party like Event Brite. Take a look today, and if you have any suggestions to help us improve it, please let us know. [www.d45toastmasters.org](http://www.d45toastmasters.org)

Note that we will no longer put updates on the older website. New articles will be on the new site.

## The Club Coach Program

### Club Eligibility:

- Have between 1 and 12 members in good standing at the time of appointment
- Not be suspended or closed
- Vote with a quorum present prior to requesting a coach
- Not have more than two coaches appointed at one time

### Member Eligibility:

- Cannot be a current member of the club
- Must be in good standing
- Must request the District Director or Club Growth Director submit their appointment to World Headquarters for processing. Note: The Club Growth Director may appoint a Club Retention Chair to administer all process requirement prior.

For more information on the Club Coach Program contact me at [d45.david.cormier@gmail.com](mailto:d45.david.cormier@gmail.com)

## The power behind the unconscious psychological contract between a Club Coach and Club Members



A psychological contract is the first effort that needs to be established when attempting to guide a struggling club through a recovery, this is accomplished by making sure important action steps are followed.

When we are in a struggling situation, it is natural to be unconsciously in defense mode and have unconscious defense armors up, when these armors are up, we have a hard time seeing forward because they block any outside view, all we see is our struggling situation. The more we see our struggles, the harder it gets to move forward and eventually we can get mentally stuck. Simple action steps can break the cycle, they act similar to a peace treaty in the unconscious mind, they lower the unconscious defense armors and establishes a sense of security and trust, which in turn unlock the mind to be able to see new possibilities that were being prevented before.

How does this type of contract get established in a struggling Toastmaster Club?







- Action Step 1, the club vote on accepting a club coach, everyone should be part of the process, this act established a group peace treaty in the unconscious mind. *The action brings down the unconscious armors that can stop us from moving forward.*
- Action Step 2, the club accept a club coach that is appointed, everyone should be part of the process, *the act establishes trust unconsciously in the mind. This unconscious power moves people forward in the ability to see new ideas and new possibilities that were being prevented by the mind before.*

The previous simple actions steps taken creates an unconscious psychological contract that unlocks creativity, imagination, and new possibilities.

We have a new face book page for all upcoming coach's events at <https://www.facebook.com/d45coachscorner>

# Around the District



Division A	Division B	Division C	Division D	Division E	Division G
<a href="#"><u>Heather Fairchild, DTM</u></a>	<a href="#"><u>Bill Bruns, DTM</u></a>	<a href="#"><u>Jeremy DeMerchant, DTM</u></a>	<a href="#"><u>Alan Idler, DTM</u></a>	<a href="#"><u>Anne Doucette, LD3</u></a>	<a href="#"><u>Cindy Lee, IP3</u></a>
					

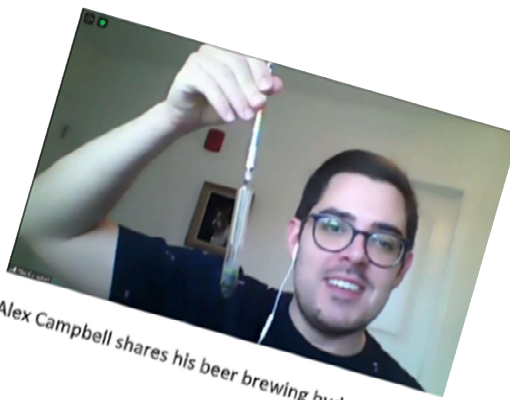


## CONCORD TOASTMASTERS CLUB 6954

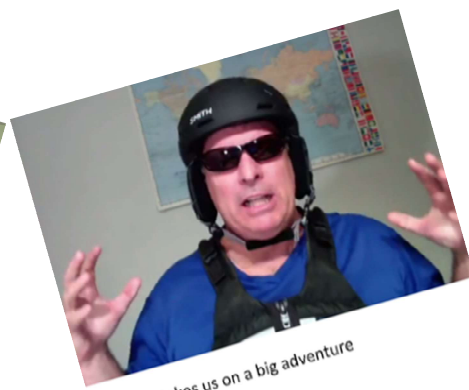
We have had many great themes this past month: “First Dates”, “Underwater”, “License Plates & Bumper Stickers”, but we had the most fun with “Looking Back on Covid”. Toastmaster Betsy Black put the focus on what we will look back on, each of us sharing an item that summed up our Covid experience. Items ranged from beer making equipment to Island Coconut Coffee pods to an election manual.



Captain Molly takes us underwater



Alex Campbell shares his beer brewing hydrometer



David Hill takes us on a big adventure

In an effort to launch many of our legacy members into Pathways, we had a day of Icebreakers during our September 25th meeting. The majority of the icebreakers were delivered by experienced toastmasters, promising a unique twist on the self-introductions.

On October 23 Club 6954 will hold their humorous speech contest. As this date was just established, we have yet to name the contest chair but we do have a contestant signed up. This is always a fun event and we welcome guests to view “the funny”!

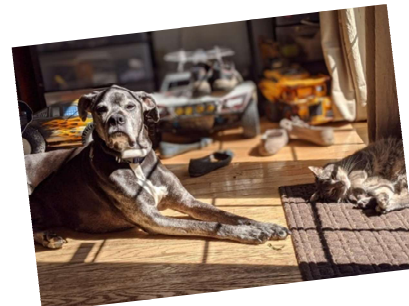
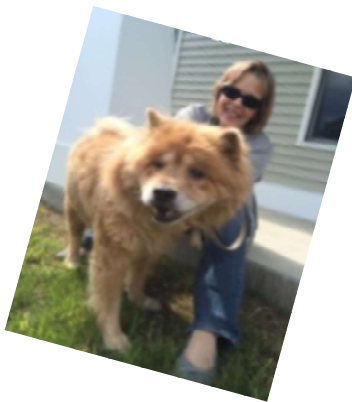
# Division B

**Sarah Peabody**, EC2 (Dirigo Toastmasters and Toast of the Mid-Coast Toastmasters) joined Toastmasters to improve her presentation skills with her volunteer organizations. One of those is the Big Brothers Big Sisters of Maine where she is a Make-a-Wish “wish granter”. Sarah and her husband Barry were part of the team who made a playhouse for Stephanie, who is in remission from acute lymphoblastic leukemia. For more information on Make-A-Wish, click <https://wish.org/>.



**DJ Turchon**, DTM<sup>2</sup> (KVTM, TMT, Dirigo, Connected Leaders Online) volunteers for senior dog rescue, Old Dogs New Digs. This organization has chapters in Maine, Arizona, New Mexico and Colorado. She was recently featured as “Volunteer of the Month” for her work with the organization.

In addition to fostering Mocha, a 15 year old blind, deaf Chow-Chow (pictured), she adopted her current senior dog, Tank. DJ was on the board of ODND when they started, has been a keynote speaker for a documentary on the organization and makes dog blankets for fund raisers. For more information on senior dog rescue, go to <https://olddogsnewdigs.com>



## The Challenge is **ON!**

Division B has an action packed year scheduled. We plan to have loads of **FUN** while crushing our personal goals.

To kick things off in the Toastmasters celebration year, Division B chartered a new community club, Toast of the Mid-Coast in Belfast, Maine!

Like most of District 45, Division B has community and corporate clubs that are struggling to maintain their membership numbers during the global pandemic. We are **ALL** yearning for human interaction, and online platforms make club attendance and visits easier than ever.

While brainstorming with Area Directors, we have created a fantastic idea: Division B Toastmasters Traveler Contest.

There are three levels of awards.

1. The Vacationland Award: presented to Toastmasters who visit 80% of Division B Clubs (13 minimum) by June 30<sup>th</sup>
2. The Norumbega Award: presented to those who visit 50% of District 45 Clubs (54 minimum) by June 30<sup>th</sup>
3. The Wized Traveler Award: presented to those who visiting 75% of District 45 clubs (81 minimum) by June 30<sup>th</sup>

Division B is ready to spread the FUN of Toastmasters throughout our Division and District, **HELP** struggling clubs with numbers to fill roles and **ATTRACT** new members.

The Challenge is **ON!**

I challenge the other Division Directors to create their own Division level awards similar to the Vacationland Award and encourage visiting as many District meetings, and watch the excitement unfold.

What about adding a BONUS? Division Directors can add a scavenger hunt. For example, who is the oldest club in your Division, longest practicing Toastmaster, newest club, meet all the Area Directors and Division director in a meeting, join a meeting with each of the Top 4...etc.

Let's get creative and have a great time exploring District 45!

Good luck with the coming Toastmasters year!!

Bill Bruns, DTM  
Division B Director

**RISE TO THE CHALLENGE**



## Truro Speakeasy Rotary Team Up

Toastmasters International announced an alliance with Rotary International in 2019 with new educational programs to support Rotary members when they join Toastmasters coming in 2020 and 2021.

Rotary is a service organization participating in local and global education and service initiatives. Toastmasters can offer communication and leadership education to benefit Rotary members. Rotary service projects may offer leadership opportunities for Toastmasters to fulfill many leadership requirements.

Rotary's motto: Service Above Self

Toastmasters motto: Where Leaders Are Made.

We should have a natural synergy between our organizations.

How can an international alliance benefit your Toastmasters club? Rotary has local clubs and districts (like Toastmasters). Jennifer McClare, President of Truro Speakeasy Toastmasters took initiative to contact the Rotary club in their community. Jennifer invited Rotary Past-President, Alana Hirtle, to address their club in a Zoom gathering.

Because Speakeasy has a low membership, Jennifer called for assistance from their Division leaders and prior Area Directors who had helped sustain their club in the past. Their attendance was bolstered by 5 guests.

A full Toastmasters meeting was demonstrated for Alana: Table Topics, Speeches and Evaluations. Alana even took on a Table Topic and reached the green light. Bravo!

Summary: A club showed initiative to push their personal boundaries speaking and leading within a larger group. Joint ventures with Rotary are planned. Speakeasy Toastmasters may reach a Rotary club of 60 to 70 members when they get to speak to them. Some Rotary clubs have waiting lists for speaking opportunities of 5 months! (How does rotary do that?)

We learned Rotary has 45 clubs in Atlantic Canada. Would it be worthwhile for your Toastmasters club to become allied with a Rotary club in your community?

Let's show Rotary what Toastmasters can do.

Alan Idler  
Division D Director





## Taking it to the Next Level

Toast of the Coast Advanced Club, chartered in February 2000, currently meets online and will be changing to a hybrid club once in-person meetings resume. Our trial run of a hybrid meeting in August went very well.

What sets Toast of the Coast apart from other advanced clubs? We initially struggled with this question and finally settled on round table evaluations. Each speaker receives the project evaluation. They then get feedback from every member in attendance. This feedback may reinforce what was said in the project evaluation or it may offer a different perspective. After the round table evaluation, the speaker has the opportunity to respond to the feedback. This method of evaluation gives much greater diversity in the feedback that each speaker receives. It also helps all members improve their evaluation skills by learning from the perspectives of other members.

The membership of Toast of the Coast is unique. Every member is, or has been, a District (or higher) leader. This provides a wealth of support to emerging leaders. If you are currently serving as an Area or Division Director, you will develop a support system for your leadership development. You have a built-in resource to help you with any challenges you may face in your leadership role. If you are thinking of taking on a leadership role outside the club, developing this support network in advance will help you know what is involved and whether such a role is right for you. We can help you be successful.

Becoming a member of Toast of the Coast will help you take your speaking skills to the next level. It will round out your skills development by providing that much-needed support for your leadership development. Toast of the Coast meets the 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Saturdays from 9 am AT/8 am ET to 11 am AT/10 am ET. If you would like to join a meeting, please contact our Vice President Membership Cornelia Buhrmann at [d45.corneliabuhrmann@gmail.com](mailto:d45.corneliabuhrmann@gmail.com).



“GET COMFORTABLE  
BEING UNCOMFORTABLE.  
THAT'S HOW YOU BREAK  
THE PLATEAU AND REACH  
THAT NEXT LEVEL.”

- CHALENE JOHNSON



## Virtual Open Door of Toastmasters Clubs of the Acadian Peninsula

The Toastmasters Clubs, ComMuniqueAcadie and Arcadia du Grand Caraquet, have come together to jointly create their first Virtual Open Door, which took place on September 21st.



The members of both clubs have done a tremendous job in making this meeting a success. The teamwork was in perfect harmony. Everyone has given their best by sharing their knowledge and expertise.

The mood was good and the members shared their Toastmasters experience with the guests who enjoyed the meeting. We received guests from Prince Edward Island to Winnipeg. The feedback was very positive and they left with a wealth of new ideas.

We are aware that there is still work to be done for our next meeting. The use of Zoom has been of great help to us, but we must continue to learn and perfect our communication techniques. However, the experience was worth it.

We are all learning and have all taken advantage of this experience to improve their skills. Everyone came out of it grown up and proud of the work done, but we must not fall asleep on our laurels because the adventure has only just begun.

We will have to follow up and perhaps we will have new members in the near future. The new members are an invaluable source of wealth for us because everyone is unique with their life experience and new members can teach us many things.

Toastmasters is the adventure of communication and it is by communicating with each other in an effective way that we can evolve towards a more fulfilling life.

Denise Haché  
President of the Community ClubAcadie  
tmcommuniqueacadie.pres@gmail.com



## Having fun at our monthly Division G Council (DGC) meeting!



*Area 7 Director Kelley Demers, Division G Director Cindy Lee, Area 8 Director Jon Tenney, Area 25 Director Nidhi Gupta (Missing: Area 15 Director Sharon Littlefield)*

- The first round of club visits are underway!
- Area 7 Director Kelley Demers, DTM recently inducted officers of the Nashua-Hudson Club.
- Division G Contest (all 3 contest types): April 24 (tentative)
- Area directors are working with club officers to determine contest schedules. Most likely Area 7 and Area 15 will once again hold one joint contest in the spring (date TBD)

### Seven Golden Leadership Keys

- **Communication** is the foundation.
- **Commitment** is fulfilled through actions.
- **Collaboration** thrives withOUT ego.
- **Conflict** vanishes with collaboration.
- **Change** spurs innovation.
- **Courage** overpowers negative change.
- **Celebration** recognizes achievement.



## Member Achievements

### Congratulations to Shahram Ghanbari, our newest DTM!



I joined Fredericton Mid-day Toastmasters club in February 2015, a month after immigrating to Canada. I have been a member of the Executive since 2015, taking on several roles. This has helped me understand how things work in Canada.

My HPL project was to sustain the Mid-day Club membership so that we could achieve distinguished status each year and this past year achieved President's distinguished. I was a club coach for Civil Speakers together with Marion Taylor, an amazing personality, and together with the help of all the club members we helped them obtain distinguished status. I also want to send my special gratitude to Carl Duivenvoorden, Civil Speaker's president, for his fantastic collaboration and cooperation. He's always a source of inspiration for all club members. He's an amazing guy, a passionate Toastmasters, and an environment enthusiast. I greatly appreciate him.

There have been a lot of people that have inspired and impacted me along my journey but above all is Carol Ann Hanley, a great motivator, mentor, and vast resource of knowledge. I have always enjoyed her company and her guidance throughout my journey not only with Toastmasters but also in my life, "Thank you Carol Ann."

Toastmasters has taught me leadership and communication skills, which have broadened my network and insight in life and in business. TM has made me a better communicator and I can easily get connected with everyone in the community from every walk of life. My focus is to expand my communication skills even further and finish three Paths. I am now a member of three clubs.

### Education Awards

#### Level 1

- Abolaji Ogunmola, Charlottetown Toastmasters Breakfast Club
- Amy Donald, Savvy Speakers
- Andrew Bryan Delaney, Savvy Speakers
- Anne M Doucette, Charlottetown Toastmasters Breakfast Club
- Brittany LaBerge, Savvy Speakers
- Elise Thorsen, Savvy Speakers
- Elizabeth Trim, Gracefully Speaking Toastmasters Bedford
- James D. Baines, Bangor Toastmasters Club
- Jennifer Svendsen, Merrimasters Toastmasters Club
- John Blumsum, Spirit-Ed Toastmasters Club
- Kelley A. Demers, Amoskeag Better Communicators
- Kelley A. Demers, Millyard Toastmasters
- Marcia L Rogowsky, Penmen Toastmasters
- Michael T Griffin, Capital Toastmasters
- Pamela Lynn Campbell, Penmen Toastmasters
- Paula Baines, Bangor Toastmasters Club
- Rachel E Walsh, 2211 Toastmasters
- Ralph Miller, Capital Toastmasters
- Shaun Michael Filiault, Keene Toastmasters Club

#### Level 2

- Dawna-Jean Turchon, Kennebec Valley Toastmasters
- Elise Thorsen, Savvy Speakers
- Kristian Falkjar, Riverview Canusa Toastmasters Club
- Marcia L. Rogowsky, Penmen Toastmasters
- Margrethe Heimgartner, The Maine Thing Advanced Toastmasters Club
- Ralph Miller, Capital Toastmasters
- Reese M. Eskridge, Nashua-Hudson Club
- Robin Fulton, Speakeasy Toastmasters Club
- Scott W. MacMillan, Provincially Speaking Toastmasters
- Stephane Rhéal Parent, Charlottetown Toastmasters Breakfast Club
- Winniefred Kwak, George Burton Club

**Level 3**

- Albert Cormier, Toast of the Coast Toastmasters
- Andrea Jeffs, Provincially Speaking Toastmasters
- Janet Leigh Currie, Speakeasy Toastmasters Club
- Joseph F. Grondin, True Blue Toastmasters
- Michael Lawlor, Gracefully Speaking Toastmasters Bedford
- Monica Dubitsky, Winning Speakers Club

**Level 4**

- David S Tucker, Maine Fab Toastmasters
- Jennifer McClare, Speakeasy Toastmasters Club
- Liying Cui, Penmen Toastmasters

**Level 5**

- Dan Gibson, Schooner Toastmasters
- Thomas M. Macisso, Blueberry Hill Club

**Pathways Mentor Program**

- Imelda I Montinola, George Burton Club

**Advanced Leader Silver**

- Shahram Bagher Ghanbari, Mid Day Toastmasters

**Member and Club October Anniversaries**



**25 years**

Cathy Demmings  
 May Burrell  
 Michael Harris

**15 years**

Allen White  
 Iris Laven  
 Jay Wilson

**10 years**

David Phillips  
 Elizabeth Farmer  
 Geraldine Smith  
 Glen Gorman  
 Jennifer Tam  
 Melody Spear

**5 years**

Bob Larochelle  
 Charles Ley  
 Cornelia Buhrmann  
 Holly Russell  
 James Boak

Jeanie G. Davis  
 Jeanne Schulze  
 Jeff White  
 Joshua Bojakra  
 Kerstin Kirchner

Lydia Stevens  
 Marilyn Carman  
 Mark Latus  
 Peter Arnoldy  
 Sherri Aulenback

Stephen Martineau  
 Tara Willis  
 Travis Cox



#Years	Club	Location	Charter Date
58	Nashua-Hudson Club	Amherst, NH	10/22/1962
35	George Burton Club	Halifax, NS	10/25/1985
30	Merrimasters Toastmasters Club	Nashua, NH	10/1/1990
1	The Maine Thing Advanced Toastmasters		8/22/2019

**District Calendar**

**October**

- 11<sup>th</sup> – Fireside Chat with Senior Leadership Team
- 22<sup>nd</sup> – Club Coach Workshop
- 25<sup>th</sup> – Webinar -- Marina Kirsch and Todd Rothstein

**December**

- 13<sup>th</sup> – Public Relations/Social Media/Communications

**November**

- 7<sup>th</sup> - Online Fall Workshop
- 8<sup>th</sup> –Becoming a District Leader
- 22<sup>nd</sup>- Membership/Club Growth

**January**

- 10<sup>th</sup> – Fireside Chat
- 24<sup>th</sup> – Club Central