

District 45 Toastmasters Newsletter

# CAN-AM LINK



## Spring has Sprung.... *Awaken the power*

*Sharon, Jacques, CC, District Governor*



March is a wonderful month. It brings a sense of renewed energy as one shakes off the wonders of winter, basking in the rays of the warming spring sun, filling you with a feeling of “*I can do anything*”.

Why not maximize that feeling, and take advantage of the growth opportunities within Toastmasters. March/ April/ May is the perfect time of year to do this – contests are just around the corner, and we’re making plans for next year, the opportunities for your personal growth are endless.

To kick off Spring I am launching the **District Governor’s Growth Challenge**. Open to all members of District 45, I want to hear what you’re doing this spring to personally grow. Send me an email to me at [d45.sharonjacques@gmail.com](mailto:d45.sharonjacques@gmail.com) and tell me what your plans are to continue your growth with Toastmasters this spring. The opportunities are endless.... enter a contest, attend a contest and lead the cheering, volunteer at spring conference, take on that club officer role you’ve been mulling over, do your ice breaker, perhaps reach for



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Area or Division Governor or even Public Relations Officer (PRO). When it comes to your personal growth the sky really is the limit, and belonging to Toastmasters really makes it that simple.

Take the plunge, shake off winter and jump into spring with your own personal growth plan; the positive change you make could ripple right through the District. Imagine the impact of 1500+ members striving to achieve their goals.

This is your time to shine and your time to grow.

I look forward to hearing what you’re going to do this spring.



## Home Stretch!

*Sandra Hachey, ACS/ALB, Lieutenant-Governor—Marketing*

We're rounding the corner heading for the home stretch for our Toastmasters year 2013-2014 – where has the time gone? We have nine months behind us and three more to go. How is your club doing?

### Here is the Club Statistics by Division

Our report shows the following important stats by Division

Clubs with 12 or less members: 27

Clubs with 13- 19 members: 43

Clubs at 20+ members: 35

Division	Total No. of Clubs	Clubs 20+	Clubs 13-19	Clubs 12 or less
A	14	6	4	4
B	19	7	7	5
C	16	4	6	5
D	15	5	4	6
E	14	5	6	3
F	12	4	8	0
G	16	4	8	4



So what can you do as a club to bring your members up into the 20+ stats?

I found the following poem on another District's Website and I thought that I would share it.

### Membership Poem

*Are you an Active member? The kind who would be missed.  
 Or are you content that your name is on the list?  
 Do you attend the meetings and mingle with the crowd?  
 Do you take an active part to help the Club along?  
 Or are you satisfied to be the kind that "just belongs"?  
 Do you work on the committees – to this there is no trick.  
 Or leave the work for just a few and talk about the "Click"?  
 There is quite a program scheduled that means success if done.  
 And it can be accomplished with the help of everyone.  
 So attend the meetings regularly and help with hand and heart.  
 Don't just be a member but take an active part.  
 Think this over member –Are we right or are we wrong?  
 Are you an Active member? Or do YOU just belong.*

*Author : Unknown*

### Membership Building Contest

A club's health is reflected by its membership. Every year clubs struggle with attrition and this is common across the Toastmasters International Organization. Members leave for various reasons – change in job, home, or other priorities. Possibly it's from conflict or burnout.

Promoting your club to help increase its membership is extremely important both to maintain the overall health of your club and in reinforcing the objectives of Toastmasters: helping others improve their communication and leadership skills. New members also bring new ideas and perspective to your club, which in turn increase the variety and strength of its membership.

## Did you know?

**By Collette Saunders, DTM**

Club election season is approaching (May) and we need to remember to update Club Officer lists with Toastmasters International. For clubs electing officers for annual terms, the list is due by June 30; semi-annual clubs have June 30 and December 31 deadlines. On time renewals contribute to DCP points! Your Division Governors also appreciate timely updating, as it assists them with correct contacts when planning TLI Officer Training.

## Continued

There are two other options that are offered within District 45

- Club Coach
- Adopt a Club Program

### Club Coach

If you have 12 or less members you may request a club coach. Each club may be assigned up to two club coaches. A Club coach is a Toastmaster that is not a member of the club. Coaches act as a counsellor, a source of knowledge and a fountain of ideas. They will assess the club environment by observing, analyzing and recommend solutions. Club coaches work with the club to develop a plan with goals for improvement.

### Adopt a Club Program

This year we are encouraging strong, healthy clubs to “Adopt” a club that is waning, to help them to become healthy once again. This program was put in place for two reasons. First, if there are more than 12 members in a club they do not qualify for a club coach. As well, many of our members find that they cannot commit the time to being a club coach. So the district executive thought - why not have a whole club share the task. As they say, many hands make light work.

So how does this program work?

One club will partner with another club of their choice to help them become successful. The winning “adopting club” by Division will receive a Ribbon and Award for their club banner at the Fall Conference.

The winner will be chosen on the success of the adopted club—based on a combination of increased membership and the club’s DCP points.

Notification of club adoption needs to be submitted to me at [d45.sandrahachey@gmail.com](mailto:d45.sandrahachey@gmail.com)

What is required?

1. Submit the Name of the club that they are adopting;
2. A letter or email from the club President of that club stating that they are willing to be adopted and;
3. of course the name of the club that is doing the adopting.

Once received I will pull the records for the adopted club – to determine their status. This will be compared to where the adopted club is at on June 30<sup>th</sup>.

So let’s all work together - individually or as a club - to increase the number of clubs that have 20+ members. I know that if the members of District 45 put their mind to it – we can accomplish this task and achieve personal, club and district success.

## PRO Roundup

March is a busy month as we put away our shovels and get our lawn chairs... well not quite yet. This has been an inordinately long, cold and snow winter, but we will persevere. Spring will arrive!

March is also membership dues renewal month and preparation for our international speech and table topics contests in April. It is also a time to consider your leadership opportunities within the club as club officer elections is in May. And of course, we celebrate our successes at our District Conference in May.

In this issue we have various reports from Division and Area Governors an excellent book report from Karen Murray of Bagtown Babblers, and our regular contributor, Collette Saunders, DTM . Both our District Governor, Sharon Jacques, CC and Lieutenant Governor of



## PRO Roundup

Marketing, ACS/ALS, Sandra Hachey have provided information and ideas to grow as toastmasters and grow our clubs at the same time..

Jim Knox and Sean Hurley are organizing a bus from Halifax to Spring Conference which will make stops along the way. They need a minimum of fifty confirmed passengers to make this project a success. Get in touch with Jim (jim@knoxknows.com) or Sean (seanhurley@eastlink.ca).

## Book Review: How To Run Seminars And Workshops *Karen Murray, ACB/ALB, Bagtown Babblers*

I purchased this book at the Silent Auction while attending the Fall District 45 Conference. Even though author Robert Jolles intended this book to be about Training the Trainer, it contains a wealth of knowledge that is transferable to the public speaker.

Whether you are a speaker or a trainer, you have to satisfy the need of others for information. The acronym WIFM (What's in it for Me.) rings true in both settings. The people in your audience want to get as much as they can out of what you have to say.

If you want people to remember your message, you had better be visual. Why? Because many studies have been conducted to test what percent-age of learning comes through our 6 senses: Taste 3%, smell 3%, touch 6%, sound 13% and sight 75%.

The chapter on training people of different personality types was interesting to the point of determining which group I fell into and those of other people in the training room. It is not always easy to connect with trainees. I now have a new found respect for trainers.

Those who are chairing a Toastmaster Learning Institute would be interested in the chapter on Getting Start-ed. Tips are offered for creating a relaxed atmosphere, breaking the ice and setting expectations.

Frequently as speakers, we are presenting an idea or a new way of thinking to our listeners. The author says "Don't tell 'em, sell 'em!" Most listeners will become more interested in your topic when they see how it will benefit them. The author has suggestions on how to create interest in your topic.

Robert Jolles advises would be trainers to join Toastmasters for the opportunity to correct poor speaking habits such as the use of filler words.

The 'Twenty Tips on Maintaining Interest 'chapter relates to any type of speaker. The author admits to having tried many creative and sometimes bizarre, ideas to try and maintain interest through his presentations. Any speaker can benefit from his list that includes: Moving while you talk, Vary the pace, Ask questions, and (my favourite) Show a sense of humor. His number one interest making device is enthusiasm.

When I was looking for a book cover image, I found that there had been two rewrites after this 1993 publication. As expected the more recent versions have instructions on using presentation software like power point rather than flip charts and overhead transparencies.

Mr. Jolles states that 90% of his book is dedicated to allowing you, the presenter, to use proven techniques to assist you in putting on the most informative and fun training programs imaginable. The presenter's key goals are to work toward creating a stimulating training environment that is both participative and alive.

While this book does not focus on speaking skills, I now have a better sense of the skills needed to become a trainer and meeting organizer.

## ***Division E Update—***

***Stephane Parent, ACB/ALB***

During the months of January and February, Division E delivered three, yes three, TLI sessions. Not only does it help our geographically dispersed clubs to attend mid-year refreshers but it also allows us to support our French clubs with a TLI given in their language.

Thanks to John Newman, ACG, CL, for organizing the sessions which were greatly acclaimed by both presenters and participants.

The division is now getting ready for contests. Area 2 and 3 will have joint area contests in Moncton, on April 12. On the same day, Area 17 will hold its area contests in PEI. These will culminate in the Division E contests on April 19, in Moncton. (We alternate between PEI and New Brunswick for the location of division contests.)

We also will be holding our very own French inter-club contests on May 3. This special event was launched by the immediate past Division E Governor, Raymond Savoie, DTM. I will continue his legacy of providing new French opportunities.

I would also like to congratulate Charlottetown's Premiere club for their 40<sup>th</sup> foundation anniversary on April 10. They will be celebrating this special event on March 29 with a special guest speaker, the honorable Lawrence MacAulay, who is a former Toastmaster.

## **Greetings from Area 17, PEI**

***Edith Hogan, ACSALB Area Governor***

The island Toastmasters clubs are buzzing. We have a variety of clubs, an advance called Spotlight, a corporate club named Confederation and two regular clubs, Speak-Easy in Summerside and Premiere in Charlottetown.

Premiere is celebrating their 40<sup>th</sup> anniversary on March 29<sup>th</sup> at Holland College with a hot lunch buffet with Hon. Lawrence MacAulay as special Guest speaker. Speak-Easy is also celebrating 35 years of helping people become all they can be as Toastmasters.

Speak-Easy has promoted Toastmasters in the western part of the province with a Speechcraft at Community School. The Confederation club will be conducting a Speechcraft during April and May at their site.

The International speech contest and Table Topics contest are creating a stir during this wintery March with clubs helping one another to create excitement by conducting professional contests with many contestants and Judges.

## **Area 9 Update**

***Eric Jordan, DTM Area Governor***

The excitement is starting to build as Area 9 of Division F gets ready for our International Speech and Table Topics Contest.

This event takes place on Saturday April 12 at the Northwood Centre Penthouse Boardroom overlooking beautiful and historic Halifax Harbour.

It starts at 1:00! Area 9 members and anyone who wants to hear some great speeches are welcome to attend.

Area 9 covers the Halifax Metro Area with clubs in the downtown, on the beautiful Mount St Vincent Campus, in Dartmouth and in Burnside. Over 80 active Toastmasters attend these clubs.

## Education Achievements, March 2014

Award	Member	Club	Location
CC	Mercer, Wayne	Toast of the Coast Toastmasters Club	Dartmouth
CC	Lawrence, Catherine	Civil Speakers Club	Fredericton
CC	Chadbourne, Chris G.	BURNDY Toastmasters	Manchester
CC	Taylor, Marion P.	McCain Toastmasters	Florenceville-Bristol
CC	Kumpf, Richard E.	Moultonboro Toastmasters	Moultonborough
CC	Lamarche, Carol	Successfully Speaking Women	Halifax
CC	Jaumain, Jezabel	Club AcadiUM	Moncton
CC	Gaudet, Seretha	Yarmouth Toastmasters Club	Yarmouth
CC	Melling, Susanne T.	Toastmasters of Greater Burlington	South Burlington
CC	Abriel, James H.	Faithfully Speaking Toastmasters Club	Dartmouth
CC	Jeans, Ralph A.	Steel Centre Toastmasters Club	North Sydney
CC	Avenia, Rosemarie D.	Brattlemasters	Brattleboro
CL	Brown, Kathleen	Dal Toastmasters	Halifax
CL	Parsons, Robie Leigh	Karner Blue Toastmasters	Concord
CL	Taylor, Marion P.	McCain Toastmasters	Florenceville-Bristol
CL	Spinale, Chuck	Tri-City Toastmasters	Dover
CL	Paton, Frances Ivy	George Burton Club	Halifax
CL	McCabe, Jackie	East Toasters @ADP	Dartmouth
CL	Milne, Judith A.	Wolfville Toastmasters	Wolfville
ACB	Smith, Darlene Joyce	Riverview Canusa Toastmasters Club	Riverview
ACB	Dibblee, Leigh	Sussex Toastmasters Club	Sussex
ACB	Lam, Jacob W.	Nashua-Hudson Club	Nashua
ACS	Folan, Jeannette	Successfully Speaking Women	Halifax
ALB	Crick, Doreen B.	George Burton Club	Halifax
ALB	Pelkey, Anne L.	2211 Toastmasters	Portland

# Congratulations!

## Club Anniversaries



<u>Club #</u>	<u>Club</u>	<u>Year</u>	<u>Anniversary</u>
1479	Saint John Club	1954	60
1468	Kennebec Valley Toastmasters	1977	37
1562	Keene Toastmasters Club	1983	31
6871	True Blue Toastmasters	1991	22
5386	Sussex Toastmasters Club	1995	19
4502	Advanced Dawn Breaker Club	1999	15
7427	PLGS Toastmasters Club 7427	2000	14
6423	Civil Speakers Club	2003	11
974612	Faithfully Speaking Toastmasters Club	2007	7
983146	Karner Blue Toastmasters	2007	7
1299667	McCain Toastmasters	2009	5
1431722	North Country Toastmasters	2010	4
1799846	Celtic Toastmasters	2012	2

## 2014 District 45 Spring Conference

Spring is in the air and the District Spring Conference is merely weeks away. Below are some details.

### [DoubleTree by Hilton Hotel](#)

Rate: US\$109/night  
 63 Maine Mall Road  
 Portland, Maine, 04106  
 USATEL: 1-207-775-6161  
 FAX: 1-207-756 6623  
 Reservation: 1-800-445-8667

**Conference Fees: US\$140** <http://spring.district45conference.com/>

### Conference Volunteer Roles and Description:

Donna Tasker, Conference Chair at [d45.donnatasker@gmail.com](mailto:d45.donnatasker@gmail.com) if you wish to help before or during the conference.

**Volunteers are key to the success of our conferences. If you are interested in volunteering here are some examples of the roles we need to fill:**

**Hospitality** (6-9) – volunteers will rotate to assist in the Hospitality Suite.

**Registration** (6-9) - volunteers will rotate to man the Registration Desk.

**Workshop Helpers** (6-8) - volunteers will rotate to assist in helping the facilitators and presenters, such as distributing and picking up evaluation forms, serving as Sgt-at-arms and/or timer.

**Decorations Helpers** (3-5) – volunteers will help the Decorations Chair to arrange decorations in the major function rooms before or between events.

**Signage Helpers** (2-3) – volunteers will help the Signage Chair to put up signs before or between events.

**Photographers** (3-5) – volunteers will help take pictures at assigned events and transfer pictures to the Public Relations Officer or Conference Chair at the end of the day. Digital SLR camera is required.

**A/V Assistants** (2-3) – volunteers will help our Audio Visual Tech for major events in the main function rooms.

## Area & Division Speech Contests April—May 2014

<b>Division/Area</b>	<b>Date</b>	<b>Location</b>	<b>Division/Area Governor</b>
<b>Division A</b>	<b>03-May-14</b>	<b>Department of Environmental Services</b>	<b>Richard Huntley, ACS/CL</b>
Area 12			Kathleen Trantham, ACB
Area 16			Justine Anastasof, CC/ALB
Area 20			Tom Goodwin, DTM
<b>Division B</b>	<b>03-May-14</b>		<b>Bob Bechtold, ACB/ALB.</b>
Area 12			
Area 16			Sheryl Bagley, CC
Area 20			Cali Crowley, ACS/ALB
<b>Division C</b>	<b>10-May-14</b>		<b>Mark Dykeman, ACS/ALB</b>
Area 4	03-May-14		Ryan Mckenney
Area 13	26-Apr-14	DECH Fredericton Hospital (Joint)	Marion Taylor, ACB/ALB
Area 19	26-Apr-14	DECH Fredericton Hospital (Joint)	Joyce Smith, CC
Area 23	26-Apr-14		Patricia (Trish) Smith, CC
<b>Division D</b>	<b>03-May-14</b>	<b>Steele Chevrolet Buick</b>	<b>Collette Saunders, DTM.</b>
Area 1	26-Apr-14	Dal University Rowe Building	Heather Drope, DTM
Area 18			Michael Thompson, CC/ALB
Area 21	26-Apr-14	CFB Greenwood	Wayne Mercer, DTM
<b>Division E</b>	<b>26-Apr-14</b>	<b>Moncton</b>	<b>Stephane Parent, ACG/ALB</b>
Area 2	12-Apr-14	Moncton	Anne Bissonnette, ACS/ALB
	03-May-14	Caraquet (Francophone)	
Area 3	12-Apr-14	Moncton	Dr. Yu Ming Ye, ACG/ALB
Area 17	12-Apr-14	PEI	Edith Hogan, ACS/ALB
<b>Division F</b>	<b>03-May-14</b>	<b>Steele Chevrolet Buick</b>	<b>Heather Perkins, DTM</b>
Area 9	12-Apr-14		Eric Jordan, DTM
Area 11	26-Apr-14	Dal University Rowe Building	Sean Hurley, ACB/ALB
Area 22	26-Apr-14	CFB Greenwood	Russ Jarvis, ACB/ALB
<b>Division G</b>			<b>Rhonda Deos, ACG/ALB</b>
Area 7			John Snyder, CC/CL
Area 8			Jamey Magowan, CC/CL
Area 15			Sharon Littlefield, CC/ALB

# Next Newsletter Deadline

## April 26, 2014

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District Governor 2013-14

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