

CAN-AM LINK



Enabling Leaders by Letting Go Sharon Jacques, CC, District Governor



I recently had a conversation with a past Club President about the inner struggle this person felt at seeing changes being made to things that were implemented under their leadership. I knew exactly where this Past Club President was coming from because I have felt that way myself at different times through my leadership journey. I found it to be a similar experience to having my children leave home to go to college or move into their first apartment, As a parent you have an overwhelming desire to protect them. However you have to keep in mind, you raised them well, taught them all you can, and now you need to let them go to learn to walk on their own, and fall; only by falling down and picking themselves up, will they learn. That is also what we must do as a Toastmasters leader, at all levels; learn to let go so our teams can learn to lead.

Our 2013-2014 teams are off and running. They are into month 3 of their leadership journey and they are working their way through a term that will hopefully see each member transition into a stronger, confident leader. If we want to grow our clubs and organization we need to empower our teams to lead; enabling them to try new things, to learn, and develop.

As we progress along the leadership path we subtly learn to let go so other members can step up. We see this as we move through the leadership program from role to role (SAA to VPM or LGM to LGET). However sometimes along the way there comes a realization that the lesson once learned, needs to be learned over again. Letting go, is not easy.

Inside this issue:

LGET	2
PRO	3
Division D Roundup	4
Effective Evaluations	5
Parliamentarian Minute	6
Toastmasters at wellness expo	7
Educational Awards	8
Club Anniversaries	9
Fall Conference Update	10

After my conversation with the past Club President, I wondered about the members who have served their terms, and now find themselves at a cross roads; wondering what they should do next, watching items from their terms be changed, and not knowing exactly how to let go.

Power isn't control at all — power is strength, and giving that strength to others. A leader isn't someone who forces others to make him stronger; a leader is someone willing to give his strength to others that they may have the strength to stand on their own.

Beth Revis

I came to this conclusion...letting go (whether it is a child or Toastmasters) is not easy. I like to think you can have your cake and eat it too (at least sometimes) so I did some research. The points below provide guidance on how to let go *and stay involved*.

- Be there to guide/ coach the team – releasing their power.
 - *Do not manage them; managing will stifle the team's ability to lead. If you try to control the whole ship, the team will be systematically disempowered.*
- Allow the team to be responsible; do not micromanage.
 - *Help the team learn how to think through solutions, rather than just giving them an answer.*
- Focus on a new primary goal for yourself – offer to be a mentor.
 - *Letting go never frees you of work; it allows you the time to focus on new priorities.*
- Respect role boundaries.
 - *Crossing over role boundaries can muddy the water so much that it becomes confusing about accountability.*
- Seek out a mentor at the next level to mentor you (step outside your club if needed).
 - *If you're not moving forward, you will keep reaching back.*

Letting go *and* staying involved takes self-discipline. As you develop this skill, grow as a leader and refocus your energy, you will have the power to help your club, your area, your division, and your district move forward.

Research Article:

Let my People Go, Glenn Reynolds
A Leadership Balancing Act, Christina Lattimar

Confidence-Contagious-Contests

Patricia MacNevin, DTM, Lieutenant Governor—Education & Training

When I look around our District, I know that there are many members who have phenomenal speaking skills, there are many members who are just beginning to learn new speaking skills, and there are many members who want to learn more speaking skills. It is contest time so why not step outside your box and build your confidence? Contests offer a great opportunity for every member to observe, to participate and to demonstrate skills learned through the Toastmasters program.

Districts may select from a variety of Toastmasters contests but all districts must conduct the International Speech Contest. In District 45, we chose four – in the fall, we run the Humorous Speech and Evaluation Contests. In the spring, we run the International Speech and Table Topics Contests. Why? Because **contests are about learning**. It allows members to step out of their comfort zone to demonstrate new skills and techniques they've learned at club meetings, division and district activities.

No one is perfect nor will there be – ever – someone perfect in our lifetime. But that doesn't mean you don't try. The old adage "practice makes perfect" does apply during contest time. As Darren LaCroix says "stage time, stage time, stage time". Don't try to be perfect but do try to exude confidence when delivering a speech. Each project that you complete in the Competent Communicator manual, an advanced communication manual, or the Competent Leadership manual will provide you with important information and skills that contribute to your success.

If you're giving a Humorous Speech with either the objective to win or to trial new techniques, have you looked at the Judge's form to review what the judge will be seeking in your delivery? If not, I encourage you to do this. It may give you a different perspective on how you deliver and your "presence" on the stage.



If you're giving an Evaluation of a test speaker, have you researched different evaluation and delivery styles from Toastmasters' resources? There are numerous techniques – the GLOVE, the Oreo, the Sandwich, to name just a few. This doesn't mean you must adopt a particular technique, but it does give you another perspective on delivering a great evaluation to your test speaker.

Of course, I could refer you to multiple websites, but I'd prefer you seeking out the information on your own. There are multiple ways to learn in Toastmasters. There are multiple ways to build confidence through Toastmasters. There are multiple ways for you to succeed in Toastmasters.

There is a little nuance – it's all about learning!

Toastmasters is contagious. Everyone learns; today and tomorrow. What did you learn today?

Calling All Writers!

Shane Walsh, DTM, Public Relations Officer

School is in! Summer is over and the Toastmasters year is in full swing. I don't know about you, but summer seems tpo short.

September means club speech contents and club dues renewals and Area Governor visits . Club treasurers are busy sending out membership invoices, and your VPEd is organising contests. Club Sgt at Arms are busy taking inventory and ordering new supplies. By now your Area Governor has likely completed a formal club visit.

Your club VPPR will be looking for ideas and help in organising such events. Did I say help? Check your Competent Leadership manual, there's a project for that! This is an excellent time to attract new members to your club. The fall speech contests are a great opportunity for inviting friends to see the lighter side of public speaking. Fall is a great time to hold an open house as well because people are looking for opportunities to expand their skills and polish up their networking skills. Hold a theme meeting around Halloween or Thanksgiving, to add some seasonal flavor to your meetings.

At the district level, the executive has met several times both in person and by phone and we are busy implementing our District Success Plan. And the fall conference organising team is in full stride. Incidentally, conference registration and hotel booking links are now on our D45 website (<http://fall.district45conference.com/>). The fall conference promises to be "Educational and Entertaining."

This month, our District Governor, Sharon Jacques, CC talks about leadership skills. Our LGET, Patricia MacNevin, DTM, encourages us to participate in speech contests. And Division D Governor, Collette Saunders, DTM, gives us an update of activities in her division. Wayne Mercer, Area 21 Governor and Past District Governor, submitted an excellent article on effective speech evaluations.

Along with our monthly Parliamentary Minute by Michael Thompson, CC, and our "Did You Know" corner by Collette Saunders, DTM, I am sure there is something this month's newsletter for all D45 Toastmasters.



Division D News

Division D Governor - Collette Saunders, DTM

Division D in Nova Scotia covers Cape Breton, Annapolis Valley, Bridgewater and parts of Halifax/Dartmouth. Our 14 clubs include Sears-Halifax Toastmasters, the oldest club in Nova Scotia (chartered in 1956) as well as the very new Scotiabank Moneytalks (chartered in May 2013). As Division Governor this year I am working with Area 1 Governor Heather Drope, DTM, Area 18 Governor Michael Thompson, CC, ALB, and Area 21 Governor Wayne Mercer, DTM to help our members and clubs to achieve their goals.



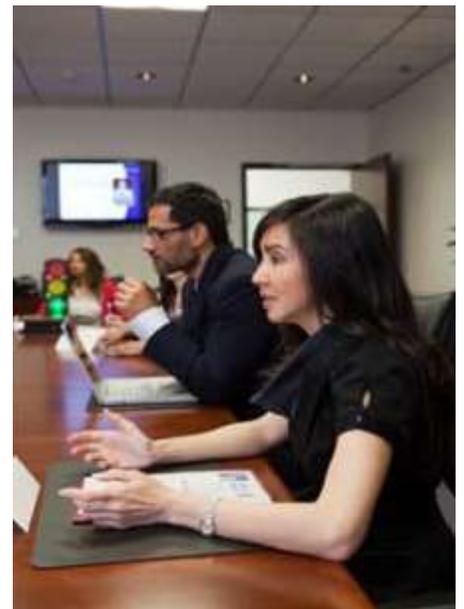
Focus this year will be on increased participation in training, increased membership and membership retention. A very successful TLI and make-up training (hosted by Celtic Toastmasters and East Coast Raconteurs) have already garnered higher than normal numbers of Executives trained. Additional training in Free Toast Host was well-received and attendance was high. A number of Open Houses are scheduled and we are working with clubs to strengthen membership retention. I've been dropping in for unofficial visits with clubs in the Division and have felt very welcome in all. I'm looking forward to more visits and meeting many more members during the coming months.

We look forward to an exciting contest season, with Humorous Speech and Evaluation contests in October. Contest details: Area 1: October 3 at 6:30 p.m. at 2107 LeMarchant Street, Halifax (Mona Campbell Building at Dalhousie University); Area 18: October 5 Time TBA 33 Crichton Avenue Dartmouth (Dartmouth Players Theatre); Area 21: October 5, Time TBA 636 Portland Street Dartmouth (MacPhee Pontiac). Division D Contest: October 19 from 9-12 at Fountain Commons Presentation Room, Acadia University, Wolfville. And, I encourage everyone to attend the District 45 Conference (and contests) in Saint John in November.

Did you know? By Collette Saunders, DTM

Collette Saunders, DTM will be providing tidbits on the Toastmasters International education and leadership program each month. This month Collette will explain how you can get credit for a speech project in both the communications and leadership program.

You are allowed to give up to two speeches per manual outside the Toastmasters club environment and still earn credit! You require prior permission from your Club VP Education and you must have a written and verbal evaluation completed by a Toastmaster (the verbal is a one-on-one). Any member can do this, but for members of Corporate Clubs this is a great way to earn credit for work presentations that also fit manual objectives. How often have you done a session that has been attended by a fellow club Toastmaster? Have them do your evaluation and you can gain credit for a CC or advanced manual. speech!



Effective Speech Evaluation— Area 4/23 combined PR event Area 21 Governor —*Wayne Mercer, DTM*

Over the years I have tried to become a stronger evaluator. A few years ago I read an article in the Toastmaster magazine that recapped an approach to effective speech evaluations. Information from this article has been taken directly from the booklet

“Effective Speech Evaluation”, Tips and techniques for giving helpful evaluations.

Here are some tips to assist when you are Speech Evaluator.

YOUR PURPOSE in evaluating is to provide an honest reaction; you are not a judge or an authority; rather, you are giving your reaction to the speech.

YOUR EVALUATION is an opinion, which should mention the presentations’ effect on you; what the speaker did well; mention an area of improvement and give specific recommendation for improvement.

When you arrive at the meeting, talk with the speaker; find out if there’s something special they want you to comment on. Read the speech project and the evaluation guide for the project.

When the speaker starts, listen and watch the speaker.

For your oral presentation, select two or three points only which you feel are important and elaborate on them.

In your delivery, look at the speaker; don’t call attention to yourself.

Conclude the oral evaluation on a positive note; after the meeting mention anything else you didn’t have time to mention, and find out if the speaker has any questions for you. This would be the time to deliver any serious faults you noticed.

Remember the sandwich approach:

Mention what you liked:

Not that this was a great speech, be specific and say your opening drew me in, and your conclusion inspired me to change my ways.

Potential:

Talk about the speech, how it might have inspired us, or entertained us, etc.

Improvement:

Your opening captivated us and the body of the speech held a lot of interesting facts. Give about 15% of your speech time to the conclusion. A sentence or two more in your conclusion would help; without it your conclusion felt a bit sudden.

End with positive:

Conclude with a summary, one sentence to sum it all up is good. For example, I very much enjoyed....

Focus on the speaker and speak explicitly about your experience of the speech, and how and why the speech worked.

The booklet “Effective Speech Evaluation”, is in your registration kit. If you have misplaced it you can go online at Toastmasters International web site to download this booklet.

Also you may wish to access the January, 2005 Toastmaster International magazine which has an article on Evaluations you may wish to review.

Parliamentary Minute —*Michael Thompson, CC*

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 - 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.

The Secret of How to Become a Parliamentarian

People ask me all the time "Mike, how did you become a parliamentarian?"; and I just smile knowingly and don't tell them.

But I like you folks, so I'm going to let you in on a secret; the secret to becoming a parliamentarian is to show the least bit of interest in parliamentary procedure, the next thing you know you're branded; there is no escape!

Seriously, that's how it happened; when I joined Toastmasters, I was curious about these rules of order so I bought a copy of [Robert's Rules of Order Newly Revised, 11th edition](#) by Henry M. III Robert, Daniel H. Honemann and Thomas J. Balch (ISBN 978-0-306-82020-5), which I've only ever looked things up in, and [Robert's Rules of Order Newly Revised In Brief, 2nd edition](#) by Henry M. III Robert, Daniel H. Honemann and Thomas J. Balch (ISBN 978-0-306-82019-9) which is the best investment you can make! "In Brief" is the 10% of Roberts you need 90% of the time; and when it isn't enough there are references to the complete "Robert's Rules" throughout the book.

In addition to these two definitive works, you also have this fine series of articles, what more could you require...

Ok, there are other books published, there are other rules of order (i.e. Bourinot's), although Robert's is the standard used by Toastmasters. However, the Internet and Google are your friends!

Here are some websites you may find useful:

<http://www.robertsrules.com/> - The Official Website for Robert's Rules, here you will find links for the two books mentioned above as well as: Answers to Frequently Asked Questions; Official Interpretations; and Question and Answer Form.

<http://www.robertsrules.org/> - This is an unofficial site, it does have a PDF of the 1915 edition of Robert's Rules and some other reference material.

<http://www.roberts-rules.com/> - Yet another unofficial site, that looks really interesting... the truth is there seems to be no shortage of unofficial sites providing advice and quick references for Robert's; just poke around there is lots of great information out there.

<http://parliamentarians.org/> - If you are really interested parliamentary procedure check out the National Association of Parliamentarians who focus on Robert's Rules.

<http://aipparl.org/site/> - Or the American Institute of Parliamentarians who do not focus on any particular rules of orders.

Because few people, show any interest in becoming versed in Robert's Rules, anyone who shows the least interest will instantly be considered an expert, so beware!

Toastmasters at Wellness Expo– Area 4/23 combined PR event Area 23 Governor —*Trish Smith, ACS/ALB*

September Area 4 & Area 23 Combined Public Relations Event
Find a Toastmasters Club in Your Area

Wellness Expo. September 24, 2013 - Work Safe NB held it's first Wellness Expo at the Workers' Rehabilitation Centre at 3700 Westfield Road, Grand Bay, NB. Cynthia Clark, a Toastmaster member and employee at WSNB, alerted her Toastmaster Club President, Cyndi Joudrey (left) and Area Governor, Trish Smith (right) about this upcoming event and public relations opportunity.

The Wellness Expo was to take place in Area 4, which prompted the two Area Governors, Trish Smith (Area 23) and Ryan MacKenney (Area 4), to collaborate on a promotional package that would maximize community exposure for all the Toastmasters clubs in both their areas from Point Lepreau to Sussex (125 km).

The day of the Wellness Expo the Toastmasters booth was loaded for bear with toastmasters magazines, new CC and CL manuals, and TMI promotional material such as Find Your Voice (99); Features, Benefits and Values; and a customized directory of how to find all the clubs in Areas 4 and 23. Approximately 25 brochures were given out and several health care professionals toted TMI magazines back to their office waiting rooms for potential clients to enjoy. By working together with a shared vision, all of the Toastmasters clubs in two areas benefited from this event.



Cyndi Joudrey, Pres. Kennebecasis Valley Toastmasters, Trish Smith, Area 23 Governor

Education Achievements, 2013 August 26 - September 26

<u>Award</u>	<u>Date</u>	<u>Member</u>	<u>Club</u>	<u>Location</u>
CC	09/25/2013	Manning, Robert A.	BURNDY Toastmasters	Manchester
CC	09/19/2013	Stehno, Joseph J	Horseshoe Pond Toastmasters Club	Concord
CC	09/16/2013	Tanassee, Shaun	Annapolis Valley Toastmasters Club	Greenwood
CC	09/13/2013	Maguire, Betsy	Coastmasters Club	Rockport
CC	09/11/2013	Jordan, Eric G.	George Burton Club	Halifax
CC	09/10/2013	Bedard, Anne	Successfully Speaking Women	Halifax
CC	09/10/2013	Green, Scott G	Merrimasters Toastmasters Club	Nashua
CC	09/06/2013	De Los Reyes, Dino Rafael	Merrimasters Toastmasters Club	Nashua
CC	09/06/2013	Krieger, Michel S.	Nashua-Hudson Club	Nashua
CC	09/04/2013	Jones, Sharon Davina	River Talkers Toastmasters	Bridgewater
CC	08/30/2013	Shaver, Paul W.	Bagtown Babblers	Sackville
CC	08/29/2013	LuBow, Jon Austin	Rutland Area Toastmasters	Rutland
CL	09/24/2013	Peltz, Claude	Winning Speakers Club	Windham
CL	09/18/2013	Alberstat, Barbara D.	George Burton Club	Halifax
CL	09/18/2013	Crick, Doreen B.	George Burton Club	Halifax
CL	09/18/2013	Clarke, Cynthia A	Kennebecasis Club	Quispamsis
CL	09/15/2013	Williams, M. Patricia	Faithfully Speaking Toastmasters Club	Dartmouth
CL	09/04/2013	Therault, Bernice E.	River Talkers Toastmasters	Bridgewater
CL	08/28/2013	Roy, John H.	White Mountain Toastmasters Club	Plymouth
ACB	09/25/2013	Bourque, Carla	Winning Spirit Club	Moncton
ACB	09/23/2013	O'Neill, Vivian R.	Premiere Toastmasters Club	Charlottetown
ACB	09/11/2013	David, Jesse	Dal Toastmasters	Halifax
ACB	09/06/2013	Wisted, James E.	Golden Club	Fredericton
ALB	09/18/2013	Crozier, Horace E.	Speak-Easy Toastmasters Club	Summerside
ALB	09/17/2013	Roy, John H.	White Mountain Toastmasters Club	Plymouth
ALB	08/28/2013	Shanks, Brian E.	Kennebecasis Club	Quispamsis
ALB	08/28/2013	Arseneault, Vicki-Krista	NoonTalkers Toastmasters Club	Saint John

!!! CONGRATULATIONS !!!

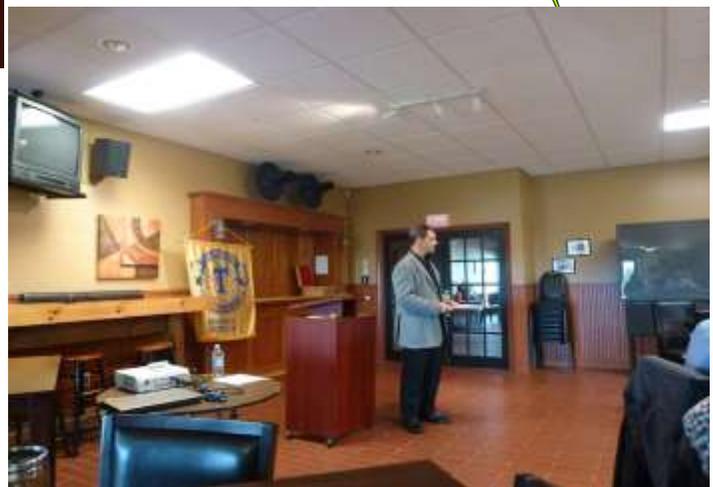
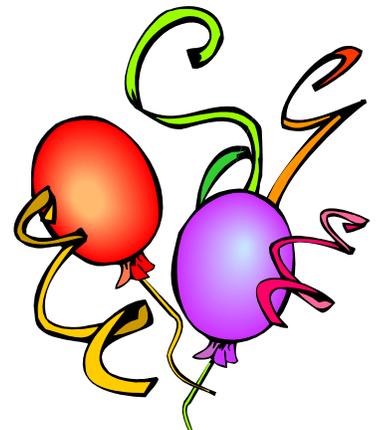
Club Anniversaries



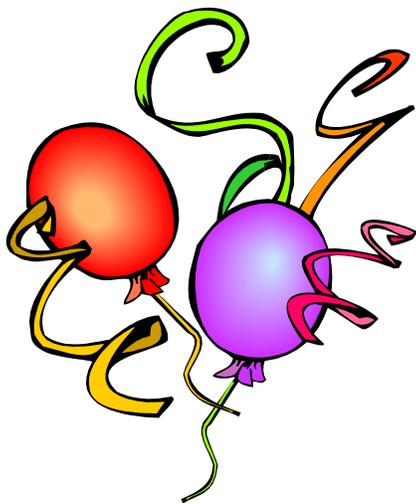
<u>Club #</u>	<u>Club Name</u>	<u>Date</u>	<u>Years</u>
2011635	Xstatically Speaking Toastmasters	9/7/2011	2
1490436	York County Toastmasters	9/26/2011	2
940141	NoonTalkers Toastmasters Club	9/22/2007	6
821874	Dal Toastmasters	9/16/2006	7
2112	Capital Toastmasters	9/30/2001	12



Norma Pasatieri & Darlene Dunn, Divicsion E, Area 3



Stephane Parent, Divicsion E, Governor.



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2013 Fall Conference November 2-3!

*Why should you attend this Fall Conference?
Fall Conference provides an opportunity to*

- ⇒ Meet and learn from other Toastmasters
- ⇒ Participate in great educational sessions
- ⇒ Observe and learn from the District's best Evaluation and Humorous Speakers
- ⇒ Celebrate District 45's great achievements.

Early bird registration deadline: Oct 25th.

Online registration: <http://fall.district45conference.com/registration.php>



Next Newsletter Deadline

Publisher:
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District Governor 2013-14

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October 25, 2013