

District 45 Toastmasters Newsletter

CAN-AM LINK



BEING PART OF THE TEAM

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What do you think of when you hear “District team”? Perhaps you think of the Senior Leadership Team (District Director, Program Quality Director, Club Growth Director, Public Relations Manager). Perhaps you think of the District Executive Committee (Senior Leadership Team, Division Directors, Area Directors, Finance Manager and Administrative Manager). Do you consider yourself part of the District team. You should!

The positions named above are leadership positions. Each of us is part of our District team. A club needs all of its members working as a team to be successful. The same is true at the District level. If we, as members, don’t step up to achieve our goals and contribute to the best of our ability, the District will not be successful. At the same time, neither the club nor the District can succeed without members stepping up to take on the various leadership roles. Getting members to take on that commitment is a challenge at each level every year.

As a Toastmasters leader, you are in a position of power. Although the definition of leadership varies depending on where you look, one commonality is that leadership is a process where one person has influence over others. French and Raven (1960) identified five bases on power:

- coercive power – power based on fear

- reward power – power based on your ability to provide some type of reward to another
- legitimate power – power derived from your position
- expert power – power based on expertise or knowledge
- referent power – power based on you personally

As a Toastmaster leader, you should never have to resort to coercive or reward power. Ideally, your teams will want to follow your leadership because of your referent power. If they value your leadership because of you, you are more likely to have successful outcomes.

Consider your leadership. Do you believe you have the expert power or the referent power needed to be a District leader? The following article looks at the roles of Area and Division Directors as well as those of the Senior Leadership team. A brief summary of the responsibilities of each role is given. As well, the benefits and challenges (from the perspective of those who have served in the roles) are examined. Read these articles and think about how these leadership positions can help with your personal development and what you have to contribute to the success of the District.

ON BEING AREA DIRECTOR

The role of Area Director is often seen as the first step on the District leadership ladder. As Area Director, you are required to make a minimum of two visits to each. However, it is hoped you will visit your clubs more frequently than that, particularly those that may have challenges. You are expected to attend the District officer training held in July, normally in Bangor. You are also expected to attend the fall and spring District conferences.

You are responsible for ensuring Area speech contests are held. As Area Director, you should attend both Toastmasters Leadership Institutes during your term, even if you are not a club officer. You should maintain regular, preferably monthly, contact with your clubs, attend any Division Council meetings and be available for any conference calls organized by the District.

You must be willing to commit time to being Area Director. It is work but there are many benefits to you as a member. You learn more about the program as a whole and you learn more about your style of leadership. Following are some comments from current Area Directors about their role.

What I Liked Best

Club visits and the opportunity to work with club members were seen as the best parts of being an Area Director.

Comments included:

The best thing about being an Area Director is the Club visits. My Area has an interesting variety of Club options and every one of them is motivating to attend. I was inspired in different ways after every Club visit

The opportunity to meet the officers and members in the Area clubs, therefore, stepping out from the regular club meetings that were and are so familiar.

Perspective of how other Toastmasters meetings are run. Seeing that club challenges are not specific to home club - we are not alone and sharing ideas that work between clubs

Challenges

The main challenges noted were learning and meeting the individual needs of clubs and finding ways to help grow membership. Area Directors noted:

Ensuring that I took the time to learn what each Club needed from me, because they were all so different from each other and providing the support they needed to be a stronger Club.

My biggest challenge is not being able to come up with the perfect solution to solve building our member strength for our Clubs in remote, rural areas despite their best efforts to increase membership.

Lack of interest in contests, conferences, meeting participation and low commitment level of some club officers

Why You Should Serve as Area Director

The main reason given for encouraging others to serve as Area Director was the learning that takes place. The comments from the Area Directors best summarize the benefits of committing the time and effort to serving.

The role of Area Director is very rewarding. I met a lot of talented Toastmasters, visited a lot of interesting and inspiring clubs and learned more than I could have anticipated

I encourage others to take on this role because it is a fantastic opportunity to learn from other Clubs in a fun, friendly, supportive atmosphere. More importantly, it is great to be a minor part of an organization which believes in our core values of integrity respect, service and excellence for all activities with all members - outstanding!

I feel that doing a stint as Area Director is a necessary part of the maturation process within Toastmasters. It pulls you out of your self-absorption, peels away the curtain and lets you observe the entire process. Once you've experienced that, you're changed and it's unlikely that you'll return to the single focus of only your home club.

The Area Director opportunity is a fun, and rewarding experience which provides an opportunity to learn, grow and develop as a Toastmaster, coach, and advocate for building a thriving region at the area, club, and individual level. I am growing through this experience.

Broaden awareness of how other clubs operate, test ability to motivate/lead others, build confidence in leadership style, challenge of motivating different types of personalities, promote interaction between unfamiliar clubs, and greater involvement in TLI

Serving as AD provides a whole different perspective on Toastmasters and what it can do for its members, as well as an inside view of clubs in the area and how they can best work together for success. By taking on the role of AD and focusing wider than the home club, members can spread their leadership wings. The Toastmasters educational journey is not one that we fly alone!

More details on the role of Area Director and more comments from current Area Directors can be found in the article [On Being Area Director](#) on the District website.

ON BEING DIVISION DIRECTOR

The role of Division Director is often the next step in leadership after serving as Area Director. To serve as Division Director, you must have served at least six consecutive months as a member of a District council.

As Division Director, you provide motivation, guidance and supervision to Area Directors to help them fulfill their roles and responsibilities. This includes contacting Area Directors at least monthly to discuss progress in the Distinguished Area Program, club visits and the Distinguished Club Program.

You are expected to attend the District officer training held in July as well as the fall and spring District conferences. You are also responsible for ensuring Division speech contests are held.

As Division Director, it is your responsibility to organize, ***on behalf of the District***, both Toastmasters Leadership Institutes during your term. You should maintain regular, monthly contact with your Area Directors and attend any conference calls organized by the District. You should hold regular Division Council meetings with your Area Directors.

Being Division Director takes time and work but there are many benefits to you as a member. Current Division Directors were asked to comment on their role. The response written by Jonathan Bohm summarizes being a Division Director well. It is included in its entirety.

(from Jonathan Bohm, Division B Director)

Last fall at an Area Contest, the Contest Chair asked me "what do you get from being Division Director?" I had an immediate answer, assuring the questioner that I enjoyed the service, the social aspects of meeting fellow Toastmasters and the luxury of hearing so many fine speakers. I also mentioned that it was a tremendous pleasure to work with my five gung ho, superstar Area Directors. But over the months I felt there must be a larger magnet that kept me stuck to what was sometimes a difficult role. One day just after New Year's, it came to me: I like being Division Director because it really stretches me.

If you think about, isn't Toastmasters all about stretching ourselves? From that first wobbly kneed time you stood up to take on a Table Topics question, it's the thrill of pushing ourselves a little further that propels us.

Every role, every speech, every office has stretched me. But it was as Division Director that the elastic band really pulled taut with unimagined challenges. When you run hard, when you spend that extra fifteen minutes on the treadmill, the delicious momentary ache shifts to an even more exhilarating endorphin rush. That frisson of going way beyond my realm has been an unexpected but very enlightening gift.

I'd run for the role because I'd liked being an Area Director. Indeed, the role of Division Director increased the opportunities to meet more eager Toastmasters, to gain a broader perspective on the various ways individuals and clubs can mold the basics of Toastmasters to meet their own needs. It gave me new opportunities to speak beyond the familiar friendly faces of my own club. And frankly, I like Toastmasters so much that I gobble up any chance to expand our visibility and bring the program to new people.

Yet serving as Division Director brought far greater gains. As I met more members, as I noticed the innovative and creative ways individuals make Toastmasters their own, I also saw the tremendous diversity of thinking that exists even among like-minded people. Observing this broader sample of the membership stretched my awareness of the power of words. How important to be careful with just the right words, the right tone of voice. And to get there, I had to grow bigger, broader ears to listen more deeply to nurture my understanding. By stretching to listen harder, I gained immeasurable respect for others' opinions, opening my own mind to greater possibilities.

Just as I find myself always invigorated by the motivational presentations and the keynote speakers at our semiannual conferences, the day-to-day interactions as Division Director stretched my enthusiasm to help and serve my fellow Toastmasters. Anyone who takes on this opportunity will stretch and surge to undreamt realms, proving the sage words of Ralph Waldo Emerson: "It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself."

More details on the role of Division Director and more comments from current Division Directors can be found in the article [On Being Division Director on the District website](#).

ON BEING PART OF THE SENIOR LEADERSHIP TEAM

In District 45, we have four positions as part of the Senior Leadership Team – Public Relations Manager (PRM), Club Growth Director (CGD), Program Quality Director (PQD) and District Director (DD).

The PRM is responsible for coordinating publicity efforts in the District. By establishing and maintaining lines of communication between the District and its members, as well as between the District and the public, the PRM works to increase awareness of Toastmasters through all available media.

The CGD is responsible for all aspects of marketing, club building and club-retention efforts within the District. This includes defining an overall marketing strategy for the district, developing outreach and retention efforts with existing community and corporate clubs and penetrating new markets. Additionally, the club growth director supports challenged clubs and helps them to become Distinguished.

The PQD is responsible for all aspects of education and training within the district. This includes supporting quality club programming efforts, promoting the Distinguished Club Program and planning, organizing and executing the district conference. The PQD is also responsible for promoting and supporting club quality and member retention. The PQD sets the agenda for the TLIs which are to organized by the Division Directors.

The District Director is responsible for directly administering and overseeing the District's day-to-day operations, finances and human resources. The DD empowers the District leadership team members to work together toward the district mission, while supporting each one in his or her development as a leader.

The Senior Leadership team conducts the District officer training in July for Area and Division Directors.

The District Director, Program Quality Director and Club Growth Director must also attend the training provided twice a year by World Headquarters. They participate in regular conference calls as a team and supplemental conference calls with Division and Area Directors. To be a member of the Senior Leadership team requires a significant time commitment in each of the four years and requires the ability to work effectively with various teams.

A number of past District Governors/Directors were asked their thoughts on District leadership. A sampling of their comments follow.

The Best Thing About Being a District Leader

Putting myself out there in spite of uncertainty about whether I was up for the task - and discovering that I WAS up for it!

I would say the best thing was getting to work with so many wonderful people and getting to know so many people around the globe

Best part was enabling the team to achieve success. We finished #7 in the world. People love being part of a team that achieves results. People love to achieve.

For me the most rewarding aspect of being a District Leader was observing the personal growth of other Toastmasters first hand. In one word, the best thing about being a District Leader is "Growth"

One of the best things about being a District leader is getting to see another side to what Toastmasters has to offer you.

To me, one of the best things about being a District leader was having the opportunity to benefit from the experience of past District leaders in other Districts. Their experiences helped me to grow and to bring back ideas that could help District 45 succeed.

Challenges

I lost a key member of my team at a critical point in the TM year. My initial reaction was to panic. But I stayed calm, read the policy manual to learn the formal process for filling the role, involved others on the team who were impacted and then acted. In the end, what could have been a big problem was reduced to a bump in our road to a successful, Distinguished year.

While there were several challenges during my district service years, none were unsurmountable with the assistance and guidance of former district leaders, the region advisors, the international directors and WHQ staff.

Challenge was helping people see how they could contribute to team success. If people see how they can contribute they do amazing work. If people don't see how they can contribute, the core team bears a heavier load and needs some luck to achieve results

Time! New underestimate the amount of time it takes to do a job well.

Cont'd on Page 5

SENIOR LEADERSHIP TEAM (CONT'D FROM PAGE 4)

The biggest challenge in being a District Leader is working with a Team. There will always be conflict of personalities, we are all hard-wired differently. People need to check their egos at the door and remember as a member of the District Team it's not your year, it's your year to serve the members.

Why You Would Encourage Others to Serve

For me, it was a life changer. It notched up my level of professionalism; it reinforced the discipline of following up on commitments and leading by example; it gave me the confidence to know that I could succeed if I put my mind to it - all of which have helped me greatly in my work from a home office now!

You never know what you can do unless you try. I really did and still do believe in the TM program - after leaving District leadership I did take on an Area Governor role and earned another DTM - so I am a believer. I think you really learn a lot about the TM program when you are a District Leader... you learn how the numbers stack up (thanks Heather), you learn why the numbers are important, you get to give lots of speeches, you get to travel, you get to enjoy the company of people around the world. You also learn that not everyone who is on your team is a team player and you have to deal with those things too.

I encourage people to fill these roles because if they're smart about their efforts, they'll learn how to motivate people and teams to achieve results. These are transferable skills. However if they aren't smart about their efforts, or are interested in only a credit or title, they won't experience personal development and will in fact impede the larger team.

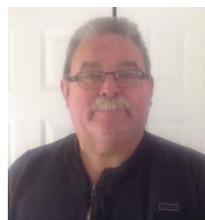
If you have a desire to help others grow while being part of a dynamic team that pushes District 45 towards success, then a role as a District Leader is the path you will certainly want to go down. The bonus will be that you will personally grow beyond your wildest expectations! It is a journey worth taking.

I would encourage others to become a District leader because your growth in communication and leadership skills will be phenomenal. Overall, being a District leader should be, and is, fun! The friends you make during your journey, both from within the District and from other Districts, will be friends for life. It's an experience you will never forget and, if done right, will never regret.

More details on the Senior Leadership roles and more comments from past District Governors/Directors can be found in the article On Being Part of the Senior Leadership Team on the District website.

FLOWERS OF THE FOREST

Flowers of the Forest is published on an as-needed basis and we hope we don't need it very often. This section recognizes those District 45 Toastmasters who have died and now belong to a truly "virtual" Toastmasters club. If you know of any D45 Toastmaster who has died, please send information on that person to heather@perkins.com.es.

**Brian Shanks, DTM**

After a period of failing health and a short hospital stay, Brian Shanks died on Sunday, February 12th, 2017. Brian was a member of Kennebecasis #4402 and Rise and Shine #3349440. Brian

also served as an Area Governor and a Division Governor. He often served as the Sergeant-at-Arms at conferences to ensure everything ran on time. In 2012, Brian was the test speaker for the District evaluation contest.

Brian lived life to the fullest, looked for the good in everything and everyone. His interests included emergency preparedness, toastmasters, ham radio, history, the military, and community involvement and volunteering. Since retiring from the Point Lepreau Nuclear Plant in 2015, Brian continued to be very involved in his community and he and his wife, Barb also found time for some travel and to share their love of the culinary world through dinners with friends at restaurants and in their home.

Safe Home Sweet Light (Laura Smith)

Safe home sweet light, no longer of this world
On wings safe and sound are you carried
No longer casting shadows, no longer counting days
You are loved and you are loved always.

Safe home sweet heart, no longer beating here
Your life is but a whisper to my sorrow
The time does not confine you now, my spirits I must raise
You are loved and you are loved always
You are loved, you are loved and you are loved always.

Safe home sweet light, no longer shining here
Though your joy is now a beacon for the weary
Never more to shed a tear, never more to feel alone
You are loved and you are loved always, you're home
You are loved and you are loved always, you're home.

CALL FOR NOMINATIONS

Nomination forms for elected positions (Division Directors, Public Relations Manager, Club Growth Director, Program Quality Director and District Director) are to be forwarded to the [Leadership Committee Chair](#) by March 15, 2017.

Area Directors should forward recommended names for 2017-18 Area Directors to District Director [Tom Goodwin](#) and Program Quality Director [Malinda Regimbal](#).

Submitted candidates who are not nominated (as well as any other qualified Toastmaster) may still run from the floor at the District Council meeting to be held Saturday, May 20, 2017.

If you are interested or know someone who is interested in serving District 45's members as a member of the District Council, please submit your name or theirs as a nominee using the [Nominating Form](#).

CALL FOR PRESENTERS

Proposals are now being accepted for presentations at the District 45 Spring Conference. The deadline for proposal submissions is March 19,. Education sessions will be for 30 – 50 minutes depending on conference scheduling so you should be flexible in the time you need to present.

Proposal submission form can be found on the [D45 website](#) and proposals should be sent to [Malinda Regimbal](#). You must submit using the form and agree to the conditions outlined in the form.

CALL FOR VOLUNTEERS

We need volunteers to assist with a District review of our website content. Material on the website is inconsistent or requires updating.

Volunteers will be provided with pages from the website to review and submit corrections or re-writes. Our plan is to work through the website systematically.

Please contact [Alan Idler](#) to volunteer for the review.

Club Growth Tip – Put Yourself in a Position to Succeed

Success comes in many forms. The most enduring success comes when preparation meets opportunity. We prepare ourselves at each club meeting. It is not always clear how activities will help us improve. Sometimes, we fall into routines where we just go through the motions without actually challenging ourselves to improve. We can continue to grow by helping our club grow. Ask yourself how you can help your club grow.

- ✓ Are you ready to make visitors feel welcome?
- ✓ Are you ready to mentor a new member?
- ✓ Are you ready to invite a new acquaintance to Toastmasters?
- ✓ Are you ready to share club activities by tweeting #d45toastmasters?

Consider your goals and your club's goals. Can you take on a new task that will help you grow? Can you help your club grow by using a skill that you want to develop. At your next meeting, find a way to help your club and put yourself in a position to succeed.

Items of Note

Dues can now be paid online. Log in to Club Central to pay the dues. If 80% of your current membership is paid by March 17th, your club will be entered into a draw for a free conference registration.

Officer kits for the 2017 – 2018 will be mailed to the President of record. Please ensure your mailing address is correct so the kits can be delivery.

WHAT IS YOUR STORY?

JOE GRONDIN, ATMG, ALB



What is your story? All of us are unique and have lived very different lives. This is what makes your speech special. You have many stories and will have many more that help define who you are. One of the best pieces of advice I have ever received from a speaker (David Brooks – 1990 World Champion of Public Speaking) is to keep a story file. He pointed out that public speaking is making a point, tell a story, make another point and tell another story. These stories are your personal stories that no one else has told or heard. He also stressed that your stories should connect to six emotions that we all share (happiness, sadness, anger, disgust, surprise and fear). If your speech touches any one or a combination of these shared emotions you will create a strong emotional connection with your audience. I can't emphasize enough, to start a story file that will connect to one or more of these emotions. I challenged a group of college students to jot down as many personal stories they could think of that connect with those six emotions. I didn't ask them to write the whole story, just a few words that will remind them of the story. One student found more than fifty stories. All of your personal stories will help develop your story and the message you are meant to deliver.

At this point in my life I have two grandchildren by the name of Dahlia and Xavier. They have supplied me with so many stories that can be connected to different points. Dahlia is three years old who is growing up with a sense of knowing what she wants and not afraid to ask. If she wants me to play with her she will say, "Grandpe Joe, come here". If she doesn't want me around she will say, "Grandpe Joe, Go away". If she notices that I have a cut she will ask, "What happened?" Dahlia is not afraid to say what she means. How many of us have a hard time with this concept? Xavier is nine months old and is the determined adventurer. His mother will put obstacles in his way to prevent him from climbing the stairs. Every obstacle that was placed in front of him was met with a challenge for him to solve. Much to the frustration of his parents he always meets the challenge with success. The pure joy that he would exhibit through his facial expressions was a wonderful sight to see. Sometimes, when faced with an obstacle, we fail to try forgetting the potential joy we will experience for overcoming an obstacle. Children can rewind, reteach and remind us of some valuable lessons in life. These are just a couple of examples of stories we live everyday and how these personal stories can help strengthen a point you want to make in a speech.

Joe is a member of True Blue #6871 and Bagtown Babblers #1721491. He a two time finalist is the World Championship of Public Speaking.

NEWSLETTER CONTEST WINNERS

August Contest – Sherry MacDonald, Provincially Speaking Toastmasters, Halifax, NS

September Contest – Dahlia Ghosh, Saint John Toastmasters, Saint John, NB

October Contest – Heather Drope, Creatively Speaking Toastmasters and Schooner Toastmasters, Halifax, NS

November Contest – Jeanne Mance Cormier, Hub City Toastmasters, Moncton, NB and Spotlight Toastmasters, Summerside, PEI

December Contest – Rosemary Drisdelle, Creatively Speaking, Halifax, NS and Gracefully Speaking, Bedford, NS

January Contest – Jessica Dido, Rutland Area Toastmasters, Plymouth, VT

February Contest – Barb Ruff, Yarmouth Toastmasters, Yarmouth, NS

March Contest – will your name be next? Check on this months' contest on the last page of the newsletter.

AROUND THE DISTRICT

Division A News

Division A Toastmaster Meg Simone, approached her local public access TV station and offered to do a story about Toastmasters. She ended up being interviewed for several episodes. You can see her second interview at <https://youtu.be/N1eG1Y42dAY>.

Also, NHDES is just ending their first 2017 Speechcraft session... So far Karner Blue has sponsored 24 Speechcraft sessions (4 per year for 6 years) and they are just finishing their first session of 2017.

Division B News

Plans are underway to videotape club meetings to air on local TV as well as on club websites, Youtube, Facebook, and Twitter. We have had two radio interviews with Portsmouth stations in the past 5 weeks and there are two more coming up in the next couple of weeks. The fact that these are live-streamed across the country means that the info we share might benefit clubs in other regions too. In addition, we are experiencing the thrill of camaraderie and the satisfaction of stretching our skills and comfort zones!

Division C News

The make-up Winter TLI for Division C Toastmasters was held in Saint John on Saturday 4th February from 1-5 pm at the Market Square Library. With the bright and sunny weather, the cheerful well-lit room and a group of smiling, enthusiastic Toastmasters filling the seats, it showed early signs of being a great event. And it turned out to be just that! 25 attendees gathered from 9 clubs in and around Saint John and Fredericton. There was not a boring moment as the group enjoyed excellent interactive presentations from each of the speakers - Jeremy Demerchant on the DCP program, Cheryl Grant on Division C updates, Jim Kokocki on getting involved in the club and beyond, and Louise Bouchard on member recruitment and retention. Refreshments were provided, which the group enjoyed while networking and catching up with each other. An engaging panel discussion was led by Sandra Hachey on the seven club officer roles. A quiz by Dave Fraser to test the group's listening skills, and a note of thanks by event chair Dahlia Ghosh, wrapped up this fun and fulfilling afternoon of learning. Members left with ideas and tips to take back to their clubs, and some good memories!



#d45toastmasters

The winner of the first draw of the #d45toastmasters contest was Spirit-ed #5375 from Halifax, NS. There will be two more draws – one on March 11th and one on April 1st. You can find the tweets at <https://twitter.com/hashtag/D45Toastmasters?f=tweets&src=hash>. You'll see there are lots of tweets but only a few members tweeting. Start tweeting using the hashtag #d45toastmasters and your club might be the next lucky recipient of a free conference registration.

AROUND THE DISTRICT

Divisions D and F News

Make up training was held for the Cape Breton clubs on February 18th. Lots of enthusiasm among attendees and great ideas generated for creating success.

Schooner #3978 and Sackville #4588 held a joint meeting on Monday, February 27th. This was the first joint meeting for many attendees. It was an enjoyable evening with great speeches and a good opportunity for members from both clubs to get to meet other Toastmasters.

Toast of the Coast Advanced Club held an Open House on Saturday, February 25th. It was well attended and two members joined the club that meeting. Any Toastmaster can visit the club but membership is restricted to those who have achieved at least a CC or CTM.

Once again, air cadets are looking for judges. Judges are needed for the regional contest on March 25th. Judges are also needed for the Provincial contest on Saturday, April 22nd. If anyone is interested in helping out, please contact [Heather Perkins](#) for more details.

100th Meeting

On Jan 19, 2017 Provincially Speaking reached a significant milestone.... we celebrated our 100th meeting. Our club meetings are usually well attended and we were not disappointed that day with nearly every active member attending. We are a noon time club so our meeting generally starts by getting 'right down to business', but this was a celebration.... and what's a celebration without food. Everyone enjoyed the meeting snacking on veggies, fruit and a brownie or two.

Tables Topics was transformed into an award ceremony with every member receiving an award and, of course, giving an acceptance speech. One of our charter members used this milestone to complete project #1 of Special Occasion Speeches, The Toast. The toast ended, as a toast should, with everyone raising their Dollar Store wine glass and toasting Provincially Speaking Toastmasters.

It was an exciting milestone and another wonderful meeting! Let me share the toast presented that day.

Just over two years ago, I received an email from a co-worker telling me about an upcoming Toastmasters information session. I knew a little bit about Toastmasters and several times had considered joining. I even attended a meeting or two a few years prior, but somehow always found a reason not to continue. This time it felt different.... I was excited!

Not long after, a small but eager group of employees came together for our first Toastmasters meeting. We soon realized that we didn't know how to start, organize or run a Toastmasters meeting let alone a club. Thank goodness we had our seasoned Toastmaster to guide us.

After a few months of meetings and the word getting out, little by little our membership grew. I think people began to see what Toastmasters could do for them. As time went by members started taking on smaller meeting roles and then with the help and maybe a little push, our seasoned Toastmaster encouraged each and every one of us until we all stepped up to the lectern.

After 9 months, just like having a baby, Provincially Speaking Toastmasters was born. For me, we became a family of support and encouragement. We have watched each other grow and occasionally stumble. Through it all we have both provided and received the encouragement and support needed for each of us to grow in our Toastmasters journey.

Please raise your glasses. May the next 100 meetings be as rewarding as the first. To Provincially Speaking Toastmasters!

Sherry MacDonald, ACB, ALB

D45 SPRING CONFERENCE, MAY 19 – 21, 2017

80 Days until the 2017 District 45 Spring Conference...and counting!

As the Co-Chairs of the 2017 Spring Conference in Newry, Maine, Marion Taylor and Melinda McCormack are counting down the days until we get to meet you at the Summit!

The Grand Summit Hotel is the perfect venue for our Conference as it offers amazing Hotel Accommodations, combined with all the Conference requirements that will maximize your exposure to the Spring Conference offerings.

We believe there are many reasons to attend the District 45 Spring Conference on May 19-21, but here are our...

Top Ten Reasons why YOU should attend the D45 2017 Spring Conference

10. Travel is Good for the Soul

Newry Main is a small town with big heart and beautiful scenery.

9. Maple Bacon Donuts

The Sunday River Brewing Company is famous for their Maple Bacon Donuts and there is no shortage of beverages to compliment your desert!

8. Competition

The International Speech Contest and the Table Topics Speech Contest are decided at the District level. It is an opportunity to witness high level competition as the winner of the International Speech contest will represent District 45 at the World Championship of Public Speaking in Vancouver Canada in August 2017.

7. Networking

You will meet D45 Toastmasters from Nova Scotia to Vermont. Strong connections continue after the conference and grow beyond our borders.

6. Personal Growth

The key to success is embracing opportunities to learn and grow...education sessions, leadership opportunities and success models at the Conference will help to expedite your journey of personal growth.

5. Motivation

– There is nothing more motivating than celebrating the success of those around you at the Awards Luncheon, the Director's Banquet and the Speech Competitions throughout the weekend.

4. Leadership

To become the best, you must learn from the best. The Spring Conference is full of past, current and future leaders. The combination of experience, enthusiasm and commitment makes it impossible to attend the Spring Conference without learning something new, or being inspired to become a better leader in your home Club or personal and professional life.

3. The Hospitality Suite

Toastmasters who experience the Hospitality suite often agree this is a highlight of the weekend. Food, networking, and good times are guaranteed for all who attend. A 'must' for any First Time Conference attendees.

2. District Council Meeting

This meeting is an opportunity to participate in the election of our new District Leadership, vote for Club Alignment and learn about Parliamentary procedure.

1. Two World Class Speakers

Jana Barnhill, DTM, Accredited Speaker was elected Toastmasters International President in 2008. An active Toastmaster for 24 years, Jana has been named Outstanding Club President, Division Governor and District Toastmaster of the Year.

Robert Barnhill, DTM, Accredited Speaker joined Toastmasters in 1983 and jumped right into leadership. He served in every club officer role and as District Governor in 1986.

If you attend the 2017 Spring Conference, you will leave having experienced even more reasons why you are happy you decided to REACH FOR THE TOP and MEET US AT THE SUMMIT!

JANA BARNHILL – CONFERENCE KEYNOTE SPEAKER

Jana Barnhill, DTM, Accredited Speaker was elected Toastmasters International President at the 77th annual International Convention held August 13-16, 2008, in Calgary, Alberta, Canada. She was only the fourth woman to serve as the top officer of the organization.

An active Toastmaster for 20+ years, Jana has been named Outstanding Club President, Division Governor and District Toastmaster of the Year. She is a Past District 44 Governor, having worked with a team that led D44 to the #10 District in the world and she served as International Director from 2002-2004.

Jana has been recognized for her speaking skills as well, being a five-time winner of the District 44 International Speech Contest, and going on to place 3rd in the World Championship of Public Speaking in 1993 and 2nd in 1996. In 1997, she became only the fifth woman in the organization to earn the coveted Accredited Speaker designation.

Professionally, Jana is a speaker/trainer for L.I.V.E. Speakers, Inc., a company she owns with her husband. She conducts seminars throughout the United States on management topics; including communication and leadership, team building, managing change and personality traits. She delivers keynotes and also serves as a speech writer and coach to other professionals. She has written for different magazines and was quoted in the Wall Street Journal following President Obama's first inaugural address.

Jana is active in the community with the Lubbock Chamber of Commerce, has served on several Boards including the Lubbock Community Theater, Lubbock Women's Club and is active in her church. She loves spending time with friends, theater, shopping, Christmas, shopping, movies, travel, anything fast, Disneyland (has gone at least once, sometimes three times a year since 1991), entertaining and...shopping!

Jana's Keynote – Reaching New Heights

Do you dream of reaching new heights? Do those heights take you to being the best you can be? The best you can be as an individual? At your job? In Toastmasters? Past International President, Accredited Speaker Jana Barnhill believes this organization has a way of bringing out our best, sometimes without us even realizing it. She wants everyone to experience what it means to reach your highest of heights and be your very best. In this high energy, interactive keynote she will show us exactly how we can make that happen!

Competent Communicator Awards – February 2017

Name	Club	Date Rec'd
Shahram Bagher Ghanbari	Mid Day Toastmasters	February 23, 2017
Melanie Carraher	Concord Toastmasters	February 3, 2017
Brent Cosgrove	Dal Toastmasters	February 19, 2017
Peter Craig	Exeter Speak-Ups Club	February 3, 2017
Omercan Duna	Dal Toastmasters	February 19, 2017
Dona Garippa	Ecotoasters Club	February 28, 2017
Gordon Green	River Valley Toastmasters	February 16, 2017
Joseph Hui	Schooner Toastmasters	February 9, 2017
Kevin Lane	TM of Manchester Club	February 25, 2017
Rachel Merrill	Pleasant Street Toastmasters	February 15, 2017
Michael Tesfaendrias	Spirited Speakers Toastmasters	February 9, 2017
Roger Tremblay	Spirited Speakers Toastmasters	February 9, 2017
Rosemarie Williams	Speak-Easies Club	February 2, 2017
Juanita Wilson	Les Voix Du Succès-Successful Voices	February 24, 2017

Leadership Awards– February 2017

Designation	Name	Club	Date Rec'd
CL	Jacqueline Albinati	Kennebecasis Club	February 10, 2017
CL	Brent Cosgrove	Dal Toastmasters	February 22, 2017
CL	Cheryl Grant	Fredericton Toastmasters	February 23, 2017
CL	Gordon Green	River Valley Toastmasters	February 16, 2017
CL	Carolyn Handy	Brattlemasters	February 1, 2017
CL	Carol Learie	Premiere Toastmasters	February 22, 2017
CL	Chang Lin	Running Hill Toastmasters	February 23, 2017
	Diana Thurston	TD Legendary Leaders Toastmasters	February 27, 2017
CL	Sara Wagner	Millyard Toastmasters	February 28, 2017
ALB	Mildred Doherty	River Valley Toastmasters	February 21, 2017
ALB	Carol Learie	Premiere Toastmasters	February 22, 2017

Advanced Communicator Awards– February 2017

Designation	Name	Club	Date Rec'd
ACB	Nick Hendren	Dal Toastmasters	February 22, 2017
ACB	Shane Long	Fredericton Toastmasters	February 23, 2017
ACB	Sherry MacDonald	Provincially Speaking Toastmasters	February 24, 2017
ACG	Glenn Cleland	Mid Day Toastmasters	February 13, 2017
ACG	Chang Lin	Running Hill Toastmasters	February 23, 2017

Triple Crown Awards – February 2017

Name	Club	Date Rec'd
Mildred Doherty	River Valley Toastmasters	February 21, 2017

High Performance Leadership – February 2017

Dahlia Ghosh	Saint John Toastmasters	February 28, 2017
Joseph Stehno	Horseshoe Pond Toastmasters	February 2, 2017



Of almost 2,000 members in our District, only 29% have been a member for at least 5 years, 14% have been a member for at least 10 years and only 7% have been a member for 15 years or more. Each month we will celebrate those members who celebrating an anniversary in that month. 5th, 10th, 15th etc anniversaries will be recognized.

Name	Clubs(s)	# of Years
Ella Brown	Faithfully Speaking Toastmasters	10
Christine Fernie	Wolfville Toastmasters and Annapolis Valley Toastmasters	10
Laura Rudderham	Faithfully Speaking Toastmasters	10
Conrad Pink	Celtic Toastmasters	5
Crystal Poupart	Celtic Toastmasters	5
Brittany Smith	Celtic Toastmasters	5
Maureen Smith	Celtic Toastmasters	5
Robert Smith	Celtic Toastmasters	5
Rhenelda Sylliboy	Celtic Toastmasters	5



Every 5th anniversary of a club is recognized. Once a club has reached the half-century mark, every anniversary is included and celebrated. The following clubs are celebrating significant anniversaries in the month of March:

Saint John Club #1479 chartered 63 years ago on March 1st, 1954.

Kennebec Valley Toastmasters #1468 celebrates 40 years having chartered March 1st, 1977.

Faithfully Speaking Toastmasters #974612 chartered 10 years ago on March 20th, 2007.

Karner Blue Toastmasters #983146 also chartered 10 years ago on March 31st, 2007.

Celtic Toastmasters #1799846 celebrates 5 years having chartered on March 29th, 2012.

MARCH EVENTS

31st Club contests should be completed.

Area Director visits continue.

APRIL EVENTS

8th – Areas 2 and 3 Contests, Moncton, NB

8th – Areas 13 and 19 Contests

8th – Areas 18 and 22 Contests, St. Ignatius Church Hall, Bedford, NS

10th - Area 4 Contests, 6 pm at ConnexionWorks - 3rd Floor, Bell Aliant building (adjacent to Brunswick Square), 1 Germain St, Saint John

10th – Area 10 Contests, Portsmouth, NH

18th – Area 14 Contests, Community Room, MTI Bldg Brunswick Landing, 8 Venture Ave, Brunswick, ME

22nd – Area 17 Contests, Summerside, PE

22nd - Areas 11 and Area 9 Speech Contests, Northwood Centre Penthouse, 2 to 4pm

22nd - Division C Contests at the Dr. Everett Chalmers Hospital Conference Rooms A and B with briefing at 12:30 pm. Contests will begin at 1:00pm.

29th – Division A Contests, 8:30 a.m. at Dept. of Environmental Services, Hazen Drive; the doors open and contests begin at 9:30 a.m.

29th - Division G Contests, Kilton Public Library West Lebanon, NH

Area Director visits continue.

MAY EVENTS

6th – Division E Contests

6th – Divisions D and F Contests, Port Wallis United Church, Dartmouth. Briefings at 9:30 with contest start at 10 am.

19th – 21st District 45 Spring Conference, Sunday River, Newry, ME

31st – Area Director visits MUST be completed.

**Things to Remember**

Is your club on the road to success? Are you Reaching for the Top with plans to make Distinguished or better? There are currently 35 clubs in the District that have 5 or more DCP points, thereby qualifying for at least Distinguished club. However, 16 of those clubs do not have sufficient members to qualify (20 members or net growth of 5). The remaining 19 have to ensure that they will retain enough members with the April payment to continue to qualify. There are 18 clubs that have sufficient members but have not yet achieved at least 5 DCP points. Many of those clubs are only a point or two short and will most likely achieve.

This is the time to review how you are doing in the Distinguished Club Plan so you can ensure you have a plan in place. You can check out how your club is doing by going to <http://dashboards.toastmasters.org/> and entering your club number in the box at the top left of the screen. This will show what requirements you've met and what is still needed.

Put a plan in place to achieve at least Distinguished by April 30th. All clubs that make Distinguished or better by April 30th are recognized at the spring conference.

JUNE EVENTS

3rd – Divisions D and F Greenwood TLI, Birchall Training Centre, Greenwood, NS

17th – Divisions D and F TLI, St. Vincent de Paul Church Hall, Cole Harbour, NS

17th – Division C Summer TLI at the Northside Senior Center 112 Johnson Avenue. Fredericton NB

Leadership Word Search

L E B I E M C Y R P G W I N W E C C O D
 J E X V V D O F E E A Z X G G J H M Y F
 E M G Y L R M M N I L B H A P A C W T P
 T U X I U N M I I T Z V R H L T T T I G
 V T E V T T I D V O P U Z L P U R H R M
 V C Y J K I T T D P O R E L S B S W O J
 T X B Q J C M W V C Q N X X S R I F H C
 C Q E B S E E A N A G N S B E T I K T B
 T K N E Z M N E T E Y U E D P Q W P U W
 P D E D O U T R S E N A A B G T J A A P
 J Y F G R N R E F E R E N T G Q U F D W
 Q G I P C A O F S V L X T M L J T S M M
 Y P T L U R W I V T L B I V K N A C O S
 C W S N R A Z E T V E E Q D T S O M L J
 H R N P M K N J R C A T A X Y E D Y B W
 N O I S I V S K F S E H P R R A J N S S
 S N O I T C E L E M S R S C N E E W T R
 Z S S K A D E L E G A T I O N I D C U O
 T Z J O W K T T S A W V T D P T N Q Q S
 D L O B I N P K Y W E F W U Y N M G V N

AUTHORITY
 BENEFITS
 CHALLENGES
 COERCIVE
 COMMITMENT
 DELEGATION
 DIRECTION
 ELECTIONS
 ENCOURAGE
 LEADERSHIP
 LEARNING
 LEGITIMATE
 REFERENT
 REWARD
 VISION

We're still looking for articles so we can build a repository of articles to share. This is YOUR newsletter and it needs YOUR content. Turn one of your speeches into an article. It doesn't have to be long – even half a page would be great. We all have great ideas on how to be successful ourselves and how to make our clubs successful. Share those ideas with others! Tell us about your first experience with Toastmasters. What have you learned? What about tips on speech ideas? The possibilities are limitless. Send your articles to the [newsletter editor](#) along with a photo of yourself. Let's fill the newsletter with articles by, and about, our District 45 members.

Newsletter Contest

Prizes are a choice of a large portfolio and pen or a tablet cover. Your entry should be sent to the newsletter editor, [Heather Perkins](#).

This month's question, based on the February newsletter is:

Who is the Chair of the District Leadership Committee?

To qualify for the draw, you must give the answer and the page number where it appeared. Entries must be received by March 10th, 12:00 pm EDT.

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