

District 45 Toastmasters Newsletter

# CAN-AM LINK

## *The Main Ingredient*

*Patricia MacNevin DTM, District Governor*



If you have listened to a child say “Are we there yet?”, you can imagine what your district leaders are contemplating as we pass the half-way mark of the Toastmaster year. Many questions come to our minds: What will entice members to achieve a designation? What can we do differently to assist a struggling club that hasn’t been tried before? Where can we build more vibrant clubs? What carrot can we dangle?



While we completed our mid-year training in Boston and shared ideas, accomplishments and challenges with other districts in regions 7 and 9, many walked away motivated to “stay the course” and many went home and will “steal” practices from others. Finding the right ingredient varies from district to district, just as it does from club to club and member to member.

Are the members happy? Are the clubs healthy? What are their goals? What are our goals? Do they complement one another?

There is never a magic ingredient or wand when you need one, is there? Although our Fairy Godfather, Tom Goodwin, LGM would LOVE to wave a wand so that all of our clubs are at charter strength, the reality is that many of our clubs are not vibrant anymore. We have implemented incentives that support club building and club membership strengthening. Is it enough?



Each one of us knows the value of the Toastmasters education program. We **“walk the walk”** and **“talk the talk”**. **I ask each of you to reach out** to your friends, colleagues, people you don’t know and share the value of what you’ve gained through Toastmasters. Offer to pick them up on your way to your Toastmasters meeting; buy them a cup of java; enjoy a conversation with them to reveal your strengths that have been enhanced by Toastmasters. **YOU** are the main ingredient to our success and your success.



WHERE LEADERS ARE MADE

[www.toastmasters.org](http://www.toastmasters.org)

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## ***RISE To The Challenge Of The New Year***

***Tom Goodwin, DTM, Lt. Governor Marketing***

As we enter a new calendar year, many of us are making New Year's Resolutions, usually involving a renewal of focus on our fitness and diet. The television air-waves are filled with fitness programs which emphasize developing your body's core. What many toastmasters don't realize is that Toastmasters International also has a core. There are four core values for Toastmasters which create the acronym **RISE**.



These values are important to the organization from the individual member all the way up to the CEO and the International President. Here are the core values of Toastmasters International:

**RESPECT to the Individual** – We need to be respectful of the opinions, efforts and values of all of our fellow toastmasters, club officers, and district officers. This respect of the individual should be extended at all times regardless of how each member's actions and values may differ from your own. Toastmasters International is a large, multicultural organization and needs to extend respect to all members.



**INTEGRITY** – Each member should have the integrity to honor their commitments to themselves and the organization. It is this integrity which enables others to trust your words and rely on you to follow through on your responsibilities.

**SERVICE To The Member** – All of the benefits of Toastmasters membership are provided through the service of others. Whether this service takes the form of evaluating another's speech, serving as grammarian at a club meeting, fulfilling a club officer role, or leading an entire district, we all need to serve others for each of us to receive the personal growth available through Toastmasters.



**EXCELLENCE** – We each need to be dedicated to performing our tasks and responsibilities to the best of our abilities. A consistently high level of preparedness and execution of our commitments reflects well on us as individuals and on the entire organization, and motivates others to strive for excellence as well.

We all know that the communication and leadership skills we develop in Toastmasters benefit us in other aspects of our lives. Likewise, by keeping these core values in mind in your Toastmasters interactions, you will start bringing these core values into all aspects of your life and RISE to the challenges of the New Year.

**[CLICK HERE TO FIND OUT MORE ABOUT THE DISTRICT'S CLUB MEMBERSHIP RETENTION INCENTIVES](http://d45toastmasters.com/archives/649)**

or visit: <http://d45toastmasters.com/archives/649>

## Division A TLI

*Submitted by: Sue Francesco DTM, Area 12 Governor*

Division A TLI was a wonderful success! Angi Francesco Miller, ACS, ALB organized and delivered an exciting panel of speakers and experienced officers in the breakout sessions. We were all honored to have our District 45 Governor, Patricia MacNevin, DTM join us for the event.



Angi opened the TLI with enthusiasm and energy. Patricia followed with a gracious and sincere welcome from the District officers and encouraged everyone to take the opportunity to learn. Debby Hoffman Adair, ATM, Area 16 Governor lead the presentations with wonderful stories from her own life and intertwined them with how the leaders in the audience could lead their clubs to success. Betsy Black, DTM, presented her own version of Creating a Quality Club with sign language and personal stories.



The entire day was very productive as everyone had lunch during their Officer Breakout sessions. Toastmasters shared their successes, observations, and concerns and learned new techniques to overcome obstacles in their officer roles.

Everyone came together after the breakout and Angi facilitated a review of the high points of the officer breakouts. Sheila Oranch, ATM-Silver hit a home run with her very interactive, "boxed" program which got the entire audience thinking about Club Successes.



Following a brief wrap up by Angi, over half of the attendees stayed on an extra 2 hours to participate in the Contest and Judging Workshop put on by Sue Francesco, DTM and Nita Patel DTM. There were lots of excellent questions, many contest myths destroyed, details provided for excellence in both running a contest and judging a contest as well as a few door prizes for creative and thoughtful questions. By the time 4:00PM rolled around, everyone was glad they came.



The attendees met new friends, learned a lot about contests and judging, and every club left with their Award Certificates for the upcoming contests, a copy of the rules and the District 45 Contest Workbook. (Heather Perkins). There were 53 attendees at the TLI representing 14 out of the 17 clubs in Division A.

## Division F Winter Update

*Submitted by: Russ Jarvis ACS, ALB, Division F Governor*

Division F recently held a joint TLI winter training session in the Halifax region with our Division D counterparts. Between the two divisions, we had in excess of 80 attendees for our session. Due to the great distances between some of our rural clubs, we will be holding an additional TLI session in February in the Annapolis Valley region to accommodate those Toastmasters who were unable to make the journey to Halifax.



The sessions were well received, as we held main sessions on club officer roles, Working the Program, Successful Contests and Moments of Truth.



The District team was well represented by Malinda Regimbal, District PRO, who gave a warm welcome and strong words of encouragement from the District.

Breakout sessions were held on Leading Your Club to Success and Building on Achievements. These sessions were facilitated by our three Area Governors, working in concert with their various Division D counterparts.

The day wrapped up with a very nice recognition session in which we acknowledged the achievements of our members over the past few months. In addition, we had great pleasure in presenting the Area Governor of the Year award for the 2013 – 2014 Toastmasters year to Sean Hurley. Sean had been unable to attend the Fall 2014 conference in PEI and we were very pleased to be able to make this presentation to him personally in the presence of his peers.



With the main TLI session behind us, and the planning already firmed up for our additional rural-based session, the Division is focusing our energy on working with the clubs in continuing our drive towards goal achievements for successful clubs. We're also well into the planning stage for the various club, area and Division contests in advance of the Spring 2015 District Conference in Manchester, NH.



<http://d45toastmasters.com>

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Follow us on Twitter: [@district45tm](#)

### Sally Bird, DTM

Sally received her Distinguished Toastmaster (DTM) award on December 15, 2014. Sally lives in Concord, New Hampshire she is married and has a daughter. In her retirement, Sally enjoys singing in her church choir and hiking. She is a member of Horseshoe Pond Toastmasters club.

**When did you join Toastmasters and Why?** I joined in 2004 because I wanted to learn to be comfortable in front of an audience rather than so nervous that sometimes I blanked out the audience.

**What have you learned about yourself on your Toastmasters journey?** I can speak in front of audiences, I can lead and inspire other people.

**What are your future goals?** I am currently working on my CC and CL manual to help my club and to keep up the skills and self-confidence I have learned.

## DTM Profiles

### David Tucker, DTM

David received his Distinguished Toastmaster (DTM) award on December 10, 2014. David lives in Portland, Maine and is a member of Blueberry Hill and MaineFab Toastmasters clubs. He has two daughters, Emma and Annie, and a dog, Zippy. David has held various engineering and management positions at Texas Instruments since 1996. He enjoys skiing, hiking, reading, and track and field; he also enjoys volunteering with youth at a local elementary school teaching science, and coaching sports.



**When did you join Toastmasters and Why?** I first joined Toastmasters in the late 80's in Dallas (Texins Toastmasters). It was terrifying but soon became a place to have lots of laughs, learn, and grow. I later joined Blueberry Hill in 2004 after realizing how much I missed it.

**What have you learned on your Toastmasters journey?** It has always been a wonderful place to try new things and go out of the box. I have also bothered both of my girls to participate with me. I particularly enjoyed a humorous speech contest where Emma was a worm and I was explaining how to pick up these night creatures for fishing, without them breaking or being squished!

**Why Toastmasters?** It's always energizing and funny. You receive feedback on blind spots, meet interesting people, and witness people grow and improve. You get out what you put in—when you get that speech drafted a week before and practice a few times, you benefit the most.

**What are your future goals?** I would like to give another speech at a District conference and as a stretch goal, speak at a TED talk or at the Toastmasters International conference.

**Are you currently working on achieving your DTM?**

**What will it take to get there?**

**Do you have a plan? A schedule? A mentor?**

*If you would like to share how you are working to achieve your Toastmasters goals, we would love to include it in a future issue of the Can-Am Link! Send us an [email!](#)*

## District 45 Spring Conference 2015

The District 45 Spring Conference will be held in lovely Manchester, NH at the newly renovated Radisson in downtown on 15-17 May 2015. Join us for an exciting weekend where you will learn to *Find Your Voice. Ignite Your Passion. Lead with Influence.*

Mike Storkey, First Vice President of Toastmasters International, will be in attendance to deliver an education session as well as Saturday's Keynote!



Please visit the D45 website for more information: <http://d45toastmasters.com/spring-conference>

A fantastically dynamic volunteer committee is busy working to bring you an exciting opening ceremony, great educational sessions, excellent International Speech and Table Topics contests, a fabulous Governor's banquet and fantastic networking opportunities. If you are interested in helping, please let us know.

Full Registration is only \$130 before April 24, 2015. You can reserve your hotel room (\$129/night) Radisson Hotel Manchester Downtown by calling 1-800-333-3333, indicate "Toastmasters District 45 Conference" or online at [www.radisson.com/manchesternh](http://www.radisson.com/manchesternh), PROMOTIONAL CODE: TM2015

Our conference goals are:

GOAL #1– Best-of-the-best showcase

- Hear incredible contestants (for free)

GOAL #2 – Fiscally responsible

- Raise more than \$5,000 to keep registration costs low

GOAL #3 – Fun educational sessions

- Hear from fantastic local speakers
- Hear from a World Champion

GOAL #4 – Non-member attendance

- Have at least 10% non-members in attendance

As you know, sponsorships are critical to a successful conference. If you introduce us to a company, business or group decision maker whom we may contact for sponsorship, you will receive a \$5 refund for each referral provided (no matter whether they become a sponsor or not). As you know, Toastmasters International is a non-profit organization so all donations are tax-deductible. Please contact [nita.patel@ieee.org](mailto:nita.patel@ieee.org) with any referrals.



## Club Anniversaries—December 2014

Club Number	Club Name	Charter Date	# of Years
2204	Fredericton Toastmasters Club	12/1/1971	43
9719	Toast Of The Valley Club	12/1/1993	21
4653	Yarmouth Toastmasters Club	12/20/2001	13
829453	Valley Health Toastmasters Club	12/5/2005	9
1117322	Dirigo Toastmasters Club	12/6/2007	7

## Educational Achievements—December 2014

AWARD	NAME	CLUB	LOCATION
DTM	Bird, Sally C.	Horseshoe Pond Toastmasters Club	Concord
DTM	Tucker, David S.	Blueberry Hill Club	Portland
CC	Kamara, Mohamed Allieu	Concord Toastmasters Club	Concord
CC	Frederick, Donna M.	Horseshoe Pond Toastmasters Club	Concord
CC	Tutty, Donna R.	Sackville Club	Lower Sackville
CC	Lin, Chang J.	Running Hill Toastmasters Club	Scarborough
CC	Olekszak, Haiyan	MDI Toastmasters	Bar Harbor
CC	Green, Scott G.	Winning Speakers Club	Windham
CC	Abrams, Pattie	True Blue Toastmasters	Moncton
CC	Belcher, William S.	Maine Fab Toastmasters	South Portland
CC	Dillman, Andrew F	Nashua-Hudson Club	Nashua
CC	Deguire, Claudette	ComMunique Acadie	Tracadie-Sheila
CC	Donahue, Anna K.	Woodfords Toastmasters Club	Portland
CC	Ramsey, Sandra Cabral	TM of Manchester Club	Manchester
CC	Latouche, Dan B	TM of Manchester Club	Manchester
CC	Thiemann, Natasha D.	Xerographically Speaking	Saint John
CC	McClary, Thomas	Toast Of The Valley Club	West Lebanon
CC	Grondin, Joseph F.	Riverview Canusa Toastmasters Club	Riverview
CL	Sprague, Marcia Scovel	Concord Toastmasters Club	Concord
CL	De Merchant, Jeremy Scott	Mid Day Toastmasters	Fredericton
CL	Williams, M. Patricia	Faithfully Speaking Toastmasters Club	Dartmouth
CL	Leavitt, Randall	Fredericton Toastmasters Club	Fredericton
CL	Tait, Justin M.	Wolfville Toastmasters	Wolfville
CL	Grondin, Joseph F.	Riverview Canusa Toastmasters Club	Riverview
ACB	Stehno, Joseph J.	Horseshoe Pond Toastmasters Club	Concord
ALB	Green, Scott G.	Winning Speakers Club	Windham
ALB	Duguay, Darren G.	Riverview Canusa Toastmasters Club	Riverview
ACS	Robichaud, Laurie	ComMunique Acadie	Tracadie-Sheila
ALS	Tucker, David S.	Blueberry Hill Club	Portland
ACG	Green, Scott G.	Merrimasters Toastmasters Club	Nashua
LDREXC	Drisdelle, Rosemary S.	Burnside Business Toastmasters	Dartmouth

**Congratulations to all award recipients for December!**