

District 45 Toastmasters Newsletter

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In This Issue

Being Toastmasters: What We Become 1

Things to Remember 2

Club Growth Tip 2

Public Relations Tip 3

Meeting Your Mission 4

Pathways/Zoom Tips 5

Webinars 5

Announcements 6

Around the District 8

Anniversaries 12

Member Awards 13

Upcoming Events – Sharing Stories 16

District Calendar 17

BEING TOASTMASTERS: WHAT WE BECOME

DISTRICT DIRECTOR JONATHAN BOHM, DTM



“What you get by achieving your goals is not as important as what you become by achieving your goals.” Henry David Thoreau

If I didn’t know that Mr. Thoreau died 52 years before Mr. Smedley founded Toastmasters, I’d have thought he was advertising our organization. For so many Toastmasters, the goals we set along the journey are not the end. Even the goal of achieving the DTM (Distinguished Toastmaster) designation is not an end in itself. We have chosen to join, to practice and nurture our communications skills, not simply within our clubs nor even in our larger District structure. At some high level, we are all seeking to be better communicators and better leaders so that we can become an integral actor in the drama of building a better world.

As we strive for that lofty goal, Toastmasters find ourselves building the immediate community of their club. We speak, we evaluate, and perhaps we become club leaders. The current online environment has strengthened our commitment and enhanced our possibilities. At a recent contest for a Prince Edward Island club, there were members from the far ends of our District –

Vermont, New Hampshire, New Brunswick and Nova Scotia. This is the new normal and not unique, but it is incredibly marvelous. All over we have guests and members from all over the world.

We have grown stronger because of our commitment to ourselves, which manifests in greater service to each other. This is perhaps an unintended benefit of this otherwise dreadful pandemic. However, we did not need the mandate of Zoom to encourage us.

Toastmasters offers a unique opportunity for every individual. Nowhere is this more evident than in Pathways. Each project, each level, each path is customizable. We learn basic skills as we mold our projects to meet our individual goals. Though no Toastmaster is as fragile as an ephemeral snowflake, no two of us are quite alike. It is this remarkable diversity that allows us to grow, and to broaden our scope as we build community.

As we glide on this path of Toastmasters, it is important to examine our four core values. Integrity supports our commitment. We practice doing what we say we want to do. We affirm our allegiance to one another. Respect derives from that fidelity, honoring others as we would have them treat us with dignity and compassion. Service means giving to others, helping as we have been helped.

Cont’d on Page 11

Club Growth Tip

THE ROAD TO SUCCESS

Is your club on the road to success? Are you engaging, encouraging and educating members with plans to make Distinguished or better? There are currently 23 clubs in the District that have 5 or more DCP points, thereby qualifying for at least Distinguished club. However, 20 of those clubs do not have sufficient members to qualify (20 members or net growth of 5). The remaining 3 have to ensure that they will retain enough members with the April payment to continue to qualify. There are 6 clubs that have sufficient members but have not yet achieved at least 5 DCP points. Many of those clubs are only a point or two short and will most likely achieve the requisite number of points.

This is the time to review how you are doing in the Distinguished Club Plan so you can ensure you have a plan in place. You can check out how your club is doing by going to <http://dashboards.toastmasters.org/> and entering your club number in the box at the top left of the screen. This will show what requirements you've met and what is still needed.

Put a plan in place to achieve at least Distinguished by April 30th. All clubs that make Distinguished or better by April 30th are recognized at the spring conference. You will also have the chance to win District dollars. The amount you could win depends on what level of Distinguished your club achieves.



Things to Remember

Put Yourself in a Position to Succeed

Success comes in many forms. The most enduring success comes when preparation meets opportunity. We prepare ourselves at each club meeting. It is not always clear how activities will help us improve. Sometimes, we fall into routines where we just go through the motions without actually challenging ourselves to improve. We can continue to grow by helping our club grow. Ask yourself how you can help your club grow.

- ✓ Are you ready to make visitors feel welcome?
- ✓ Are you ready to mentor a new member?
- ✓ Are you ready to invite a new acquaintance to Toastmasters?
- ✓ Are you ready to share club activities on Facebook or in the District newsletter?

Consider your goals and your club's goals. Can you take on a new task that will help you grow? Can you help your club grow by using a skill that you want to develop? Perhaps you could plan a public relations campaign. Perhaps you could arrange a joint meeting with another club. Perhaps you can improve your club's website. The opportunities to help your club succeed while helping yourself succeed are limited only by your imagination. At your next meeting, find a way to help your club and put yourself in a position to succeed.

Public Relations Tip

Do Not Do it Alone!

Are you keeping your club’s social media page active and alive? Are you the Vice President of Public Relations and feel that you are struggling for content? Has your club’s page been inactive for a while?

It is important to have activity on your club’s social media pages so that when people come across your page, they can see that you are alive and thriving! If you are posting interesting information and sharing value, this can lead to them reaching out for more information!

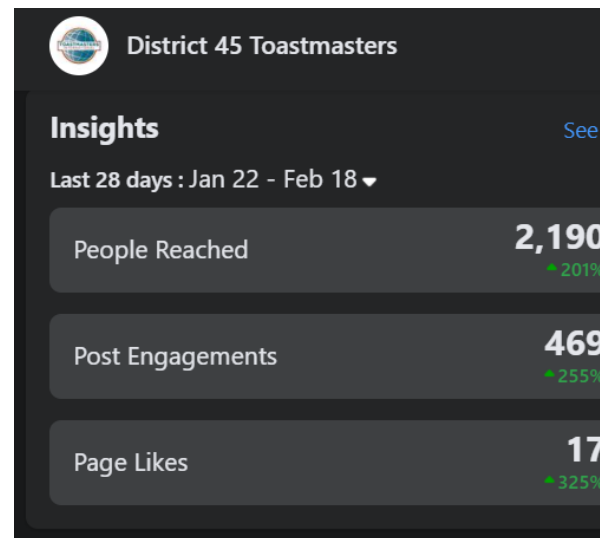
I have a few tips for you that can help ease some of your stress when it comes to keeping your social media page active!

1. Create a content schedule – list topics you want to post about on certain dates.
2. Ask your fellow members to create a post – you can even schedule them in for certain dates (tell them to think of it like writing a table topics speech – not too long)
3. Include pictures and/or videos! People do not want to read a huge paragraph of just words.
4. Share information from the [D45 Facebook page](#) (do not forget to like our page)
5. Share information from the [Toastmasters International Facebook page](#)

By implementing these tips, you will be able to create content to keep your page active. Now all you have to do is get your members to like, comment and share the information that is posted! By asking your members to engage, this will create more reach and activity!

The proof is in the pudding they say! In February, I started using the tips above to increase engagement and visibility on the District 45 Facebook page and it is working! When looking at Facebook insights, you can see in the attached picture that we were able to increase page likes, post engagements and people reached – over 200% in each category over the last 28 days!

We have a gift to share – the gift of Toastmasters. Work with your club members to provide relatable and informative content so that the public can see just how much fun we really are having!



On average, a Panda feeds for approximately 12 hours per day. This is the same as an adult at home under quarantine, which is why we call it a “Pandemic”

Meeting Your Mission

Each club has the same mission which is to provide a supportive environment in which members can develop their communication and leadership skills, thereby fostering self-confidence and personal growth.

Does your club have a vision? How does a vision differ from the mission statement? The vision states where you want the club to be at the end of the year or at the end of five or ten years. The club vision could be to achieve Distinguished status or better by April 30th every year. How does this vision relate to the club mission statement?

As previously mentioned, the club mission is to allow members to develop their communication and leadership skills. How do we know they have accomplished this? One measure of success is member progress. As members achieve various educational and leadership designations, we know they are progressing through the program. If they have received constructive evaluations, and have incorporated the advice from these evaluations, then they will have developed their skills. This fosters their personal growth and helps transform them into more confident individuals.

The connection between the mission statement and the vision is that six of the goals needed to achieve Distinguished status are directly related to members achieving educational and leadership designations. If you achieve these six goals (4 Level 1s, 4 Level 2s, 2 Level 3s, 2 Levels 4 or 5), you know your members are developing their skills and you will have achieved the vision of attaining at least Distinguished status points.

This, however, can only happen if your members understand the benefit to them of achieving these goals. One of the roles of the club executive is to work with members and help them establish goals that will allow both the individual member and the club to be successful. Have you done this in your club?

Members should know the goals for the club as a whole and the executive should know the goals of each member and ensure that opportunities are provided to ensure members can achieve their goals. Working as a team in this manner, everyone can be a successful. Set your goals, work toward them and continue to *engage, educate* and *encourage* members so they can achieve success.

Heather Perkins, DTM

MOMENTS

A moment in time is just that, a moment.
These moments can be filled with love, hate, joy or pain
But the effects of these moments are everlasting.
Initially these moments define who we are.
Then time moves forward and more moments are created.
Later, on reflection, these moments are encompassing.
Encompassing of our nature, of our spirit and of our existence.
Each moment is relative to previous moments.
These intertwining experiences define a person.
These moments, good or bad, stay with us forever.
The good and bad moments must coexist.
Coexist for balance and completeness.
In the end these moments integrate to portray someone's life.

Candace Donovan, June 2002

Pathways/Zoom Tips

Remember that getting credit for a Level in the Distinguished Club Program is a two-step process. A Base Camp Manager must first approve the Level in Base Camp. It must then be submitted to TI through Club Central. This can be done by an officer, not just the Base Camp Manager although would normally be the person submitting it through Club Central. Remember, you cannot submit your own award in Club Central.

Do you think some members' level completions are not showing up? As Base Camp Manager, you can check the member's Path to see if they have marked all projects complete along with the level completion. Members may forget to back to their Path after completing a speech to complete the "Assess Your Skills – After" section of the project. They may also forget to mark the Level complete. As Base Camp Manager, you cannot mark a project complete but you can mark a Level complete if all projects have been marked as complete.

Do you sometimes struggle to find the share button in Zoom when trying to share your screen? There's an easy solution. You can hit Alt S to get your desktop. There are a number of other shortcuts that may help you as well. To mute or unmute, hit Alt A. You can also use the spacebar to temporarily unmute yourself. These shortcuts are for Windows. They are somewhat different for Mac. You can find a list of all the shortcuts at <https://support.zoom.us/hc/en-us/articles/205683899-Hot-Keys-and-Keyboard-for-Zoom>.

The amount of jokes about coronavirus virus has reached worrying numbers. Scientists claim we are in the middle of a pandemic

Webinars

The March 28th webinar, "Speechcraft – The Digital Experience" will be presented by Crystal Cobb, EC4, PI5. Crystal joined Toastmasters in September of 2017 and is a member of the Charlottetown Toastmasters Breakfast Club. Crystal started the District year as Administration Manager and was appointed as Public Relations Manager in September 2020.

Speechcraft has gone digital! You can help others become the best speakers they can be! As a coordinator of Speechcraft, you recruit participants and host a 4, 6 or 8 session Speechcraft event that is aimed at boosting your participants' confidence and improve their communication, public speaking and leadership skills—all within the safe Toastmasters environment. Did you know that by hosting a Speechcraft event, you can earn credit towards your Pathways Distinguished Toastmaster (DTM) designation? Join Crystal as she shares more details about the updated digital experience that Toastmasters International is rolling out and how Speechcraft can aid in membership building!

The March 12th webinar will be related to membership growth but no information was available.

Starting in March, webinars will be held on the second Friday of each month and the fourth Sunday of each month. This means that the March webinars will be March 12th and March 28th. This change is to allow those who are otherwise occupied on Sunday evenings to be able to attend one webinar a month. Fridays were chosen since no clubs currently meet on Friday evenings.

TALK UP TOASTMASTERS

We are halfway through Talk Up Toastmasters which runs until March 31st. So far, 18 clubs have already qualified for the draw for \$25 District dollars. No club has yet qualified for any of the other draws but that is likely to change over the next month. Remember, the incentives are:

- ✓ \$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.

CALL FOR PHOTOS!

Do you have pictures from Toastmasters events? We want to spice up our website with photos from our District - real people, real events and real fun! Maybe you hosted a speech contest, open house or celebration! We want our website to show people enjoying themselves and smiling!

Of course, we do want to make sure we are putting our best face forward so if you have pictures with multiple people in them, please be sure you have permission to share before sending! Photos can be sent to d45.socialmedia@gmail.com.

Please note, photos submitted are not guaranteed to be published on our website and/or social media.



FREE SOCIAL MEDIA TRAINING TO ALL TOASTMASTER MEMBERS

Are you looking to grow your Club without having to 'sell'?

Michael Pacitto, our District 45 Marketing Chair, is continuing his social media marketing seminars designed for you, the member, on March 9th. If you missed the first session of 2021, [join the Facebook group](#) to see past recordings and ask any questions to Mike that you may have regarding marketing your club and celebrating member successes. He is posting on our Facebook group often and would love to hear from you!

All recordings will be on our D45 website for Toastmaster to access at any time, but don't miss this opportunity to get your personal questions answered in the LIVE INTERACTIVE SESSIONS, or in the Facebook group. Look forward to seeing you there!

FREE PATH INCENTIVE

Have you redeemed your free Path yet? Time is running out to take advantage of this incentive from Toastmasters International. The free Path is available to any member who paid October dues by the end of December. You only have until March 31st to get your free Path. Don't let this great opportunity pass you by. Even if you don't touch it for a while, it will be there for you when you're ready BUT only as long as you get it by March 31st. It's simple to do – just log in to the Toastmasters International, go to Pathways and choose a Path. When you go to pay, the amount will be \$0. It's the best deal in town!!

COMMENTS/QUESTIONS/CONTRIBUTIONS

Please let us know if you have comments or question about the newsletter or if you have any questions on the content, please let us know. We also welcome articles for the newsletter related to communication, leadership or the Toastmasters program. Comments, questions and contributions should be submitted 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.

Procedures for District Communication

District Calendar

Any events put on the District calendar need to be Area, Division or District level events. There should be no club events with the exception of open club anniversary celebrations of at least 25 years. This includes speech contests.

Website – Upcoming Training

Only training events being offered at the Area, Division or District level will be posted on the website under Upcoming Training. To have an event posted, there needs to be information on the presenter and on what will be presented. No club-sponsored events/workshops will be posted on the District website.

Social Media

Any events put on District social media need to be Area, Division or District level events. There should be no club events with the exception of open club anniversary celebrations of at least 25 years. This includes speech contests. Other postings that may relate to Toastmasters generally may be considered.

All items for the calendar, website or social media should be sent to d45.socialmedia@gmail.com.

District Emails

There will be one or two emails per week to all members which will generally contain District events such as:

- Webinars
- TLIs
- Workshops by the District
- District conference
- Club anniversary events if it is at least a 25th anniversary

Information for the Monday email needs to be sent to the District Director (?) by 6 pm on Sunday for inclusion in the email. Any event to be included in the current or the following week needs to include information on the event and on the presenter(s). Events that will be more than two weeks away can be included with just a name of the event and the date and time. If it is felt that there needs to be a second email sent in a week, information should be sent to the District Director by 6 pm on Wednesday with the reason why the event was not included in the Monday email. A second email will be at the sole discretion of the District Director.

The exception to a second email will be for the newsletter which is sent out the first day of each month.

Information for District Council members or DEC members will not generally be included in this weekly email. Emails for those groups will be sent on an as-needed basis.

All items for the District email should be sent to [:d45.jonathan.bohm@gmail.com](mailto:d45.jonathan.bohm@gmail.com).

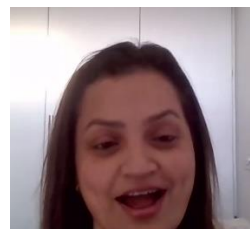
Concord Toastmasters held its club Evaluation contest on February 5 with six contestants! Competing were members Molly Lunn Owen, Dale Randall, Sarah Chaffee, Alex Campbell, and Paul Coddington. The first place evaluation was delivered by Sarah Chaffee, a member of Toastmasters for two years. Alex Campbell took second place; he is also a two-year Toastmasters member.

Many members have honored our club with their continued educational achievements and tenacity in driving towards their goals. Paul Coddington has achieved a Triple Crown by completing three levels in one year. Rick Dymont has recently completed level 2 in Innovative Planning.

Our club has also added more new members: Marie Trigg and Anna Gallagher. Being a virtual club has allowed us to attract and retain members from different time zones. Marie hails from Albuquerque, member Debby Adair joins us from Utah and Viju Natarjan joins us from India!



Paul Coddington, Triple Crown



Viju Natarjan, India



Marie Trigg, Albuquerque



Debby Adair, Utah

As the club grows, it also ebbs - we learned of the passing of Glenn Tapley, a founding member in 1988. Fellow charter member, Cary Gladstone remembers our friend:



It was a simple item in the community page of the local newspaper that introduced me to Glenn Tapley. Glenn and others were in the process of starting a new Toastmasters Club in Concord, NH. I attended the demonstration meeting promoted in that community news item. It led to the formation of the club with Glenn as its founding president. The year was 1988. Glenn would prove himself to be a gregarious, charismatic, and loving leader of the club and all of its members. We enjoyed many laughs from the charter night banquet through the “reverse meetings” and holiday celebrations beyond that first year, with the club continuing to grow. Over the years, even after Glenn and his family left New Hampshire for Florida, his impact continued as the Concord Toastmasters club spawned others throughout the capitol region of our state. Sadly, we lost Glenn on February 11, 2021 after a long period of declining health. He leaves a Toastmaster legacy both on the organization and with many of us personally. I will remember the breakfast gathering at his home the morning after our charter was presented, with Glenn making “the world’s best French toast” for 30, much to his wife Debbie’s dismay. I will remember the kindness he showed me when my mother passed away the week of Thanksgiving. He gently told me I was coming to his and Debbie’s for the holiday, less an invitation than an embrace. Most of all I will remember Glenn’s larger-than-life spirit and will continue to work to live up to the example he set.

Concord Toastmasters has an upcoming contest - Tall Tales Contest on March 12. We ALWAYS welcome guests!

Toast of the Coast Advanced Toastmasters is holding an Open House on April 10, 2021. To join Toast of the Coast, you must have at least a CC or three levels in a Path in Pathways. However, any Toastmaster is welcome to attend our Open House. At our meetings, each speaker receives a roundtable evaluation in addition to the traditional evaluation. We are pleased to announce that we have a guest speaker for our Open House – Past International President Ted Corcoran. Ted is the owner of "Ted Corcoran & Associates" based in Dublin. His company offers one on one communication coaching, seminars on leadership, management, communication and presentation skills. Ted has been a member of Toastmasters International, since 1985. He served as International President in 2003-2004. Altogether he spent seven years on the International Board of Toastmasters International. He has delivered presentations in the US, Canada, South Africa, Australia, United Arab Emirates, Germany, Denmark and many times in the UK and Ireland. Ted will be giving a speech which will receive a roundtable evaluation from the members of Toast of the Coast. His presentation will demonstrate some skills of leadership which will enable leaders get their teams on the bus and, very importantly, ensure they remain on board for the entire journey.



On Feb 1 2021 Cape Breton Toastmasters club celebrated our 47th club anniversary!!! We were first chartered Feb 3 1974 at the Steel Centre Credit Union in Sydney as a public club. We were originally named Steel Centre Toastmasters but we decided to change the name to Cape Breton Toastmasters May 1 2017. Our club worked to become a hybrid club in 2020 being able to meet both in person and online through zoom to survive the COVID-19 pandemic. If you would like to attend a meeting please contact us (due to pandemic restrictions). We look forward to meeting you!!!

Roxanne Hatcher DL2
V.P. Of Education (2020-2021)
Cape Breton Toastmasters Club
3285.toastmastersclubs.org

Facebook: Cape Breton Toastmasters

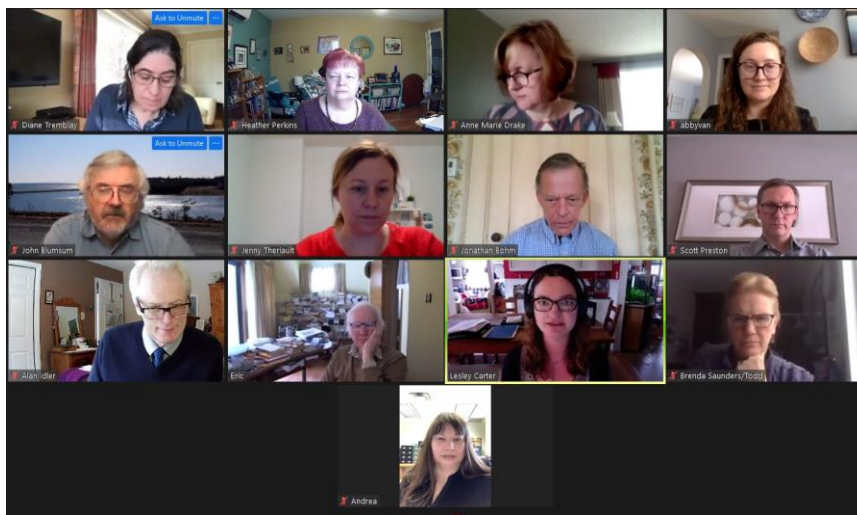


Around the District – Division D

Schooner Toastmasters #3978 held meeting #1211 last night with several guests in attendance. The club was chartered in 1979 and initially met weekly. After a few years and some membership challenges, the club switched to twice a month. As membership grew over time, the club went back to weekly meetings. Schooner Toastmasters has developed its share of Area, Division and District leaders. The club continues to offer well-run, professional meetings even with a current dip in membership. You are welcome to attend any meeting and the club always welcomes guest Toastmasters as a speaker or in any other role.



Tic Talkers #9307 held an Open House on Feb 24th. We took advantage of the District incentive and boosted the event on Facebook. Several guests attended. We had two speakers who, coincidentally, both spoke from the Introduction to Mentoring project and both spoke about informal mentors they had. We hope that some of the guests were cajoled (Word of the Day) into joining the club. Tic Talkers meets every Wednesday at 12 noon.



Around the District – Division E

Division E has some funny Toastmasters who competed in the Division E Humorous Speech contest on Saturday, February 20th! Congratulations to all five contestants who participated. The results are:

3rd place: Shirley Li

2nd place: Emma MacLean

1st place: Joe Grondin



BEING TOASTMASTERS: WHAT WE BECOME CONTINUED

And last, Excellence is the underlying goal, the quest for the best that should drive every word, every speech, every action.

We must do more than note these values. We must practice and live them. These are the guiding principles that will serve us and our fellow Toastmasters, and ultimately all world citizens. Our core values light the path as we move toward our goals, making that journey a celebration in itself.

As we enter the dues renewal period, think about what you are gaining from Toastmasters. Consider, too what you are giving as you empower others. The journey is worth all that we want to gain. In the words of Booker T. Washington, “Any man’s life will be filled with constant and unexpected encouragement if he makes up his mind to do his level best each day.”

Anniversaries



Of the 1,300 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 **March**.

Name	Club	# of Years
Pattie Abrams	True Blue Toastmasters	30
Scot DeJong	Mid Day Toastmasters	15
Giselle Mackinnon	Confederation Club	10
Dina Carnivale	Concord Toastmasters Club	5
Samuel Gough	Lakes Region Toastmasters	5
Margrethe Heimgartner	Ecotoasters Club, Kennebec Valley Toastmasters, The Maine Thing Advanced Toastmasters	5
Claudine Pohl	Saint John Club	5
Tracy Gatis	Sears-Halifax Club	5
Kandra West-Pettigrew	Sears-Halifax Club	5
Katie Lister	Provincially Speaking Toastmasters	5
Gary Maillet	Hub City Toastmasters Club	5



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 **MARCH**.

Saint John Club #1479 of Saint John, NB chartered 67 years ago on March 1, 1954

True Blue Toastmasters #6871 of Moncton, NB chartered **30** years ago on March 1, 1991



D45 COACH'S CORNER IS BACK!

As D45 Club Growth Director, I am happy to announce that another strong Club Retention Chair, a.k.a., Club Coach Chair has stepped into this vital role.

Sherry MacDonald, DTM, will add to her vast Club Growth Portfolio by supporting Club Coaches for the remainder of this Toastmaster year.

With the changes in our Toastmasters program due to the pandemic, many of our clubs need a fresh perspective and the support to maneuver virtual meetings and the expanded reach of our D45 Clubs.

Sherry and her team will be building upon David Cormier's coaching success by resuming Club Coach sessions beginning on **Tuesday, March 16th at 6:30pm EST/7:30pm AST**.

Zoom link: <https://us02web.zoom.us/j/81048399807?pwd=c2tjVGVHcVBLb0dqVWNPUldScDA5dz09>

Sherry will offer tips on how to **'coach clubs through a pandemic'** and will continue David's format of having an open dialogue where club coaches can share with each other the success stories and obstacles they've encountered. If you are a member interested in becoming a club coach...please join us. **By working together, every member wins!**

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 41 achievements not recognized because consent has not been given.

Member Awards

Level 1 – February 2021

Name	Club	Designation
Sharon Allen	Bagtown Babblers	PM1
Martha Archibald	Creatively Speaking Toastmasters Halifax	IP1
Olivette Aviso	The Maine Thing Advanced Toastmasters Club	PM1
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	EC1
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	PM1
Travis Baker	Penmen Toastmasters	IP1
Bob Bechtol	MDI Toastmasters	PM1
Aimee Brown	Cole Harbour Toastmasters	PM1
Mirela Caraeni	Toast Of The Valley Club	PM1
Lesley Carter	Dartmouth TIC Talkers Toastmasters Club	MS1
Phyllis Dalton McTiernan	Blueberry Hill Club	PI1
Crisdeisy Diaz	Sackville Club	PM1
William Grady	Nashua-Hudson Club	PM1
Barrinique Griffin	Creatively Speaking Toastmasters Halifax	VC1
Tony Hatcher	Cape Breton Toastmasters	EH1
Ralph Jeans	Cape Breton Toastmasters	PM1
Darlene Jones	Harbourside Club	PM1
Diane Lebson.	Toast of the Midcoast	PI1
Deepak Nainiappan	Schooner Toastmasters	DL1
Carol Niles	Maine Fab Toastmasters	IP1
Cynthia Sarvai	Millyard Toastmasters	EC1
Christopher Solarski	Cole Harbour Toastmasters	PM1
Abby van der Jagt	Dartmouth TIC Talkers Toastmasters Club	SR1
Moranda Van Geest	Sussex Toastmasters Club	PM1
Ann Walls	Concord Toastmasters Club	PM1
David Paul Williams	Sackville Club	PI1
Muhammad Raheel Zuberi	Harbourside Club	EC1

Level 2 – February 2021

Name	Club	Designation
Martha Archibald	Creatively Speaking Toastmasters Halifax	IP2
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	EC2
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	PM2
William Bruns	Toast of the Midcoast	EH2
Heidi Crowell	Nashua-Hudson Club	LD2
Phyllis Dalton McTiernan	Blueberry Hill Club	PI2
Kelley Demers.	Millyard Toastmasters	IP2
Crisdeisy Diaz	Sackville Club	PM2
Tracy Gatis	Sears-Halifax Club	VC2
Jessica Giberson	Harbourside Club	EH2
Katie Glover	Bangor Toastmasters Club	EC2
William Grady	Nashua-Hudson Club	PM2
Michael Griffin	Capital Toastmasters	EC2
James Kokocki	Sussex Toastmasters Club	EC2
Amin Loukil	Riverview Canusa Toastmasters Club	IP2
Carol Niles	Maine Fab Toastmasters	IP2
Abolaji Ogunmola	Charlottetown Toastmasters Breakfast Club	PM2
Dawna-Jean Turchon	Kennebec Valley Toastmasters	VC2
David Paul Williams	Sackville Club	PI2

Trailblazer Award – February 2021

Name	Club
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters
Bob Bechtold	MDI Toastmasters
William Bruns	Toast of the Midcoast
Michael Thompson	Toast of the Coast Toastmasters Club
Dawna-Jean Turchon	Kennebec Valley Toastmasters

Mentoring Path Completion – February 2021

Name	Club
Maureen McIntosh	Bagtown Babblers

Level 3 – February 2021

Name	Club	Designation
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	EC3
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	PM3
John Blumsum.	Spirit-Ed Toastmasters Club	IP3
Jennifer Bonnevie.	Cole Harbour Toastmasters	DL3
William Bruns.	Toast of the Midcoast	EH3
Crisdeisy Diaz	Sackville Club	PM3
Tricia Anne Foley	Harbourside Club	PI3
Jessica Giberson	Harbourside Club	EH3
Sharon Little.	Maine Fab Toastmasters	IP3
Gary Maillet	Hub City Toastmasters Club	IP3
Carol Niles	Maine Fab Toastmasters	IP3
Linda Ramrath	Keene Toastmasters Club	MS3
Dawna-Jean Turchon	The Maine Thing Advanced Toastmasters Club	VC3

Level 4 – February 2021

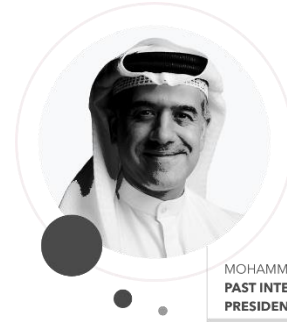
Name	Club	Designation
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	EC4
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	PM4
Jennifer Bonnevie	Cole Harbour Toastmasters	DL4
Vanessa Buys	MDI Toastmasters	PM4
Pierrette Hache	Arcadie du Grand Caraquet	EC4
Wendy Marr	River Valley Toastmasters	PM4
Cynthia Sarvai	Millyard Toastmasters	MS4
Patricia Saucier	Toast of the Midcoast	MS4
Dawna-Jean Turchon,	Kennebec Valley Toastmasters	MS4
Maria Winn	2211 Toastmasters	EH4

Level 5 – February 2021

Name	Club	Designation
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	EC5
Shahram Bagher Ghanbari	Rise and Shine Advanced Toastmasters	PM5
Vanessa Buys	MDI Toastmasters	PM5
Maureen McIntosh	Bagtown Babblers	PM5
David Mills	Capital Toastmasters	VC5
Michael Thompson.	Toast of the Coast Toastmasters Club	PM5
Paula Tozer	Rise and Shine Advanced Toastmasters	EC5

Upcoming Events – Sharing Stories

We are pleased to announce that the keynote speaker for our Annual D45 Conference will be Past International President, Mohammed Murad. Mohammed is an entrepreneur and manages four companies. After a 20-year career with the Dubai Police Force, he retired as a Lt. Colonel in 2003. Mohammed has more than 30 years of experience in director and CEO roles in the fields of emergency medical services management, human resources development and strategic planning.



MOHAMMED MURAD
PAST INTERNATIONAL
PRESIDENT, ENTREPRENEUR

From the time he decided to become an entrepreneur, he has been in the fashion and event management industries.

Mohammed holds two Master's degrees, an MBA and a Master's in Quality Management (MQM), both from the University of Wollongong, Australia. He served as Toastmasters International President in 2014-2015 program year.

Contests are well underway. We will have our three contests with the Humorous Speech Contest on Thursday evening, the International Speech Contest on Saturday and the Evaluation Contest on Sunday. Be sure to be there to cheer on your favourite speaker.

To make this online conference a success, we need **your** help. We want this conference to be innovative, engaging and educational. If you have any of the following skills/interests, there is a place on the conference committee for you:

- ✓ Ability to animate
- ✓ Ability to include videos in PowerPoint presentations
- ✓ Interest in developing games such as Family Feud with questions related to Toastmasters
- ✓ Interest in designing networking opportunities

These are but a few of the skills the conference could use. If you are interested in getting involved in the conference in any way or have ideas you think would contribute to a great conference experience for all, please contact the conference chair [Candice Buell](#).



SHARING STORIES DISTRICT 45 CONFERENCE MAY 13 – 16, 2021

District Calendar

March Events

- 6th – Area 2 Evaluation and International Speech Contests, 10 am ET
 - 9th – Social Media Marketing, 6:30 pm ET / 7:30 pm AT
 - 12th – District webinar TBD, 7 pm ET / 8 pm AT
 - 12th – Area 3 Evaluation and International Speech Contest, 6:30 pm AT
 - 13th – Area 18 contests, 10 am AT
 - 14th – Area 21 contests, 10 am AT
 - 20th – Area 9 contests, 10 am AT
 - 20th – Area 17 Evaluation and International Speech Contest, 10 am AT
 - 20th – Joint Area 7 and 25 contests, 10:30 am ET
 - 21st – Area 11 contests, 10 am AT
 - 23rd – Social Media Marketing, 6:30 pm ET / 7:30 pm AT
 - 27th – Area 1 contests, 10 am AT
 - 28th – District webinar Speechcraft – The Digital Experience, 7 pm ET / 8 pm AT
- Second Round Area Directors visits continue

April Events

- 3rd – Division C International Speech Contest
 - 6th – Social Media Marketing, 6:30 pm ET / 7:30 pm AT
 - 9th – Fireside Chat, 7 pm ET / 8 pm AT
 - 10th – Division B, International Speech and Evaluation contests, 10 am ET
 - 16th – Division D Humorous and Evaluation contests, 7 pm AT
 - 17th – Division E Evaluation and International Speech Contests, 10 am AT
 - 20th – Social Media Marketing, 6:30 pm ET / 7:30 pm AT
 - 23rd – Division D International Speech Contest, 7 pm AT
 - 24th – Division G contests, 10 am ET
 - 25th – District webinar TBD, 7 pm ET / 8 pm AT
- Second Round Area Directors visits completed

May Events

- 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

- 11th – 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/>

Newsletter Publisher – Jonathan Bohm, DTM
d45.newsletter@gmail.com