

DISTRICT 45

INSIDER

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

A Voice For All: From Your Newsletter Crafters

INTRODUCING 2024-2025 D45 LEADERSHIP TEAM



Sharon Joesph, DTM
District Director



Sherry MacDonald, DTM
Program Quality Director



Tom Macisso, DTM
Club Growth Director



Lawrence Kelly
Public Relations
Manager



Carol Coolidge
Administration Manager



Angela Chute, DTM
IPDD and District
Leadership Chair

For the Members...

By the Members...

Sharon Joesph, DTM
District Director D45

Your District 45 leadership team is continuing the transition to connecting in person with fellow Toastmasters. As I discovered during the interesting time we've just been through, human connections are important to me and I suspect the same is true for some of you. Our district mission is to "build new clubs and support all clubs in achieving excellence." Your District 45 leadership team is doing their best to make this happen and we cannot do it without your help and involvement. We are asking you to engage and to remember your club mission to "provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth."

By making our 2024-2025 theme of **For the members... By the members...** part of your Toastmaster journey for this year, I have no doubt that you will personally benefit from mentoring and helping your fellow Toastmasters, thus enabling District 45 to end the year with strong leaders and world class speakers.

MEET YOUR DISTRICT LEADERS



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Sharon Joesph, DTM

**Your 2024-2025
District Director**



As a 17 year veteran of Toastmasters, I joined looking for a community. I honed my speaking and leadership skills through the program with incredible mentors, and now I stay because of the people. Our theme this year is For the Members... By the Members. I know our members are benefiting from the program and even more importantly, our members thrive when they set their own course, are supported on their journey and celebrated for their victories!

I was born and raised in Ottawa. I moved to Toronto a few times and then lived in Moncton for 15 years before moving back to Ottawa in 2020. My proudest achievement is my son David. He teaches me every day that life is about living and that elevators are for old people! We live with our two dogs, Goldie and Murphy. David is a janitor at Farm Boy and I am a project manager in Cybersecurity. I love watching an idea evolve and take on a life of its own. I've learned to pivot when change is necessary, dig my heels in when required and release when an idea is done. I am honoured and grateful to be serving the members of District 45... the best district in the world!



MEET YOUR DISTRICT LEADERS

Sherry MacDonald, DTM

**Your 2024-2025
Program Quality Director**



Hello District 45!

I come to you from beautiful Eastern Passage, Nova Scotia, a small community outside Dartmouth and one that reminds me of my hometown of Glace Bay.

January 2025 will mark my 10th year since stepping into a Toastmasters meeting, a meeting that changed many aspects of both my personal and professional life. I am grateful for the skills I developed but mostly for the many people who have helped and supported me through my journey.... Thank you!

I am both excited and honoured to be your Program Quality Director this year and look forward to meeting many of you either online or during in-person events. Upcoming events, such as Fall Workshop, Webinars and the District Conference will be advertised on the District Website and if you want to get involved, there is a job for you.



MEET YOUR DISTRICT LEADERS

Tom Macisso, DTM

Your 2024-2025 Club Growth Director



I'm excited to serve you as the D45 Club Growth Director this year! A couple of things about me; I've been married for 31 years to my wife Christine and we have three grown children, Allie, 30, Stephanie 27, and Zach 22. We currently have two labs, Milo and Lucy, and two cats, Oreo and Mittens. Other than hiking, I also enjoy playing and watching sports, especially baseball and hockey.

Let's build some more clubs!

Tom



MEET YOUR DISTRICT LEADERS

Lawrence Kelly

**Your 2024-2025
Public Relations Manager**



Hello District 45!

I'm excited to connect with all of you as your Public Relations Manager this year! I joined Toastmasters in 2018 at the suggestion of my manager to improve my communication skills, and I've stayed for the incredible people and the supportive community.

My wife, Stephanie, and I live on the beautiful Eastern Shore in Nova Scotia, Canada. We both love cruising—it's the perfect way to explore many destinations while only unpacking once! When I'm not on a ship or at a Toastmasters meeting, I'm passionate about gardening, photography, and cooking. And yes, I love combining these activities - many of my favorite photos come from our garden or our travels!

This year, I'm all about celebrating our members. Our district grows when we support each other, and as your PRM, I'm excited to highlight and recognize your successes and achievements.

Here's to an amazing year ahead!



MEET YOUR DISTRICT LEADERS

Carol Coolidge

Your 2024-2025 Administration Manager



I have always been a people-oriented person-an attribute to a career in journalism, technical writing, and most recently a retired federal employee. Transitioning from writing to speaking was awkward. To this day I write out my speeches-not so much because I need notes. I often gift the words I write to others. I cherish the written word.

Outside the Toastmasters world you can find me walking, hiking, biking and sometimes playing pickleball. I enjoy my grandchildren and furry grand cats, grand dog and colorful grand fish. As a child, I remember bitter cold Vermont winters with lots of snow. Today, winters are much milder with far less snow. I look forward to that first bike ride of the year-March 2024! I build snowmen far less often.

To me Toastmasters is not a popularity contest, nor a beauty contest. It is people helping people discover their communication and leadership skills by growing self-confidence.



MEET YOUR DISTRICT LEADERS

Angela Chute, DTM

**Your 2024-2025
IPDD and District
Leadership Chair**



I earned 3 DTMs while developing as a seasoned leadership coach, keynote speaker and workshop presenter. I specialize in empowering aspiring leaders to sharpen their Authentic EDGE™ and step up as effective, top notch, leaders in my leadership development company, Authentic Compass Inc. As D45's Immediate Past District Director, I will Chair the Leadership Development Committee as well as the Candidate Showcase and Candidate Corner.

My husband and I built our cozy log home, a thriving greenhouse, and a maple syrup sugarhouse, living a rural country life with our two lively Border Collies, Max and Emma, and a playful flock of chickens. Our "grand-dog" Rain, who lives next door with our daughter, enjoys hikes and play dates with "cousins", Max and Emma.



MEET YOUR DIVISION LEADERS



My name is Joe Reid. I am the Division A Director for the 2024-2025 Toastmasters Year. In 2018 I joined White Mountain Toastmasters in Plymouth, New Hampshire and have been there since. Over the years I have held various officer positions, been Zoom Master for many activities since 2020, and traveled across New Hampshire and Vermont as Area Director for the 2022-2023 and 2023-2024 Toastmasters' Years.

Living in Laconia, New Hampshire provides me with a great home base to explore the mountains and lakes of the region. It is also where I work as a consulting engineer – a career which provides me an opportunity to apply the skills we learn in Toastmasters.

I am excited for the opportunity to be the Division A Director and will do my best to help our members thrive.



Joe Reid

**Your 2024-2025
Division A Director**

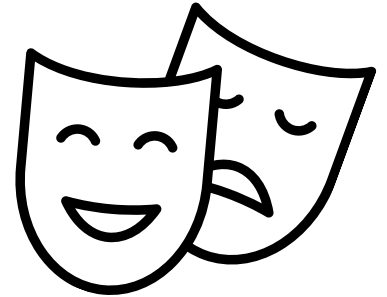


MEET YOUR DIVISION LEADERS



**Patricia Saucier,
DTM**

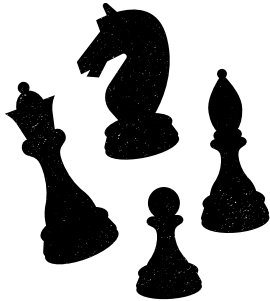
**Your 2024-2025
Division B Director**



I was born in Presque Isle, Maine. I lived in Waterville, Maine from ages 2-16, then moved to Searsport with my family. I am 1 of 4 kids. I have an older sister, a twin sister, and a younger brother. My parents have been married for 51 years. My twin and I live with my mom to help her out. I just celebrated 25 years with my job. In my spare time I do a lot of community Theatre. As Shakespeare wrote: "All the world's a stage. You have your entrances and your exits."



MEET YOUR DIVISION LEADERS



Veerendra Nagalla

**Your 2024-2025
Division C Director and Chair
- Speechcraft Committee**



I am the founder of The Chess Club of Canada and Senior Business Analyst at Service New Brunswick. I am a dynamic leader dedicated to public service and community engagement. I hold a Bachelor's degree in Computer Science Engineering and the prestigious Public Leadership Credential from Harvard Kennedy School. I combine technical expertise with strategic governance. My leadership extends to Toastmasters International, where I currently serve as Division C Director in District 45. I am also a member of the National Policy Committee of the Conservative Party of Canada, representing New Brunswick.



MEET YOUR DIVISION LEADERS



TOASTMASTERS
INTERNATIONAL
2023 CONVENTION

NASSAU, BAHAMAS/HYBRID



Greetings District 45,

I am thrilled to serve as your Division D Director for the 2024-2025 Toastmasters Year!

I'm currently in my senior year at Acadia University, studying Applied Computer Science with a focus on software development. Originally from Nassau, Bahamas, I am deeply passionate about cybersecurity, networking, robotics, and IT. I joined Toastmasters at the age of 18 on October 1st, 2021, and I am a proud member of three clubs: Wolfville Toastmasters (my home club), Club 7178 Healing Communicators, and The Maine Thing Advanced Toastmasters.

Outside of Toastmasters, I dedicate much of my time to studying cybersecurity, reading, exploring new cuisines, and building robots out of Lego. I'm also very involved in university life and cherish spending time with family and friends.

I look forward to an exciting Toastmasters year and bringing our Division together!

**Aaleyah S.
Evans**

**Your 2024-2025
Division D Director**



MEET THE KEY CONTRIBUTORS: Essential to Our District's Success

It is my honour to serve as one of your Newsletter Editors for this year.

I began my Toastmasters journey in the spring of 1996 with the Schooner Club in Halifax, Nova Scotia, Canada. I achieved DTM designation, served a year as Area Governor, and am co-founder of the Toast Of The Coast Advanced Club. After an absence of many years, I rejoined in March 2024. I am honoured to serve as the VPE of the Provincially Speaking Toastmasters Club in Halifax.

I currently work from home, serving as Proofreader and Editor for a company based in Japan. At CKDU, the radio station located on the campus of Dalhousie University in Halifax I have my own show, Wednesday mornings from 9-10 AM Atlantic Time. I am a Board Member with Hike Nova Scotia and the Secretary of the Halifax North West Trails Association. I also serve as an International Ambassador for Dunstable Town Football Club based in Dunstable, England.

One of my goals for this year is to connect with each club in District 45. Also, to meet as many members as possible. And, to join with my colleagues in producing a Newsletter we will be proud of!



**Jeffrey Roy,
DTM**

**Your 2024-2025
Newsletter Editor**

Laboni Ahsan

**Your 2024-2025
Newsletter Editor**

My name is Laboni Ahsan, and my journey began in the vibrant land of Bangladesh, eventually leading me to the picturesque shores of Prince Edward Island. In April 2024, I joined the Charlottetown Toastmasters Breakfast Club and have the pleasure of serving as VP of Public Relations and Newsletter Editor at District 45.

I proudly call myself a 3P enthusiast – Passion, Peace, and Purpose are the compass guiding my life's path. Connecting with individuals from diverse backgrounds fuels my soul, enriching me with the vibrant colors, cultures, and compassion they share.

In the professional realm, I've spent over a decade as a chemical engineer in the healthcare sector, where I've honed the art of solving complex problems –occasionally with a splash of humor! Outside the office, you'll find me embracing the waves in water sports, experimenting with new culinary creations, or immersing myself in the thrill of learning something new.

I believe that every person carries a story worth hearing, so if you spot me around, let's exchange tales – perhaps over a meal that (hopefully) didn't cause a kitchen disaster! Here's to building connections, sharing laughter, and growing together as a Toastmasters family.



MEET THE KEY CONTRIBUTORS: Essential to Our District's Success

Hello Toastmasters!

I'm Brittany Dixon, one of your District 45 newsletter editors. I am thrilled to be highlighting the remarkable people, clubs, and achievements that make our district shine!

Professionally, I work with the Government of New Brunswick on the Species at Risk team, advancing conservation efforts for vulnerable species and ecosystems.

Personally, I'm passionate about traveling, exploring the outdoors, and seeking out new adventures, which keeps every day exciting.

My Toastmasters journey began years ago, and it's been an incredible learning experience for developing my public speaking and leadership skills. I've enjoyed taking on new roles and participating in various speech competitions. I look forward to connecting and learning together!



Brittany Dixon

**Your 2024-2025
Newsletter Editor**

Antoine Legresley

**Your 2024-2025
Newsletter Translator**

Hello!

I am from Grande-Anse New Brunswick and I graduated in civil engineering from Université de Moncton in 2005. I am a member of Arcadie du Grand Caraquet, one of only two French clubs within District 45. I joined Toastmasters in the Fall of 2019 and with less than a year with Toastmasters I accepted the role of Area Director for 2020-21. I also did it again in 2021-22 and I was Division C Director in 2022-23. For 2024-25 I am President and VP Membership of my club.

When I am not in Toastmasters, I like to play pickleball (about 3-4 times a week) with my friends. This includes tournaments (about one per month) all around New Brunswick. I have been involved with the French Newsletter since February 2021. I decided to get involved with the Newsletter to make sure French members could read the Newsletter in their language.



MEET THE KEY CONTRIBUTORS: Essential to Our District's Success

I am excited to serve District 45 as this year's Club Coach Chair. I have been passionate about helping others achieve personal, professional, and club goals during my Toastmasters journey.

I am currently a Member of 2211 Toastmasters where I serve as the club Secretary. Being a part of the officer team over the last nine years has allowed me to achieve my own personal and professional goals. It also allowed me to help other members reach their goals.

I currently live in Standish, Maine with my Partner (John), my awesomely autistic son (Brant), and my fur baby (Blackie). In the last 3 years my son and I have started our traveling journey. We recently went on a weeklong trip to Oahu in Hawaii.



**Maria Winn,
DTM**

**Your 2024-2025
Club Coach Chair**

Bill Kirby

**Your 2024-2025
Parliamentarian**



I am the District 45 Parliamentarian, known for my sharp understanding of procedural rules and quick wit.

By day, I am a Business Development Manager, where I thrive on building strong client relationships and driving growth. Outside of work, I am an avid cyclist; I enjoy exploring new trails and staying active. I am also famous for my collection of dad jokes. I am always ready to lighten the mood with a clever pun or two.

Whether I am guiding a meeting with precision or cruising through the countryside on my bike, I bring enthusiasm and a sense of humor to everything I do. My blend of professionalism and fun makes me a valued member of the Toastmasters community.

MEET THE KEY CONTRIBUTORS: Essential to Our District's Success

I have been a Toastmaster for 11 years. It has been a benefit to me by building confidence which continues to be great both in my career and personally.

This year I am one of the District 45 Conference Chairs, a co-parliamentarian, and a VP of Education. I'm looking forward to working with other volunteers to create a memorable conference experience.

Outside of Toastmasters I enjoy reading, crafting and spending time with my canine companion, Maddie. Whether we are walking, playing or even going for a drive – she is always enthusiastic company.



**Erin McMenemy,
DTM**

**Your 2024-2025
Parliamentarian and
Annual Conference Chair**

Lorelei Grecian

**Your 2024-2025
Annual Conference Chair**



Hello, District 45 Toastmasters! I'm Lorelei Grecian!

I am compassionately and enthusiastically fascinated with improving the life quality of humans, starting with my own.

As co-chair of the District 45 Conference Organizing Committee, I am stoked for this opportunity to create a memorable experience for our membership to celebrate together. No matter what Pathways project or leadership role you are working on now, I can't wait to see your smile of satisfaction next May as we gather to acknowledge how far we have come and what we have accomplished!

In my boots kicked off time, I may be found gardening, kayaking, being a tourist or on a late night road trip to the beach for stargazing with my children!

MEET THE KEY CONTRIBUTORS: Essential to Our District's Success

Hello Toastmasters,

I am excited to be planning fun and educational content this year via webinars for the District 45 Toastmasters community. I live in Bedford, Nova Scotia with my husband, Jason, and daughter, Stella. I am a member of Dartmouth TIC Talkers Toastmasters club and am a club coach for Spotlight Toastmasters club.

By day I work for a provincial non-profit organization supporting family and friend caregivers. By night I play chauffeur taking my family to various activities while I spend most spare moments with my head buried in a book!

I also love board and card games, beach days, traveling when possible, and all things crafty!



Jenny Theriault

**Your 2024-2025
Webinar Chair**

Angela Stoddart

**Your 2024-2025
Credentials Chair**



Welcome to the New Year!

When Sharon asked me to try something new, I said yes. For 2024-25, I will be the Credentials Chair for the District. It's a wonderful opportunity to support our members. I have been in Toastmasters since 2009 and think it's important to serve in as many roles as possible, not just at the club level.

I currently live in Halifax and work for the Government of NS as an accountant. Side quests; hobbies include volunteering for Girl Guides and Scouts, cake decorating, cross-stitching, and miniature doll houses.

Downtime includes hanging out with friends at trivia night, going out for brunch, and planning epic adventures with my adult child Laylen.

A Special Thank You to Our Volunteers

As we reflect on the incredible work happening throughout our District, it's clear that none of this would be possible without the dedicated efforts of our volunteers. Every role, from our District, Division, and Area Leaders to our supporting positions, plays a vital part in making sure the District operates smoothly and effectively.

We want to take this moment to extend our deepest thanks to everyone who steps up to serve. Your commitment, passion, and hard work truly make a difference for our members and for the District as a whole. **For the members by the members!** While we've highlighted many of our key contributors in this issue, there are a few volunteers who joined their roles later in the process and didn't get their formal introduction here. We'll be featuring their introductions and an article about their contributions in our December Newsletter, so stay tuned to learn more about these essential leaders.

Thank you to each and every volunteer that is working hard to make District 45 the greatest District of them all!

Monthly Peer Calls

The Senior Leadership Team hosts monthly peer calls for Club Presidents and VPs.

President

- 3rd Thursday

VP Education

- 2nd Thursday

VP Membership

- 2nd Wednesday

VP Public Relations

- Alternating 4th Monday / Tuesday

Additionally, we are hosting a monthly meeting for new members on the 3rd Thursday.

Toastmasters 100th Year - District Wide Celebration!

Please join us in celebrating our Centennial celebration of Toastmasters on Tuesday, October 22nd, 2024!

This celebration will be online starting at 7pm Eastern / 8 pm Atlantic / 8:30pm Newfoundland.

We have so much to celebrate and be thankful for! Dr. Ralph Smedley's vision, wisdom, & foresight still guides us today. Please mark your calendars and join us as we take a look back and towards the future of our great organization!



DISTRICT 45 EDUCATIONAL WEBINARS: EXCITING UPDATES FOR 2024!

We are thrilled to announce an exciting new initiative that will enhance your Toastmasters experience and professional growth throughout 2024! Starting in October, Toastmasters will be offering educational webinars twice a month, designed to enrich your journey in public speaking, leadership, and career development.



Webinar Schedule:

- **Second Tuesday of Every Month:** Dive into engaging discussions and interactive sessions on various topics that matter to you.
- **Fourth Thursday of Every Month:** Explore new skills, gain valuable insights, and connect with fellow Toastmasters.

What to Expect:

Our webinars will cover a diverse range of topics, ensuring there's something for everyone. Expect sessions focused on:

- **Career Development:** Strategies for advancing in your career and leveraging Toastmasters skills in the professional world.
- **Club Meeting Success:** Tips and best practices for running effective and engaging meetings that inspire and motivate.
- **Leadership Skills:** Techniques to enhance your leadership abilities, both within Toastmasters and in your personal and professional life.
- **And Much More:** We'll also explore other relevant themes based on your interests and feedback.

We Want Your Input!

Your voice matters, and we're eager to hear what topics you're interested in. Please fill out this survey:

<https://forms.gle/fdDSPUroFwLejK936>

If you have an idea for a webinar topic or are passionate about presenting on a specific subject, please reach out. You can email your suggestions or proposals to jenny.theriault@gmail.com. Your contributions will help shape a dynamic and engaging series that benefits everyone in our community.

We're excited about the opportunities these webinars will bring and look forward to your participation. Visit the D45 calendar for links to join.

Let's continue to grow, learn, and lead together!

Warm regards,

Jenny Theriault

Webinar Chair, District 45



JOIN THE MOVEMENT



Join Toastmasters around the world making the Plus One Pledge—a commitment to bring at least one guest to a club meeting by the end of December! By working together to share the benefits of the club experience, we continue to uphold the vision of our founder, Ralph C. Smedley, inspiring more people to become confident communicators.

<https://www.toastmasters.org/events/centennial/centennialplusonepledge>



DISTRICT BUZZ

CONCORD TOASTMASTERS NEWS - SUMMER MEMBERS

The Concord Toastmasters Club breezed through the hot summer months with the addition of four more new members: Danielle Nowick, Stacey Lucas, Karin Smith, and Larry Rees. Congratulations to our new members!

New members Danielle Nowick (left), Stacey Lucas (center), and Karin Smith (right).



Be the Spark of Success: Join Our Sponsorship Committee for **2025 DISTRICT 45 CONFERENCE**

This opportunity will be:

- **Impactful:** Help us ignite the passion for public speaking in our community.
- **Rewarding:** Gain valuable networking opportunities and leadership experience.
- **Meaningful:** Make a lasting contribution to the success of our Toastmasters Conference.

Contact Conference Chairs: d45.conference@gmail.com



DISTRICT BUZZ

FLP FINANCIALLY SPEAKING

On June 27th, F.L. Putnam got together to celebrate their 40th Anniversary as an investment firm. This gave us the opportunity for many of the Toastmaster members from various offices to finally meet in person. This is a picture of 17 of our 23 members.



BRATTLEMASTERS ANNUAL PICNIC

Toastmasters from three states (Vermont, New Hampshire, Massachusetts) attended the BrattleMasters annual picnic on July 25, 2024 at the Kiwanis Shelter in Living Memorial Park, West Brattleboro, VT. The meeting included three speakers, three evaluations, insta

From left, are Lee Tice, member; Vishal Sarsani, member; Joe Reid, Division Director; Sarah Wright, member of Keene Toastmasters; Barbara Tenney, guest; Mike Drummond, member; Jeffrey Carroll, guest; Karen Davis, member; Eddie Sause, former member; Susanne Melling, member and Carolyn Handy, member. A light breeze and lovely sunset ended the evening.



DISTRICT BUZZ

CONCORD TOASTMASTERS TRANSITION

The Concord Toastmasters Club smoothly transitioned to the new fiscal year with the firm guidance of the Immediate Past President, Sarah Chaffee, and past VPE, Dale Randall. Thank you, Sarah and Dale, for leading us through a great year. Club Treasurer Jennie Parisi and her husband, Paul Parisi, opened their home to cap off a great year with a fun potluck where members enjoyed good food and each other's company. Thank you, Jennie and Paul!

Congratulations to the following members on reaching their educational goals:

- Betsy Black represented the club in the District 45 Conference's Humorous Speech Contest
- Jon Kelly represented the club in the International Speech Contest
- Dori Bell completed Level 1 of the Presentation Mastery Pathway
- Teri Gladstone completed Level 1 of the Presentation Mastery Pathway
- Ann Walls completed one Round Robin
- Dale Randall completed two Round Robins
- Devyn Vashon completed one Round Robin
- Rick Dymment completed one Round Robin
- Laura Magzis completed one Round Robin
- Betsy Black completed three Round Robins
- Keith Knight completed one Round Robin
- Magalie Lawrence completed two Round Robins
- Sarah Chaffee completed three Round Robins



*Club Immediate Past VPE
Dale Randall and Club
Immediate Past President
Sarah Chaffee*



*Presiding Officer and Club VPM Rick Dymment
inducts new member Patrick McGuinness on June
21, 2024*



*Toastmaster Keith Knight
and Best Table Topics
Speaker Cary Gladstone*



Club Treasurer Jennie Parisi



TRAILBLAZERS

The 2023-2024 Trailblazers Award focused on Path Level completions within the Pathway program. Whether advancing through a single path or exploring multiple paths, each level completion counted toward this award. The Pathway Mentorship also qualified toward the Trailblazer award.

Your 2023-2024 District 45 Trailblazers are

Anne Doucette, DTM

Anne Hancock, DTM

Betsy Black, DTM

Candice L. Buell, DTM

Crystal L. Cobb, DTM

Cynthia J. Sarvai, DTM

David Stonehouse, EC4

Dawna-Jean Turchon, DTM

Deborah I. Mitton, EH3

Donald Winn, DTM

Heather Perkins, DTM

James B. Kokocki, DTM, PIP

Jennifer L. Bonnevie, TC5

Jenny Theriault, PM2

Karina Sanford, VC2

Kathi Zwicker, DTM

Kelley Demers, DTM

Lesley Carter, IP5

Marion P. Taylor, DTM

Matthew R. Morency, DTM

Maureen McIntosh, DTM

Maya M. Manseau, MS3

Moranda Van Geest, EH2

Paul F. Coddington, DTM

Rosie W. Williams, EC5

Shivani Munshi Das, VC5

Thomas M. Macisso, DTM

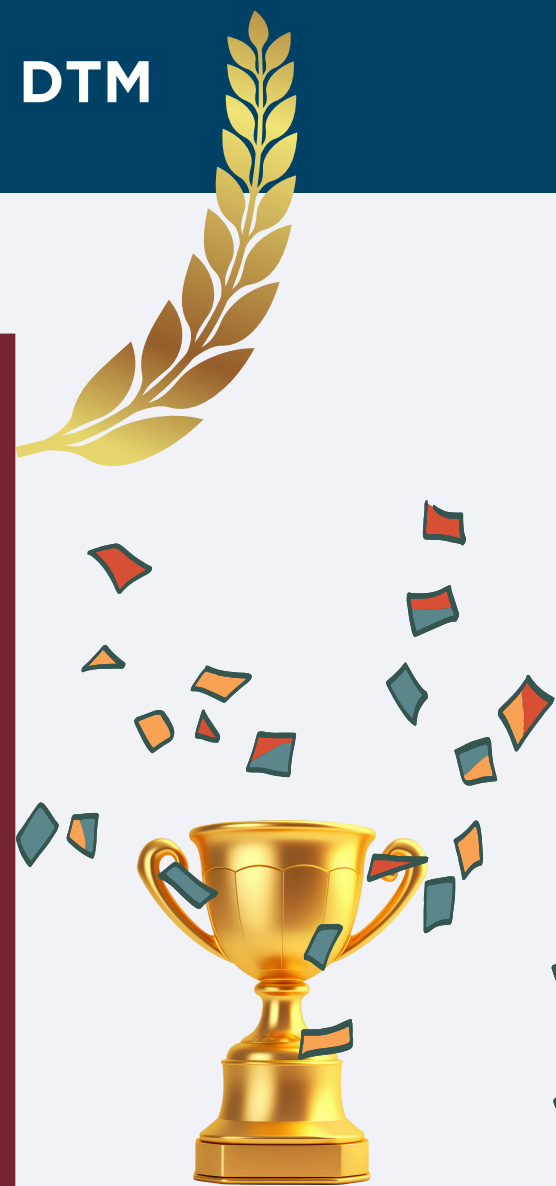
Tina Goulet, PI3

Veerendra Nagalla, PM3

Walter J. Smith, DTM

Walter (Brian) Power, DTM

PATRICIA SAUCIER, DTM



For my DTM project, I edited a Division B newsletter for two years. I thought a Division newsletter would get the clubs more involved and would work well with the District newsletter. Working on the newsletter helped me improve my computer skills. Prior to that, I was uncomfortable working on the computer for anything other than what I do at work. This got me out of my comfort zone and helped me "meet" other Division B members. I worked closely with my mentor who helped me design the "DivB Buzz". When I first joined Toastmasters, DTM was not something I considered. I learned it does not matter how long the journey is, as long as you keep moving. Thanks to Toastmasters, I have gotten promotions at work, am more confident, and am a much better speaker/communicator. My goal this year is to make Division B a strong division by working with my team. I am working on perfecting 'impromptu speeches' and another DTM is not out of the question!

KATHI ZWICKER, DTM

My DTM project is revitalizing a small historic neighbourhood on the northside of Fredericton. In 1981 the city erected the Westmorland Street Bridge. St. Mary's Ferry Landing has been neglected by the city since that time. As the volunteer animator with St. Mary's Ferry Landing Neighbourhood Association, I presented a vision to the Economic Vitality Committee City of Fredericton that included a number of requests. Our requests were largely passed by the Council of the City of Fredericton. We are currently awaiting interpretive panels and are advocating for a peace park, speakers' corner, butterfly garden on both sides of a walkway joining the two, and a second active transportation bridge on the site of the old Carleton Street Bridge piers. We are working with our main partners Rotary Club, the Trails Coalition and Fredericton Heritage Trust to see further progress on bringing our vision forward.

You can view a introductory video on:

<https://www.facebook.com/stmarysferry/videos/364188025352868>



After leaving the neighbourhood in 1971 and returning in retirement 4 years ago, I have reconnected with my home neighbourhood. I have honed my leadership skills and been able to polish up my networking abilities. We are establishing a coalition of nonprofits around various endeavors in the Ferry Landing. I have cultivated a public presence and learned how to prepare for and be interviewed by TV, radio, and printed press.

During this time, I founded and chartered Women Changemakers Toastmasters. I am presently revitalizing a Rotary Club that has dwindled to two members with a new vision, a name change and the promise of growth in numbers and substance. Gamechangers Atlantic Rotary will do Rotary in a new way. We will have online meetings and work in small clusters throughout the Atlantic Provinces. I also am the co-chair of Women + in Politics Fredericton. It seems as I age, all my volunteer work is related. What would have been separate endeavours in the past, are now becoming a whole direction representing my values. I love it!



My energy is now focussed on getting Gamechangers Atlantic off the ground, continue to work on expanding the Rotary-Toastmasters Alliance in my Toastmasters District 45 and across the globe, getting the vision for the Speakers Corner-Peace Park accepted by the city council, and working on an active campaign for the 2nd walking bridge.

MULTIPLE PATH COMPLETIONS

HEATHER PERKINS, DTM



Congratulations to Heather Perkins, DTM, on completing multiple paths in the 2024-2025 Toastmasters year!

As a member of Toast of the Coast Toastmasters Club, Dartmouth TIC Talkers Toastmasters Club, and Schooner Toastmasters Halifax, Heather has achieved excellence by completing the Effective Coaching (EC5), Motivational Strategies (MS5), and Persuasive Influence (PI5) paths within the current Toastmaster year!

Heather's achievements reflect her hard work and determination in becoming a standout leader and communicator.

Q - WHAT PERSONAL GROWTH HAVE YOU NOTICED AFTER COMPLETING MULTIPLE PATHS?

A - After 45 years in Toastmasters, it's hard to attribute my personal growth to any particular aspect of it. Much of the growth has come from serving in officer roles in the club, in multiple leadership roles in the District and as Region Advisor. I have certainly developed much better speaking skills, self-confidence, and experience in dealing with adverse situations and difficult people. One big change over the time is the ability to add humour to my speeches.

A - My approach is to figure out how I can make a project work for me. I believe there is the flexibility to stretch the boundaries of a project to ensure it meets one's needs.

Q - HOW HAS YOUR APPROACH TO NEW PROJECTS EVOLVED AS YOU'VE PROGRESSED THROUGH MULTIPLE PATHS?

A - Even though some of the projects you will be doing are the same, think about how you can approach it differently. For the IceBreaker, I doubt that anyone told everything about their life in 4 - 6 minutes. What different aspects can you share each time you give another Icebreaker (I've given at least 50 over the years)? Your communication or leadership style may change over time. Share how it's changed and why when you give a 2nd or 3rd or 10th speech on your communication style. Each time you repeat a project you should be learning something new while approaching it with all you have learned from previous projects.

Q - WHAT ADVICE WOULD YOU GIVE TO SOMEONE STARTING THEIR SECOND OR THIRD PATH?

MEMBER SPOTLIGHT

PAULA D. TOZER, PI5 (RIVERSIDE TOASTMASTERS)

In every newsletter, we aim to spotlight our members and their achievements. When a member completes a Path, we reach out to celebrate their success as a district. In this edition, we're excited to feature several members with inspiring stories behind their accomplishments.

The 2024-2025 theme is "For the Members... By the Members". We want to hear from you! If you know a member who has made a significant contribution to your club, area, division, or the district, please submit their nomination to d45.newsletter@gmail.com.



Congratulations to Paula D. Tozer, PI5 (Riverside Toastmasters) on the completion of the Persuasive Influence path!



Q - Can you share any skills you developed during this journey that you find valuable in other areas of your life?

The most important skills I learned while completing this path are when to be persuasive and influential, when to back off, and (the hardest part!) how to be okay with whatever transpires.

We only have so much influence over what others think, say, and do. No matter how much we believe it to be an exciting and worthy topic, we only have so much power to persuade. In a volunteer organization, if we insist, manipulate, or coerce, we run the risk of alienating our audience.

This Pathway taught me that it's not how much I have to share but how much I am willing to listen. It was during this time that I realized how important it is to speak through my heart, in an open-hearted, emotionally intelligent manner, and to pay attention to my audience's feedback, both verbal and nonverbal.

It is a challenging skill to master, and I am a work in progress. With each speech I deliver, I am training my brain to pick up on my audience's nonverbal cues. Granted, this can happen more easily in-person, but if you stop there, you've lost a huge portion of your audience and, subsequently, your ability to persuade and influence. Simply stated, if you do not believe you can connect online, through an electronic medium, you will not. You must believe it to achieve it and achieve it to feel it.

If you do this - get over your reluctance to engage in a forum you find uncomfortable, to deeply consider your audience, and as Joe Grondin says, Speak to Reach, you will connect. You will be even more persuasive and influential than before because you have learned how to project your personality and intention through an electronic platform. With this skill, think about how much more influential you will be in person!

This is how I think of it - social media influencers have millions of followers that hang on their every word for a reason. There is a definite skill to connecting immediately with your audience, and the most skilled among us establish that connection from their first facial expression, word, or gesture. When I watch the World Championship of Public Speaking contest online, it feels like I am there, and that is due to the speaker's skill at projecting themselves through this electronic forum. That is a skill I have worked on during this Path. It is one that applies directly to my life outside of TM as I speak to non-Toastmasters audiences.



MEMBER SPOTLIGHT

PAULA D. TOZER, PI5 (RIVERSIDE TOASTMASTERS)

Q - Which part of this Pathways experience did you find the most rewarding?

What I found the most rewarding about this Pathway was my HPL project, Effective Evaluations.

It was designed to help new members overcome their reluctance to evaluate another member, especially our more seasoned members.

I delivered the 1st speech to my home club, Riverside Toastmasters, outlining the key steps to a great evaluation. I shared the resources I use.

I conducted an Effective Evaluation workshop and invited a guest speaker to give a speech so that our members could each give her an evaluation.

I then invited Past International President, Jim Kokocki, to speak to our club and share his thoughts on delivering effective evaluations. I invited guests from our District. It was a success! Subsequent evaluations delivered by newer members were effective and delivered with confidence.

This project became another way I could exercise persuasive influence on my audience by sharing what was beneficial to them - by providing something they needed.

In summary, the Persuasive Influence pathway is a superb opportunity to focus on your ability to exemplify the core values of Toastmasters - respect, integrity, service, and excellence.



Are you willing to RISE to the occasion?

There is one more, very important item that I would like to share - Persuasive Influence cannot be achieved alone. I would like to thank all our members and guests for their kind attention and gracious feedback on my projects. Without you, my fellow Toastmasters, there would be no gains and no rewards.



MEMBER SPOTLIGHT

MAUREEN MCINTOSH, DTM

Maureen McIntosh, DTM
Engaging Humor path completion (EH5)
True Blue Toastmasters & Speech Afire Advanced
Toastmasters



I first joined Toastmasters in 1992 and stayed for a little over a year. It was a corporate club in a hospital setting. The hospital administration ceased operation of our club because of the business aspect of their workplace. I had always intended to go back and join another club. I retired from nursing in 2004 after a 20-plus year speaking career in Sexual Health. It was always easy to have fun with this topic, but I was going in a new direction, into counseling and training.

One day I met a friend who was going to a local Toastmasters club. I told her I wanted to come. I rejoined in 2005 and have been a member ever since. I got my DTM during the Legacy program and I was Pathways Guide during the rollout of Pathways.

I did my first two paths on Motivational Speaking and Presentation Mastery, but I wanted to get better at using humour so I signed up for Engaging Humour. You would think that after 30 plus years of professional speaking there would not be much more to learn but I believe we can always find something useful.

What I enjoyed about this path is

1. The idea of developing a collection of humorous stories and learning to inject them in any speech. I have always had stories to tell but never really been fully purposeful and organized with them.
2. I was interested in and learning about the different styles of humour. I was never a “joke” teller, and this confirmed my style of poking fun at myself.
3. The Impromptu Speech Project presented a good challenge for me, to dig into my brain that is now 75 years young and to apply and share personal humorous stories in the impromptu speeches. This showed me how much learning I took away from this path.
4. It just happened that while doing this path I had two recent speaking engagements that enabled me to practice what I was learning. One speech was to a professional organization and the other was to a Seniors’ College Group. It was so much fun to prepare for both and be organized with my humorous stories to illustrate a point.



Fall Workshop




November is fast approaching and with it comes the Fall Workshop! The Fall Workshop was created in 2018 after the elimination of the District Fall Conferences. The first two years were in-person and held as separate events, one in Canada and one in the US. Then came 2020 and they transitioned to online and have been ever since.

On November 23, 2024 we will host another online Fall Workshop. We certainly hope that everyone in the district can participate, but first we need presenters. If you are working on a project that requires a longer speaking time or you want to challenge yourself by presenting to a bigger audience... this is your opportunity!

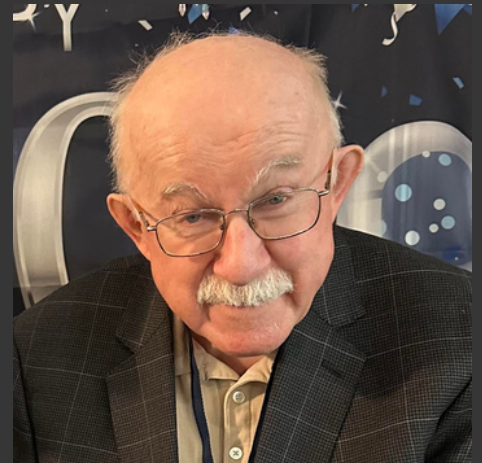
Submissions can be made through the online form, https://d45toastmasters.org/workshop_presenter_submission_form, and can also be found on the website. Presentations should be no longer than 25 minutes. Reach out to D45.SherryMacDonald@gmail.com if you have any questions.



IN LOVING MEMORY OF HORACE CROZIER



Horace's journey with Toastmasters began in 1996, and over the years, he became a cornerstone of Districts 45 and 61, especially in the clubs on Prince Edward Island. His involvement went far beyond the role of a member; he was a charter member, a leader, and a steadfast supporter of countless clubs. It's hard to recall a year when Horace wasn't serving as a club officer or district leader, often juggling multiple roles with effortless grace.



Horace was not just a mentor in the formal sense. He was a friend who always had a ready smile, a word of encouragement, and a story that could turn even the most ordinary day into an adventure. His wit and humor were legendary. He had a unique gift for storytelling that could captivate and inspire. It was in his stories that his true essence shone—his kindness, his intelligence, and his unyielding spirit.

In every leadership role he undertook, Horace said yes with a genuine eagerness. He was never one to shy away from a challenge. Instead, he embraced it, knowing that his involvement would make a difference. His dedication was not just about fulfilling a role; it was about enriching the lives of those around him. He was a cheerleader for everyone he met, always encouraging others to reach their potential.

Horace's presence was a beacon of light, a source of joy, and an example of how one person's commitment can ripple outwards, touching and transforming the lives of many. His legacy is not just in the roles he played or the meetings he attended, but in the countless hearts he touched with his kindness and generosity.

As we remember Horace today, let us celebrate his extraordinary life and the indelible mark he left on us all. Let us carry forward his spirit of service, his love of storytelling, competing in contests, and his unwavering support for those around him. Though he is no longer with us, his influence will continue to inspire and guide us.

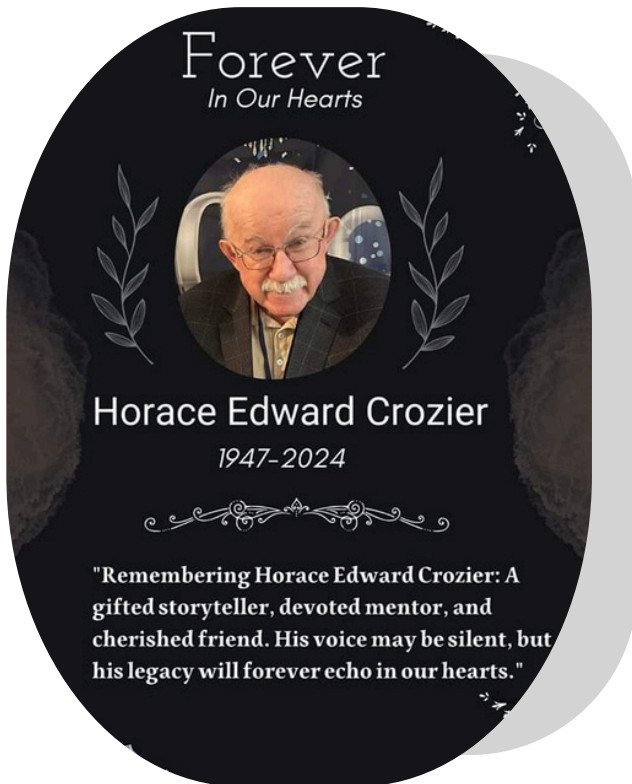
Horace, thank you for everything. You have made this world a better place, and you will be deeply missed by your Toastmaster family.

Rest in peace.

by Crystal Cobb, President of Spotlight Toastmasters



HORACE CROZIER: FOREVER IN OUR HEARTS, FOREVER INSPIRING



With heavy hearts, we announce the passing of our dear friend, Horace Edward Crozier. A distinguished Toastmaster and gifted storyteller, Horace inspired us all with his speeches, mentorship, and friendship. He will be deeply missed and his impact on Charlottetown Toastmasters Breakfast Club and beyond will never be forgotten.

He shared his knowledge, had a thirst for knowledge, and was able to help many people along their journey at Toastmasters. Horace was a friend to many along the way, and at the time of his passing held executive positions in 3 Toastmaster clubs. Spotlight, Charlottetown Breakfast Club, and the Toastmasters Ontario Club. Previously he had been a core member of the Speakeasy Toastmasters club in Summerside. His accolades were many, he was funny, serious, spread the words of a wise man, and he always delivered his speeches with a twinkle in his eye.

There are many people in our clubs past and present who have awards like this because Horace evaluated their speeches and gave them 'points to grow on' their awards demonstrate the powerful effect his mentoring and their determination were. Horace was a toastmaster through and through!

He was as reliable as the sun-up and sun-down, and his consistency was reassuring for other members of his teams. He was a mentor to many and he took his roles seriously learning the roles as they developed over the years and excelling with technology. Horace was a quiet man mostly, however if the rules were not followed, he would be assertive in explaining to all concerned that this was "not right and this was the way it should be done" It is not until a person like Horace Crozier has gone do we realize what we have lost as a club. we were all the richer for having Horace in our Charlottetown Breakfast Club. He will be missed by his Toastmasters family.



by Sue Flower, President Charlottetown Toastmasters Breakfast Club