



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

DISTRICT LEADERSHIP: Leadership Torch



Angela Chute, DTM

*District Director
2023-2024*



IN THIS ISSUE:

<u>DISTRICT LEADERSHIP</u>	2
<u>MEMBERS ARE SAYING</u>	4
<u>ANNIVERSARIES</u>	6
<u>DISTRICT BUZZ</u>	7
<u>LEVELING UP</u>	9
<u>CALENDAR</u>	12



I had never considered serving in District 45 Trio or Toastmasters International as District Director...then I was tapped on the shoulder. This 2023/2024 Toastmasters' year has been a humbling and phenomenal experience!

Have you heard? Serving in District Leadership is experientially equivalent to earning an MBA. I 100% agree!

What did I gain?

Full immersion in: leadership development, communication, emotional intelligence, team recruitment, mentorship, tough decision-making, negotiation, protocol knowledge, budget development, priority alignment, resource management, Robert's Rules of Order, discomfort zone management and personal resilience.

Ohhh.... Did I mention, LAUGHTER and NEW friends? Bahamas. Dallas. Honestly? I kicked fear of failure to the curb this year! You can't BUY that.

IF you are ever honored with being tapped on the shoulder to serve, Say YES, it's the hardest job you'll ever love. It's my honor to pass this precious Leadership Torch to District Director Sharon Joseph, DTM.

Happy 100 years TI!
Happy 69 years D45!

Hold onto your hat D45, it's going to be an AWESOME year!!

Unlock Your Potential: Toastmasters - The Ultimate Solution!



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

I hope your marketing strategies are well on their way to success. I'd like to throw one more idea out there for you and your struggling club to consider. Toastmasters is a solution to whatever problem people encounter at work or home. Here is some marketing text you are welcome to use.

In this ever-evolving world of communication and leadership challenges, are you finding yourself at a crossroads, unsure of where to turn for solutions? Look no further, because Toastmasters International is the answer you've been seeking!

Picture this: You're striving to enhance your marketing endeavors, exploring every avenue from social media platforms to traditional advertising methods. But have you considered the one-stop solution that Toastmasters offers? Let's delve into the myriad of benefits it brings to the table.

Are you craving to hone your leadership prowess? Look no further than Toastmasters. Seeking a platform to unleash your creativity? Toastmasters has got you covered. Do you yearn to expand your network and engage with like-minded individuals, either virtually

or in person? Toastmasters provides the perfect forum. And if delivering impactful presentations to your team is on your agenda, Toastmasters equips you with the skills to shine.

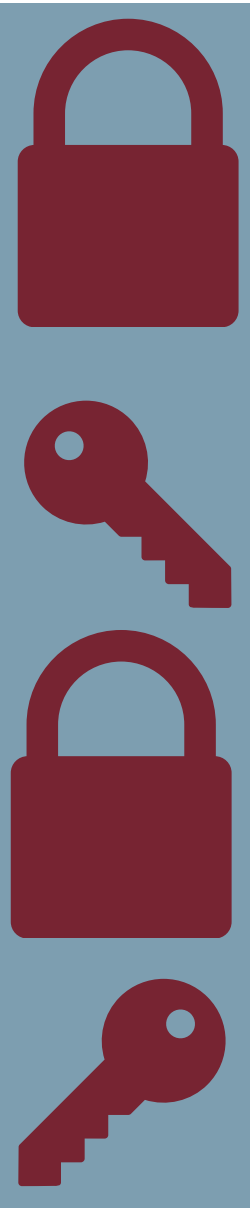
But the benefits don't stop there. Are you contemplating taking on a leadership role within your charitable organization but feel hesitant due to a lack of confidence? Toastmasters empowers you to step up with assurance.

Toastmasters isn't just a solution; it's the key to unlocking your full potential in every aspect of your life. Whether you're a young professional embarking on your career journey, a seasoned middle-aged individual seeking fresh challenges, or even someone in the golden years of life eager to keep growing, Toastmasters welcomes you with open arms.

Let's spread the word and connect the dots. Let's invite individuals from all walks of life to join Toastmasters and embark on a transformative journey of self-discovery and growth.

Join Toastmasters, and let's embark on this remarkable journey together.

Here's to unlocking boundless possibilities (and more members) with Toastmasters!





Bill Kirby
D45 Parliamentarian
billkirby65@gmail.com

Best Practices

What do we do when a prospect member displays unToastmaster like traits or an existing member becomes toxic and disciplinary actions have failed.

Voting members in, provides the club a means by which to free itself from a person who can kill a club faster than you can say “meeting adjourned”.

When toxicity arises in a club people begin to leave because they do not want to deal with the negativity or controlling behavior of another. It can sneak up on us. It's why certain roles are not recommended to repeat in consecutive years (such as president).

Having voted members in allows the club to also vote members out or even decline the acceptance of a membership application. Thus, ensuring the club remains engaged, supportive and vibrant instead of languishing and desperate.

We never want to think of these instances and thankfully they are rare and yet just like winning the lottery, it can happen.

Be a smart club, be a prepared club, be an engaged club, be a respectful club, be a successful club.

For more details on voting members in, you can refer to the Toastmasters International governing documents [CLUB CONSTITUTION FOR CLUBS OF TOASTMASTERS](#), Article II, Section 2 Admission to membership. You may also contact your district Parliamentarian via email



Thank You

TO DISTRICT 83
For helping out with D45's
Annual Conference

We appreciate the loan of your video camera and setting up your 100 Year Photo Booth!

MEMBERS ARE SAYING



Carol Coolidge

President of Champ Masters
and Area 8 Director

Club Coaching - It Works!

When it seems like your area club is hanging on by a shoestring and low membership casts doubt that you will survive, don't give up. Every club in District 45 has its own personality and should be proud of that! Don't forfeit what assets you do have, but build on the goals, hopes and aspirations of club members.

Use resources available to you to get back on your feet. Club Coaching administered at the District Level is not an admission of weakness or defeat. It is a proactive resource that sheds light by giving suggestions on how to lighten your load, regain energy and give hope and vitality to your club members.

Membership at Champ Masters had fallen to a dangerously low level—lower than it was during the pandemic. Together we shouted out ways to attract and retain members with little carry through. That's when we met Club Coach Director Linda

Ramrath. By the end of a few short emails, Linda visited, observed and added insight into how to market Champ Masters. She even participated in our meeting by offering a humorous story about the car of her dreams and her “boyfriend” Dave. It brought humor, diversion and new ideas to a well-run but plateaued meeting.

Instead of falling to failure, it brought new ideas to Champ Masters members. Without falling victims to defeat, members of the club responded independently through media updates. A simple spring flower posted on Facebook brought beauty, focus and curiosity about Champ Masters. During the course of 1 week Champ Masters blossomed into a club in Good Standing.

Thank you Linda Ramrath, Club Coach. We love the way you think out of the box!



MEMBERS ARE SAYING



Kathi Zwicker

Lead District 45 Rotary Toastmasters Alliance Action Team
President Women Changemakers Toastmasters

Under Construction Building a Rotary Toastmasters Alliance

This insightful video explores the exciting possibilities of collaboration between Rotary and Toastmasters clubs at the local level. Discover how this alliance can create a powerful platform for your members to:

- Develop strong public speaking skills
- Become confident and compelling leaders
- Make a lasting impact through collaborative service projects

Get inspired by these featured speakers:

Aaleyah Evans: Growing up in an Alliance family (Mom Rotarian, Dad and Mom Toastmasters, Brother and sister Rotaract) - A unique perspective on the power of combined service and communication.

Christina Kruis: A Toastmaster who will showcase how to integrate the Toastmaster Youth Program with your Interact program for a dynamic year of youth development.

Maria Kliavkoff (President of the Waterton Glacier International Peace Park Association): Exploring the intersection of Rotary's international peacebuilding initiatives by drawing on the history of the first International Peace Park in the world inspired by Rotarians almost 100 years ago in 1931.

Lieff Saloniuk: Reinvigorating the concept of Speakers Corner - demonstrating how this classic forum for public discourse can be adapted to our current times.

Tania Lytvyniuk: A Toastmaster sharing her firsthand experiences living in war-torn Ukraine.

Rostyslav Lukach: Highlighting Rotarian efforts to provide relief and rebuilding plans for Ukraine.

Ready to unlock new avenues for your members? Watch this inspiring webinar!

Hosts for the sessions are Anne Sutcliffe from [The Rotary Club of Adventurers](#), Rotary District 1040 and Kathi Zwicker from [Women Changemakers Toastmasters](#), District 45, and [Hanwell Rotary](#), District 7815, The session is hosted virtually by Calgary Alberta's Toastmasters and Rotarians of [District 42 Toastmasters](#) and [Rotary District 5360](#).

Check out the resources on the Toastmasters Alliance on [Rotary.org](#) and on the Rotary Alliance at [Toastmasters.org](#). If you want more info on starting an alliance partnership contact: [District 45 Rotary Toastmasters Alliance](#) Action Team at kathtoastmasters@gmail.com.

We hope you enjoy watching [UNDER CONSTRUCTION: Building a Rotary Toastmasters Alliance](#).

ANNIVERSARIES



HAPPY Anniversary!

May 2024

- Live, Speak or Die Toastmasters - 8 years
- Bedford Basin Toastmasters - 9 years
- Arcadie du Grand Caraquet - 134 years
- Pine Tree Toastmasters - 15 years
- Millyard Toastmasters - 18 years
- Horseshoe Pond Toastmasters - 22 years
- Portsmouth Toastmasters - 70 years



District 45 Toastmaster of the Year: Cecilia Dahl, PM1, District Finance Manager



HAPPY Anniversary!

June 2024

- Rising Tide Toastmasters Club - 7 years
- Mt. Washington Valley - 10 years
- Confederation Club - 21 years
- Spotlight Toastmasters Club - 21 years
- Harborside Club - 23 years
- Greater Portland Toastmasters Club - 27 years
- Amoskeag Better Communicators - 28 years
- Dartmouth Toastmasters Club - 31 years
- Concord Toastmasters - 36 years
- Toastmasters of Greater Burlington - 42 years
- Schooner Toastmasters Halifax - 45 years
- Savvy Speakers - 48 years



CLICK HERE

Scenes from the District Conference

May 17-19, 2024
Freeport, Maine

District Buzz



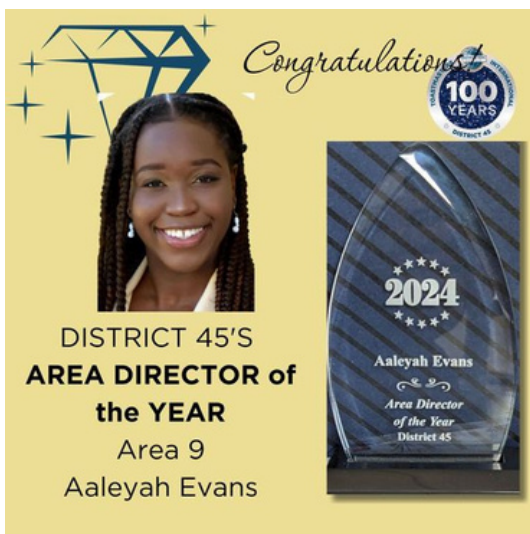
PREMIERE TOASTMASTERS CLUB

DIVISION C
AREA 17

The Premiere Toastmasters Club would like to congratulate the 2023-24 Toastmaster of the Year, Irina Albert Mateos! Irina's journey with Toastmasters began in 2022 with a simple goal: to become a more confident public speaker. From the first meeting she attended, she was welcomed by a supportive community. Irina participated in Toastmasters' International Speech Contest, where she reached District Level. Each of these amazing experiences helped her grow not just as a speaker, but as a leader. Today, Irina stands tall, brimming with confidence and equipped with skills that extend beyond the podium. Toastmasters transformed Irina's speaking abilities and introduced her to a wonderful community of like-minded individuals. Her journey continues, as Toastmasters keeps teaching her new things.



DISTRICT NEWS



CONCORD TOASTMASTERS

DIVISION A

AREA 12

Concord Toastmasters unanimously voted in favor of the following 2024-2025 club officers:

President - Rick Dymont
VPE - Devyn Vachon,
VPM - Ann Walls
VPPR - Magalie Lawrence
Treasurer - Jennie Parisi
Secretary - Jon Kelly
SAA - Dori Bell.
IPP- Sarah Chaffee

Congratulations to the following members on reaching new educational milestones:

- Ariana Ziminsky has completed Level 4 of Effective Coaching
- Magalie Lawrence earned her first Round Robin
- Sarah Chaffee completed her third Round Robin



Dori Bell presents Betsy Black with Best Speaker ribbon.



Joanne Martin presents Jon Kelly with Best Evaluator ribbon.

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

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 - April & May 2024

Name	Club	Level
Jason R. Lambert, DL1	Live, Speak Or Die Toastmasters	DL1
Lorelei Grecian, DL1	Riverview Canusa Toastmasters Club	DL1
Marion P. Taylor, DTM	Civil Speakers Toastmasters Club	IP1
Anne Hancock, DTM	Women Changemakers	PM1
Andrea Yoshida, MS1	True Blue Toastmasters	MS1
Kelley Demers, DTM	Amoskeag Better Communicators	MS1
Miguel S. Moeini, MS1	Saint John Club	MS1
Peggy E. Seymour, DTM	The Maine Thing Advanced Toastmasters Club	PI1
Eric J. Tinker, PM1	White Mountain Toastmasters Club	PM1
Jeannette Folan, PM1	Sears-Halifax Club	PM1
Paul F. Coddington, DTM	Spotlight Toastmasters Club	PM1
Dori Bell, PM1	Concord Toastmasters Club	PM1
Jenny Robles, PM1	Pleasant Street Toastmasters	PM1
Matthew R. Morency, DTM	Winning Speakers Club	PM1
Grant Gesner, PM1	Civil Speakers Toastmasters Club	PM1
Naiane A. Patricio, PM1	Saint John Club	PM1
Bill E. Melvin, SR2	Sears-Halifax Club	SR1
Rupali Goyal, SR1	True Blue Toastmasters	SR1
Anne Doucette, DTM	Spotlight Toastmasters Club	SR1
Crystal L. Cobb, DTM	Riverview Canusa Toastmasters Club	SR1
Anne Gilson, DTM	The Maine Thing Advanced Toastmasters Club	TC1
Sue Flower, VC1	Charlottetown Toastmasters Breakfast Club	VC1



LEVELING UP

LEVEL 2 - April & May 2024

Name	Club	Level
Holden M. Johnson, DL3	Fredericton Toastmasters Club	DL2
Laura A. Muise-Curren, DL2	Bedford Basin Toastmasters	DL2
Jeff N. Maker, DL2	Saint John Club	DL2
Dawna-Jean Turchon, DTM	The Maine Thing Advanced Toastmasters Club	EC2
Moranda Van Geest, EH2	Sussex Toastmasters Club	EH2
Anne Hancock, DTM	Women Changemakers	LD2
Kelley Demers, DTM	Millyard Toastmasters	MS2
Peggy E. Seymour, DTM	The Maine Thing Advanced Toastmasters Club	PI2
Shanchun Li, PM2	Provincially Speaking Toastmasters	PM2
Sarah Hanna, PM2	Memorial Toastmasters Club	PM2
Carter McGrath, PM2	Rising Tide Toastmasters Club	PM2
Matthew R. Morency, DTM	Winning Speakers Club	PM2
Ann Marie Pochtar-Galakis, DTM	The Maine Thing Advanced Toastmasters Club	SR2
Bill E. Melvin, SR2	Sears-Halifax Club	SR2
Raymond J. Savoie, DTM	True Blue Toastmasters	VC2
Marina Kirsch, DTM	Exeter Speak-Ups Club	VC2

LEVEL 3 - April & May 2024

Name	Club	Level
Paula D. Tozer, DL3	Riverside Toastmasters	DL3
Holden M. Johnson, DL3	Fredericton Toastmasters Club	DL3
Deborah I. Mitton, EH3	Atlantic Online Evaluators	EH3
Paul Giesbrecht, PI4	Dartmouth Toastmasters Club	PI3
Claudette Joseph, PM3	Speech Afire Advanced Toastmasters	PM3
Lawrence Kelly, PM3	Dartmouth Toastmasters Club	PM3
Cheryl Ann Vincent,	Dartmouth TIC Talkers Toastmasters Club	PM3
Matthew R. Morency, DTM	Winning Speakers Club	PM3
Rishabh Keskar, TC3	Bangor Toastmasters Club	TC3



LEVELING UP

LEVEL 4 - April & May 2024

Name	Club	Level
Katharine K. Mann, EH4	Brunswick Toastmaster	EH4
Maureen McIntosh, DTM	True Blue Toastmasters	EH4
Paul Giesbrecht, PI4	Dartmouth Toastmasters Club	PI4
Matthew R. Morency, DTM	Winning Speakers Club	PM4
Patricia Ledrew, PM4	Sears-Halifax Club	PM4
Crystal L. Cobb, DTM	Riverview Canusa Toastmasters Club	TC4
Kazeem Akindele, VC4	Memorial Toastmasters Club	VC4

LEVEL 5 - April & May 2024

Name	Club	Level
Anne Doucette, DTM	Riverview Canusa Toastmasters Club	EC5
Donelle Caselden, PM5	2211 Toastmasters	PM5
Matthew R. Morency, DTM	Winning Speakers Club	PM5
Shivani Munshi Das, VC5	Civil Speakers Toastmasters Club	VC5

MENTOR PROGRAM - April & May 2024

Name	Club	Level
James M. Lawlor, SR2	Provincially Speaking Toastmasters	MENTOR PROGRAM
Karina Sanford, VC2	Sears-Halifax Club	MENTOR PROGRAM
Mintrude Charles-Young, PM5	Sussex Toastmasters Club	MENTOR PROGRAM



JUNE

2024

District Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
-----	-----	-----	-----	-----	-----	-----

						1
2	3	4	<u>Club Officer Training 7PM</u>	<u>Club Officer Training 7PM</u>	7	8
9	<u>Newsletter Submissions</u>	11	12	13	14	15
16	<u>Club Officer Training 7PM</u>	18	19	<u>Club Officer Training 7PM</u>	21	22
23	<u>Club Officer Training 7PM</u>	25	26	<u>Club Officer Training 7:30PM</u>	28	<u>Club Officer Training 10AM</u>
30						

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

Check the D45 Calendar for
details on all events!