

# CAN-AM LINK

## Reflections

Donna Tutty, *District Governor*

This week I was able to have one of those rare moments where in the early morning I sat on my deck with a coffee in hand and the sun beaming down on me. It is during these moments when I am alone with my thoughts that I can reflect, regroup and reenergize. I just sat there and smiled. Not because of the beauty of my surroundings and the glorious sunshine that I felt but because I was enjoying the memories of this past year.

When taking on the role of District Governor last July, I had no idea of the personal growth that I would experience in 12 short months. I have learned that dedication; passion and commitment are alive and well and free flowing throughout all of District 45. As a district, this year we have experienced a few speed bumps along the way and have struggled to once again reach the membership goals that were set at the beginning of the year. Yet we have grown in areas that cannot be measured through statistics on a spreadsheet. Some clubs have experienced a renewed passion for excellence and hundreds of individual members grew in confidence, experience and determination. Growth that can only be measured by the smile you see on members faces, the way their heads are held a bit higher from a newfound confidence and the compassion and care they extend to their fellow Toastmasters. Commitment grew as Toastmasters stepped up to coach, mentor and inspire clubs and individual members to do more and be more.

I sip my coffee and reflect on how the district grew stronger together as we communicated more, became more engaged and supported each other through thick and thin. It sounds more like a big family rather than a group of hundreds of individuals from 3 provinces and 3 states who just like to get up and talk, doesn't it? Well, we are a family. A diverse family who seeks to accomplish much by inspiring others, celebrating successes and cheering others on as they continue their journey in Toastmasters.

### Inside this issue:

LGET	2
LGM	3
PRO	4
Parliamentarian	5
Conference	6-9
DivGov Reflections	10-15
Achievements	16-20
New Award	21
Woodfords Club	22-23

As we come near to the end of our 2012-2013 year I would ask that each of you take some time to reflect. Have you reached your own individual goals or cheered someone on to reach their goals this year? Have you personally grown in knowledge and in confidence? Has your experience this year made you a better communicator and a better leader? Take a moment to reflect on where you were at the start of the year last July, where you are now and where you want to be in our upcoming year.

Reflect on the friendships you have formed, the laughter you have shared and the memories you have made. My hope and desire is that when you take the time to reflect, you will be like me and your reflections will make you smile!

Thank you for a wonderful year!



**Donna Tutty**, DTM

District 45 Governor 2012-13

## The Do Over Option

*Sharon Jacques, Lieutenant Governor—Education & Training*

Patricia, our District's PRO, proposed an interesting question to us for the last issue of our 2012-2013 CAN-AM Newsletter. She asked us to answer: *if I knew then, what I know now would I change anything about this past Toastmaster year?*

Would I change anything... not in this life-time. I absolutely loved my year as LGET; and I would not want to give up one single ounce of the learning that came from this year. If I were to do something over I would be missing out on an opportunity to learn, share experiences, and meet some of the most amazing people.



2012-2013 held a lot of growth and learning opportunities for me starting with the launch of the new Toastmasters District Recognition Program. The learning curve continued as Summer TLI's wrapped up and fall contest season fell upon us. As our Fall Conference ramped up; I learned to have confidence in the Fall Conference Chairs and to trust them to do their roles without micro-managing from a far. Both Bob and Betty did a super job. I was much more relaxed when it came to our Spring Conference, and I believe this was because of the success with Fall Conference – I had learned to trust the Conference Chairs to do their roles. Joe and Jeanne-Mance did just that at Spring Conference; I don't even think December was upon us and Moncton was humming with Spring Conference activity. And in May we held another successful conference.

I believe the Division and Area Governors felt the same sense of confidence as they hosted their second round of TLI's during the winter and held their spring contests – experience is a wonderful thing.

As the year comes to a close, I am in awe of the dedication and commitment of our members to your personal growth – you have shone this past year. In between the TLI's, club duties, and conferences, the education awards grew. As of June 5<sup>th</sup>, 326 education awards were earned; 25 more educational awards than this time last year. Kudos!

Yes I can honestly say I would not imagine changing one thing about this year, because the members of District 45 made it special for me. I can't thank you enough for giving me the opportunity to learn, grow and serve as your LGET. It's been a wonderful experience. Thank you.

*"The only real mistake is the one from which we learn nothing." -Henry Ford*

*Sharon Jacques, CC*

Lieutenant Governor Education & Training 2012-13

## Toastmasters—New Year's Resolutions

*Wayne Mercer, Lieutenant-Governor—Marketing*

Another year has flown by and we all wonder if we have maximized our Toastmaster opportunity. I for one can honestly say "NO". I am three speeches short of a Distinguished Toastmaster status. I did not complete a Triple Crown this year. One of my clubs will not be distinguished as we missed opportunities to bring in new members. Ok, I could continue whining or I can make a Toastmaster New Year's Resolution for Toastmaster Year 2013/2014.

### My Toastmaster's New Year's Resolution.

I will focus on set goals.

Goal 1 Complete the final projects to finalize my Distinguished Toastmaster Award.

Goal 2 As President of my Toastmasters Club, lead the club back to distinguished.

Goal 3 Work with my Division Governor to ensure my Area and Division are successful.

### The Plan

Goal 1 I have already booked my speaking dates in the New Year.

Goal 2 I have scheduled an executive meeting in June for my new executive team with the purpose setting a plan in place to guide our members to achieve their goals.

Goal 3 I have agreed to attend meetings with the Area Governors and Division Governors to set a plan in place to guide the clubs and Areas to success.

Have you set your New Year's Resolution or have you determined a plan for your club's success? Here are some suggestions to get members started on the positive year.

### Club President

1. Present the *Moments of Truth Program* and share the results
2. Set your Distinguished Club Plan in place based on the results from your Moments of Truth results.

### Vice President Education

1. Set dates for the Fall Contests (Humorous Speech and Speech Evaluation)
2. Ask each club member to provide you with a status report of where they are in their Toastmasters program.
3. Meet with the members individually to discuss their goals and ambitions and establish a schedule to aid them in achieving their goals.
4. Ensure that you celebrate your members' successes. This can be done very easily by ensuring you have Half Way Certificates on hand for when the members meet that milestone.
5. Have the Education and Leadership Certificates sent to you so they can be presented at the club meetings.

### Vice President Membership

1. Organize membership contests. We have 3 contests that Toastmasters International promotes: Smedley (August & September), Talk-Up Toastmasters (February & March), and Beat the Clock (May & June). I recommend that you remind the members that Project 10 of the Competent Leader Manual has Chairperson of Membership Campaign as a requirement. This means 3 of your club members would receive credit if they are responsible for one contest.
2. Set up a contest for off periods where a member would receive a special reward at the end of the year for bringing the most guests or signing new members.

### Members

1. Set your personal goals and share them with your Vice President of Education.
2. Review your Competent Leader (CL) Manual to see what projects you need to achieve this designation.
3. Meet with the Vice President of Education to book your leadership and speech project dates.

Let's make 2013-2014 the best year it can possibly be!!!!

*Wayne Mercer*, DTM, IPDG  
Lieutenant-Governor—Marketing 2012-13

## Adventure!

*Patricia MacNevin, Public Relations Officer*

It's a beautiful sunny day and as I reflect on this year as your Public Relations Officer, I smile and I laugh. While this year has been exciting, it has also been challenging. It challenged me to learn new skills and techniques, which in my world was exciting!

I became more "comfortable" with social media, i.e. the District 45 Facebook page wasn't as intimidating. While I learned that there were peaks and ebbs to Facebook postings, the weekly statistics provided by Facebook offered interesting data to support its use. I'm still on the fringe of Twitter, but it's another aspect that needs to be explored so that the District reaches more members and creates more buzz about the Toastmasters program.

The newsletter was absolutely fun but perhaps the most challenging aspect of my responsibilities. I began to end my pleading emails to members with "Patricia the Pest". I think I got my point across that the newsletter isn't about the PRO writing the newsletter; it's about the members, clubs, areas, division and district leaders contributing their stories, their events, their knowledge and experiences so that other members and clubs can learn what's happening in other parts of our geographically diverse district. Yes, it was challenging and perhaps I could have approached it differently but we learn as we grow and my challenges and recommendations have been provided to your PRO Elect, Shane Walsh, DTM.

Team work to me means that all those with the skills or information work together for an end product or result. The District team this year has worked very well together and I hope that you, the member, recognize the efforts of this team. But essentially, we wouldn't exist without you—because Toastmasters is about YOU. So it's important for you to tell us what you like, what you need, what is distracting you from your goals. We're a team and we're here to help you on your Toastmasters journey, which is why we established the D45 Connexion—so you could connect with us about anything!

Yes, as I reflect on this year, it's been an adventure. An adventure that I LOVED and one that I will treasure as I move forward on the District team. From the moment I joined Toastmasters in July 2006 to now, the adventure has been interesting, compelling and rewarding. I anticipate more risks—because Toastmasters is where we can take risks—but I also anticipate that my dedication and passion for Toastmasters will continue to thrive and inspire others to get "on board" with me.



Your adventure is my adventure and I look forward to serving you again in another fabulous Toastmasters year in District 45. Thank you for a rewarding year as your Public Relations Officer.

Yours in Toastmasters,

*Patricia MacNevin, DTM*  
**Public Relations Officer 2012-13**

# Parliamentary Minute —*Michael Thompson*

## Privileged Motions

Privileged motions are motions that do not have any bearing on the current topic of discussion. They are considered to be important enough to take precedence over the current business and must be addressed before any other business can be considered. None of these are debatable. You may notice that some of the motions below can interrupt the current speaker; this is an exception. Most motions you must wait for the current speaker to finish, and gain the recognition of the chair, before making your motion.

**Call for the Orders of the Day**—if the agreed order of business or agenda is not being followed. If there are times specified for specific activities or if the appointed discussion has drifted off-topic. Then any member can “Call for the Orders of the Day” and force the agenda to be respected regardless of the current discussion. This motion may interrupt the current speaker, does not require a seconder, and is not voted upon. Unless the assembly votes to “Set aside the Agenda” by a two-thirds vote and continue with the current activity.

**Raise a Question of Privilege**—if there is an urgent matter; some examples include:

- Excessive noise or other environmental condition making proper consideration of the topic being discussed difficult or impossible;
- the introduction of a topic or the discussion of personal information that should not be discussed in front of guests or in an open meeting; or
- some other urgent matter that cannot wait for the current business to conclude or which the current business or actions by the assembly may be invalid or improper.

Then a member may “Raise a Question of Privilege” and state their concern to the chair. Some questions of privilege may be addressed informally. If this is not the case, then the chair must decide on the validity of the question of privilege and determine if it must be addressed immediately or if it can be put off until after the current business has concluded. This motion may interrupt the current speaker, does not require a seconder, and is not voted upon.

**Recess**—a recess for a specified period of time may be moved; this motion requires a seconder, can be amended, and it must be passed by a simple majority.

**Adjourn**—if the time and date of the next meeting is already set, then a member may make a motion to adjourn; this motion cannot be amended, and it is passed by a simple majority. If passed, then any current or pending business is suspended until the next scheduled meeting.

**Fix a Time to Which to Adjourn**—this is essentially a preparatory motion to a motion to Adjourn or it may be combined to include the motion to adjourn. It is used to set the parameters for the next meeting (Location, Date, Time, etc). For example a member may say “*I move to adjourn to our next meeting to be held on January 15 at 7pm at the usual location*” or “*I move that our next meeting be held on January 15 at 7pm at the usual location*”; in the latter case a subsequent motion to adjourn would be made. This motion must be seconded, may be amended and must be passed by a simple majority.

The adjournment motions are only privileged when there is pending business, if there is no pending business then they are treated as regular main motions.

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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](mailto:mikethom@acm.org) - please preface your subject line with “PM:”. These articles (attributed to Michael Thompson) may be reprinted in any Toastmaster group’s newsletter or website without permission.



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

The Spring Conference was a resounding success! From the moment you walked into the Crowne Plaza's lobby and the ballroom for your "kit", there were smiles galore! (Of course, this may not have been true for the hardworking Planning Committee.)



The Parade of Banners engineered by many faces and clubs welcomed delegates to the 2013 Spring Conference into the hotel's ballroom. I needed a wide-angle lens to capture everyone and every flag. We even enjoyed a stroller with special guest Jocelyne Miller, daughter of the District Secretary—Angi Miller. Too young to be a Toastmaster, but well on her way! David Tucker, ACG/CL, Area 24 Governor, opened the conference with wonderful words and wit; followed by the singing of our national anthems led by

Stephane Parent, from Division E in PEI. District Governor, Donna Tutty officially welcomed District 45 Toastmasters to Moncton, NB and offered aspirations that the conference would "light your path to success".



Tall Tales Galore—what an amazing array of stories! Event Chairperson, Horace Crozier, DTM, rallied the troop of "contestants" (11) to share their tales with the audience. I must mention that there was only one female contestant! Ladies—we need to level up on Tall Tales. Seriously! After listening and enjoying the many tales, it was time to vote on who had the most believable tale, and a few other "awards". Fun! Fun! Fun!



The First Timers' Event led by hilarious Debra Steeves and Peggy Humby, ensured new comers the opportunity to meet the District Executive and fellow Toastmasters wearing the same shoes. Everyone had to tell what celebrity they mimicked—there were several big names in the room—who would have thought?

The "task" for the First Timers was to have them obtain signatures of other Toastmasters throughout the conference. The First Timer with the most signatures would win a prize. There were several prizes awarded on Sunday morning to First Timers. Way to go Toastmasters! We hope you come to future conferences.



## Conference Highlights (cont'd)



No conference would be complete without fabulous **education workshops!** Members were not disappointed this time either. Heather Perkins, DTM started off with the Judging Workshop—this is always mandatory for Contest Chairs and Judges, but it is also an important session for **any** toastmaster, whether a functionary, a competitor or a spectator. Next we learned how to break down barriers to communicating on preconceived ideas by Fazal Malik. Then Joline Robichaud and Nicole Savoie hit a home run on their session *From Panic to Passion*. Colin Homes introduced us to John Maxwell's "Leadership Changes Everything". He was "just sayin'.... Marcia Sprague closed the workshops with her great session on how to be a championship club. **Well done everyone!!**



The Awards Luncheon was fast paced yet entertaining. It's when the District recognizes members and clubs who have been **lighting the way** this year! Two Toastmasters achieved the most prestigious award—the Distinguished Toastmaster. Congrats to Jane Holden and Patricia Williams, our newest DTMs! This year's Dave Rosvall Award recipient was Dona Bate, DTM from Montpelier, Vermont. The courageous,



bubbly and petite lady was all smiles when Wayne Mercer and Donna Tutty handed the HUGE plaque to her. All done gracefully in Toastmasters fashion. There were multiple other awards handed out—so check the D45 website for details. Another pinnacle of the Awards Luncheon was the Communication & Leadership Award recipient, Martin Latu-



lippe. He delivered a highly motivational acceptance speech which told his story and demonstrated why we honoured him. Congratulations Martin!!



The International Speech Contest later in the day had six contestants from our Divisions (one was not represented). We heard about rules, bullying, buying a minute of time, writing a letter to a daughter on her wedding day, silver bells & silver curls and the river. Tough job to be a judge for this year's contest! Results were shared during the Governor's Banquet. First place—Andrew Keddy from Toast of the Town in Dartmouth, NS (Area 9, Division F), Second place—Brent Gallant from Premier TM Club in Charlottetown, PE (Area 17, Division E), and Third place—Dan Bell from Schooner Club in Halifax, NS (Area 1, Division D). Good luck in Cincinnati Andrew!

## Conference Highlights (cont'd)

Each conference, the District Council, comprised of the District Executive Committee and Club Officers (President and VPE, or designates), must conduct District business. This year's **District Council meeting** included reports from all of the District Executive Council members, the Treasurer's Report, Nominating Committee report, Audit Committee report and Realignment report. Following routine reporting, the Nominations Committee Co-Chairs presented the nominations for next year's executive members. Two positions had two candidates running for office, resulting in a true election. Sandra Hachey and Nathan Davis vied for Lieutenant Governor of Marketing and Brian Shanks and Mark Dykeman vied for Division 'C' Governor. Voting was monitored by International Director Wendy Harding and results were revealed. D45 candidates elected were:

District Governor—Sharon Jacques, CC  
 Lieutenant Governor—Education & Training—Patricia MacNevin, DTM  
 Lieutenant Governor—Marketing—Sandra Hachey, ACB/ALB  
 Public Relations Officer—Shane Walsh, DTM  
 Division A Governor—Richard Huntley, ACS/CL  
 Division B Governor—Bob Bechtold, ACB/ALB  
 Division C Governor—Mark Dykeman, ACS/ALB  
 Division D Governor—Collette Saunders, ACG/ALB  
 Division E Governor—Stéphane Parent, ACG/ALB  
 Division F Governor—Heather Perkins, DTM  
 Division G Governor—Rhonda Deos, ACG/ALB

Congratulations to the District 45 Elected Officers for 2013-14!!

**Governor's Banquet**—fabulous, fabulous, fabulous! From the pomp and circumstance of dignitaries entering the banquet to the most compelling and inspirational speech by District Governor Donna Tutty, DTM, the room rocked, cried, and rallied. Lighting the Path to Success—well, you had to be there to hear our lovable and competent District Governor! She involved the audience with each one of us lighting the path for success with our handheld flashlights shining to the sky—lighting on our achievements, our involvements, our sharing, our passions. It was extremely inspirational and, yes, many of us had tears!!!

**Thank you Donna** for your leadership and guidance this year.





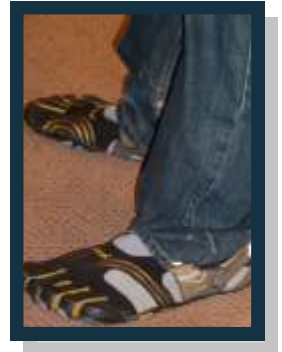
## Conference Highlights (cont'd)



Then...yes, more entertainment with Member **Open Mic Night**. Norma Pasateri facilitated the event of members demonstrating their talents with a crazy audience. Singing, dancing, guitar playing, artistic formations and dance, poetry and laughter!! Colourful and musical—everyone enjoyed themselves.

Of course, Friday and Saturday evenings in the **Hospitality Suite** were engaging and entertaining, as per usual. Toastmasters are never lost for words and there was lots of chatter and conversation both nights. Although Saturday evening seems to bring out a more relaxed group—maybe those who are hanging up their shoes and those who don't have anything to do on Sunday morning??

I took an unusual photo—take a peek and see if you can tell me who owns the socks.



Sunday! Well, breakfast always starts a great day and everyone enjoyed the buffet.

The **Table Topics Contest** was an excellent showcase of proficient Toastmasters who responded to the question posed by Contest Chair, Marcia Sprague, *"Tell us about any items that are on your bucket list"*.

Oh it was very entertaining to learn what contestants had on their bucket lists! Tom Dowd from Dirigo Toastmasters in Belfast, Maine (Division B, Area 5) took first place; Russ Jarvis from CGI Halifax Club in Halifax, NS (Division F, Area 9) placed second; and Christophe Lorenz from Sears-Halifax Club in Halifax (Division D, Area 21) placed third place. Congratulations to everyone!!



From a Speaker/Leader Panel comprised of D45 representatives who gave insight into speaking and leading to a prelude of the Fall Conference which will be in Saint John, NB from November 1-3, 2013 at the Hilton Inn, the morning was busy!

Jim Kokocki, DTM, 2nd International Vice President, and Wendy Harding, DTM, International Director, inducted the new District 45 leaders—Sharon Jacques, Patricia MacNevin, Sandra Hachey and Shane Walsh and the new Division Governors. For those being inducted, it was an extreme honour to have Jim & Wendy swearing us in!



And, of course, the vision of incoming District Governor Sharon Jacques was captivating with her "Power of One" theme. We thought we were at a dance at the beginning! But we all listened attentively as Sharon expressed her determination to foster an environment that focuses on member retention, club excellence, and new club growth. She "plans to shut down anything that gets in our way" knowing that "together we will soar". It is going to be another great Toastmasters year in District 45. See...you should have come to conference! Perhaps in November??

## TOASTMASTERS REFLECTIONS

### “If you only knew then what you know now”...

Each of our District's Division governors were asked to reflect on their Division Governor year and respond to my question—“if you only knew then, what you know now, what would you tell the incoming Governor and Toastmasters? What are your personal thoughts on this year?” Each of our Division Governors offer a different perspective and knowledge on their year. Please continue reading.

**Marcia Sprague, DTM**  
**Division A Governor**  
**New Hampshire, USA**



There are two main concepts I would like to pass on to incoming Division Governors:

1. I just learned about a free internet conference call system located at “www.freeconference.com.” I would have monthly discussions with all my Area Governors so we can support each other throughout the year. I would do the same thing with all the club coaches in my Division. Being a club coach is challenging, and being able to share club growth ideas, successful breakthroughs, and offer moral support would help a club coach feel more connected to a team.
2. Use July and August to get organized.  
 Set the dates for the fall and spring Division Contests, the winter TLI, and any summer TLI make up.  
 Find locations for these events.  
 Find Toastmasters to run these events for a CL or HPL project.

**Mitchell Farrar, ACB/ALB**  
**Division B Governor**  
**Maine, USA**



We, the Division B Council, faced some challenges to our Division this year. We had some personality clashes, we had some heated discussions about where and when we should hold TLIs, we lost two clubs this year, and we were asked to negotiate a realignment.

I believe that Toastmasters are in general, the most flexible people I have ever hung-out with. Thank you all. I am sure there are things we could have done better, or at least done in a way that suited you better personally. I thank you for persevering and for offering me grace when I led in a way that might not favor your best interest. While we try to do what is best for all, there are times when what's best for all is not what's best for some.

I know we could have done more to bring in guests, that could have become the members we need for Distinguished Club. What I suggest Division B works on in 2013-2014: holding fun and invigorating open houses and Speechcrafts. We have a great product, that sells itself when we put it out there in front of people. Our club meetings will be more exciting as members join our clubs, and as members achieve their educational awards.

Division B did have great attendance at the two winter TLIs. We offered no make-up training, and we brought club officers together for some great collaboration and sharing time. This is what we did well. Division B members had good attendance at both the Fall District Conference and the Spring District Conference.

## TOASTMASTERS REFLECTIONS

Lastly, I have observed that all of our clubs have members that are committed to the success of their club. I want to see Division B back at Presidential Distinguished this time next year. By the looks of the attendees signing up for the Summer TLIs, I think Division B wants to be great too.

**Shane Walsh, DTM**  
**Division C Governor**  
**New Brunswick**



Simply the best!

As I wrap up my year as Division C Governor, I look back on a year that I consider my best yet as a toastmaster. This was my second go at being Division Governor, the last time was back in 2007 and the role has evolved during that time. The Area Governors are still the face of District and are the most important person in the District Executive, while the role of Division Governor is one of a facilitator. The difference this time around is that I worked closely with the Area Governors to help their clubs achieve their goals. Working with Area Governors and club executives made my job much easier.

The highlights of my year were the winter TLI, which was well attended by a significant number of club officers from around the Division. The TLI was a team effort by several clubs and the positive atmosphere carried through for the rest of the year. The spring speech contests were also well attended culminating in one of the best division speech contests in my years as a toastmaster.

I would highly recommend that all Toastmasters serve at least one year as Division Governor, at least to broaden your horizons and make new friends by tackling the challenges of your division. My advice for future Division Governors is be sensitive to the needs of the Area Governors and be willing to approach District on their behalf. It is important to acknowledge the club executives who invested their time to work with us to help their members.

**Malinda Regimbal, ACB/ALB**  
**Division D Governor**  
**Nova Scotia**



Hindsight, as the saying goes, is 20/20. The truth is that foresight can be 20/20 too—especially in Toastmasters! The incredible network of leaders we have at our disposal is like having just the right prescription!

*If I had known then what I know now....* I would have asked more questions of my predecessors. It's been said that it's not how you start but how you finish, but as a Division Governor (or any leader), my advice is to **START STRONG!** I believe that when we ask questions and learn from those before us, we set ourselves up to succeed. Being that my greatest personal weakness is procrastination, I learned that being proactive and having that foresight is what sets the great leaders apart from the good ones. Many of the challenges I faced

## TOASTMASTERS REFLECTIONS

through my year as Division Governor could have been mitigated by me starting just a little bit stronger. I have learned the value of planning and preparing ahead, albeit, I learned it the hard way.

The most surprising part of my journey was discovering how easy it is in Toastmasters to get help when needed. Throughout the year I encountered so many people who stepped up, genuinely wanting to help and appreciating the opportunities to do so. To each and every one of you that did—thank you!

This year has proven to be my biggest challenge so far in Toastmasters and I am thankful for the opportunity to grow as a leader. I would encourage all Toastmasters to consider taking on a leadership role that pushes you outside of your comfort zone—whatever that may be—just remember to START STRONG!

*If I had known then what I know now...would I do it all over again? Absolutely!*

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**Raymond Savoie, ACGALB**  
**Division E Governor**  
**New Brunswick / Prince Edward Island**



Toastmasters is a non-profit organization, requiring one to volunteer personal time. Was I willing to be part of the District Executive Team for second consecutive year? The answer was yes. The fully qualified answer was, yes, because my wife allowed me to...

1<sup>st</sup> important lesson – Having the support of family in your goals is priceless.

My year started off with a rocky start. I was a newly minted Division Governor without Area Governor candidates. What to do? Not give up! Struggles in leadership help build one's character. By expanding my network and canvassing harder I finally secured my three Area Governors. Area 17 was only going to be covered by past AG Stéphane Parent until we found a successor. Luckily we had Norma Pasatieri step into the role in October.

2<sup>nd</sup> important lesson - Always be prepared for the unexpected.

A Division Governor is more than a cheer leader. Club visits are not required in the DDP, but if you really want to properly manage a Division and make it a successful year, you need to network, canvass and get to know your members.

3<sup>rd</sup> important lesson - Do not underestimate the amount of time, hard work and travel that the position will require.

Showing up at club events, such as speech contests, socials, open-houses, special meetings, shows you care and are more than just a figurehead. If you show up for them, they will show up for you and even work harder for you in return.



# TOASTMASTERS REFLECTIONS

Both Area 17 and Division E became Select Distinguished this year. I honestly believe that connecting with the majority of our clubs gave a proper pulse of the Division and allowed us to focus efforts on those clubs that needed some help and encouragement.

Final lesson – Paying it forward pays dividends.

Toastmasters est un organisme à but non lucratif, ce qui nécessite du temps personnel à faire du bénévolat. Étais-je prêt à rejoindre l'équipe de direction du district pour une deuxième année consécutive? La réponse est oui. La réponse pleinement qualifiée est oui, parce que mon épouse me l'a permis ...

1ère leçon importante - Avoir le soutien de la famille dans vos objectifs est inestimable.

Mon année a débuté avec des conflits. J'étais un tout nouveau gouverneur de la division sans candidats de gouverneurs de secteurs. Que faire? Ne pas abandonner! Les obstacles en leadership nous aident à développer notre caractère. En élargissant mon réseau et de prospection, j'ai finalement obtenu mes trois gouverneurs de secteur. Le secteur 17 allait seulement être couvert par le gouverneur antérieur, Stéphane Parent, jusqu'à ce que nous trouvions un successeur. Heureusement, Norma Pasatieri nous joins dans ce rôle en octobre.

2ème leçon importante - Toujours être prêt pour l'inattendu.

Un gouverneur de la division est plus qu'un chef nommé par acclamation. Les visites de clubs ne sont pas nécessaires dans le PDR, mais si vous voulez vraiment gérer une division correctement et en faire une année remarquable, vous avez besoin d'un réseau, de faire la prospection et de connaître vos membres.

3ème leçon importante - Ne pas sous-estimer la quantité de temps, de travail acharné et les voyages que le poste exigera.

Assister aux événements de clubs, tels que les concours de discours, les activités sociales, les journées à portes ouvertes, les réunions spéciales, des spectacles démontre votre souci et montre que vous êtes plus qu'une figure de proue. Si vous êtes disponibles pour vos clubs, ils seront disponibles pour vous, et vont même travailler plus fort pour vous en retour.

Le secteur 17 et la division E ont atteint les niveaux remarquables sélectionnés cette année. Je crois sincèrement que le rapport établi avec la majorité de nos clubs nous a permis le mesurer le pouls de la division et de concentrer nos efforts sur les clubs qui avaient besoin d'aide et d'encouragement.

Dernière leçon – donner de son temps verse des dividendes.

# TOASTMASTERS REFLECTIONS

**Eric Jordan, DTM**  
**Division F Governor**  
**Nova Scotia**



One of the keys to a successful Toastmasters experience is to get as many learning opportunities as possible.

The experiences that you can get as a Division Governor or any other member of the District team are valuable lessons in leadership and working with others.

The Toastmasters program helps to develop leadership skills at all levels. From the ice breaker to club offices to District leadership and beyond, all is achievable within the Toastmasters program. Any opportunity that you have to learn that also assists Toastmasters to thrive is a bonus. Toastmasters is a successful organization because of the work of many volunteers.

TLIs, contests, club visits and conferences, all are great opportunities to develop speaking and leadership skills. Conferences and teleconferences are excellent opportunities to meet Toastmasters from all over the eastern US and Canada, opportunities to learn what happens in other clubs and areas and countless opportunities to broaden your knowledge.

What tools do you need to bring to the job:

- a desire to learn new skills and meet new people
- a desire to use your Toastmasters skills in a positive and productive endeavour

What tools do you take away after a term as a Division Governor?

- Understanding of the structure of Toastmasters, its programs principles and goals.
- Improved skills in motivating people, events planning, speaking to large groups, and much more!

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**Leora Dowling, ACB/CL**  
**Division G Governor**  
**Vermont**

I know now that there are some people I can always count on to come through in a pinch. They may not be the most charismatic or outwardly enthusiastic members of a club, but they persevere and get the job—any job done.

I didn't know how hard it would be to write short concise emails that people open, read, and respond to in a timely manner. (Just as I didn't know how to speak succinctly when I first joined Toastmasters and began making speeches.) I'm still learning how to do this.

# TOASTMASTERS REFLECTIONS

I didn't realize how many areas my life was divided up into (as evidenced by mountains of emails) and how hard it can be to keep track of my various communities, obligations, and responsibilities. Nor did I understand how quickly my emails would pile up and how easy it is to lose them, overlook them, or forget about them. I needed a system. I'm still working on this!

I didn't know how one problem that a member of my team was experiencing could mushroom into something bigger and harder to deal with if I didn't stay on top of things constantly.

I know now how important it is to use all the resources that are available—including and especially TI, District, and Club websites. Nor did I really understand how reliant I'd become on technology and how challenging it is to get things done when other people refuse to or can't access the internet on a regular basis.

Finally, I didn't really know how much I would miss my Toastmasters friends if I couldn't attend a Conference. Events like conferences, TLIs, and contests are so inspiring and rejuvenating. While I was home in Vermont I thought about what was going on in Moncton all weekend long. I can't wait for the next opportunity to gather, network, commiserate, advise, assist, and laugh with my TM friends from Canada and New England. Toastmaster leaders are the best!

## The Art of Listening

**Rhonda Deos, ACG/ALB**  
**Area 8 Governor**

**“The most basic and powerful way to connect with another person is to listen. Perhaps the most important thing that we ever give each other is our attention.”** *Rachel Naoni Remen*

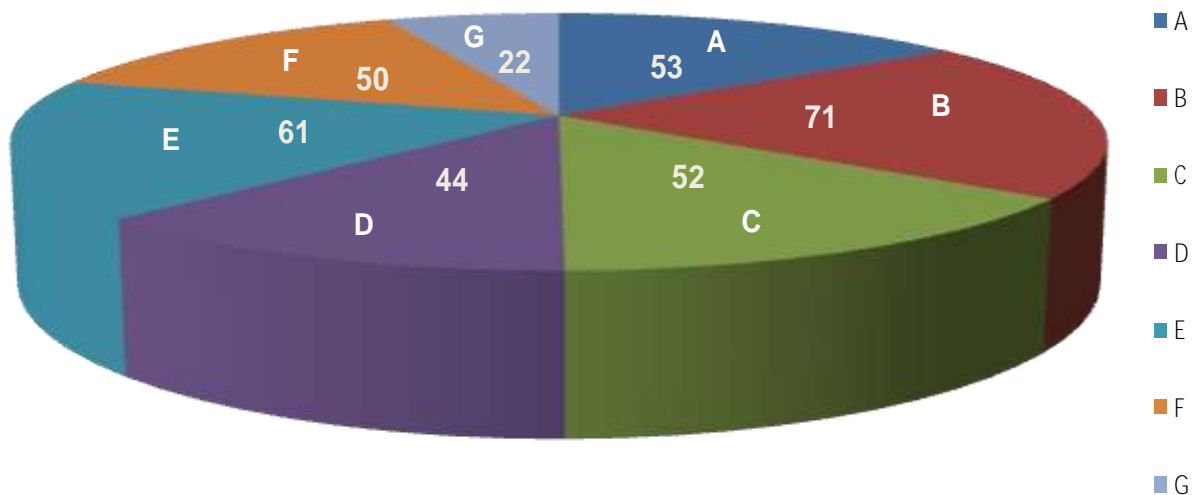
Have you ever been in that situation where you are speaking but you feel like no one is listening? With the social media evolution upon us, how do we ensure that what we say is heard? Beyond the frustration of having your son or daughter texting away while you speak, do you believe they are truly listening to you? Have you ever asked them a question or told them you were going to go jump in the lake and they respond “that's good Mom”? The skill of listening is important and Toastmasters teaches us that skill; it teaches us how to listen, how to be effective listeners and how to respond appropriately.

It's not about emotional intelligence or body language, as these can be mastered to fool people. The development of true listening skills can happen in Toastmasters and you can have fun doing it! I know I am very conscious of multi-tasking now. I've learned to stop and give people my full attention to show respect and to honour that person. To understand and be understood is truly a gift we give each other.

## Education Achievements

District 45 Toastmasters continue to achieve education goals. Since July 1, 2012 our District members have earned 353 designations. WOW!! There were 115 education achievements from April 15, 2013 to June 18, 2013. So let's put this in perspective—for those who are visual and those who are analytical. Below is a graph demonstrating each Division's year-to-date education achievements.

### Education Achievements by Division YTD (June 18, 2013)



**Congratulations to all of our Toastmasters who continue to strive for personal success!**



## Education Achievements (cont'd)

# Congratulations!

Award	Member	Club	Location
<b>CC</b>	Atuanya, Tony N.	TIC Talkers Toastmasters Club	Dartmouth
<b>CC</b>	Bagley, Chuck	Capital Toastmasters	Concord
<b>ACB</b>	Barrows, Tom L.	Kennebec Valley Toastmasters	Augusta
<b>CC</b>	Bateman, Robert B.	Fredericton Toastmasters Club	Fredericton
<b>CL</b>	Beckler, Margaret P.	Blueberry Hill Club	Portland
<b>ALB</b>	Bedell, Jennifer L.	East Toasters @ADP	Dartmouth
<b>CL</b>	Bedell, Jennifer L.	East Toasters @ADP	Dartmouth
<b>ALB</b>	Bell, Barbara L.	Sackville Club	Lower Sackville
<b>CC</b>	Bell, Barbara L.	Sackville Club	Lower Sackville
<b>CC</b>	Bilodeau, Alain Guy	Harbourside Club	Saint John
<b>LDREXC</b>	Bissonnette, Anne	Hub City Toastmasters Club	Moncton
<b>CC</b>	Boko, Mahouna Lucas	Club AcadiUM	Moncton
<b>ACB</b>	Bouchard, Louise	NoonTalkers Toastmasters Club	Saint John
<b>CL</b>	Bouchard, Louise	NoonTalkers Toastmasters Club	Saint John
<b>CL</b>	Bush, Carol A.	Ad Libs Club	Portsmouth
<b>ACS</b>	Corkery, Ronald	Dartmouth Toastmasters Club	Dartmouth
<b>ALB</b>	Corkery, Ronald	Toast of the Coast Toastmasters Club	Dartmouth
<b>CC</b>	Cormier, David	Riverview Canusa Toastmasters Club	Riverview
<b>CC</b>	Crain, Geoffrey A	Greater Portland Toastmasters Club	South Portland
<b>CC</b>	Crosby, Bill	Kennebec Valley Toastmasters	Augusta
<b>ACS</b>	Crowley, Cali	Greater Portland Toastmasters Club	South Portland
<b>CL</b>	Dixon, Carol	Civil Speakers Club	Fredericton
<b>CC</b>	Dixon, Nancy E.	Hub City Toastmasters Club	Moncton
<b>ACB</b>	Duivenvoorden, Carl J.	Civil Speakers Club	Fredericton
<b>ALB</b>	Durgin, E. Grace	Kennebec Valley Toastmasters	Augusta
<b>ALB</b>	Dykeman, Mark Andrew	McCain Toastmasters	Florenceville-Bristol
<b>CC</b>	Dykeman, Mark Andrew	McCain Toastmasters	Florenceville-Bristol
<b>CL</b>	Dykeman, Mark Andrew	McCain Toastmasters	Florenceville-Bristol
<b>ACB</b>	Elhatton, Laurie Ann	Successfully Speaking Women	Halifax
<b>ACB</b>	Elwood, Philip	Spirit-Ed Toastmasters Club	Halifax

## Education Achievements (cont'd)

Award	Member	Club	Location
<b>CC</b>	<b>Farrar, Mitchell T.</b>	<b>Blueberry Hill Club</b>	<b>Portland</b>
<b>CC</b>	Fleury, Mary	Karner Blue Toastmasters	Concord
<b>CC</b>	Folkins, Anita	Riverview Canusa Toastmasters Club	Riverview
<b>LDREXC</b>	Gillis, Simon J.	Dartmouth Toastmasters Club	Dartmouth
<b>CC</b>	Glover, Edward	Sears-Halifax Club	Halifax
<b>ACB</b>	Grady, Ruth A.	Speak-Easy Toastmasters Club	Summerside
<b>CL</b>	Grant, Cheryl Darlene	Fredericton Toastmasters Club	Fredericton
<b>ALB</b>	Grbac, Graziella	Faithfully Speaking Toastmasters Club	Dartmouth
<b>CL</b>	Grbac, Graziella	Faithfully Speaking Toastmasters Club	Dartmouth
<b>CC</b>	Grondin, Joseph F.	Riverview Canusa Toastmasters Club	Riverview
<b>CL</b>	Grondin, Joseph F.	Riverview Canusa Toastmasters Club	Riverview
<b>LDREXC</b>	Grondin, Joseph F.	Riverview Canusa Toastmasters Club	Riverview
<b>ALB</b>	Hache, Pierrette	Arcadie du Grand Caraquet	Caraquet
<b>ALS</b>	Harding, Wendy P.	Fredericton Toastmasters Club	Fredericton
<b>CC</b>	Harding, Wendy P.	Valley Health Toastmasters Club	Fredericton
<b>LDREXC</b>	Harding, Wendy P.	Fredericton Toastmasters Club	Fredericton
<b>CC</b>	Harris, Michael P.	2211 Toastmasters	Portland
<b>ACB</b>	Hayes, Stephen M	Lewiston - Auburn TM Club	Lewiston
<b>CL</b>	Henkel, Mark A.	Running Hill Toastmasters Club	South Portland
<b>LDREXC</b>	Henkel, Mark A.	Running Hill Toastmasters Club	South Portland
<b>CC</b>	Hogan, Edith A.	Speak-Easy Toastmasters Club	Summerside
<b>CL</b>	Hoyt, Tanya E.	Valley Health Toastmasters Club	Fredericton
<b>CC</b>	Jensen, Peter H.	Moultonboro Toastmasters	Moultonborough
<b>CC</b>	Joudrey, Cyndi A	Kennebecasis Club	Quispamsis
<b>CC</b>	Karam, Michele Gargiulo	Exeter Speak-Ups Club	Exeter
<b>ALB</b>	Keddy, Andrew M.	Speakeasy Toastmasters Club	Truro
<b>CL</b>	Keddy, Andrew M.	Speakeasy Toastmasters Club	Truro
<b>CC</b>	Kezar, Lucy Paine	Ad Libs Club	Portsmouth
<b>CL</b>	Kezar, Lucy Paine	Exeter Speak-Ups Club	Exeter
<b>CC</b>	Kinney, Maurice P.	Big Blue Toasters	Essex Junction
<b>CC</b>	Kokocki, James B.	Saint John Club	Saint John
<b>ACS</b>	Lawlor, M.E.	Toastmasters of Greater Burlington	South Burlington
<b>CC</b>	Learie, Carol L	Premiere Toastmasters Club	Charlottetown

## Education Achievements (*cont'd*)

Award	Member	Club	Location
<b>CC</b>	<b>LeBlanc, Daniel</b>	<b>True Blue Toastmasters</b>	<b>Moncton</b>
<b>CC</b>	LeBlanc, Sharon R.	Yarmouth Toastmasters Club	Yarmouth
<b>CC</b>	LeBlanc-Nicholson, Sylvie	Spirited Speakers Toastmasters Club	Fredericton
<b>CC</b>	Leger, Diane R.	Riverview Canusa Toastmasters Club	Riverview
<b>ACG</b>	Loukides, Carey A.	Merrimasters Toastmasters Club	Nashua
<b>CL</b>	Mable, Sheila W.	Karner Blue Toastmasters	Concord
<b>CC</b>	MacPhail, Beverly C.	Sackville Club	Lower Sackville
<b>CC</b>	McClenaghan, Harry	Kennebecasis Club	Quispamsis
<b>CC</b>	McDonald, Natalie M	Premiere Toastmasters Club	Charlottetown
<b>CC</b>	McLaughlin, Steven W.	Sears-Halifax Club	Halifax
<b>ACG</b>	Mills, David H	Capital Toastmasters	Concord
<b>CC</b>	Moir, Elaine	Coastmasters Club	Rockport
<b>CC</b>	Nelson, Cathy A.	2211 Toastmasters	Portland
<b>CC</b>	Nickerson, Garth A.	Spirited Speakers Toastmasters Club	Fredericton
<b>ALB</b>	Nowak, Debra E.	Brunswick Toastmasters	Brunswick
<b>CC</b>	Nulk, Gregory W	Portsmouth Toastmasters	Portsmouth
<b>CC</b>	Nutakki, Madanmohan N.	Big Blue Toasters	Essex Junction
<b>ACB</b>	Olson, Elizabeth P.	Woodfords Toastmasters Club	Portland
<b>ACB</b>	Parent, Stephane Rheal	Spotlight Toastmasters Club	Charlottetown
<b>CL</b>	Parent, Stephane Rheal	Speak-Easy Toastmasters Club	Summerside
<b>CC</b>	Patel, Nita K.	TM of Manchester Club	Manchester
<b>CC</b>	Pemberton, Steven R	Top of the Town Toastmasters Club	Manchester
<b>ACG</b>	Perkins, Heather	Schooner Club	Halifax
<b>CL</b>	Perkins, Heather	Schooner Club	Halifax
<b>LDREXC</b>	Rahaim, Ingrid	TM of Manchester Club	Manchester
<b>CL</b>	Riley, Elsa M.	Premiere Toastmasters Club	Charlottetown
<b>ACB</b>	Ruane, Danielle	Capital Toastmasters	Concord
<b>CL</b>	Rudderham, Laura	Faithfully Speaking Toastmasters Club	Dartmouth
<b>ACG</b>	Saunders, Collette F.	Successfully Speaking Women	Halifax
<b>ALB</b>	Savoie, Raymond J.	True Blue Toastmasters	Moncton
<b>CL</b>	Savoie, Raymond J.	True Blue Toastmasters	Moncton
<b>ALB</b>	Scott-Mills, Lynda M.	Bagtown Babblers	Sackville
<b>ACG</b>	Shanks, Brian E.	Kennebecasis Club	Quispamsis

## Education Achievements (*cont'd*)



Award	Member	Club	Location
<b>CC</b>	<b>Shannon, Bob M.</b>	<b>Spirited Speakers Toastmasters Club</b>	<b>Fredericton</b>
<b>CC</b>	Sharpe, Jason F.	Dirigo Toastmasters Club	Belfast
<b>CC</b>	Shaw, Dale S	Woodfords Toastmasters Club	Portland
<b>CC</b>	Smith, Joyce M.	Fredericton Toastmasters Club	Fredericton
<b>CC</b>	Smith, Patricia E.	Kennebecasis Club	Quispamsis
<b>CC</b>	Stanford, Kathy M.	Dartmouth Toastmasters Club	Dartmouth
<b>CC</b>	Stevenson, Paul D.	Confederation Club	Summerside
<b>CL</b>	Stevenson, Paul D.	Confederation Club	Summerside
<b>ACB</b>	Tabb, Yvonne V	MDI Toastmasters	Bar Harbor
<b>CL</b>	Tabb, Yvonne V	MDI Toastmasters	Bar Harbor
<b>CC</b>	Talbot, Nicole E.	Dirigo Toastmasters Club	Belfast
<b>ALB</b>	Taylor, Marion P.	McCain Toastmasters	Florenceville-Bristol
<b>CC</b>	Tutty, Donna R.	Successfully Speaking Women	Halifax
<b>CC</b>	Verge, Pauline	Speakeasy Toastmasters Club	Truro
<b>CC</b>	Verge, Scott	Speakeasy Toastmasters Club	Truro
<b>CL</b>	Walsh, Shane P.	Golden Club	Fredericton
<b>CC</b>	Wedler, Edward	Annapolis Valley Toastmasters Club	Greenwood
<b>CC</b>	Wilson, Jay J.	Sackville Club	Lower Sackville
<b>ALB</b>	Ye, Yu Ming	Riverview Canusa Toastmasters Club	Riverview

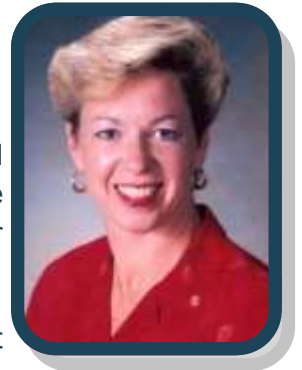
### Triple Crowns

What is a Triple Crown? It is recognition of Toastmasters who earn three educational achievements (Designations: CC, CL, ACB, ACS, ACG, ALB, ALS, DTM) in a Toastmasters year—between July 1 and June 30. Triple Crowns are achieved by many Toastmasters in our District. We also have members who achieve more than three designations in one year but we award the Triple Crown only once per year. For those who earn their Crown between July 1 and April 30, they are recognized at our Spring Conference. If you achieve your Crown by June 30, you are recognized at our Fall Conference. If you earn three designations before Fall Conference in the next Toastmasters year, you will be recognized at Spring Conference. The only exception is when you earn your DTM—we celebrate this at the first conference following your achievement. So Toastmasters, something else to consider in your Toastmasters journey! Think Crown!!!



# Shirley Kelly Award

For many District 45 Toastmasters, and beyond, Past District Governor Distinguished Toastmaster Shirley Kelly shone a spotlight. On the morning of September 21, 2012 the members of District 45 lost a leader, a friend and a mentor when Shirley Kelly lost her battle with ovarian cancer.



It has been said that at the end of our lives what matters is not what we've gathered but what we've scattered during our time on this earth.

Following a serious illness at the age of 12, Shirley changed from a boisterous and often disobedient young lady into someone quite different. She retreated into herself and her immediate family circle for many years. In 1989, she joined Toastmasters at her brother Dale's insistence. You can imagine what an overwhelming experience it was for her to stand up for that first Toastmasters speech.

Shirley joined the club executive, then she was the club president and she continued to move on from the club, to the area, and to the district and international. She grew to love visiting other clubs and travelling to conferences and conventions. She found her voice and she used it to scatter the Toastmasters' message far and wide. The feelings evoked in those first speeches, and indeed each step in her Toastmaster journey were not forgotten and Shirley used her experiences to mentor other Toastmasters to face and overcome challenges.

Shirley scattered kindness and harvested loving care. She scattered seeds of steadfast support and she lived to see the growth of all those seeds. She scattered concern for others and that concern came back to her.

When Shirley found her voice, it was the first step in changing the lives of so many. She gave lovingly of her heart, spirit and talent. Shirley made, and continues to make a difference as people continue to accept her invitation to Step into the Spotlight and as we do, she will be remembered and greatly missed.



At Spring Conference, District Governor Donna Tutty, DTM announced the **Shirley Kelly Award**, to honour our Past District Governor and friend. This award will recognize a member of District 45 who exhibits the characteristics that Shirley displayed throughout her Toastmasters career and in life. The member shall demonstrate Shirley's true love for others, her sense of fairness, courage and a high expectation of self which are qualities that exemplify the core values of Toastmasters International.

At Fall Conference, the first recipient of the Shirley Kelly Award will be announced. The nomination process and criteria will be available on the District 45 website in the near future.

## Woodfords Rocks @ 63 Years Young

Woodfords Toastmasters Club is the oldest club in District 45. Chartered on April 1, 1950, it was the very first club in the State of Maine.

The club's name comes from its original location in Portland, at the Woodfords Congregational Church. Over the decades, the club has had many different locations around the Portland area - including Noyes Tire, Maine Bonding & Casualty, Guy Gannett plant in South Portland, York Mutual Insurance (at the present Westbrook city offices), the Falmouth Baptist Church, and two sites around the Barron Center where it is now located.

Over the years, Woodfords Toastmasters Club has had a number of Legislators as members, including Maurice Deshaies, Tom Gehringer, Paul Stewart, and Sue Hawes.

The club has benefited from core members over the years - most notably, Dean "Stocky" Stevens who also served as District 45 Governor. Stocky started at a Livermore Falls club in 1957 and was a member of Woodfords Toastmasters Club for 32 years from 1970 until 2002. This year, Bill Stewart is breaking that record, having been a member now for more than 32 years. Bill has been with Woodfords Toastmasters since 1980!

In addition to Bill Stewart, another long-time member, Donna Doyon has been a member since 1998. Both Donna and Bill continue to attend meetings when they can to share their positive inputs and historic experience. Twice a year, Bill can always be counted on to be a contestant in the club's speech contests. And when Donna's schedule lets her attend, she will always step up for any needed role for the evening, including Toastmaster.

Membership numbers at Woodfords Toastmasters have gone through many waves. In the middle of last decade, the club's membership base hovered around 30 members, with as many as 37 members in the year ended on June 30, 2005. Three years later, however, the membership base had dropped drastically to between 8 and 9 members for the next three years. During a period when they had a small membership base, other clubs helped out greatly especially long time Toastmasters such as Lou Haskell (who was a member of Woodfords) and Mike Harris.

Through the years, they have seen a number of changes in the definition of the area but always enjoyed the interaction with other clubs and their support.

In the Spring of 2010, Woodfords Toastmasters had a celebration of its 60th-Year Anniversary. Many people from other Area clubs shared in the festivities.

From June 2010 until June 2012, and the implementation of Mark Henkel's (member and Area 6 Governor) "3-Prong System to Motivating Club Success", the club's membership increased to 17 members. Woodfords Club achieved all 10 Distinguished Club Program points by June 30, 2012.



## Woodfords (cont'd)

For their achievements, Woodfords earned both the President's Distinguished Club Award and the Al Ferguson Award at the District 45 Fall Conference in Bangor, Maine.

New enthusiastic members Andrew Anastasio, Deirdra Logan, Kari Doiron, and Crystal Aube – all have very quickly shown that they can be counted on to step up and help, as well as give speeches and work toward their goals!

As the club gains six more members before this June 30th, this will bring its membership up to 20 for the first time in years.

And at the same time, President Beth Olson and her team will have successfully led Woodfords Toastmasters to achieve no less than 9 of the DCP Goals, to once again earn the President's Distinguished Club award - for the second year in a row.

Having such a proud history and heritage, combined with a new club culture designed to foster success, the members of Woodfords Toastmasters Club certainly have great reason to be both proud and excited. As the members like to say with great enthusiasm, **Woodfords Rocks!**

# Next Newsletter Deadline

# July 10, 2013

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District Governor 2012-13

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