



District 45- Toastmasters International Newsletter

District Performance Scorecard

Category	Goal	Where we are	Achieved
Planning	District High Performance Plan Prepared & Sent	Prepared & Sent to TI	Yes!
Training	85% of Area/Division Governors Trained	100	Yes!
Membership	3888 memberships	1848	
Clubs	87	86	
CTMs	133	67	
ATMs	38	26	
CLs, ALs, DTMs	85	16	

Special Interest Articles:

- Meeting Ideas
- District program standings
- Call for District Officers
- Looking for Competent Leaders

Individual Highlights:

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Fall Conference 2004 Saint Andrews, New Brunswick



Educational presenter, Jim Kokocki, DTM, PID

Awards Ceremony- District 45 Distinguished Toastmasters Shirley Kelly, Heather Perkins, Peter Hazen, Jim Kokocki, Bill Tighe, Harry McClenaghan and Audrey Schneider congratulate Wendy Harding, new DTM



Dinner banquet head table- Carl Duivendoorn DG, Gerry Higgins LGET, Dan Bell LGM, Nathan Davis Conference Chair, Candice Buell District Secretary and Bill Tighe, PDG

Educational guest speaker- Dave Sanfacon



Our fearless leader- Carl Duivendoorn, DTM

Humorous Speech Contest Winners:
2nd Place- Roger Ford club 6205 Area 8 Division A
1st Place- Mike Harris club 9558 Area 6 Division B
3rd Place - John Newman, club 2738 Area 2 Division C

District Governor



Carl Duivenoorden
DTM
District 45 Governor

*“...Make 60-40
Leadership YOUR
formula.”*

The 60:40 Rule of Leadership

Have you ever heard of the “60:40 Rule”? It’s a paradigm of many successful relationships. In 50-50 relationships, everything is equal, balanced and fair. You get as much as you give.

But 60-40 relationships are based on a different way of thinking: each party has the attitude of giving 60% and expecting 40% – in other words, giving more than they expect in return. When both sides commit to 60-40, a relationship can actually function at the proverbial “120%”, and great things can happen.

I believe the 60-40 rule applies to Leadership as well. Each of us, in our leadership role, has the opportunity to “walk the walk”, “go the extra mile” or “under-promise and over-deliver”. In doing so, we can inspire those around us with our dedication, focus and integrity. 60-40 doesn’t mean expecting or accepting lower performance; it means setting a higher personal standard and inspiring the same in others, so that the end result is a 120% performance.

Are you a 60-40 Leader? Are you a doer, an achiever, a mover, a shaker, an inspiration? You can be! Re-dedicate yourself to your goal, whether it be achieving your DTM, becoming a better evaluator or making your club Distinguished. Make 60-40 Leadership YOUR formula – you’ll inspire change in others AND change your corner of the world!

PS The midway point of the Toastmasters year is a great time for club executives to review their Club Success Plan, re-motivate members to achieve educational goals, and re-commit themselves to making their club Distinguished! ♣

Meeting Ideas

Host a Storytelling Event

Submitted by Elaine Eaton, Area 9 Governor

Members working on the Storytelling advanced manual can host a storytelling event with a holiday theme in a public place and invite community members to attend. Sissiboo Speakers club 507 hosted a Halloween storytelling event at a local school this fall. It was such a success that the school asked if the club would like to host another event with a different holiday theme soon!



Team Table Topics (Story Tag)

Submitted by Tim Smith, Area 6 Governor

Start with 4-5 people on a team. The Table Topics Master sets time periods for each speaker to speak from 1 to 2 minutes. Table Topics Master then introduces a subject about which the team must tell a cohesive story with an opening, body and closing. The first person speaking must stop exactly when the red light comes on at the predetermined time; the next team member continues the story in a smooth transition and talks until the red light comes on again, and so on. All team members speak and see if they can tell a complete story that makes sense and has all the elements of a table topic speech within the time frames allowed. It takes teamwork. It is challenging and fun! ♣

Introducing our Lieutenant Governor Marketing

Six years! Six years of listening, thinking, and speaking. Six years as a member of Toastmasters. When I look back at my brief tenure in this wonderful organization, I have learned so much from my two terms as Club President, from last year's experience as Area Governor, from participating in speech contests and from attending Area/District events.

I also realize that I have attained a level of distinction of which I consider a dubious honour: being one of only two members remaining in my club from when I first joined.

This point speaks volumes about a key challenge our organization faces: membership retention. Why do we have such high turnover in membership? We are already familiar with the basic explanations given by departing members such as job opportunities in other towns, changes in the demands of family or work, personal problems, and so on. I believe, however, the main reason people leave our organization results directly from not helping them fulfill their goal(s) for joining Toastmasters in the first place.

To help us understand people's desires, Maslow's "hierarchy of needs" does a great job of summarizing our needs into five distinct groups. We begin with the basic physiological needs for food and shelter; we then look for safety; next is socialization; fourth is self-esteem; and the pyramid of needs culminates in self-actualization.

Indeed, the Mission of Toastmasters International states "...<T/> helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization..." which is defined as the realization of one's talents and potential. We can see then that Toastmasters helps members build their self-esteem on the path towards realizing their potential (or even expanding upon it).

If we truly believe that the Toastmasters program helps people realize their potential, then we have an instrument of colossal strength to use in membership building. We currently use this to convince people to form new clubs. We definitely use it to encourage guests to join existing clubs. We should also use it to retain existing members.

We can use this tool in two ways. First of all, we must give our members reasons to stay by conducting well-planned meetings and interesting educational programs that will assist them in meeting their goals. Secondly, all clubs should conduct the "Moments of Truth" module from the Successful Club Series. This module and the responses from members will help us determine if there are areas of improvement that will make our club a place to which members will continue to return.

As your Lt. Gov. Marketing, it is my responsibility to assist the District by growing our membership. I see a lot of potential growth simply from increased membership retention. I hope all of you do as well as we continue to "Change Our Corner of the World". ♣



Dan Bell
ATMB
Lieutenant Governor
Marketing

"First of all, we must give our members reasons to stay..."

Three Main Marketing Goals

1. Integrate the newly formed Division level of support into the executive structure of Marketing District 45.
2. Work with Division governors to building 1 new club in each of our 17 Areas.
3. Grow the number of members in District 45 to the 2000 level by actively seeking new members and encouraging clubs to work diligently to retain members.



Fall Conference Evaluation Contest Winners:

- 1st place Joe Grondin, club 6382 Area 2 Division C
2nd place Jim Bendell, club 9307 Area 11 Division D
3rd place Caryl Lajoie, club 2112 Area 12 Division A

Club Presidents and Educational VPs:

Remember to send requests for “**Halfway There**” certificates to District Secretary Candice Buell at Candice.buell@ps.ge.com

District 45 Otto Peter Award Outstanding Club/Area Newsletter

Submit three issues of your Club or Area newsletter to Public Relations Officer Donna Tasker by March 31st to be eligible for this award.

Newsletters are judged on:

- Content
- Readability
- Layout and Presentation

For more information, see the District 45 website at www.toastmasters45.com

District Program Standings



2004-2005 TRIPLE CROWN ACHIEVERS

Candice Buell, ATM-G/CL (CL, CTM, CTM)

Deb Nowak, DTM (CTM, ATM-B, CTM)

Laverne Lewycky, ATM-S/CL (CTM, ATM-B, CL, ATM-S)

Clubs on Track for Distinguished by April 30

Club	Area	Division	Points
7347	16	A	6
8700	10	B	5
5382	2	C	5
4588	11	D	6

Club Anniversaries

- ✚ Milford club 5785 Area 7 NH- **15** years in February
- ✚ Winning Spirit club 4921 Area 2 NB- **10** years in January
- ✚ UNB club 237 Area 13 NB- **10** years in February
- ✚ Sussex club 5386 Area 13- **10** years in March
- ✚ Toast of the Coast club 4592 Area 9 NS- **5** years in February
- ✚ Grand Falls/Sault club 6262 Area 3 NB- **5** years in March
- ✚ PLGS club 7427 Area 4 NB- **5** years in March

New Clubs

- ✚ Valley Toastmasters club 741098 Area 2 NB chartered 12/01/2004

Around the District

Lakes Region Toastmasters club 2559 in NH celebrated their 35th Anniversary with a Roast and Toast of their founder, Bill Plante, DTM at Hart's Turkey Farm on December 1, 2004.

Area 17 congratulates Carol Storey of Premiere Toastmasters for achieving her CTM in November.

Concord Toastmaster Marcia Wyman is coordinating a Speechcraft program November through March to introduce non-Toastmasters to the skills of public speaking.

Area 11 members Bev MacPhail, Karen Walker

Chase, Dave Decoste, Sandy Pepper, Barb Bell, Pierre Dupuy, Mel Gosse, Shari Ramsey and Elaine Eaton helped conduct Speechcraft programs at Canada Post and the Halifax Credit Union.

Area 12 Governor Jane Clow has been nominated as “Young Business Career Woman of the Year” by the Business Professional Women's Club of Franklin NH.

Coastmasters club 658057 in ME held a charter celebration in November with several guests and company officers in attendance. Fun, food and festivities followed and guests Ann Filley and Edie Dupuie were recruited as new members! ♣

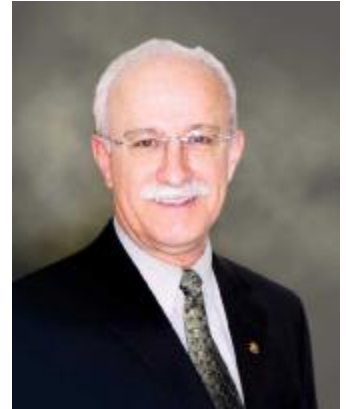
Lieutenant Governor Education and Training

The District 45 leadership team continues to foster great leadership potential in its membership. Opportunities abound within the district for individual members to develop their leadership skills. I encourage you to "Step up to the plate" and offer your leadership skills to your club, area and district. The Toastmaster experience embraces a broad range of learning and doing opportunities which extend beyond the local Toastmasters Club.

Last year District 45 graduated 182 CTMs and I suspect that many of these new CTMs are now members of club executives around the district and have attended Club Officer Training. Three of the four requirements for Competent Leader will be achieved by December 31st. Do two modules from the Successful Club or Leadership Excellence Series and be part of making Your Club a Distinguished Club.

Distinguished Clubs are the strength of the district. They achieve The Mission of a Toastmaster Club in the most effective and efficient manner. Toastmasters International has asked us to focus on the Distinguished Club Program (DCP) to achieve the club mission. The 10 points of the DCP are the critical success factors in the deliverance of our club mission. The goal of District 45 is to help all of our clubs to be "Distinguished". Ask about the "4 Dedicated Officer" plan to achieve distinguished status.

As we move toward the last half of our Toastmaster year, I ask our Division and Area Governors to continue to concentrate their second round of Club Officer Training efforts on helping every one of their clubs be distinguished. Encourage your clubs to be part of -The Distinguished by Apr 30th Program. The first round of training informed each Officer what their role is. The second round should help them to finish strong in that role and encourage them to continue in a leadership role. ♣



Gerry Higgins
DTM
Lieutenant Governor
Education and
Training

"Ask about the "4 Dedicated Officer" plan to achieve distinguished status."

Call for District Officers for 2005-2006

Due by March 15, 2005

Nominations are now being accepted for the May 28th election to the 2005-2006 offices of District Governor, Lt Governor Education and Training, Lt Governor Marketing, Public Relations Officer, the four offices of Division Governor.

All nominations must be received by March 15th by the Nominating Committee Chair. A nominating committee report will be submitted to District Governor Carl Duivenvoorden, DTM on April 15th.

Candidates must submit a brief Resume of Qualifications to the Nominating Committee Chair. Resume should include the following information:

Name
CTM/ATM/DTM
Club(s) Number and Area
Date Submitted
Mailing Address
Email Address
Phone Number(s)
Years of Toastmaster Service
Offices Held
Toastmaster Awards
Education
Community Service
Occupational Background
Hobbies and Interests
Any Other Pertinent Information

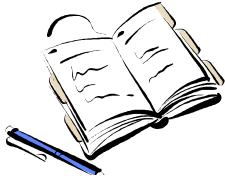
Nominating Committee Chair:

Jim Kokocki, DTM, PID
Box 6393
Saint John, New Brunswick
E2L 4R8
Canada

Phone: (506) 658-1314
Phone - Work: (506) 658-7062
Email: jkoko@nbnet.nb.ca

Feel free to contact Jim to ask any questions you may have about the roles or the process. ♣

Mark Your Calendars



May 27-29, 2005
Spring Conference
 Lord Beaverbrook
 Hotel
 Fredericton, New
 Brunswick

June 9-11, 2005
**Region VII
 Conference**
 Fairview Park Marriott
 Falls Church, Virginia

August 24-27, 2005
**International
 Convention**
 The Westin Harbour
 Castle
 Toronto, Ontario

District 45 website:
[www.toastmasters
 45.com](http://www.toastmasters45.com)

**CALL TOLL FREE:
 1-888-340-3633**

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Educational Awards October through December 17, 2004

Award	Member	Club	Award	Member	Club
CTM	Beattie, Steven M.	4588	CTM	Sullivan, Lauren N.	8700
CTM	Bissonnette, Anne M.	2173	CTM	Feeney, Laura A.	816
CTM	Doucet, Kate	7068	CTM	Gearty, Richard	5321
CTM	Hubley, David A.	1555	CTM	Gibson, Suzanne M.	7673
CTM	Immen, Patricia A.	1383	CTM	Guay, Lyne	1555
CTM	Kelly, Ken L.	4653	CTM	Panther, Cora M.	4653
CTM	Konselman, Julie A.	5785	CTM	Sawyer, Robert W.	1741
CTM	LaFleur, Thomas C.	9719	CTM	Schroeder, Eric L.	2559
CTM	Noonan, Karen	4085	ATMB	Bernier, Marie-Louise	2204
CTM	Schau, August J.	1741	ATMB	Moran, Robert B.	2156
CTM	Smith, Melanie A.	1383	ATMB	Lewis, Franklin	4198
CTM	Storey, Carol M.	2738	ATMB	Lewycky, Laverne M.	7068
CTM	Bessler, Beth A.	7268	ATMB	MacPhail, Beverly C.	4588
CTM	Bolduc-Musumeci, Denise G.	6954	ATMB	Nowak, Debra E.	2156
CTM	Buell, Candice L.	4557	ATMB	Salmon, Peter	1479
CTM	Buell, Candice L.	7682	ATMB	Fazio, Annette	7673
CTM	Churchill, Craig	4588	ATMB	Gallant, Elaine	5382
CTM	Hankla, Karen M.	2669	ATMB	Renz, Andrea R.	8700
CTM	Hymoff, Jessica A.	816	ATMS	Lewycky, Laverne M.	701836
CTM	Kennedy, Joyce P.	1741	ATMS	Morton, Gary	8104
CTM	Mahoney, Michael J.	7268	ATMS	Wallace, Andrew A.	4402
CTM	Mowers, Carol S.	8700	ATMS	Daigle, Lorna T.	1479
CTM	Penkar, Amita S.	816	CL	Lewycky, Laverne M.	701836
CTM	Smith, Julia M.	4899	CL	Grondin, Joseph F.	5382
CTM	St Cyr, Mark L.	5321	CL	Duivenvoorden, Carl J.	6423

Attention Club Officers- Looking for Competent Leaders!



Many of you are at least 75% of the way toward achieving a Competent Leader award! The requirements for CL are:

- Achieved a CTM award
- Served as a club officer and participated in the preparation of a Club Success Plan
- Participated in officer training as a Club officer
- Conducted any two programs from the Successful Club Series and/or the Leadership Excellence Series

If you have accomplished the first three requirements, you are just two presentations away from earning a CL! If **one** officer from each club earned a CL award before June 30, 2005 District 45 would reach their goal of 85 CLs, ALs, DTMs. If **two** officers from each club earned a CL award, the club would earn two points toward their Distinguished Club Plan. As LGET Gerry Higgins said, "Be part of making YOUR Club a Distinguished Club." Earn a CL and help both your Club and the District to reach their goals! ♣

Editor's Note: Thanks to Dom Domingo for sending pictures for the newsletter!