

District 45 Toastmasters Newsletter

# CAN-AM LINK



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**MOLDED BY MY MENTORS**

**DISTRICT DIRECTOR JONATHAN BOHM, DTM**



*Our chief want in life is somebody who will make us do what we can. — Ralph Waldo Emerson*

Didn't we all realize this when we were very young? Once we learned to say "da-da" or "ma-ma", it was an uphill quest that we knew we could not do alone.

Looking back, I see that it was not just my parents, not the teachers, who molded me. Yes, they taught me how to tie my shoes and how to read. But it was the people who gave me perspective rather than knowledge who I remember. They are my mentors.

My piano teacher was my first mentor. You might expect that she taught me to read music, which she did, and play the piano, a futile effort. Every week, rather than fumble through pieces, we'd talk. We'd have intelligent discussions about history, politics, and best of all, art. I grasped that art is for the many and not the few. Alas, not all teachers hold the promise of mentoring. In Architecture school, my professors were needlers, ridiculers, tormentors, sadists. They were sadly ignorant of Plato's admonition:

*Do not train a child to learn by force or harshness; but direct them to it by what amuses their minds, so that you may be*

*better able to discover with accuracy the peculiar bent of the genius of each.*

After the dreadful university years, I returned to San Francisco. As a designer at a large firm my drawing board was behind the man – my boss. Kaz, a Berkeley grad, was a great philosopher. What I learned from Kaz was not just the intricacies of concrete detailing. I savored the art of wood construction at his hand-built home high in the Berkeley hills.. I developed a life creed: design to live. Live well and don't get locked into dead end jobs. I followed Kaz to three firms over the years.

Early in this century I wanted to write. I went to Taos to study with Natalie Goldberg. Natalie teaches us to write without stopping the hand, without editing, digging unconsciously into wild mind. Her mentoring opened me to listening, to observing, and to trusting my own voice.

In Toastmasters, mentors from Nova Scotia to South Dakota unstintingly mentor me, guiding my self-improvement. From my icebreaker to my leadership roles, I've had generous support and copious encouragement.

As I've been molded, I recall the sagacity of Benjamin Disraeli: *"The greatest good you can do for another is not just to share your riches but to reveal to him his own."*

## Club Growth Tip

### THE PERSONAL INVITE

Is your club struggling to recruit new members? If so, you are not alone. Only about a third of the clubs have recruited at least 4 new members and only six have recruited at least 8 new members. You've heard about using social media to promote your club. A good website and effective use of Facebook can attract guests and it's then up to your club to convert them to members.

Many clubs and members, however, are overlooking the most effective way of recruiting new members. That method is simply asking people to attend a meeting. When you're giving a speech, invite friends, co-workers and family to join the meeting to watch your speech. Seeing what you've accomplished and how the meeting is run may be the incentive they need to join.

Are you part of another organization or of a group on Facebook? Perhaps you are part of neighbourhood group or you belong to a book club? Other members of these groups are all people you can invite. If they say no the first time, don't give up. Mention it every few weeks and they may eventually come. A Past District Director in another District was reluctant to join her corporate club. One of the members said he would invite every meeting as he had to go by her desk on the way to the meeting. It took six months but eventually she caved. She went from not wanting to join to becoming District Director. Show your persistence and persuasiveness in extending personal invitations to your club. You may be surprised how effective this simple method is in growing your club.

Spring will come and so  
will happiness. Hold on.  
Life will get warmer.

Anita Krizzan

## Things to Remember

Are you or have you been a club officer? Have you used Club Central? Often, it is only the Vice President Education who uses it to submit awards, the Vice President Membership to add new members, the Treasurer to submit dues and the Secretary to submit the new officers.

There are many other reasons to visit Club Central. Did you know you can get a record of which members have contributed which awards to the club (if your club chartered? Depending on when your club chartered, the awards may not go back to the start. Again, depending on when your club chartered, you may be able to obtain a list of the charter members. These reports are available under Administrative Reports.

You can print an anniversary certificate which is available under Club Achievements. You can view and update your club's meeting location along with other information. Note that if you change your meeting location, the map does not automatically update - you need to update it yourself.

There are some very good tutorials on the Toastmasters International website on using Club Central. You can find these tutorials [at http://origin-gps.onstreammedia.com/origin/toastmastersinternational/eLearning/COT/Navigating\\_Club\\_Central/Navigating\\_Club\\_Central/story\\_html5.html?lms=1](http://origin-gps.onstreammedia.com/origin/toastmastersinternational/eLearning/COT/Navigating_Club_Central/Navigating_Club_Central/story_html5.html?lms=1)

Public Relations Tip

**HOW ARE YOU SHARING OUR GIFT?**

Sharing the gift of Toastmasters is an important duty of all members. We want people to join our clubs to improve their skills and have fun with us! How are you telling the world about this wonderful gift? Are you using all the tools we have available to promote the benefits of Toastmasters and sharing how it has helped you improve your speaking and listening skills?

When you think about the reason you purchase a certain product or attend a movie, how do you make those choices? Perhaps it is because someone raved about how awesome it was and suggested that you should purchase it or watch it? It is the same with Toastmasters, we need to talk about it with people and share with them how awesome the educational program is and showcase the leadership opportunities! The personal ask is way more effective than a mass email. People want to feel special and saying no directly to you is that much harder!

A great way to share the Toastmasters opportunity is to host an open house for your club. Toastmasters International has tools on their website that you can edit to help promote your Open House event. To host a successful open house event, you want to have your members involved and get them to invite people in their network. Who should you invite to an open house? EVERYONE! The more people there, the merrier! To spread the word, you should have fliers created with the important information - date, time, location, and the details for a contact person in your club. Have members share these fliers on bulletin boards in your community and online.

Did you know that District 45 has an incentive for boosting an open house? If you create an event on your club's Facebook social media page and boost the event, the District will reimburse you up to \$25.00 for that boost!

Boosting an event:

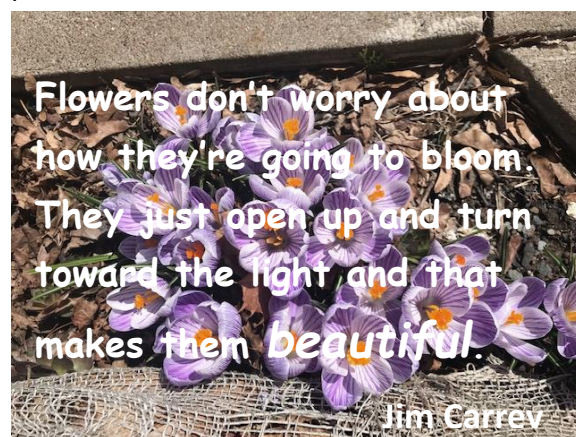
- Turns it into an ad that can appear in people's News Feed.
- Adds a Sponsored label at the top of the ad.
- Will let you include either a "Get Tickets" or "Interested" button
- You can target certain demographics.
- You can set your budget and determine approximately how many people your ad with reach.

Once your event has passed and you have the receipts from the event boost that Facebook provided (usually one receipt per day), you can send them to our Finance Manager, Heather Perkins for reimbursement up to \$25.00.

Find open house promotional materials from Toastmasters International here:

<https://www.toastmasters.org/resources/resource-library?t=open%20house>

**Happy Boosting!** Go share the gift of Toastmasters with everyone!



Epitaph

EPITAPH - BY MERRIT MALLOY

When I die  
 Give what's left of me away  
 To children  
 And old men that wait to die.  
 And if you need to cry,  
 Cry for your brother  
 Walking the street beside you.  
 And when you need me,  
 Put your arms  
 Around anyone  
 And give them  
 What you need to give to me.  
 I want to leave you something,  
 Something better  
 Than words  
 Or sounds.  
 Look for me  
 In the people I've known  
 Or loved,  
 And if you cannot give me away,  
 At least let me live on in your eyes  
 And not your mind.  
 You can love me most  
 By letting

Hands touch hands,  
 By letting bodies touch bodies,  
 And by letting go  
 Of children  
 That need to be free.  
 Love doesn't die,  
 People do.  
 So, when all that's left of me  
 Is love,  
 Give me away.



The District is saddened to learn of the death of Past D45 Governorr Dorothy Doyle, DTM. Dorothy was from Charlottetown, Prince Edward Island and was been a loyal and

dedicated member of Premiere Toastmasters Club #2738 since 1981. Dorothy served as District Governor 1996 – 1997 and her theme was Pathway to Progress. Perhaps Dorothy knew something the rest of us didn't at that time 😊

Dorothy guided many members through their Toastmaster journeys and continues to promote Toastmasters to everyone. Some of Dorothy's most notable accomplishments in her more than 35 years as a Toastmaster include: obtaining the Distinguished Toastmaster (DTM) designation, serving as a District 45 Governor (now called District Director), serving as an Area Governor (now called Area Director), conducting more than 30 Speech Crafts, sponsoring and becoming a charter member of the Spotlight Toastmasters Club.



Dorothy was awarded a Presidential Citation at the 2016 Toastmasters International Convention. This citation is presented by the International President to members who have shown continual support and dedication to the organization. Recipients of this award are selected at the sole discretion of the International President.



District Leadership Committee (DLC) District 45 2020-2021

Between December 2020 and March 2021, the District 45 Toastmasters District Leadership Committee worked to nominate a slate of candidates for the consideration of voters at the May 2021 District 45 Business Meeting which will be held during the District 45 Spring Conference.

- The DLC members were;
- Division A - Casey Jenkins, DTM
  - Division B -- Greta Heimgartner, DL3
  - Division C - Carl Duivenvoorden, DTM, PDG
  - Division D -- Suzanne Weiss, ACB, CL
  - Division E -- Norma Pasatieri, DTM
  - Division G - Linda Crosby, PM2
  - DLC Chair - Jim Kokocki, DTM, PIP

Call for Nominations

The DLC had issued the call for candidates on December 10<sup>th</sup> with a closing date on January 21<sup>st</sup>. In an effort to fill all positions, nominations were reopened from February 6<sup>th</sup> until February 10<sup>th</sup>. During the nomination periods we received two other-than-self nominations for candidates who either did not accept the nomination, or responded after the nomination window had closed.

Interviews were held January 27<sup>th</sup> to February 12<sup>th</sup>. Candidates for the same office were asked the same questions. On February 19<sup>th</sup> a vote was held on which candidates to nominate. Ten candidates were considered. Eight were nominated.

Nominees for May 2021

The District 45 District Leadership Committee nominates the following candidates, listed here alphabetically by position;

Position	Nominee(s)	Position	Nominee(s)
<b>District Director</b>	Heather Perkins, DTM, PRA Jim Wisted, DTM	<b>Division A Director</b>	Incomplete
<b>Program Quality Director</b>	Crystal Cobb, PI5	<b>Division B Director</b>	Tom Macisso, MS5
<b>Club Growth Director</b>	Bill Bruns, DTM Sherri MacDonald, DTM	<b>Division C Director</b>	Incomplete
<b>Public Relations Manager</b>	Anne Doucette, ALB, MS5	<b>Division D Director</b>	Incomplete
		<b>Division E Director</b>	Incomplete
		<b>Division G Director</b>	Tom Goodwin, DTM, PDG

We are pleased to complete this work for the members of District 45. It is important to the continued success of our clubs that voters elect officers well prepared to serve our clubs and members.

As DLC Chair I thank District Director Jonathan Bohm, DTM for this opportunity, and I thank the members of the DLC, Suzanne, Greta, Norma, Carl, Casey, and Linda for their commitment to our work.

Jim Kokocki, DTM  
2020-2021 District 45 Leadership Committee Chair

## The New and Improved Speechcraft

Have you heard the news? Speechcraft has gone digital! Toastmasters International has revamped Speechcraft and aligned it with Pathways online. Speechcraft is currently only available in English but Toastmasters International will add materials in additional languages as they continue to improve the Speechcraft program.

What is Speechcraft and how can you use it?

- A program that experienced members can host for adult participants.
- Focus is to help participants improve public speaking skills and provide a safe & supportive environment.
- Each Speechcraft can be four, six or eight sessions in length.
- Each Speechcraft bundle costs \$50.00 USD and accommodates five participants.
- Speechcraft must be hosted at the club level, not at Area, Division or District.
- Clubs can host Speechcraft to raise funds for the club and increase awareness of the club in the community.

As the coordinator you login to the Speechcraft Gateway and create an event to host Speechcraft and register participants. Once you have recruited your participants, the Coordinator adds participants into the Speechcraft Gateway event, and the participant will have to accept the registration. Using the Speechcraft Gateway, the Coordinator will be able to track and validate the Speechcrafters speeches and use the dashboard to track the movement of participants.

There are eight projects in Speechcraft:

- Choose a Topic
- Prepare to Present
- Giving and Receiving Feedback
- Know Your Purpose
- Body Language
- How to Evaluate
- Vocal Variety
- Powerful Words

Speechcrafters will be awarded badges on Basecamp when they complete speeches. Each speech completed in Speechcraft will be counted as credit towards Pathways if the participant decides to join a club. There are three self-assessments for the participants to complete and the coordinator will have access to these to see how the participant feels about their experience and growth. Speechcrafters access the learning materials through the Speechcraft Gateway portal in Basecamp. Participants will have access to the Speechcraft materials 90 days after the end date of the event.

Speechcraft Resources can be found on the Toastmasters International website here: <https://www.toastmasters.org/resources/resource-library?c=%7BDF03DF35-4544-4C00-8B31-0A2D7F19AFA6%7D>



*People in quarantine have way too much time on their hands.*

## Hey Zoomer! Zoom Fatigue – Fact or Fiction in 5 – 7 Minutes

**5-7 mins...**as a Toastmaster, these are our defining moments. Most of our speeches are 5-7 minutes. Most competitions are conducted in 5-7 minutes.

It is a reality that cannot be denied. COVID has transformed everything we do – from how we conduct our personal business, to the way we interact with our loved ones, to our social and volunteer work.

In the age of Zoom we are invited to adapt, and Toastmasters have done so with vigor!

However, even the most stalwart among us get fatigued from time to time. Let's take a look at some of the opportunities as well as the challenges that go with accepting the role of Zoomer:

### Opportunities

1. Tune in by turning on...your computer!  
Finished with your meeting? Simply walk into another room to relax. No snow, sleet, or cold wind on the agenda!
2. Have access to a wider, even *international* network and audience. We get to experience ourselves as an international organization on a much deeper level.
3. As Toastmasters executives, we can get to know members of our clubs on a deeper level because we can regularly tune in to their meetings. We don't have to factor in long commutes to attend.
4. It is an opportunity to exercise our **CHOPS** – to create a **Challenge and Opportunity Strategy**. This is our leadership challenge. How can I transform this challenge into an opportunity for everyone concerned?
5. From Boomer to Zoomer! For any of us born into the Baby Boom generation, we are now a part of Gen Z – **Generation Zoom!**
6. We have a personal teleporter at our fingertips. Through the portal of our computer, we can Zoom all over the world! We can welcome guests from all over the world as well!
7. Cats and dogs can regularly attend Toastmasters meetings! Bonus!

### Challenges

1. Poor internet connection. A major challenge, for sure.

**Solution:** Upgrade your internet connection. If that is not a possibility, then there are options for boosting your Wi-Fi signal. [https://www.wired.com/story/how-to-make-your-wifi-better-faster/?fbclid=IwAR34f7TKlyprx-REBArFw9f9w6IOAcUG2oj4W1X\\_IYmZTNUwZIZEBEM\\_maY](https://www.wired.com/story/how-to-make-your-wifi-better-faster/?fbclid=IwAR34f7TKlyprx-REBArFw9f9w6IOAcUG2oj4W1X_IYmZTNUwZIZEBEM_maY)

2. I sit for work, I sit for Toastmasters.

**Solution:** Modern thought leader Brendon Burchard recommends taking regular breaks to increase productivity. Every hour, take a 5-7 min nature break! Not necessarily *that* kind of nature break...I'm talking about *nature bathing* – taking yourself outside and do a full-body immersion in nature for a few powerful moments. Other options are stretching/yoga, meditation, or one of my favorites – doing a few sets of squats and lunges with free weights.

3. Zoomed out or stressed out? Are you feeling mentally and physically drained because you are bombarded with invitations?

**Solution:** Parse your invitations! Utilize Stephen R. Covey's Time Management Matrix and prioritize your time.

4. Technologically inept? Reluctant to learn?

**Solution:** *Always Lead with your Power Moves* – (1) Just say Okay, I'll do it. (2) Be willing to Break those Barriers and learn new tricks. (3) Reach Out and connect – in collaboration, congratulations, and celebration with your fellow Toastmasters!

Cont'd on p 21

# Pathways/Zoom Tips

Are you working on a Path that requires you to complete projects? Look ahead to see what is needed as you may be able to connect a project with something else you are doing. Paths and Levels that may require a team or require you to make a plan (this list is far from exhaustive) include:

Strategic Relationships – Level 4, Public Relation Strategies

Visionary Communication – Level 3, Develop a Communication Plan

Leadership Development – Level 3, Planning and Implementation

Motivational Strategies and Team Collaboration – Level 4, Motivate Others

Motivational Strategies – Level 5, Team Building

Innovative Planning – Level 4, Manage Projects Successfully

Dynamic Leadership and Team Collaboration – Level 5, Lead in Any Situation

Innovative Planning, Effective Coaching, Persuasive Influence – Level 5, High Performance Leadership

Ideas for projects (these are but a few of the ideas that have been implemented) include:

Developing a community garden

Social media committee

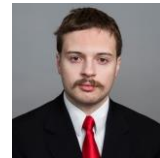
Developing a communication plan for an organization

Organizing a speech contest

Did you know you can spotlight a speaker (there must be more than two people in a room to do this)? When you spotlight, as opposed to pinning, all those in the meeting will see the speaker spotlighted. By spotlighting, each member is not required to pin to be able to see the larger version of the speaker. You can spotlight up to nine participants. The ability to spotlight multiple participants is a great feature if you are doing a panel discussion or a role play. You could spotlight both the Toastmaster and the speaker while an introduction is being done and then remove the spotlight from the Toastmaster once the introduction is finished. Only a host or co-host can spotlight. Try it to determine how you can use this feature to enhance your meetings.

# Webinars

The first April webinar on April 9<sup>th</sup> (remember, it's Friday, not Sunday) will be the third **Fireside Chat** with the District Senior Leadership Team. This is your chance to ask your questions of the team. Find out how the year is going – what have been the successes, what challenges still remain? It's also your opportunity to make suggestions on what the District leaders could do.



The April 25<sup>th</sup> webinar will be **Parliamentary Procedure and Robert's Rules of Order**, and its use in Toastmasters

presented by Kristian Falkjar, CC, PM5, IP3, EH1. Kristian Falkjar joined Toastmasters in 2016 in Ottawa and transferred to Riverview Canusa Toastmasters in December 2019. He has held several roles within Toastmasters including club secretary, club sergeant-at-arms and now an Area Director. Kristian is excited to discuss Robert's Rules of Order and how it should be implemented in Toastmasters meetings. He will incorporate historical guidance from Toastmasters International on how to conduct a business meeting and explain the overall rationale and procedure for when it is one's turn to speak.

There will be no webinars in May because of the conference. In June, the first webinar will not be held because of the TLIs. The second webinar on June 27<sup>th</sup> will be an end-of-year social. More details will be available in upcoming issues of the newsletter.





## DISTRICT AWARDS

The following are District awards for which a submission must be made.

***Dave Rosvall Award*** — an award presented to a District 45 Toastmaster who has demonstrated long-term and meritorious service to the District above the club level. This can be for someone who has conducted Speechcraft or Youth Leadership programs, helped with sample meetings for a new club, has been a club sponsor, mentor or coach, served as a District leader at any level or for other activities beyond the club level. The recipient is determined each year by the Past District Governors and Directors. The recipient must have been a D45 Toastmaster for at least 10 years and must be planning to attend the conference. District Governors must have been out of office for at least 5 years before receiving the award. Although the award is chosen by PDGs/PDDs, if you know of a member you feel is eligible for this award, send the name along with the reasons why this person should receive the award to the Immediate Past District Director. To get a nomination form, contact [Patricia MacNevin](#).

***Toastmaster of the Year award*** — given to a member who best exemplifies Toastmasters International values in supporting the District and club missions. The Toastmaster of the Year is expected to excel in a variety of leadership and communication; educational; and marketing and public relations activities. The time frame covered will be the previous May 1<sup>st</sup> to April 30<sup>th</sup>. Form 1113 Outstanding Toastmaster Guidelines (attached) must be completed and sent to your Area and Division Director as well as the District Director by May 5<sup>th</sup>.

***Shirley Kelly Memorial award*** — presented to a member who exemplifies the mission and values of a Toastmaster and empowers fellow Toastmasters to be successful by sharing the spotlight. Nominees must be a DTM, served on the District Executive, have been a Toastmaster for at least 5 years, and served the District in various capacities. Nominations can be made by any member; however, recipients must be nominated by at least two Toastmasters. Send your nominations to [Division Director Alan Idler](#).

***MultiMedia Omnipresence award*** - presented to the club judged to use all aspects of public relations to the best advantage of their club. Included could be: newspaper, newsletters, website, Facebook, Twitter, Instagram, etc. Clubs (usually the President or Vice President of Public Relations) submit a portfolio of 8-10 samples of their public relations efforts to the [District Public Relations Manager](#) covering the time frame July 1<sup>st</sup> to April 15<sup>th</sup>. Deadline for submission: April 16<sup>th</sup>.

***The Darlene Dunn Outstanding Mentor Award*** is a new award. This new award will be given annually to recognize a member who has exhibited the heart and soul of what Toastmasters mentorship: *“Encouraging success of others before self”*. Any member may nominate a mentor. All nominations must include a 200--500-word essay, focusing on 4 points:

- the commitment of your mentor
- how mentor helped you achieve your Toastmaster goals
- what you gained from the protégé/mentor relationship
- why you would recommend this mentor to others

The nominated mentor must have completed the **Mentor Path in the Pathways**.

Nominations must be submitted to Division E Director, [Anne Doucette](#), by April 15.

Announcements

**INCENTIVES**

One incentive announced in January was for TLI attendance. There were 11 clubs that had all their officers trained in the winter TLI. Six winners of \$25 District Dollars were randomly drawn and the winners are:

The Maine Thing Advanced Toastmasters Club, Riverside Toastmasters, Schooner Toastmasters, Provincially Speaking Toastmasters, Speech Afire Advanced Toastmasters Club and ComMunique Acadie.

Another incentive was for recruiting members in February and March. 37 clubs qualified for the draw for \$25 District Dollars (adding 1 or 2 new members); 4 clubs qualified for the draw for \$50 District dollars (adding 3 or 4 new members); and 1 club gained 5 or new members qualifying them for a draw for \$75 District Dollars. There was the possibility of 6 club names being drawn for each category.

The winners of \$25 District Dollars are: Sussex, Toastmasters, Amoskeag Better Communicators, Merrimasters Toastmasters, Cole Harbour Toastmasters, Champ Masters, Green Mountain Toastmasters.

The winners of \$50 District Dollars are Saint John Club, Winning Speakers Club, Dal Toastmasters, and Creatively Speaking Toastmasters.

The winner of \$75 District Dollars is North Country Toastmasters.

To claim your District Dollars, contact [District Director Jonathan Bohm](#). You must claim the District Dollars by May 31<sup>st</sup>.

**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](mailto: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.

Spotlight Toastmasters

**MEMBERS OF MY SPOTLIGHT TOASTMASTERS ADVANCED CLUB.**

*How I can tell they are leaders:*

- They are leaders because...
- They prepare for their speeches
- They are not afraid to tell it like it is
- They volunteer to help with the district, division and areas
- They understand the Toastmasters program and share it with others
- They are mentors
- They are bold
- They are fun and funny
- They are always stepping up
- They are well prepared for an educational at a Toastmasters conference
- They compete in Toastmasters contests
- They are leaders by comparison and leaders by action
- They serve on the District Council
- They are at all events
- They push forward
- All of it, with a big smile on their face
- Mostly, they are always amazed by everyone's progress
- Who will be the next Spotlight leaders?
- Can't wait to see!

Jeanne Mance Cormier, VP Education,  
Spotlight Toastmasters #9985



**Concord Toastmasters** had an extremely exciting Tall Tales Contest with six competitors and an audience that spanned the globe! We had Johnny Calamari telling us how he escaped the mob while dodging the streets of Concord, NH - lousy with presidential candidates. We had Betsy Black running a marathon, who was able to keep her stride while encountering naked tango dancers, talking rabbits and more! We also had veteran skier Ann Walls, climbing Tuckerman’s Ravine to ski the bowl... and instead bowling down all the other spring skiers on the highest mountain on the East Coast. None of it was true, but all of it was amusing!

We are excited to announce a group effort to bring a new method of payment to our members- PayPal! While it seems like an easy enough task, there were unseen hurdles! But our president, Catherine Ryan, persevered and took us to a bold, new frontier!

On a more solemn note, we held a memorial meeting for founding member, Glenn Tapley. We had members from Florida, Utah, New Hampshire and New Mexico to honor the man who laid the groundwork for an outstanding club. Longtime friend and Toastmaster, Debby Adair coaxed stories from everyone on ways that Glenn Tapley touched us all.



Sylvie Couture prepares for the upcoming area contest on April 3-2021



A meeting with the theme of laughter had us all....laughing!  
Ann Walls on 3-19-2021



We all laughed!

On March 16, 2021, **Karner Blue Toastmasters and Horseshoe Pond Toastmasters** (Concord, New Hampshire), conducted a joint on-line club contest. Congratulations to Dean Robinson (Karner Blue) and Brian Power (Horseshoe Pond) for their first place finishes! Each will represent their club in the upcoming Area 12 contest on April 10, 2021.

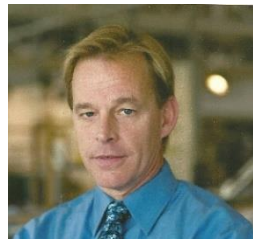


Around the District – Division D

Toast of the Coast Advanced club is holding an Open House on April 10<sup>th</sup>. The Open House will feature two speeches, each of which will receive an individual evaluation followed by our traditional roundtable evaluation. Toast of the Coast is a hybrid Advanced Club chartered in 2000.



**Past International President Ted Corcoran** will be a guest speaker at this Open House. Ted joined Toastmasters in 1985 in Dublin and served as International President in 2003/2004. He is also the author of two books: “The Leadership Bus” and “Hiring a Car and Walking After It. Ted’s presentation is titled **Some Skills of Leadership**. The analogy of a leader being like a bus driver is easy to comprehend. Unless the leader knows where he/she is going, the team or bus goes nowhere. This short 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.



**District Director Jonathan Bohm** will be the second speaker at the Open House. Jonathan joined Toastmasters in early 2011. In this unsettling time of global confusion and garbled uncertainty, so many of us are asking what we can do to create smoother seas. Jonathan proposes that Toastmasters have a distinct advantage as we forge more pacific paths to a hopefully congruent world. He posits that by exploiting what we learn and practice in Toastmasters, we have the potential to foster greater good for ourselves, our clubs and our larger communities, and our changing world. Jonathan brings it home to each of us in his presentation **What Can You Do?**

Join us at our Open House on Saturday, April 10<sup>th</sup> at 9 am Atlantic Time (UTC – 3).

The link for the meeting

is <https://us02web.zoom.us/j/149332628?pwd=S1BYV3ZVS0FjOUlrSFFscjZBbGszQT09>



Area 18 Director Michael Lawlor was awarded the Nova Scotia Government Disability Network’s / Nova Scotia GoverNEXT Holly Bartlett Memorial Award. (Holly was a Toastmasters as well.

The award is awarded to a Public Servant who is a positive mentor in the workplace or community, has overcome challenges and/or taken risks to achieve a positive outcome in their workplace or community, has shown dedication to self-improvement and/or



community improvement, and has supported other members in their work or community.

Michael says his Toastmasters achievements and experience in communication and leadership were contributing factors in receiving this award. Michael is a member of Bedford Basin Toastmasters and Provincially Speaking Toastmasters.

March was a busy month for the five Areas located in Division D with the last three weekends of the month filled with Area Speech contests. Area 18 held their contests on March 13<sup>th</sup> and Area 21 on March 14<sup>th</sup>. The weekend of March 20 and 21 featured the Area 9 contests and the Area 11 contests. Finally, on March 27<sup>th</sup>, Area 1 held their contests. The winners were:

	<b>Area 1</b>	<b>Area 9</b>	<b>Area 11</b>
Humorous	John Blumsum	Baxter Crocker	Heather Marchione
Evaluation	Ezzat Al Barazi	Gordon Wray	Carrie May
International	Tony Hatcher	Karina Sanford	Carrie May

	<b>Area 18</b>	<b>Area 21</b>
Humorous	Sharon Forbrigger	Cameron Stephen
Evaluation	Sharon Forbrigger	Barrinque Griffin
International	Andrea Jeffs	Martha Archibald

The winners will compete in the Division D Contests. The Humorous and Evaluation contests will be on April 16<sup>th</sup> and the International Speech contest will be on April 23<sup>rd</sup>.



Some attendees at the Area 1 contest

Fun times were had by all who attended the Evaluation and International speech contests for Area 2, 3 and 17. Congratulations to all the winners! Next up: Division E Contest is April 17<sup>th</sup>



Area 2



Area 3



Area 17



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. 5<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> etc. anniversaries will be recognized. The following are celebrating their anniversary with the club noted in **April**.

Anniversaries

Name	Club	# of Years
Nita Patel	Amoskeag Better Communicators, Millyard Toastmasters, TM of Manchester	20
Michael Aron	Keene Toasatmasters	20
Bob Bechtold	MDI Toastmasters, The Maine Thing Advanced TM	10
Ralph Jeans	Cape Breton Toastmasters	10
Mark Drake	Souhegan Speakers and Leadership Club	5
John Clinton	Merrimack Motivators	5
Sara Clark	Merrimakers	5
David Lee	Dartmouth Toastmasters	5
Guillame Lussier-Houle	Sears Halifax	5
Jan Stephan Lundquist	Merrimakers	5
McKenson Charles	Merrimakers	5
Joseph Garruba	Merrimakers	5
David Penfield	Merrimakers	5
Chad Ramsay	Merrimakers	5
Edward Oswalt	Merrimakers	5



Clubs celebrating any 5<sup>th</sup> 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 **APRIL**.

- Woodfords Toastmasters #816** of Portland, ME chartered **71** years ago on April 1, 1950
- Bangor Toastmasters #897** of Bangor, ME chartered **70** years ago on April 1, 1951
- Hub City Toastmasters #2173** of Moncton, NB chartered 59 years ago on April 1, 1962
- Rutland Area Toastmasters #6205** of Rutland, VT chartered 35 years ago on April 1, 1986
- MDI Toastmasters #1557734** of Bar Harbor, ME chartered 10 years ago on April 1, 2011
- Merrimakers #5409672** of Merrimack, NH chartered 5 years ago on April 1, 2016
- TD Bank L/A #5427310** of Lewiston, ME chartered 5 years ago on April 1, 2016

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 54 achievements not recognized because consent has not been given.

Member Awards

Level 1 – March 2021

Name	Club	Designation
Carla Allen.	Cole Harbour Toastmasters	MS1
Candice Buell	Tri-City Toastmasters	LD1
Kenneth Dodd	Fidelity Orators	DL1
Bruce Dodge	Nashua-Hudson Club	PM1
Bernedette Donnelly	Portsmouth Toastmasters	EH1
Sue Flower	Charlottetown Toastmasters Breakfast Club	EH1
Anne Gilson	The Maine Thing Advanced Toastmasters Club	VC1
Tony Hatcher	East Coast Online Advanced Toastmasters	PI1
Linda Helms	Savvy Speakers	DL1
Claude Peltz	Winning Speakers Club	VC1
Kaely Scott	Fredericton Toastmasters Club	LD1
Janet Smith	Wolfville Toastmasters	SR1
Marion Taylor	The Maine Thing Advanced Toastmasters Club	PI1
Donald Winn	Nashua-Hudson Club	DL1

Level 2 – March 2021

Name	Club	Designation
Sarah Borden	Provincially Speaking Toastmasters	LD2
Candice Buell.	Tri-City Toastmasters	EH2
Candice Buell.	Tri-City Toastmasters	LD2
Henry Chung	MDI Toastmasters	PM2
Madhu Kanji	Bagtown Babblers	VC2
Madhu Kanji	Bagtown Babblers	IP2
Gary Morton	Wolfville Toastmasters	PM2
Norma Pasatieri	Charlottetown Toastmasters Breakfast Club	IP2
William Powers	White Mountain Toastmasters Club	VC2
Janet Smith	Wolfville Toastmasters	MS2
Moranda Van Geest	Sussex Toastmasters Club	PM2

### Level 3 – March 2021

Name	Club	Designation
Paula Baines	Bangor Toastmasters Club	VC3
Candice Buell	Tri-City Toastmasters	EH3
Kelley Demers	Millyard Toastmasters	IP3
Angi Francesco	White Mountain Toastmasters Club	PM3
Joseph Grondin	True Blue Toastmasters	EH3
Gary Morton	Wolfville Toastmasters	PM3
Geraldine Smith	Premiere Toastmasters Club	MS3

### Level 4 – March 2021

Name	Club	Designation
Kelley Demers	Millyard Toastmasters	IP4
Anne Doucette	ComMuniqué Acadie	LD4
Sherry MacDonald	East Coast Online Advanced Toastmasters	MS4

### Level 5 – March 2021

Name	Club	Designation
Betsy Black	Concord Toastmasters Club	PM5
Patricia Saucier.	Toast of the Midcoast	MS5

### Trailblazer Award – March 2021

Name	Club
Candice Buell	Tri-City Toastmasters
Kelley Demers	Millyard Toastmasters
Madhu Kanji	Bagtown Babblers
Patricia Saucier	Toast of the Midcoast



Upcoming Events – Sharing Stories

The first events of the conference will be held on Thursday, May 13<sup>th</sup> starting with the Humorous Speech Contest. The contest will be followed by an opportunity to meet the candidates. The winners of the Humorous Speech Contest will then be announced followed by the hospitality room.

On Friday, May 14<sup>th</sup> there will be the official Opening Ceremonies, the Candidates' Showcase and of course, the hospitality room. There will also be opportunities for networking and for some fun and games.

Saturday includes educational presentations, the District Council meeting, the International Speech contest, awards and once again an opportunity to connect at the hospitality room. We will also have individual breakout rooms available should you want to have a private chat with someone you haven't seen for a long time. The District is pleased to welcome Past International President Mohammed Murad as our keynote speaker on Saturday. We are also pleased to announce that, for the first time, our Francophone members will have two educational sessions presented in French as an option.

Sunday will feature both the Evaluation contest and a presentation on the Rotary/TI alliance. This is an excellent way to help grow your membership so be sure to join us for this presentation. We will also have the inductions of the incoming officers.

Some of the presenters/presentations are:



**EMOTIONAL INTELLIGENCE: YOUR SUPERPOWER!**

Do you want to uncover your superpower? You can! This session identifies the four unique elements of emotional intelligence; demonstrates how self-awareness translates into better communication, lower conflict, and better team relationships; and shows how emotional intelligence can determine success at work, in relationships, and improve physical well-being.

Bindu is a newly minted DTM, holds an MS in Psychology, certified PMP, and Yoga instructor. She is also a passionate believer in Toastmasters Youth Leadership and avid Gavel Club supporter.



**FAIRY TALES: THE LIFE WE'RE SUPPOSED TO LIVE?**

Fairy tales are stories shared during my childhood and until recently, I couldn't understand if my prince has come, why am I still cleaning cinders out of the fireplace? As a prince, how much pressure are you under to own a white horse and a big castle? Is this how we are supposed to be living? Are we being sold a bag of beans?

Sharon Joseph is a speaker, perception guru and the founder of the Conscious Connection, a values-based approach to wellbeing and enhanced productivity. With 30 years in instructional and systems design matched with unwavering faith in the power of human potential, Sharon's approach to reengaging the human spirit is magical.

Upcoming Events – Sharing Stories



REPOUSSEZ NOS LIMITES

Notre éducation, notre zone de confort, les opportunités de la vie, nos blocages, Toastmasters, l'éducation Toastmasters, la zone de confort, les opportunités Toastmasters, repousser les limites, les résultats.

Membre depuis 2018, Denise est Présidente du club ComMunique Acadie et Vice-présidente relations publiques de l'Arcadie du Grand Caraquet. Elle travaille présentement dans deux parcours: Coaching efficace et Communication visionnaire et est une traductrice pour le bulletin de nouvelles du District 45. Son objectif pour 2021 est d'organiser un séminaire d'expression orale

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](#).

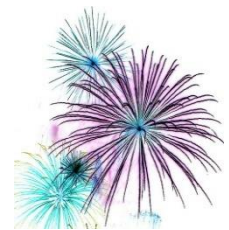


SHARING STORIES  
DISTRICT 45 CONFERENCE  
MAY 13 – 16, 2021

WELCOME TO OUR LATEST NEW CLUB



**East Coast Online Advanced Toastmasters #7800586** chartered on March 1<sup>st</sup>. They have been assigned to Area 11 in Division D. They meet online on Sunday evenings from 7: 00 pm AT to 8:30 pm AT. The sponsors of the club are Horace Crozier, DTM and Erin McMenemy, DTM. Erin is also a mentor along with Sherry MacDonald, DTM.



**Upcoming Events – Toastmaster Leadership Institutes**

The Toastmaster Leadership Institutes (TLIs) are in the planning stages. We plan to follow a similar process to last June with the addition of evening sessions. The schedule will look like:

**Saturday TLIs – June 12 and June 26**

ET/AT	
8:30/9:30	Welcome
8:40/9:40	Session 1 - Plenary
9:40 / 10:40	Break
9:50/10:50	Session 2 - Division Breakout
10:50/11:50	<i>Break</i>
11:00/12:00	Session 3 – Concurrent Sessions
12:00/1:00	<i>Break</i>
12:10/1:10	Session 4 - Officer breakouts
1:30/2:30	Closing Remarks

**Evening TLIs – June 7 (Sessions 1 and 2), June 8 (Sessions 3 and 4), June 16 (Sessions 1 and 2), June 17 (Sessions 3 and 4)**

ET/AT	
6:00 / 7:00	Welcome
6:10 / 7:10	Session 1 - Plenary
7:10 / 8:10	Break
7:20 / 8:20	Session 2 - Division Breakout
6:00 / 7:00	Session 3 – Concurrent Sessions
7:00 / 8:00	<i>Break</i>
7:10 / 8:10	Session 4 - Officer breakouts
8:30 / 9:30	Closing Remarks

You need to attend all 4 sessions but you can mix and match to fit your schedule. Session 3 will have several presentations from which you must choose one. Those holding more than one office will need to attend a Session 4 for each office to obtain credit for that office.

# District Calendar

## April Events

- 3<sup>rd</sup> – Division C International Speech Contest
- 6<sup>th</sup> – Social Media Marketing, 6:30 pm ET / 7:30 pm AT
- 9<sup>th</sup> – Fireside Chat, 7 pm ET / 8 pm AT
- 10<sup>th</sup> – Division B, International Speech and Evaluation contests, 10 am ET
- 16<sup>th</sup> – Division D Humorous and Evaluation contests, 7 pm AT
- 17<sup>th</sup> – Division E Evaluation and International Speech Contests, 10 am AT
- 20<sup>th</sup> – Social Media Marketing, 6:30 pm ET / 7:30 pm AT
- 23<sup>rd</sup> – Division D International Speech Contest, 7 pm AT
- 24<sup>th</sup> – Division G contests, 10 am ET
- 25<sup>th</sup> – 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

## June Events

27<sup>th</sup> – Year-end District social

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

# Hey Zoomer continued

5. Learn to say **No** to Zoom on Demand. Just because you have access doesn't mean you have to attend every meeting and training on the schedule.

**Solution:** Establish a protocol for invitations and notifications. Schedule time to let your "net" go dark. Pull the plug and actively recharge.

6. Experiencing the *same old same old?* Complaining, resentment sidebars, boring or monotonous meetings, and circling around controversial topics with no resolution is the agenda for fatigue.

**Solution:** Engage your creativity! Create fast moving, verbally and visually interesting and informative agendas. Craft positively professional humor, thought-provoking, content rich speeches, and engaging Table Topics. Begin with Inspiring thoughts and challenging Words of the Day.

7. Alone is a choice. What may not be "ideal" for communication and leadership has become the only deal in town. We had a guest at a meeting last Fall – a woman whose husband had recently passed away. She was tuning in to meetings all over the US & Canada and said it was truly rewarding and made her feel less isolated.

**Solution:** Engage Power Move #3 – Reach out and connect. Engage in the **One Week. One Club. One Meeting** challenge! For **One Week**, find **One Club** that can use your attendance, and attend **One Meeting**. Your fellow Toastmasters would love to have you as their guest!

PS. If you utilize this idea, please fire me off an email. Division C offers an award for those who generously contribute to the OWOCOM initiative.

Hey Zoomer! What better way to play with words than to accept this 5-7 min challenge and create a challenge of your own?