

CAN-AM LINK

The Rubber Band Ball of Leadership

Donna Tutty, District Governor

The first time that I saw a rubber band ball was on the TV show *Parenthood* and I can remember thinking “that must have taken a long time to make”. Since then I have seen kids and adults alike proudly displaying their own individual rubber band balls which started me thinking about how that ball represented my experience with Toastmasters and with leadership. To create this ball you start with an original core ball and then keep adding rubber bands one by one through the course of time to create this fun, vibrant and actually very useful ball of bands (you never know when you may need a rubber band).



Now, think about your Toastmaster experience. When you joined your first Toastmasters club (the center ball) you were looking for an environment that would give you the core tools needed to help you improve on your desired goal. For me, it was to build confidence. The longer I stayed and the more active I became I realized that I was gaining more than I ever dreamed possible; I was adding on my own layers of rubber bands. The amazing thing was that for every band I added, it opened the door for more experience, more growth, and more bands.



Some examples of my bands are confidence, presentation skills, leadership skills, and organizational skills. I have also added bands of friendship, passion, excitement and life long learning. I have been a Toastmaster for 14 years and I can honestly say that I continue to add bands to my ball of experience that represents who I am and how far I have come in my journey through Toastmasters. What do your bands represent? Are you looking to add to your ball of experience? If so, you are in the right place. Toastmasters will provide you with opportunities to focus on the skills you have as well as on skills you wish to improve.

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This year as your District Governor I have had the honor and privilege to be able to add bands to my own personal experience ball largely due to what I have learned from the members of District 45. Kindness, compassion, dedication, commitment and integrity are just a few of the bands that I have seen magnified throughout District 45. It is the commitment and dedication of the members that truly bring the Toastmasters program alive. My most cherished band this year has been gratitude. Each and every day I witness members going above and beyond the call of duty to not only improve their own lives but to help others grow in their journey to be better speakers and better leaders. For this, I am ever so grateful. It is because of members such as yourselves that I can gratefully and proudly echo the words **“Toastmasters, Where Leaders Are Made”**

Donna Tutty, DTM
District 45 Governor

Smarties—Do You Eat The Red One Last?

Sharon Jacques, Lieutenant Governor Education & Training

When it comes to Smarties, I enjoy eating them in any order they come out of the box, while my best friend likes to group her Smarties by color and then eat them. I don't believe there is a wrong way to eat Smarties, as long as you enjoy your treat. However I have run into the odd time that I've put my Smarties away to enjoy at a later date, only to find an empty box when I went to retrieve them. What seemed to be a good idea at the time, turned out not so good (I should have ate the Smarties when I had the opportunity).



How many times have you made a decision and then wished you could retract it? I think we all have done that at one time or another. Wikipedia, explains decision making as "*the mental processes resulting in the selection of a course of action among several alternative scenarios*". While some decisions may not turn out the way we hope, others exceed our expectations. For me joining Harbourside Toastmasters was one of these decisions.

I took the plunge and walked through the door of Harbourside Toastmasters in August 2007 and have never regretted that decision. I joined to learn to think on my feet; and I knew that Table Topics would give me this skill. I figured I would be with the club six months to a year and then be on my way armed with my new found skill (that was almost six years ago). When I walked into my first Toastmasters meeting, I did not anticipate the doors of opportunities that would soon open up to me. Open up they did... I found myself in a world of speaking and leadership opportunities, contests, networking, conferences, and friendships that spread throughout our district. The more I tested and tried the more I enjoy it. I had no idea these opportunities existed when I joined Harbourside Toastmasters.

It all started with Kathryn Hanson taking me to my first Area 4 International Speech Contest. I was extremely impressed, and the bug to compete bit me. The following year, the leadership bug found me. That was the year I was maxed to the limit at work and planned on stepping off my club executive; instead an unexpected opportunity presented itself not only to be Club President but to be the Area 4 Governor as well. I gave this decision great thought. I really wanted to step up to at least one of the two leadership roles; however I knew I was maxed at work. After much deliberation I decided to take on both leadership roles, and I planned to learn the skill of delegation. By June 30th, I had learned the skill of delegation and I had a very enjoyable and successful year (both at the office and at Toastmasters). It was a decision that I have never regretted, and one that I believe has led me down the path I'm currently on.



I'm not sure what lies ahead; however when the next door of opportunity opens, I'm looking forward to walking through it and seeing what is on the other side. I don't plan on missing any more Smarties.

Sharon Jacques, cc

Lieutenant Governor Education & Training

The Way We Were

Patricia MacNevin, Public Relations Officer

***“Memories, like the corners of my mind
Misty water-coloured memories of the way we were”***

- Barbra Streisand

The movie “*The Way We Were*” from 1973 was a romantic drama with Barbra Streisand and Robert Redford. I still love that movie and I can be heard humming the theme song on many an occasion.

Do you remember ***the way you were*** when you decided to join Toastmasters? Do you remember giving your Ice Breaker speech? Is it a memory in the corner of your mind? Smiles and accolades given by fellow Toastmasters – do you remember? That’s the way you were.

When I joined Toastmasters in 2006, I thought I had a good command of the English language; I thought I could speak in front of people; and I thought I could do presentations – or so I thought!

I remember giving my Ice Breaker. I’d prepared and felt I had a good overview of the person I was and how I’d progressed to that place. I had used descriptive words, my speech was organized and there was even some humour!

BUT....while I thought I did well – my evaluator offered me some sound advice which I hold dear to my heart. I hear it in my head, every time I speak or do a presentation today.

Since joining Toastmasters, I’ve learned many skills to improve my communication and leadership abilities. I’ve grown as a person in major part because of the Toastmasters Program, as well as the great mentoring I’ve received from seasoned Toastmasters.

Are you where you want to be in the Toastmasters Program? There are **75 days** until June 30, 2013, the end of the 2012-13 Toastmaster year. There is still plenty of time to achieve goals, perhaps a Triple Crown!

If you look at the number of meetings, the number of opportunities, and your personal goals – you may have already “mapped” your way to a successful Toastmaster year. Whether it was to improve your leadership skills by participating in various functionary roles within your club, or to have given five speeches in one year – you set a goal.

Where are you in your goals for 2012-2013? How can I or other Toastmasters help you achieve your goals?

Do you know your club officers? Have you spoken with your **VPE** who can guide you to success? Do you have a Mentor who can guide you to success? Who else can guide you to success?

Do you remember the way you were when you joined Toastmasters? What have you learned? Would your Ice Breaker have been easier if you knew then what you know now?

I encourage you to encourage others. I encourage you to continue your Toastmasters journey. Make a memory. Remember the way you were and as the song goes.....

***Can it be that it was all that simple then
Or has time rewritten every line?
If we had the chance to do it all again, tell me, would we, could we?***

***Memories may be beautiful and yet
What’s too painful to remember we simply choose to forget.
So it’s the laughter we will remember
Whenever we remember the way we were.***



Patricia MacNevin, DTM
Public Relations Officer

Parliamentary Minute—*Michael Thompson, CC/ALB*

How To Amend A Motion

A motion has been made and is being considered by the assembly. There is some controversy that becomes the focus of the debate; suddenly you realize that with a small change to the motion the controversy can be resolved. But what to do? If only we could change the motion being considered we could move on with the debate and consider a better motion. The solution is to amend the motion.

There are many reasons for amending a motion. It may be to clarify the language of the motion. It may be to refine or broaden the intent of the motion. The point is to improve the motion or to make it more acceptable to the assembly. Whatever the reason, it is important that the amendment is specific and is germane to the motion. What is germane you ask? Germane means to be relevant; in other words an amendment to buy a new lectern for the club to a motion dealing with the club Christmas party is not germane and should be presented as a separate motion. A germane amendment would, for instance, be one that specifies that the party will be a potluck.

An amendment to a motion is in itself a motion, it is known as a subsidiary motion and can only be made when a main motion is being considered by the assembly. Any number of amendments may be made to the main motion but only one may be considered at any one time. The member wishing to make the motion gains the attention of the chair and makes the motion to amend the motion, this must be seconded. If it is seconded then the debate on the main motion is suspended and the amendment itself is debated, and then voted on. If the amendment passes then the debate on the main motion continues on the amended motion; not the original motion. If the motion to amend is defeated then the debate on the main motion then continues with the original motion. If an amendment is defeated then it is not permitted to reintroduce substantially the same amendment again, as the matter is considered “settled” by the assembly.

But you ask, what if the amendment might be improved by a slight change, can an amendment be amended? The answer is yes, a secondary amendment may be made. Like an amendment it must be seconded, debated and voted on. If passed, the debate on the amended amendment continues. If the secondary amendment is defeated then the debate continues on the original amendment. But that is it, you cannot go any further as only two levels of amendments are permitted. If you wish to amend a secondary amendment you could state to the assembly that you would make a new secondary amendment if they will vote down the current secondary amendment.

At this point the secretary is probably crying into his/her cup, thinking s/he has to keep track of all these amendments and votes. There is good news and bad news. First it is the job of the secretary

Parliamentary Minute (*cont'd*)

to keep track of the motion being voted on, this is why it is important that the person making the motion provide the motion in writing to the secretary, unfortunately this rarely happens. It is therefore important that the secretary be given the time to properly record the motion (before debate occurs); the chair should request that the secretary read back the motion before debate starts, to ensure that it is properly recorded. Also, in a perfect world, amendments should be precise and be provided to the secretary in writing; again this rarely happens and so again it is important that the secretary be given the time to properly record the motion to amend. The secretary must always be ready to read the current motion, as amended, to the assembly. This is the bad news. The good news is that only the final motion as amended needs to be recorded in the minutes, none of the motions to amend nor the results of their votes need be recorded.

There are several specific forms for motions to amend, which are described below. However, these, for the most part belong in a perfect world, and most often a motion to amend will be a vague suggestion to modify the motion to do 'x'. It will be the job of the Chair, the secretary and the mover to come to an agreement for the actual amendment to be made to the motion. A motion to amend may be in one of the following forms:

Insert or Add Words: the mover would state where in the motion the new words are to be inserted;

Strike Out Words: the mover would state which words in the motion are to be deleted; and

Strike Out and Insert Words - the mover would state which words in the motion are to be replaced with the new wording.

In more complex motions which may be multiple paragraphs long or whole documents (like a government bill) whole paragraphs may be the subject of amendment.

Insert or Add a Paragraph : This motion may also add paragraphs or whole sections.

Strike Out a Paragraph : Again this can affect multiple paragraphs or whole sections; and

Substitute a Paragraph: Finally a paragraph or paragraphs or whole sections can be replaced.

A motion to amend is the most common and potentially the most complex form of secondary motion, subsequent articles will discuss the other secondary motions that are possible, stay tuned!

In this series of articles I will be covering a number of the basics of parliamentary procedures. If there is a topic you would like to see covered, have a question you would like answered or you would like to contribute an article, please let me know; you can email me at mikethom@acm.org - please preface your subject line with "PM:". These articles (attributed to Michael Thompson) may be reprinted in any Toastmaster group's newsletter or website without permission.

Spring Conference—May 24-26, 2013 in Moncton, NB

The Spring Conference Planning Committee is working diligently to ensure Toastmasters of District 45 attend a fantastic conference in Moncton, NB on May 24-26, 2013.

Have you registered for the conference? If not, click on this [link](#) and submit your registration today. If you register by April 26, 2013 you have an opportunity to win a free registration! So, get to it District 45 Toastmasters—you won't be disappointed.

Hotel? Of course, most of us need a hotel room and this year's conference location is another hot spot in the hot city (well not temperature wise right now). The conference is located at the Crowne Plaza, Moncton and offers Toastmasters a hotel rate of \$139/night. Call 1-506-854-6340 or 1-877-660-8550 to reserve today. I understand that parking is free for Toastmasters staying at the hotel—yeah!

Don't wait until the last minute. Register and reserve your accommodation today. We want to see you again at conference and don't forget to bring a new member so they too can enjoy a great conference!

By the way, there are many activities in the Moncton area for your family who may accompany you. Take a peek at this promotional [video](#) for more details. Ladies, there is great shopping too!

District 45 Council Meeting & Proxies

At the District 45 Council business meeting on May 25, 2013, each President and Vice-President Education in attendance is entitled to one vote. However, if either or both officers cannot attend, they may designate, in writing, any other active member of their club to act as a proxy or proxies for their clubs. ([Proxy form](#)) No other proxy forms are valid at this meeting, per Article X: Council Meetings, Quorum, Proxies, and Voting (a) Proxies of the District Administrative Bylaws.

In the event one of the officers does not attend the meeting and has not designated in writing an active member of the club to act as his or her proxy, the officer or proxy holder in attendance is deemed to hold the proxy of the other, and may therefore cast two votes at the meeting. This assures that every club is represented by two votes. Presidents & VPEs, if you are unable to attend conference and a member of your club is, please complete the Proxy Form and provide to your active member prior to their departure.

In addition, each district officer, including area governors, in attendance is entitled to one vote. Only district executive committee members carrying both credentials or proxy certificates from their club are allowed three votes. All other members are limited to a maximum of two votes each.

Fred Lawson, Credentials Chair, will be receiving your proxies between 8am & 12 Noon on May 25, 2013.

First Time at a District 45 Conference?

On May 24 to 26, the District 45 Spring Toastmasters Conference is coming to Moncton!

Experienced Toastmasters already know that conferences are a great way to meet old friends and new, as well as get insider tips about communication and leadership. But the event is also extremely valuable for new Toastmasters – in fact, it's highly recommended to attend a conference as early as possible in your Toastmaster journey.

If this is your first time attending a conference, let me guide you through the highlights of what to expect.

When you arrive at the Crowne Plaza on Friday evening, you'll immediately start meeting other Toastmasters. In fact, we have a meet & greet specifically for first timers where you are guaranteed to schmooze with members from across the Maritime Provinces and Northeastern United States. Friday evening is also the Tall Tales Extravaganza, a collection of far-fetched tales by Toastmasters that are sure to entertain.

The next day kicks off with a group breakfast, followed by compelling [education sessions](#) on topics such as communication, personal development and leadership. You will walk away feeling inspired as you join your fellow Toastmasters for the Awards Luncheon. Later that afternoon is the International Speech Contest, where some of the strongest speakers in the district compete to advance to the next level of competition. Saturday evening, join your fellow members at the District Governor's Banquet, followed by Open Mic Night, where you'll discover the secret talents of fellow members... or even share some of your own.

Sunday morning starts off with a group breakfast, followed by the Table Topics Contest. During the conference, you can also bid on exciting items at the silent auction or peruse the Toastmasters bookstore, which will offer a great selection of titles on leadership and public speaking.

For first timers, I offer this advice:

- ◆ Expect new experiences and be open to learning, growing and developing as a Toastmaster.
- ◆ Meet everyone you can! Say hello, shake hands, kiss babies – really schmooze it up.
- ◆ Be bold, be brazen, be friendly – and expect the same in return.
- ◆ Attend everything you can. You want the full meal deal.
- ◆ Just relax and have fun!

First timers also get special treatment from us, your Committee Members. We can't share details here as they are top secret, but you'll find out when you get to Moncton.

At my first conference, I made a point to sit with different people at each session and meal, giving me a chance to meet as many people as possible. I encourage you to try it. Challenge yourself to meet at least one new person at each session throughout the weekend.

Your first conference will be an adventure – be ready to embrace it!

- Debra Steeves, First Timers Committee Member

TOASTMASTERS ILLUSTRATED

WHEN OPPORTUNITY KNOCKS....

- Eric Jordan, DTM

It was my first time as a volunteer at Dartmouth Players, a very successful community theatre group in my home town Dartmouth, Nova Scotia.



The director of the play we were presenting told me that before the play started he had to go out in front of the audience and do the “blurb”. He then went out and delivered a short (and not all that good) speech about turning off your cell phones, emergency exits and so on.

He told me later that he truly did not like to speak in front of people (it is interesting how many actors and directors dislike delivering non-scripted material) and that it was very difficult to get people to do the opening speech.

I asked if I could do it once in a while, that was almost ten years ago and I have been doing the “blurb” ever since.

What an excellent opportunity to learn and improve my speaking and delivery skills! Every night a new audience. Every night an opportunity to try out new material and to get stage time. Every night the rush of going on stage and delivering a speech. I love it!

Being a Toastmaster has made this experience much less stressful and indeed, a pleasure. I always enjoy the excitement of getting ready and the thrill of walking into a darkened theatre and speaking to a group of patrons who are anticipating a high quality performance. Our patrons expect quality from all of us including the “blurb” so we try not to disappoint.

I am still volunteering at Dartmouth Players, but now I am president of the Board of Directors, so another aspect of Toastmasters training comes into play, conducting an efficient, effective and orderly meeting.

There are so many ways which Toastmasters skills can help in your daily life. Toastmasters has given me the confidence I need to overcome the challenges and to have fun with public speaking.

Get out in the community and see what opportunities there are for using your Toastmasters skills – you will find there are lots.

Eric Jordan, DTM
Division F Governor

TOASTMASTERS ILLUSTRATED

TOASTMASTER USES LEADERSHIP SKILLS TO WIN COVETED DEPUTY GOVERNOR ROLE IN KIN CANADA

- Shane Walsh, DTM, Division 'C' Governor

After a spirited election, Toastmaster Jim Wisted, CC/ALB was conferred the role of Deputy Governor for the year commencing July 1, 2013. Deputy elect, Jim Wisted will preside over the clubs in New Brunswick.

Founded in 1920 by Hal Rogers, Kin Canada has close to 500 Kin, Kinsmen and Kinette clubs from coast-to-coast. Clubs typically raise more than \$18million per year; almost \$1million of this is donated to cystic fibrosis research and care. Kin Canada in its 93-year history has raised over one billion dollars for local community needs. The Kin motto is "*Serving the Community's Greatest Need.*"

Jim Wisted, was introduced to Kin Canada in 2010 and immediately jumped into action by making volunteering for community service a family affair. You will often find Jim and his wife Noreen, daughter Christina and son Brandon working diligently on any of the many community projects supported by the Fredericton Kinsmen Club. From selling deep fried mars bars (calorie free & delicious!) to organizing the District 7 Fall Leadership Conference in October 2012, Jim and his family embody the spirit of Kin serving the community's greatest need. Noreen joined the Fredericton Kinettes and was club secretary in 2012. Currently, Jim holds the office of club president, and was vice president in 2011. Jim's goal as Deputy Governor will be to focus on the needs of Kin members in New Brunswick.

Jim Wisted has been a member of Toastmasters since 2011. Jim joined Civil Speakers Toastmaster Club #6423 when he discovered the thrill of competing in a speech contest. Currently, the Sergeant at Arms for Civil Speakers, in 2012, Jim stepped out of his comfort zone to assume the role of Area 19 Governor. Along the way, Jim achieved a triple crown, by completing his Competent Communicator, Competent Leader and Advanced Leader Bronze designations. Jim joined Golden Toastmasters Club #2672 to give him more speaking and leadership opportunities, and while not a member of the executive is a keen participant in all meetings.

Congratulations Jim!

TOASTMASTERS ILLUSTRATED

Building A Better World—Global Change Maker

(Original Article by Mark Campbell, Dalhousie University Alumni, Halifax, NS)

There are a few things Carl Duivenvoorden knows for certain. One is that global warming is not a myth. Two is that we can do more to protect our environment. And three is that Al Gore is a 'pretty cool guy.'

"He's usually portrayed as having a stiff persona, and he certainly has this intensity about him that comes out when he's talking about global warming. But he's not afraid to poke fun at himself or his public image either."

Duivenvoorden is an interesting character himself, and certainly as passionate on the issue of climate change and environmental sustainability as the former Vice President of the United States. He was one of the first Canadians to receive training from Gore in delivering the landmark presentation, *An Inconvenient Truth*, and he has since shared its key messages with more than 35,000 people in 250 audiences – which indicates the degree of his passion. He also started his own business as a speaker, writer and consultant to further help people save money, energy and the environment.

"People want to do the right thing, but they don't always know just what that right thing is because there is so much information out there. My goal is to educate and provide realistic things anyone can do to make a difference."

No Eureka Moment

Duivenvoorden's commitment to environmental sustainability is such that you wonder what inspired him to take up the cause. He explains there was no 'eureka' moment; it was more an accumulation of experiences and realizations, starting with recesses at his elementary school in Belledune, NB.

"The school was located between a smelter and a fertilizer plant. There were some days when we couldn't go outside because the smoke from the plant hung like fog over the schoolyard. I didn't know much about the environment, but I knew there was something wrong when kids couldn't go outside to play. That's when the little voice in my head first went off."



Even so, Duivenvoorden had other plans than environmental activism. After completing high school, he enrolled at Nova Scotia Agricultural College (Now Dalhousie's Faculty of Agriculture) to study farming technology, thinking one day he'd take over the family dairy farm. Instead, he decided to pursue a degree in plant science, which he completed in 1986. "That was a great foundation for me, because I was exposed to issues related to global food production, and how it is a sacred trust. It reaffirmed to me the vital role that farmers play in sustaining our food supply."



Carl (right) with former US Vice President, Al Gore in Nashville: 2007

TOASTMASTERS ILLUSTRATED

After graduating, Duivenvoorden held a series of agriculture jobs, including five years marketing seed potatoes to developing countries in Central and South America for the Canadian Seed Potato Export Agency. It was an eye-opening experience.

“I was in Mexico City five days before I realized there were mountains nearby. That’s how thick the smog was over the city. And the main road to Caracas had so much oil on it from cars it was like driving in wet conditions. I could hear that little voice again telling me ‘this can’t be good,’ only now it was getting louder.”

Deciding a change was in order, Duivenvoorden moved on to Efficiency NB, a government agency designed to help people save money, energy and the environment. It was a stimulating and fun job. And then, Al Gore changed everything. A conversation about Gore’s book, *An Inconvenient Truth*, at work prompted him to pick up a copy. Reading it during a family vacation, he told his wife he thought it would change the world and he wanted to be part of it. Discovering Gore was training people to deliver a presentation based on the book, he wanted in. After some persistence, he found himself in Nashville at a training session in spring 2007.

“You had to commit to ten presentations in your home community. I decided I would do 100. I wasn’t sure how I would accomplish this, but I took a year off work to follow my heart and see where this would lead.”

Making a difference

By the end of the year, he had given 140 presentations across Atlantic Canada and in New England. “It’s hard to know for sure if you’ve made an impact,” he admits. “But every now and then, you get an audience where you can see they definitely get it. You get emails from people who tell you ‘I’m changing my life because of your presentation.’ So, I’d like to think it is making a difference.”

That’s all the impetus Duivenvoorden needs to continue spreading the word to anyone who will listen through his business and his presentations. “You’ve heard about the ‘Butterfly Effect?’” he asks. “It’s this phenomenon that says something as gentle as a butterfly flapping its wings over Brazil can cause a tornado over Texas. Well, I want to be that butterfly. I want to have an impact.”



Distinguished Toastmaster Carl Duivenvoorden

Past District Governor, Carl Duivenvoorden, DTM, is very humble when he chats with you about his adventures and presentations related to climate change and *An Inconvenient Truth*. He attributes his presentation, communication and leadership skills to Toastmasters. Carl is a life-long member of Toastmasters; he joined in October 1989; has held Club Officer positions and served as our District Governor in 2004-05. Currently he is President of Civil Speakers Club #6423, a provincial government club in Fredericton, NB.

Education Achievements

Toastmasters—you have been achieving your education goals this year. Congratulations to all of our Toastmasters listed below. There are 69 awards from February 19 to April 14, 2013!

Award	Member	Club	Location
CC	Anderson, Starlette D.	Miramichi Club	Miramichi
ACB	Arsenault, James Edward	Annapolis Valley Toastmasters Club	Greenwood
CL	Arsenault, James Edward	Annapolis Valley Toastmasters Club	Greenwood
ALB	Baker, Ann M.	Karner Blue Toastmasters	Concord
CC	Beaver, Leslie	Sackville Club	Lower Sackville
CL	Beckler, Margaret P.	Blueberry Hill Club	Portland
ACG	Berman, Richard C.	Nashua-Hudson Club	Nashua
CC	Binuya, Vaughn G.	Capital Toastmasters	Concord
CC	Black, Betsy	Concord Toastmasters Club	Concord
CL	Blakely, Anne R.	Toastmasters of Greater Burlington	South Burlington
CC	Bourque, Joan E.	Spirited Speakers Toastmasters Club	Fredericton
CC	Bourque, Jocelyne	Civil Speakers Club	Fredericton
CL	Brassard, Daniel	Arcadie du Grand Caraquet	Caraquet
CC	Cattelin, Henri	Club Acadium	Moncton
CC	Chapman, Dale Gordon	True Blue Toastmasters	Moncton
CC	Cohen, Grace	Concord Toastmasters Club	Concord
CC	Cooley, Jennifer	Amoskeag Better Communicators	Manchester
CC	Daigneault, Barrie A.	Concord Toastmasters Club	Concord
ACG	Dickson, Jean V.	Kennebecasis Club	Quispamsis
CC	Doody, Ellen J.	Dartmouth Toastmasters Club	Dartmouth
CC	Dowd, Thomas B.	Dirigo Toastmasters Club	Belfast
CC	Drisdelle, Rosemary S.	Schooner Club	Halifax
ALB	Dunn, Darlene D	Premiere Toastmasters Club	Charlottetown
CC	Dunn, Darlene D	Premiere Toastmasters Club	Charlottetown
ALB	Elhatton, Laurie Ann	Successfully Speaking Women	Halifax
CC	Ford, Catherine A.	Annapolis Valley Toastmasters Club	Greenwood
CC	Garland, Darryl Robert	Speak-Easies Club	Montpelier
CL	Godin, Rachelle M	True Blue Toastmasters	Moncton
CC	Grondin, Joseph F.	Spotlight Toastmasters Club	Charlottetown
ACB	Hebert, Armand	Concord Toastmasters Club	Concord
ACS	Hoyt, Tanya E.	Valley Health Toastmasters Club	Fredericton
ALB	Hoyt, Tanya E.	Valley Health Toastmasters Club	Fredericton
ALB	Lafferty, Peter James	Nashua-Hudson Club	Nashua
ALB	Lawlor, M.E.	Toastmasters of Greater Burlington	South Burlington
ACB	Malik, Fazal M	Premiere Toastmasters Club	Charlottetown
ALB	Malik, Fazal M	Spotlight Toastmasters Club	Charlottetown
CL	Malik, Fazal M	Spotlight Toastmasters Club	Charlottetown

Education Achievements (cont'd)

Congratulations!

Way to go!!

Award	Member	Club	Location
CC	Mann, Margaret A.	Spirited Speakers Toastmasters Club	Fredericton
CC	Matthews, Barnaby D.	Toastmasters of Greater Burlington	South Burlington
CC	Maynard, William D.	Running Hill Toastmasters Club	South Portland
CC	McLean, Michael R	TM of Manchester Club	Manchester
CL	Mills, David H	Capital Toastmasters	Concord
CC	Moore, Daniel Joseph	Yarmouth Toastmasters Club	Yarmouth
CC	Morris, Shauna L	Successfully Speaking Women	Halifax
CL	Mortensen, Mark H.	Portsmouth Toastmasters	Portsmouth
CL	Noonan, Michael P	TM of Manchester Club	Manchester
ALB	Patel, Nita K.	Amoskeag Better Communicators	Manchester
CC	Perkins, Heather	Schooner Club	Halifax
CC	Petracca, Caroline	Club AcadiUM	Moncton
CL	Randall, Dale G.	Concord Toastmasters Club	Concord
CL	Ripley, Jill	Portsmouth Toastmasters	Portsmouth
ALB	Rousselle, Cecile	ComMunique Acadie	Tracadie-Sheila
ACG	Ruff, Barbara G.	Yarmouth Toastmasters Club	Yarmouth
ALB	Rupert, Craig	Sears-Halifax Club	Halifax
CC	Sardonicus, Scott S.	Ad Libs Club	Portsmouth
CL	Scott-Mills, Lynda M.	Bagtown Babblers	Sackville
ALB	Smith, Darlene Joyce	Riverview Canusa Toastmasters Club	Riverview
CL	Sprague, Marcia Scovel	Concord Toastmasters Club	Concord
ACB	Strout, Fred Marvin	Kennebec Valley Toastmasters	Augusta
ACB	Taylor, Marion P.	McCain Toastmasters	Florenceville-Bristol
CL	Taylor, Marion P.	McCain Toastmasters	Florenceville-Bristol
ALB	Trafford, Ewan Thomas	Bagtown Babblers	Sackville
CC	Trafford, Ewan Thomas	Bagtown Babblers	Sackville
CL	Trafford, Ewan Thomas	Bagtown Babblers	Sackville
CC	Velasco, Fernando	Downtown Speakers Club	Halifax
ACG	Wedler, Edward	Annapolis Valley Toastmasters Club	Greenwood
ACG	Williams, M. Patricia	Faithfully Speaking Toastmasters Club	Dartmouth
DTM	Williams, M. Patricia	Faithfully Speaking Toastmasters Club	Dartmouth
ACS	Wilson, Jay J.	Sackville Club	Lower Sackville



Toastmasters Leadership Institute

Many Toastmasters wonder about the TLI—Toastmasters Leadership Institute training that is offered twice a year to Club Officers. TLIs are an opportunity for officers and all members of Toastmasters to learn their roles and responsibilities for their club to succeed, for their clubs and members to improve their skills, for clubs and

“I’ve always learned a new skill at every TLI that I have attended since joining Toastmasters. It is an event that I look forward to each year.”

members to network with other officers and members from their Area and Division. TLIs are like “mini conferences” and while a major component of the Club/Area/Division/District Distinguished Club Program, they are a great place to listen, to learn and to lead. Club Officers, Area Governors, Division Governors, and District Officers provide the training. Guests are always welcome and many Divisions enjoy Potluck Lunches prepared by fellow Toastmasters and Host Clubs. It’s a win-win for everyone.

Each of our Divisions provided their Winter TLIs in January and February 2013 and are gearing up for the Summer TLIs, which commence in June. Several of our Divisions have provided articles on their Winter TLIs (some with photos), so perhaps you will be intrigued enough to become a club officer and to attend a training session after reading about their TLIs. “

Division B—Mitch Farrar, ACB/ALB, Division Governor

We had two massive TLIs, with 50 participants in South Portland, Maine (home of start-up club TI Toastmasters at Texas Instruments). At the 2nd training session in Belfast, Maine at the Bank of America (home of Dirigo Toastmasters), there were another 30 participants.

Two hundred thirty-six (236) miles separate the southern-most Exeter Speak-ups Club from our North-Eastern-most club, MDI Toastmasters in Bar Harbor, Maine. In spite of the challenges of extreme geography, Division B Toastmasters got in their cars and came to the TLI’s to learn, to collaborate and share some food. At the northern TLI, we were privileged to have two celebrity presenters from Canada: Sharon Jacques (D45 LGET) and Sandra Hachey (Area 23 Governor and 2012’s Division B Governor).

We are looking forward to doing it again in June with the new crew of Club Officers!

Division B—Shane Walsh, DTM, Division Governor

The District 45, Division C TLI was held at the Dr. Everett Chalmers Regional Hospital on January 19, 2013. It was attended by 35 club executive officers from across the division.

We started with an excellent ice-breaker event organized by the registration committee made up of Robert van Oostwaard ACS/ALB, Carol Dixon CC, Hugo Larsson CC and John Combaluzier. Once we were acquainted, we moved to the club success plan presented by Ross Mabey, ACB/ALB.



TLI (*cont'd*)



Rather than holding officer role sessions in separate rooms, we chose to keep everyone in one room to share our experiences. The format for this session was a three to five minute speech followed by a Q&A. The event was moderated by Area 13 Governor, Martin Boucher, ACB. Each role was presented by a different toastmaster. The questions were fielded by the presenter and experienced members provided their insight as well. The morning finished up with breakout sessions by office for further discussion. The presenters were Cheryl Grant ACB, Brian Shanks ACS/ALB, Nathan Davis, DTM, Marion Taylor, CC, Jeff Kelly ACB, Mark Dykeman ACS and Gary Roach, CC.

During the lunch period, tables assigned for each officer role found attendees continuing the morning's discussions and learning. A delicious chili prepared by Carl Duivenvoorden was the highlight of the provided lunch.

The afternoon kicked off with an interactive presentation by Kathryn Hanson, DTM on choosing a speech topic. This was followed by a presentation by Andrea Woodward, ACS/ALS on motivating members from the Leadership Excellence series.



Patricia MacNevin, DTM spoke on the potential opportunities and leadership roles outside of the club and Sandra Hachey, ACB/ALB explained Toastmasters' policy on virtual branding. Our guest speaker, Joe Grondin, was storm staid in Moncton, so, International Second Vice President, Jim Kokocki, DTM stepped in and talked to us about growing our club membership.



The general consensus of the attendees was that the training was positive, interactive and well planned. The food was great and the door prizes were won by various attendees. We also held a fifty-fifty draw (take home value of \$95) that was won by Ross Mabey ACS/ALB. Special thanks to the host club Civil Speakers and the IT crew which was anchored by Jim Wisted, ACB/ALB and Conrad Brock CC/CL.

TLI (*cont'd*)

Divisions D & F—Malinda Regimbal, ACB/ALB and Eric Jordan, DTM, Division Governors

Divisions D and F held a combined TLI which was an informative and valuable event for all that participated.

Club executives received training and helpful hints from skilled and experienced Toastmasters from both Divisions who willingly gave up their Saturday to share information and experiences with fellow Toastmasters.

(continued on page 16)

Malinda Regimbal, Division D Governor, chaired the event. Many of those in attendance commented that they enjoyed the varied, “rapid-fire” style of shorter presentations to keep the pace of the day moving quickly. The session was kept on time with the help of the timer, Michael Thompson, CC/ALB.

The presentations were skillfully delivered by Toastmaster volunteers. The energetic and engaging presenters were: Aidan Matchett, CC/ALB; Andrew Keddy, CC; Rosemary Drisdelle, ACS/ALB; Wayne Turner, ACS/ALB; Dan Bell, DTM; and Heather Perkins, DTM.

Eric Jordan, Division D Governor, provided details of the upcoming Spring Conference and each Area Governor led a break-out session on club success. After the Area breakout sessions, the Area Governors shared with the entire group some of the ideas discussed with their Area’s executive, so that everyone could benefit from each of the six breakout sessions.

The club executive break-out sessions were led by: Charlene Thomas, CC/ALB – President; Bruce Miller, ACB/CL - VP Education; Collette Saunders, ACS/ALB – VP Membership; Ericka Wicks, CC/CL – VP Public Relations; Tony Easton, CTM/CL – Treasurer; Karen Caldwell, DTM – Secretary; and Jim Murphy, ATMS/CL – Sergeant-at-Arms. Each session engaged club executives to allow for sharing of ideas and experiences. The participants left the sessions with renewed energy to take back to their clubs.

We are lucky, in Nova Scotia, to have a venue that is perfect for hosting a TLI. It would be impossible for the event to be such a success without the help of the host club, Faithfully Speaking in Dartmouth, who transformed their meeting space into the ideal TLI venue. In addition, volunteers from George Burton Toastmasters in Halifax helped with registration. The dedication and enthusiasm of all volunteers truly made the event a success!

As Divisions D and F encompass all of Nova Scotia, and some members belong to both Divisions, holding the TLI together has proven to be an effective way for the two Divisions to accomplish a successful TLI without putting too much strain on volunteer presenters. It also provides for an opportunity to meet Toastmasters from other clubs in the province, to share ideas and learn from each other.

Due to the success of a combined TLI this year, Divisions D and F are also combining to host their Division International Speech and Table Topics contests on May 11. The goal is to share volunteers, resources, and to provide a great audience for the contestants.

In looking ahead to the summer, Divisions D and F are planning to combine the TLI once again and hope that the summer session is just as informative and inspiring as the winter session.

TLI (cont'd)

Division E—Raymond Savoie, ACG/ALB, Division Governor, Gouverneur de la division E

Merci à tous les dirigeants de club qui étaient présents à l'hôtel de ville de Tracadie-Sheila le 23 février pour la session de formation dit Institut de Leadership Toastmasters (ILT).

Ce jour fut un moment historique dans notre district 45 (ainsi que secteur 2 et division E), car la formation s'est livré entièrement en français pour la première fois dans une formation ILT.

On a débuté la session avec des reconnaissances qui suivent:

- La première fois que la formation se présente au la Péninsule Acadienne
- La présence de l'équipe de direction du nouveau club Chaleur Toastmasters de Bathurst qui ont obtenu leur charte du club le 17 janvier dernier.
- Présentation d'un certificat au maire Aldéodat Losier et décerné la municipalité de Tracadie-Sheila en reconnaissance de leur support du club Toastmasters local ComMunique Acadie.



Plusieurs capsules éducatives ont été présentées, ayant objectif de fournir de l'information qui sera utile aux équipes de direction dans leur leadership, support et soutien des membres de leurs clubs Toastmasters.

A souligner que pour la première fois, un concours d'improvisations entre clubs francophone fut réalisé, mettant en pratique les capsules éducatives portant d'organiser un concours et juger un concours.

Les concurrents furent comme suit :

- ◆ Lucas Boko – Club AcadiUM
- ◆ Claudette Deguire – ComMunique Acadie
- ◆ Patricia Duffy – Chaleur Toastmasters
- ◆ Roger Lanteigne – Arcadie du Grand-Caraquet

Le placement final du concours :

- ◆ 1^{ère} place - Patricia Duffy
- ◆ 2^{ème} place - Claudette Deguire
- ◆ 3^{ème} place - Roger Lanteigne

Félicitations à tous nos concurrents!

Merci au club ComMunique Acadie qui a bien joué leur rôle d'hôte avec un accueil chaleureux et enthousiaste. Merci également à tous les Toastmasters qui ont présentés des capsules : Wayne Mercer, Moncef Lakouas, Anne Bissonnette, Daniel Brassard, Cécile Rousselle et Marielle Arsenault

Également: Hubert Hall, Pierrette Haché, Marie-Chantale Benoit et Marielle Arsenault ont bien joué leur rôles dans une discussion à panel.



Clubs & Members—What's Happening

Minister's Award of Excellence Recipient

Individual recipient: Dan Bell —As Budget Officer, Dan has demonstrated exemplary team, relationship building and leadership skills. Dan has worked collaboratively with all stakeholders, internally with budget managers and externally with Treasury Board Analysts in an effort to improve process at the same time ensuring every-one's needs were met. Outside the normal course of his responsibilities, Dan spends many hours coaching new and experienced managers alike, with regard to process improvement to assist with monthly budgeting of public funds. He developed training sessions/workshops which had a positive long term effect on the lives of managers. Dan played a vital role in the development, implementation of the funding approval component of the new Position Hiring Process.



Minister John MacDonell (left) and Dan Bell (right)

Note: Dan Bell, DTM, PDG, is a member of Schooner Toastmasters, Area 1, Division D (he's also a member of Toast of the Coast, Area 9, Division F). It is worth noting that he was the only individual to receive this type of award - the other recipients were groups/teams that had collaborated on projects. Division D Governor, Malinda Regimbal, believes the reasons for him receiving this award are attributable to Toastmasters. This award speaks to the essence of leadership and communication that we strive to achieve in Toastmasters. [Do you see his DTM pin on his lapel?](#)



Civil Speakers Celebrates 10th Anniversary

Carl Duivenvoorden, DTM and Gary Belding, DTM cut the cake to celebrate the 10th anniversary of the Civil Speakers Club #6423. They were two of the founding members and are still very active members in the club. As part of the celebration, Carl and Gary were presented with Founder Award trophies to recognize their dedication and leadership for Civil Speakers.

Congratulations to these gentlemen and to the Club for its continued success in providing a platform for government employees to become better professional speakers and leaders through the safe, supportive, fun and entertaining Toastmasters program!

Spring Contests—Division B Governor, Mitch Farrar

This is my favorite time of the Toastmasters' Year: International Speech Contest Time! It is great to see people competing and other people participating in various roles to make these contests possible. Toastmasters provides a fun and friendly environment, within which members can polish their public speaking skills. Contests challenge you to take your art to the next level.

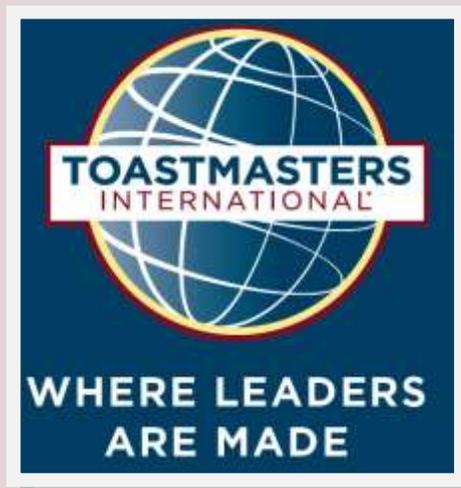
Members (Contest Chair & Contest Winners) from the Woodfords Toastmasters Club #816, which has been meeting for over 60 years in southern Maine, enjoyed the challenge on March 28, 2013.

(Photo: L to R: Sylvie Workman, Michelle Belhumeur & Gray Cabaniss)



Last, but not least!

Are you a puzzle person? Click on the picture below and see how long it takes you to complete the puzzle. Do you recognize the item? Hope so! Thanks to Craig Rupert from Sears-Halifax Club #1555 for sharing.



Next Newsletter Deadline May 30, 2013

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