

CAN-AM LINK

Special points of interest:

- What do the District Leaders offer?
- Interview with Second Vice President
- Educational Achievements
- 1 + 1 Campaign

Finish Your Race Strong Donna Tutty, District Governor

I can remember about 6 years ago when I ran my first 5k run and I saw someone cheering from the sidelines, enthusiastically waving a sign that said "You Are 1/2 Way There!". I remember that there were several jumbled thoughts running



through my brain at the same time saying "Seriously? Only 1/2 way?" followed by "Wow, I can do

this". I also remember that burst of energy I had as I quickened my pace in anticipation of finishing the race.

I know it is hard to believe that we are half way through our Toastmasters year however; we still have half the race to run. We have a finish line to get to and we still have quite a large task in front of us. It is my desire that each club take some time this month to assess your progress. What were the goals you set at the beginning of the year? How is your race going? What can you do to finish the year STRONG?

As a District team we have had to make a few changes recently, as Charley

Vaughan had to step down as Lt. Governor Marketing for personal reasons. Past District Governor, Wayne Mercer, has stepped into the LGM role for the remainder of the year to focus on building clubs and membership. We continue to have a committed team that supports you the members of District 45, your club, your goals, and we will run this race with you, by your side.

How can we finish STRONG? I believe this comes when we focus on the tasks needed to get the job done. Now that the hustle and bustle of the holidays is behind us, take the time to re-group and re-energize your team. The upcoming TLI's are a perfect venue to do this! Our January training sessions are designed to make us look at the successes and challenges of the past 6 months and what we still need to achieve in the months to come. This month Wayne and myself are headed to the US for mid-year training and we will be doing this very thing, looking at what needs to be done to finish our year STRONG.



We are all running this race together! Whether you are a club executive officer or a member enthusiastically waving a sign on the sidelines, we all have a role to play.

I would like to encourage each member of District 45 to ask themselves this question: **"What can I do to help MY team finish the year STRONG?"**

My hope and desire for each one of you as members of this great team is that you will achieve your personal goals that you set this year, that you grow within the Toastmasters program, and that you finish your race STRONG.

Oh, by the way, that person you see jumping up and down, enthusiastically waving that sign for you at the finish line...that will be me!

Wishing each of you great success in 2013!

Donna Tutty, DTM
District 45 Governor

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Time Flies

Sharon Jacques, Lieutenant Governor Education & Training

It's Friday, January 4th and on the last day of my Christmas holidays I find myself reflecting over the past year. 2012 was certainly not without incident but overall it was a good year, one that ended in the most perfect Christmas holiday, and a New Year that I have enjoyed immensely so far (granted it's only day 4).

So here I am, starting to get my head into the game for 2013 and establishing my priority areas for the New Year. Simply put they are: family, home, me, work, and of course Toastmasters. I have also set a few goals for 2013:

1. I am going to make every recipe in Michael Smith's *The Best of Chef* cookbook (I've made 4 recipes as of Jan 4th).
2. We (my husband and I) are going to complete the final renovation project for our home—our basement (complete with a bathroom, family room and storage area). We're targeting a completion date of June 30, 2013.
3. I am going to "*Stop the Chaos*" at work, at least that's what the book tells me I should be able to do once I finish reading it.
4. And on the Toastmasters front, I find myself ½ way through our Toastmaster year, and revisiting the personal plan that I had created for myself July 1, 2012.

Thank goodness for mid-year check-ins because it quickly came to my attention as I reviewed my plan, that I had some work to do. I have not progressed through the Advanced Communication manuals as I had planned (I targeted to complete my ACB this year), nor have I filed the paperwork for my CL and ALB.

I have taken action. I have dusted off my two Advanced Communication manuals, and am in the process of signing up for speeches at my club so I will complete my ACB by June 30. I have pulled my paperwork and will be filing my outstanding leadership achievements prior to the end of January 2013.

By doing a sanity check now, I was able to see where I am at in my personal plan, and make the necessary adjustments so that I can still successfully complete it as planned. I will not only be accomplishing something for myself, I will be helping my club achieve our DCP as well.

I encourage you to do a sanity check now and see how you are tracking towards the personal goals you established for yourself at the first of the year; and if you are a Club, Area, or Division Executive member revisit your Success plan(s).

You have 6 months to pull off a great year; how are you tracking?

Sharon Jacques, CC
Lieutenant Governor Education & Training
District 45

What's In It For Me?

Wayne Mercer, Lieutenant Governor Marketing

What's in it for me?

Have you taken the time to answer that question?

We all know that Toastmasters offers a complete effective self-led program that should answer the member's needs. So why is it many clubs seemed to be struggling retaining membership at 20 or more members?

Membership retention is based on each member receiving the support and encouragement to develop both their communication and leadership skills.

How do we know if we are answering the needs of our members?

Each year I take some time to re-evaluate what I accomplished inside and outside Toastmasters environment. I celebrate my successes no matter how small as I have come to realize each little success is a major step forward in obtaining my goal to be a strong leader and communicator.

Secondly, I look at the clubs which I maintain a membership. Are they answering my needs? Each club is different in its composition and operation.

My original Toastmasters club is a corporate club; in this club I am challenged to lead and mentor. The result I have developed stronger leadership skills and mentoring skills. It has also led to new job opportunities.

My second club is an advanced club; now this club meets the need of being a better communicator. A couple of years ago this club did an evaluation on the goals and purposes of the club and why members attend.

The main purpose was to receive evaluations that were more in-depth. As a result, we changed our format with a focus on evaluations. The results were the club membership grew as we are meeting the needs of the membership.

Finally; my third club provides me with a general Toastmaster atmosphere where I am a general member give speeches fill meeting roles. I particularly enjoy this club because of the dynamics. We have a balance of seasoned Toastmasters like me; we have a very keen executive plus we have six new members all of whom have jumped right in because of the supportive attitude this club delivers.

My question to you is; does your club meet your needs? If not, what have you done to address the issue? I have a couple of suggestions that may help you discover the needs of your membership.

One—have every member provide the executive with a written statement of their personal needs from the club. I have attached a link to a learning plan that you can find on the District 45 website. <http://www.toastmasters45.com/documents/LearningPlan2012-2013.pdf>

I would also like to suggest that your club deliver the *Moments of Truth* module from the Successful Club Series. This module provides the executive with valuable information of the club atmosphere.

If we are to grow or help our members grow with Toastmasters, we must know what the dream is for each of our members.

Wayne Mercer, DTM
Lieutenant-Governor of Marketing

Are We There Yet?

Patricia MacNevin, Public Relations Officer

Do you remember as a young child, sitting in the back seat of your Mom's vehicle and asking, repeatedly, "Are we there yet?" I'm sure you do! I chuckle every time I think about the number of times I asked that question.

But do you ask yourself "Am I there yet"? Where are you in your personal and professional goals? Where are you in your Toastmasters goals? Are you there yet? Now I know we have many eager beavers in Toastmasters, some might even say they're competitive or they have the "fever". But what if you're a new Toastmaster or a shy Toastmaster? How can you accomplish a goal without making a fuss? Easily my fellow Toastmasters—Easily!

Perhaps when you signed up as a member of your Toastmasters club, you sat with your Vice President of Education, your President, your Vice President Membership or even your Mentor. Did one of them ask you "what do you wish to accomplish in the Toastmasters program?" Or "why did you join Toastmasters?" Did you and the executive member or your Mentor write your thoughts down? I'm sure they did. Reflect on what you wanted to do and why you joined. Remember, in the Toastmasters journey, it is self-paced, that is, YOU set your goal or goals—no one else. Nothing is too small and nothing is too large (well almost nothing).

Does your VPE give you opportunity to sign up for speeches? Does your VPE give you opportunity to sign up for functionary roles? Does your VPE keep track of what you do and what you accomplish? Look at the back of your Competent Communicator manual and the front of your Competent Leader manual. Each manual articulates the path for you. There are no deadlines attached to those tasks and projects. It is at your pace—always. But you should keep track of your accomplishments too. And, if you haven't done a speech or a table topic since you joined, perhaps now is the time to set a goal to do it soon. Trust me, you will do great and will be supported. Toastmasters clubs are safe and supportive environments.

All of us on the District 45 Team, are encouraging each member, each club, each Area, each Division to check their tires. How much tread is left? Will it take you another six months or will it only take you 2 months? Tires must be regularly checked to ensure they will keep you safe on the road. This is just like Toastmasters. We check on you regularly to ensure your journey is safe and rewarding. If you're not feeling comfortable or if you want to do more but are nervous, connect with your VPE and/or your Mentor. They are the "first check point for your tires".



Members, I encourage you to:

1. Look at your targets for 2012-2013. Check your tires!
2. Verify where you are in your CC/CL manuals or advanced manuals. Do your tires have enough air?
3. If you've accomplished a project or 10 speeches, have your VPE sign off on the project and/or when appropriate, submit your records for an award. (Don't wait until the end of June!) Do you need to rotate your tires?
4. Re-assess your target(s) and goals. (You may have already achieved them!) Check your tires again.
5. Set new goals for the remainder of your Toastmasters year (June 30th will be here before we know it!) Do your tires have sufficient tread to last the season or do you need new tires?
6. Provide your Mentor and your VPE with your goals so they can help you achieve them. Document the mileage and warranty of your tires.

As the year continues, new tires might be needed but always know that there are many Toastmasters who want you to succeed. There are many Toastmasters who can help you. There are many Toastmasters who will stand up and cheer for you when you achieve your goal.

Toastmasters is the most valuable communication and leadership program for individuals. Take advantage of the opportunities that come your way. Don't hesitate any more. You can do it!

Patricia MacNevin, DTM
Public Relations Officer

Parliamentary Minute—*Michael Thompson*

How Debate Is Conducted



So there is a carefully crafted motion proposed by a member, seconded by another and now “Stated” by the chair; the question is considered “pending” or “on the floor” for debate by the assembly. What happens now? In this article we will just discuss the general form of the debate. In subsequent articles we will discuss amendments and other secondary motions.

There are a number of standard conventions surrounding debate, but with the approval of the assembly through secondary motions and previous motions, there is a great deal of flexibility available.

Every member, who desires to, may speak twice to the motion for a maximum of ten minutes each time (twenty minutes total). It is fair to say, that in most toastmaster meetings, anyone who speaks to a motion for ten minutes has probably just thrown off the whole agenda; groups may want to adopt special rules to limit debate to more compatible times during club meetings. Generally the maker of the motion gets the first opportunity to speak in support of their motion. Thereafter the individual members who wish to speak to the motion, must indicate their desire after the previous speaker has finished by addressing the chair (“Mr. Chair” or “Madam Chair”). In some organizations the member must stand as well when addressing the chair, however in more relaxed environments members who wish to speak may simply raise their hand. It is important that speakers not interrupt the previous speaker.

The chair must show preference to members who have not previously spoken and if possible to alternate speakers for and against the motion.

During debate the speakers must stay on topic, their speeches must directly address the motion on the floor, and they are considered out of order if they stray off topic. The debate should be around issues not personalities and personal attacks are not to be tolerated. Note questioning someone’s reasoning is not a personal attack. One way that personality issues are avoided during debate is by addressing your comments through the chair rather than directly to another individual. Also, many groups will only use titles to refer to each other during debate rather than individual names.

Once debate has completed, the assembly may then pass on to the vote. Debate has completed when no one remains to speak for or against the motion or all available time for the debate has been concluded. There are several secondary motions that can affect the length of the debate.

THERE IS NO SUCH THING AS CALLING THE QUESTION!!! Oops, was I shouting? Sorry. Anyone who calls out “Question” during debate is out of order! There is a secondary motion to force an end to debate, but this is a motion that requires a two-thirds vote so unless you want to vote twice, just be quiet and let the chair do their job.

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.

Toastmasters Interview

Public Relations Officer, Patricia MacNevin, DTM, recently interviewed District 45's Jim Kokocki, DTM, Toastmasters International Second Vice-President. This is the first time someone from our District has been elected to serve as an International Vice-President. I admire Jim's tenacity and knowledge, so it was my honour to interview him over the holidays. We had a great conversation as you will see below.



1. Tell us a bit about yourself (not as a Toastmaster). What do you like? Where have you traveled? What don't you like? Favourite hobby or thing to do?

I am a big music fan. A vivid example of this is related to a band that disbanded in 1974 – Mott the Hoople. After 35 years, they decided to perform six concerts in London. So and I traveled to see their performance. They've done six concerts in 35 years! I'm a music geek and I'll travel far to see a great band. And I'm a little embarrassed to admit that.

I also am a fan of baseball. I decided to visit all of the major league baseball parks and I'm happy to say I enjoyed those travels and games. And I'm happy to say that goal has been accomplished and is far, far in my past.

I have traveled to many parts of the world, for personal pleasure, and on Toastmasters business. I've visited Vienna, Stockholm, London, Beijing, Paris, Shanghai, Dallas, Australia and several other locations. In 2007 I visited Sweden to attend the District 59 conference. In 2008, I traveled to Shanghai and delivered a presentation on Rapid Speech Development to approximately 600 people. In late April I will be going to Helena, Montana to attend District 78's Spring Conference.

2. You're currently 2nd VP of TM. What does that entail?

As Second Vice-President of Toastmasters International, I am one of the five members of Toastmasters International Executive Committee, which includes the Past President, President, President-Elect, First Vice President and Second Vice President. Together we broadly support and guide the activities of the Board of Directors, oversee TI's financial responsibilities, set strategic direction, uphold TI's mission, vision and values, and develop policy. As Second VP, I also serve as an ambassador for the organization internally and externally, traveling to various District conferences and District events, and including corporate recognition. For example, recently in Dallas, I had the honour to recognize Bank of America for its contributions and support of the Toastmasters program. Bank of America has almost 70 clubs around the world. Coincidentally, Tom Dowd from Belfast Maine is an employee of BoA and a member of Toastmasters in District 45.

Toastmasters Interview *(continued)*

3. Why did you pursue the role of 2nd Vice President of Toastmasters International?

I feel I have something to offer the members of Toastmasters International. I believe Toastmasters plays a critical role in our society and I want to ensure it remains as relevant today and tomorrow as it has in the past. My marketing and strategic planning experience will contribute to the organization. Some people believed in me and suggested that I pursue this TI leadership role, so here I am fulfilling a personal and professional goal that ten years ago I had no inclination to pursue. I should say that I knew ten years ago that this was a potential opportunity for me but it took me some time to work through other personal and professional commitments to decide that now was the time to pursue this office.

4. Toastmasters is 88 years old. What areas of the TM program do you believe need improvement? Are you working on these areas?

Toastmasters needs to remain relevant to our members most of whom spend their work days in business environments. I'd like to see careful integration of virtual tools such as videoconferencing, webinars, social media, etc. into our program and our meetings. This will help our members, our clubs, our districts and ultimately Toastmasters International as a whole.

5. Why and how can Toastmasters play an important role in training and development for individuals and corporations?

I recently read a Harvard Business Review blog, and in it, it was stated that we wait too long to train people in leadership skills. Promotion of core skills needs to begin early in one's career so individuals can be successful when they are promoted to leadership roles. In Toastmasters, we teach core soft skills regularly in our meetings and beyond the club. I'd strongly encourage anyone to join a Toastmasters club and to take on the responsibility of an officer position so they can learn leadership and communication skills.

6. As a former Distinguished District Governor for District 45, what learnings from that role have you implemented/used in your growth as a Toastmaster and as 2nd VP? *(Note: D45 was Select Distinguished and ranked 7th in the world when Jim was District Governor in 1998-99.)*

As a successful District Governor, you need to make sure that you personally understand the goals of the Toastmasters Program and your District and then you need to communicate the goals. You should focus on the passion and commitment of every member. You need to know where you are going and how you're going to get there. Talk to your members and share your passion and commitment with them. Make sure you communicate frequently but concisely with your members. If people know what the goals are, and how you're progressing, they can see how they can contribute to attaining the goals.

Toastmasters Interview *(continued)*

7. If Dr. Ralph Smedley was alive, what advice would you seek from him? What would you ask him?

After many years since his death, I would like to know if Toastmasters International has remained true to his vision and if it has evolved as he would have envisioned.

8. What do you think is the biggest challenge for District 45 (or Toastmasters)?

Growth is a challenge for all organizations. Each has its own unique challenges but with a plan, growth can occur. Opportunities arise and can be capitalized upon. For instance, membership growth is a focus in District 45. How can we find niche opportunities to establish new clubs and new members that will be enriched by the Toastmasters leadership and communication program? Around the world clubs are being started for professional women, people interested in humor, sales and marketing professionals, even funeral directors! Do we have opportunities to start Toastmaster clubs to develop the communication and leadership skills in niche communities such as these?

We also need to drive awareness and knowledge for the public. The basic marketing model indicates that if someone isn't aware you exist, they're not going to buy your product. And even if they know you exist but don't know the benefits of your product or service, they don't buy your product. So every club, and every District must find opportunities to drive awareness and knowledge as frequently as possible. Far too many people will say 'I never heard of Toastmasters' or 'I didn't know Toastmasters was in this town.'

Social media provides a readily accessible tool. For instance, when someone posts on Facebook, Twitter or YouTube or any other social media tool and ask friends or colleagues to share the post with their networks, we drive awareness and knowledge about Toastmasters.

9. What is your message to every District 45 Toastmaster?

A former Toastmasters International President, Helen Blanchard, once said: "if you get out of Toastmasters all there is to get out of Toastmasters, you will never get out of Toastmasters." There is untold opportunity for individual growth in Toastmasters; sometimes it is served to you on a plate, and sometimes you need to reach for it. When I joined Toastmasters in 1987 no one said "there's a future International President". I said "yes" to learning through the Toastmasters program but not at every opportunity. The timing needs to be right as members manage their various personal commitments. Toastmasters has enabled me to develop personally and professionally. I've grown. And I now have an opportunity to serve you and the entire Toastmasters International organization. Similar opportunities are available to any of our members.

Thanks Jim! We wish you continued success as you advance in Toastmasters International leadership.

Educational Achievements

We're 1/2 way there and look what our members have achieved since July 1, 2012. Keep up the great work and don't forget to submit your accomplishments as you achieve them. You work hard and diligently for awards, so please ensure you and your VPE are tracking your accomplishments and submitting your record to Toastmasters International. Don't leave any stones unturned. You will see below that there are a few Triple Crown Winners to date and several more close on their heels.

Award	Member	Club Name	Location
CL	Andrews, Elizabeth A.	Horseshoe Pond Toastmasters Club	Concord
ALB	Andrews, Elizabeth A.	Horseshoe Pond Toastmasters Club	Concord
CC	Barnsley, Kerry D.	The Ripple Effect	Concord
CC	Billings, Neil	Capital Toastmasters	Bow
ACS	Bird, Sally C.	Horseshoe Pond Toastmasters Club	Concord
ACG	Black, Betsy	Concord Toastmasters Club	Concord
ALB	Black, Betsy	Concord Toastmasters Club	Concord
CC	Brisson, Michael Hendrik	Capital Toastmasters	Bow
ACB	Ducasse, William	Granite Place Club	Concord
ACB	Gamlin, Steve	Concord Toastmasters Club	Concord
CC	Gloekler, Denise	Capital Toastmasters	Bow
CL	Gloekler, Denise	Capital Toastmasters	Bow
CC	Johnson, Randi J	Granite Place Club	Concord
CL	Johnson, Randi J	Granite Place Club	Concord
ACB	Menard, Catherine E.	Concord Toastmasters Club	Concord
CL	Menard, Catherine E.	Concord Toastmasters Club	Concord
CC	Mills, David H	Capital Toastmasters	Bow
CC	Randall, Dale G.	Concord Toastmasters Club	Concord
ACB	Soucy, Doris	Granite Place Club	Concord
ACB	Trantham, Kathleen T.	Horseshoe Pond Toastmasters Club	Concord
CL	Woodward, Jay M.	Granite Place Club	Concord
CC	Embry, Annalee	Amoskeag Better Communicators	Manchester
CL	Poltack, Cindy	Amoskeag Better Communicators	Manchester
CC	Rushton, Shelly	CORE	Londonderry
ALB	Arcand, Richard Paul	Karner Blue Toastmasters	Concord
CC	Hrobak, Daniel F	Karner Blue Toastmasters	Concord
CC	Peick, Patrick S	Karner Blue Toastmasters	Concord
CC	Robinson, Dean F.	Karner Blue Toastmasters	Concord
LDREXC	Bechtold, Robert Theodore	MDI Toastmasters	Bar Harbor
ALB	Bechtold, Robert Theodore	MDI Toastmasters	Bar Harbor
CL	Cagnon, Elizabeth M.	Dirigo Toastmasters Club	Belfast
ACG	Dowd, Thomas B.	Dirigo Toastmasters Club	Belfast
CL	Dowd, Thomas B.	Dirigo Toastmasters Club	Belfast
CC	Dowd, Thomas B.	Dirigo Toastmasters Club	Belfast
CC	Shaw, William	MDI Toastmasters	Bar Harbor
ALB	Babb, Robert L.	Running Hill Toastmasters Club	South Portland
CC	Bessler, Beth A.	York County Toastmasters	Kennebunk
ACB	Bessler, Beth A.	York County Toastmasters	Kennebunk
CL	Bessler, Beth A.	York County Toastmasters	Kennebunk
ALB	Bessler, Beth A.	York County Toastmasters	Kennebunk
CC	Britland, Mims	Greater Portland Toastmasters Club	South Portland
LDREXC	Crowley, Cali	Greater Portland Toastmasters Club	South Portland
CC	Galope, Sara K	Running Hill Toastmasters Club	South Portland
CC	George, Michael F	Running Hill Toastmasters Club	South Portland

Educational Achievements *(continued)*

Award	Member	Club Name	Location
ACB	Killeen, Thomas J.	Greater Portland Toastmasters Club	South Portland
ALB	Olson, Elizabeth P.	Woodfords Toastmasters Club	Portland
CL	Olson, Elizabeth P.	Woodfords Toastmasters Club	Portland
LDREXC	Smith, Kristine R.	York County Toastmasters	Kennebunk
CL	Buell, Candice L.	Tri-City Toastmasters	Somersworth
ACB	Buell, Candice L.	Tri-City Toastmasters	Somersworth
CC	Buell, Candice L.	Tri-City Toastmasters	Somersworth
CC	Buell, Candice L.	Tri-City Toastmasters	Somersworth
ACS	Clarke-Swift, Christine M.	Ad Libs Club	Portsmouth
CC	Guertin, John A	Exeter Speak-Ups Club	Exeter
CC	Switzer, Denis C.	Ad Libs Club	Portsmouth
CC	Bridgman, Laura T.	Kennebec Valley Toastmasters	Augusta
ACB	Brooks, Dorothy M.	Brunswick Toastmasters	Brunswick
CL	Brooks, Dorothy M.	Brunswick Toastmasters	Brunswick
CC	Giroux, Kayla J.	Kennebec Valley Toastmasters	Augusta
ACB	Lani, Andrea E.	Ecotoasters Club	Augusta
ALB	Lichtenwalter, Bob	Kennebec Valley Toastmasters	Augusta
CC	Nowak, Debra E.	Brunswick Toastmasters	Brunswick
CL	Nowak, Debra E.	Brunswick Toastmasters	Brunswick
CC	Turner, Matthew W.	Brunswick Toastmasters	Brunswick
CC	Charette, Denise	Express it Wright	South Portland
CC	Pelkey, Anne L.	2211 Toastmasters	Portland
CL	Dow, Christine M.	Harbourside Club	Saint John
CC	Fraser, David J.	Saint John Club	Saint John
LDREXC	Shanks, Brian E.	PLGS Toastmasters Club 7427	Maces Bay
CC	MacNevin, Patricia A.	Civil Speakers Club	Fredericton
CL	Stewart, Wendy Lynn	McCain Toastmasters	Florenceville-Bristol
CC	Stewart, Wendy Lynn	McCain Toastmasters	Florenceville-Bristol
CC	Van Duzee, Erin	Civil Speakers Club	Fredericton
ALB	Wisted, James E.	Golden Club	Fredericton
CC	Wisted, James E.	Golden Club	Fredericton
CL	Wisted, James E.	Golden Club	Fredericton
ACG	Woodward Brewer, Andrea Lynn	Valley Health Toastmasters Club	Fredericton
CC	Berthelot, Joseph P.	NoonTalkers Toastmasters Club	Saint John
CC	Davis, Nathan	Kennebecasis Club	Quispamsis
ALS	Davis, Nathan	Kennebecasis Club	Quispamsis
DTM	Davis, Nathan	Kennebecasis Club	Quispamsis
CC	Currie-Samson, Sandra J	Schooner Club	Halifax
CC	Dilworth, Amanda	Dal Toastmasters	Halifax
CC	Kateb, Omar	Dal Toastmasters	Halifax
CC	Meek, Susan	Spirit-Ed Toastmasters Club	Halifax
CC	Natarajan, Kaushal	Spirit-Ed Toastmasters Club	Halifax
ACB	Alberstat, Barbara D.	George Burton Club	Halifax
LDREXC	Crick, Doreen B.	George Burton Club	Halifax

Educational Achievements *(continued)*

Award	Member	Club Name	Location
ALB	Jeans, Mary Louise	J-Talkers	Dartmouth
CC	Keddy, Andrew M.	Speakeasy Toastmasters Club	Truro
CC	Mercer, Wayne	Faithfully Speaking Toastmasters Club	Dartmouth
ACS	Paton, Frances Ivy	George Burton Club	Halifax
CC	Hall, Stephen	Sears-Halifax Club	Halifax
CL	Hall, Stephen	Sears-Halifax Club	Halifax
ALB	Hall, Stephen	Sears-Halifax Club	Halifax
ALB	Hatcher, Roxanne Leone Trevors	Steel Centre Toastmasters Club	North Sydney
ACS	Hatcher, Roxanne Leone Trevors	Steel Centre Toastmasters Club	North Sydney
CC	Joseph, Richard J.	Sears-Halifax Club	Halifax
CL	Oakley, Ellsworth Raymond	Steel Centre Toastmasters Club	North Sydney
CL	Rupert, Craig	Sears-Halifax Club	Halifax
ACS	Bissonnette, Anne M.	Hub City Toastmasters Club	Moncton
CL	Bourgeois, Rachel	Hub City Toastmasters Club	Moncton
CC	Lakouas, Moncef	Club AcadiUM	Moncton
ACB	Savoie, Nicole	Hub City Toastmasters Club	Moncton
CL	Abrams, Pattie	True Blue Toastmasters	Moncton
CC	Demmings, Cathy	True Blue Toastmasters	Moncton
CL	Demone, Bernadette L.	Riverview Canusa Toastmasters Club	Riverview
CC	Desroches, Luc S.	True Blue Toastmasters	Moncton
ACB	Godin, Rachelle M	True Blue Toastmasters	Moncton
CL	Grondin, Joseph F.	Riverview Canusa Toastmasters Club	Riverview
CC	Scott-Mills, Lynda M.	Bagtown Babblers	Sackville
ACB	Stubbert, Karen A	True Blue Toastmasters	Moncton
ACG	Ye, Yu Ming	Riverview Canusa Toastmasters Club	Riverview
CC	Gallant, Brent James	Premiere Toastmasters Club	Charlottetown
CC	Gerus, Barry G	Confederation Club	Summerside
ACG	Parent, Stephane Rheal	Premiere Toastmasters Club	Charlottetown
CL	Corkery, Ronald	Toast of the Coast Toastmasters Club	Dartmouth
CC	Corkery, Ronald	Toast of the Coast Toastmasters Club	Dartmouth
CC	Drope, Heather P R	Toast of the Coast Toastmasters Club	Dartmouth
ACB	Jarvis, Russell E.	CGI Atlantic Toastmasters	Halifax
ALB	Merrill, Jeff A	River Talkers Toastmasters	Bridgewater
CL	Merrill, Jeff A	River Talkers Toastmasters	Bridgewater
CC	Tracey, Nancy Lee	River Talkers Toastmasters	Bridgewater
CC	Bedell, Jennifer L.	East Toasters @ADP	Dartmouth

Educational Achievements *(continued)*

Award	Member	Club Name	Location
CL	Bell, Barbara L.	Sackville Club	Lower Sackville
CL	Elhatton, Laurie Ann	Successfully Speaking Women	Halifax
LDREXC	Saunders, Collette F.	Successfully Speaking Women	Halifax
LDREXC	Thomas, Charlene Anne	Successfully Speaking Women	Halifax
ACB	Tracey, Bernie L.	Annapolis Valley Toastmasters Club	Greenwood
CC	Viera, Evelin	East Toasters @ADP	Dartmouth
ALB	Beehan, Karen	Harbourview Club	Halifax
ALS	Beehan, Karen	Harbourview Club	Halifax
ACG	Comeau, Janice S.	Yarmouth Toastmasters Club	Yarmouth
CC	MacDonald, James	Dartmouth Toastmasters Club	Dartmouth
ALB	Paquette, Joan	Yarmouth Toastmasters Club	Yarmouth
ALB	Ruff, Barbara G.	Yarmouth Toastmasters Club	Yarmouth
CL	Sloan, Richard Gordon	Dartmouth Toastmasters Club	Dartmouth
ALB	Sloan, Richard Gordon	Dartmouth Toastmasters Club	Dartmouth
ACB	Bansley, Suzanne Rose	Brattlemasters	Brattleboro
ALB	Knight, Dawn	Winning Speakers Club	Windham
ACS	Loukides, Carey A.	Merrimasters Toastmasters Club	Nashua
CC	Maciel, Timothy James	Brattlemasters	Brattleboro
CL	Pinelle, Sandra R	Nashua-Hudson Club	Nashua
CC	Robarge, Deborah W.	Keene Toastmasters Club	Keene
CC	Weeber, Scott Christian	Nashua-Hudson Club	Nashua
ALB	Deos, Rhonda	Dynamic Speakers Club	Williston
ACG	Deos, Rhonda	Dynamic Speakers Club	Williston
CC	Tenney, Jonathan M.	Big Blue Toasters	Essex Junction
CC	Powers-Bellew, Sue E.	Rutland Area Club	Rutland

Congratulations!
Way to go!!

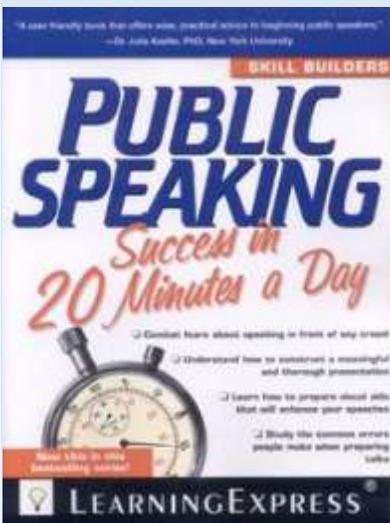


RESOURCES

Public Speaking Success in 20 Minutes A Day - Book Review

Karen Murray, *Bagtown Babblers, Sackville, NB*

This time I found a book about speaking on the internet. You can just type the title in search engines and you will obtain links to several sites for a free download. Over the course of 20 lessons, the author will teach you how to be a good listener, analyze your audience, do research, organize your thoughts and notes, prepare an outline and craft a memorable speech. Each lesson also presents exercises that will help you hone what you've learned, one step at a time.



This book was created by the editors at Learning Express, LLC. They address the mechanics of preparing for a speech I did not find it as inspiring as some of the books I have read on this subject, as it is more about the nuts and bolts of speaking than about the art of communication. It is a good how to manual, because if you follow their steps you will turn out a good speech.

The editors talked about how the steps of preparing the outline, the first draft and the rewriting are so very important, because these steps help you to think through exactly what you intend to say when you get up to speak.

I liked the analogy used in the chapter on preparing an outline. The editors divide a speech into three parts – head (introduction), body and feet (conclusion). Reminding us that the conclusion represents the feet of the speech, as it is what gives the speech mobility, enabling your audience to take your thoughts home with them. I'm thinking that I have failed to give a conclusion or summery in many of my first 10 speeches, meaning that I left my head

and body at the podium with no feet to carry any worthy thoughts to my listeners. The authors continued to use this analogy by stating, *your outline is a skeleton*, showing you the basic structure of your speech. You'll add flesh and muscle in the actual writing process.

The chapter on Speaking Responsibly was something that I have not read about before in any of the books on public speaking. If you want to quote an author, you must be certain that you are quoting exactly what was written. Plagiarism is stealing. Learning to write your own material can be hard work, but it's a skill you need to develop.

Practice is the only way to learn any skill. To that end, the authors had a tip about video-taping yourself while practicing at home. While watching your video, try closing your eyes and listen only to your voice. This will help you detect any verbal mannerisms that might be distracting, while also analyzing whether you are using effective voice inflections. Then try watching yourself with the sound turned off, paying attention strictly to your visual presentation. I have to try this tip.

I believe this is a useful book to have in your learning library. After all, if you download and put it on a disk it takes little room to store. The price (free) is certainly one I can afford.

TOASTMASTERS ILLUSTRATED

Heart of Art: Shelburne Museum guide helps people who are visually impaired envision art — Written by Leora Dowling, ACB/CL

To me talking is an art form as well as a learned skill and profession. In fact, I have never been paid to do anything but talk, from my earliest job as a chipper waitress at Friendly's, to my high-flying career in radio in which I did (among other things) traffic reports from an airplane. When the Berlin Wall fell I signed off reading the news and turned my attention to education — my own and that of others.

I went to graduate school, joined Toastmasters (an international organization devoted to helping people learn to become better communicators), and began teaching effective speaking at the Community College of Vermont. Like many educators, I got another job to supplement my income; I work as a visitor guide at Shelburne Museum. I especially love my museum job because it's the perfect fit for a person like me: someone who's social, somewhat cerebral, and absolutely passionate about art and history.

If you live in Vermont and love art and history there is no better place to spend your time than in the myriad galleries that make up one of our nation's most unique and important museums. As a guide I get to meet interesting visitors from around the world, work with intelligent and like-minded people, and immerse myself in an invigorating environment of heritage and beauty. (Sounds perfect, doesn't it?)

It was while working at Shelburne Museum that I really learned to look deeply and thoughtfully at all kinds of art. Spending hours in a room with a graceful and practical Windsor desk-chair, whimsical hooked rugs with portraits of sheep on them, or an evocative painting of a gondolier steering his craft across the Grand Canal, changed the way I see, define, and experience art. And it was the painting called "Blue Venice" by Edouard Manet that gave me my most challenging and artistic speaking role ever.

Last year the museum instituted a new program called **Art at Hand**. The program, which is designed for people who are blind and visually impaired, is one of a number of ways the museum reaches out to Vermonters who would other-



Leora Dowling speaks about one of her favorite paintings, Edouard Manet's 'Blue Venice', at the Shelburne Museum. Dowling helps patrons who are visually impaired experience art through the museum's Art at Hand program. / GLENN RUSSELL/FREE PRESS

TOASTMASTERS ILLUSTRATED

wise be unable to enjoy all we have to offer. As part of the inaugural season I was asked to select a work of art in the Electra Havemeyer Webb Memorial Building (the one with the big white columns) and describe it in detail to those who might not be able to see it well, or at all. I was allotted 20 to 30 minutes. Daunting, indeed.

Since the program is called **Art at Hand**, there is a tactile element. Before entering the building, the 20 or so attendees sat under a maple tree and explored with their fingertips the accoutrements of the artist: soft, badger-bristled brushes; elaborately carved and gilded frames; canvases covered with oil paint and thick impasto; and smooth, silky sticks of pastel. I remember how in tune I was with my own senses in those moments. I imagined that all the participants could smell the lilacs and cut grass, hear the rustle of leaves, and feel the temperate breeze on their faces just as I could. I also remember feeling excited by the challenge of describing a painting like “Blue Venice.”

I knew I owed our visitors more than just a basic description of the size of the canvas and the objects in it. Manet’s work is much more than an image of a 19th-century gondola making its languid way across the grandest of canals. This masterpiece is more than an impression of water, light and texture. To me, “Blue Venice” is a metaphor for an entire city — and for the history and the people who have also floated down its watery streets for well over a thousand years. As corny as it sounds, I wanted to do right by “La Serenissima.” I wanted to do justice to the genius Manet, my beloved museum, and even *my* art — the art of speaking — when I described the painting to those who could not fully see its beauty. I wanted to make that city, with its mysterious and illustrious past and its distinctive smells and sounds, become part of that moment for all of us at Shelburne Museum.

To do that I used what I had at hand: my words. I used my words to describe the composition, the brushstrokes, and history, and my voice to add the colors, impressions, and mystery. My tools were vocabulary, pace, volume, intonation, and passion. A whisper here, an insinuation there, a declarative statement, a question, a lush Italian phrase or two, a pause, a sigh. Using these vocal tools I tried to describe the indescribable. With my eyes closed I was able to feel “Blue Venice,” and with my eyes open I was able to watch my audience see and feel “Blue Venice,” too.

After I had spoken for 20 or 30 minutes and the group had moved on to experience its next work of art, I felt a profound sense of satisfaction. In those few minutes my life’s work had seemed to coalesce. I’m proud to say that Art at Hand continues to grow and that Shelburne Museum continues to offer all our visitors, and guides like me, new opportunities to really see, feel, and remember, important works of art.

Leora Dowling has been a Shelburne Museum Guide for five seasons. Besides being involved in “Art at Hand,” Leora also guides for “Mornings at the Museum,” a program that connects Alzheimer’s patients with the museum’s collections. She is a public speaking coach; teaches speaking, communications, and literature at Community College of Vermont; and is **Division G Governor** for District 45. She lives in Ferrisburgh, Vermont.

EVENTS

Toastmasters Leadership Institute (TLI)

Each Winter and Summer, club officers attend Toastmasters Leadership Institutes (TLIs) in their Division. District 45 has 7 Divisions and there are at least 7-10, if not more, TLIs offered.

So why should club officers attend training at their TLI? To learn, to network and to take back key strategies to their clubs. You may have been a Toastmasters for 15 years or 5 months, but each time you attend a training session you will walk away having learned something new.

How? Because there are different leaders and different presenters each time. Toastmasters International keeps training current and relevant. Your District leaders also try to offer training that is relevant to your Division, Area and Club.

So, if you haven't attended a training session as a club officer, I encourage you to do so now. Go to the District 45 website (click on this link—<http://www.toastmasters45.com/events.php>) to check when you can attend a session.

So You Think You Can Speak?

On January 31, 2013, Civil Speakers Toastmasters Club in Division C is hosting their first "So You Think You Can Speak" event. Multiple Toastmasters will deliver a speech and then receive "candid" evaluations from a three-person panel, similar to the television program, "So You Think You Can Dance". Speakers, panelists and other functionaries are lining up for this first-time event and they're sure it will inspire and intrigue many Toastmasters.



Membership—1 + 1 Campaign

Fellow Toastmasters,

The 1+1 campaign is a membership building program designed to help grow and strengthen our great organization. If you referred a member as of December 1, 2012, who is now a Toastmaster member, fill out the [1+1 form](#) so your efforts can be recognized.



Members: Members who have referred a friend that joins a Toastmasters club will receive a 1+1 decal and a personal letter from Daniel Rex, Executive Director, and me. This letter will be presented to members by club presidents. Also, each month, the referring member's name will be listed on the [1+1 webpagewall](#). To reward members efforts, all names will be included in a monthly draw to win a 1+1 Toastmasters branded t-shirt.

Clubs: The top 20 clubs that gain the highest number of new members through the 1+1 campaign by June 30, 2013, will receive a \$250 store credit. World Headquarters will keep track of club efforts and announce the winners on July 22, 2013

Districts: The top five districts that gain the highest number of new members through the 1+1 campaign by June 30, 2013, will receive a \$500 store credit. World Headquarters will keep track of district efforts and announce the winners on July 22, 2013.

Today, Toastmasters International's membership is more than a quarter of a million strong, but together we can grow and cultivate the next generation of leaders and communicators.



John Lau, DTM, International President



Don't forget District 45 Toastmasters—if your Club holds an Open House (to make public aware of the Toastmasters program and to grow your membership), the District will give you \$25 (2X/year) with the submission of your receipts (food, printing, promotional supplies, etc.) What a bargain!

Spring Conference

Spring into action at the 2013 Spring Conference in the happening place of Moncton, New Brunswick. Mark your calendars for May 24, 25, and 26 for a unforgettable weekend of education, inspiration, and fun. Yes, for you grammarians, funations is not a word but it should be. Think about it, two nations having FUN!

Where you ask? You will be staying at the beautiful Crowne Plaza in central Moncton, walking distance from local eateries and a 5-minute drive from one of the biggest shopping malls in Atlantic Canada (Champlain Place).



Crowne Plaza Moncton
1005 Main Street
Moncton, NB
E1C 1G9

What's in it for you? You will gain knowledge from experienced Toastmasters, you will gain inspiration from the International speech and Table Topic contests, and last but not least, you will gain FUN from the ever so lively hospitality suite and open mic with people from 2 nations (FUNATIONS!).

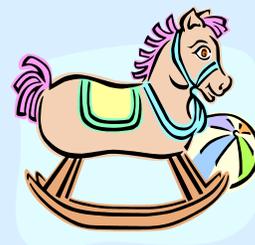
What happens at Spring Conference is shared with the world. Be the one sharing.

Announcements

BABIES

Congratulations to **Angi Francesco Miller**, District Secretary, on the birth of a beautiful baby girl, Jocelyn, on August 13, 2012 (whom many of us met at Fall Conference).

Congratulations to **Greg Danson**, Area 22 Governor, on the birth of a beautiful baby girl over the Christmas holiday season.



CREATIVE CORNER

Sergeant-At-Arms

By Gary Roach, Fredericton Toastmasters Club #2204

Sergeants-at-arms are solid people,
 Kind of like a church with a steeple.
 They rush all around and set up the room,
 Sometimes even they sweep with a broom.
 They greet new people and always bring food,
 And always remember to never be rude.
 They guard the door when it needs to be done,
 If you try to cheat, they'll give you the run.

Gary Roach presented this poem at the Division C TLI on January 19, 2013 to help explain the Sergeant-at-Arms Officer role. He also had beautifully sketched visuals to help Toastmasters understand the role. Very well done!

Next Newsletter Deadline

February 16, 2013

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