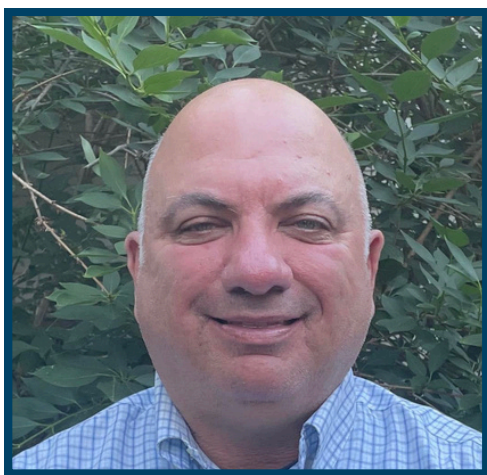




Vermont | New Hampshire | Maine | New Brunswick
Nova Scotia | Prince Edward Island | Newfoundland and Labrador

District 45: Closing The Year Strong



**Tom Macisso, DTM,
Club Growth Director**

D45 Centennial Celebration

D45 celebrated Toastmasters' centennial anniversary in style Tuesday night, October 22nd, 2024. Our district was fortunate to host our International President, DTM, Radhi Spear who gave a powerful and inspiring keynote address. We heard from Kendra Ring, who was skillfully interviewed by D45 2024 International Speech winner, Teri Kingston. Kendra shared her thoughts on being a finalist in the Humorous Speech contest as a new member for just a few short months. Albert Cormier led us in some interesting and challenging Toastmasters trivia questions throughout the evening. Ivona Cookson and I had the pleasure of hosting a panel discussion with a mixture of experienced Toastmasters, Shelia Oranch, DTM's Olivette Aviso and past international president, Jim Kokocki. The panel also included a couple of our younger members, Kendra Ring and Christopher Hannon. Christopher was the winner of our D45 2024 Humorous Speech Contest. In addition, he is spearheading an exciting initiative to grow our D45 membership, targeting our 18–30-year-old demographic. Furthermore, two copies of "Confident Voices – The Story of Toastmasters" were raffled off and given to our members in attendance. We hope you enjoyed this fun, festive and educational event! Wait, you missed it? Not to worry, you can catch the recording of this on our D45 TV channel which is located on our D45 website. I want to extend my sincere gratitude to everyone who participated and attended this centennial celebration! Special thanks to our Planning Committee for this event: Joe Reid, Anne Doucette, Teri Kingston, Jon Kelly, Albert Cormier and Ivona Cookson! They worked together so well and formed a dynamic team for you, our members.

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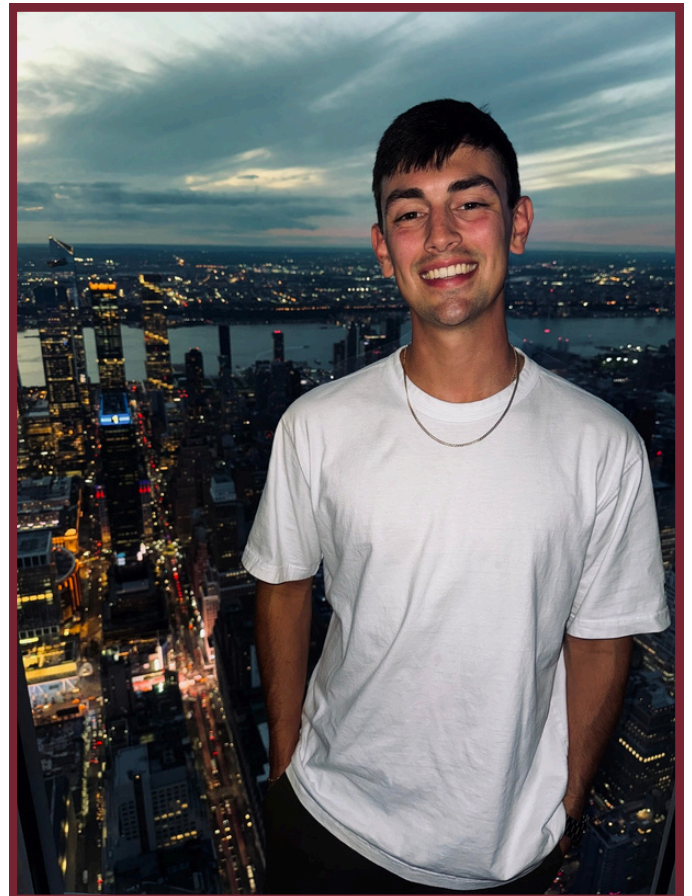
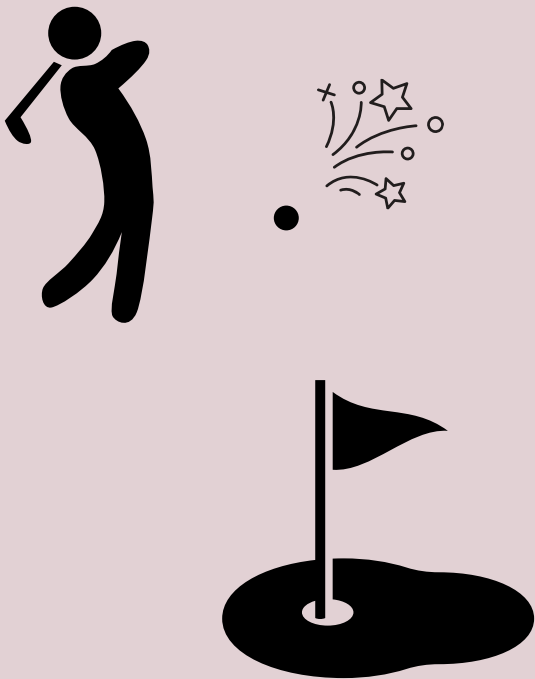
The 10 x 30 Next Generation Initiative



**Christopher
Hannon**

**10 X 30 Next
Generation Committee**

Hello everyone! My name is Christopher Hannon and I am a member of the Greater Portland Toastmasters Club. I have been a Server in Kennebunkport for 7 years and let me tell you – the people you meet while in the service industry give you plenty of speech material! I picked up golf this summer which quickly became an obsession since apparently I love torturing myself with difficult tasks! I am an active trader on the stock market and passionate about fitness. Fun fact; my brother and I are currently working with a large apparel company based in Denver by making them music to use in their national advertising – all because one day we sent them a DM on TikTok! I am excited and optimistic about how the 10x30 Initiative can help our district flourish and I cherish the opportunity to work on it. I hope it serves everyone well!



The 10 x 30 Next Generation Initiative

The 10 x 30 Next Generation Initiative aims to increase Toastmasters club membership among the 18-30 age group by 10-30%. It provides tools and strategies to engage this demographic, including advertisements, lead magnets, and a streamlined onboarding process.

Chapter 1: Why Growth Matters

Growing clubs is not just about numbers; it's about contributing to a larger community and fostering personal development. Toastmasters can influence the next generation by helping members become eloquent, impactful communicators, which ultimately benefits society.

Chapter 2: Defining the Ideal Member

The target members are young adults (18-30), typically college students or professionals, who are motivated, self-improving, and open to mentorship. Clubs should focus on attracting individuals who are interested in public speaking, leadership, and personal development.

Chapter 3: Where to Find Potential Members

Ideal locations for recruitment include universities, professional seminars, gyms, sports leagues, and other community-driven spaces. Clubs should connect with individuals already committed to self-improvement, as they are likely to benefit from Toastmasters.



The 10 x 30 Next Generation Initiative

Chapter 4: Communicating Effectively - StoryBrand Framework

Using Donald Miller's StoryBrand technique, clubs should position themselves as guides, not heroes, helping members solve their challenges in communication and leadership. The framework involves understanding prospective members' problems and showing Toastmasters as a pathway to overcome them.

Chapter 5: Overcoming Stereotypes

Clubs should be mindful of and avoid generational stereotypes. Instead of viewing young people as apathetic, understand they often seek meaningful challenges and growth opportunities. Emphasizing the personal challenge and sense of community in Toastmasters can better engage this demographic.



Chapter 6: Future Strategies and Initiatives

The initiative includes a guest attendance competition, marketing materials, transitional calls to action (like inviting guests before they commit to membership), and social media engagement. These efforts aim to increase visibility and attract younger members consistently over time.

The initiative is long-term and focused on fostering enthusiasm and community within clubs. Members often stay for the sense of belonging and support, not just for skill-building. By enhancing the community atmosphere, clubs can ensure sustained engagement and impact

Toastmasters Survey Insights: Shaping Educational Webinars

Recently we surveyed D45 Toastmasters gathering valuable feedback from members regarding their interests for educational webinars. Here are the key takeaways:

Jenny Theriault

Webinar Chair



1. Communication Skills Focus:

- **Public Speaking** remains the most popular area of interest, with members eager to improve their speech delivery and persuasive speaking abilities.
- **Listening Skills** and **Interpersonal Communication** also topped the list, highlighting the importance of active listening and strong interpersonal relationships in effective communication.

2. Career Development Interest:

- A significant number of respondents are interested in **personal branding, networking strategies, and career growth**. Members want tools to enhance their professional profiles and advance their careers.
- **Developing a Growth Mindset** was another popular topic, with members seeking strategies to build resilience and a positive attitude.

3. Preferred Guest Speakers:

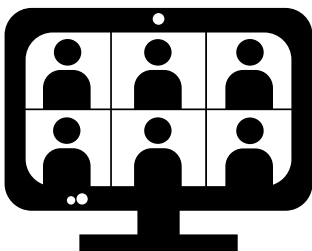
- Members expressed a desire to hear from **Successful Toastmasters, Motivational Speakers, and Authors and Thought Leaders**. These speakers are seen as inspiring and capable of offering practical advice.

4. Leadership and Communication Topics:

- **Building effective teams, delegation, and conflict resolution** are key leadership areas of interest. Members also want to refine **effective speech delivery techniques** and **overcome stage fright**.

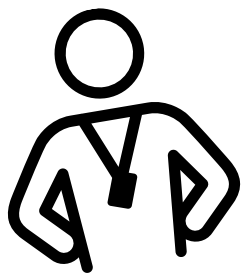
5. Technology and Club Meetings:

- There is strong interest in learning **best practices for online presentations** and **tools for virtual meetings**, as well as strategies for integrating **hybrid meetings**.



The survey results indicate a strong demand for webinars focused on public speaking, leadership, and technology, alongside practical career and personal growth tips. Stay tuned for upcoming webinars designed to meet these interests!

Recap of Recent D45 Educational Webinars: Key Takeaways



Toastmasters members recently had the opportunity to participate in four insightful webinars designed to enhance both personal and club growth. Here's a brief summary of each session:

1. "Club Coaching" Maria Winn

Maria Winn provided a comprehensive guide to club coaching, focusing on how experienced

Toastmasters can help struggling clubs improve their effectiveness and vitality. She explained the role of a club coach and how to develop a plan to help clubs thrive.

Part 1: <https://youtu.be/D1Flb82SVno>

Part 2: <https://youtu.be/g4ldsS0bWgQ>

2. "Tools to Calm Your Jitters When You Are Nervous to Present" Albert Cormier

Albert Cormier shared practical strategies for overcoming presentation anxiety. His session focused on four powerful tools to help calm nerves before speaking. Albert emphasized that these skills can be developed, encouraging participants to practice these techniques regularly to boost confidence during presentations.

<https://youtu.be/z4ykF0MMihs>

3. "Marketing Your Club" Sheila Oranch

Sheila Oranch offered actionable marketing strategies for Toastmasters clubs. She discussed how to attract new members through creative methods. Sheila also highlighted the importance of community and consistency to effectively promote clubs and increase visibility.

<https://youtu.be/e34OkzaFKwg>

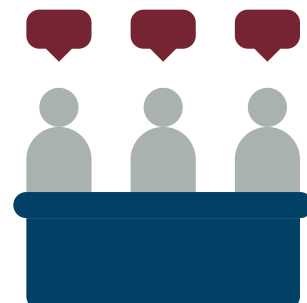
4. Panel Presentation Moderated by Elise Thorsen: How Toastmasters Helped Me Professionally

This engaging panel featured Toastmasters from various fields, including non-profit, education, technology, self-employment, and government. Each panelist shared how their Toastmasters experience directly impacted their professional development, from improving communication skills to enhancing leadership abilities. Their stories highlighted the real-world benefits of Toastmasters and the diverse ways it supports career growth.

<https://youtu.be/zShCAczdZOk>

These webinars are available for viewing on the D45 YouTube channel, which can be accessed here:

<https://www.youtube.com/@district45toastmasters4/videos>



DISTRICT 45 ADVANCED CLUBS



Lawrence Kelly

Public Relations Manager

Advanced clubs provide an environment for growth, offering unique opportunities for Toastmasters seeking to refine their skills and push boundaries. Through innovative meeting formats, specialized evaluations, and high-profile guest speakers, these clubs deliver experiences that empower members to achieve their next level of success.

My own journey with advanced clubs began last year as Area Director for Area 1, where I had the privilege of working with Toast of the Coast Toastmasters. The dedication and expertise I witnessed in their meetings left a lasting impression. These advanced clubs truly help members reach their goals faster through deeper engagement and focused learning.

From the Find-A-Club website, District 45 has five clubs flagged as advanced:

- Amoskeag Better Communicators
- The Maine Thing Advanced Toastmasters
- Toast of the Coast Toastmasters
- Speech Afire Advanced Toastmasters
- Rise and Shine Advanced Toastmasters

It's worth noting that while all five clubs are flagged as advanced on the Find-A-Club website, each club is unique in its offerings and membership requirements. Some clubs, like Amoskeag Better Communicators, do not require minimum qualifications for membership, offering a welcoming environment for all Toastmasters. Others have joining criteria such as completing Levels 1 and 2 in Pathways.

To spotlight what makes these clubs special, I reached out to each of them for additional information. Over the following pages you'll find a summary of their unique offerings and meeting details. If you're ready to advance your Toastmasters journey, visiting one of these clubs might be your next great step.

Each advanced club brings something distinctive to the table - be it roundtable evaluations, creative formats like impromptu speeches or debates, or mentorship opportunities with seasoned leaders. Whether you're looking to elevate your presentation skills, strengthen your evaluations, or connect with like-minded individuals, there's an advanced club in District 45 ready to support you.

For more tips and resources to enhance your Toastmasters experience, take a look at the [Toastmasters Toolbox article](#).

Why not explore what advanced clubs have to offer? You might just find the perfect environment to push your boundaries and unlock your full potential!



DISTRICT 45 ADVANCED CLUBS

The Maine Thing Advanced Toastmasters

Meeting Schedule: 1st, 3rd, and sometimes 5th Mondays, 6:00–7:00 PM ET

Membership Requirement: Completion of Levels 1 and 2 in Pathways

Unique Features: Meetings are high-energy and fun, with creative elements like a “Lightning Round” (answer a question in three words or less) and an “Impromptu Speech” slot, where speakers are assigned a topic only at the start of the meeting. The “Wheel of Opportunity” is spun to assign roles for the next meeting. Whether the turnout is small or large, laughter is always guaranteed. Guest appearances from notable Toastmasters, such as Pat Johnson, DTM, IPP, add to the club’s dynamic atmosphere.

Special Events: Planning an “Area Soiree” in December or January (theme to be determined). Guests are welcome at any meeting.



Amoskeag Better Communicators

Meeting Schedule: 3rd Tuesday of each month, 6:30 PM ET

Membership Requirement: None; open to all Toastmasters

Unique Features: The club focuses on longer speeches and detailed evaluations, making it ideal for higher-level Pathways projects. Members benefit from a round-robin evaluation format, where each attendee provides feedback on a speech. This challenges members to think on their feet and improves their evaluation skills. Meetings typically feature three speaking slots of 10 minutes each, with options for extended speeches by combining slots.

Special Events: Guests are welcome at any meeting to experience this supportive and growth-oriented environment.



DISTRICT 45 ADVANCED CLUBS

Toast of the Coast Toastmasters

Meeting Schedule: 2nd, 4th, and occasional 5th Saturdays, 9:00 AM AT (online via Zoom [Join Here](#))

Membership Requirement: None specified

Unique Features: A club designed for those seeking a deeper, more immersive Toastmasters experience. Members enjoy roundtable evaluations, receiving comprehensive feedback from all attendees. The club also emphasizes longer speeches to help members develop professional-level presentation skills. Toast of the Coast fosters leadership by encouraging members to take on coaching and District leadership positions. This positions the club to mentor members in developing their leadership skills for Toastmasters and beyond.

Special Events: Guests are welcome at any meeting.



Speech Afire Advanced Toastmasters

Meeting Schedule: 1st and 3rd Saturdays, 8:30 AM CT / 9:30 AM ET / 10:30 AM AT (online via Zoom)

Membership Requirement: Completion of Levels 1 and 2 in Pathways

Unique Features: Known for its "Great Debate" segment, where two members debate a random question posed by the Toastmaster of the day. Responses range from thought-provoking to hilarious, creating a lively and engaging atmosphere. The club also offers detailed evaluations to help speakers refine their skills. Recent guest speakers included Jeremy DeMerchant and the December guest speaker is Carl Duivenvoorden, DTM. There are plans for more in 2025, as well as a rumored Tall Tales meeting.

Special Events: Guests are welcome at any meeting.





Rise and Shine Advanced Toastmasters

Meeting Schedule: 4th Saturday of each month, 9:30 AM AT / 8:30 AM ET / 10:00 AM NT (December meeting: 2nd Saturday, December 14)

Membership Requirement: Completion of Level 2 in any Pathways

Unique Features: Offers in-depth evaluations by assigned evaluators and additional feedback from all members. The club hosts high-profile guest speakers every few months, such as an Olympian who spoke at their September meeting. This creates opportunities for members to learn from experienced professionals in various fields.

Special Events: Tentative plans for a high-profile guest speaker in January. Guests are welcome at any meeting.



DISTRICT LEADERSHIP COMMITTEE



Angela Chute, DTM

D45 IPDD and District Leadership Chair



Hello District 45 Members and fellow Leaders,

D45 is excited for our members to step into District Leadership by nominating themselves or another member as one of our D45 Candidates for our next TI year.

DEADLINE is January 15, 2025

Please complete all THREE (3) forms and return to: D45.angelachute@gmail.com

- [Candidate Application Form](#)
- [District Leader - Biographical Information](#)
- [District Leader Agreement and Release Statement](#)



<https://d45toastmasters.org/district-leadership-council>

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

- 3rd Tuesday

VP Public Relations

- Alternating 4th Monday / Tuesday

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



***** VPM Peer Call Schedule Change** The monthly VPM Peer Calls are now scheduled for the 3rd Tuesday of each month, with Zoom details remaining the same.

DISTRICT BUZZ

WE GIVE THANKS TO NEW MEMBERS - CHAMP MASTERS OF GREATER BURLINGTON, VT

We give thanks to New Champ Masters who have joined our club since June! We continue to grow in self-identity, speaking skills and fellowship!

New members are:

Brad Hays, Greta Zarro, Olivia Brady, Teddy Curran, Timur Tsutsuk, and Zeynap Barut !

Thanks to each of you for the talents you bring to the club!



A PHOTO OF SCENES FROM THE DIVISION B TLI/COT. THE EVENT FEATURED DIVERSE PRESENTERS AND GOOD FOOD!

<https://bit.ly/DivBNovTLI2024f>

Voices from the Division B TLI

Well organized, thought out agenda. Good presenters. Diverse topics!"

"Loved being in person! Great information! Great to Network! "

"Great educational experience!"

"These sessions were among the best I have seen at TLIs. Very much worth experiencing!"

"A memorable officer training event!"

"Thanks to everyone for your contributions and making the sessions interactive!"

"I was one of the people whining about having to drive 1 1/2 hours each way...It was one of the BEST TLIs I have attended. The energy in the room was great! If you didn't attend you missed out..."

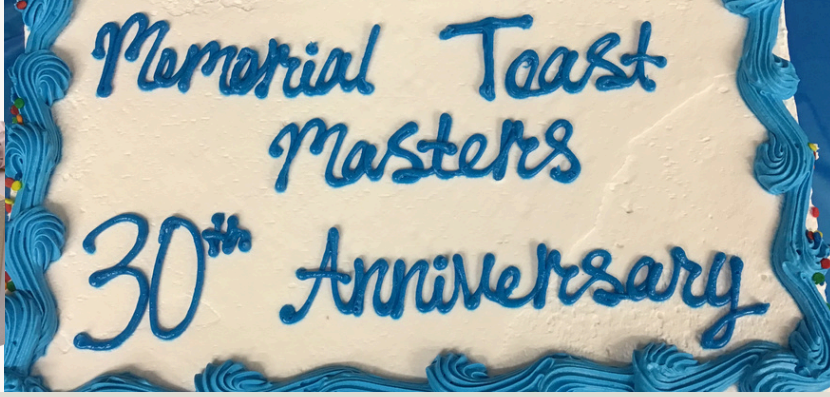
"Great teamwork calibration!"

"Thanks for in-person req NOT boring"

DISTRICT BUZZ

SPEECH AFIRE ADVANCED CLUB IS ON FIRE!

CONTRIBUTED BY LORNA WALTERS, DTM, CLUB PRESIDENT



Memorial Toastmasters (3237) celebrated its 30th Anniversary at their November 6th meeting. Former members and guests were present, as well as our District Director, Sharon Joseph, and Area Director, Irina Albert Maetos.

The newest members were honoured and accepted the challenge of presenting a "Member Reflection" on their Toastmaster journey. In addition to highlighting their initial feelings and fears as new members, more importantly, they demonstrated significant growth as Members. To quote one of these newer members, Robert Lockyer, "I was really impressed with the other members' reflections. When I think back to how they all started out, they seemed like totally different people up there at the lectern today; so much more confident and fluent." Feedback received from the members and guests was positive and inspiring for our Club. However, more significantly was the members' recognition of growth in their fellow Toastmasters. I believe that when you witness growth in others it is, in part, due to the fact that you have also grown.

I am proud to be a Member of Memorial Toastmasters with its awesome and dedicated members. I get so emotional and inspired by the growth of each individual member that I have to remind myself that I am not their Mother but just their fellow Toastmaster!

We emphasize in our Club that when you follow the Toastmaster Program, it works! It is as simple as that. We emphasize that the greatest growth comes through three main areas:

Experiential Learning: Be an active member, take on the functionary roles, and work through your Pathway projects.

Mentorship Program: The Mentor-Protege relationship is important to promote growth and learning at a faster rate than one can achieve independently.

Evaluations: Effective evaluations are the single most effective means of promoting growth. It is important to note that everybody benefits from an effective evaluation, not just the speaker and Evaluator.

Members are encouraged to take risks and practice, as this is where the greatest learning and growth occurs. As Ralph Smedley stated, "Your Toastmasters Club is your laboratory in which to try experiments in better communication."

I look forward to sharing the successes of Memorial Toastmasters into its 4th decade.



DISTRICT BUZZ

TM of Greater Burlington

Toastmasters of Greater Burlington (Burlington, VT) members Joseph Sohmer, M.E. Lawlor, and Susanne Melling facilitated a 2-hour workshop for the Sustainable Innovation MBA (SI-MBA) students at the University of Vermont Grossman School of Business on October 23rd. The Sustainable Innovation MBA (SI-MBA) at the University of Vermont Grossman School of Business is the leading program for emerging change-makers who believe business can, and must, become a force for good. The workshop introduced the students to Toastmasters and focused on tips for more effective communication.

Joseph, M.E., and Susanne had a wonderful time and were thrilled that the students were fully engaged and responsive. Feedback from one of the attending professors was “I thought that was fabulous and I hope we can do this again next year ...”



New, Improved Base Camp Resources

Our new Base Camp has not only made it easier to access and navigate through Pathways, but it has opened up the possibility of sending and asking for feedback digitally. We invite you to learn more by watching Base Camp Videos [link to] that have been prepared by the staff at World Headquarters. You can also download copies of the Base Camp User Guide and Base Camp Manager Guide for additional reference.



SPEECH AFIRE ADVANCED CLUB IS ON FIRE!

Toastmasters is the world's best kept secret! Have you heard that phrase? Why is it we know it but can't seem to get past it? This oft-repeated belief is restrictive. It just might be holding us back! Speech Afire Advanced Toastmasters wants to throw off that cloak!

We have planned special presentations with guest and member speakers for each month. We meet twice a month on the first and third Saturdays.



Our first speaker was Jeremy DeMerchant, DTM. Jeremy presented his ideas for promoting our Toastmasters club as if it were a business using his professional marketing know-how. With his 6 points of advice, Jeremy shared secrets to growth from a marketer's viewpoint.

A couple of pieces of advice about marketing your club stood out as radical (at least to this author). The first was to leverage exclusivity. The second was to create a narrative about what you stand against!



Jeremy's presentation was entertaining and inspiring. As per his suggestions, we will be brainstorming ideas and implementing them to help Speech Afire Advanced Toastmasters to gain and retain members. If you are looking for advanced evaluations, debating practice and the challenge of evaluating great speakers, check us out through our website,

speechafire.toastmastersclubs.org.

Sheryl Poirier, PHEc, DTM
President
Speech Afire Advanced
Toastmasters Club

DISTRICT BUZZ

CONCORD NEWS

The Concord Toastmasters Club has been busy celebrating excellence this fall! From August to November, their meetings have been filled with dynamic speeches, engaging Table Topics, and thoughtful evaluations. These highlights capture the spirit of Concord Toastmasters as they recognize member achievements.

Here are a few pictures from the Concord Toastmasters Club from August to November:



1. Toastmaster Laura Magzis with Club Secretary and Best Speaker, Jon Kelly.



5. Toastmaster Dale Randall with Best Evaluator ribbon winner Dori Bell.



4. Best Table Topics ribbon winner Ann Walls with Toastmaster Teri Gladstone.



2. Best Speaker Teri Gladstone and Best Table Topics ribbon winner Cary Gladstone



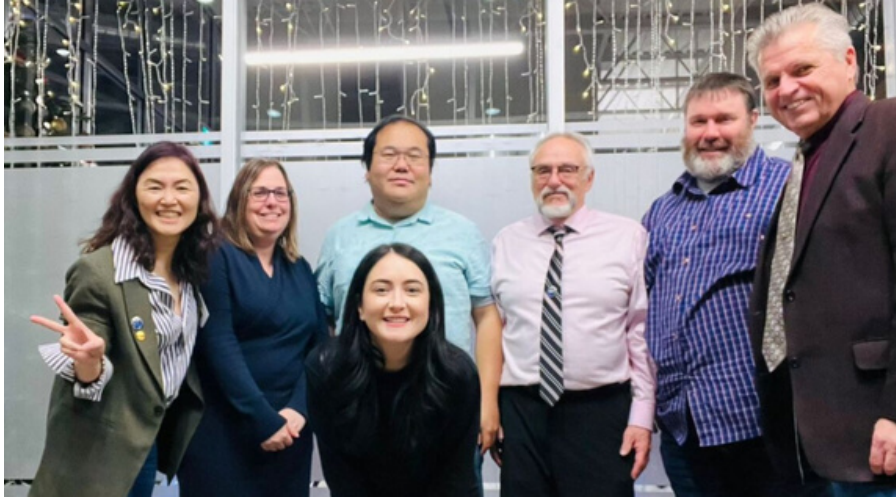
3. Toastmaster Donna Moore with Best Table Topics winner Luke Martin.

DISTRICT BUZZ

DARTMOUTH TOASTMASTERS



In November, Dartmouth Toastmasters welcomed Area 11 Director Joyce Ding to one of our meetings. The evening was truly memorable, with a full house and an atmosphere brimming with enthusiasm and energy.



Area 11 Director Joyce Ding and the Dartmouth Toastmasters Executive (Noëlla Samson, Edward Ma, Victoria Jessome, David Lee, Lawrence Kelly and Ron Corkery, DTM).



The Club Executive and long-standing Toastmaster Chummie MacDonald, DTM, getting into the Christmas spirit.



Lights, Camera, COMMUNICATE!



MARK YOUR CALENDAR!

D45 SPRING CONFERENCE

MAY 23-25, 2025

📍 MONCTON, NEW BRUNSWICK

WATCH FOR DETAILS

D45TOASTMASTERS.ORG/D45-CONFERENCE-2025

Spring Conference Activities

From May 23rd to 25th, District 45's annual Toastmasters Conference will deliver exciting contests and thought-provoking education sessions. Hosted at the Canvas Hotel in downtown Moncton, New Brunswick, the district will come together to be inspired by fellow Toastmasters through our speech and evaluation contests, as well as our speakers.



Speech and Evaluation Contests

Pique your curiosity or laugh with a friend while you listen to polished Toastmasters deliver unique speeches in the International and Humorous Contests. Each Toastmaster participating in these contests Club-, Area-, and Division-level winners. For the International Contestants, the hope is to compete in the Regional and International competitions.

Toastmasters in the Evaluation Contest will be judged on the quality of their feedback to peer speakers. Like the International and Humorous Contests, contestants have won in their Club, Area, and Division contests.

Spectating can also help you become a better evaluator in your own club by seeing how others approach the challenge.

And - More Engaging Activities!

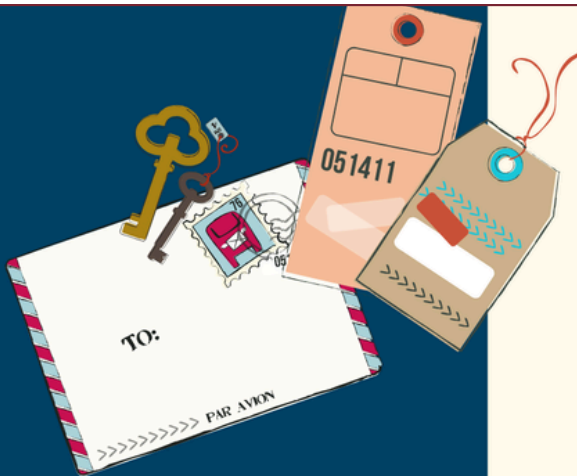
Beyond these ever-popular contests, attendees can hear a thought-provoking speech from the past International President – and new District 45 member – Pat Johnson. She is this year's keynote speaker. You will be able to witness how her years in Toastmasters have propelled her to where she is today.

Our Toastmasters Conference is a great opportunity to meet other members of your online clubs or make new friends from across the District. In the evenings, there will be other activities, like a games' night and banquet dinner.

While attending the conference, you can inspire others too! There are opportunities for you to deliver a speech at the conference. All topics are welcome and can range from technology, Pathways, leadership, and personal development. If you are interested in taking part in this activity, email d45.sherrymacdonald@gmail.com.

CANVAS

TAPESTRY COLLECTION
BY HILTON



*Canvas
Moncton*



Tapestry Collection by Hilton

Call 1-506-800-8118 or reserve online
<https://group.tapestrycollection.com/3n7u82>

Reference D45 Toastmasters Conference
to obtain our TI D45 Conference rate

Room with a King \$180/night (CDN)
Room with 2 Queen Beds \$190/night (CDN)
Book before end of day on March 22nd,
Rooms with these rates are limited

Book your stay!



DTM

ANNE DOUCETTE

Q - What was your DTM project, and why did you choose it?

My DTM project was co-chair of the 2023 District 45 conference. I chose to do this project as the 2023 conference was being held in the city where I live: Charlottetown, Prince Edward Island. I also wanted to continue being involved with the leadership within the District and I thought this would be a great way to help.

Q - What did you gain from working on this DTM project?

I learned how to be more assertive in getting my point across, how to work through difficult conversations and situations, and how to not be so hard on myself.

Q - How has your journey to DTM impacted your personal, professional, and Toastmasters life?

I've stepped far out of my comfort zone within all aspects of my life, more than I ever thought possible. In my professional life, I am more comfortable providing succinct verbal and written briefings to senior management and am getting more comfortable in providing recommendations. In my personal life, I am more comfortable speaking in unknown situations and don't mind as much being put on the spot (Table Topics helped). In my Toastmasters life, I'm really enjoying sharing all about my Toastmasters journey so that I can hopefully inspire newer Toastmasters to step outside of their comfort zone as well.



Q - What is your next Toastmasters goal?

My next Toastmasters goals include: helping my two clubs be distinguished in 2024-25, continue mentoring other Toastmasters, reflecting on my Pathways Path #10, completing Path #11, organizing and conducting a Youth Leadership session, and you never know, possibly working on DTM #3.



MEMBER SPOTLIGHT

JANE OSEMWEGIE, DTM

As highlighted by Angela Chute, DTM, IPDD, Jane is a true GEM (Goes The Extra Mile) within District 45. Her feature, "Reaching My Full Potential," shares her inspiring journey of growth, confidence, and empowerment through Toastmasters. Jane's dedication and leadership continue to make a lasting impact on our community!

We're proud to celebrate Jane's accomplishments, and we encourage you to read her story.

<https://www.toastmasters.org/magazine/magazine-issues/2023/oct/my-turn>



Congratulations to Jane Osemwegie, DTM, on being featured in the October 2023 issue of Toastmasters Magazine!



<https://toastmasterscdn.azureedge.net/medias/files/department-documents/magazine/magazine-pdfs/2023-magazine-pdfs/magazine-october-2023-sec.pdf>

Q. What motivated you to start your journey with Toastmasters, and how has your experience changed or grown since then?

I started Toastmasters without even knowing what it was all about. I started as a charter president in a Corporate club in Nigeria and joining has been a tremendous blessing to me. I used to be a very shy individual and could hardly speak in front of an audience, but as a past Area Director and also one of the District Leaders, I have seen tremendous growth in my communication and leadership skills.

Q. What key skills have you developed through your roles and achievements in Toastmasters, and how have they impacted your personal or professional life?

My public speaking and leadership skills have greatly been sharpened and well-developed. I can comfortably say I can empathize and deliver constructive feedback to my peers and team members, and I am also comfortable speaking to a large audience. These skills are essential for one in this dynamic, fast-paced world.

Q. As someone who has been recognized for your dedication, what advice would you offer to others aspiring to make a positive impact in Toastmasters?

First, be in the driver's seat of your own life. That can be done by believing in yourself. This enables you to go after your goals and thrive no matter the challenges. Lastly, practice kindness because kindness is the only language we humans understand without speaking a word.

Q. What upcoming goals or projects are you excited about within Toastmasters or other areas of your life?

My main goal in life is to focus on myself and my creator, which is God almighty; achieving these two means everything to me.

MEMBER SPOTLIGHT

DAMILOLA AJIBADE



D45 Trail Blazer

Damilola Ajibade

Civil Speakers Toastmasters Club

Damilola has shown remarkable progress in Pathways, guided by the strong mentorship of Carl. Nationally recognized for her program, The Journey Amplified on Rogers TV, and named one of Canada's Top 100 Black Women, she is an inspiring advocate for entrepreneurship across New Brunswick. Now stepping into Toastmasters leadership, Damilola brings the same passion and dedication to her role as VPPR for Civil Speakers, where her work is making an incredible impact. Her upward journey in leadership is one to watch and celebrate!

Veerendra Nagalla, Division C Director

Congratulations to Damilola Ajibade of Civil Speakers Toastmasters Club on being recognized as a D45 Trailblazer! Damilola's journey with Toastmasters began after arriving in Canada, seeking a supportive community to grow her public speaking skills and ways to creatively express herself. Guided by Carl Duivenvoorden, DTM, she has developed remarkable leadership skills and enhanced her confidence.

From her nationally recognized program The Journey Amplified to her inspiring work in the community, Damilola continues to make an incredible impact. Read on as Damilola shares her story and insights in her own words!

What motivated you to start your journey with Toastmasters, and how has your experience changed or grown since then?

I had always heard about Toastmasters from when I was back home in Nigeria. I always thought it had an affiliation with those interested in going into politics, maybe because of the public speaking aspect. However, it never piqued my interest. After I arrived in Canada as a permanent resident in 2018, I realised it was an opportunity to start my life over. This mainly had to do with expressing myself creatively. When I discovered the opportunity to start telling stories of immigrants, I needed a community to grow my public speaking ability as I wanted to speak professionally. I am fortunate to have the opportunity to be a part of such a supportive group. One thing that has improved for me is the ability to use my vocal variety when speaking; I realize that it makes speaking so interesting – this I learnt from the Civil Speakers Toastmasters Club.

MEMBER SPOTLIGHT

DAMILOLA AJIBADE

What key skills have you developed through your roles and achievements in Toastmasters, and how have they impacted your personal or professional life?

For one, my leadership skills. The ability to walk into a room and take on a challenge or a conversation has come from several opportunities to practice and attempt table topics. Also, I will say that my confidence level has really improved, thanks to feedback and speech evaluations. I am more mindful of how to engage my audience and keep them interested.



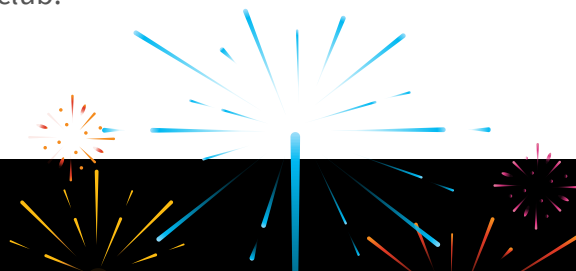
As someone who has been recognized for your dedication, what advice would you offer to others aspiring to make a positive impact in Toastmasters?

I would say, go for it. There's a phrase that has inspired me recently; "The Magic is in the Doing!" You could never know how much impact you can make until you start doing. So "Just Do It," according to Nike.



What upcoming goals or projects are you excited about, either within Toastmasters or in other areas of your life?

Recently, I had a few people reach out to me about co-hosting a show. It's an opportunity to grow a larger community of speakers and potentially introduce them to the Toastmasters community. Also, I am working on a project that may take my show -The Journey Amplified to national TV. This is both exciting and at the same time terrifying. I know I can rely on my community and my coach, Carl Duivenvoorden, whom I met through the Civil Speakers' club.



FIND A CLUB



Want to see how it works? This step-by-step video shows how club officers can make the most of these tools.

<https://embedded-links.us-1.lytho.us/links/e6043a35-26e9-40af-bf03-e9067717632d>

Find A Club (FAC) is one of the primary ways people discover and connect with Toastmasters clubs. However, only about 9% of people who reach out through Find A Club ultimately join. One key reason? Around 74% of surveyed contacts say they never visited a club because they didn't receive a response from a club representative. This means many prospective members, eager for the support and growth a Toastmasters club offers, may miss out on the chance to join. By responding to each Find A Club inquiry, clubs have a significant opportunity to welcome more people into our community!

There are now two exciting new features in Club Central to help your clubs easily manage/respond to prospective members and help them join more efficiently: the Prospective Member Management page and the online Member Application.

These new tools will help clubs:



- **Track Prospective Members with Ease:** All club officers will be able to see Find A Club contacts in one place, read initial messages/see if or when someone has scheduled a visit, and assign a club officer to be responsible for communicating with each contact to ensure no one is missed.
- **Streamline the Joining Process:** Club officers can now send prospective members an online Membership Application from the Prospective Member Management page after the club has voted the individual into the club. For clubs with Self-Pay enabled, new members will be able to submit dues right after their application is submitted, too!

UPCOMING EVENTS

CHAMP MASTERS- OPEN HOUSE AND HOLIDAY PARTY-

Champ Masters of Burlington, VT welcomes all to attend a special Holiday Open House on Wednesday **December 18th from 5:45 PM to 8:00 PM!**

With the lights dimmed, and candles lit, Holiday Speeches and Table Topics will create a light hearted festive atmosphere where members will celebrate friendship, voice and the gift of presenting.

All Toastmasters are invited to attend in person-or online via Microsoft Teams Meet. Please pre-register no later than Tuesday, December 17th by contacting Carol Coolidge at cdmvt47@yahoo.com. In-person meeting location is at Dealer.Com- located in Burlington at the corner of Pine St. and Howard St. Bring a guest!

Suggested donation is \$ 7. Pizza will provided by Pizza 44!



Area 16 Director Reese Eskridge, DTM is hosting **a weekly series of educational sessions** covering material found in the Club Excellence Initiative Curriculum. These sessions run from **7:30 - 8:15 PM ET every Sunday**. The purpose of these sessions is to aid less experienced Toastmasters in their leadership development by providing practical, yet underutilized Toastmasters resources one at a time in a logical order. This training is geared toward current and aspiring District 45 club officers, but anyone is welcome to participate. Reese is hosting these sessions because he wishes to offer Toastmasters the type of mentorship and support he wished he had when he stepped up as a club officer in his early years as a Toastmaster. All sessions and downloadable materials will be accessible via a word document that will be sent out every Saturday.

Please make room in your calendar for our **District 45 Spring Conference**, which will be held from May 23 to May 25, 2025 in the city of Moncton, New Brunswick. If you are interested in networking with fellow Toastmasters and volunteering to help out with the conference, conference co-chairs Erin McMenemy, DTM, and Lorelei Grecian will be hosting 30-minute information sessions on November 20th, December 11th, and January 15th beginning at 7 PM Eastern/ 8 PM Atlantic/ 8:30 PM Newfoundland Time. Please click [here](#) to access the Zoom link to attend any of these meetings.



UPCOMING EVENTS

January 2025























 SUN 29	MON 30	TUE 31	WED Jan 1 New Year's Day (Canada & US) 	THU 2 ● 7pm SLT Monthly Meetin	FRI 3	SAT 4
5 ● 8:30pm Leadership Deve	6	7	8	9 ● 7pm SLT & Division Direc ● 8pm Club VPE Monthly P	10	11 ● 8:45am 2024 Conventior
12 ● 8:30pm Leadership Deve	13	14 ● 7pm D45 Educational We	15 ● 8pm Conference Volunte	16 ● 7pm Club President Mon ● 8pm New Member Mont	17	18 ● 9:30am Div D TLI ● 11am 2024 Convention Vi
19 ● 8:30pm Leadership Deve	20 Martin Luther King Birthda	21 ● 8pm VPM Monthly Peer I	22 ● 6pm Find Your Voice (Sp	23 ● 7pm Div C Monthly Meet ● 7pm Educational Webina	24	25
26 ● 8:30pm Leadership Deve	27	28 ● 8pm VPPR Monthly Peer	29	30	31	Feb 1

February 2025

 SUN 26 ● 8:30pm Leadership Deve	MON 27	TUE 28 ● 8pm VPPR Monthly Peer	WED 29	THU 30	FRI 31	SAT Feb 1
2 ● 8:30pm Leadership Deve	3	4	5	6 ● 7pm SLT Monthly Meetin	7	8
9 ● 8:30pm Leadership Deve	10	11 ● 7pm D45 Educational We	12	13 ● 7pm Quarterly DEC Mee' ● 8pm Club VPE Monthly P	14 <i>Valentine's Day</i>	15 ● 9am A9 & A18 Contests (
16 ● 8:30pm Leadership Deve	17 Family Day (Canada)	18 ● 8pm VPM Monthly Peer I	19	20 ● 7pm Club President Mon ● 8pm New Member Mont	21	22
23 ● 8:30pm Leadership Deve	24 ● 8pm VPPR Monthly Peer	25	26	27 ● 7pm Div C Monthly Meet ● 7pm Educational Webina	28	Mar 1 ● 9am A1 & A11 Contests (I

UPCOMING EVENTS

March 2025

SUN 23	MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT Mar 1
 8:30pm Leadership Deve	 8pm VPPR Monthly Peer			 7pm Div C Monthly Meet  7pm Educational Webina		 9am A1 & A11 Contests (I
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9  8:30pm Leadership Deve	10	11  7pm D45 Educational We	12	13  7pm SLT & Division Direc  8pm Club VPE Monthly P	14	15  9am Div D Contests
16  8:30pm Leadership Deve	17 	18  8pm VPM Monthly Peer I	19	20  7pm Club President Mon  8pm New Member Mont	21	22
23  8:30pm Leadership Deve	24	25  8pm VPPR Monthly Peer	26	27  7pm Div C Monthly Meet  7pm Educational Webina	28	29  11am A8 Contests (Div A
30  8:30pm Leadership Deve	31	Apr 1	2	3  7pm SLT Monthly Meetin	4	5

Thanks from the Public Relations Manager

This edition of the District 45 newsletter reflects the incredible efforts of our members and contributors. Thank you to everyone who shared their stories, insights, and achievements, making this newsletter a celebration of our Toastmasters community. Special thanks to the newsletter committee; Laboni Ahsan, Brittany Dixon, and Jeffrey Roy, DTM for your dedication and teamwork, and to Antoine Legresley for translating the French edition, helping us connect with even more members.

This issue's Member Spotlights highlight two outstanding Toastmasters, Jane Osemwegie, DTM and Damilola Ajibade. Thank you both for sharing your inspiring journeys. Member Spotlights are selected through nominations and Trail Blazer awards, which recognize accomplishments within and beyond Toastmasters. Nominate a member today, and their story could be featured in a future edition!

With gratitude,
Lawrence Kelly
Public Relations Manager