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## Welcome

**Good Luck** to all members of District 45 for the 2006-2007 as they pursue their Toastmaster goals. **Special thanks** to Members who have volunteered to hold Club Executive positions for the year. In doing so you will assist their fellow members achieve their goals and help their club reach Distinguished Club status!

## Meet the 2006-2007 District 45 Executive Team

District Governor: Dan Bell, DTM  
Lieutenant Governor of Education & Training: Heather Perkins, DTM  
Lieutenant Governor of Marketing: Candice Buell, ATM-G, CL  
Public Relations Officer: Wendy Harding, DTM  
Immediate Past District Governor: Gerald Higgins, DTM

Area 1 Governor: Susan Meek, ATM-G	Area 14 Governor: Alli Young, CL
Area 2 Governor: Debra Pickel, CL	Area 15 Governor: Heather Jarvis, ATM-B
Area 3 Governor: Paul Howatt, CL	Area 16 Governor: John Reed, ATM-G
Area 4 Governor: Julie Kean Marks, ATM-G	Area 17 Governor: John Newman, ATM-S
Area 5 Governor: <i>Vacant</i>	Area 18 Governor: Karen Caldwell, ATM-B
Area 6 Governor: Lanna Lee Maheux-Quinn, ATM-B	Area 19 Governor: Louise Bernier, ATM-S
Area 7 Governor: Bob Thompson, ATM-B	Division A Governor: Marcia Sprague, ATM-G
Area 8 Governor: Dona Bate, ATM-G	Division B Governor: Dot Brooks, DTM
Area 9 Governor: Cornelius Muise, ATM-B	Division C Governor: Shane Walsh, ATM-B
Area 10 Governor: Mark Zemgulis, CL	Division D Governor: Michael Kennedy, DTM
Area 11 Governor: Brenda Saunders/Todd, ATM-B	Secretary: Evelyn Kennedy, CL
Area 12 Governor: Susan Francesco, CL	Treasurer: Wayne Mercer, CL
Area 13 Governor: Gary Belding, ATM-B	

Farwell to Alain Bilideau, ATM-S who was Area 13 Governor early this year. His job is taking him to Florida. Thank you and good luck Alain.

## Congratulations—District 45's Newest DTMs

Congratulations are extended to District 45's newest DTMs: **Betsy Black** (past Area 12 Governor) and a member of Concord Toastmasters; **Michael Kennedy** (current Division D Governor) and a member of Schooner Toastmasters and Toast of the Coast Toastmasters; and **Brian Linville** (past Area 10 Governor and past Division B Governor) and a member of Tri-City Toastmasters. Watch for an upcoming edition of The Toastmaster magazine where these accomplishments will be highlighted.



District Governor



Dan Bell, DTM  
District 45 Governor

"Logic dictates that the needs of the one outweigh the needs...of the few...or the one!" This quote is from a conversation between Kirk and Spock as Spock lay dying in "Star Trek II: The Wrath of Khan".

As this storyline progresses in "Star Trek III: The Search for Spock", a freak miracle of science and nature resurrects Spock. When he asks Kirk why he returned to rescue him from a doomed planet, the reply is "The needs of the one outweigh the needs of the many."

As a fan of the silver screen, I've borrowed several life lessons from movies. I have adapted the above quote into my theme for this year – **O.N.E.** This acronym stands for Ownership, Nurturing, and Empowerment.

**Ownership** is what people do when they join Toastmasters; they take ownership of their lives by making a decision to improve a set of skills. As Toastmasters, we also assume ownership by helping other members achieve their goals.

**Nurturing** is the combined efforts of mentoring, coaching, and evaluating members as they progress through the educational and leadership programs.

**Empowerment** is what we offer members to make a change in their lives as a result of their Toastmasters experience. Through the structured programs and positive, constructive feedback, members are empowered to use their enhanced skills outside of Toastmasters to help not only themselves but others as well.

How can you help another **ONE** achieve their goals? Will you mentor a new or current member? Will you coach a new member through their first three speeches? Will you provide positive, constructive evaluations?

If we can all do this, our efforts will go a long way towards assisting others to earn their next educational or leadership award. These awards help the Club, Area, Division, and District become Distinguished. It all starts, however, with **ONE** – the member. It's a simple concept, a simple theme that is at the heart of everything we do in Toastmasters.

In Memoriam  
Bill Chase  
1925-2006



Bill Chase, District 45 Governor 1970-71, died on August 12, 2006. Bill was a long-time member of the Sears Halifax #1555 club and he founded Sackville Toastmasters #4588. Bill and his wife Joan were regular attendees of District conferences until such time as his health prevented him from attending. Bill donated the Interclub Visitation trophy to the District because he believed in the value that could be gained from members visiting other clubs. Toastmasters was an extremely important part of his life and his wife said that in honor of his dedication to Toastmasters, he was buried with his Past District's Governor pin.



District 45 Fall Conference  
November 3-5, 2006  
Hilton Garden Inn  
Freeport, Maine

Deb Nowak, DTM and Conference Chair, officially invites all Toastmasters and their guests to the District 45 Fall Conference.

Some reasons to attend the conference:

- The Humorous Speech Contest
- The Evaluation Contest
- Quality Education Programs
- Recognition of Toastmaster Achievements
- Great Speakers
- Meet and Mingle with District 45 Toastmasters
- Fun, rest and relaxation

Keep checking future issues of "The CanAm Link" and the District 45 website [www.toastmasters45.com](http://www.toastmasters45.com) for more information.

District 45 Performance Goals 2006-2007

As set by Toastmasters International for District 45 to Achieve for Distinguished District Status

Topic	Requirement
Planning	High Performance Plan Be Submitted by Sept 30th
Training	85% of Division Governors & Area Governors Trained
Clubs	94
Membership (number of semi-annual dues payments)	3952
Competent Communicator Designations Earned	135
Advanced Communicator Designations Earned	38
Leadership Designations Earned	92

## Lt Governor of Education & Training



Heather Perkins, DTM  
Lt. Governor of  
Education & Training

### CC Anyone?

As of July 1, the new educational designations came into effect. When you complete your first manual, you will now achieve the designation of Competent Communicator (CC). The advanced designations have also changed to Advanced Communicator Bronze (ACB), Advanced Communicator Silver (ACS) and Advanced Communicator Gold (ACG). Along with these changes are the changes to the leadership designations which will be addressed in a later issue of the newsletter.

Why not be the first person in your club to achieve one of these new designations? As of the end of July, we already have 3 new CCs and 1 new ACB with more coming in every day. If you only have a couple of speeches left to achieve your first or next designation, work with your VPE to schedule those speeches. Set yourself a specific goal for completion of the designation and you'll be surprised how quickly it can happen.

### Contest Participation

Heather Perkins, DTM  
Lt. Governor of Education & Training

We're entering another round of contests. This round of contests in the fall culminate with the District Humorous Speech and Evaluation contests on November 3 – 5 in Freeport, Maine. Start thinking now about competing in your club contest for either or both of these contests.

Why should you compete? Competing in a speech contest is another learning opportunity provided by Toastmasters. It takes you out of your comfort zone and that is when learning occurs. Even in your club contest, when you're speaking in front of your usual audience, it's a different experience when it's a contest.

If you accept the challenge of competing, you will feel a sense of accomplishment. It doesn't matter if you win, the experience of competing is what's important. But if you do win your club humorous contest, use this opportunity to have other Toastmasters help you improve your speech. Working and re-working your speech will help you develop all aspects of your speaking skills.

Any member, other than a District officer, can compete in these two contests. It doesn't matter how long you've been a member or how many speeches you've completed. Take this opportunity to try something new and compete. Who knows – you could have the honor of representing your club, your Area and your Division in Freeport, Maine.

### Attention Vice Presidents of Education!



Has someone in your club recently completed five speeches toward a Competent Communicator designation or are they halfway to an Advanced Communicator designation? Is someone about to complete their 5<sup>th</sup> speech? If so, go to <http://www.toastmasters45.com/award-halfway-submit.php> on the District 45 website and complete and submit the form. The Lieutenant Governor of Education and Training will send you a halfway certificate to present to your member at a club meeting. If you submit this form several weeks prior to the member completing the 5<sup>th</sup> speech, you can have the certificate on hand to present immediately upon the member completing the speech.

### Submit Award Applications to World Headquarters:

Do you have a completed Educational Award Application just lying around waiting to be completed and sent to WHQ? Why wait? After completion, fax that application to 949-858-1207 and get it taken care of. Or better yet, why not have a member of your club executive submit the award application on line? Go to [www.toastmasters.org](http://www.toastmasters.org). On the left side of the pane there is a section called "Club Business". Just enter your club number and password, hit the Log In button and then go to the section "Apply for Educational Award/s for my club member". Submit CC, ACB, ACS, ACG, new CL, ALB, ALS and DTM award applications for club members here. If you have already mailed or faxed an application to World Headquarters, please do not submit it again here. If you are applying for the Competent Leader award under the previous requirements, you cannot do so here. Instead, you must fax or mail the "old" CL application to World Headquarters.

Why wait? Get your personal and club educational goals met early in this Toastmaster Club year! Help your club become Distinguished by April 30th!

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## Lt Governor of Marketing



Candice Buell, ATM-G, CL  
Lt. Governor of Marketing

*"Maintaining seasoned Toastmasters can only strengthen the development of new members."*

I have been in Toastmasters for seven years now, and every year I learn from not just my own but everyone's experiences. This is an organization of sharing what works best.

As this Toastmasters year begins we need to start thinking about our membership growth and new club development. Twice a year when we renew our club dues, we expect to see a certain percentage of the membership decrease. We all need to stay focused on the continuous additions of new members all the while striving to maintain the present members. Lets have all clubs reach to obtain at least eight new members and earn points toward their DCP plan, starting with one member at a time.

We have seven new clubs with applications to charter submitted and many new inquiries to start new clubs throughout the District. It is my hope that many of you as members will step up and start working closely with other members to have these inquiries become successful clubs. If each Area has a goal of one new club that would be 380 new members. This would increase the opportunity for both leadership roles and educational awards.

Toastmasters International has several membership building programs, search to find the best program to help your club, area or division reach success in club building and attracting new members. Maintaining seasoned Toastmasters can only strengthen the development of new members. Together as members we are able to build strong clubs.

Do what we do best, talk up Toastmasters every opportunity you have. Being a Toastmaster is a lifetime of training and a continuous adventure to strengthen and develop our communication and leadership skills.

I hope each member takes part in this year's theme by expressing O.N.E., Ownership, Nurturing, and Empowerment!

## The Smedley Award:

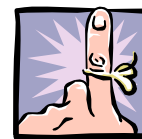
Ralph Smedley and a few men met in the Santa Ana, California YMCA and conducted the first meeting of what would eventually evolve into what we know today as Toastmasters. One person initiated a program that would go on to affect millions of people. In his honor, can your club add five new, dual or reinstated members between August 1 and September 30? By doing so you'll qualify to receive a Smedley Award ribbon to display on your club's banner. This club will also earn a choice of one module from The Better Speaker Series, The Successful Club Series or The Leadership Excellence Series.

Membership applications and payment for member who join between August 1 and September 30, must be received at World Headquarters or online no later than September 30. Each member's "join date" as listed on the application must be no later than September. Transfer and charter members do not count for credit. There is no need to apply for this award. Your club is automatically entered when the first new member application is received in August.

Reprinted from "2006-2007 Membership Building Contests" brochure published by TMI

## Semi Annual Dues Payment!

It's not too early to start collecting your club's semi-annual dues. They must be received at WHQ by October 1. Collect today!



## Mark Your Calendars...

Division C Fall Humorous Speech and Evaluation Contests: October 21, 2006 (tentative). Time and Place to be announced  
District 45 Fall Conference: November 3-5, 2006 Hilton Garden Inn, Freeport, Maine  
District 45 Spring Conference: May 25-27, 2007 Halifax, NS



**District Officers Trained**  
On July 22 Area Governors and Division Governors converged on the Ramada Inn in Bangor, Maine for District Officer Training. Providing the training were District Governor Dan Bell (*pictured*); Lt Governor Education and Training Heather Perkins; Lt Governor Marketing Candice Buell and Public Relations Officer Wendy Harding.

Photo by Karl Stewart

## Featured in "Toastmaster"

District 45's own Lisa Bishop is featured in the August 2006 edition of "Toastmaster" magazine in an inspiring article entitled "Speaking out About Autism" (pages 6, 7). Lisa, who recently completed her Competent Communicator designation is a member of the Brunswick and Mainley Speakers Toastmasters clubs. Congratulations Lisa!

## Public Relations Officer



Wendy Harding, DTM  
Public Relations Officer

Many experts say that one of the keys to a successful organization is good communication. Our organization needs to communicate with existing members and potential members.

The geographic proportions of District 45 present many challenges; communications needn't be one of them. As Public Relations Officer I'll be focusing on extending existing communications networks in our District while building new ones. For example, I want members in PEI to celebrate the successes of members in Vermont. I want clubs in Nova Scotia to try ideas that were successful in New Hampshire and I want potential members in New Brunswick and Maine to be able to find out about our organization and their nearest club.

Through the use of this monthly newsletter, our District website ([www.toastmasters45.com](http://www.toastmasters45.com)) and our District directory, let's focus on communicating better and easier. Please feel free to contribute articles to the newsletter. Visit the website often. Tell others what works for your club.

Let's learn about each other and share ideas and by doing so, let's celebrate O.N.E.!

## Educational Achievements

Award Name	Date Awarded	Member Name	Club Name	
<i>Competent Communicator</i>	August 7	Dorothy Brooks	Brunswick Club	
	August 13	Lisa Bishop	Brunswick Club	
	July 28	Lee Sudsbury	Speak-Easy TM Club	
	August 9	Candice Buell	Excel-Orators TM Club	
	August 9	Roger Davies	Excel-Orators TM Club	
	August 2	Timothy Smith	Blueberry Hill Club	
	July 28	Jennifer Perry	Ad Libs Club	
	July 26	Candice Buell	Tri-City Club	
	August 20	Patricia Gillis	Confederation Club	
	August 22	Carol Arsenault	Confederation Club	
	August 22	Shawn Jones	PROSPECT SPEAKERS	
	<i>Advanced Communicator Bronze</i>	July 31	Gregory Carrigan	Strait Talkers TM Club
		August 3	Danny Walmsley	Sears-Halifax Club
August 7		Carl Zeno	Rutland Area Club	
<i>Advanced Communicator Silver</i>	August 22	Christopher Halpin	TM Greater Burlington	
<i>Advanced Communicator Gold</i>	August 11	Brian Linville	Tri-City Club	
	August 18	Candice Buell	Tri-City Club	
<i>Leadership Excellence</i>	August 1	Marcia Sprague	Concord TM Club	
	July 1	Betsy Black	Concord TM Club	
<i>Competent Leader</i>	August 1	Michael Kennedy	Schooner Club	
	August 1	Cristina Grau	TM of Manchester	
	August 1	Lucy Kezar	Exeter Speak-Ups Club	
<i>Competent Leader (new)</i>	August 18	Wendy Harding	Valley Health Club	
<i>Advanced Leader Silver</i>	July 30	Michael Kennedy	Schooner Club	
	July 1	Betsy Black	Concord TM Club	
<i>Distinguished Toastmaster</i>	July 1	Betsy Black	Concord TM Club	
	July 30	Michael Kennedy	Schooner TM Club	
	August 11	Brian Linville	Tri-City Club	



## Use This Space! EXTRA-EXTRA

Is something exciting happening at your regular club meeting sometime in the future? Perhaps you're holding a special event or a contest? Send me an email ([wendy.harding@toastmasters45.com](mailto:wendy.harding@toastmasters45.com)) and let the entire District know about it! Include club name and number, date, time, a description of what's happening and of course your name and we'll publish the details. Perhaps you'll have guests from around the District! And why not jot us a note to tell us how the occasion went? Both are great ways to publicize both your event, your members and your club! PS: I LOVE PICTURES!

