

DISTRICT 45

INSIDER

JANUARY 2024
VOLUME 67 ISSUE 7



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

WINTER WORKSHOP
CLUB OFFICER TRAINING



Winter
WORKSHOP

Ignite Momentum!
Double Value: A Two for
One Opportunity for
Growth!

JANUARY 13, 2024

8:00 AM - 1:30 PM ET

9:00 AM - 2:30 PM AT

9:30 AM - 3:00 PM NL



d45.toastmasters.org



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IGNITE MOMENTUM.

DOUBLE VALUE: TWO for ONE



Angela Chute, DTM
D45 District Director
2023-2024

Pssst.... Have YOU heard?

On January 13th, D45 will host our **Winter Workshop**. Kick off 2024 with **Leadership Development** and complete your **Club Officer Training** in 1 day!

D45 Winter Workshop:

- Live FUN on Zoom!
- Sessions in: Technology, Leadership, Self-Development, and Pathways.
- Fall Workshop was postponed from November to January, becoming our Winter Workshop, replacing TLI
- Workshop Sessions will be recorded, made available evergreen, in our D45 video training library

D45's Mid-Year Club Officer Training (COT):

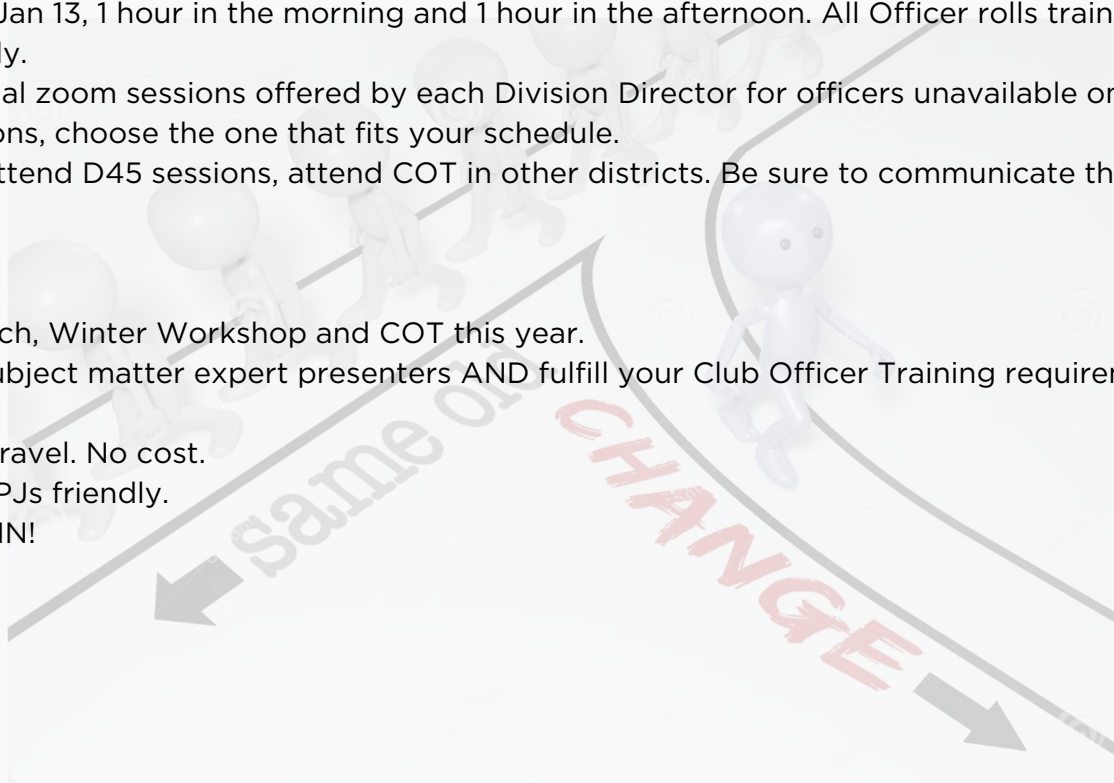
YOU asked! We've delivered a new format this year!

Change can be perplexing but let me explain why I'm enthusiastic about January 13th and why I urge YOU to be a part of it!

1. Complies with TI Governing Documents Protocol 7.1
2. Flexible succinct format meets your needs.
3. Attendance tracked via Zoom.
4. Aiming for 100% Club Officer participation for DCP credit.
5. Live COT on Jan 13, 1 hour in the morning and 1 hour in the afternoon. All Officer rolls trained simultaneously.
6. Two Additional zoom sessions offered by each Division Director for officers unavailable on Jan 13.
7. 10 COT sessions, choose the one that fits your schedule.
8. If unable to attend D45 sessions, attend COT in other districts. Be sure to communicate this with the D45 Trio.

In summary:

- Fresh approach, Winter Workshop and COT this year.
- Learn from subject matter expert presenters AND fulfill your Club Officer Training requirements in one fun filled day!
- No lines. No travel. No cost.
- Slippers and PJs friendly.
- WIN, WIN, WIN!





Revitalize Your Toastmasters Club: A New Year, A New Membership Drive

As we step into the promising dawn of 2024, it's the perfect time to take a close look at your Toastmasters club and evaluate its membership. Is it thriving, or could it use a boost? Perhaps you're on the lookout for new faces, individuals who may not even realize they need the benefits of Toastmasters. The question then becomes, how will they find you?

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

Start by conducting a simple search for your club. Does it appear easily in search results, complete with relevant contact information? If not, this is a straightforward fix that can significantly enhance your club's visibility. Ensure that your website is up-to-date and easily navigable, and don't forget to *refresh your club's Facebook page* for maximum online presence.

It's not just about attracting new, potential members. What about seasoned Toastmasters? Have you explored what other clubs are doing to engage their members? Consider visiting neighboring clubs and attending their events or open houses. This firsthand experience can provide valuable insights into effective strategies for member engagement.

Speaking of events, have you considered inviting key Toastmasters figures to speak at your club? Reach out to your Area Director, Division Director, or any District Officers or Regional Advisors. If your club operates online or in a hybrid format, hosting these esteemed guests is more feasible than ever. Their valuable insights and experiences can inspire and invigorate your members.

Moreover, attending events hosted by other clubs can be enlightening. Look out for open houses or special events in nearby Toastmasters clubs. Attend gatherings to witness firsthand how they successfully invite and engage their members. You might discover innovative ideas and practices that could breathe new life into your own club.

As we embrace the opportunities that the new year brings, let's make a collective effort to grow our Toastmasters community. By optimizing online visibility, seeking inspiration from other clubs, and inviting key Toastmasters figures to share their wisdom, your club can enter 2024 with renewed energy and an expanded, thriving membership.



DISTRICT 45's NEWEST DTMs



Our newest DTMs were asked the following questions: 1. What was your DTM project; what, how, and why did you choose that project? 2. How does achieving your DTM add value to your life outside Toastmasters? 3. How would you encourage others to get their DTMs? 4: What is your new goal? Here's what they had to say...



Paul Coddington, DTM

Regarding his DTM project, Paul said, "In the fall of 2021, I managed the Employee Charitable Campaign for the Department of

Transportation in New Hampshire. Our charity is Granite United Way, and contributions that year are the highest of all prior and subsequent campaigns. It was a successful project, especially with the uncertainty of the pandemic."

"I do not and cannot complete a single project in Pathways without considering how it is specific to improvement in my personal and professional life. My work with other non-profit organizations is undoubtedly enhanced by the skills I acquired in Toastmasters. I continue to work to improve those skills. Professionally, the communication and leadership training that participation in Toastmasters has provided me is invaluable to my performance."

On encouraging others to achieve DTM, Paul said, "We joined Toastmasters for different reasons. I can confidently say that the reason was short-term. But at some point, our DTM's eyes were opened to the possibilities of continued and advanced participation in the training. So the answer is for all DTMs to mentor other members in their Toastmasters journey, sharing their experiences and providing the planning guidance and support to achieve their goals."

What is Paul's next goal? "DTM 4, of course! Only because working toward that will require me to keep using my training and not get rusty. But most importantly, I may be able to help other Toastmasters with their own goals."

Division C Spotlight Toastmasters



Marcia Rogowski DTM

Marcia's DTM project focused on improving her role as VPE by creating updated self-help guides, refining spreadsheets used by officers to aid

in effective role rotation. In addition, she created Base Camp navigation guides and an additional guide for Free Toast Host reports. To aid in the role transitions, she populated an educational progress spreadsheet for all members, facilitating discussions about their progress through easily shareable individual sheets.

On the value outside Toastmasters, Marcia said, "Quantifying the value is tricky for me, being more numbers-oriented. However, attempting to qualify it: Toastmasters emphasizes progression. Through incremental and subtle changes over my Toastmasters journey, each building upon the other, there's been visible improvement. Colleagues note positive changes in my responses to work situations. I attribute becoming a better person at both home and work to my Toastmasters experience."

Regarding encouraging other to achieve their DTMs, Marcia had this to say, "Keep progressing. Regardless of your pace—persist in working on projects, engaging in club and external events, and connecting with allies. I reached this recognition level with support from fellow Toastmasters members. They offered encouragement, opportunities, nudges, and sometimes, significant pushes. Soon enough, earning your DTM will be on the horizon, a reachable goal."

On her next goal, "My ongoing goal is to evolve as a speaker and leader. Achieving my DTM, a milestone I once thought unlikely, is exciting. Titled "A Work in Progress," my DTM speech encapsulated my journey. Throughout, I've identified strengths and weaknesses, and I'm committed to advancing while addressing areas for improvement."

Division A Pennmen Toastmasters

Congratulations!



CALL FOR NOMINATIONS

A graphic with a maroon background and a blue wave at the bottom. On the left, a yellow circle contains a megaphone icon and the word "NOMINATIONS" in a yellow banner. The Toastmasters International logo is in the top right. The text "INNOVATIVE LEADERSHIP" is in large yellow letters. Below it, "CALL FOR NOMINATIONS" is in white, followed by "Submit a nomination for 2024-2025 Elected Positions" in white. A list of positions is in white: "District Director", "Program Quality Director", "Club Growth Director", and "Division Director". A small globe icon is next to "Division Director". At the bottom left, a dark blue box says "STEP UP TO LEADERSHIP" in white, with the URL "https://d45toastmasters.org" and phone number "123-456-7890" below it. The graphic is surrounded by several red outline stars of various sizes.

NOMINATIONS

TOASTMASTERS INTERNATIONAL

INNOVATIVE LEADERSHIP

CALL FOR NOMINATIONS

Submit a nomination for
2024-2025 Elected
Positions

District Director
Program Quality Director
Club Growth Director
Division Director

STEP UP TO LEADERSHIP

<https://d45toastmasters.org>
123-456-7890

Leadership is not about YOU! No? No, it is not. According to an article in the Toastmasters magazine ([read it here](#)) it is all about helping OTHERS succeed.

As Zig Ziglar always said, *"You can have everything in life you want if you will. just help other people get what they want."*

District 45 is taking nominations for District Leadership for the 2024-2025 Toastmasters year. Who would you like to nominate? You can nominate yourself.

Click [here](#) for the *required qualifications* and [here](#) for the nomination form. Send the form to d45.jeffhebert@gmail.com and CC District Director Angela Chute d45.angelachute@gmail.com

"Leadership and learning are indispensable to each other." - John F. Kennedy



THE POWER of COLLABORATION: A DIVISION DIRECTOR'S PERSPECTIVE



Dave Stonehouse,
VC4 IP4
Division C Director
2023-2024

I was recently reminded of the power and effectiveness of collaboration.

One of our dedicated area directors was facing a challenge in organizing an area speech contest. Despite her best efforts, finding volunteers to fill crucial roles seemed like an uphill battle.

This scenario underscored a common struggle many leaders face: building reliable and committed teams.

In the true spirit of collaboration, another area director stepped up to offer support. Recognizing the challenge his fellow leader was facing, he extended a helping hand.

As luck and dedication would have it, he had already scheduled a contest on the same night and had successfully filled all the essential roles.

They selflessly shared their pool of volunteers, alleviating the struggles of his fellow leader and contributing to the overall success of both contests.

Collaboration not only solved an immediate problem – it showcased the strength of our Toastmasters community.

It underscored that we are not isolated individuals or clubs striving for success on our own.

Rather, we are a wider supportive team and community where success is a shared endeavor. Through collaboration, we can overcome challenges and amplify our impact.

As you continue your leadership journey, look for opportunities to embrace collaboration. By sharing resources, ideas, and support, we not only enhance the quality of our work, club and events but also foster a culture of unity and shared success.

Together, we can achieve more than we ever could alone.

Collaborative



A WINNING COMBINATION



Bill Crosby, DTM

President - Kennebec
Valley Toastmasters
2023-2024

Looking for a way to *boost excitement* in your Toastmasters meetings?

Try scheduling a combined meeting with another club. The differences in skills and perspectives fast tracks three *Moments of Truth*:

- 1) Fellowship, Variety and Communication:** Variety in meeting agendas, variations in role reports, larger audience size, and more spontaneity raise the energy level and build anticipation.
- 2) Meeting Organization:** Fresh insights on learning objectives, challenges, and priorities benefits both clubs. New approaches to Table Topics and meeting themes spark creativity and make meetings less predictable.

3) Member Retention: Enjoyable, educational, well attended meetings are more likely to inspire guests to join Toastmasters. Existing members gain a deeper understanding of how skills apply outside the club.

Combined meetings are an ideal steppingstone for clubs that are in rebuilding mode. A well-attended meeting makes it easier to fill roles and attract potential new members.

Vince Lombardi said it best, *"The achievements of an organization are the results of the combined effort of each individual."*

Even more so when clubs join forces.

Make plans for a combined meeting with a neighboring club and **"Do More in 2024!"**

CLUB ANNIVERSARIES

25 YEARS
ECOTOASTERS CLUB
Division B
Area 14

34 YEARS
SOUHEGAN SPEAKERS and
LEADERSHIP CLUB
Division A
Area 7

25 **34**

JANUARY CLUB ANNIVERSARIES

Congratulations!



1st Anniversary

HAPPY Anniversary

- FIDELITY ORATORS

Aaron Rago

- NASHUA-HUDSON CLUB

Kory Currier

- SAVVY SPEAKERS

Emily Hoffman

- MILLYARD TOASTMASTERS

Aaron Lavespere

- 2211 TOASTMASTERS

John Loata

- SAINT JOHN CLUB

Christopher Campbell

- SPIRIT-ED TOASTMASTERS

Desiree Juzdan Ghosn

- WOLFVILLE
TOASTMASTERS

Nancy Wachira
Alexandre Renaud

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ANNIVERSARIES

FIVE (5) YEARS

CONCORD TOASTMASTERS
Alexander Campbell
Sarah Chaffee

DAL TOASTMASTERS
Katharine Parsons

YARMOUTH TOASTMASTERS CLUB
Yvette Frost

FIFTEEN (15) YEARS

BEDFORD BASIN TOASTMASTERS
Sharon Forbrigger

CHARLOTTETOWN BREAKFAST CLUB
Simon Tremblay

MDI TOASTMASTERS
Lisa Small

TEN (10) YEARS

RUTLAND AREA TOASTMASTERS
Reginald Spooner

25 Years

ECOTOASTERS CLUB
Cherrie Plummer
Louis Fontaine

28 Years

BRATTLEMASTERS
Carolyn Handy

MEMORIAL TOASTMASTERS CLUB
Lorna Walters

31 Years

KENNEBEC VALLEY TOASTMASTERS
THE MAINE THING ADVANCED TOASTMASTERS
Olivette Aviso

MEMORIAL TOASTMASTERS CLUB
Patrick Dunne

42 Years

NASHUA-HUDSON CLUB
Donald Winn

44 Years

DARTMOUTH TOASTMASTERS CLUB
James Bendell



CONFERENCE COMMITTEE UPDATE

May 17-19, 2024



Andrea Gray

D45 2023-2024

Conference Co-Chair

Exciting news on the upcoming D45 Conference (May 17-19, 2024) from our dedicated co-chairs, Andrea Gray and Jen Bonnevie!

But here's where the excitement amplifies — they need YOUR help!

Your role?

Help them secure sponsors!

Sponsor partnerships infuse energy into our conference, and we're on the lookout for companies or organizations that could be perfect allies. Explore our Sponsor Flip Book at [Conference Partners - click here.](#)

From the prestigious Platinum Tier to Business Card advertising, sponsorship opportunities abound. Do you have someone in mind? Connect with Tom Macisso, leading our Sponsorship efforts, at d45tommacisso@gmail.com.

And calling all D45 Presenters!

Do you have a wealth of knowledge and passion to share in Freeport, Maine?

Get in touch with us at d45.conference@gmail.com for details on becoming one of our Conference Presenters.

The excitement is building, and your contribution could make all the difference!




VISIT

FREEPORT

MAINE



PATH COMPLETIONS



TOM MACISSO
Blueberry Hill Club
PATH COMPLETION!
Dynamic Leadership

Q. What did you enjoy most working this Path?
I enjoyed the relevance in how the path mirrored my goals. This allowed me to be more confident in them.

Q. What transferable skills did you develop?
I learned to use the talent of the people who I am working with. In fact, I found that asking the right questions at the right time brings out the best in people.

Q. How does this path impact your real world?
It provided me a better understanding from my team members perspective. With this newly gained knowledge, I was able to tailor my leadership to the situation.



SHARON JOSEPH, DTM
Speech Afire Advanced Toastmasters
PATH COMPLETION!
Visionary Communication

Q. What did you enjoy most working this Path?
What I enjoyed about this path is the extensive options of projects available..

Q. What transferable skills did you develop?
The transferable skill of project management is very useful for my job and I can see how that skill can be used to manage my very busy life!

Q. How does this path impact your real world?
The projects provided and the skills developed to complete the projects are absolutely realistic!

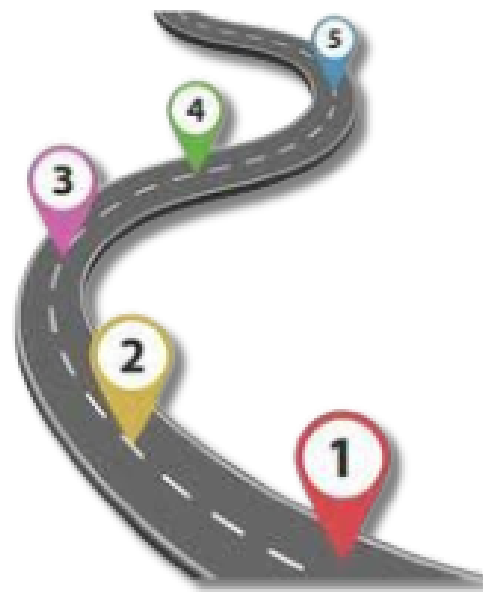


JON KELLY
Concord Toastmasters Club
PATH COMPLETION!
Presentation Mastery

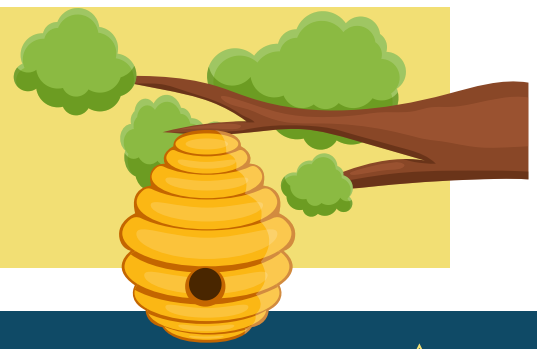
Q. What did you enjoy most working this Path?
I was challenged, guided, and encouraged by the people in various Toastmaster clubs, especially Concord Toastmasters.

Q. What transferable skills did you develop?
I attended Powerpoint workshops at the Portsmouth Public Library, I went to the Nackey Loeb School of Communication to learn how to appear on television, I promoted a non- profit on WKXL radio, and I signed up for a podcasting class at Concord TV. These activities were worthwhile and fun, but I cannot credit Pathways. I credit the Portsmouth Public Library, the Nackey Loeb School of Communication, WKXL, and Concord TV.

Q. How does this path impact your real world?
One highlight on my path was my speech about an unethical city policy, namely a requirement that parents registering their children for sports must excuse negligence on the part of the city. I turned that speech into an opinion piece for the NH Union Leader, and, in Concord, I addressed the Parks and Recreation committee. I am pleased to say they changed the policy to allow parents and kids to play sports without giving up a fundamental civil right. This was a local victory, but it is still a problem nationally.



District Buzz



CONCORD TOASTMASTERS

DIVISION A
AREA 12



New Members
Lucy Morris and Terri Gladstone



LIVE, SPEAK OR DIE TOASTMASTERS

DIVISION A
AREA 7



On Wednesday November 15th Live Speak or Die Toastmasters held their local humorous speech contest. It was an especially fun and exciting meeting with record attendance and six excellent speeches full of laughter. Each speaker did a wonderful job, captivating the audience with their entertaining stories, making it a difficult decision for the judges.

Ultimately, Peter Caron came out on top with his speech titled "Working On Things" and he moved on to the area competition, winning that as well. Honorable mentions to Nitin Karla for second place, Peter Clow for third as well as Jason Lambert, Noah Solomon, and Danielle Erikson for their participation.

Overall it was a very successful event and thank you to everyone who was involved!



DIRIGO LEADERS

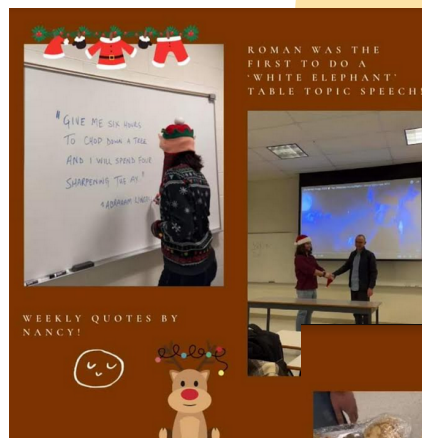
DIVISION B
AREA 5



On Christmas Day, DJ Turchon, a member of Dirigo Leaders, along with the club's corporate mentor Mary Tripp, work colleagues, and their families, personally handed out blankets crafted by Bank of America associates to veterans at Togus VA Hospital in Augusta, Maine. In-person deliveries were affected by the pandemic in the past, but this year marked a return to in-person deliveries!

HALIFAX TOASTMASTERS AT SMU

Division D
Area 11



WHITE MOUNTAIN TOASTMASTERS

DIVISION A

AREA 15



Toastmasters Area 15 Humorous Speech Contest Winners

PLYMOUTH — Laughter filled the virtual corridors at the Area 15 Humorous Speech Contest last week. Ruth Holman, from Chester, VT, took first place with her speech, "The Moral Corruption of the Election: Rite." Second place went to David Douglas, from Hebron, NH, with his speech titled "Why I Don't Ski." Jon Roger de Serres, from West Lebanon, NH, came in third place with his speech, "The Peace Call." Top-place winner Ruth Holman advances to the Division A contest, which will be held virtually on Saturday, December 16, 2023. The online contest showed the humorous talents of Toastmasters and provided a fun evening for the audience. The purpose of a speech contest is to provide an opportunity for speakers to improve their speaking abilities, to recognize Toastmasters as an organization to members, and to provide an opportunity for all clubs, and Prince Edward Island, Toastmasters International is the premier non-profit communication and leadership development program in the world. Guests are welcome at Toastmasters contests and other events. For information about the Toastmasters program and to find your local club, please visit www.toastmasters.org. For contest information, contact a clubhost, copp@roppo.com.

Division A contains several areas within District 45, which is comprised of New Hampshire, Eastern Vermont, Maine, the New Hampshire and Vermont.

Area 15 includes clubs in New Hampshire and Vermont.

GENSTONE & GLASS BEANS - STERLING & GOLD-FILLED FINANCING MINERAL SPECIMENS - BOOKS - TUMBLER STONES - FOSSILS - SMOODING MACHINES - TREKKEY - STONE & STERLING JEWELRY CRYSTALS - OPEN YEAR ROUND

Worth Star Gems

TUES-THU 10-3 SAT 10-5 SUN 10-4 CLOSED MON.

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320 Mayhew Turnpike, Plymouth NH
tenneymountainautorepair@gmail.com

HARBOURSIDE TOASTMASTERS

DIVISION C

AREA 4



Harbourside Toastmasters would like to wish everyone the very best this holiday season and a Happy New Year!

Here are some of the club members enjoying an evening of laughs and great discussions at our Holiday Social.



MILLYARD TOASTMASTERS

DIVISION A

AREA 16



Toastmasters is more than just a club, it's more than just a thing we go to every week. Toastmasters is where we build our leadership skills, develop our communications skills, build our confidence in ourselves to be able to stand proud. But the one thing that no one really knows - is that Toastmasters is where we build solid friendships! If you haven't been to a meeting in a bit - come and check it out - you'll be very surprised at how we all fit together and are building relationships while building on ourselves too!

EXETER SPEAKUPS

DIVISION B

AREA 10

Exeter Speak-Ups enjoyed an amazing night of belly laughs with a Yankee Swap filled with Toastmaster twists. Santa, his elves, Rudolph, Mrs. Claus, and even T-Swift were all weighing in on the action!





The Maine Thing proudly comprises members from six states and two countries. Fondly known as "The Jersey Girls," Peggy Seymour and Ann Marie Pochtar-Galakis embarked on a northern road trip, joining DJ Turchon, Angela Chute, her daughter, and sister-in-law for a delightful visit to the Botanical Gardens in Boothbay, Maine.

KENNEBEC VALLEY TOASTMASTERS
 DIVISION B
 Area 14



On December 21st, KVTM members Greta Heimgartner and DJ Turchon took DJ's mom, Jeanie (aka "The Happy Hugger") out for breakfast for her 90th birthday. In true Toastmaster form, Greta asked the table of utility workers to serenade Jeanie for her birthday. They, along with the entire restaurant, happily obliged!

In the true spirit of collaboration, KVTM and Brunswick Toastmasters (Division B Area 14) collaborated to bring Goldilocks to trial! Members from several clubs attended and roles were filled by members of KVTM and Brunswick! Hilarity, camaraderie and fun ensued. Was she found guilty or innocent? What do you think?



LEVELING UP

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 - DECEMBER 2023

Name	Club	Designation
Erin M. McMenemy, DTM	Atlantic Online Evaluators	DL1
Jane Petring, PM5	Yarmouth Toastmasters Club	EH1
01057810 - Name unavailable	Yarmouth Toastmasters Club	MS1
Walter J. Smith, DTM	Exeter Speak-Ups Club	MS1
Linda Crosby, PI2	Dynamic Speakers Club	PI1
67569918 - Name unavailable	Concord Toastmasters Club	PM1
Carter McGrath, PM1	Rising Tide Toastmasters Club	PM1
Tendai Muranganwa, DTM	Rising Tide Toastmasters Club	PM1



LEVELING UP

LEVEL 2 - DECEMBER 2023

Celebrate Success

Name	Club	Designation
Erin M. McMenemy, DTM	Atlantic Online Evaluators	DL2
Indumathi Azhagesan, DL2	Schooner Toastmasters Halifax	DL2
Pranit Shrestha, DL2	Dal Toastmasters	DL2
Sarah Chaffee, EH2	Concord Toastmasters Club	EH2
Daisy Gillam, PI2	Penmen Toastmasters	PI2
Linda Crosby, PI2	Dynamic Speakers Club	PI2
Cheryl Ann Vincent, PM2	Dartmouth TIC Talkers Toastmasters Club	PM2
Damsadie Hannedige, PM2	Provincially Speaking Toastmasters	PM2
Rudra Aryal, PM2	Keene Toastmasters Club	PM2
Smita Singha, PM2	River Valley Toastmasters	PM2
Veerendra Nagalla, PM2	Civil Speakers Toastmasters Club	PM2
Nicole Turnbull, TC2	Civil Speakers Toastmasters Club	TC2
Wendy Marr, VC2	River Valley Toastmasters	VC2

LEVEL 3 - DECEMBER 2023

Name	Club	Designation
Candice L. Buell, DTM	Toast of the Coast Toastmasters Club	EC3
Betsy Black, DTM	Concord Toastmasters Club	EH3
Katharine K. Mann, EH3	Brunswick Toastmasters	EH3
Tendai Muranganwa, DTM	Rising Tide Toastmasters Club	IP3
Deborah Maxted, PM3	True Blue Toastmasters	PM3
Sheryl Poirier, DTM	Speech Afire Advanced Toastmasters	PM3
Walter J. Smith, DTM	Exeter Speak-Ups Club	VC3



LEVELING UP

Celebrate Success

LEVEL 4 - DECEMBER 2023

Name	Club	Designation
Marcia Caringal, DL4	Millyard Toastmasters	DL4
Carl Duivenvoorden, DTM	Civil Speakers Toastmasters Club	EC4
Lara T. Bailey, IP4	Brunswick Toastmasters	IP4
Lesley Carter, IP5	Dartmouth TIC Talkers Toastmasters Club	IP4
Kaely Scott, LD4	Fredericton Toastmasters Club	LD4
Walter J. Smith, DTM	Exeter Speak-Ups Club	LD4
Marion P. Taylor, DTM	Rise and Shine Advanced Toastmasters	SR4
Jennifer L. Bonnevie, TC5	Cole Harbour Toastmasters	TC4
Walter J. Smith, DTM	Exeter Speak-Ups Club	VC4

LEVEL 5 - DECEMBER 2023

Name	Club	Designation
Thomas Macisso, DL5	Blueberry Hill Club	DL5
Lesley Carter, IP5	Dartmouth TIC Talkers Toastmasters Club	IP5
Jane Petring, PM5	Yarmouth Toastmasters Club	PM5
Jon M. Kelly, PM5	Concord Toastmasters Club	PM5
Tom Waddell, PM5	Kennebec Valley Toastmasters	PM5
Jennifer L. Bonnevie, TC5	Cole Harbour Toastmasters	TC5
Sharon Joseph, DTM	Speech Afire Advanced Toastmasters	VC5

DTM - DECEMBER 2023

Name	Club	Designation
Marcia Rogowsky, DTM	Penmen Toastmasters	DTM
Paul Coddington DTM	Spotlight Toastmasters	DTM



DISTRICT CALENDAR

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4 <small>D45 Leadership Masterclass</small>	5	6
7	8	9	10	11 <small>New Member Welcome</small>	12	13 <small>WINTER WORKSHOP TLI/COT</small>
14	15	16	17	18 <small>Club Coach Webinar</small>	19	20 <small>Newsletter submission due</small>
21	22	23	24	25 <small>WEBINAR</small>	26	27
28	29	30	31	1	2	3

**TIMES LISTED ON THE D45 CALENDAR ARE *ATLANTIC* TIME
EASTERN IS ONE HOUR EARLIER
NEWFUNDLAND-LABRADOR HALF HOUR LATER**

Count down to the conference has begun! [Click here](#) for the updated countdown!

MAY 17-19, 2024



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