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Editor: Susan Meek, ATMG

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Holiday greetings from your District Governor



This is the one season of the year when we can lay aside all gnawing worry, indulge in sentiment without censure, assume the carefree faith of childhood, and just plain "have fun." Whether they call it Yuletide, Noel, Weinachten, Christmas or Chanukah, people around the earth thirst for its refreshment. I wish you and your loved ones the merriest and most peaceful holiday season. Enjoy and remember that "nothing's as meaningful as giving a little child, or member something useful for Christmas", so give the gift of Toastmaster's love. If "uhs" and "ahs" were candy and nuts, wouldn't it be a Merry Season?

My sincere thanks and appreciation to all the members of District 45 for your continuous love and devotion to the betterment of our District. May you all continue to prosper throughout the New Year.

Remember all your hopes, dreams and future achievements are possible if you "Simply Believe"

Candice Buell
District Governor ✨



*Candice Buell, DTM
District 45 Governor*

“I “simply believe” that informing the members of all programs throughout the district helps make the district stronger and promotes growth.”

The year is fast approaching the half way mark. This is when we as a team, need to step back and evaluate our accomplishments to date. This year like every year before us, we are struggling with membership. We have a membership contest in progress and I encourage all of you to take part and help build our District one member at a time. The advantages of having a club with more members certainly have been shown to out weigh the small number clubs, with not only support and mentoring but also with strengthening each member through a variety of guidance and evaluations. Many of our members are already at the Competent Communicator level, this is the time to consider joining an advanced club to broaden your challenges and strengthen your skills.

Our educational goals for our Competent Communicator are a bit off schedule as well. We need to strive for each club to fulfill their DCP points. Through this our members gain more confidence and skills to continue through their next level. Remember to assign mentors for all new members and work closely with them until they are comfortable.

Unlike most Districts, due to the distance challenges in District 45, we offer primary training sessions by Division. Clubs are encouraged to send all seven officers to the Division-level training, however, we know that with work and family commitments, not all officers can attend. If required, an additional make-up training session will be held either at the Division or Area level depending on geography. However, no further training sessions will be held. There will be no club officer training at the club level. Our Lt. Governor of Education & Training has prepared an agenda as a guideline for all four Divisions. Please try to abide by these TLI agendas. The purpose of a mid-year training session is to provide an opportunity to refocus on our goals as club officers with the sole purpose of providing great service to our members. For this reason we are striving to have our entire District trained in a uniform manner.

I “**simply believe**” that informing the members of all programs throughout the District helps make the District stronger and promotes growth. ✨

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Lieutenant Governor Education and Training

*Wendy Harding, DTM
Lt Governor Education and Training*

New Year's Resolutions

We're approaching the end of 2008 and therefore the midway point in this Toastmaster year. Why not take a moment to reevaluate your goals and plans for the rest of the Toastmaster year? If you didn't set goals for the year, it's certainly not too late.

If you're a club officer, set one of your first goals for the New Year as attending the upcoming Division Toastmaster Leadership Institute? Perhaps you'd even like to present one of the sessions! Contact your Division Governor for details.

When was the last time you gave a speech or held a functionary position? Perhaps you've been thinking of stepping out of your comfort zone and visiting another club. Why not REALLY step outside your comfort zone and ask (in advance of course) if you could do a speech while you're there? Have you thought about holding a club officer position when elections are held in the spring? Perhaps you've been thinking about holding a position at the District level....Area Governor or Division Governor perhaps? If so, please speak with your current Area or Division Governor to find out more about the position.

Do you have a communication or leadership designation that you're close to finishing? Why not do it before the end of April and help your club achieve "Distinguished by April 30" status?

Have you competed in a contest yet? Club level Table Topics and International Speech contests will be held in March, with Area and then Division following that, leading to the District contest at Spring Conference.

Spring Conference in May will be held in Concord, New Hampshire. Plan now to attend! We will be celebrating the successes of the 2008-2009 Toastmasters year. Make sure you're there!

"Simply Believe" that you can achieve your goals and have a great second half of this Toastmaster year! Good luck! ✨

Articles and pictures for the January newsletter should be submitted by December 31, 2008.
Do you have Club news? A story about club success or how an individual member has benefited from Toastmasters? An article from your club newsletter? Send them to susan.meek@toastmasters45.com

Lieutenant Governor Marketing

*Sue Francesco, DTM
Lt Governor Marketing*

Club Membership And Membership Retention

Members of District 45:

I have been reading diligently all of the Area Governor reports that have been coming in as the 20 Area Governors visit their clubs and report back to the District Team. Membership building and membership retention are the two most common issues facing all our clubs. Last month we rolled out the new membership contest – this month let's work hard at retaining our members.

I was searching for the best way to convey the importance of membership retention and I remembered an article by Carl Duivenvoorden (District 45's Governor in 2004-2005) in the Toastmaster Magazine. I searched my archives and found it – these are great ideas and worth sharing. The following 13 strategies are from Carl's article published in the September 2006 Toastmaster Magazine titled, Member Retention Strategies.

1. Hold educational meetings: Ensure all speeches are from manuals, evaluations are constructive and sincere and try to involve everyone in the meeting.
2. Set goals: Challenge every member – encourage everyone to share their goal – goals share are more likely to be realized.
3. Recognize achievement: Use the District 45 half-way certificates, give standing ovations for specific achievements (ice breakers, 5th speech, or the 10th speech), and recognize life achievements of members such as completion of college, new job, marriage, or community award.
4. Focus on needs of MEMBERS: Use the member interest survey (catalog #403) every few months and use the Distinguished Club Program
5. Follow up on absentees: Call those who have missed and find out why. Invite them back.
6. Glance in the Mirror: Is your club warm and welcoming and supportive? Do you use name tags? If not what can you do to change it?
7. Make 'em laugh: Make learning fun. Use introductions, Table Topics and club themes as opportunities for humor

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*Susan Meek, ATMG
Public Relations Officer*

Be Seen On The Web

Club websites are becoming an increasingly important tool for keeping members informed and for attracting new members to your club. If your club has a website it is important to keep it up-to-date with current information.

If your club is interested in starting a website, you can use Freetoasthost.org - Toastmasters International's official club Web page hosting service. The Toastmasters International website has guidelines for websites at the following link:

www.toastmasters.org/Members/OfficerResources/PoliciesandProcedures/UseofWebPages.aspx

Did you know that District 45 presents an annual award to the top two club websites? The award will be presented at the spring conference. All club websites are eligible for the award, but I can only consider your club's website if I know where it is! So make sure it is correctly linked on the D45 website and on the Toastmasters International website.

All club websites are judged on the following criteria:

Content

- Does the website have the location, dates and time of meetings?
- Does the website contain educational articles, recognition of member and club/district achievement, and encouragement to participate in Toastmasters' activities?
- Does the website promote understanding of Toastmasters' programs, promotions and policies?
- Is the website informative and entertaining?
- Does the website have educational information and upcoming event contacts?

Readability

- Layout and Presentation - does the website have eye appeal and stimulate reader interest?
- Does the layout indicate careful attention to white space, page balance, effective use of graphics, and the importance and organization of the articles?

Functionality:

- Do all the links connect properly?
- Is the information updated and continuously changed?
- Is the site easy to maneuver around? *

From our District Officers

Membership Retention *continued from P. 4*

8. Hold club social events: BBQs, Holiday gathering, Club anniversary parties, special events.
9. Orient new members: Put together a package of information for new members such as; membership lists, how to use Free Toast Host, explanation of the roles in a meeting, and a CC manual so they can get started right away.
10. Assign mentors: Help new members get off to a good start with a coach. Develop an effective mentoring program in your club.
11. Challenge your CCs: Use the CC manual as the beginning not the end of TM opportunities. Introduce the leadership and advanced speaking manuals to those nearing the end of their CC.
12. Promote leadership opportunities: TM offers a huge variety of leadership learning skills at the club, area, division and district level.
13. Promote area, division and District events: Encourage every member to consider contests and conferences... the opportunities are endless.

December is the final month in the year. Use December to look at your club based on the above listed retention recommendations. What can you do better? The Toastmaster opportunity goes beyond the CC and the CL – like the Energizer Bunny – it “keeps giving and giving and giving”. I *Simply Believe* each club can set up a plan for the new year to **Recruit and Retain** members which will RECHARGE your club.



Upcoming Events

Division D TLI Training: Saturday January 17, 2009 from 12-4 PM at St Vincent de Paul Stewardship Centre on the Forrest Hills Parkway, Dartmouth, NS

Fourth Annual Speech Jam presented by Toastmasters of Milford, NH. Saturday, February 7, 2009, 1 pm to 5 pm, at the Amato Center for the Performing Arts, Milford, New Hampshire. For more information, contact Brian Conway at 603-494-2811 or via e-mail at brian.conway@juno.com

D45 Spring Conference: Plan ahead! The Spring Conference will be held May 22 to 24, 2009 in Concord New Hampshire. And rumor has it....there will be another bus from the Maritimes.

If you have dates for Area or Division events, please send them to PRO Susan Meek and DG Candice Buell.

Club and Area News



Club Anniversaries

Congratulations to the members of each of the following clubs in District 45 who will be celebrating their anniversary in January.

- Ten Beaches Toastmasters Club, Area 18, Division D. 3rd Anniversary
- PROSPECT'S PEAKERS Club, Area 19, Division C. 4th Anniversary
- Sunrise Club, Area 11, Division D. 6th Anniversary
- Top of the Town Club, Area 16, Division A. 7th Anniversary
- Ecotoasters Club, Area 5, Division B. 10th Anniversary
- Winning Spirit Club, Area 3, Division C. 14th Anniversary
- Milford Club, Area 7, Division A, 19th Anniversary
- Lewiston - Auburn TM Club, Area 14, Division B, 52nd Anniversary

**DISTRICT 45 MEMBERSHIP CONTEST
11/8/08 TO 3/31/09**

The District 45 Membership Contest was announced at the District 45 Convention on 11/8/08

GOAL

Enhance the performance of clubs and increase membership thereby offering greater numbers of people the opportunity to benefit from the Toastmasters educational and leadership programs.



ALL CLUBS ARE ELIGIBLE

CONTEST RULES

1st

- Adding TWO new, dual or reinstated members will earn your club ONE chance to win one of the designated awards.

2nd

- Each time an additional TWO new, dual or reinstate members are added to your club roster, your club will earn THREE additional chances.

3rd

- Clubs that were not at charter strength on 11/8/08 have the opportunity to earn FIVE additional chances by reaching charter strength by 3/31/09.

AWARD

There will be **TWO** winners drawn for **each Division** on 3/31/09. Winning clubs will choose to receive:

The Successful Club Series

- A set of programs addressing the subject of quality Club meetings. Members will learn about the skills and standards they must strive to achieve to have a successful club. Fulfills ACS & ALB requirements

The Leadership Excellence Series

- The Leadership Excellence Series helps members learn the skills they will need to be successful leaders inside and outside Toastmasters. Fulfills ALB requirement.

Other option

- If clubs already have these sets, other materials can be requested. Maximum value \$50.

Members recognized at Awards of Excellence Luncheon



Left to right: Division D Governor Wayne Mercer DTM (Harbourview), centre Toastmaster Donna Reindorf ACB/CL (Sunrise) and Don Gibson, Director of CRA Nova Scotia Tax Services

On November 25, 2008 Canada Revenue Agency Atlantic Region held the Awards of Excellence Luncheon. Two members from the Division D Toastmasters received the Awards of Excellence for Community Service. Both were recognized for their hours of service devoted to Community endeavors. In his introduction, Don Gibson, Director of CRA Nova Scotia Tax Services, recognized the support and work that both do in the two Nova Scotia Tax Services corporate clubs of Sunrise Toastmasters Club 4450 and Harbourview Toastmasters Club 5705. ✨

Triple Crown Winner



Congratulations to our newest Triple Crown Winner. **Nina Patel** achieved a Competent Communicator award for Amoskeag Better Communicators, a Competent Leader award for TM of Manchester Club and an Advanced Leader Bronze award for Excel-Orators Toastmasters Club. We have had eight Triple Crown winners so far this year.

Celebrate Your Success – *By Robert Palo, CC*

What makes a Toastmasters club unique? Well you can be certain that not many clubs hold their meetings less than 100 meters away from a nuclear reactor! But it's not the proximity to a CANDU-6 reactor that has gained the Point Lepreau Generating Station (PLGS) club international recognition. It's the drive and determination of its members.



Point Lepreau Generating Station, New Brunswick, Canada

In May of 2007, TM District 45, one of 70 worldwide, became the 13th most successful district in the world. PLGS club 7427 contributed to this by reaching our set of club goals. On September 25, 2007 Jill Doucett, NB Power Director of Performance Improvement & Human Resources, presented the club with the 'Select Distinguished Club Award'. Again in May 2008 we earned the 'Distinguished Club Award'. That's very impressive for a club which began just 9 years ago.

In 1999, a few NB Power employees started talking about their desire to improve their communication skills. Today our club has 30 members. We meet twice monthly for an hour at noon in the station's theater or a training classroom. Though our club is still relatively small we have made a good impression with our fellow employees and management. It's because of the training afforded by membership in Toastmasters. Club meetings, for example, tend to run to the minute because learning to conduct meetings on time is part of Toastmaster training. Speeches are practiced and delivered with the same goal.

Membership in Toastmasters has not only benefited our careers but all sectors of our lives. The speaking and leadership skills developed at Toastmasters have improved our chances for career development through better self confidence and greater networking opportunities. At Toastmasters, communications is more than words and grammar; it's about effective listening and really connecting with our audience. It's about taking the terror out of talking. In the course of giving our speeches at club meetings, our ability, self confidence and comfort level have grown.

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Celebrate Your Success *continued from P.9*

The station benefits from Toastmasters too. Our advanced members offer their services by mentoring other employees who want help writing speeches and preparing presentations. Our club helps to build a friendly, more united team with better communication and leadership skills. While carrying out their jobs, our members help the plant meet its overall goals which include a safe and reliable operation and world class performance.



June Connell receives her ACB Award from Area 4 Governor, Brian Shanks ACS, ALB

In early November, Toastmaster member Brian Shanks, ACS, ALB announced that our club had been approved to oversee a pilot project on leadership for PLGS staff. This project is from Toastmasters Advanced Leaders program, and is comprised of 5 modules. They will be taught by our advanced communicators which include June Connell, ACB and Brian Shanks. In so doing, June, Brian and other advanced members will gain credit toward their next Advanced Communicator award. The station benefits from the training and the club has a concrete way to show their appreciation for NB Power's continuing sponsorship. The leadership pilot project will start in January 2009.

Needless to say, NB Power has been incredibly supportive of our club by providing training time, assistance with the purchase of training materials and payment of employee membership fees.

As we approach the half way mark in the current 2008-2009 Toastmaster year, once again we have our sights set on meeting individual and club goals for better communicators and leaders. With our best efforts we will achieve and celebrate those goals one success at a time.

Robert Palo is President of PLGS Club #7427 in Area 4 ★

Educational Achievements

Congratulations to all those Toastmasters who have already achieved one or more educational and leadership awards. The results for the month of November are:

Competent Communicator Awards

| <i>Name</i> | <i>Club Name</i> | <i>Date Received</i> |
|--------------------|-------------------------------|-----------------------------|
| Nita Patel | Amoskeag Better Communicators | November 3, 2008 |
| Janice Comeau | Yarmouth Toastmasters Club | November 5, 2008 |
| Kathleen Sharbell | Club AcadiUM | November 20, 2008 |
| Laurie Pearson | Concord Toastmasters Club | November 21, 2008 |
| Harry McClenaghan | Kennebecasis Club | November 29, 2008 |

Advanced Communicator Awards

| <i>Award</i> | <i>Name</i> | <i>Club Name</i> | <i>Date Received</i> |
|---------------------|--------------------|----------------------------|-----------------------------|
| ACB | June Connell | PLGS Toastmasters Club | November 4, 2008 |
| ACB | Donna Reindorf | Sunrise Toastmasters Club | November 5, 2008 |
| ACB | Stephane Parent | Premiere Club | November 6, 2008 |
| ACB | Alain Guy Bilodeau | Harbourside Club | November 11, 2008 |
| ACB | Patricia Alexander | Sussex Toastmasters Club | November 17, 2008 |
| ACB | Janice Comeau | Yarmouth Toastmasters Club | November 24, 2008 |

Leadership Awards

| <i>Award</i> | <i>Name</i> | <i>Club Name</i> | <i>Date Received</i> |
|---------------------|--------------------|------------------------------------|-----------------------------|
| CL | Colette Howe | Greater Portland Toastmasters Club | November 7, 2008 |
| CL | Donna Reindorf | Sunrise Toastmasters Club | November 12, 2008 |
| CL | Maureen McIntosh | Riverview Canusa Toastmasters Club | November 14, 2008 |
| CL | Nita Patel | TM of Manchester Club | November 21, 2008 |
| ALB | Nita Patel | Excel-Orators Toastmasters Club | November 22, 2008 |

District 45 Fall Conference

A Wonderful Fall Conference

The District 45 Fall Conference was held at the beautiful Fairmont Algonquin hotel in St. Andrews By The Sea November 7 to 9, 2008. The conference was well-attended by 140 members representing 54 different clubs in District 45.

The Conference began on Friday evening with a First-Timer's reception, followed by an evening of entertainment, as we heard skits, jokes and songs from our fellow Toastmasters.

On Saturday there were a series of excellent educational sessions. Pat Turner, former Area 16 Governor, presented "The Leader Within You," which outlined the importance of the new Competent Leader program. JoAnn Walton, the Area 6 Governor, presented a session on mentoring. "Brain Power and PowerPoint," was presented by Jean Dickson, our District Webmaster. Charley Vaughan spoke on "Connecting With Your Audience." And Immediate Past District Governor Heather Perkins held a Judges Training Workshop.



PDG Heather Perkins presents **Joe Grondin** with the 2007-08 Toastmaster of the Year award

The Awards Luncheon was preceded by a parade of flags, in which club representatives carried club, Area and Division banners. Mayor of St. Andrews, John Craig, welcomed Toastmasters to St. Andrews, and numerous awards were presented to clubs and club members.

The business of the District was carried out at the District Council meeting. Members voted to endorse the nomination of DTM Heather Perkins for the office of International Director.

The Humorous Speech Contest was held Saturday evening. Congratulations to our winners 1st Place Steve Gamlin, 2nd Place Dot Brooks and 3rd Place Donna Tutty.

At the dinner banquet special after-dinner entertainment was provided by a skit presented by D45's Toastmaster of the Year, Joe Grondin, who appeared in costume as Farmer MacDonald, accompanied by Debra Steeves, the Area 2 Governor, who portrayed Mrs. Farmer MacDonald.

The Evaluation Contest was held on Sunday morning. Congratulations to our winners: 1st Place Deb Nowak, 2nd Place Nita Patel and 3rd Place Sarah Brown.

Congratulations to conference co-chairs Shirley Kelly and Norma Pasatieri on a job well done!



The Sgt At Arms kept us on time



LGET Wendy Harding congratulates first time Triple Crown winners Pat Turner, Margaret Ferguson, Kishore Sasthiri and Ron Corkery



LGM Sue Francesco wearing her auctioneer's hat



LGET Wendy Harding congratulates repeat Triple Crown winners Dona Bate, Louise Bernier, Alain Bilodeau, Carl Duivenvoorden and Deb Nowak

Nominations for District Office

Call for District Officers for 2009 - 2010

Due by March 15, 2009

Nominations are now being accepted for the May 23, 2009 election to the 2009 – 2010 Offices of District Governor, Lt. Governor of Education & Training, Lt. Governor of Marketing, Public Relations Officer, and 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, Candice Buell, DTM prior to our annual business meeting.

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

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

Nominating Committee Chair:

Carl Duivenvoorden, DTM, PDG

Phone: 506-363-8117

Email: cduivenv@nbnet.nb.ca

Feel free to contact Carl to ask any questions you may have about the role or the process.



Happy Holidays from District 45