

District 45 Toastmasters Newsletter

# CAN-AM LINK



## **Fall Conference AWAKEN—ACCELERATE—ATTAIN**



If you are determined to become the best Toastmaster you can be, then you need to be at the District 45 Fall Conference. being held in Charlottetown, Prince Edward Island from October 24-26, 2014. Come and awaken your senses, accelerate your progress and attain your goals as a communicator and leader.

Do you have something on your mind that simply needs to be aired in public? You will get your chance on Friday evening during the Rant or Rave session (3 minutes maximum).

Whether you are a contestant or an observer during the Humorous Speech and Evaluation Contests, you will benefit from the experience.

Select the educational workshops that best suit your interests and goals, take copious notes and spend some time discussing what you learned with Toastmaster colleagues.

Above all, you will find yourself motivated to learn more about Toastmasters, and most importantly, about yourself.

Online registration and a schedule of events can be found on the District 45 website:

<http://d45toastmasters.com/fall-conference>

Please register soon!

Your Fall Conference Committee



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## Celebrate With Us!

by Patricia MacNevin DTM, District Governor

### Fall Conference – October 24-26, 2014

Have you heard about the fall conference in Prince Edward Island? It has been 17 years since the District held a conference in PEI and everyone is excited to awaken your mind, to accelerate your potential and help you attain your goals.

The planning committee is buzzing with activity and can't wait for members to arrive on the beautiful island.

If you've never attended a Toastmasters conference you should! Conferences go far beyond the professional ones where you don't really get to mingle and mix with the delegates. At Toastmasters conferences, we ensure you are welcomed with friendly faces. We also ensure that your day and evenings are filled with lots of learning opportunities, networking opportunities and yes – even some relaxation and humour. You'll be sure to leave with new ideas, new friends and new experiences!

While the schedule is busy and some members feel there just isn't enough time to do everything, we encourage members to come early and stay later to explore the city and the island (yes – you can drive all over the island in one day!). There are beautiful biking and walking trails for those who enjoy exercising and exploring in order to "touch and feel" the wonders of the island. Did you know that Lucy Maud Montgomery, author of *Anne of Green Gables*, lived in PEI and wrote her books there too? Did you know that you can visit the home of *Green Gables* and also the *Green Gables* attractions? It is the 150 celebration of confederation in PEI – why not take an historical tour to learn more?

We want YOU to come to the Island for the District 45 Fall Conference on October 24-26, 2014. I invite each and every member to come to the Island!

### Toastmasters Day – October 15, 2014

We are celebrating the 90<sup>th</sup> anniversary of Toastmasters district-wide on October 15, 2014. Each Division Governor is working with their Area Governors and clubs to ensure we, as a district, celebrate together. State and Provincial Proclamations are ready; promotions are commencing and now we wait for October 15, 2014 to officially celebrate together! What are you doing to recognize the 90<sup>th</sup> anniversary of Toastmasters? Perhaps you can do a *Random Act of Toastmasters* where you observe a friend or colleague demonstrating Toastmasters skills and then acknowledge their efforts by handing them a *Random Act of Kindness* card to pay it forward? The card invites them to attend a club meeting to pay it forward. Wouldn't it be great to extend your skills and passion to someone else? It may even increase your club's membership! Toastmasters of District 45 I encourage you to celebrate on October 15, 2014. Pay it forward.



<http://d45toastmasters.com>

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

## Fall Conference Preview

by Sandra Hachey DTM, Lt. Governor Education & Training

We're on the countdown for the Fall Conference in beautiful Prince Edward Island, Canada. No matter which way you choose to approach Prince Edward Island (by car, ferry or plane), you'll feel a sense of excitement beginning to stir as you wonder, "What will it be like there?" Your heart rate will slow, your smiles will last longer and you will have a wonderful time at our District 45 "semi-annual family gathering".

**Our special guest, Richard Peck, DTM**, is our International Director for Region 9. As a member of the Toastmasters International Board of Directors, Richard is a "working ambassador" for the organization. He has been a dedicated Toastmaster member of his home club, Nutmeg in Woodbridge, Connecticut, since 2006. He has held a number of high-profile leadership positions within Toastmasters, and states that he always has a great time when he comes to visit District 45.

Richard believes, "In Toastmasters, helping an individual achieve a goal in turn helps you achieve yours. As members, we have the ability to change the world one person at a time."

Richard will be giving one of our education sessions and be our keynote speaker for the District Governor's Banquet on Saturday.



We have some additional exciting education sessions planned that you won't want to miss:

Sheila Kelly, ACB, ALB will be presenting ***Awaken Your Stone Age Brain***. This workshop will give you the basic understanding of:

- How the brain is programmed to maintain the status quo;
- Difference between the brain and the mind;
- How to engage the brain to effect the change

Kyle Keldsen, ACB, CL will present ***Leading With Style – Understanding Your Members***". In this session, you will learn about various personality types and how to utilize them to help understand your members better. Better understanding leads to better leadership!

Shauna Green, ACB ALB will present ***Building a Successful Club***. From this workshop participants will gain a valuable outline that will help them chart a course to building a successful club.

Heather Perkins, DTM will present ***"You Did What?"*** Many World champs achieve success by breaking what might be considered the rules. Her workshop examines some of these rules, the reasons for them and the benefits/risks of breaking them.

Joe Grondin, ATM Gold, ALB will present the ***Power of WOW***. The Power of WOW answers three questions:

- How will I WIN over the audience?
- How can I be ORIGINAL?
- How can I leave the audience WANTING more?

Don't miss the chance to attend these education sessions and more October 24-26 at the District 45 Fall Conference!

## Focus on the Member

by Tom Goodwin DTM, Lt. Governor of Marketing

We are one quarter of the way through the Toastmasters year and I feel like we are just barely getting started. All of our clubs are busy collecting dues for the October-March renewal period, the fall contest season is in full swing and the Area Governors are performing their club visits.



Fall is a great time for our clubs to work on membership growth. As children and grandchildren head back to school, many adults are also looking for educational experiences to help them with personal growth.

Toastmasters provides everyone with a comfortable and supportive environment to improve speaking and leadership skills. Think back to when you first joined Toastmasters – what made your club appealing? What about Toastmasters has helped you achieve your life goals? Your answers to these questions should become the foundation for talking about Toastmasters to your friends and co-workers. Our members, and their personal experiences, are the best source of public relations for the organization. Let everyone you meet know about Toastmasters and what it has meant in your life.

As the Club Visit Reports have been coming in from the Area Governors, I have been reading over each report looking for ways that the district can improve the member experience within our clubs. If our clubs can consistently deliver fun, educational and welcoming experiences to our members and guests, we should have no problem growing the membership of our clubs.

To borrow a phrase from the movie 'Field of Dreams' –**Build It and They Will Come**. So far, some of the key requests for district assistance to our clubs have been: help with establishing a mentoring program within the club and training club officers on the use of Club Central and the TI Brand Portal. I will be working on building a set of resources for mentoring and we will be looking to provide more emphasis on both of these areas at future TLI's.



I would also like to recognize our three newest clubs in District 45:

**TD Legendary Leaders** of Falmouth, ME was officially chartered on September 1, 2014. This is a corporate club for TD Bank employees with 24 members and it has become part of Division B – Area 14.

**Pleasant Street Toastmasters** of Concord, NH chartered on September 22, 2014. This is a community club based at the New Hampshire Dept. of Health and Human Services and will be part of Division A – Area 12.

**Sun Life Speaks** of Portsmouth, NH chartered on September 29. This is a corporate club at Sun Life Financial. The club is part of Division B – Area 10.

Congratulations to the club members, club sponsors, club mentors and sponsoring clubs who helped make these clubs a reality. Great Job!

## Division F Update

by Russ Jarvis ACS ALB, Division F Governor

Division F is comprised of 12 clubs spread across the greater Halifax area and stretching westward throughout mainland Nova Scotia to encompass the more rural areas of Truro, Bridgewater and Yarmouth. Area Governors may have to travel only 15 minutes from home to visit a club or drive for 3 ½ hours to attend a rural-based club's meeting. While distances are extreme, the diversity of membership and the challenges faced by the clubs only adds to our strength and character. Last year was a very successful one for club achievements, but we're not resting on past accomplishments. Member retention has proven to be our biggest challenge and we are putting our focus and effort into addressing this serious concern. The stronger clubs are reaching out to those facing challenges and the Area Governors are working diligently to assist these clubs in any way that works for them.

Each area in Division F has paired up with one from Division D for the fall contests. By partnering with each other, the areas gain strength in numbers and diversity of audience. Working together helps expose members to other clubs and provides the foundation for forging new relationships. Our Division contests are being held on Saturday, October 18<sup>th</sup>, with the winners moving on to the District contests with all of the adrenalin that comes from competition still fresh in their minds.

Following the fall contest period, we will be shifting our focus to the TLI training that is tentatively planned for January and early February.

## District 45 Website Update

District 45 has a new website! If you haven't had a chance to check it out, please do:

<http://d45toastmasters.com/>

The new website has a fresh look, will be more user-friendly, and has increased functionality. The site has an integrated registration module, calendar of events, and much more!

TOASTMASTERS  
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We would ask that you bear with us, as the transition to the new site has not been without its challenges. As with any big undertaking such as this one, deadlines and timing has been difficult.

If there is anything you cannot find or have questions about, please use the "Contact Us" page to provide feedback or ask a question. Someone from the District team will be happy to respond to your queries.

**Please note:**

*At this time, we are unable to link the old site and the new site.  
We are working on a solution to this issue.*

## Toastmasters Meets “Word On The Street”

Sept 21<sup>st</sup> was a beautiful day in Halifax – a perfect day for the annual Word On The Street festival, and for toastmasters in the Halifax area to connect with thousands of potential members.

The Word On The Street (WOTS) brought together communicators from across the Atlantic provinces: writers, publishers, printers, educators, artists, toastmasters and, of course, the public. As the historic Halifax waterfront burst with creative talent and appreciative audiences, the word was indeed on the street, and we had a wonderful opportunity to spread the word about Toastmasters.

Inspiration for our involvement at WOTS came from a plan to start a Toastmasters club for writers at the Writers' Federation of Nova Scotia. The annual festival is typically attended by over 10,000 people – people in the demographic group most likely to join Toastmasters. What an opportunity, not only for the new club, but for all clubs! We even had people from other provinces take away information about Toastmasters.



In the three-month lead up to the big day, a team of five (Rosemary Drisdelle ACG, ALB; Collette Saunders DTM; Justin Evaniew CC, ALB; Jeannette Folan ACS, CL; and Michael Thompson ACB, ALB) created promotional material, designed our exhibit, and invited the involvement of every club in the province. On festival day, we had 14 people from 12 clubs covering the shifts at our table in the *Magnificent Marketplace*, connecting with people at other exhibits and in the crowd. At the end of the day, just as a few drops of rain began to fall, we knew we had connected with many, many people.



The Word On The Street doesn't happen everywhere, but similar festivals are a wonderful way to engage with people likely to be interested in Toastmasters – and these projects are perfect for using the communication and leadership skills we've polished through our own membership. The WOTS Toastmasters team in Halifax sincerely thanks District 45 for generous financial support for the project, and all the individual clubs that provided helping hands, promotional materials, and encouragement.

## ATTENTION! Club Presidents and Vice Presidents Education

We need your help to ensure that quorum is met at our upcoming fall business meeting being held in Charlottetown, PEI on 25 October 2014. Each of you has the important responsibility of conducting the business of the district by voting on items brought to the District Business Meeting.

If you are unable to attend, please complete your proxy form and give it to an active individual club member who will then cast your club's votes at the business meeting.

For more information, please contact your Area Governor.

## DTM Profiles

### ***Yu Ming Ye, DTM***

Yu Ming received her Distinguished Toastmaster (DTM) award on September 11, 2014. Yu Ming lives in a beautiful Tai Chi house in Riverview, New Brunswick with her husband, Ken. She has a large, loving family—her parents live in Toronto and her daughter is working in Beijing. Yu Ming is a self-employed Chinese Medicine Doctor, who enjoys teaching Wellness Workshops and sharing her passion for self-healing Tai Chi and Qi Gong. Yu Ming is a member of both the Riverview Canusa and Bagtown Babblers Toastmasters clubs.



**When did you join Toastmasters and Why?** Approximately 10 years ago to meet nice people, improve my English and experience the great fun with the Toastmasters family!

**What have you learned about yourself on your Toastmasters journey?** I have learned that I have excellent communication and leadership skills. I know I still have a lot of areas to improve.

**Now that you have achieved DTM, what are your future goals?** I want to help more new members to improve, to inspire them to work harder towards their goals.

## Congratulations, Yu Ming and Mark!

### ***Mark Dykeman, DTM***

Mark received his Distinguished Toastmaster (DTM) award on September 17, 2014. Mark lives in Woodstock, New Brunswick and is married with two children. Mark enjoys reading, writing, running and games. He is a Business Analyst II with McCain Foods and is a member of the McCain Toastmasters club and Rise and Shine Advanced Toastmasters.

**When did you join Toastmasters and Why?** January, 2005. One of my co-workers had helped to start a club in the area and I wanted to see what it was all about. I went to one meeting and joined during the next meeting. I had been looking for a new activity and I found the communications aspect fun and interesting. I already had some experience with public speaking and training people, but Toastmasters was taking it to a different level.

**What have you learned about yourself on your Toastmasters journey?** I learned how to push myself out of my comfort zone a bit and I also learned the power of asking for help.

**Now that you have achieved DTM, what are your future goals?** I'm looking forward to the Revitalized Education Program and seeing what it will take to complete that. I might try another District leadership role or two in the future (I was the 2013-14 Division C Governor).

## Club Anniversaries

Club Number	Club Name	Charter Date	# of Years
2112	Capital Toastmasters	9/30/2001	13
821874	Dal Toastmasters	9/16/2005	9
940141	NoonTalkers Toastmasters Club	9/22/2006	8
1490436	York County Toastmasters	9/26/2011	3
2011635	Xstatically Speaking Toastmasters	9/7/2011	3

Award	Member	Name	Location
DTM	Ye, Yu Ming	Bagtown Babblers	Sackville
DTM	Dykeman, Mark Andrew	McCain Toastmasters	Florenceville-Bristol
CC	Wentzel, Perry C	Winning Speakers Club	Windham
CC	Ketcheson, Felicia Lynn	Dal Toastmasters	Halifax
CC	Jordan, Eric G.	Toast of the Coast Toastmasters Club	Dartmouth
CC	Ferguson, Susan J	Dartmouth Toastmasters Club	Dartmouth
CC	St Pierre, Jean Raymond	J-Talkers	Dartmouth
CC	Tasker, Donna M.	Blueberry Hill Club	Portland
CC	Ye, Yu Ming	Bagtown Babblers	Sackville
CC	Zhou, Hui	Sears-Halifax Club	Halifax
CC	Mills, Emily	Keene Toastmasters Club	Keene
CC	Giles, Ashley	East Toasters @ADP	Dartmouth
CC	Dowd, Thomas B.	TD Legendary Leaders Toastmasters	Falmouth
CC	Duguay, Darren G.	Riverview Canusa Toastmasters Club	Riverview
CL	Handy, Carolyn	Brattlemasters	Brattleboro
CL	Williams, M. Patricia	Toast of the Coast Toastmasters Club	Dartmouth
CL	Hatch, Travis H.	Speak-Easies Club	Montpelier
CL	Duivenvoorden, Carl J.	Civil Speakers Club	Fredericton
CL	Finlay, Kathleen E.	Harbourview Club	Halifax
CL	St Pierre, Jean Raymond	J-Talkers	Dartmouth
CL	Beaton, Rachel Elaine	Speakeasy Toastmasters Club	Truro
CL	Saunders, Debbie	Successfully Speaking Women	Halifax
CL	Warford, Chantal D	Successfully Speaking Women	Halifax
CL	Edmonds, Ryan K.	Maine Fab Toastmasters	South Portland
CL	Caldwell, Karen D.	Sears-Halifax Club	Halifax
CL	Duguay, Darren G.	Riverview Canusa Toastmasters Club	Riverview
CL	Wareham, Cheryl	East Toasters @ADP	Dartmouth
ACB	Jordan, Eric G.	Toast of the Coast Toastmasters Club	Dartmouth
ALB	St Pierre, Jean Raymond	J-Talkers	Dartmouth
ALB	Thompson, Michael A.	Toast of the Coast Toastmasters Club	Dartmouth
ALB	Finlay, Kathleen E.	Harbourview Club	Halifax
ALB	Mercer, Wayne	Wolfville Toastmasters	Wolfville
ACS	Goodwin, Thomas G.	Moultonboro Toastmasters	Moultonborough
ACS	David, Jesse	Dal Toastmasters	Halifax
ACG	Dykeman, Mark Andrew	McCain Toastmasters	Florenceville-Bristol

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