

CAN-AM LINK



Noteworthy

February is "Heart" Health month and because we know there are many Toastmasters who are passionate about Toastmasters, we have focused this edition on the passion, heart and hope of Toastmasters in District 45.

Each of our four District Leaders have written articles to inspire and encourage each and every Toastmaster. Plus, we have comments from Toastmasters throughout D45 sharing why they love Toastmasters.

Enjoy this edition!

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The Heart of Toastmasters

Donna Tutty, *District Governor*

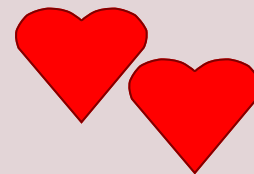


If you have ever sat in a cardiologist office or have ever experienced any challenges with your heart, you know that you become constantly aware of how important this organ is to your day-to-day life. It keeps you going, it gives you life and it provides you with a future. Without it.... well, lets be honest, you wouldn't be here.

I truly believe that in District 45 it is the **members** that are the heart of Toastmasters. Without you, the members in each and every club, in each state and province, we would not be here. We would not have the life that we do. Members are as vital to District 45 as our hearts are to our lives. Members are inspiring! Each member beats life into our district. I have heard over and over again the success stories of members who have conquered their fears and became more confident and enthusiastic speakers. When you have over 280,000 Toastmasters members around the world using their voices to make a difference, you have something pretty powerful.

February is Heart Health month and it is my desire that the heart of District 45—the members—continue to stay as healthy as possible through the Toastmasters program. What can you do as a member to ensure that not only you stay healthy but that your club stays healthy as well?

- ♥ Attend meetings
- ♥ Follow the program
- ♥ Make guests feel welcomed
- ♥ Give speeches
- ♥ Bring a friend to a meeting
- ♥ Celebrate successes



There are many Toastmasters programs that can help you determine how healthy your club is. Encourage a member to present the project "Moments of Truth" to check the pulse of your club and its members.

Put life into your meetings by doing something different, have a theme night or plan a social event together.

I love Toastmasters because I leave each and every meeting inspired, energized and excited by something or someone. It is you, the members that continue to beat life into this wonderful district through your passion, dedication and commitment. **YOU are the heart of Toastmasters!**

Donna Tutty, DTM
District 45 Governor

A Letter to Toastmasters.....

Sharon Jacques, Lieutenant Governor Education & Training

Dear Toastmasters,

Ever since my very first Toastmasters meeting I've noticed changes in my world. They were small changes at first, such as less ah's and ums, and now I find myself taking the lead on the boards I volunteer with, and my co-works compliment my presentation and facilitation skills.



Following the Toastmaster program has brought a dimension to my life that I never had before. I've learned so much, yet just when I think I've learned all there is from the Toastmasters program I discover something new and my world comes alive.



That's the great thing about belonging to Toastmasters, it is a world of opportunities—leadership, communication, contests, and conferences; opportunities that have taken me out of my familiar world, and outside my comfort zone. I was amazed to learn that I

love competing – I never would have learned this about myself if it wasn't for Toastmasters.

I can honestly say I enjoy being a Toastmaster in fact I love Toastmasters, and my commitment to District 45 and the Toastmaster organization continues to grow. I have to admit that Toastmasters wasn't the only organization I joined to improve my communication and leadership skills. Prior to joining Toastmasters I'd joined other organizations that promised great results, however none delivered the opportunities and results that Toastmasters has.



I believe in my heart and soul in the Toastmasters program; however the greatest gift Toastmasters has given me was the one item I didn't anticipate – your friendship. I greatly value the friends I have made across our great district. It's a gift I treasure. Thank you for allowing me to be part of your Toastmasters experience, and being part of mine.

I look forward to seeing you soon.

Sharon Jacques, CC
Lieutenant Governor Education & Training

Heart of the Toastmasters Program

Wayne Mercer, Lieutenant Governor Marketing



If your actions inspire others to dream more, learn more and become more, you are a leader.

I believe this statement represents the heart of the Toastmasters program

Leadership is expected with role titles such as Club President, Vice President of Education or Club Treasurer, however it is your actions that will determine your leadership status with your club members, your fellow executive members, your Area Governor, Division Governor and of course the District team.

I always find it amazing to see the real leaders in a club. They are the ones that guide members through the program. They are the ones that push us to be better Toastmasters.

It is your role as Toastmaster to bring the best out in people; it is your mission to guide your club to be the best it could possibly be.

This job is not as daunting as it sounds. Toastmasters have laid out the package and you can make it happen by following the program.

Be a Leader Be a Coach

*The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the **opportunity** to develop oral communication and leadership skills, which in turn foster self-confidence and personal growth.*

Each club success depends on the efforts of all the members Including:

- ♥ **What actions are you doing to support the mission statement?**
- ♥ **Have you done a club evaluation to determine where your club is going?**
- ♥ **Have you ever seen a team get better without a Coach? Probably not!**
- ♥ **Have you seen one of your fellow Toastmasters sit on edge of the meeting and not really taken part?**

If the answer is yes then this is your opportunity to be a coach or mentor to the members of your club.

John Whitmore said in his book “*Coaching for Performance: Growing People, Performance and Purpose*”, **“Coaching is unlocking a person’s potential to maximize their own performance. It is helping them to learn rather than teaching them”**

When coaching or mentoring in Toastmasters we should be thinking of what we can do to guide our fellow Toastmasters to achieve their potential. When we apply our Mission Statement as Toastmasters we must think of our fellow Toastmasters in terms of their potential and not their current performance. If we are coaching well the performance of your fellow Toastmasters will take on new significance.

The Toastmaster who is being coached will have personal rewards such as a new identity in Toastmasters, their self esteem receives a boost and more importantly they will recognize their personal potential. Your personal growth as a leader will also be amazing, there is nothing more satisfying than to witness a Toastmaster that you have coached or mentored make that Quantum Leap.

The heart of your Toastmasters club is found in your actions. Do your actions inspire others to dream more, learn more and become more?

Wayne Mercer, DTM
Lieutenant-Governor of Marketing

Music of the Heart

Patricia MacNevin, Public Relations Officer



In 1989, Meryl Streep portrayed a strong and relentless violin teacher who provided a violin program to inner-city children in New York City. The teacher was Roberta Guaspari. Her **passion** in teaching children the wonderful skill of being a violinist resonates around the world today. When I watched the biographical movie, *Music of the Heart*, I felt much like Roberta after being embraced by the Toastmasters family.

It took lots of convincing by two friends—Shirley Kelly and Wendy Harding—for me to finally commit to the Toastmasters program. But oh—what an awakening when I did. Like many professionals, we sometimes believe we know how to articulate messages appropriately, how to provide interesting and informative presentations to various audiences, and of course, how to communicate and lead. The Toastmasters program has completely changed my life (well, it has become a major component of my life).

When you speak to someone about the Toastmasters program, do you demonstrate your passion for the program? Do your actions and words demonstrate what you've embraced from the program? Do you inspire and encourage others by sharing your stories and your journey? If not, you will.



Finding passion, articulating your passion—whether it is Toastmasters, your cat, your spouse, music, dancing, running, hockey, baseball, hiking, boating, et cetera, passion shapes who you are and what you do.

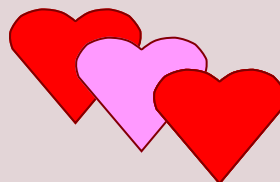
According to Webster's Dictionary; "Passion" has several meanings, but the most common meaning used today is ***the emotion of feeling very strongly about a subject or person.***

Are you afraid to enter into a relationship for fear of being hurt? Are you afraid to enter a race or competition for a new job? What's holding you back? Why not inhale the aroma of chance or be caressed with genuine affection? You can touch the fringe of passion – take the leap!

One of the tenements of humanity is our capacity to experience and respond to feelings. Oh those goose bumps you get on your arms and tears that appear when you hear a sad story or are inspired by someone. Take pride in yourself – be passionate and step up, state your recommendations or deliver your speech!

Passion is your birthright. It fuels your existence and inspires others. It makes you open your heart and your mind to new things around you. Why not discover and master your passion now. You don't need to compose a symphony or write lyrics to a song; let the music in your heart embellish your Toastmasters journey.

Patricia MacNevin, DTM
Public Relations Officer



Decisions, Decisions, How To Make A Decision?

Parliamentary Minute—*Michael Thompson*

In a meeting we make decisions by voting. In order to vote (conduct business) during a meeting there must be a quorum present, what defines the quorum varies from group to group and is usually defined in their constitution or bylaws. It can be a fixed minimum number of voting members, a percentage of the membership, or some other variation.

In most cases, a simple majority of the members present is required. In certain other circumstances either a two-thirds majority vote or a majority of all the membership is required. The exceptions will be mentioned on a case by case basis when special motions are discussed later on in this series.

But now to the heart of the matter! How is the actual voting conducted? There are several methods of voting, we will progress through from the simplest to the most complex.

The simplest method of voting is to not vote at all; it is called “Unanimous Consent”. This may be used for routine business or in circumstances where the chair believes that there will be no objection; in fact it is not even necessary to make a formal motion. In this case the chair can ask the assembly “If there is any objection to ACTION” or may merely state “Without objection to ACTION”. If no objection is raised then, the ACTION is taken. If there is any objection then, the formalities will have to be followed: motion - debate - formal vote.



The chair will ask the assembly: “Are you ready for the question?” or “Is there any further debate?” If there is no interest in continued debate the chair will state the question; either the chair or the secretary should state the motion being voted upon and then the chair proceeds with the vote.

The first and simplest method of actually voting is to **vote by voice**. Here the chair will ask for “Those in favor of the motion, say aye.” Then, “Those opposed, say no.” The chair then must determine if the motion is passed. If the vote is unclear, then one of the more formal methods of voting must be used. It is worth noting that abstentions have no effect on the vote - the majority is determined by the number of members voting **not** those present. Also a voice vote is not appropriate for any motion requiring a $\frac{2}{3}$ majority to pass.

A **standing vote** is used when: 1) the motion requires a $\frac{2}{3}$ majority; 2) the chair is unsure of the result of a voice vote; or 3) any member present who doubts the results of a voice vote may call out “Division!” which will force a standing vote. The chair will ask “Those in favor of the motion will rise.” then state “Be seated.” Then the chair will ask “Those opposed will rise.” then “Be seated.” Note this is not a counted vote, once again the chair must “judge” the results of the vote. In a small group a show of hands may be used instead of a voice or standing vote.

So far all the methods of voting have been based on the judgement of the chair. If the chair is unsure of the results of a previous uncounted vote or if they feel that a non-counted vote will be challenged they may call for a counted standing or show of hands vote. Also the assembly may request a counted vote at any time, prior to the tabling of the next motion, by a member gaining the recognition of the chair and making the motion “I move that the vote be counted”, this is an incidental motion which, if passed, will require a counted vote. The chair may appoint other officers to assist in the counting of the votes or may count all the votes themselves.

The final common method of voting is the **ballot vote**. The ballot vote is used for elections or other important decisions where there may be a desire to keep the individual votes anonymous. Any member may make an incidental

Parliamentary Minute *(cont'd)*



obtaining the recognition of the chair and stating “I move that the vote be taken by ballot.” When it appears that the vote is complete the chair confirms this by asking “Have all voted who wish to do so?” if no one indicates that they still wish to vote then the chair states “Since no one else wishes to vote, [pause] the polls are closed.” The ballots are then counted and the results are reported.

There are other less common methods of voting that can be found described in the full Robert’s Rules.

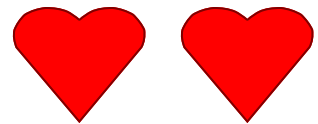
There are two circumstances where the chair gets to vote: 1) When their vote will affect the outcome of the vote by causing the motion to either succeed or fail when the result would otherwise be the opposite - usually, but not always in the case of a tie vote; and 2) If the vote is by ballot, in which case the chair votes along with everyone else.

ERRATA to last month’s article: The chair must never participate in the debate on any issue unless they relinquish the chair to another member until that matter is resolved.



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.

Voices of District 45 Toastmasters



We approached many D45 Toastmasters and asked them to share their passion for Toastmasters, why they LOVE Toastmasters, what enticed them to join? Their responses flutter throughout the newsletter. Enjoy and be inspired!

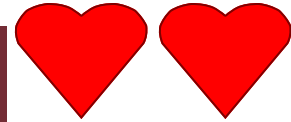
My reasons for attending Toastmasters were for “continued learning and development of leadership skills”. I was looking for a program that I could access in my area that would help me to continue to grow on a personal and professional level and the Toastmasters program was a great fit! Toastmasters has helped me to develop confidence in preparing and presenting a speech as well as using technology to accentuate a speech or presentation. It has developed my listening and communication skills and continues to challenge me to learn and grow. The best thing about Toastmasters though is that your development occurs in a safe supportive environment with like-minded people who actually want you to succeed. Plus it’s a lot of fun! What a great combination for learning!

Tanya Hoyt, Valley Health TM Club #829453

What I love about Toastmasters is the continuous, life-long learning aspect of the Communication and Leadership programs delivered in a well structured International network where learning takes place in a safe and friendly environment amongst like-minded individuals.

Ron Corkery, Dartmouth Toastmasters

Voices of District 45 Toastmasters



"This was the month I joined Toastmasters six years ago. At the time, I was working from home and getting definite feelings of cabin fever. One of my choir colleagues, Bill Hook, had mentioned that he was in Toastmasters. (He was already a DTM but, of course, I did not know it at the time.)

Having had a lot of responsibilities and opportunities involving public speaking, I purely attended the first meeting for the social aspect.

Little did I know. Not only did Premiere Toastmasters #2738 fulfill my immediate need but it opened my eyes to the learning potential and growth. I never looked back. With one exception.

After I joined my first club, Premiere, Bill stopped attending that one. Bill was still attending the Spotlight advanced club #9985, which I joined immediately after obtaining my CC, nine months into my first Toastmaster year. A few years later, Bill dropped out of Toastmasters completely.

When I saw Bill last fall, I gave him an update on my progress. I told him that I was one project (club sponsoring/coaching/mentoring) away from my DTM. Since Bill was my sponsor, I asked him if he, and his wife Laura, would consider attending the 2013 spring conference in Moncton, if I achieved my DTM in time. I said it would do my heart good if he were there to congratulate me. Bill agreed.

It's getting closer to the Spring conference and, though I have a few brands in the fire, it's challenging to get that last project completed. Many Toastmasters have stepped up to help. I'm still hoping - beyond hope? - to achieve my DTM and embrace the Toastmaster who set me on this fabulous journey in Moncton, this coming May."

Stephane Parent, Premier TM Club #2738

“ One of the beauties of Toastmasters is, you never know what opportunities lie in your future. I am convinced, doors will be opened to you, that may not have otherwise done so, and you will have the confidence to go through those doors for having been a Toastmaster.”

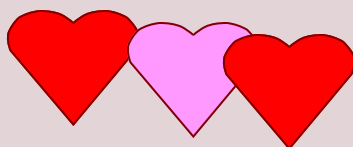
Lynn Caulkins, Riverview Community Speakers Club #693873

"The focus of the organization is on a truly, mutually supportive and learning environment. To further explain this concept, activities are evaluated where strong points are reinforced and areas of improvement are 'suggested' not criticized. You can read a 'how to' book but until you do it, you don't own the skill. Toastmasters is a safe and friendly place to practice."

Rhonda Deos, Dynamic Speakers

"Many years ago as the NH state director of Skills USA, a national Vocational Student Organization, I had a bone to pick with the State Commissioner of Education. My public speaking skills - nada! All Hail Toastmasters!!! In the Toastmasters Program I was alerted to the power of the rhetorical question! And thusly I asked the Director of New Hampshire's Education the question; "WHAT IS OUR NH FIVE YEAR EDUCATIONAL PROGRAM?" THE QUICK RE-TORT - "We do not have a five year plan." My next question: "Then why do WE HAVE A NH State Director of Education? Following the explosion, I was escorted from the meeting. Two months later we had the aforementioned program in place, and I became the NH State Director of Skills USA, a National Vocational Education Organization for high school and college Vocational Programs."

Roger Davies, DTM, Manchester TM Club #4227



TOASTMASTERS ILLUSTRATED



What Toastmasters Can Learn From Actors

by Gary A. Belding, DTM (*Fredericton & Civil Speakers Toastmasters Clubs*)



About six years ago, I was pleased to offer an information session at Division 'C' TLI on *What Toastmasters Can Learn From Actors*, and thought it might be interesting to provide an update.

Toastmasters made my acting experience possible. Specifically, stepping outside my comfort zone, thinking positive, building my self confidence and the ability to learn my lines very quickly.

In 2005, I had the opportunity to be an “extra” in the TV movie, *Canada Russia 72 Series*. Ironically, I was in Montreal in 1972 and had tickets for game one of the actual event. It was shortly after that I attended an open casting call for actors in the TV mini-series, *Dark Waters of Crime*. I was selected to play a police detective in an episode since I resembled the actual detective. The episode has aired on television a number of times on the O.W.N. channel. Since that time, I have acted in live theatre in a lead role as well as a background character and have been an actor in 12 local and feature films. And...I have been in scenes with famous actors—Jason Patric, Corey Haim, Frank Milano, David Sutcliffe, Booth Savage, Judah Katz, Billy Campbell and Hugh Thompson.

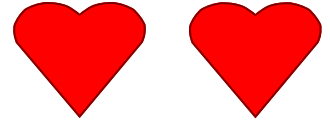
The **similarities** between Toastmasters and Acting, quite simply are:

- ♥ Toastmasters speak in a defined speaking area. Actors also need to stay “in frame” and usually have a specific mark with a clearly defined area.
- ♥ Both Toastmasters and Actors work with props. You need to be able to manage many different objects and not be fumbling or become distracted by props while speaking.
- ♥ Knowing your lines is critical to both Toastmasters and Actors. Although in both cases, you don't need to know the lines exactly, you do need to know the message and key points which you have prepared or have been provided to you.
- ♥ Both Toastmasters and Actors need to engage and maintain the attention of their audience or viewers.
- ♥ Actors use body language, gestures, emotion, and facial expressions since the camera has both wide shots as well as close-ups. In Toastmasters, we typically use hand gestures and body language to convey our message, but our emotions and facial expressions are also important.

The **differences** between Toastmasters and Actors are:

- ♥ Toastmasters are told to make eye contact with the audience. When acting you never look at the camera, unless it is done in humour, which is done in rare cases or the director has advised you to do so.

TOASTMASTERS ILLUSTRATED



♥ In Toastmasters we pride ourselves by offering a positive and supportive learning environment. In acting, positive support is seldom practiced on set. An actor must come well prepared and know his lines which can be modified or even changed at any time. If you are not prepared and hear the word “cut” and it is your fault, you will be glad you still have a day job. The film crew, especially the director and producer, can be brutal and far from supportive and encouraging. Film stock is very expensive and having to re-do a scene is at the director’s discretion not the actor.

The real parallel which I consider paramount is acting “natural”. When giving a speech at Toastmasters or acting in a film, it must appear natural. If you simply memorize your presentation or film lines, it will stand out. Being natural when you are delivering your presentation or lines in a scene is easier said than done. It all comes with practise. Being prepared and confident also plays a key role.

When preparing your speech, perhaps film yourself, rehearse with a family member or friend, time yourself and try practising in front of the mirror. You want to see your gestures, body language, placement of your hands, etc. Being organized and staying on time also comes with practise.

Above all, offering speeches should be fun and exciting. I believe Actors can also learn from Toastmasters too. Try taking your Toastmasters experience to another level outside of your Toastmasters club, participate in speech contests, attend speaking opportunities, or offer presentations at work or other organizations and groups. Maybe..... we may even see you in the movies.



Do you have an interesting experience or have you provided a presentation that you attribute to Toastmasters? Perhaps you performed at a local event, a state or provincial, or national event? Why not share your experience with your fellow District 45 Toastmasters? It makes for interesting reading and may intrigue others to follow in your footsteps. Send the PRO your story.

TOASTMASTERS ILLUSTRATED



The Other Side of a Toastmaster

By Hugo Larsson, Golden Toastmasters Club

What does a Toastmaster do when there's no Toastmasters meeting? If you're Golden Toastmaster Hugo Larsson, you take your speaking talents and put them on the air.



He sings too!

By day, Larsson is an official languages interpreter. But one night per week, he hosts Noctambule, a late-night radio show on 90.5 FM, CJPN, Fredericton's French-language community station. Every Thursday night at 11 p.m., Larsson takes a look at the development of scientific thought over the past centuries and the effect it has had on Western society and beyond – just for the fun of it!

"I've been doing radio in one form or another ever since I started university in 1981. I've seen music go from vinyl to CD to mp3," he says. "The technical aspect of radio has changed a lot, but some things never change, like the importance of establishing a rapport with the audience."

Larsson is just one of the volunteers that help keep the station running, and he has been involved with CJPN, on and off, for almost 12 years, ever since moving to Fredericton in 2001. He has also done some community TV in Moncton and Grand Falls, including play-by-play for hockey games. He describes his current project as one he has always dreamed of doing but never truly undertook due to the lack availability of reference materials in French. This year, he decided he had waited long enough. He gathered his English-language resources and put his translation talents to good use.

"I thought, 'How hard can this be? Just take the concepts and talk about them in French.' In fact, this is one of the most demanding projects I've ever undertaken," he says of his show, adding that it was recently picked up by the national community radio network and may therefore be rebroadcast elsewhere throughout the country.

Larsson has been using the show to explore how scientific thought has evolved over the centuries from Aristotle to Copernicus, Galileo and Newton. He says he should reach Einstein soon enough, and the goal is to get as far as Hawking. "And Darwin. Never forget Darwin!" he says.

So, does Toastmasters make Larsson a better radio communicator? Maybe, but that's not why he joined. "I've been speaking to walls for most of my years in radio," he says. "Speaking to people I can see is totally different. When I'm on the radio, people can just turn off the set or change stations if they're not interested, and I'll never know it. When I'm in front of a crowd, I don't want them to leave or fall asleep. How do I hold their interest?"

TOASTMASTERS ILLUSTRATED



LIVING IN HARMONY WITH OUR CHILDREN

Joe Grondin, Keynote Speaker

Before writing this book I embarked on a journey to become a motivational speaker. I joined a local Toastmasters club in 2003 and quickly learned that my subject matter always involved children. Through the lessons that I have learned through Toastmasters I can successfully say that I am a motivational speaker, but more importantly, I have had the privilege of speaking to students and teachers on a subject that I am very passionate about. After speaking for a number of years I started to examine all of my speech material that pertained to children and wondered if there was a book in the future. Guess what? There was!

Writing this book was totally out of my comfort zone. I knew I had a lot to say but just didn't know how to put it down on paper. My High School English teacher would be rolling over in his grave if he knew I wrote a book. I was fortunate to have Nancy Trites, a retired English teacher from School District 2, proofread for me. At the beginning of this process there were more red marks than black. I was also very fortunate to enlist the help of Dave Brooks, art teacher at Bernice MacNaughton High School, to help with the design of the front cover.

I have been a teacher/administrator since 1983 and have my masters in teaching and administration. To this day I question why, at times, children do what they do. We, as educators, have so much to share through our vast experience in working with our youth. The stories and lessons from the book are my experiences as a child, a parent, and a teacher. There are times that, as much as we try to understand our children, we seem to come up with more questions than answers. I believe that our children want and need to be understood. ***Living in Harmony With Our Children*** helps to answer some of our questions and offers strategies in creating that harmonious relationship with our youth.

To speak in front of dedicated educators is a privilege that I always cherish. You make a difference in a child's life and for that reason alone you have my utmost respect. It is an honor for me to be your keynote speaker for the Middle Level Subject Council on May 3rd. The only prerequisite is that you are open to having fun while we learn.

Joe Grondin (ATM Gold, ALB) has been busy delivering numerous workshops, keynote addresses and motivational speeches. To name a few, on February 27, 2013 he will be motivating middle school students on "Pink Day" to be anti-bullying activists, on March 28, 2013 he will be presenting workshops for school staffs on teambuilding and on May 3, 2013, he will be delivering the keynote address to 1,200 middle school teachers on "Living in Harmony With Our Children". Above is an article about Joe's keynote that was featured in the New Brunswick Teachers Association magazine.

Educational Achievements



<u>Award</u>	<u>Member</u>	<u>Name</u>	<u>Location</u>
ACB	Savoie, Nicole	Hub City Toastmasters Club	Moncton
ACB	Soucy, Doris	Granite Place Club	Concord
ACB	Van Leer, Graeme	Sears-Halifax Club	Halifax
ACG	Holden, Jane L.	Sears-Halifax Club	Halifax
ACS	Bissonnette, Anne M.	Hub City Toastmasters Club	Moncton
ALB	Wicks, Ericka M.	Speakeasy Toastmasters Club	Truro
ALB	MacNevin, Patricia A.	Civil Speakers Club	Fredericton
ALB	Poltack, Cindy	Amoskeag Better Communicators	Manchester
ALB	Patel, Nita K.	Amoskeag Better Communicators	Manchester
CC	Tabb, Yvonne V	MDI Toastmasters	Bar Harbor
CC	Baker, Virginia B	Spirit-Ed Toastmasters Club	Halifax
CC	Pradhan, Prativa	Civil Speakers Club	Fredericton
CC	Faddoul, George	Dartmouth Toastmasters Club	Dartmouth
CC	Sumner, Liz	Brattlemasters	Brattleboro
CC	Fanning, Matthew	Schooner Club	Halifax
CC	Sprague, Marcia Scovel	Concord Toastmasters Club	C
CC	Velasco, Fernando	Downtown Speakers Club	Halifax
CC	Moore, Daniel Joseph	Yarmouth Toastmasters Club	Yarmouth
CC	Black, Betsy	Concord Toastmasters Club	Concord
CC	McLean, Michael R	TM of Manchester Club	Manchester
CC	Daigneault, Barrie A.	Concord Toastmasters Club	Concord
CL	Bourgeois, Rachel	Hub City Toastmasters Club	Moncton
CL	Arsenault, Marielle	ComMunique Acadie	Tracadie-Sheila
CL	McDonald, Natalie M	Premiere Toastmasters Club	Charlottetown
CL	Dunn, Darlene D	Premiere Toastmasters Club	Charlottetown
CL	MacNevin, Patricia A.	Civil Speakers Club	Fredericton
CL	Stoddart, Angela E.L.	Schooner Club	Halifax
CL	Terranova, Joann	Brunswick Toastmasters	Brunswick
CL	Rushton, Shelly	CORE	Derry
CL	Harding, Wendy P.	Valley Health Toastmasters Club	Fredericton
CL	Randall, Dale G.	Concord Toastmasters Club	Concord
CL	Brassard, Daniel	Arcadie du Grand Caraquet	Caraquet
CL	Godin, Rachelle M	True Blue Toastmasters	Moncton
DTM	Holden, Jane L.	Sears-Halifax Club	Halifax

Congratulations!
Way to go!!



Outstanding Accomplishments!



Walking Down Memory Lane

Dartmouth Toastmasters Club #3119 is celebrating its 50th year since charter status. To mark this occasion a special meeting has been arranged with guests being past members who represent some of the past 50 years. The meeting's theme will be "A Walk Down Memory Lane" District dignitaries, charter members, and many others will help celebrate our milestone on March 7, 2013. Congratulations Dartmouth Toastmasters!.

Betty M Kemp, ACB/ALB
President—Dartmouth Toastmasters Club



Club Anniversaries

Did you know that we have clubs in our District that chartered over 50 years ago? Wow! They are still vibrant and continue to share the Toastmasters program to their members and new individuals on a regular basis.

What clubs? There are several:

Division	Area	Club	Number	Charter Date
G	7	Nashua-Hudson Club	2440	October 22, 1962
F	22	Dartmouth Toastmasters Club	3119	June 1, 1963
E	2	Hub City Toastmasters Club	2173	April 1, 1962
C	4	Saint John Club	1479	March 1, 1954
B	14	Brunswick Toastmasters	2156	August 1, 1959
B	10	Portsmouth Toastmasters	1094	May 1, 1959
B	6	Woodfords Toastmasters Club	816	April 1, 1950
B	5	Bangor Toastmasters Club	897	April 1, 1951
B	14	Lewiston - Auburn TM Club	1741	January 1, 1957

Division A

Karner Blue Toastmasters Club #983146 – March 31, 2007
Moultonboro TM Club #1421383 – February 24, 2011
North Country TM Club #1431772 – March 22, 2010
White Mountain TM Club #5122 – February 6, 2003

Division B

Kennebec Valley TM Club #1468 – March 1, 1977
Blueberry Hill Club #7268 – February 1, 1989

Division C

PLGS Club #7427 – March 1, 2000
Saint John Club #1479 – March 1, 1954
Civil Speakers Club #6423 - March 5, 2003
McCain Toastmasters Club #1299667 – March 12, 2009
Advanced Dawn Breaker Club #4502 – March 1, 1999
Sussex TM Club #5386 – March 1, 1995

Division D

Spirit-Ed Toastmasters Club #5375 – February 1, 1984

Faithfully Speaking TM Club #974612 – March 20, 2007
Celtic Toastmasters Club #1799846 – March 29, 2012
Sears Halifax Club #1555 – February 1, 1956
Steel Centre TM Club #3285 – February 1, 1974

Division E

True Blue Toastmasters Club #6871 – March 1, 1991

Division F

River Talkers TM Club #1121700 – February 9, 2009
Toast of the Coast TM Club #4591 – February 1, 2000
Annapolis Valley TM Club #8104 – February 1, 1991
Harbourview TM Club #5705 – February 12, 2003

Division G

Keene TM Club #1562 – March 1, 1983
Big Blue Toasters Club #1443358 – February 8, 2010

CELEBRATIONS



TWO Clubs Charter in New Brunswick

Welcome to the District 45 Toastmasters Family

Xerographically Speaking, sponsored by the management at Xerox Canada in Saint John, New Brunswick achieved Charter status on January 4, 2013. Although the journey commenced in September 2011, the real cusp of this club took flight in May 2012. Despite not having enough members initially, we did not let this get us down or discouraged. We held our meetings, assigned tasks, and hosted special



guest speakers, just as a chartered club would, with Catherine Smith, our VP of Education, keeping track of all completed tasks. Without the guidance of Sharon Jacques, our sponsor, or Sherry Cooper, our President, stepping up with her kind heart, compassion and dedication, charter status would not have become a reality.

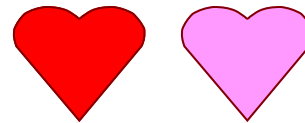


February 7, 2013 we celebrated with an official Toastmasters' charter ceremony. This was a very exciting day for all of us. As we stood in front of special guests from District 45, co-workers and management to make our Toastmasters Promise, we could feel the support from everyone in the room.

Moving forward Xerographically Speaking is looking forward to all the perks of being a chartered club, the opportunities we will have to better ourselves as well as conquering each challenge one step at a time.

Thank you very much to all who were there to support us, as well as all who supported us in heart. You made the day one that the members of Xerographically Speaking will not forget.

Beverley Szemerda, TM
Vice President—Public Relations

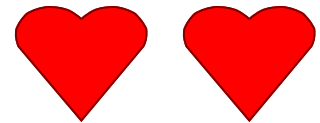


Chaleur Toastmasters (Bathurst, NB) attained its charter status on January 17, 2013. This club has the status of being a bilingual club, offering their members the opportunity to present the Toastmasters program in both English and French.

Chaleur Toastmasters, (Bathurst, NB) fait tout juste d'obtenir sa charte de club le 17 janvier 2013. Ce club aura comme statut de club bilingue, et va offrir à leurs membres l'opportunité d'être exposés au programme Toastmasters dans la langue française ainsi qu'en anglais.

Raymond Savoie, ACG/ALB
Division 'E' Governor

Division 'E' Bilingual Update District's only French & English Division



La division E continue à tracer de nouvelles pistes avec le programme Toastmasters livré en français

Nouveau-Brunswick est la seule province officiellement bilingue au Canada. Il est logique qu'il y ait une démographie des gens qui cherchent à améliorer leurs compétences à parler devant le public et en français. Une bonne communication est importante pour réussir dans le monde des affaires. Pour les communautés où le français est la langue de choix dans la prestation de services, il existe peu de programmes qui aident leur aiguiser leurs compétences en art oratoire en français. C'est là que la communication et de leadership Toastmasters répond à ces exigences.

La pédagogie scolaire, nous a formés comment écrire correctement. Mais l'écriture ne parle pas. Parler en public n'est pas un don inhérent, c'est une forme d'art qui doit s'apprendre, et il peut être appris dans n'importe quelle langue. Apprendre avec la formation Toastmasters, c'est apprendre à parler en parlant et apprendre à diriger en dirigeant.

En 2005 le club AcadiUM s'est distingué en devenant le tout premier club dans la famille du District 45 qui livre son programme uniquement en français. Deux autres clubs, soient Communiqué Acadie en 2009 et Arcadie du Grand-Caraquet en 2011 eux aussi deviennent des clubs de statut français. Le réaligement de clubs du district 45 en 2012 met ces 3 clubs dans le même secteur 2, ainsi elles se trouvent dans la division E.

Première livraison d'un Institut Leadership Toastmasters complètement en français

L'an dernier la division 'E' a pris les premiers pas envers la formation des clubs français en livrant certaines capsules éducatives en français. Pour la première fois dans l'histoire du district 45 Toastmasters, un Institut Leadership Toastmasters sera livré entièrement en français. Cette formation aura lieu à Tracadie-Sheila, NB, le 23 février et accueillie par le club Communiqué Acadie dans leur lieu de réunion à l'hôtel de ville de Tracadie-Sheila.

Les concours oratoire en français, niveaux club et interclubs

Afin que les membres de ces 4 clubs francophones prennent pleinement avantage du programme Toastmasters, pour la première fois depuis leur jeune existence, ces clubs auront la chance de faire compétition dans des concours oratoires dans leurs propres clubs ce printemps.

La formation de l'Institut de Leadership Toastmasters va les exposer une série de capsules éducatives portant à sujet comment organiser et juger des concours oratoires.

Au mois d'avril prochain, on anticipe de déclarer le meilleur orateur français parmi les clubs dans la division E. Le gagnant sera ainsi déclaré comme le premier récipiendaire d'un nouveau trophée qui sera décerné annuellement.

Division E continues to blaze new trails with the Toastmasters program delivered in French.

New Brunswick is the only officially bilingual province in Canada. It is only logical that there is a demographic of people looking to improve public speaking and in French at that. Good communication is important to succeed in the business world. For communities where French is the language of choice in delivery of services, there are few programs that help to sharpen their public speaking skills in French. This is where the Toastmasters communication and leadership programs meet these requirements.

Toastmasters training is learning to speak by speaking and learn to lead by leading. In most of our schooling years, we have been trained how to write correctly. But writing is not speaking. Public speaking is not an inherent gift, it is an art form to be learned, and it can be learned in any language.

Division “E” (cont’d)



In 2005 the AcadiUM Toastmaster club distinguished itself as becoming the first club in our District 45 family which delivers its program entirely in French. Two other clubs, Communique Acadie in 2009, and Arcadie du Grand-Caraquet in 2011, also became French status clubs. District club realignment in 2012 put these three French speaking clubs together in Area 2, which also means they are in Division E.

A first Toastmasters Leadership Institute Facilitated Entirely in French

Last year, Division ‘E’ made initial first steps in delivering training modules in French to club officers who lead clubs with French speaking members.

For the first time in the history of District 45 Toastmasters, a TLI will be delivered entirely in French. The training is to be held in Tracadie-Sheila, NB on February 23, hosted by the Communique Acadie in their meeting place at the Tracadie-Sheila City Hall.


Speech Contests in French at Club and Interclub Levels Become a Reality

So that members of these four French clubs get the full exposure of the Toastmasters program, for the first time in their short existence, these clubs will have the chance to compete in speech contests in their own clubs starting this spring.


Educational material on how to organize and how to judge a speech contest will be presented at the TLI in Tracadie-Sheila. By the end of April this year, we anticipate declaring the best French speaker among the clubs in Division E. The winner will become the first recipient of a new trophy to be awarded annually.

Voices of District 45 Toastmasters (cont’d)



“What triggered me to be a Toastmaster? A friend told me about Toastmasters improving his speaking skills, where he met his girlfriend. I longed for the sociability of a group, especially if it led to finding love. Also, I was terrified of even merely introducing myself in front of groups. I yearned to find more self-love by learning how to comfortably speak in public. I found both at Toastmasters: My boyfriend and I have been together for 5 years, and my self-love grows daily.” 

Justine Anastasoff, Amoskeag Better Communicators Club #7347

“For years, I have been preparing a resume in order to make a non-fiction book proposal with a big publishing company that would put its money behind me (e.g., editors, marketing, and distribution). In addition to having established topical authorship and years of media interviews, I still needed to add more advanced public speaking skills/experience to that resume. Joining Toastmasters was a perfect solution. Due to the jaw-droppingly low price of club membership, I joined – not one, but – two Toastmasters Clubs and did a speech at every open opportunity! Beyond making it possible to learn, develop, and practice powerful public speaking skills, being a Toastmaster also unexpectedly uncovered my absolute joy and passion of giving speeches. From presenting a Keynote speech at Yale University last year to being requested to do a possible television show next year, the public speaking lessons I have learned from Toastmasters are what have made it all possible. Upon completing my DTM this July 1st, I will undoubtedly have “everything” I need on my resume to successfully make that book proposal – and so much more! Thank you, Toastmasters!” 

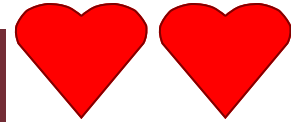
Mark Henkel, Woodfords TM Club #816



“Toastmasters makes me be more of what I am.”

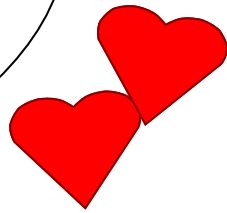
Marilyn Pontuck, Manchester TM Club #4227

Voices of District 45 Toastmasters (*cont'd*)



What I love about Toastmasters is...**the excitement, the challenge, the learning, the fun and the people**; it's a legal "high" that you share with 20+ new friends!

Collette Saunders, Successfully Speaking Women Toastmasters Club #1327791



I used to say that I had nothing important to say, but now realize that as we age we do indeed gain wisdom and it's incumbent upon us to share that hard earned knowledge. In order to do so it needs to be articulated in an effective manner, or others will not hear it. Toastmaster's has the capacity to empower people beyond what they think possible. The slogan "Where Leaders are Made" is an understatement.

Joyce Smith, Fredericton TM Club #2204

"When I joined Toastmasters and attended my very first District Conference I remember being struck by the supportive, encouraging and friendly feelings I experienced during the event. If I hadn't been committed to Toastmasters at that point, I certainly was after that. I have that same feeling every time I attend a club meeting. There are few situations in life where you can learn and grow in such a safe and supportive environment with like-minded people and have fun doing it. That is what I love about Toastmasters."

Barb Bell, Sackville Toastmasters Club #4588

"I once was a quiet, shy and very nervous person...talking in public was never a thought. Once I joined Toastmasters I became a more confident and secure person through members, mentors and the structure of the Toastmaster program. Toastmasters is a powerful part of my life and I continue to learn and make new acquaintances at every event. Learning to speak through manuals and learning leadership through being officers at all levels has been a wonderful experience. Would I do it all over again...in a heart beat!"

Candice Buell, DTM, PDG, Portsmouth TM Club #1094

"I have never had a problem talking one-on-one or speaking to small groups. But the day I was forced to speak in front of a large group of my colleagues I just about passed out! When I returned to my seat my friend leaned over and said, "I have 1 word for you...TOASTMASTERS!" I joined a local club in 2005 and have never regretted a single moment! The one thing I the most is the support. There is no "failure" in Toastmasters! Even when I felt like I totally bombed a speech or a role, there were Toastmasters right there to tell me where I succeeded and how I can be better next time. Do you struggle with your self-esteem? Turn to Toastmasters! When you embrace the program and your fellow Toastmasters you just can't help focusing on the areas you are good at!"

Kristine Smith, York County Toastmasters #1490436

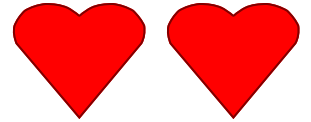
"Active participation with Toastmasters has transformed me from a shy, quiet introvert to a confident, articulate late introvert. That's a huge difference! I love Toastmasters because it truly provides a safe, positive learning environment. I stay because I have made great friends, gained tremendous confidence, experienced incredible diversity, shared much and learned even more."

Nita Patel, DTM, Amoskeag Better Communicators Club #7347

"I have always liked the idea of Toastmasters. The notion of a welcoming and supportive place where you could polish your public speaking skills appealed to me. I knew I would join eventually, but college classes, family needs and odd work hours always conspired to keep me from signing up. In one of those great coincidences in life I graduated from college and at the same time found that my son needed some type of confidence building instruction. Toastmasters; the time had finally come! We joined and discovered the program was even more than we thought. Not only is Toastmasters about communicating effectively, it is leadership training. We look forward to progressing as speakers and leaders."

Neil T. Freeman, Manchester TM Club #4227

Tall Tales Extravaganza—Spring Conference



Have you ever been accused of having imagination or stretching the truth? If so, you can further enhance your ability by participating in the District 45 Tall Tales Extravaganza. This event will be held on Friday, May 24, at the Spring Conference in Moncton, New Brunswick.

As a friend has indicated, your objective is “to take the audience to the land of **“doyareallybeelevethis”**, in other words to **“reel in”** your audience.

So what is a Tall Tale? In short, a Tall Tale is a work of fiction—a far-fetched fantasy or a determined display of detailed delusions; the more creative and believable the better. If you find yourself having fun while telling it, you’re on the right track.



In order to allow for the maximum number of participants, speeches must be between 5 and 7 minutes. Participation will be limited to 12 Toastmasters. Participants must not be competing in either of the official contests at the Spring Conference.

Toastmasters who are interested in participating, please go to the [Spring Conference website](#) for further details, including access to the entry form for submission to Horace Crozier, no later than April 15, 2013.

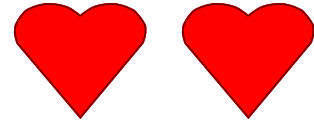
Toastmasters—it’s going to be another fun evening! Let your creative juices flow and your imagination run wild.



Photo Credit: Michael Thompson

YOU are the  of Toastmasters!
- Donna Tutty

Open Mike Night—Spring Conference



What? Open Mike Night
When? Saturday May 25, 2013
Where: Crown Plaza Hotel, Moncton, NB
Time? 9:00pm - 10:00pm

The co-chairs of the Saturday night "Open Mike" night invite you to register to entertain, delight and tickle the fancy of your fellow Toastmasters by sharing your talents. Do you play a musical instrument, sing, dance, write and/or read poetry or short stories, et cetera?

If so, please register by **May 12**, 2013 and tell us what your forte is, what instruments you will use, what set-up is required, how much time you would optimally like to have. Please note that this is not a forum for manual speeches.



The co-chairs for the open mike event will confirm your place on the roster. We look forward to a great lineup of entertainment!

If you are interested in this exciting adventure please email Norma Pasatieri at Norma.Pasatieri@gmail.com.

Note: Images are from the 2012 Fall Conference Open Mike Night; Joe Grondin (his character has been "put away") and Lynn Caulkins (introduced us to Oliver).

Next Newsletter Deadline

March 30, 2013

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