

# Can - Am Link

*“Expect the Best News”*



## District 45 – Toastmasters International Newsletter

### District Performance Scorecard

Category	Goal	Where we are	Achieved
Planning	District High Performance	Prepared and Sent to TI	<b>YES!</b>
Training	85% of Area Governors Trained	100% Trained	<b>YES!</b>
Membership	4015 Memberships	941	
Clubs	91	90	
CTMs	140	30	
ATMs	40	7	

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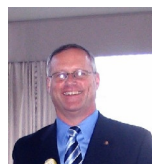
*And Give Your Very Best in Return*

### International Convention in Toronto, Canada!



*Our District 45 Leaders  
Dan Bell, Gerry Higgins, Carl Duivenvoorden  
and President Jon Greiner*

The above two pictures are of our District 45 Leaders at the International Convention in Toronto, Canada last August with International President Jon Greiner. Congratulations to our District 45 Leaders for achieving distinguished status and for showing the tremendous educational successes by those members who are listed on the Wall of Fame Banner.



*Chris Emond DTM, PDG  
International Director*

#### Election of International Director from Region VII

*Congratulations to Chris Emond, DTM / PDG*

Chris was elected to a two-year term as International Director from Region VII. He will serve Toastmasters worldwide with ID Roger Baker, DTM on the International Board of Directors.

## District Governor



Gerry Higgins  
DTM  
District 45 Governor

*“Commit yourself to having the best personal growth year ever by expecting the very best from yourself.”*



*And Give Your Very Best in Return*

*I first became involved with Toastmasters through a Speechcraft program. I could not believe how full of energy and enthusiasm the Toastmasters were who conducted the program. It wasn't long before I felt welcome and eager to learn. The program leaders were friendly, supportive and very dedicated to the goals and objectives of Toastmasters.*

*Later as a new Toastmaster in a brand new club these same individuals were encouraging and supportive. Mentoring a brand new club and coaching its new members with the same friendly, supportive and positive environment I had experienced in the Speechcraft.*

*As I became more involved in Toastmasters outside my home club, I realized that this was not a single incident. That same inviting learning environment existed throughout the organization's many clubs.*

*As a Toastmaster, I have received the tremendous benefits of this program. Those early coaches and mentors have become my friends in and out of Toastmasters. In my district roles, I have enjoyed the benefits of an even greater Toastmaster experience. I am following very large leadership footprints in District 45.*

*My Toastmaster experience has been the very best it can be. I have come to **EXPECT THE very BEST** from the Toastmaster Program and each individual member of this great organization. I believe in giving back to an organization more than I have received, leaving it stronger for those who follow.*

*I encourage you to step outside your comfort zone and taste the larger Toastmaster experience. I am sure that once you have, you will see the great potential this organization offers to its present and future members. You only need to accept the next opportunity that comes your way. Better still, offer your service to the district and reap the benefits.*

*You can Expect My Very Best encouragement, support, dedication and leadership. My promise is to help make your Toastmaster experience as wonderful as mine – **Expect the Best.***

Gerry Higgins, DTM  
District 45 Governor 2005-2006

*Be willing to give your very best in return.*

## Lieutenant Governor Education & Training



*Dan Bell  
ATM-S/CL  
Lt. Governor  
Education &  
Training*

*“Interested,  
enthused and  
progressive  
members will  
stay with your  
club”*

Dan has been a Toastmaster since 1998. He has served for seven years as a club officer of Schooner Toastmasters and is fulfilling the President’s role this year for the third time. Dan was Area 1 Governor in 2003-04 achieving Select Distinguished. Dan has set aggressive goals for the District in the Education and Leadership programs in 2005-06. He feels that the District can easily surpass these goals by having every club focus on the needs of individual members. He encourages every club to complete Member Interest surveys and Club Success Plans. The ‘Triple Crown Award’ and ‘Half-Way’ certificates will continue to recognize individual achievements. ‘Distinguished by April 30th’ challenges all clubs to become distinguished early through effective planning and execution of club-level Success Plans.

Dan will also promote two new levels of recognition in 2005-2006 with the ‘Excellence in Education’ and ‘Excellence in Leadership’ awards. These club awards promote excellence by recognizing continuous achievement of the Distinguished Club goals for CTM/ATMs and CL/AL/DTMs over 3 successive years.

## Members Giving Their Very Best



*International President, Jon Greiner  
presents Jim Kokocki with the  
Presidential Citation at the  
International Convention in Toronto,  
Canada*

### *Jim Kokocki, DTM, PID - Honored*

A Presidential Citation is just about the most prestigious recognition any Toastmaster can get: a recognition by the International President of Toastmasters, presented to a member personally at the International Convention for exemplary dedication and leadership. I am VERY pleased to inform you that District 45’s own Jim Kokocki, DTM, PDG and PID, was presented with such a Citation by International President Jon Greiner at the annual Hall of Fame ceremony of the convention in Toronto last month.

Jim’s citation reads, “His efforts to advance the Toastmasters program are limitless. He contributes greatly to all levels of our organization. With his strong commitment and outstanding service, he is a valued leader and mentor.”

Amen to that! Though we in District 45 are all well aware of Jim’s longstanding leadership as our District Governor and International Director, it was especially nice to see his efforts recognized in front of Toastmasters from around the world. Carl Duivenvoorden, District 45 Governor

### *We All Need a Mentor*

*Article by-Deb Nowak, DTM, Division B Governor*



*Mary Hunter  
Sergeant at Arms  
Bangor Toastmasters Club*

In August, Augie Schau, Area Governor for Area 5, and I had an opportunity to meet with the Executive Committee of the Bangor Toastmasters Club. It turned out to be a most enjoyable meeting. Mary Hunter, the Sergeant-at-Arms, greeted us at the front door, and then led us to the meeting room. Through introductions and telling a little bit about ourselves, I found a new mentor in Mary Hunter. Mary spoke eloquently about her love for Toastmasters and about her daily volunteer work at a nursing home. She joined Toastmasters about three years ago because her brother, a Toastmaster in Athens, Georgia encouraged her to join.

Recently, not only did Mary give a speech at her brother’s club in Georgia, she also obtained her CTM. Is all this uncommon? Probably not—except that Mary is 82 years old, and her brother is now 90 years old. One of my favorite quotes is from Mahatma Gandhi, “Live as if you were to die tomorrow. Learn as if you were to live forever.” Mary is the epitome of that quote: *Aren’t there always excuses why we haven’t accomplished something?*

Perhaps we need to review our priorities. We are the only ones stopping ourselves from reaching our goals. Why not follow Mary’s example? Hats off to you, Mary!

## Educational Awards July through September 2005

### Competent Toastmaster (CTM)

Gao, Benjamin- UNB Club- Moncton, NB  
 Buchanan, Bruce- Woodfords- Portland, ME  
 Herrick, Dawn- Woodfords- Portland, ME  
 Sarah Anderson- Keene TMC- Keene- Keene, NH  
 Tattersail, Elizabeth- Harborside- St John, NB  
 Savery, Dorothy- Brunswick TMC- Brunswick, ME  
 Nowak, Debra- Brunswick TMC- Brunswick, ME  
 Brooks, Dot- Brunswick TMC- Brunswick, ME  
 Cote, Kevin- Winning Speakers- Windham, NH  
 Dawson, Charlene- Confederation- Summerside, NB  
 Tessier, John- TMC Manchester- Manchester, NH  
 Davies, Roger- TMC Manchester- Manchester, NH  
 Schneider, Audrey- Excel-Orators- Raymond, NH  
 Keza, Lucy Pane- Excel-Orators- Raymond, NH  
 Turner, Wayne- Sackville TMC- Sackville, NS  
 MacKay, Nancy- Sackville TMC- Sackville, NS  
 Chafe, Barbara- Sackville TMC- Sackville, NS  
 Korade, Dawn- White Mountain- Plymouth, VT  
 Conway, Brian- Milford TMC- Milford, VT  
 Shelvey, Alan- Rutland Area TMC- Rutland, VT  
 Tighe, William- Granite Place- Taftsville, NH  
 Walsh, Shane- Civil Speakers- Fredericton, NB  
 Black, Betsy- Concord TMC- Concord, NH  
 Moore, Robert- Amoskeag Better Com- Manchester, NH  
 Baetzel, Karen Lee- Exeter Speak-Ups- Exeter, NH  
 Wallace, Jonathan- Bread Loaf- Middlebury, VT  
 Daley, Jack- Granite Place- Concord, NH

### Distinguished Toastmaster (DTM)

Lemay, Marjolaine- Premiere- Charlottetown, PEI  
 Smith, Tim W- Blueberry Hill - Portland, ME

### Advanced Bronze (ATMB)

Sherry, Kevin- Milford TMC- Milford, NH  
 Lewycky, Laverne- ABS Stasis- Moncton, NB

### Advanced Silver (ATMS)

Salmon, Peter- St John Club- Saint John, NB  
 Gunther, Susan C- Capital TMC- Concord, NH  
 Stennick, Like- Fredericton TMC- Fredericton, NB

### Advanced Gold (ATMG)

Page, Marilyn- Portsmouth TMC- Newington, NH  
 Buell, Candice- Tri-City Club- Somersworth, NH

### Competent Leader (CL)

Grunfelder, Claire- Horseshoe Pd- Concord, NH  
 Smith, Tim- Kennebec Valley- Augusta, ME  
 Schau, Augie- L/A TMC- Auburn, ME  
 Mackey, Laurette- Golden- Fredericton, NB  
 Lemmon, Paul- Golden- Fredericton, NB  
 McPhee, Dria- Civil Speakers- ABC - Manchester, NH  
 Chang, Hsiu- ABC- Manchester, NH  
 Wallace, Jonathan- Bread Loaf- Middlebury, VT  
 Tighe, Willam- Verhampshire- Taftsville, NH  
 Lewycky, Laverne- ABU Stasis- Moncton, NB

### Advanced Leader (AL)

Lemay, Marjorie- Premiere- Charlottetown- PE  
 Linvill, Brian- Excel-Orators- Raymond, NH  
 Tim Smith, Blueberry Hill- Portland, ME

### High Performance Leaders

Buell, Candice- Tri-City- Somersworth, NH  
 Smith, Tim W.- Blueberry Hill, Portland, ME  
 Domingo, Baldwin- Portsmouth TMC- Portsmouth, NH

## Lieutenant Governor Marketing



*Heather Perkins  
DTM  
Lt. Governor of  
Marketing*

Heather has been a Toastmaster for 26 years. She is a charter member of the Schooner and Toast of the Coast clubs. She has helped charter at least 8 clubs and is currently working with the Ten Beaches club in Fox Point, Nova Scotia which is expected to charter fall 2005. Heather has served as Area 1 Governor twice and Division D Governor. She was also District Governor 1990 -1991.

As LGM, Heather's focus will be on continuing to help Divisions build new clubs as well as on member retention. Her goal is five new clubs and to retain at least 10% more members than last year. Heather feels this can be done by encouraging all clubs to offer quality programming. Each club should be striving for Distinguished Club status at a minimum. By focusing on quality programming, clubs will ensure that member needs are met and this will help our clubs retain members. This will mean that each club will have the experience necessary to mentor new members and it will help each club to achieve at least charter strength. Club leaders should expect the best of club members and club members should expect the best of their leaders. Through club members working together, the club mission will be fulfilled and we can ensure the Toastmasters experience is a fun and rewarding experience.

## Our Newest Club

District Governor, Gerry Higgins states I am very pleased to welcome our newest Toastmaster Club - Smooth Talkers Toastmasters, Club 821874 in Division D, Area 1 (Halifax, Nova Scotia, Canada) to the family of Toastmaster Clubs in District 45.

Forming a new Toastmasters Club requires a lot of effort on the part of a lot of people and on behalf of the District 45 Leadership Team, I thank all of those people who took part in making this challenge a reality.

I look forward to watching your club develop and progress through the Distinguished Club Program and each of your members receive their recognition for educational and leadership achievements.

I encourage your leadership executive to set high goals and then work diligently on behalf of the membership to ensure those goals, both club and individual, are achieved. I wish your club and it's executive a successful year. Have fun, learn and grow with each other and above all expect your best effort.

## Clubs Celebrating Around the District

### *Word on the Street*

The 11<sup>th</sup> Annual Word on the Street took place in Halifax, on September 25<sup>th</sup>. Halifax is one of five Canadian cities which annually celebrates reading and writing and highlights the importance of literacy in our lives. The events attract about 40, 000 people a year. Toastmasters from Division D were involved at the stages where the authors presented their readings. A Toastmaster introduced each author, thanked him or her at the end of their reading, and presented them with an honorarium. This event gave Toastmasters an opportunity to step outside of their speaking comfort zone, learn how to use a microphone, meet and talk with the public and share their Toastmasters skills with others. There were 15 members from 9 clubs who participated in the Word on the Street.

### *Toastmasters of Manchester celebrated their 25<sup>th</sup> Anniversary*

On June 16<sup>th</sup>, Toastmasters of Manchester celebrated their 25<sup>th</sup> anniversary in style! Members gather at the Fratello's Ristorante Italiano Restaurant in Manchester, NH for a fun filled evening. Highlights of the evening included a presentation speech from champion speaker of 2003 Toastmasters Region VII International Speech Contest and second place winner, 2003 World Champion of Public Speaking, Dave Sanfacon. Mike Skinner, singer, song writer, guitarist, and Toastmaster, lead everyone throughout the evening with a sing-a-long. Congratulations to Toastmasters of Manchester!

## A District 45 article that went International!

“A Healthy Toastmaster” Article published in the June 2005 issue of Toastmasters Magazine by Dennis Hett from Manchester, NH

Congratulations! Whether you know it or not, you are improving your health ... just by participating in Toastmasters!

“Really?” you say, “I joined to brush up my public speaking skills. My Toastmasters club doesn’t look like a gym.”

It’s true. Toastmasters promotes your health three ways:

~ Speaking in public mobilizes your immune system ~ Laughter discharges tension and produces feel-good endorphins. ~ Joining an organization promotes longer life.

### **Public Speaking Boosts Your Immune System**

Cells that fight infections and begin to heal wounds pour into our bloodstream when we get up to give a speech.

Psychologists Gregory Miller at the University of British Columbia and Suzanne Segerstrom at the University of Kentucky report that short doses of stress from speaking in public strengthen the immune system. Special cells flood into the blood stream, ready to fight infections or begin healing wounds.

*Their numbers can double.*

Miller and Segerstrom analyzed thirty years of stress research on 19,000 subjects. They reported their findings in *Psychological Bulletin*, the journal of the American Psychological Association.

Your heart rate and blood pressure do indeed increase as you prepare to deliver the speech. Butterflies flutter in your stomach.

Healing chemicals mobilize to protect your body.

You deliver the speech. Warm applause washes over you. Your evaluator praises your performance.

The “red alert” ends. The effort has strengthened your immune system.

We call this experience “good stress” because stakes are relatively low and because the stress goes away quickly after the talk.

A little short-term stress in the supportive Toastmasters environment protects your health by mobilizing your immune system. Speak often!

### **Laughter Makes You Feel Good**

Does your club feature a jokemaster at every meeting? “Bad stress” disappears when we laugh.

Laughter sweeps out many of the worries and fears that set the stage for illness. So says Dr. James Walsh, former medical director of the School of Sociology at Fordham University. A good belly laugh releases natural opiates, substances that make us feel good

Author Norman Cousins laughed himself out of a painful sickness that had baffled his doctors. Cousins reported in his 1976 book *Anatomy of an Illness* that ten minutes of solid belly laughter gave him two hours of pain-free sleep.

Cousins had (unknowingly) described the effect of endorphins. Since then, researchers have discovered that the brain produces these morphine-like molecules when we laugh.

Keeping company with positive, optimistic people also raises our moods.

Unlike our digestive and circulatory systems, our emotions are an “open” system. When with other people, we pick up their moods.

That’s why laughter is contagious, why a larger crowd laughs longer than a group of ten.

Does your club laugh a lot? Do your meetings begin with humor? Do members and guests leave club meetings with smiles on their faces and bounces in their steps? Chances are, they’re healthier, too.

### **Toastmasters Promotes Longer Life**

Join an organization – cut your chances of dying in the coming year in half!

“People ... who have close ties with family, friends and the community” live longer, declares Robert Putnam in *Bowling Alone: The Collapse and Revival of American Community*. The author cites studies showing that people who connect with others double the odds that they will survive accidents and illness.

Joiners gain a new network of people who will miss them if they fail to show up. Your mentor may call to check on you. If something is amiss, they may encourage you to get help. Maybe they will even bring you a can of chicken soup (if not a container of their “secret recipe” chicken soup).

Membership doesn’t always come with a bowl of homemade chicken soup, but you might say that joining Toastmasters is good for the soul.

Do you feel better since you joined Toastmasters?

You are boosting your immune system every time you get up to speak. You are reducing “bad stress” when you laugh along with other members. You are gaining a network of optimistic people who are concerned with your well being As we say in

Toastmasters: A toast! *A votre santé!*

To your heath!



Roots  
Trunk  
Branches  
Leaves  
Sun

*Theme 2005- 2006*

*District 45 Toastmasters*

*50<sup>th</sup> Anniversary Year*

This year’s District theme is “**Expect the Best**”. Have you ever wondered what makes us, as Toastmasters the best we can be? I can tell you, it’s that **special toastmaster** who has taken the time to provide you with the valuable feedback, support, encouragement and leadership that has helped you to grow personally, socially and professionally. Has some special Toastmaster helped you to achieve your best? The best way to thank your special Toastmaster is to “Expect the Best” from yourself and **be that special Toastmaster** to another member. I have come to **expect the best** from my fellow Toastmasters and the Toastmaster Program. I realize that I have to give my very best in return. I encourage you to take your turn or continue to be that special Toastmaster in your club, area and district. When you are asked to take the next step in your development, be that special Toastmaster – “**Expect The Best**” from yourself.

*Gerry Higgins, DTM  
District 45 Governor*

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## Educational Opportunities

### Special Toastmaster Award

Has some special Toastmaster helped you to achieve your best?

To recognize their contribution email [gerry.higgins@toastmasters45.com](mailto:gerry.higgins@toastmasters45.com) and let him know what your special Toastmaster has done for you.

### Triple Crown Promotion

Take part in District 45’s TRIPLE CROWN Promotion! Attain three or more Educational Achievements before June 30, 2006, and you will be recognized as a “Toastmasters Triple Crown Achiever.” One member has already achieved the Triple Crown distinction.

*Tim Smith, Blueberry Hill Toastmasters  
Club # 7268 in Division B*

### Halfway Certificates

Halfway Certificates are sent to members that have completed five manual speeches, they receive a certificate signed by the District 45 Governor. To recognize these members email [candice.buell@ge.com](mailto:candice.buell@ge.com). For complete list see our District 45 website.

### Toastmaster of the Year Award

The Outstanding Toastmaster Guideline document 1113 sets out all the information you need to collect throughout this year. Your Club’s Secretary or someone designated to collect this information needs to know what information to collect and should start right now.

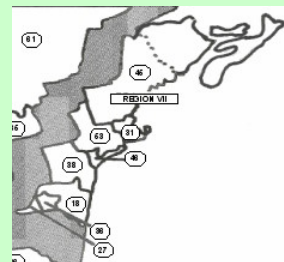
**More information regarding all your educational opportunities is available on our District 45 website.**  
[www.toastmasters45.com](http://www.toastmasters45.com)

## Mark your Calendars!



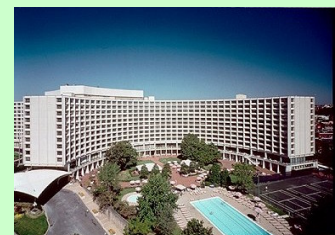
### Spring Conference

May 26 – 28, 2006  
Delta Brunswick Hotel  
St. John, NB Canada



### Regional VII Conference

June 16 – 17, 2006  
Sheraton Meadowland Hotel  
East Rutherford, New Jersey



### International Convention “A Capital Experience”

August 23 – 26, 2006  
The Washington Hilton  
Washington, DC USA  
[www.toastmasters.org](http://www.toastmasters.org)