



District 45 ANNUAL CONFERENCE May 17-19, 2024 FREEPORT, MAINE

IGNITE Momentum
AWAKEN Opportunity
D45 ANNUAL
CONFERENCE



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KEYNOTE

Sheryl Roush DTM
PDG AS



KEYNOTE

Jeff Sobel DTM PID



KEYNOTE

Joe Grondin DTM AS

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Welcome from District 45 Director Angela Chute, DTM



Welcome D45

A warm **WELCOME** to your 2024 District Conference in Freeport, Maine!

I'm delighted to SEE you in person. I'm exhilarated to WELCOME our talented and entertaining presenters joining us.

We gather together, to **CELEBRATE YOU:**

your accomplishments, your wins, your new friends and raving fans, your leadership growth, and everything you've become stepping outside of your comfort zone in your 2023-2024 Toastmaster year!

What an amazing, truly memorable year!

Awards, Contests, Hugs, Laughter, and Dancing await!

I'm so very honored YOU are HERE!

Happy 100 Year Anniversary, Toastmasters!

Angela Chute, DTM

District 45 Director 2023-2024

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EVENT SCHEDULE

FRIDAY

• **4:00PM ET - 7:00 PM ET**

- Registration Open

• **6:00 PM ET - 7:00 PM ET**



- **First Timer's Event -**

- Hosted by Div D Dir. Jenney Theriault, PM2

- **DTM VIP Reception** (Invitation Only) -

- Hosted by District Director Angela Chute, DTM

- **Flag Lineup for Opening Ceremonies -**

- Hosted by Casey Jenkins, DTM Area 10 Director

• **7:00 PM ET - 7:10 PM ET**

- **BREAK**

• **7:10 PM ET - 8:30 PM ET**

- (8:10PM AT/8:40PM NL)

- ***** Table Topics Contest *****

- Reese Eskridge, DTM - Contest Chair

• **8:30 PM ET - 8:40 PM ET**

- **BREAK**

• **8:40 PM ET - 9:00 PM ET**

- **Opening Ceremonies/Parade of Flags**

- Hosted by Jennifer Bonnevie TC5 and Andrea Gray Conference Chairs and, Casey Jenkins, DTM

• **9:00PM ET - 9:15PM ET**

- **Announcement of Table Topics Winners**

- Angela Chute, DTM DD



EVENT SCHEDULE

SATURDAY

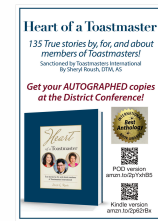
- **7:00AM ET - 8:50AM ET**
 - **BREAKFAST**
- **7:30AM ET - 7:45AM ET**
 - **District Director Welcome**
 - *Angela Chute, DTM DD*
- **7:50AM ET- 8:50AM ET**
 - **New Club Officer Training**
 - President, VPE, VPM, VPPR, Secretary, Treasurer, and SAA
- **8:50AM ET - 9:00AM ET**
 - **BREAK**
- **9:00AM ET - 10:00AM ET - All Attendees**
 - **Starting With Why**
 - Jeff Sobel, DTM PID
- **10:00AM ET - 10:10AM ET**
 - **BREAK**
- **10:10AM ET - 11:10AM ET - All Attendees**
 - **Market Like a Pro**
 - Sheryl Roush, DTM PDG AS
 - [Market Like a Pro Speechcraft Handout - English](#)
 - [Market Like a Pro Speechcraft Handout - French -Thanks to D61 for Translation!](#)
- **11:10AM ET - 11:20AM ET**
 - **BREAK**
- **11:20AM ET- 11:50AM ET**
 - **GEM RECEPTION: Going the Extra Mile (Invitation Only)**
 - Hosted by Angela Chute, DTM DD
 - **The Virtues Acquired**
 - Carol Niles, VC5
 - **The Secret to Impromptu Speaking**
 - Sheryl Poirier, DTM, PDD
- **11:50 AM ET - 1:10PM ET**
 - **LUNCH - Sponsored by Atlantic Online Evaluators**
 - **District Awards - Sponsored by Cool Tropics**
 - Ivona Cookson DL1, Division B Director
- **1:10PM ET - 1:20PM ET**
 - **BREAK**
- **1:20PM ET - 1:50PM ET**
 - **Effective PR Strategies for Toastmasters**
 - Dave Stonehouse, EC4, Division C Director
 - **Developing a Mission**
 - Reese Eskidge, DTM
 - **Passion, Purpose & Prosperity: Do What You Love and Earn Your Dream Life**
 - Maya Manseau, MS3



EVENT SCHEDULE

SATURDAY, cont.

- **1:50PM ET - 2:00PM ET**
 - **BREAK**
- **2:00PM ET - 2:30PM ET**
 - **Engage With Millennials**
 - Tom Macisso, DTM, Area 6 Director
 - **Voice Play!**
 - Rosie Wolf Williams, EC5
 - **The Secret Sauce**
 - Linda Ramrath, DTM
- **2:30PM ET - 2:40PM ET**
 - **BREAK**
- **2:40PM ET - 3:40PM ET - All Attendees**
 - **Give Yourself Permission**
 - Joe Grondin, DTM, AS
- **3:40PM ET - 4:10PM ET**
 - **BREAK**
- **4:10 PM ET - 6:00PM ET**
 - (5:40PM AT/5:10PM NL)
 - ***** International Speech Contest *****
 - Crystal Cobb, DTM - Contest Chair
- **6:00PM ET - 7:00PM ET**
 - **BREAK**
- **7:00PM ET - 9:30PM ET**
 - **DISTRICT DIRECTOR BANQUET *Sponsored by www.SharonJoseph.ca***
 - Hosted by Conference Co-Chairs Jennifer Bonnevie, TC5, Andrea Gray
 - **7:00PM ET - 7:30PM ET**
 - Meal is Served
 - **7:30PM ET - 8:15 PM ET**
 - **Keynote Speaker**
 - **The Heart of a Toastmaster**
 - Sheryl Roush DTM PDG AS
 - [Heart of a Toastmaster Handout](#)
- **8:30PM ET- 9:00PM ET**
 - **Installation of Officers**
 - Jeff Sobel, DTM, PID
- **9:15PM ET - 9:30PM ET**
 - **International Contest Winners**
 - Angela Chute, DTM DD
- **9:30PM ET - 11:00 PM ET**
 - **DANCE PARTY!**



EVENT SCHEDULE

SUNDAY

- **BREAKFAST on Your Own**
- **8:00AM ET - 8:50AM ET**
 - **Incoming SLT & Division Director Huddle**
 - Sharon Joseph, DTM DD Elect
- **8:50AM ET - 9:00AM ET**
 - **BREAK**
- **9:00AM ET - 11:00AM ET**
- **(10:00AM AT/10:30AM NL)**
 - **Humorous Speech Contest**
 - DJ Turchon DTM PRM - Contest Chair
- **11:10AM ET - 11:20AM ET**
 - **2023-2024 District Director Remarks**
 - Angela Chute, DTM DD
- **11:20AM ET - 11:40AM ET**
 - **Raffle: 50/50 Draw**
 - (\$2US Square only) / Dave Stonehouse, EC4 Division C Director
- **11:40AM ET - 12NOON ET**
 - **Humorous Speech Contest Winners**
 - Angela Chute, DTM DD



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Keynote Speakers' Bios

Sheryl Roush, DTM, PDG, AS

Sheryl Roush, DTM, PDG, Accredited Speaker is CEO of Sparkle Presentations, Inc., based in New York. First shy and stumbling through her Ice Breaker in 1987, Toastmasters IGNITED momentum within her as today Sheryl is an international speaker, and has presented over 3,500 programs globally, plus virtually since 2010.

In 2009, selected from over 260,000 members, Sheryl received the Toastmasters Presidential Citation for her outstanding contributions to enhancing global communication and leadership.

Sheryl is the proud author of the TI-sanctioned Heart of a Toastmaster book, which received the "Best Anthology" from the International Book Awards, publishing true stories by 135 members.

This is going to be a heart-centered keynote session.



[Market Like a Pro Speechcraft Handout - English](#)

[Market Like a Pro Speechcraft Handout - French -Thanks to D61 for Translation!](#)

Want a greater response from your print and social media promotions?
Fresh ideas to revitalize your Club... and boost your membership?

Attend this high-ignition workshop at the Conference!

Market Like A Pro!
How to Ignite Momentum in Your Club Promoting Your Club to Potential
Members and Marketing a Speechcraft Series

Learn tried-and-proven tips to apply to ANY promotion!
Discover simple ways to attract visitors and recruit new members to your Club!

In this "how to" educational session, you will:

- Learn the 3 stages of how readers read, and what they need in your promotion
 - Understand what design elements are best placed where in the layout and why
 - Explore the benefits of hosting a Speechcraft Series to boost your membership
- ** Session includes a 8-page handout with handy planning checklists and worksheets!



Keynote Speakers' Bios

Jeff Sobel, DTM, PID



Jeff Sobel, DTM, PID, a Toastmaster since 2005. Jeff is the current President of Bethlehem Toastmasters in Delmar, NY, President's Distinguished since 2003.

Jeff is a Distinguished Toastmaster, the highest level of education achievement in the organization.

Jeff's service as Region Advisor provided opportunity to support, train, coach and mentor District Leaders from around the world. As International Director, Jeff gained deeper organizational knowledge working with other Board of Directors. Jeff was awarded the Presidential Citation in 2020.

Jeff is a retired senior cybersecurity specialist, an avid runner, a musician, and a third-degree black belt.

As president of his homeowners' association he uses skills developed in Toastmasters everyday for the betterment of his community.

Dedicated to personal growth and the growth of others, Sobel says, "I love helping others experience the same benefits from Toastmasters that I have, seeing them become better communicators, better leaders, better versions of themselves."

Joe Grondin, DTM AS

Joe Grondin, DTM, AS is a retired educator and is now, with the guidance of his Toastmaster family, fulfilling his dream of being an international inspirational speaker. He is the author of the books "Living in Harmony With Our Children" and "Speak to Reach" and has been asked to speak throughout North America on these topics.

Joe has been busy traveling the globe to pursue his passions. Recent destinations include Malaysia, Washington D.C., and Las Vegas to participate in the Toastmasters World Championship of Public Speaking. Having qualified seven times for the world championships, he has successfully placed in the top 10 on two occasions. Joe is a three-time TEDx speaker and earned the prestigious Accredited Speaker designation from Toastmasters International in 2017 becoming one of 90 people in the world who hold this distinction. Joe does admit that his biggest accomplishment is getting hugs from his grandchildren.

Joe is a "FEEL GOOD" type guy and takes any opportunity to sing and dance in public, much to the dismay of his family. The last time Joe did his song and dance in public his children ran for cover.

Joe is a proud Toastmaster and he truly believes that Toastmaster audiences are the best audiences in the world. It is truly an honour for Joe to present in front of his Toastmaster family because it matters not where you are in your journey, you are dedicated to self-improvement so that you can make a difference in this world. Joe is hoping that in some small way he can help you on that journey.



Educational Presenters' Bios

Alphabetical Order by Last Name



Reese Eskridge, DTM

Reese has been a Toastmaster for 8.5 years. He joined the Greater Newark Area Toastmasters club in Newark, DE in District 18 before moving back to his home state of New Hampshire in 2019, when he joined Nashua-Hudson Toastmasters. During his

career, he has served 6 of the 7 club officer roles, as well as as a club coach where he coached Blue Hen Toastmasters to Select Distinguished Status; as a planner or presenter for several District conferences; and as a change agent for Nashua-Hudson Toastmasters. He has placed in Division contests from 2018-2021, earned the DTM Award in 2020, was named Toastmaster of the Year by Nashua-Hudson Toastmasters in 2021.

This workshop will focus on how to develop a mission. Topics discussed will include common and unexpected roadblocks to avoid, mantras, collaboration, and more.



Tom Macisso, DTM

Tom joined Toastmasters about 15 years ago. He was tasked to host a large ceremony for over 1500 people. Fear and panic set in. Tom was asked to attend a Toastmasters meeting and he's been a member ever since.

Tom started a club that successful chartered. He has been a club leader/officer, Area and Division Director. He just achieved his DTM designation

Mentoring is a great way to establish and/or build relationship with others. This workshop will establish how to do just that.

Maya Manseau, MS3



After losing her 23-year-old daughter to leukemia, Maya kept asking herself why she was still here and what her purpose was. Maya began a very intentional way of life to bring peace to herself and others, which she wrote about in her book *Living Intentionally After Loss: 8 Steps to Reclaiming Your Passion & Purpose*.

Now guiding those seeking to ease their grief and unearth their profound purpose, Maya intertwines intuition, timeless wisdom, and actionable lessons, empowering every soul to transcend boundaries, find clarity, and build a fulfilling, prosperous life.

Passion, Purpose, & Prosperity: Do you feel like there is more to life than the way it is now? Do you want to do something that you love to create the life that you have always dreamed about? Want to find that missing piece that keeps eluding you? This session will show you the simple formula for creating a small business using your passion and purpose with long-term success.

Together, we'll walk the path where passion, purpose, and prosperity intertwine, ensuring you live every day fueled by meaning and driven by impact.



Educational Presenters' Bios

Alphabetical Order by Last Name



Carol Niles, VC5

I joined Toastmasters in 2019 to become a world-class speaker because I had written a world-class book and knew I'd be traveling the world to speak about it. Well, I didn't quite fulfill my dreams of becoming a world-class speaker or writer BUT I did become a

better human being!

My dreams of being a "world-class" speaker have not yet been fulfilled. However, my hopes of growing to be a better person, my inner core, my attitudes, and my responses have been fulfilled more than any hope of ever being that "world-class" speaker.

Getting to know other Toastmasters and their generosity in service, tactfulness, and honesty, has been the role model I've needed my whole life. I am a naturally bossy person, extreme in some of my beliefs, and wanting my way. I am now more tempered, and more thoughtful in my speech.

Toastmasters is a safe place for all and a place to not only develop your speaking, writing, and leadership abilities, but a place where you will find acceptance and kindness, a place where you can knock off the rough edges, a place to acquire and grow the virtues you dream of living.

Sheryl Poirier, DTM PDD



Distinguished Toastmaster Sheryl Poirier has enjoyed speaking and leading in Toastmasters at all levels. In District 64, she has been an Area Director and a Division Director twice each, Club Growth, Program Quality and District Director once each. She is currently the Area 2 Director in District 45.

Sheryl learned to answer off topic and off-the-wall questions while teaching 11-17 year olds. Of course in school, she aimed to give truthful answers. When her son asked, "Mommy, can you tell me a story?" he challenged her imagination. These experiences and more have prepared Sheryl to embrace Table Topics!

While we do impromptu speaking daily, our responses to questions or discussion topics may be less confident or less organized than we desire. How can we organize a response? How can we use our skills of body language and vocal variety to give the impression of and build confidence? Table Topics is the answer! Join Sheryl for a workshop to make our Table Topics sessions useful, varied and fun.



Educational Presenters' Bios

Alphabetical Order

Linda Ramrath, DTM



Linda Ramrath is a seasoned quilter and public speaker whose passion for fabric and storytelling has shaped her diverse career. From sewing intricate garments in her youth, inspired by her grandmother, to discovering the world of quilting in 1990, Linda's journey has been one of creativity and community involvement.

Linda Ramrath, DTM, serves as the current District 45 Club Coach Chair, where she blends her distinctive talents to assist coaches in discovering innovative approaches to attract new Toastmasters members. A lover of literature, sewing, and uncovering the humor in everyday life, Linda's journey has been enriched by studying various public speakers, from whom she's gleaned invaluable lessons. Today, you're in for a treat as you delve into Linda's unique insights and creative approach. Are you prepared to embark on a journey to uncover the secret sauce within your Toastmasters club? Once you've mastered the recipe, get ready for a transformation in your marketing strategies and the potential for exponential growth within your club.

Let's uncover the delicious concoction Linda has prepared for us today. Get ready to savor every moment!

Dave Stonehouse, EC4



Dave Stonehouse is Founder & CEO of The Stonehouse Agency, a public relations consultancy in Saint John, New Brunswick. The firm works with a wide range of organizations, from global enterprise to non-profit, to raise their profiles and help

them achieve greater success. A strategic thinker, Dave has served as an adviser to CEOs in both the public and private sectors and directed media relations efforts for entire organizations. His move to corporate communications came after a 25-year career as a nationally award-winning writer and editor.

Effective PR Strategies For Toastmasters: A Common-Sense Guide To Getting Your Message Out In Today's Noisy World is a practical and engaging session designed to help Toastmasters maximize their communications efforts.

Rosie Wolf Williams, EC5



Rosie Wolf Williams is an artist, speaker, and writer based in Shaftsbury, Vermont. She has been on the Toastmasters stage and in the past has voiced commercials for a Vermont radio station, narrated audiobooks for Audible, and authored the book "The Thought of You: The Art of Being Alive!"

Voice Play! Warm Up Your Voice Before Stepping On Stage. Rosie's interactive workshop will get you off your feet, exercising your voice, and relieving some of those pre-stage jitters! Voice Actor's Tips interactive get off your feet laugh out loud stress relievers.



DISTRICT AWARDS



Dave Rosvall Memorial Award

For continuous service to District 45

Dave Rosvall was District Governor from 1980-1981. After being District Governor, he continued to act as a mentor to many of the District Leaders who followed him. Presented to an outstanding Toastmaster for meritorious service to District 45 and beyond. The recipient must have been a D45 Toastmaster for at least 10 years.

Mary E Hunter Life-long Learner Award

Never stop learning!

Mary E Hunter joined Toastmasters at the age of 78 because she wanted to learn something new. She will be 101 this year and is *still* an active Toastmaster with Bangor Toastmasters. She actively works the education program, regularly competes, and recently wrote a 10 chapter book about her life. Mary volunteers to this day. She is a “life-long learner.” This award is presented to a Toastmaster who has retired, but is still active in Toastmasters, volunteering and other outside learning endeavors.

Shirley Kelly Award

Empowering fellow Toastmasters

Shirley Kelly was District Governor in 2002-2003, achieved Distinguished District and was a much loved, hardworking, supportive person and leader.

This award is 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.

Communications and Leadership Award

Contributing to communications and leadership excellence

The **Communications and Leadership Award** is the District's opportunity to recognize someone or an organization outside Toastmasters for contributions to communication and leadership excellence.

Presented by the District Director to a non-Toastmaster in the community who is an outstanding communicator or leader, and who best exemplifies Toastmasters' values.



DISTRICT AWARDS

Multimedia Omnipresence Award

Using all aspects of social media

First presented in 2020, this award is presented to the club judged to use all aspects of public relations to the best advantage of the club. Included could be newspaper, newsletters, website, Facebook, Twitter, Instagram, etc

Submissions are sent to the Public Relations Manager, who along with a selection committee chooses the club.

Area Director of the Year

Chosen by the District Director, achievements are measured across various parameters, leadership commitment, support, and team work.

Division Director of the Year

Chosen by the District Director, achievements are measured across various parameters, leadership commitment, support, and team work.

Malagash Trophy

This trophy is awarded to the CLUB whose members attending the conference accumulate in aggregate the greatest distance traveled.

Each member must attend all events of the conference.



D45 Toastmaster of the Year

The Toastmaster of the Year is expected to excel in a variety of leadership and communication, educational, and public relations activities.

The recipient is selected by the District Director from nominations submitted.



Distinguished Toastmaster (DTM)

As a 'rite of passage', new DTMs since July 1, 2023 are recognized and have to opportunity to walk the DTM gauntlet!



Special Award Announcement

Before all the DTMs sit down, there is a special announcement. Please remain standing.



COMMUNICATION and LEADERSHIP RECIPIENT

Gary Dugal and the Good Will-Hinckley Team



GOOD WILL-HINCKLEY
Educating Youth. Changing Lives.



WHERE BOYS AND GIRLS IN NEED
COME TO HEAL, LEARN, AND GROW

OUR MISSION
Since 1889, our mission has been to provide a home, educational opportunities, and a supportive environment to youth, families, and the community we serve that are in need of a helping hand.

207.238.4000
WWW.GWH.ORG



Gary Dugal
President & Executive Director



Michael Hinckley-Gordon
Chief Operating Officer



Lisa Sandy
VP/Director of Admissions & Compliance

George Walter would be proud of what our organization has become. Offering everything from therapeutic residential treatment to dynamic educational resources—including the Glenn Stratton Learning Center and our growing College Step-Up & Transitions program—GWH is more than just a campus or a special education school in Maine. We're a community that's given thousands of young people the tools they need to not just survive but thrive.

At GWH "Educating youth. Changing lives." isn't just our tagline. It's what we do and who we are. Today, we're honored to carry on the legacy that George Walter established: to be a haven for young people in need and to champion their paths to success.



Dance Party!

SATURDAY NIGHT!

9:30PM-11:00PM



Send your song choices to
d45.conference@gmail.com

IGNITE Momentum

OPEN Opportunity

SUNDAY!

Cash only

50/50
Raffle

SUNDAY!

Tickets \$2.00 ea/3 for \$5.00

Card Only

SILENT
AUCTION



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Saturday's lunch sponsored by:



**Join our meetings on Sundays
@ 6pm Eastern / 7pm Atlantic
Learn more at**

<https://7800586.toastmastersclubs.org>



To our Sponsors,

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Award Ceremony sponsored by:



<https://cool-tropics.com>



To our Sponsors,

THANK YOU

District Director Banquet sponsored by:



[Sharon Joseph: Truth in Perception, Empathy in Leadership](http://www.sharonjoseph.ca)





The District would like to thank:

- The Conference Chairs
- Keynote Speakers
- Educational Speakers
- Contest Participants
- Contest Functionaries
- Our Sponsors
- Our Volunteers
- and

The Hilton Garden Inn, Freeport Maine





THE
World
IS WAITING FOR YOU
GOOD LUCK.
TRAVEL SAFE.

Go!

- Phil Keoghan

CASTAWAY WITH CRYSTAL

