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The Art of Etiquette in Toastmasters: Cultivating Respect and Growth ~ Cecilia Dahl



Cecilia Dahl, IP1
D45 Finance Manager
2023-2024

I recently attended a conference in Dallas where I met a woman who has built a business teaching etiquette. WOW - I was impressed to hear that someone is still teaching this "lost art."

It occurred to me upon further reflection that Toastmasters is a place where etiquette and manners still have a home. We cultivate a supportive environment where members can learn and grow. Having good etiquette and manners is how we, as a community, maintain the integrity of this organization.

Like any skill worth having, etiquette requires practice. No one is perfect, and from time to time, we all benefit from a reminder.

As Toastmasters, we strive to be courteous and respectful to all speakers. Interruptions and negative comments not only undermine the speaker's confidence but also disrupt the supportive atmosphere. Toastmasters is about encouraging growth and improvement. Every speaker deserves courtesy and respect, regardless of the topic.

We learn that feedback should be constructive and delivered with tact. The hallmark of Toastmasters is the helpful evaluations that aid speakers in their development, rather than disparaging their efforts or the content of their presentations. It's about building each other up, not tearing down. Our members and guests should feel welcome to share ideas, including new and innovative ones. Disagreements might arise, but the manner of expression should always be courteous. It's not just what we communicate, but how we convey our message.

continued pg 2

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Etiquette (continued)

Ours is a community where respect, encouragement, and constructive criticism prevail. Upholding these values is the responsibility of all members. It ensures that our community remains one where everyone can speak and grow with mutual respect. If we do not hold ourselves to this standard of respect, we risk losing the essence of what makes Toastmasters so impactful.



New Member Welcome Was High Energy!

DISTRICT 45 WELCOMES NEW MEMBERS!



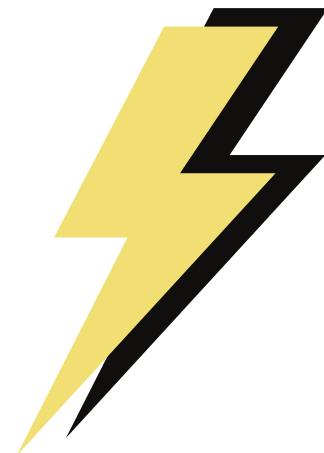
Linda Magoon, IP4
Karner Blue
Toastmasters

DJ Turchon, DTM, District 45's Public Relations Manager, warmly greeted new Toastmasters during the New Member Event on Thursday, November 9th. The event showcased three speakers, starting with D45 Club Growth Director Sherry MacDonald, DTM, who delved into Toastmasters' history. Notably, Toastmasters admitted its first woman in 1970, with Helen Blanchard making history by becoming the first female International President in 1985.

Ivona Cookson, MS DL1, the second speaker, shared how Toastmasters unexpectedly improved her listening skills, enhancing emotional intelligence in her professional life. Ivona, now Division B Director, credits Toastmasters for her leadership development.

The final speaker, Linda Magoon, IP 4, District 45's newest author from Karner Blue Toastmasters, discussed "Finding My Voice." Linda emphasized finding comfort zone edges, managing fear through action, and embracing a positive, supportive environment where failure is viewed as feedback.

The meeting concluded with a Q&A session, and attendees were reminded to mark their calendars for the District 45 Conference in Freeport, Maine, on May 17-19, 2024.



Thank you!



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

The Club Coach Team has exciting news! The Club Coaching Webinar, a collaborative effort by Olivette Aviso DTM, Michael Aron DTM, and JD Dirkschneider DTM, is now available on the District 45 YouTube Channel; watch it [HERE](#).

This webinar showcases the diverse dynamics of Toastmasters Clubs, offering insights on how to energize meetings, making them an unforgettable Toastmasters experience.

I'd like to personally thank the seven coaches to date who have volunteered their time and expertise to coach clubs this year. Looking ahead, my team and I are continually compiling the list and have two new names in the queue!

I encourage all Toastmasters to consider sharing their expertise, inspiring clubs to optimize social media, enhance their online presence, and provide inventive mentoring approaches. Whether it's optimizing LinkedIn profiles, utilizing Yoodli for speech practice, or fostering connections through innovative mentorship, your contribution is priceless.

For a smooth member integration into their clubs, consider different mentoring approaches. Some may prefer immediate mentorship upon joining, while others may prefer a two-month rotating connection with different members, especially when meetings are held on Zoom.

I am truly grateful for the wealth of creative ideas flowing from our D45 Toastmasters community and beyond. I invite you to join us on January 25th at 7pm ET where we will kick off the sharing of these ideas with our coaches during our monthly coaching call.

The call is scheduled for the fourth Thursday each month until June 27th. It's an exciting journey ahead. My team and I look forward to assisting each one of you as we continue to learn and grow together.



DISTRICT 45's NEWEST DTMs



Kelley Demers, DTM

Kelley Demers, a Millyard Toastmasters member, undertook the role of District Credentials chair for 2022-2023

as her DTM project. She did so for three key reasons: to step out of her comfort zone and support the District at a higher level, enhance her written and verbal communication skills on a broader stage, and ensure the District met quorum criteria at both the Fall Workshop and Spring Conference. This experience strengthened her organizational and communication skills within Toastmasters, professionally, and personally. Despite the demanding nature of achieving DTM, Kelley believes it's worthwhile, contributing not only to personal growth but also to assisting fellow Toastmasters on their journeys. Her simple goal is to "keep helping new and seasoned Toastmasters see their growth potential."



Cindy Sarvai DTM

Cindy Sarvai, a Millyard Toastmasters member, chose to develop an officer's calendar for her DTM project.

Each officer received a personalized calendar containing important events such as open houses, renewal deadlines, and executive meetings. Drawing from her experience as an Area Director, Cindy believed this reference tool would benefit club officers. Toastmasters has equipped her with valuable skills in communication, leadership, organization, self-confidence, and relationship building. Cindy emphasizes the significance of knowing your "Why" in Toastmasters, asserting that mere attendance is insufficient. For Cindy, the key lies in understanding why you joined, belong, and commit time to the organization. As an 'all in' individual, Cindy's next goal, as the President of Millyard Toastmasters, is to achieve President's Distinguished status for the club.

HOLIDAY - NO HOLIDAY



DJ Turchon, DTM

D45 Public Relations Manager
2023-2024

The holiday season is in full swing! Are you eagerly anticipating it? For some, the holiday spirit is invigorating, while for others, it can be quite draining. While some are busily shopping, partying, and socializing, there are those struggling to avoid hiding themselves until January 1st. It's important to recognize that holiday blues are a genuine experience.

As you engage with your members in the coming weeks, be mindful of the fact that some may be feeling 'off' due to

holiday-related emotions. Don't assume that everyone is embracing the festivities with open arms. Even if you're tempted to think, "Oh, it's the holidays; let's skip meetings until January," consider that these meetings could be a welcome distraction for someone experiencing holiday sadness.

Don't underestimate the impact a meeting can have, even if only a few people plan to attend. Have the meeting and infuse some fun into it - perhaps with a To Holiday or Not to Holiday theme, a Grinch theme, or a Scrooge theme. The goal is to create a FUN atmosphere. You never know how much that "distraction" might mean to someone.

Whether you're the type who excitedly exclaims, "365 days until Christmas!" on December 26th or expresses relief with, "365 days until Christmas," I wish you a peaceful holiday season.



PATH COMPLETION!

NANCY MUNROE, PM5

Blueberry Hill Club

PATH COMPLETION!

Presentation Mastery



Q. What did you enjoy most working this Path?

I appreciated its emphasis on speeches rather than leadership skills, which is why I selected it, and I found the projects to be enjoyable.

Q. What transferable skills did you develop?

By focusing on speaking, I was able to refine certain aspects of my communication skills. While I continue to enhance my vocal variety, I've noticed significant improvement. Gathering feedback from various individuals has helped me identify situations where speaking is more effortless for me (such as when I'm enthusiastic and well-versed in a topic) versus more challenging situations (outside my comfort zone).

Q. How does this path impact your real world?

Given the frequency of presentations in my work, the more I practice, the more I improve. I find that I can even hone my skills by practicing work presentations during my Toastmaster meetings.

RALPH JEANS, PM5

Cape Breton Toastmasters

PATH COMPLETION!

Presentation Mastery



Q. What did you enjoy most working this Path?

During this path, I enjoyed doing a little research and then performing my speeches in front of my fellow Toastmasters. I look forward to the evaluations and questions afterwards.

Q. What transferable skills did you develop?

I have to get up in front of the Kiwanis Club, to give a report on some projects. The research and speeches that I give at Toastmasters is a great help to me.

Q. How does this path impact your real world?

I have overcome the fear that I used to have before a speech. I now have more confidence before and after I give a speech. I have been a Toastmaster for over 11 years and still enjoy the fellowship and friendly atmosphere in our club.



Newbie Nuggets!



10 Tips from Toastmasters

1. Avoid speaking in Monotone
2. Step Up - fill a role
3. Manage Time - be a timer
4. Speak your case
5. PREP - point, reason, example, point
6. Use common language
7. Don't get lost in translation
8. Test drive jokes
9. Use people's names
10. Keep a journal



Learn more click

here

JOHN BLUMSUM, DTM

Spirit-Ed Toastmasters

PATH COMPLETION!

Presentation Mastery



Q. What did you enjoy most working this Path?

Presentation Mastery focused on basic communication and presentation skills more than a corporate training model. This best suited my interest in Toastmasters. As a self paced program, Pathways can be approached without any pressure.

Q. What transferable skills did you develop?

The ability to create and deliver a story or humorous speech and to engage in conversation with improved listening skills. Preparation and presentation skills were also supported within Presentation Mastery.

Q. How does this path impact your real world?

Completing Presentation Mastery has helped me refresh and maintain my communication and presentation skills."



HEAR FROM YOUR DIVISION DIRECTORS



DIVISION A
Elise Thorsen, SR4
Division A Director

Getting to know Division A this Toastmasters year has been a privilege. While my initial goal was to visit every club, the challenge in a 5-area, 25-club division is evident. However, I've valued learning about the division through various methods:

- **Club Visits:** Area Directors in Division A and I have connected with every club, sharing visit reports that highlight each club's uniqueness and provide honest insights for District support. Special thanks to Carol, Joe, Lorri, and Tina for helping me get acquainted with clubs I couldn't visit.
- **Demo Meeting for a Chartering Club:** Participating in a Toastmasters experience for new Division A members allowed me to meet area Toastmasters dedicated to supporting club growth.
- **Humorous Speech Contests:** The November Area Humorous Speech Contests, with contestants and dedicated volunteers, were truly inspiring. Join us at the **Division A Humorous Speech Contest** on Saturday, **December 16 at 9 am on Zoom**
<https://tinyurl.com/mr42tx9z>

Despite challenges faced by some clubs this year, I want to emphasize that you're not alone. Toastmasters across the Division are ready to help beyond their clubs. If you identify a need, my team is here to assist!



DIVISION B
Ivona Cookson, DL1
Division B Director

Discovering Surprising Self-Improvements Through Toastmasters

Confession time: I'm a self-help enthusiast! This month, I had the privilege of addressing the District 45 New Member Meeting, where I shared the unexpected ways Toastmasters has contributed to my journey of self-improvement.

While I anticipated becoming a stronger speaker, reflecting on my progress over the past 4 years revealed that Toastmasters also transformed me into a better listener, communicator, organized leader, and a more social person. These skills have not only benefited my professional life but also enriched my personal life.

Now, I'm curious about YOUR experience.

As we enter the season of Thanksgiving, take a moment to appreciate the ways Toastmasters has enhanced your life.

Let's embrace the wisdom of author Anthony D'Angelo: "Become addicted to constant and never-ending self-improvement."



HEAR FROM YOUR DIVISION DIRECTORS



DIVISION C
Dave Stonehouse, EC1
Division C Director

Saint John, NB Toastmasters Clubs Thrive in Second 2023 Rally and Showcase

On Nov 15, Saint John's Toastmasters Clubs enjoyed a successful evening at their second Rally and Showcase of 2023 at the Kent Theatre.

Hosted by Harbourside Club, the event, chaired by Kathryn Hanson, DTM, featured inspiring speeches from Andrea Tolan, Louise Bouchard, and Jim Kokocki, touching on topics like change, Musquash Estuary's lost ships, and critical thinking.

Division Director Dave Stonehouse engaged members with thoughtful Table Topics, prompting personal Toastmasters experiences. Evaluators (Lisa McDonald, Robert McGuire, Tricia Foley) provided meaningful feedback, while Timer Joel Landers and Grammarian Andrew Vandenbroeck ensured smooth proceedings. The positive feedback highlighted the energetic and enthusiastic participation of attendees, with Jim Kokocki emphasizing the "keys to Toastmasters" as "knowledge, practice, and feedback."

The evening was a blend of sharing, growth, and applause. Stay tuned for news on their next 2024 event, and save the date! Thanks to all who participated.



DIVISION D
Jenny Theriault, MS5
Division D Director

As we approach the midpoint of the Toastmasters year, it's an opportune moment to reflect, adjust, and plan for the remainder.

Reflect on your goals:

- What have you accomplished?
- Did you set goals for the year?
- Are you making progress?
- Are your goals still relevant?

Adapt or set new goals:

- What do you hope to achieve by June?
- Do you need support?
- Who can assist you?
- How do you want to feel by June?
- What steps can you take today?

I challenge every District 45 member to set a goal for the rest of the year.

Whether it's completing a path level, giving an evaluation, visiting a club, working on DTM requirements, entering a contest, or mentoring, every goal is valid.

Take the time to think about and set your goals—then, begin!



LEADERSHIP DEVELOPMENT



Angela Chute, DTM
District Director
2023-2024

Leadership DEVELOPMENT

Emphasizing Toastmasters International's Motto: "Where Leaders are Made"

This year, District 45 has prioritized the cultivation of leaders as a fundamental core in all aspects of D45.

Every first Thursday of the month, District 45 extends an invitation to leaders to join us in developing essential leadership skills and practices.

Timing:

- 6:00 PM to 7:30 PM ET
- 7:00 PM to 8:30 PM AT
- 7:30 PM to 9:00 PM NL

Agenda:

- 6:00 PM to 6:30 PM: Leadership Development Presentation
- 6:30 PM to 7:00 PM: Breakout session by ROLE (Your **Peer** Call!)
- 7:00 PM to 7:30 PM: District Executive Committee Briefings

Who's Invited?

- AREA Directors
- DIVISION Directors
- Club PRESIDENTS
- Club VPEs (Vice Presidents Education)
- Club VPMs (Vice Presidents Membership)
- Club VPPRs (Vice Presidents Public Relations)

Breakout Session Leaders:

The D45 Senior Leadership Team

Attendance is not just encouraged; it's vital for honing leadership skills in line with Toastmasters International's motto: "*Where Leaders are Made.*"



ANNIVERSARIES

Club Anniversaries

30 YEARS
TOAST of the VALLEY CLUB
Division A
Area 15

52 YEARS
FREDERICTON
TOASTMASTERS CLUB
Division C
Area 13

DECEMBER CLUB ANNIVERSARIES

HOOORAY!

M
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HAPPY
Anniversary

BRUNSWICK TOASTMASTERS
Amy Carole

CIVIL SPEAKERS CLUB
Brigitte Hanna

GREATER PORTLAND TM
Judith Moore
Ross Tardiff

KEENE TOASTMASTERS
Jessica Fernandez

MILLYARD TOASTMASTERS
Ronald Houle

RIVER VALLEY TM
Maria Wybenga

SAINT JOHN CLUB
Kavitha Jagadeesan
Olivia Barber

HAPPY
Anniversary

>> 5 YEARS <<
Wendy Marr
River Valley Toastmasters

>> 10 YEARS <<
Barbara Robinson
White Mountain TM

>> 15 YEARS <<
Tana Kayler
Memorial Toastmasters Club

>> 20 YEARS <<
Joseph Arsenault
The Very Best Toastmasters

>> 28 YEARS <<
Margaret Ferguson
Savvy Speakers

>> 29 YEARS <<
Betsy Black
Concord Toastmasters Club

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UPCOMING EVENTS



Contests are both thrilling and challenging, serving as a remarkable catalyst for honing speaking skills. As Joe Grondin wisely said, "In a contest, you're competing against yourself," aiming for continuous improvement in crafting and delivering top-notch speeches. This transformative journey requires the support of mentors—honest in feedback, gentle in approach, and supportive in guidance. Join a contest to experience this growth with a mentor or mentor group.

As we progress through Humorous Speech contests, it's crucial to be aware of the changes in the Toastmasters International 2023-2024 [Contest Rule Book](#). Refer to page 8, section 3.B for details on the Selection Sequence, highlighting options for contestants based on club, area, and division standings.

For inquiries, reach out to Sharon Joseph, DTM, District 45 Program Quality Director at d45.tmam@gmail.com.

Sharon Joseph,
DTM
Program Quality
Director
2023-2024

Upcoming Webinars / Workshops

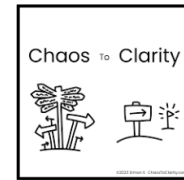
1. **The Fun Factor - Fun Meeting Ideas**

- Date: Thursday, Dec 21st, 2023
- Time: 6 pm ET / 7 pm AT / 7:30 pm NT (1 hour)
- Registration: [Zoom Link](#)



2. **From Chaos to Clarity: Parliamentary Practices Decoded**

- Date: Tuesday, Jan 9th, 2024
- Time: 7 pm ET / 8 pm AT / 8:30 pm NT (90 minutes)
- Registration information coming soon.



3. **District 45 Winter Workshop/TLI/Officer Training**

- Date: Saturday, Jan 13th, 2024
- Time: 9 am ET to 2 pm ET / 10 am AT to 3 pm AT / 10:30 am NT to 3:30 pm NT.
- Registration: [Zoom Link](#)



MEMBERS ARE SAYING...



ROTARY TOASTMASTERS ALLIANCE NEWS

Kathi Zwicker, VCI
D45 Alliance Lead

Organize a Rotary Toastmaster Exchange between February 23 and March 24, 2024.

Connect with a local Rotary Club president and executive by using rotary.org's Find a Club feature (<https://my.rotary.org/club-search>). Schedule an exchange, inviting their members to your club and reciprocate the visit.

The chosen dates hold historical significance as Paul Harris founded Rotary on February 23, 1905, and Ralph Smedley initiated the first Speakers Club meeting in Illinois on March 24 of the same year.

Look out for the District 45 Rotary Toastmasters Alliance Team's feature in the December issue of [Toastmasters Magazine](#). The article highlights global initiatives, mentioning the Rotary Toastmasters Alliance Facebook Page ([click here](#)), the 2022 Webinar: Striving for Success, and the 2023 Kindred Spirits Maritime Tour with Rotarian Anastasia Persico.

If your club is interested in forming a Rotary Toastmasters partnership, contact D45 Alliance lead Kathi Zwicker at kathitoastmasters@gmail.com.



SHARING IMPORTANT TOASTMASTERS UPDATES

J.D. Dirkschneider, DTM

Important Toastmasters Updates:

1. The latest Toastmaster Magazine confirms Pathways changes from Matt Kinsey's July 28, 2023 email. A new Learning Management System (LMS) in Q1 2024 will enhance user-friendliness, including a Mobile App.
2. Pathways will now be accessible for visually-impaired members.
3. In the new Pathways, completed levels will be auto-submitted for recognition in Club Central, affecting Distinguished Club Program (DCP) credits. Be cautious about DCP credit allocation among your clubs.
4. Of the original 11 paths, the six are retained: Dynamic Leadership, Engaging Humor, Motivational Strategies, Presentation Mastery, Persuasive Influence, and Visionary Communication. Continue working on discontinued paths using the new LMS for credit.
5. Toastmasters introduces "explorations" in Pathways. Read more in the Education Programs FAQ at www.toastmasters.org/education/education-programs-faq.
6. A new membership application (Rev 08/2023) reflects updated dues structure.
7. The revised International contest Judge's and Tiebreaking Judge's Guide and Ballot now include a "Purpose" paragraph on the criteria page.
8. Explore the **Tech for Toastmasters** YouTube series for useful tips on computer technology: www.youtube.com/channel/UCo6zesdnVhIWq_53GHBP-ng. Feel free to reach out for questions or comments : dirkschneiderj@bellsouth.net

Important Updates

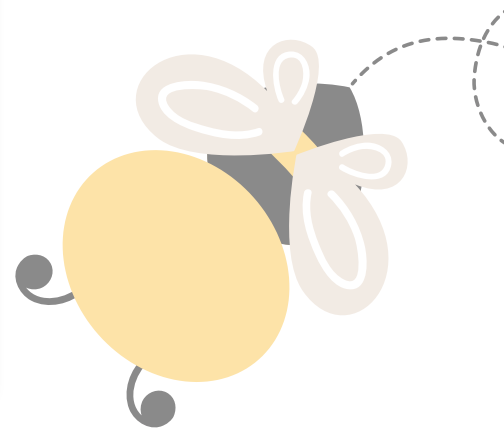


District Buzz



ATLANTIC ONLINE EVALUATORS

DIVISION D
AREA 11



THE MAINE THING ADVANCED TOASTMASTERS

DIVISION B
AREA 14



Always
has
FUN
themes



BLUEBERRY HILL CLUB

DIVISION B
AREA 10



Tom Macisso, MS5 DL4, Area 6 Director was awarded the 2023-2023 Toastmaster of the Year. Presented here by Donna Tasker, DTM.

WELL
DONE!

MILLYARD TOASTMASTERS

DIVISION A
AREA 16



When the Toastmaster of the Day chooses the theme of Moustaches, we just had to join in on the fun!



CONCORD TOASTMSTERS

DIVISION A
AREA 12



Concord TM Humorous contest winners Rick Dymont, Betsy Black, Lucy Morris, and Donna Moore savoring the moment after the Humorous Speech Contest on 10.27.2023



DIVISION C HUMOROUS SPEECH CONTEST WINNERS



Don't forget to submit your Club's *District Buzz* by the 15th of each month to d45.newsletter@gmail.com!



WELCOME D45'S NEWEST CLUB!

DIVISION A



Brenda Ewing, VC2
DIRIGO LEADERS

Bank of America, chartered in 1992, maintains a longstanding partnership with Toastmasters. Supporting over 700 participants globally, our Toastmasters clubs offer employees a valuable platform for learning public speaking, leadership skills, self-confidence, and self-awareness. Effective communication, active listening, and positive interactions are vital aspects of our corporate culture, essential for growth and development. As a Toastmasters member for 25 years, I attribute my confidence and leadership skills to this program. Providing employees access to such developmental opportunities underscores our commitment to their future, making this partnership a significant benefit.



Tell us about YOUR corporate club!

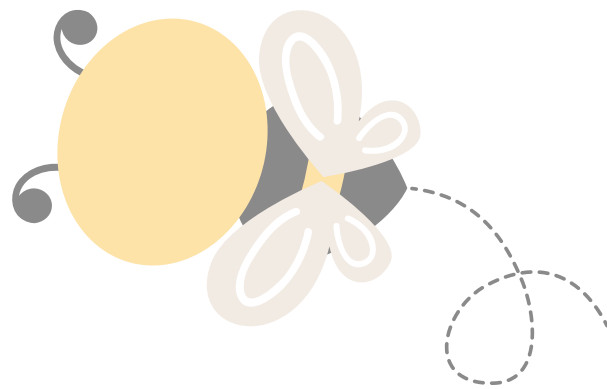
ARCADIE DU GRAND CARAQUET

DIVISION C Area 2

This year, Toastmasters Arcadie du Grand Caraquet embarked on a brief road trip to The College Communautaire de Shippagan. Annually, we present to 1 or 2 classes about the advantages of Toastmasters, especially beneficial for those studying business/commerce. The visit is structured as an open house—a regular meeting with an educational segment highlighting Toastmasters' benefits.

Students expressed both amazement and enthusiasm for the program, particularly upon discovering that Toastmasters is available in their home countries. This connection becomes valuable whether they plan to return home for their careers or simply want a familiar touch when feeling a bit homesick. All students actively participated in table topics, showcasing their skills.

Furthermore, students have been invited to attend our upcoming meetings to experience Toastmasters firsthand, and they've completed registration forms. Whether they choose to join now or in the future, they have gained valuable insights into the program and its benefits.



asters Club



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 - NOVEMBER 2023

Name	Club	Designation
Dave Stonehouse, EC1	Saint John Club	EC1
Dawna-Jean Turchon, DTM	Pine Tree Toastmasters Club	EC1
Maureen McIntosh, DTM	Speech Afire Advanced Toastmasters	EH1
Thomas Goodwin, DTM	Amoskeag Better Communicators	LD1
Ronald P. Cartwright, PI1	Fidelity Orators	PI1
Josee G. Archer, PM1	Penmen Toastmasters	PM1
Katharine Parsons, PM2	Dal Toastmasters	PM1
Matt Babb, PM1	Memorial Toastmasters Club	PM1
Shanchun Li, PM1	Provincially Speaking Toastmasters	PM1
Stephane Parent, DTM	Charlottetown Toastmasters Breakfast Club	PM1
67559456 - Name unavailable	Live, Speak Or Die Toastmasters	TC1
John D. Blumsum, DTM	Spirit-Ed Toastmasters Club	TC1



LEVELING UP

LEVEL 2 - NOVEMBER 2023

Celebrate Success

Name	Club	Designation
Paul F Coddington, DTM	Spotlight Toastmasters Club	DL2
Donald Winn, DTM	Nashua-Hudson Club	EC2
Maureen McIntosh, DTM	Speech Afire Advanced Toastmasters	EH2
Wayne A. Cooper, IP2	Rising Tide Toastmasters Club	IP2
07366865 - Name unavailable	Annapolis Valley Toastmasters Club	PM2
Donna M. Accettullo, PM2	Pine Tree Toastmasters Club	PM2
Katharine Parsons, PM2	Dal Toastmasters	PM2
Lawrence Kelly, PM2	Dartmouth Toastmasters Club	PM2
67548123 - Name unavailable	Saint John Club	SR2
David Allen, SR2	Fredericton Toastmasters Club	SR2
Crystal L. Cobb, DTM	Spotlight Toastmasters Club	TC2

LEVEL 3 - NOVEMBER 2023

Name	Club	Designation
03182288 - Name unavailable	Ecotoasters Club	DL3
Andrew Vandebroek, DL3	Harbourside Club	DL3
Paul F. Coddington, DTM	Spotlight Toastmasters Club	DL3
Donald Winn, DTM	Nashua-Hudson Club	EC3
Louise Bouchard, EC3	NoonTalkers Toastmasters Club	EC3
Jennifer L. Bonnevie, IP5	Atlantic Online Evaluators	EH3
Maureen McIntosh, DTM	Speech Afire Advanced Toastmasters	EH3
Ronald Crawford, EH5	River Valley Toastmasters	EH3
Patrick Schilf, LD3	Fredericton Toastmasters Club	LD3
Isabelle Campbell, PI3	Saint John Club	PI3
07993338 - Name unavailable	Creatively Speaking Toastmasters Halifax	PM3
Abolaji Ogunmola, PM3	Charlottetown Toastmasters Breakfast Club	PM3
Christina Burden, PM3	Rising Tide Toastmasters Club	PM3
Patricia Ledrew, PM3	Sears-Halifax Club	PM3



LEVELING UP

Celebrate Success

LEVEL 4 - NOVEMBER 2023

Name	Club	Designation
Paul Coddington, DTM	Karner Blue Toastmasters	DL4
Andrea Libby, EH4	Mt Washington Valley	EH4
Ronald Crawford, EH5	River Valley Toastmasters	EH4
07829944 - Name unavailable	3285 Cape Breton Toastmasters	PM4
Joseph Grondin, DTM, AS	True Blue Toastmasters	VC4
Pierrette Hache, DTM	Arcadie du Grand Caraquet	PM4

LEVEL 5 - NOVEMBER 2023

Name	Club	Designation
Ronald Crawford, EH5	River Valley Toastmasters	EH5
Jennifer L. Bonnevie, IP5	Atlantic Online Evaluators	IP5
John D. Blumsum, DTM	Spirit-Ed Toastmasters Club	PM5
Liyang Cui, PM5	Penmen Toastmasters	PM5
Nancy Munroe, PM5	Blueberry Hill Club	PM5
Pierrette Hache, DTM	Arcadie du Grand Caraquet	PM5
Ralph Jeans, PM5	3285 Cape Breton Toastmasters	PM5

DTM - NOVEMBER 2023

Name	Club	Designation
Kelley Demers, DTM	Millyard Toastmasters	DTM
Cynthia Sarvai, DTM	Millyard Toastmasters	DTM



DECEMBER | 2023

DISTRICT CALENDAR

S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	<u>D45 Leadership Masterclass</u>	8	9
10	11	12	13	<u>New Member Welcome</u>	15	<u>Division A Humorous Contest 9AM ET Zoom</u>
17	18	19	<u>20 Newsletter submission due</u>	<u>21 WEBINAR - Bring the FUN</u>	22	23
24	25	26	27	28	29	30
31						

**TIMES LISTED ON THE D45 CALENDAR ARE *ATLANTIC* TIME
EASTERN IS ONE HOUR EARLIER
NEWFOUNDLAND-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!

