

DISTRICT 45

INSIDER

MAR/APR 2024
VOLUME 67 NO 8



Vermont | New Hampshire | Maine | New Brunswick
Nova Scotia | Prince Edward Island | Newfoundland and Labrador



IN THIS ISSUE:

<u>COACHES CORNER</u>	2
<u>DISTRICT LEADERSHIP</u>	3
<u>DIVISION B DIRECTOR</u>	5
<u>DIVISION C DIRECTOR</u>	6
<u>DIVISION A DIRECTOR</u>	7
<u>ANNIVERSARIES</u>	8
<u>MEMBERS ARE SAYING</u>	9
<u>DISTRICT BUZZ</u>	10
<u>BEST TM ARTICLES</u>	13
<u>LEVELING UP</u>	14
<u>CALENDAR</u>	17



**DISTRICT
45**

**IGNITE Momentum
AWAKEN Opportunity**

D45 ANNUAL CONFERENCE

MAY 17-19, 2024
FREEPORT, MAINE
REGISTER NOW!

Elevate Your Toastmaster's Experience with Effective Club Marketing



Linda Ramrath, DTM
District 45 Club
Coach Chair
D45.clubcoachchair@gmail.com

I hope this message finds you well and that you had the chance to attend the Winter Workshop on January 13th. The landscape of coaching is evolving with technological advancements and updates to the Pathways learning system. I trust my insights on maintaining open lines of communication with potential new members were beneficial.

This month, let's delve into the art of marketing your clubs and organizing Open House events effectively. Follow these simple steps to ensure a successful outreach:

Step 1: Choose the Right Platform
Select a suitable marketing platform for your event, such as LinkedIn, Facebook events or club pages, or traditional posters at local shops.

Step 2: Craft Compelling Posts or Posters
Create engaging content by including the event title, date, time, eye-catching graphics, and contact information of a person who can provide the event link. Use enticing language to capture attention.

Step 3: Encourage Member Engagement
Motivate your members to share the post and express their enthusiasm about attending or share positive remarks about Toastmasters.

Step 4: Monitor and Share Event Links
Check the designated contact email

daily and promptly send out unique event links. Consider discussing whether these links can be shared among organizing members.

Regarding sharing event links, have a conversation among your organizing members. When responding to inquiries, inform potential new members that the link is unique to their email address. Clearly communicate whether the link is for individual use only or if sharing with friends is encouraged.

On a personal note, I recently read "The Energy Bus" by Jon Gordon and found it immensely valuable for coaches. I recommend it to anyone looking to take on a leadership role within a club. Be the CEO – Chief Energy Officer – guiding your club to success!

Feel free to reach out to me at if you have any questions or need further guidance.

Wishing you success in your club endeavor!



Believe

Share

Guide

DISTRICT LEADERSHIP

Welcome to Project Central - Pssst, We Got This!



Angela Chute, DTM
District Director
2023-2024

It takes a village to run a District - members teaming up to fill committees, or organize a District Conference. D45 is blessed with smart, talented, members who volunteer regularly to step up as chairs and committee members. Amazing members are willing to take on complicated projects with tight timelines. They work as a team and stretch their skills. This is how we get everything done!

I've spent years experimenting ways to get RESULTS - faster! Experience has taught me how to IGNITE to save time, energy and resources! Let's IGNITE together!

I: Identify Identify Success

Clearly define success for our own project. How else will we know when we've reached our goal?

G: Goals Goals are Targets

Name and claim our goal. Set a goal as a tangible TARGET we see everyday.

Reverse engineer

- Benchmarks
- KPIs: Key Performance Indicators.
- Tangible, detailed & personal, and aligned with target dates.

N: Navigate Navigate Pitfalls with a survival plan through the...messy middle. When energy & resources run short; when everything that can go wrong, does; when everyone wants to quit - strategize!

I: Inspire Inspire our team daily

Help each other fall in love with our projects and our goals everyday! Use whatever tool helps, get over the moon

excited about what we're doing and why - everyday!

- Affirmations?
- Podcasts?
- Coffee with mentor?
- Zoom with accountability partner?

What works? Schedule it daily!

T: Team Strengths and weaknesses are irrelevant!

There was a time when success gurus encouraged us to spend our time and focus improving our weakest competencies - forget that! Sharpen our best skills and add team members whose strengths complement our weaknesses. BAM! - a match made in heaven.

E: Execute Execute action Everyday Systems and processes, make execution easier. Key Performance Indicators create opportunities to develop new transferable skills, build healthy habits which earns a lifetime of achievement.

JOIN us as to work on systems and processes and be a part of a successful District Conference!

WE GOT THIS!

Toastmasters Tips



"Research tells us that self-matched mentoring relationships endure longer than appointed pairs."

Do you want your club mentor relationships to be more effective? [Read about](#) these two innovative District's solutions!



Ignite

Inspire

Execute



DISTRICT LEADERSHIP



DJ Turchon, DTM
Public Relations
Manager
2023-2024

Nominate Your Fellow Toastmasters

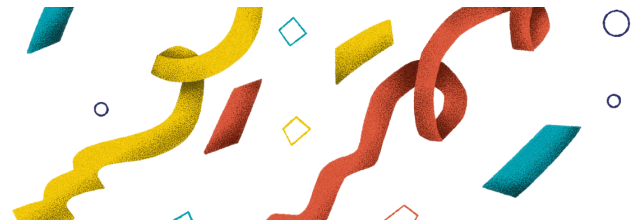
Attention District 45 Toastmasters! It's that time of the year again to put forward nominations for our annual awards! Awards recognition will be presented at the upcoming District Conference in May. Additionally, clubs have the opportunity to nominate their websites or social media platforms for the Omnipresence Award.

All the criteria for these awards and the nomination process are outlined in detail in this [flipbook](#). Please direct your nominations to Division B Director Ivona Cookson at d45.ivona.cookson@gmail.com, our Awards Nomination Chair. Remember, the deadline for nominations is April 30th.

Let's celebrate and recognize the outstanding achievements within our Toastmasters community!

Members Celebrating One Year in March 2024

- Jodi Jewell - Brunswick Toastmasters
- Jennifer Chapman - Cole Harbour Toastmasters
- Jobina Pennell - Cole Harbour Toastmasters
- Travis Huntington - Cole Harbour Toastmasters
- Dori Bell - Concord Toastmasters Club
- Heidi Gwinn-Morrison - Exeter Speak-Ups Club
- Jean Huston - Green Mountain Toastmasters
- Andrea Tolan - Harbourside Club
- Holly Dahlgren - Live, Speak Or Die Toastmasters
- Erin McGuire - Nashua-Hudson Club
- Michael McGuire - Nashua-Hudson Club
- Shanchun Li - Provincially Speaking Toastmasters
- Jayaswini Tummala - River Valley Toastmasters
- John O'Leary - River Valley Toastmasters
- Smita Singha - River Valley Toastmasters
- Kali Robertson - Saint John Club
- Miguel Moeini - Saint John Club
- Ameya Benegal - Sears-Halifax Club
- Isaac Festus Otasowie - True Blue Toastmasters
- Troy Wallace - True Blue Toastmasters



D45 AWARD NOMINATIONS

It's time to nominate your fellow members for various leadership awards to be presented at the District's Annual Conference.

Each award listed has parameters, who has the final decision, and who to send the nominations to.

NOTE: When nominating a member, please include reasons why you feel the individual is the best candidate for the award.

Ted Nichols Membership Retention Award	2
Terry Chinnery Memorial Membership Award	3
Dave R. Rosvall Memorial Award	4
Shirley Kelly Award	5
Darlene Dunn Award	6
Mary E. Hunter Lifelong Learner Award	7
Multimedia Omnipresence Award	8
Communications and Leadership Award	9
Area Director of the Year	10
Division Director of the Year	11
Toastmaster of the Year	12
Malagash Trophy	13



Live

Learn

Grow

MESSAGE FROM YOUR DIVISION DIRECTOR



DIVISION B
Ivona Cookson, DL1
Director Division B

What is Your Favorite Toastmasters' Moment?

We are in the second half of the Toastmasters year and I love to reflect on all the wins Division B has had so far, but particular stories stand out.

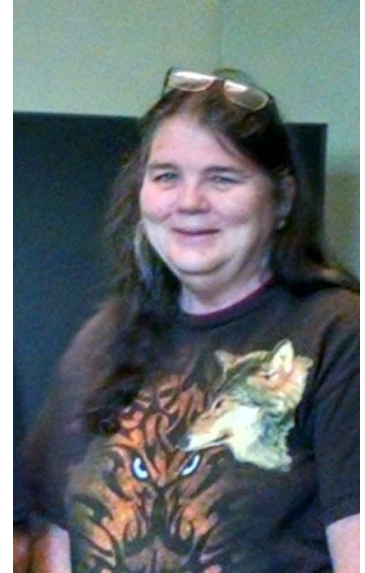
Tom Macisso, Area 5 Director: "While serving as a Division B Director, we had an awards banquet where many of us got a chance to get together and celebrate our success."



Patricia Saucier, Area 6 Director: "My favorite Toastmasters moment was giving a test speech for an Evaluation contest. I was not a Toastmaster yet but gave a speech about my Family looking for a gift card. One of the Evaluators said the speech was good enough to enter into a competition."



Casey Jenkins, Area 10 Director: "I helped a gentleman from the Krempels Brain Injury Center. He had aphasia and speaking was difficult for him, but by the end of the speechcraft he was giving some of the best speeches I have ever heard."



Beth Rhinelander, Area 14 Director: "My favorite TM moment was our Leadership

Training in Bangor this summer; meeting other area and division directors to talk about leadership and the TM ecosystem. We learned how to support each other in making the TM experience meaningful for all members."

Think back to your personal wins this year so far and what you still want to achieve. Together, let's also learn from setbacks and grow from any challenges you may have experienced. What has been your favorite moment since becoming a Toastmaster? Mine has been taking on the role of Goldilocks when I was put on Trial during a special meeting with the Kennebec Valley and Brunswick Toastmasters! How about you? I can't wait to see Division B members experience more wins and fantastic personal favorite moments this year!



MESSAGE FROM YOUR DIVISION DIRECTOR



DIVISION C

Dave Stonehouse, VC4, IP4

Director Division C

tm.davestonehouse@gmail.com

Dave is a former President of Saint John Toastmasters.

In Toastmasters, effective leadership is not only about guiding and motivating. It's also about recognizing and leveraging the diverse perspectives that each member brings to the table.

Our strength as an organization lies in our members' experiences, backgrounds, and viewpoints.

A key aspect of leadership is the ability to harness these diverse perspectives, creating an environment where all opinions and ideas are welcomed and considered.

It's about moving beyond the comfort zone of familiar thoughts and encouraging a culture where different viewpoints are not just heard, but actively sought out and appreciated.

I'm reminded of this in my home club, where our members and guests are often newcomers from other countries. And they are from a wide variety of career backgrounds, experiences and abilities.

In visiting clubs, I am heartened when I see meeting chairs and club executives who are mindful of the dynamics at their meetings – doing all they can to provide equal opportunities to all members to express themselves and their ideas.

This inclusive approach not only fosters a sense of belonging but also encourages members to share unique insights that might otherwise go unheard. By actively promoting this diversity of

thought, we not only enrich our discussions but also empower our members to develop their full potential.

Ensuring each member feels valued and recognized for their unique contributions and viewpoints gives energy to the club.

This approach cultivates a positive club environment, where members feel more connected and engaged, leading to increased member satisfaction and retention.

Embracing diversity of perspectives leads to more creative problem-solving, more engaging meetings, and a richer learning experience for all members.

It challenges us to think differently, to see issues from multiple angles, and to develop more well-rounded communication and leadership skills.



MESSAGE FROM YOUR DIVISION DIRECTOR



DIVISION A
Elise Thorsen, SR4
Division Director A

Do you remember why you became a Toastmaster?

I remember being sooo upset after meetings at work - Angry Panda upset - when I didn't think I'd been able to engage the way I wanted to. I showed up to my first Toastmasters meeting determined to use that limited time to speak better.

Since then, I have thrown 100% fewer chairs at work. I've also apparently changed a lot -- so my peers tell me. I honestly can't tell if I've improved, but I do know that I feel a lot more confident and a lot more in touch with myself because I get to practice authentic communication all the time.

It's dues renewal time, and if Toastmasters has slipped from your priorities, think back to your original purpose in showing up to your first meeting. No doubt Toastmasters have changed since then -- no doubt you have changed -- but I bet the core reasons to be a better communicator and speaker have stayed the same. Toastmasters offers the chance to practice and strengthen that core.

I've shared my reason for renewing this year -- I encourage you to renew, either with self-pay at Toastmasters.org if your club has it enabled, or by following your club officers' instructions, or reach out to give HR just one more nudge. And then tell your own story about why you've remained a Toastmaster.

Once you've renewed, a couple other fun things for you to plan:

- Register for the District 45 Conference in Freeport, Maine the weekend of May 17-19! If

you haven't hung out with dozens of Toastmasters in person, you haven't lived. See in-person contests! Celebrate all of the accomplishments of the year! The Conference team has been working hard to make it a high-value experience.

- In the meantime, and speaking of contests, attend the Division A International and Table Topics speech contest on Saturday, April 13 at 9am ET on Zoom.

Take care, everyone, and best of luck meeting your goals!

do you have the
conference in your
calendar?

May 17th the event takes off! Make sure you grab your tickets so you don't miss out on any of the excitement. Between presentations that will motivate you and dancing that will move you this will be a weekend to remember.

We need your help to make this conference spectacular!

We need sponsors!

We have opportunities for all types of businesses from top of the line platinum tier to business card advertising - check out our Sponsor Flipbook. Contact Tom Macisso at d45tommacisso@gmail.com for more information!

ANNIVERSARIES

HAPPY
Anniversary!

MARCH 2024

Fidelity Orators - 5 Years
Sussex Toastmasters Club - 29 years
True Blue Toastmasters - 33 Years
Keene Toastmasters Club - 40 Years
Kennebec Valley Toastmasters - 47 Years
Saint John Club - 70 Years

APRIL 2024

Toasting Citizens Toastmasters - 1 Year
Halifax Toastmasters at SMU - 5 Years
Exeter Speak-Ups Club - 32 Years
Tri-City Toastmasters - 34 Years
Rutland Area Toastmasters - 38 Years
Premiere Toastmasters Club - 50 Years
Bangor Toastmasters Club - 73 Years
Woodfords Toastmasters Club - 74 Years

MEMBERS ARE SAYING...



What Are Your Dreams?

Olivette M. Aviso, DTM, PD45G

On January 3rd I achieved 31 years as a member of Toastmasters International! I forgot until I saw the announcement on Facebook like everyone else. I have tasted success and failures, great experiences and others that didn't quite hit the mark. It has been quite a ride!

I joined Toastmasters after reading an announcement in the community newspaper – “Toastmasters Meets Here.” I was astounded by the quality of the speeches I heard and the caring evaluations. The members were welcoming and, before I left, I signed on the dotted line of the membership application to learn how to improve my speaking skills.

The president of my club was a dynamic woman – Club president, Area governor, and Club newsletter editor! She became my role model and we are still friends 31 years later. She was not my only mentor, another accomplished member also took me under her wing. I gave speeches and learned. I joined the education committee and ran for VP Education. That was the beginning of my step into Toastmasters leadership that culminated in my election as District 45 Governor in May 1999.

There were no Divisions at that time because we didn't have enough clubs to support the extra layer of leadership. Instead the Area Governors supported the clubs in a combination Area/Division Governor role. We traversed the US/Canadian border twice a year for Fall and Spring Conferences. Leaders did a great deal of demanding work combining their personal lives with Toastmasters activities. We had a “top four” team that included an elected PRO (Public Relations Officer) usually alternating a Canadian member and a US one. I was on an awesome

District Leadership team that included a future International President, Jim Kokocki, DTM!

The culmination of my Toastmasters experience was in the summer of 2000 when I answered the phone and heard the voice of Tim Keck, DTM, 2nd VP saying, “Congratulations, Madame President’s Distinguished District Governor!” I burst into tears!!! For the first time in its 45-year history District 45 was President’s Distinguished! My District team and I had worried that we would be able to achieve Distinguished District and we reached the pinnacle!!! I was SO proud of the work every member and leader of our District had put into the Club Year to achieve this amazing award.



That achievement motivated me to continue working with members and clubs in the District to achieve their best. It is an incredible feeling to watch the faces of members as they see their dreams realized! It is the knowledge that Toastmasters offers its members opportunities to realize their dreams. It takes work on your part to achieve your dreams, but Toastmasters is one path you can take to achieve them.

What are YOUR dreams? Take a look at how Toastmasters educational and leadership program can work for you. Then, make it happen!

District Buzz



MILLYARD TOASTMASTERS

DIVISION A
AREA 16

Millyard Toastmasters held Single Awareness Day on February 15 and an Open House on March 14th. They hold both hybrid and in-person meetings on Thursday mornings.



EXETER SPEAKUPS

DIVISION B
AREA 10

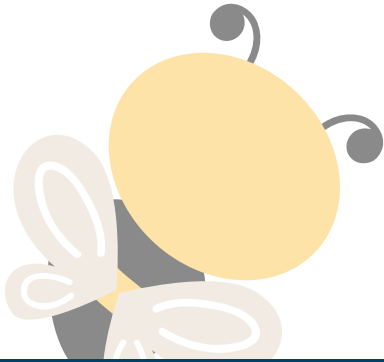


Marina Kirsch, VP of Membership, gave a Visionary Communication Pathways speech for the Level 4 "Communicate Change" project about the upcoming Pathways changes to the Toastmasters International Education Programs. It was a great way to communicate the changes to Pathways and explore the medium of video.

BLUEBERRY HILL CLUB

DIVISION B
AREA 10

Blueberry Hill Toastmasters are now 20 members strong, up from 13 at the start of the Toastmaster year. Hard work works! So does asking people "What are your goals and how can Toastmasters help you with those? "



FREDERICTON TOASTMASTERS

DIVISION C
AREA 13



Effective listening is crucial for effective communication - Fredericton Toastmasters provides a supportive environment to enhance your listening skills and truly connect with others. Join us in becoming an active and attentive listener!



CONCORD TOASTMASTERS

DIVISION A
AREA 12



New members left to right: Devyn Vashon, Luke Martin, and Danielle Ruane.



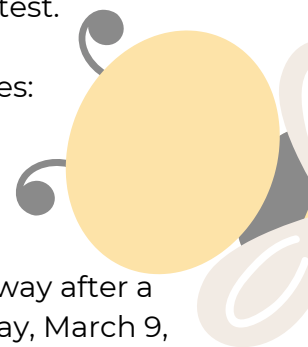
Congratulations to all the Club International Speech Contestants. From left to right, Betsy Black (2nd Place), Jon Kelly (1st Place), and Sarah Chaffee (3rd place).

This past month, the Concord Toastmasters switched things up a little with a panel discussion and Ides of March mystery meeting. Members were required to come prepared with an Invocation, a Word of the Day, a Joke, several Table Topics questions, a Speech, and an Introduction. Upon arriving, members picked a role from a hat and tested their tolerance for uncertainty as they sharpened their skills. Also, all three of our newest members quickly stepped up to the plate and gave speeches or participated in the Table Topics contest.

Congratulations to the following members on reaching new educational milestones:

- Jon Kelly completed a round-robin
- Betsy finished the Engaging Humor Pathway
- Sarah completed levels 3 & 4 of the Engaging Humor Pathway

On a somber note, we were saddened by the death of Ingrid Dinter, who passed away after a long illness on February 20. Her services were held at Memorial Services on Saturday, March 9, in Hopkinton. We will miss her presence and her warm smile.



*Don't forget to submit your Club's
DISTRICT BUZZ to
[d45.newsletter@gmail.com!](mailto:d45.newsletter@gmail.com)*



Best of Toastmasters Articles



Not enough time to skim the Toastmasters International monthly magazine? Let us do it for you! Pick and choose those articles to help you hone your skills.

Find the memory aid that works best for you - [remember your speech!](#)

Getting ready for a keynote? - [become an unforgettable speaker!](#)

What to do when no one is listening? - [speaking to a distracted audience.](#)

Give compliments like a pro- [make your compliments count!](#)

Looking for ways to jazz up your meetings? - [consider improv.](#)

Cross cultural humor - [how to make it work.](#)

No response to your emails? - [short and sweet is your answer.](#)

Dare to be unconventional - [your unique onstage style.](#)

The authentic speaker - [be the real you!](#)

DISTINGUISHED CLUBS

“The Distinguished Club Program is the best measure of how effective a club is at meeting its mission. It isn’t just about checking off boxes. Behind every number on the Distinguished Club Program report there is a story - whose life has been changed by Toastmasters, whose life has improved because they achieved a goal. Club leaders learned something at Club Officer Trainings to help them be better officers AND be more effective in their careers.” [read more](#) about the importance of the DCP ~ Matt Kinsey, DTM



LEVELING



Every month, members who have achieved designations in Pathways are recognized. Some members, however, are not getting the recognition they deserve because of the privacy settings they have chosen. Get the recognition you deserve. Change your setting to this consent to YES in your profile on the Toastmasters International website.

LEVEL 1 - JAN/FEB 2024

Name	Club	Level
Owen Byamukama, DL1	Premiere Toastmasters Club	DL1
Deborah I. Mitton, EH1	Atlantic Online Evaluators	EH1
Paula D. Tozer, LD1	Riverside Toastmasters	LD1
Uchenna N. Opara	Saint John Club	PM1
Blair Patterson, PM1	Premiere Toastmasters Club	PM1
Jayaswini Tummala, PM1	River Valley Toastmasters	PM1
Carol A Myers, PM1	3285 Cape Breton Toastmasters	PM1
Shivani Munshi Das	Civil Speakers Toastmasters Club	VC1
Bill Crosby, DTM	Kennebec Valley Toastmasters	PI1
Jennifer Theriault, PM1	Dartmouth TIC Talkers Toastmasters Club	PM1
Cyprien Okana, PM2	Spotlight Toastmasters Club	PM1
Justin Howard, PM1	Toast of the Valley Club	PM1

LEVEL 2 - JAN/FEB 2024

Name	Club	Level
Lucas W. Beane, PI2	Millyard Toastmasters	PI2
Alison C. Marcotte	Millyard Toastmasters	PI2
Brad Detchevery, DL3	Civil Speakers Toastmasters Club	EH2
Kathleen Zwicker, VC3	Women Changemakers	VC2
Shivani Munshi Das, VC2	Civil Speakers Toastmasters Club	VC2
David Stonehouse, EC3	Saint John Club	EC2
Donald Winn, DTM	Nashua-Hudson Club	EH2
Deborah I. Mitton, EH2	Atlantic Online Evaluators	EH2
Cynthia J. Sarvai, DTM	Millyard Toastmasters	LD2
Maya M. Manseau, MS3	Atlantic Online Toastmasters	MS2
Adam Burch, PI3	Penmen Toastmasters	PI2

LEVELING UP

LEVEL 2 - JAN/FEB 2024 (continued)

Name	Club	Level
Josee G. Archer, PM2	Penmen Toastmasters	PM2
Cyprien Okana, PM2	Spotlight Toastmasters Club	PM2
Matt Babb, PM2	Memorial Toastmasters Club	PM2
Jeffrey DeRego, PM2	Pleasant Street Toastmasters	PM2
Mary Gordius, PM2	MDI Toastmasters	PM2
Alexcia Amoah-Gyeke, PM2	Schooner Toastmasters Halifax	PM2
Kelechi C. Ekechukwu, PM2	Schooner Toastmasters Halifax	PM2
John D. Blumsum, DTM	Spirit-Ed Toastmasters	TC2
Ann Welch, VC2	Winning Speakers Club	VC2
Tim Wasson, IP2	Fredericton Toastmasters Club	IP2
Rayappan C. Roy, IP3	Riverside Toastmasters	IP2

LEVEL 3 - JAN/FEB 2024

Name	Club	Level
Brad Detcheverly, DL3	Civil Speakers Toastmasters Club	DL3
Tina Goulet, PI3	Pleasant Street Toastmasters	PI3
SMITA SINGHA, PM3	River Valley Toastmasters	PM3
Veerendra Nagalla, PM3	Rise and Shine Advanced Toastmasters	PM3
Crystal L. Cobb, DTM	Spotlight Toastmasters Club	TC3
Kathleen Zwicker, VC3	Women Changemakers	VC3
John "Jack" Toscano, DL3	Penmen Toastmasters	DL3
David Stonehouse, EC3	Saint John Club	EC3
Rayappan C. Roy, IP3	Riverside Toastmasters	IP3
Cynthia J. Sarvai, DTM	Amoskeag Better Communicators	LD3
Maya M. Manseau, MS3	Atlantic Online Evaluators	MS3
Adam Burch, PI3	Penmen Toastmasters	PI3
Alison C. Marcotte, PI3	Millyard Toastmasters	PI3
Daisy Gillam, PI3	Penmen Toastmasters	PI3
Patrick B. Dunne, DTM	Memorial Toastmasters Club	PM3
Bob Bechtold, DTM	MDI Toastmasters	PM3
Maureen McIntosh, DTM	True Blue Toastmasters	TC3
Shivani Munshi Das, VC3	Civil Speakers Toastmasters Club	VC3



LEVELING UP

LEVEL 4 - JAN/FEB 2024

Name	Club	Level
Betsy Black, DTM	Concord Toastmasters Club	EH4
Anh Truong, IP4	Riverside Toastmasters	IP4
Adam A'Hearn, LD4	Premiere Toastmasters Club	LD4
Christina Burden, PM4	Rising Tide Toastmasters Club	PM4
Tina L. Cook, IP4	Kennebec Valley Toastmasters	IP4
Kathleen Zwicker, VC4	Women Changemakers	VC4
Denise Haché, VC4	Arcadie du Grand Caraquet	VC4
Melissa Miller, PI4	2211 Toastmasters	PI4
Donald Winn, DTM	Nashua-Hudson Club	EC4

LEVEL 5 - JAN/FEB 2024

Name	Club	Level
Carl Duivenvoorden, DTM	Civil Speakers Toastmasters Club	EC5
Rosie W. Williams, EC5	Champ MastersAtlantic Online Evaluators	EC5
Linda Magoon, IP5	Karner Blue Toastmasters	IP5
Dorina Theriault	Arcadie du Grand Caraquet	LD5
Taylor Remy, LD5	Keene Toastmasters Club	LD5
Patricia L. Saucier, PM5	Toast of the Midcoast	PM5
Shelley Petit, SR5	Arcadie du Grand Caraquet	SR5
Betsy Black, DTM	Concord Toastmasters	EH5
Shannon Plesh, DTM	Fidelity Orators	IP5

MENTOR PROGRAM - JAN/FEB 2024

Name	Club	Level
Shivani Munshi Das, VC2	Civil Speakers Toastmasters Club	MENTOR PROGRAM



District Calendar

APRIL

2024

SUN MON TUE WED THU FRI SAT

	1	2	3	4 <u>Webinar - District & Club Leadership Roles</u>	5	6
7	8	9	10	11 <u>New Member Welcome</u>	12	13
14	15 <u>Newsletter Submissions</u>	16	17	18	19	20 <u>Div. B Int., Humorous & Table Topic Contest</u> <u>Div. D Int., Humorous & Table Topic Contest</u>
21	22	23	24	25	26	27
28	29	30				

**Times on the calendar are listed in ATLANTIC Time.
For EASTERN Time, it will be an hour earlier.**

Countdown to the Conference has begun! Click [here](#) for the updated countdown! **MAY 17-19, 2024**

Check the [D45 Calendar](#) for details on all events!