

District 45 Toastmasters Newsletter

CAN-AM LINK



Our Toastmasters Journey

Patricia MacNevin, DTM, District Governor

Hello District Members,

It is truly an honor and a privilege to serve the members of District 45 as your District Governor for the 2014-2015 term. Serving as your Lt. Governor of Education and Training the past year has given me knowledge about many of you and your Toastmasters journey. I feel we have all grown together into a thriving, energetic and enthusiastic family and I'm very proud of your achievements.



We have a talented and dedicated team to lead you this year. We are determined to bring you the best training, support and activities to enhance your journey. We want you to **Turn Your Key**, to strive and attain your personal goals. Remember that you are not alone as every member in every club, area, and division supports one another to ensure your success. Toastmasters provides a safe and supportive environment where you can take risks and receive positive, constructive feedback and encouragement as you venture along your path to improve your communication and leadership skills.

On July 12, 2014, our Area and Division Governors were trained for their new roles and responsibilities and I personally can attest to their passion for the Toastmasters program and their abilities to ensure you and our District have another successful year. As well, your District Leaders are working assiduously on the District Success Plan and are anxiously (nervously!) preparing to travel to Kuala Lumpur, Malaysia for their District training with other District Officers from around the world. I know that by learning and working together we can achieve a plethora of successes.

The 2014-15 Toastmasters year is well underway and I have aspirations that we will continue to grow with more members and more clubs. Your district team has its goals and there are new incentives to assist clubs in achieving success. Every Member Matters and it is my hope that by the end of our toastmaster year, you will have achieved your goals by actively participating, delivering speeches, providing evaluations, serving as a functionary and taking risks! Together – we are a Distinguished District. Turn Your Key and demonstrate that Toastmasters is where leaders are made.

Patricia MacNevin, DTM

District 45 Governor 2014-15

Let's Hit The Ground Running!!!

By Sandra Hachey, DTM, Lt. Governor of Education and Training

Fellow Toastmasters are you ready - set -let's go. We're off to the races once again. Let's hit the ground running!!!!

As the LGM for the 2013-2104 year I had big plans for the District and each and every one of you stepped up to the challenge to make these plans come to reality. As a matter of fact you exceeded everything that I had hoped for. Over the last few years we have not been a Distinguished District. This year not only did we meet that goal but we surpassed it to become Select Distinguished. I cannot tell you how proud I will be to be on stage at the International Convention to accept that award. KUDOS to everyone.



Now that we have the momentum let's continue on. This year can be as good as the last - with everyone's commitment once again. Here is my challenge to you-

- 1. If you have 5 speeches completed toward any communication designation - complete the next 5 by January 2015.*
- 2. Complete a Leadership designation. Many of us do the roles but forget to get our books filled out - me Included. Let's get credit for the work we do.*
- 3. Encourage every member of your club. Maybe even challenge them - friendly competition is a good thing.*
- 4. Strive to complete a Triple Crown.*

I promise that I will send out a handwritten note congratulating each and every one of you. I'm hoping that I get to complain about writer's cramp a lot this year.

Thank you for giving me the opportunity to work with each and every one of you over the next year as the last Lieutenant Governor of Education and Training for District 45. (Toastmaster International is changing the title to Program Quality Director, District # as of July1, 2015)

**Reminder - Mark Your Calendars!!!
Fall Conference - October 24-26, 2014
Charlottetown, Prince Edward Island**

**New Club Building Incentive
August-September 2014**

Charter a new club by September 30th and the club will receive one of the following from the district:

- A club banner
- A banner stand
- A TM Lectern
- A timing light

A club which hold a sample meeting and charter within 30 days, but by Sept. 30, can choose two of the above items.

We Learn Best In Moments of Enjoyment

by Shane Walsh, DTM, Lt. Governor of Marketing

My Toastmasters meetings are fun. I belong to three clubs and each club has its own personality. One club is a bit formal and one club is very relaxed. My clubs reflect the personalities of my members. But they have one thing in common and that is the members pursuing their personal goals while participating at the club level and beyond to ensure that the club remains healthy and viable. When you support your club by regularly attending and participating in meetings, you will become successful; your club will be successful and membership will grow. Everybody wins.



As lieutenant governor marketing I have three objectives. I am responsible for marketing, club-building, and member- and club-retention efforts within the district. Since it is easier to keep a member than to find new members my focus will be on member retention first and foremost.

More clubs mean more members and more opportunities for our members. Working within your club is great, but stepping outside your club and visiting other clubs or even joining another club will challenge you and your skills will grow.

Over time, clubs will experience low periods where membership declines and the club spirit wanes. Often it is because we are not bringing in new members. As LGM it is my responsibility to recruit and assign club coaches for our struggling clubs. Incidentally, club coaches, mentors and sponsors are recognised as part of the Advanced Leader Silver award.

Last year we achieved great success as a District and this year I want to build on our success by working with our members to grow our district through membership and club growth while maintaining strong viable clubs.

Now is a good time to start growing your club. Toastmasters is holding a membership contest ifrom **August 1 to September 30** In honor of Ralph Smedley, our founder. Add five new, dual, or reinstated members between August 1 and September 30 you will qualify to receive a "Smedley Award" ribbon to display on your club's banner. In addition to the ribbon your club will receive a discount for 10-percent off the next club order from TI and the district will award a \$25 TI Gift Certificate.

In the words of Stephen Covey, we become what we repeatedly do. Grow and your club will grow with you.

Did You Know ?

Your District offers training during June/July/August for new officers (and any other interested Toastmasters) via Toastmasters Leadership Institutes (or TLIs). Why not take advantage of these wonderful learning and networking opportunities to develop new skills and new friendships? Check with your Division/Area Governors to see whether any dates are still available. If you happened to miss local training, Toastmasters International provides two useful supplements that can help: the Club Leadership Handbook <http://www.toastmasters.org/clh> and an online training module: Club Officer Essentials available at <http://www.toastmasters.org/ClubOfficerEssentials.aspx> (Click "Launch Session"). These options can never replace the interactive learning experience and best practices garnered from attendance at a TLI, but they provide a good backup.



Collette Saunders, DTM

VP Education, Successfully Speaking Women Toastmasters, Club #1327791

Meet the District Team

District Governor—*Patricia MacNevin*, DTM

Lt. Governor of Education and Training—*Sandra Hachey*, DTM

Lt. Governor of Marketing—*Shane Walsh*, DTM

Public Relations Officer—*Tom Goodwin*, DTM

District Secretary— *Murielle Gaudet*, CC, ALB

District Treasurer— *Gary Belding*, DTM

Immediate Past District Governor—*Sharon Jacques*, CC

Region Advisor— *Donna Tutty*, DTM

Division A Governor - *Leslie Alcorn*, ACB, ALB

Area 12 Governor - TBA

Area 16 Governor - *Debby Hoffman-Adair*, ATMS

Area 20 Governor - *Angi Miller*, ACS, ALB

Division B Governor - *Tom Dowd*, ACG, ALB

Area 5 Governor - *Randy Tompkins*, CC

Area 6 Governor - *Anne Pelkey*, CC, ALB

Area 10 Governor - *Jill Ripley*, ACG, ALB

Area 14 Governor - *Ravi Jackson*, TM

Division C Governor - *Jim Wisted*, ACB, ALB

Area 4 Governor - *John Savoy*, ACG, ALB

Area 13 Governor - *Cheryl Grant*, ACB, ALB

Area 19 Governor - *Carol Dixon*, CC, CL

Area 23 Governor - *J P Berthelot*, TM

Division D Governor - *Heather Perkins*, DTM

Area 1 Governor - *Heather Drope*, DTM

Area 18 Governor - *Jesse David*, ACB, ALB

Area 21 Governor - *Cameron Ells*, ACS

Division E Governor - *Jeanne-Mance Cormier*, DTM

Area 2 Governor - *Nicole Savoie*, ACB, CL

Area 3 Governor - *Ewan Trafford*. CC, ALB

Area 17 Governor - *Horace Crozier*, DTM

Division F Governor - *Russ Jarvis*, ACS, ALB

Area 9 Governor - *Laurie Elhatton*, ACB, ALB

Area 11 Governor - *Sheila Rhys*, ACB, ALB

Area 22 Governor - *Jim Knox*, ACB, ALB

Division G Governor - *Sauna Green*, ACB, ALB

Area 7 Governor - *Helen Fu*, ACS, CL

Area 8 Governor - *M.E. Lawlor*, ACS, ALB

Area 15 Governor - *Sue Powers-Bellew*, CC

DTM Profile

Carl Duivenvoorden, DTM

Carl received his 4th Distinguished Toastmaster (DTM) award on June 23, 2014. Carl lives in Upper Kingsclear, NB with his wife, Karen, and his two sons, Paul and Eric, and he is a member of two clubs, Civil Speakers and Rise & Shine Advanced Toastmasters. Carl is self-employed as a speaker, writer and sustainability consultant. In his spare time he enjoys outdoor activities, woodworking, aviation and soccer (just coming off of four weeks of being hunched before a TV watching as much of the World Cup as he could)



When did you join Toastmasters and Why? September 1989. I had done public speaking in 4H and in school, and I thought it was an important skill to learn so I decided to check out my local TM club... and I've stayed ever since!

What have you learned about yourself on your Toastmasters journey? There's always more to learn; *Practice, practice, practice*; The best things happen when we stretch; Always aim high; I love humour!

Now that you have achieved DTM, what are your future goals? This is actually my fourth; I'm trying to catch up with Candice Buell so I'm working on my fifth!! I'm enjoying a few added roles I currently have in Toastmasters (Chief Ambassador for the new educational program and member of the International Leadership Committee) and learning nicely from them; and I enjoy playing a role in the development and growth of newer members and clubs.

Save The Date !!! **October 15, 2014—District-wide Toastmasters Day**

On October 15, 2014, District 45 will be celebrating the 90th Birthday of the very first Toastmasters meeting by Ralph Smedley, and we want to celebrate it in style.

We will be working with each Division Governor to organize a special event in each division. The division governors will be taking the lead on these events, but it could also be a wonderful opportunity for a High Performance Leadership (HPL) project. The type of event is up to each division and will celebrate the Toastmasters birthday and program. The purpose is to raise public awareness of Toastmasters throughout District 45 and to celebrate the 90th birthday together at the same time.

In addition to these events, we are asking each State and Province within the district to obtain a Proclamation declaring October 15, 2014 as 'Toastmasters Day'.

Our plans are in the formative stage, so stay tuned for more details as they become available.

Tom Goodwin, DTM
District PRO

Division D Report, by Heather Perkins,DTM, Division D Governor

Division D is comprised of 14 clubs extending from Greenwood to Sydney in Nova Scotia, a distance of 516 km (312 miles). Last year, the Division ended with Distinguished Division status with 2 clubs achieving President's Distinguished, 2 achieving Select Distinguished and 2 achieving Distinguished Club status. We have started the year with 253 members. 71% of the clubs had 4 or more officers trained. We will be holding make-up training in August and we hope to bring the number of clubs with 4 or more officers trained up to at least 85%.

There are 5 corporate clubs and 9 community clubs. Eight of the clubs are less than 10 years old and 5 of the clubs have been in existence for over 20 years. Spirit-ed #5375 celebrated their 30th anniversary, Schooner celebrated their 35th anniversary and Steel Centre will be celebrating their 40th anniversary in the fall.

To date, Division D members have achieved 2 CCs, one CL, one ALB and one DTM. Congratulations to Jackie Benedict (CC, Wolfville Toastmasters), Ben Worth (CC, Sears-Halifax), Justin Evaniew (CL and ALB, Schooner) and Wayne Mercer (DTM, Faithfully Speaking) for their accomplishment and for helping to get their clubs off to a good start in the DCP. Six of the clubs are under charter strength so a focus this year will be to work with those clubs to help strengthen their membership by at least a net of 5 new members.

Division D's dynamic team (Division Governor Heather Perkins, A1 Governor Heather Drope, A18 Governor Jesse David and A21 Governor Cameron Ells) look forward to a rewarding and successful year of serving the clubs in the division and helping the clubs and their members achieve success.

Upcoming TLIs

**Division E – Saturday, August 23, 2014 in Moncton, NB,
contact Jeanne-Mance Cormier regarding attendance**

**Division G – August 2, 2014 in Nashua, NH,
contact Shauna Green regarding attendance**

Fall Speech Contests

Division A – October 4, 2014, tentatively in Concord, NH

Division B – October 11, 2014, tentatively in Rockport, ME

Division C - To Be Determined (TBD)

Division D - TBD

Division E – October 18, 2014 (PEI)

Division F - TBD

Division G - TBD

Share Your Vulnerability—and Flourish

By Tom Dowd, Division B Governor

We have all had an argument, we have all made mistakes, and we have all been nervous. We all share some common ground, whether it's our background, stories, or situations. When you share those moments, they will resonate instantly with lots of audiences. Many inexperienced Toastmasters are too cautious in their approach to sharing their vulnerabilities, mistakes, and fears with the crowd. In my early speaking career, I kept things at a high level; I could have almost been described as vanilla in my early speeches. They were surface only and didn't dive into who I really was. It was only after I started to open my soul and share personal stories that I began to hold the interest of my audiences.

So it's time to share my path to become Division B Governor. The speech contests have also been the driving force to push me to grow and develop as a speaker. I've been able to use my preparation techniques to translate successfully into the business world. Yet, it was the excuse holding me back from ever signing up to be in a district leadership role. As most of you know, contests can be taxing and ever absorbing of your time and energy. I was getting tired after many years of constant contests. I set a goal this year: if I didn't make it to the district finals in the International or Table Topics speech contests, I would submit my name to be Division B Governor. The bad news is that I finished in second in both contests at the division level. The good news is that I finished in second in both contests at the division level. I forced my own hand to take on a reluctant leadership role.

The reluctance didn't last long. It's amazing what happens when the pressure of a constant overhanging thought relinquishes itself to new directions. I started to think about the possibilities. I thought about the historic success of Division B. I simply had to keep the momentum and throw ideas against the wall—they don't all have to stick. I instantly started to write my two minute speech for the election run-off speech and had more than ten minutes of material. I was using my speech contest preparation to narrow down the final points. In reality, the whole process led me to create my strategic plan to use if I was fortunate enough to gain the trust of the district voters.

I was lucky enough to be selected to follow in the footsteps of incredible Division B Governors such as Bob Bechtold, Sandra Hachey, Mitch Farrar, Nita Patel, and Kishore Sasthiri, and so many others. I realize there is a long road ahead. However, preparation starts with a strong support system, preparation, and a clearly laid out plan. I also have plenty of mistakes staring me in the face—and I can't wait. I've forgotten the words of my speech on the district stage and have a laundry list of other mistakes that have made me a stronger communicator, leader, and person. I can't wait to make more mistakes! If you surround yourself with good people and make the effort to learn—and lead—good things will happen. I'm not sure if I'm ready to lead Division B, but I'm already deep into it and ready for more.

I've now shared a vulnerable story. What's yours? We are sometimes too self-conscious to let it all out, but your success with any audience almost depends on doing so by gaining their trust and respect. What better way to gain it than through a relatable message? You may even find a little therapy for yourself—at least I did. Lead your own audience through to your final destination—your take-away message. An effective way to get there is with moving, personal, relatable stories that leave you exposed enough to hit the audience right in their hearts and head. You can't have my leadership position until July of next year, but now is a time to start thinking about your next leadership role!

Schooner Toastmasters Celebrates 35th Anniversary

Schooner Toastmasters #3978 celebrated their 35th anniversary on June 29th. The event was held at the Best Western Chocolate Lake in Halifax. The club was pleased to have 1st Vice President Jim Kokocki, DTM in attendance to install the 2014 – 2015 officers. Collette Saunders DTM, 2013 – 2014 Division D Governor and Heather Drope DTM, Area 1 Governor were also in attendance. Collette presented the club with an anniversary proclamation from the District.



End of year awards were presented for Best Speaker (Sam Samson and Sandra Currie-Samson); Best Table Topics Speaker (Dan Bell and Justin Evaniew); Best Evaluator (Rosemary Drisdelle); Best Overall Speaker, for the member who won the most best speaker, best table topics speaker and best evaluator awards (Rosemary Drisdelle); Most Improved Speaker (Kim Burton); Silver-tongued Devil Award (Heather Perkins) and Best Attendance (Mike Thompson).

A number of members were recognized for their length of membership in Toastmasters. Janice Perkins, Malinda Regimbal and Angela Stoddart were recognized for five years of membership, Rosemary Drisdelle for 6 years and Mike Thompson for 8 years. Heather Perkins DTM, the only remaining charter member of the club, was recognized for her 35 years of contribution to the club.

Heather Perkins spoke about the history of the club. She noted that the club has achieved President's Distinguished Club status at least 11 years in a row and has achieved 10 out of 10 DCP goals for the past 6 years. Schooner is the only club in the District to have achieved this. As well, Schooner has had 4 District Governors from the club and numerous Area and Division Governors. All four District contests have been won at least once by a Schooner member.



Schooner welcomes any District 45 member who is visiting Halifax on a Tuesday evening to visit the club at École Secondaire du Sommet, 500 Larry Uteck Blvd, Bedford, Room 1114. Meetings start at 6:50 pm

District 45 Award Descriptions

Each month we will be highlighting some of the District Awards available to our members and their clubs. This month's focus is on the following awards:

Lucky 7 - this award is presented at the Spring Conference to all clubs which have all 7 club officers trained at both the Summer and Winter training sessions. Each club achieving the award will receive a certificate and banner ribbon. Additionally, a drawing will be held among the Lucky 7 clubs to award two free Spring Conference registrations.

Bill Chase Visitation Award - This award is presented to a club with the most interclub visits. It was donated by Bill Chase to encourage members to visit other clubs thereby broadening their horizons. This year we will be accepting visitation photos posted to the District 45 Facebook page as proof of visitations in addition to the existing form of visitation certification. The winning club will receive a certificate and recognition at the Spring Conference.

Shirley Kelly Memorial Award - This award is presented to a member who exemplifies the mission and values of a Toastmaster and empowers fellow Toastmasters to be successful by sharing the spotlight. Nominees must be a DTM, have served on the District Executive Council, have been a Toastmaster for at least 5 years, and have served the District in various capacities. Nominations can be made by any member; however recipients must be nominated by at least two Toastmasters. The Selection Committee, chaired by a Division Governor, and comprised of representatives from each province/state, will select the recipient.

Club Anniversaries

Club Number	Club Name	Charter Date	# of Years
2672	Golden Club	7/1/1987	27
1327791	Successfully Speaking Women	7/21/2009	5
3349440	Rise and Shine Advanced Toastmasters	7/10/2013	1
3368563	Champ Masters	7/30/2013	1

Educational Achievements

AWARD	NAME	CLUB	LOCATION
DTM	Mercer, Wayne	Faithfully Speaking Toastmasters Club	Dartmouth
CC	Spear, Melody Colleen	Karner Blue Toastmasters	Concord
CC	Benedict, Jackie	Wolfville Toastmasters	Wolfville
CC	Potter, Greg	Dal Toastmasters	Halifax
CC	Benoit, Marie-Chantale	Club AcadiUM	Moncton
CC	Benoit, Marie-Chantale	Club AcadiUM	Moncton
CC	Lane, Dorothy	Winning Speakers Club	Windham
CC	Perkins, Heather	Toast of the Coast Toastmasters Club	Dartmouth
CC	Smith, Heidi	Toastmasters of Greater Burlington	South Burlington
CC	Robinson, Barbara M	White Mountain Toastmasters Club	Plymouth
CC	Worth, Ben	Sears-Halifax Club	Halifax
ACB	Baker, Richard W.	Rutland Area Toastmasters	Rutland
ACB	Mortensen, Mark H.	Portsmouth Toastmasters	Portsmouth
ACB	Switzer, Denis C.	Ad Libs Club	Portsmouth
ACB	Sieverts, Lisa	Brattlemasters	Brattleboro
ACS	Eklom, Christopher	Keene Toastmasters Club	Keene
ACG	Mercer, Wayne	Toast of the Coast Toastmasters Club	Dartmouth
ACG	Laven, Iris Nalan	Dartmouth Toastmasters Club	Dartmouth
CL	Evaniew, Justin	Schooner Club	Halifax
CL	CHESSMAN, HOLLY F	Dartmouth Toastmasters Club	Dartmouth
CL	Henkel, Mark A.	Woodfords Toastmasters Club	Portland
CL	Simpson, Laura A.	Xerographically Speaking	Saint John
CL	Crozier, Ryan K	Xerographically Speaking	Saint John
CL	Smith, Catherine L.	Xerographically Speaking	Saint John
CL	Hovey, Peter F.	Xerographically Speaking	Saint John
CL	Berthelot, Joseph P.	NoonTalkers Toastmasters Club	Saint John
ALB	Tompkins, Randy	Bangor Toastmasters Club	Bangor
ALB	Bansley, Suzanne Rose	Keene Toastmasters Club	Keene
ALB	Evaniew, Justin	Schooner Club	Halifax
ALS	Ye, Yu Ming	Riverview Canusa Toastmasters Club	Riverview
ALS	Dykeman, Mark Andrew	Rise and Shine Advanced Toastmasters	Fredericton
LDREXC	Dykeman, Mark Andrew	McCain Toastmasters	Florenceville-Bristol

